

# Annual Report 2022-23



## Nightingales Medical Trust

*Setting Trends in Age care*

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# Message from our Co-founders

Greetings,

As we reflect on the accomplishments of Nightingales Medical Trust (NMT) in the year 2022-23 and embark on our 25th year, there is a sense of joy and pride in the air at NMT. It is immensely fulfilling to witness our vision of creating a society where elders are healthy, happy, empowered, and socially integrated come to life. Through our diverse range of innovative programs, we have addressed the needs of the elderly across various economic strata.

During this year, we have made significant progress in both new and ongoing initiatives. Many of our long-term programs have returned to their pre-Covid state and we have taken up new initiatives as well. The Demclinic - a continuum of care launched in September 2022 - would ensure that we can provide support for persons with dementia and their families through the entire journey of the ailment. We have made inroads into the care of elderly in rural areas by setting up a rural day care program.

Looking ahead, we have exciting plans in store. These include expanding our community-based services for the elderly by establishing additional daycare centers for marginalized elders in collaboration with community-based organizations. We also aim to set up a dementia care centre for elders from the lower income strata. We also plan to initiate a pan-India organization dedicated to raising awareness, educating people about dementia, and providing comprehensive support to family carers of persons with dementia.

Having come this far, we do realise that there is a long way to go. We recommit ourselves to the cause and ensure that our second line of leadership aligns with our vision, continuing the excellent work that has been done by the Trust for the cause of age care and dementia care.

We would like to thank all of you for your faith in us and in our work. We look forward to your support in the years ahead.



**Dr Radha S Murthy**  
Co-Founder & Managing Trustee



**Mr S Premkumar Raja**  
Co-Founder & Secretary



# About Nightingales Medical Trust

## *-Setting Trends in Age care*

Nightingales Medical Trust (NMT) is a secular, not-for profit voluntary organization set up in 1998 to provide support systems to the elderly for their wellbeing. The Trust has established various innovative and need-based services suitable for all economic strata of the elderly population, which includes, health care, social integration, and overcoming different day-to-day challenges like elder abuse, legal issues, timely information, empowerment and capacity building. Some of NMT's projects have emerged as models and are being replicated in other parts of the country. NMT has a unique and high standing as a provider of quality age-care and dementia care services

### Vision

A society where elders are healthy, happy, empowered and socially integrated.

### Mission

To enhance the quality of life of elders through innovative and appropriate community- based support systems, comprehensive geriatric care with special focus on dementia and active ageing, combating elder abuse, skill development, economic empowerment, public education, advocacy and capacity-building programs

## Governing Board

Dr Radha S Murthy

Mr Amarnath Kamath

Mr Basant Poddar

Mr Pankaj Lakhani

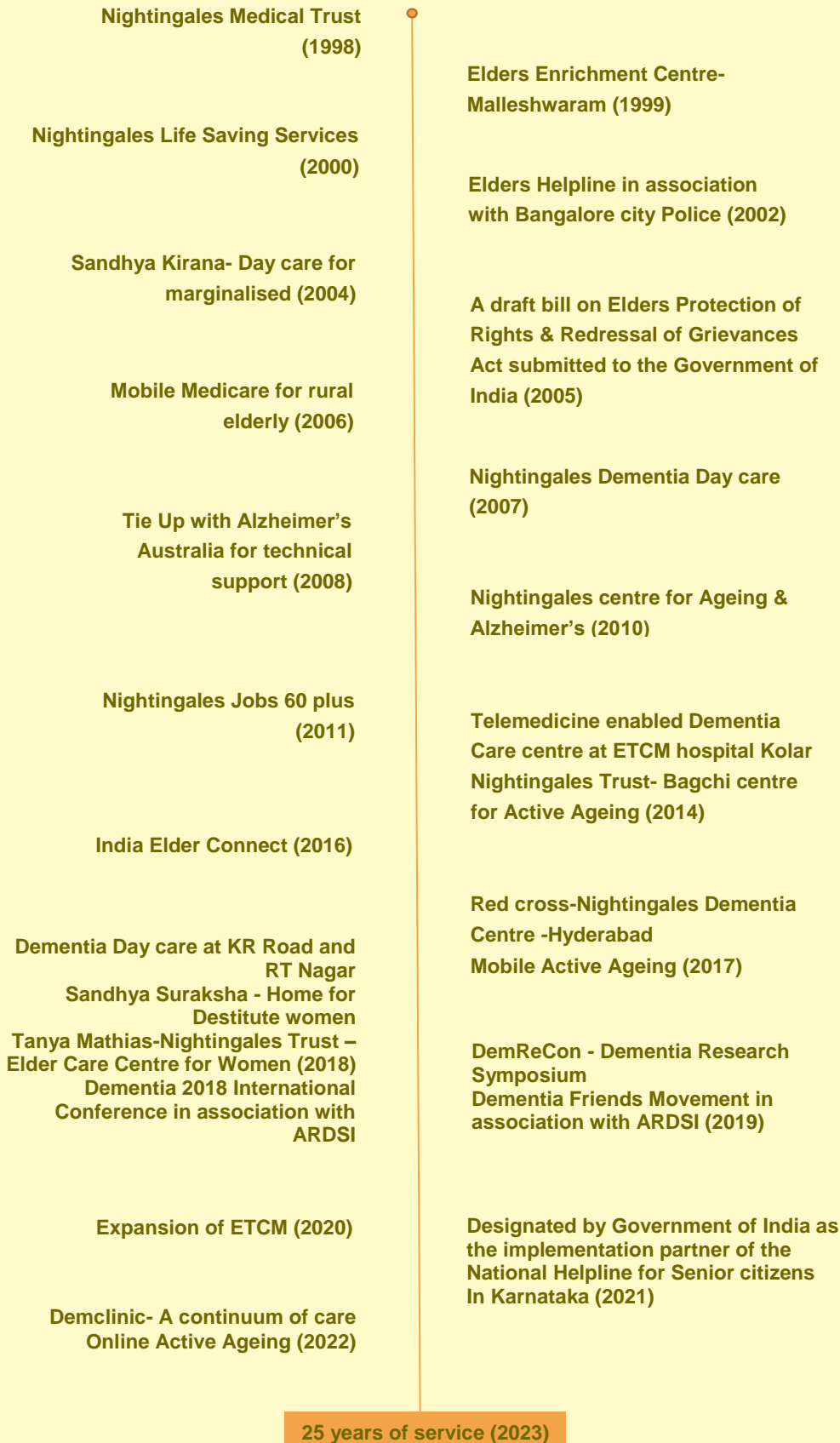
Mr S Premkumar Raja

Ms Indra Prem Menon

Mr Sudhakar Rao

Mr Manoj Shah

# Our Milestones



## OUR ACCOMPLISHMENTS

**2003-** Karnataka Rajyotsava Award for outstanding social service

**2005 –** Paul Harris Fellowship from Rotary Foundation

**2006-** Excellence in Ageing services by International Association of Homes & Services for the Ageing USA

**2008 -** Vayoshreshtha Samman for institutional service conferred by Ministry of Social Justice and Empowerment, Govt. of India

**2011** International Research Award for most promising intervention for people with Dementia & care givers-By Foundation of Mederic & Alzheimer disease international

-Recognized by Government of India as Regional Resource and Training Centre in Age Care for Southern State

**2019** Rotary Pioneer award for pioneering work in field of eldercare by Rotary Club, Bangalore Downtown

**2022** Garden City Puraskar conferred by Garden City University on the Co-Founders in recognition of professional contributions and an inspiration to many.

# Program Overview

Our gamut of services cater to the needs of elderly at every stage of their life journey and serve elders across different economic strata. The services are categorised in seven focus areas:



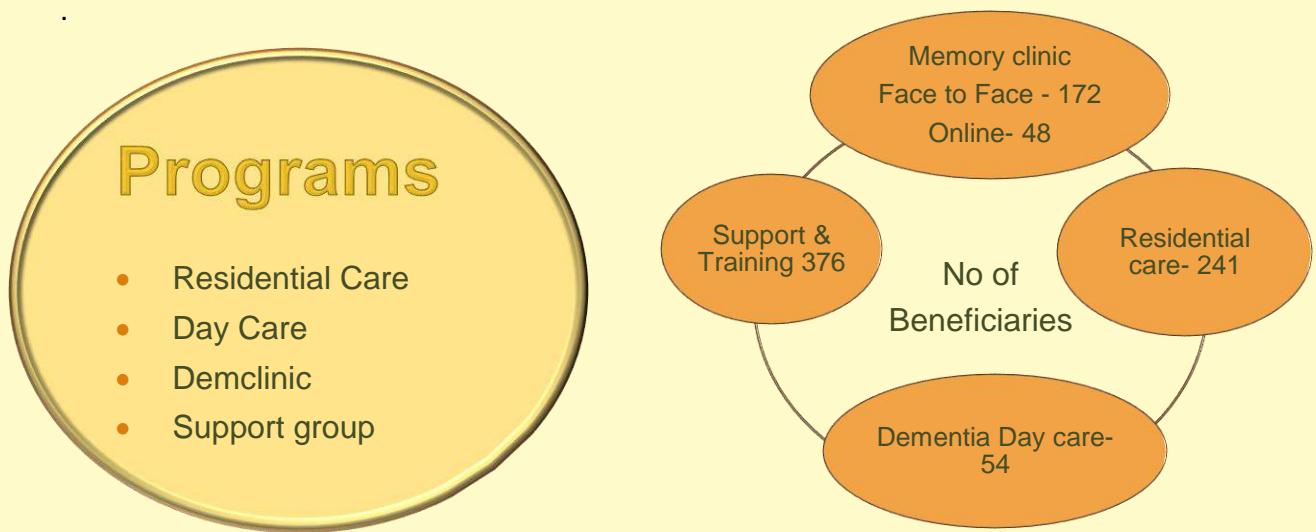
<p><b>Healthcare</b></p>	<p><b>Social Integration</b></p>	<p><b>Program for marginalised elders</b></p>	<p><b>Empowerment</b></p>	
<ul style="list-style-type: none"> <li>• Residential Dementia care</li> <li>• Dementia Day care</li> <li>• DemClinic</li> <li>• Support Groups for Dementia Care</li> </ul>	<ul style="list-style-type: none"> <li>• Mobile Active ageing</li> <li>• Online Active ageing</li> </ul>	<ul style="list-style-type: none"> <li>• Sandhya Kirana Day Care Centre</li> <li>• Sandhya Kirana Home for Destitute Men</li> <li>• Sandhya Suraksha Home for women</li> <li>• Rural Day Care Centre</li> </ul>	<ul style="list-style-type: none"> <li>• Skill development for elders</li> <li>• Job for elders</li> </ul>	
<p><b>Prevention of Elder Abuse</b></p>		<p><b>Training &amp; Capacity Building</b></p>		<p><b>Awareness &amp; Advocacy</b></p>
<ul style="list-style-type: none"> <li>• Elders Helpline (1090)</li> <li>• Elderline Karnataka (14567)</li> </ul>		<ul style="list-style-type: none"> <li>• Bedside nursing caregiver</li> <li>• Life-saving programs (CPR, First aid, AED)</li> <li>• Training in age care to NGOs and others in the field of age care</li> </ul>		<ul style="list-style-type: none"> <li>• Periodic events &amp; observance of special day like Elder abuse Awareness Day, World Alzheimer's Day</li> <li>• Online programs to educate people on Dementia</li> </ul>

# Programs in detail

## Healthcare

We provide support for elders with Dementia, Parkinson's, stroke etc., or for elders who need help in completing their day-to-day activities/ elders who cannot be left alone at home/ need social interactions.

Our primary focus however has been to be with the elders suffering from dementia throughout the journey, from diagnosis to end-of-life.



## Key programs initiated this year

### Demclinic - A continuum of Care for Dementia

- Launched in September, 2022
- Launched by Dr Srinivasa, Program Director, and Dept. Of Health and Family Welfare, deputed by Dr Sudhakar, Hon'ble Minister

### Home Visits

- Introduced in January, 2023
- For those elders with dementia, who cannot travel to the day care facility due to non-cooperation/ logistics
- A dementia expert does a home visit and engages the person with dementia with one hour of cognitive and one hour of physical sessions.

## Programs in detail

### Residential care Facilities

- Short term & Long term admissions available
- Psychological interventions
- Social skills management
- Occupational therapy
- Speech therapy, physiotherapy
- Recreational activities (music therapy)
- Quarterly clinical updates sent to family
- We encourage & facilitate frequent visits and outings with their families to strengthen the bond



- *Reduction in pharmacological interventions & management of behaviours through non-pharmacological intervention.*
- *Management of issues with natural and/ Indian medicines without the use of psychotropic drugs*
- *Tele medicine services has helped reduce costs at our satellite centres at Kothanur & Kolar.*

### Centres

- Nightingales Centre for Ageing & Alzheimer's - Kasturi Nagar, Bangalore
- Nightingales Trust - Tanya Mathias Elder Care Centre - Kothanur
- ETCM - Nightingales Trust Dementia Care Centre - Kolar

### Day care Facilities

- Provides the much needed respite for caregivers
- Ensures that elders with Dementia / those who need help for their daily activities are taken care of in a stimulating social environment.
- Benefits of Day care:
  - Support for the health, nutritional, social and daily living needs of elders with dementia
  - Professionally managed group setting
  - Safe and friendly environment.
  - Qualified team to take care of the members and are equipped to deal with emergency situations (if any)

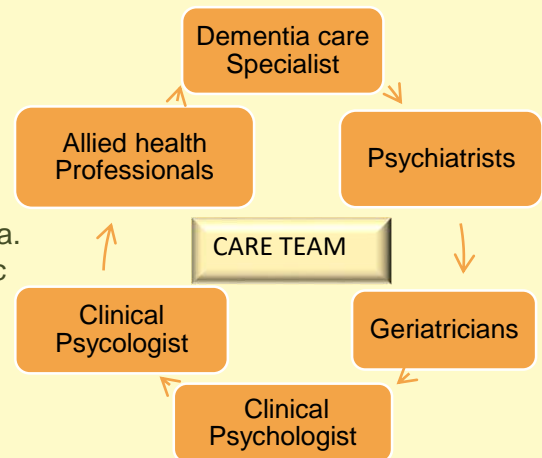
### Centres

- Red Cross - Nightingales Trust Day Care For Elderly, Banjara Hills, Hyderabad
- Nightingales Trust Day Care for Elderly & Dementia, Jayanagar, Bangalore
- Nightingales Trust Dementia Day Care Centre, RT Nagar, Bangalore
- Nightingales Centre For Ageing & Alzheimer's, Kasturi Nagar Bangalore



## Demclinic

- A unique online-cum-offline (hybrid) program
- Designed to help persons with Dementia and their families
- To meet complex medical, behavioural and social needs of Alzheimer's and other types of Dementia.
- The program offers access to diagnosis, post diagnostic care and support.
- A personalized care plan is created and implemented
- All 4 Day care centres offer Demclinic



## Support Groups

- Meant for family caregivers, who can meet often to discuss, clarify, and /or suggest a different solution to the challenges.
- The program is usually peer led and sometimes by the led by experts as required
- It is conducted in offline & Online mode.

## Beneficiaries Talk

### Mrs Uma (85 years)

*I joined the Centre with an intention of getting engaged in cognitive activities. I was physically active however; I was noticing short term memory lapses and attention issues. I was also slow in responding. All this was affecting my functioning in everyday life. I have been a member of this Centre for the past 6 months. I have seen some amazing improvement in my memory both visual and auditory. What I could not believe was the benefits in my day to day life. I was able to learn new things faster and hand eye coordination. My cognitive scores have increased by 30% in attention, memory and executive function. I did not expect any of these improvements at the age of 85.*

### Mr Choodanath (74 years)

*I retired from HMT as General Manager and was very active until I had a TIA. I am a known hypertensive with a tendency to accumulate bad cholesterol since I was 39. I joined the Centre one and a half years ago when my cholesterol levels were off the charts, now all that has changed. I progressively lowered LDL and triglycerides and raised HDL. Now my cholesterol is 140 and 45 HDL with no change in diet and medication. May the Centre grow and be a leading light to the needy.*

### Mrs. Sheila Arumugam NCAA, Kasturi Nagar

*My Husband Arumugam a stroke patient, was admitted in NCAA in 2021, and, was with NCAA until January 2023. During his stay, despite peak covid issues in Bangalore, he was safe and had made lot of friends at the centre. He was well taken care of. He was provided with the necessary physiotherapy hygienic and nutritious food and well maintained room. He was very comfortable and happy there. On my return to India, since I wanted to take care of him, I got him discharged. I had engaged a caregiver, but realised that I couldn't provide the same level of comfort to him, in spite of having engaged a caretaker. It was very difficult to monitor him and to keep track if a proper bath, changing bed sheets, timely medication and food was given or not. Hence after trying out for a few months, decided to re-admit him back at the NCAA centre as they were doing a great job. My sincere thanks to the team. Also, I would like to add that at the centre, apart from medical and nonmedical care, it is the social activities that help the residents in their overall wellbeing. I have not observed such activities in in any other geriatric care centres and I think that is one of the main reasons for bringing my husband back here.*

### Mr Reddy family NCAA, Kasturi Nagar

*At the time of admission in NMT Kasturi Nagar, my father's health was in a bad condition. After the 6 months he recovered 90% and we got him discharged from NMT. He is doing much better compared to last few years. The rooms are well maintained and Nurses extremely sensitive to the patients' needs. I would like to thank the Doctor, and the staff for their Hospitality and care during my father's stay. Staff and nurses were very friendly and supportive. Especially would like to thank Ms Asha, Ms Anitha and Jimmy Madam, My father was very connected to the staff and still misses them.*

## Social Integration

### Online Active Ageing

The aim is to making Preventive Healthcare accessible and bring a lifestyle modification and ensure health and happiness of the elderly. All the activities are research based and with the technical support of Thinking Fit , UK. Among other socially enriching services, the focus is also on minimizing the risk of Dementia, controlling Hypertension, Diabetes, Depression and prevention of falls.



This program is

- Meant for normal senior citizens to be physically fit, mentally active and socially connected.
- There are two types of programs running 1. Basic and 2. Advanced active ageing
- Every week the elders have 3 sessions of 2 hours each where they have various activities including Music & Dance therapy, socializing activity, Games, Talents show, etc.

Average  
attendance 90

### Mobile Active Ageing Program

This was started from March 2017 with the aim of extending the active ageing services free of cost to the community, especially to elders in old age homes in Bangalore. There are two units serving old age homes in North and South Bengaluru.

During the current year, we reached out to 25 Old Age Homes (OAHs) in Bangalore North and South. On an average about 120 elders have benefited from the program every quarter. Apart from the regular activities, doctor visits, physio visits, kit distribution and other services Active ageing kits were provided in the last two quarters of the year with the support of one of our corporate donors. The kits included medical and exercise equipment to ensure that the Active ageing programme taught in these old age homes would continue.

Attendance  
120/quarter

# Marginalised Elders

The setting ensures a community-like atmosphere where seniors can interact with their peers, engage in activities, and receive emotional support, reduce sense of loneliness in order to improve their quality of life.

Our residential care services include:

- Transit care for lost elderly men with Counselling and reconciliation with families (in association with Elders Helpline)
- In addition to providing a home & nutritious meals, we provide basic health care; Fitness programs like yoga, guided exercises to improve fitness; Recreational activities; Livelihood opportunities like making paper covers, small handicrafts etc.
- Psychiatric assessment, diagnosis, and management through NIMHANS; De addiction services & End-of-life care.

Our day care services include:

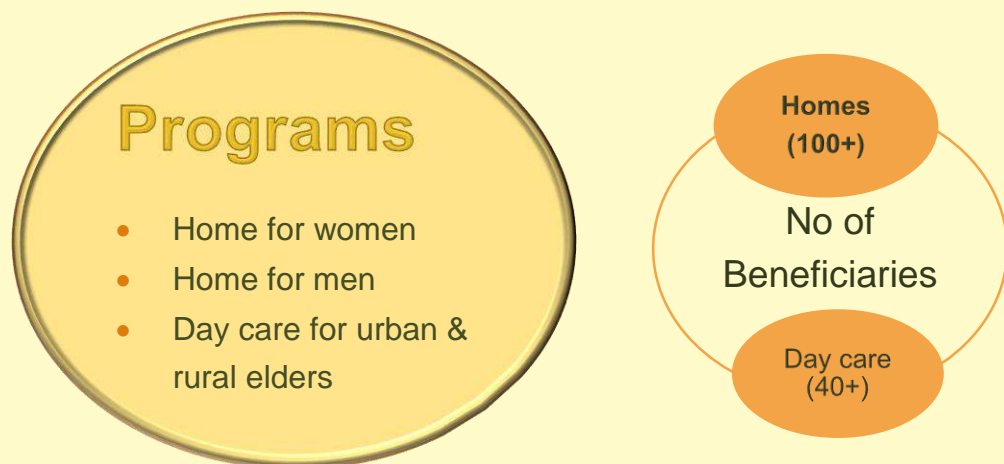
- Health and hygiene interventions, recreational activities, skill development, income generation programmes and nutritional supplementation through mid-day meals. All the services are rendered free of cost. The elders are encouraged to engage in income generation activity which is a means to earn a small income.

**Centres:**

**Destitute Home: Sandhya suraksha- Home for destitute elderly women &**

**Sandhya Kirana – Home for destitute elderly men**

**Day care centre: Sandhya Kirana Day care centre**



## Highlights

Rural Daycare introduced in collaboration with Sugganahalli panchayat in Ramanagara district, Karnataka

Special income generating activity introduced in Daycare centre

Free Eye camp held for elders with spectacles, screening for cataract- for the underprivileged with the Optometry Council of India (OCI). About 87 Elders benefitted.



# Empowerment

## Nightingales Jobs 60+

Nightingales Jobs 60+ was established to provide a financially independent life for healthy and employable retired elders by enabling them to re-enter the job market or become self-employed. It is a collaborative effort with Nightingale Empowerment Foundation.

- It is a comprehensive program to provide training and employment for recently retired, healthy individuals who desire to continue to work.
- A job bureau is supported by an online job portal to connect job seekers to potential employers.
- Job Fairs are held to provide a platform for the elders and the employers to meet and discuss opportunities. Due to COVID, Job Fairs could not be held for the past 3 years.

35 elders  
have been  
placed

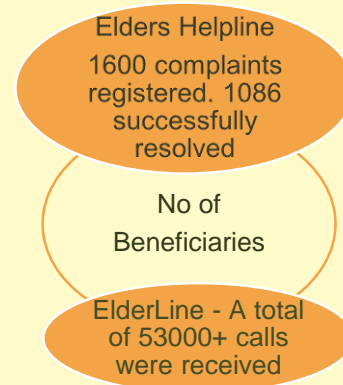
## Beneficiaries Talk

Thomas 65 years

*I am thankful to and Nightingales JOB 60+ for giving me the opportunity to work as a security agent. I have been unemployed for a few years and my wife is dependent on me. I also lost my son about ten years ago. Besides the fact that I was diabetic and have a high blood pressure, I didn't have any financial support. In a short period of time, Nightingales Jobs 60+ placed me in a job as a Security agent in Hennur. Mr Eranna Protector Redefining Security (Security Service) appointed me to the position of Security Service. I'm so grateful for this opportunity.*



# Prevention of Elder Abuse



## Elders Helpline 1090

Providing timely assistance and counselling services to elders facing abuse and harassment. The Elders Helpline provides information, counselling services, legal advice and help to senior citizens combat their challenges

- A project run in association with Bangalore City Police & Govt. of Karnataka.
- The services rendered are free of cost

## National Helpline for Senior Citizens (Elder Line) 14567

A toll free number **14567** acts as a platform for redressing the grievances of the senior citizens of India. It is an initiative of the Ministry of Social Justice and Empowerment, Government of India in collaboration with state governments and Non-profit organisations. Nightingales Medical Trust (NMT), has been appointed as the implementing agency for Karnataka.

This is a teleservice provided free of cost. Services include: providing information; Guidance, Emotional support, Field intervention, Rescue, Legal to Abuse.

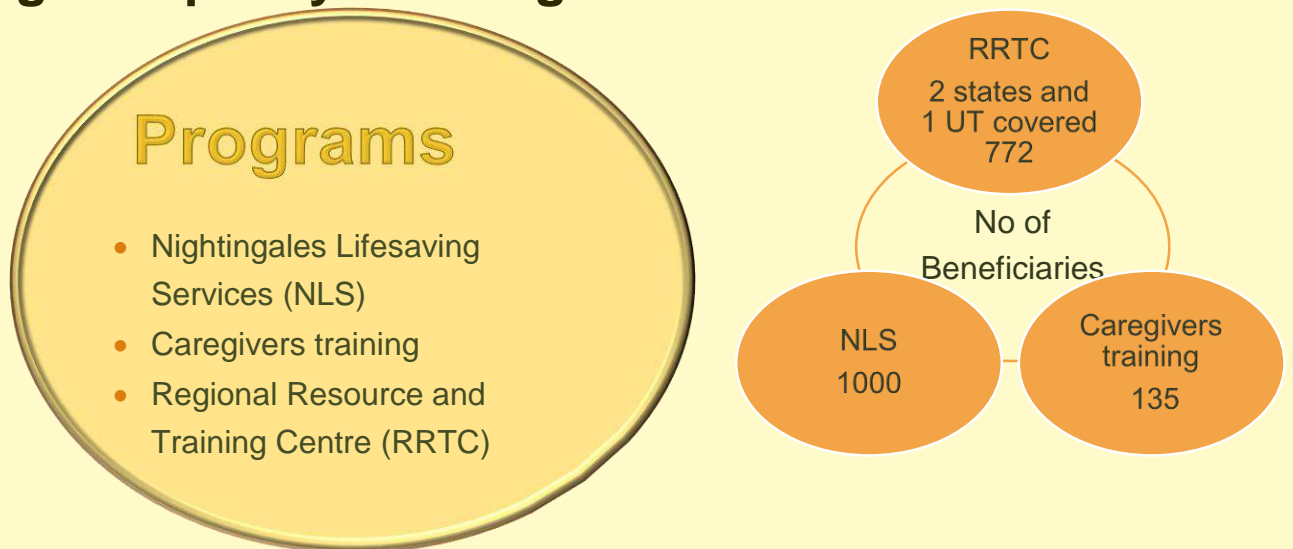
## Highlights

Elders Helpline 1090 marked 20 years of service to the elderly on World Elder Abuse Awareness Day, 15th June, 2022. This event was held at the Office of the Commissioner of Police.

Shri. Basappa Angadi, Deputy Commissioner of Police, Crime, Bengaluru City Police, and Smt KS Lathakumari, Director, Department for the Empowerment of Differently Abled and Senior Citizens were present at the event.

Elderline conducted road shows, street play and awareness walks aimed at creating awareness among the public about Elder Abuse and the Elderline as a support system to help elders in distress, which across 7 districts in Karnataka.

## Training & Capacity Building



### Nightingales Life Saving Program (NLS)

This project provides training in Basic Life saving techniques. The objective is to create a community of lifesavers so that precious lives are saved due to a community of trained life savers.

- Initially started for family members of the elderly, it has now been extended to the public.
- CPR(Cardio-Pulmonary Resuscitation) and FA (First Aid), AED (Automated External Defibrillator) techniques/usage are taught
- Since inception, we have trained people including doctors, nurses, corporate employees, social organizations, police, auto drivers, educational and other institutions.

### Nightingales Caregivers Training

Assessing the growing need for trained care givers to look after the elderly, training in bedside assistance and dementia is provided in this program.

- Well-equipped training department
- Qualified personnel in the field of dementia and eldercare.
- Caregiver training given to both internal staff and external caregivers
- External caregivers include students from Nursing Institutes, Agencies providing care givers, Home caregivers etc.

### Regional Resource and Training Centre (RRTC)

Recognizing the many years of excellence in age care, the Ministry of Social Justice and Empowerment, Government of India has designated Nightingales Medical Trust to be the RRTC for Age Care for states of Karnataka, and Kerala and the union territory of Lakshadweep. The mandate is to

- Conduct awareness and sensitization programmes on age care issues
- Liaison with State Governments
- Provide training in age care to NGOs and others in the field of age care.
- Monitor the services of NGOs receiving grant-in-aid from the Government.

## Advocacy and Awareness Program

- NMT has been conducting public awareness activities, events for the cause of age care.
- Events on World Elder Abuse Awareness Day (June 15, 2022) were held this year in 8 districts and in Bangalore at the Office of the Police Commissioner.
- Walkathon in Hyderabad along with Red Cross to observe World Alzheimer's Month.

## Dementia Friends Programme

- The Dementia Friends program is a global movement which strives to sensitize people about dementia, remove stigma and create a positive attitude and understanding of the disorder
- Started by the Alzheimer's society of England and Wales, this movement has spread to over 50 countries and reached over 17 million persons.
- This year we did a total of 12 dementia friends' programmes were conducted and 870 people became dementia friends.



# Road Ahead

- **Outreach** - Expansion of community based services for elderly by setting up more day care centres to reach out to more marginalized elderly in the urban settlements and rural India. These centres will be run in collaboration with community based organisations and will provide a range of services to elders in the communities.
- **Replicating Telemedicine enabled Dementia Care model:** NMT plans to collaborate with likeminded organisations to establish facilities for dementia care using technology and tele medicine solutions. Presently the dementia care centre at Kolar is managed with this technology and has helped to cut costs and made the care affordable.  
Such centres will be based on a Hub & Spokes Model, with the Nightingales Centre for Ageing & Alzheimer's at Bangalore being the hub. Expertise care and intervention will be given from the hub and such centres would mostly have the caregiving staff provide care to the patients under the supervision of the experts from the hub.
- **Caregiving** is a large and fast growing sector with enormous employment opportunities and soon will be in high demand for neuro degenerative diseases such as Dementia. We wish to train and make more qualified caregivers available for families.
- **Dementia Village:** Dementia is an overall term for diseases and conditions characterized by a decline in memory, language, problem-solving and other thinking skills that affect a person's ability to perform everyday activities. Memory loss is an example. Presently, it is estimated that more than 5 million persons are effected with dementia in India. Since there is no cure for the disease, there is a need to undertake research studies to enhance the quality of care and explore the possibility of combining both allopathic and Indian medicine in managing the various symptoms of the disease better. In response to the above mentioned needs and to address this challenge in a holistic and cost effective manner, NMT is proposing to set up a comprehensive, self-contained **Dementia Care Village**.
  - This self-contained village will be first of its kind in India
  - It will provide freedom and unrestricted movement to elders with dementia and will create an atmosphere as close to their own home setting as possible. The aim would be to help them to have a better quality of life.
  - The cost will be approximately one third of similar facility internationally
  - It will also provide training and employment to caregivers
  - Employment opportunity will be provided to the locals around the village
  - Village produce will be used as much as possible
  - It will provide scope for research in various interventions to improve the quality of life of residents suffering from dementia.
  - Services will be provided for marginalized as well as those who can pay for the services.

You can associate with us at an individual level or at a corporate level in the below mentioned ways. You can either celebrate your special days with our inmates; do a CSR /employee engagement/ volunteer or donate for a specific program. You could collaborate with us in one or more ways and become Dementia friends to help create awareness by reaching out to the larger population.



# Glimpses of the year 2022-23

## Events

World Elder Abuse Awareness Day



World Alzheimer's Month- Memory walk



## Beneficiaries at different programs



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### Nightingales Medical Trust

8P6, 3<sup>rd</sup> A Cross, Kasturinagar, Banaswadi, Bangalore 560043  
Ph: +91 80 42426565 | Email: [contact@nightingaleseldercare.com](mailto:contact@nightingaleseldercare.com)

<https://www.nightingaleseldercare.com>