

AUTUMN TIMES



DECEMBER, 2025

NEWSLETTER OF NIGHTINGALES MEDICAL TRUST

MESSAGE FROM THE FOUNDERS

Warm greetings to you and your families as we welcome a new year filled with hope, purpose, and compassion.

Each year reminds us that caring for our elders—especially those who are marginalized, dependent, or living with dementia—is not just our mission, but our shared responsibility as a society.

2025 has been an important year for Nightingales Medical Trust. Despite the growing challenges of running an NGO and ensuring full compliance with ever-evolving government regulations, we have moved forward with determination and integrity. Our progress has been possible only because of your trust and unwavering support.

One of the year's most significant milestones was the foundation stone laying of Smriti Gram, India's first dementia care village designed with a special commitment to include 100 low-income elders. Alongside this, we are establishing a Training Academy for Dementia Care, which will strengthen the sector's workforce and become operational in 2026. This marks a major step towards creating inclusive, affordable, and high quality dementia care in our country.

Our initiatives for marginalized elders continued to expand. The Jobs 60+ Mega Job Fair, connected over 950 senior job seekers with employment and livelihood opportunities, showcased the resilience, talent, and aspirations of elders determined to remain financially independent. We also launched another Hiriyaravadi – a day care center for marginalized elders, reaffirming our commitment to those who have no one else to turn to. At the policy and systems level, NMT played a catalytic role in strengthening support structures for elders across Karnataka. We convened a state-level workshop to integrate the National Helpline for Senior Citizens with district-level helplines, paving the way for more



Dr Radha S Murthy
Managing Trustee



Mr. S Premkumar Raja
Secretary

efficient and responsive services. Another significant convening was the Stakeholder Review of the Maintenance and Welfare of Parents and Senior Citizens (MWPSC) Act, 2007, where implementation challenges were discussed and practical recommendations were developed to strengthen elder rights and protections.

When we established Nightingales Medical Trust, we never imagined that it would grow to this extent—today serving over 700 elders every single day. As our services become increasingly relevant to society, we are consciously building a strong second line of leadership to ensure that NMT's commitment to quality, compassion, and empathy continues for generations to come.

Each of these efforts—whether in care, livelihoods, capacity building, or policy advocacy—was made possible by the steadfast encouragement of our partners, government bodies, corporate supporters, donors, volunteers, and the families who place their faith in us. Your belief in our mission gives us strength, especially when navigating the complexities and responsibilities of the non-profit sector.

As we move into a new year, we remain deeply committed to creating a society where every elder, regardless of income, health, or circumstance, can age with dignity, safety, and hope. Thank you for journeying with us.

Wishing you and your loved ones a peaceful and fulfilling New Year 2026.

FROM THE DIRECTOR'S DESK

As we approach the close of 2025, I am pleased to share highlights from April to December — a period marked by meaningful progress, strengthened systems, and renewed commitment to improving the lives of older adults. Over 15000 elders benefited through high impact initiatives of NMT addressing the full range of elderly issues. Smriti Gram - India's largest Dementia Care Village with 300 beds for Persons with Dementia (PwDem), is taking shape in a 5 acre lush green campus on the outskirts of Bengaluru city. The first phase of the project comprising the construction of 100 beds for PwDem from marginalized families and the Deena Sufia Ahmed Memorial Block - the Centre for Excellence in Geriatric and Dementia Care Training is in full swing. I'm delighted to share that the construction of the training block is completed and we plan to operationalize it in the New Year 2026. Additionally, 25% construction work of the first 100 beds is completed. Key events such as World Elder Abuse Awareness Day, Mega Job Fair, World Alzheimer's Day and International Day of Older Persons (IDOP) were conducted that enhanced societal sensitization on elder issues.



Mr. Pradeep Murthy
Director - Operations

In recognition of its impactful work, NMT was honoured with the "Exemplar Award" by the Rotary Club of Bangalore for excellence in Elder Care and support for Persons with Dementia.

These months were transformative for Nightingales Medical Trust. Together, we focused on consolidating our services, improving quality standards, embracing technology, and building stronger engagement with families, partners, and communities.

This progress has only been possible because of the dedication of our staff, the trust of families, the generosity of donors, and the support of our stakeholders.

Thank you for standing with us as we work toward a society that values, protects, and uplifts its elders. Together, let us step into 2026 with hope, purpose, and confidence.

NMT GUIDED BY VISIONARY LEADERSHIP

Nightingales Medical Trust is privileged to be led by a dedicated Board of eight eminent members who meet regularly to review our progress, strengthen governance, and guide policy decisions. Each member brings deep social commitment and a shared passion for improving the lives of elders. Their insights and guidance continue to inspire us to strive for excellence in all our programmes.

During the Quarterly Board meeting held on 9th August 2025, a comprehensive briefing on the Trust's performance, key milestones, and upcoming programs were presented to the Board. The Trustees provided directions and way forward for the the Trust.



Our Work & Activities



DEMENTIA AND MEDICAL CARE

- Residential dementia care facilities
- Day care for persons with dementia



PROGRAM FOR THE MARGINALIZED ELDERS

Day care centres and Hiriyanavadi centres for the marginalized
Sandhya suraksha - home for destitute elderly women
Sandhya kirana - home for destitute elderly men



ACTIVE AGEING AND SOCIAL INTEGRATION

- Online Active Ageing
- Mobile Active Ageing



LIVELIHOOD AND EMPOWERMENT

Jobs 60+ and Digital Literacy



PREVENTION OF ELDER ABUSE

- Elder Helpline 1090
- National Helpline for Senior Citizens (NHSC) 14567



TRAINING AND CAPACITY BUILDING

Nightingales Geriatric Care and Dementia Care Training
Nightingales Lifesaving Services (NLS)
Regional Resource Training Centre (RRTC)



AWARENESS & ADVOCACY

- Protecting the rights and privileges of elders and persons with dementia

Is Your Elderly Parent Experiencing Any of These?

- Severe memory loss affecting daily life
- Getting disoriented even in familiar surroundings
- Difficulty performing familiar or routine tasks
- Confusion about time and place
- Problems with language and communication
- Noticeable changes in behaviour, mood, or judgement

These changes may not be a normal part of ageing. They could be early signs of dementia. While there is currently no cure for dementia, up to 45% of cases can be prevented or delayed with early diagnosis and timely intervention.

We offer **FREE** Memory Screening at our centres.

Call **080 4242 6565** to book your appointment.

Every Saturday | 2:00 pm - 4:00 pm
Prior appointment required

STRENGTHENING PERSON-CENTRED DEMENTIA CARE THROUGH INNOVATIVE NON-PHARMACOLOGICAL APPROACHES

At Nightingales, person-centred care is not just a care model—it is the heart of everything we do. Our commitment to understanding each resident as an individual has led us to introduce non-pharmacological programmes that enhance emotional well-being, reduce distress, and promote better daily functioning.

► Evening Activities: Creating Calm, Comfort & Better Sleep

Evenings can often be a challenging time for individuals with dementia. To address this, Nightingales Centre for Ageing and Alzheimer's (NCAA) has introduced structured evening engagement sessions that naturally guide residents into a relaxed and positive night routine.

These sessions include:

- Soothing music and rhythmic relaxation
- Light games that encourage interaction
- Creative expression through art and craft
- Warm, friendly conversations that build connection

This comforting environment is something our residents now eagerly look forward to. Over time, these activities have significantly reduced behaviours such as wandering, pacing, and evening agitation. Residents feel more grounded, secure, and emotionally balanced—making the transition into night time far smoother.

Most importantly, these calm evenings have noticeably improved sleep quality. Many residents are now experiencing longer, deeper, and more restful sleep, contributing positively to their overall health and day-to-day functioning.

► Neurographic Art Therapy Brings Calm and Creativity to Our Elders at our Dementia Day Care Center

Recognising the growing benefits of neurographic art therapy, our psychologist Ms. Sharon introduced this expressive technique at the Dementia Day Care Centre in RT Nagar. The goal was to explore how our elders would respond to this gentle, creative form of therapy.

Ms. Sharon guided them through the simple, flowing process—and the results were heart-warming. As the drawings took shape, elders began interpreting their artwork in their own unique ways, noticing forms like hands, elephants, and other meaningful patterns. The session also drew in our interns, who shared that the experience was deeply calming and relaxing.



Neurographic art is especially valuable for individuals who find it difficult to verbalise their emotions—common in dementia and even in everyday life. It offers a meditative, free-flowing outlet for emotional expression, promotes mindfulness, reduces frustration, and encourages creativity. No artistic skill or prior experience is required; just an open mind.

► A Natural, Compassionate Approach to Well-Being

These initiatives reaffirm a simple truth: purposeful engagement, emotional connection, and compassionate presence are powerful therapies. By focusing on what brings comfort and joy to each individual, Nightingales Centre for Ageing and Alzheimer's (NCAA) continues to set high standards in person-centred dementia care.

At Nightingales, we remain committed to continually innovating and expanding our non-pharmacological approaches—ensuring that every resident lives with dignity, peace, and the highest possible quality of life.

- **190 elders with dementia and related disorders being served every day across our residential and day care centers**
- **Over 50 elders are engaged with dementia risk reduction program**

Smriti Gram: India's Largest Dementia Care Village

Smriti Gram is more than a project —it is a movement toward building an elder-inclusive India where people living with dementia, regardless of income, receive the care, respect, and support they deserve. Once fully functional in 2028, it is expected to emerge as a national benchmark for dementia care, research, and training.



A landmark milestone in the journey of Nightingales Medical Trust (NMT) was achieved this year with the foundation stone-laying ceremony of Smriti Gram, India's largest Dementia Care Village. Conceived as a pioneering model rooted in over two decades of NMT's experience in dementia care, Smriti Gram represents a bold, compassionate, and future-ready response to one of the fastest-growing health challenges of our time.

Smriti Gram is envisioned as a 300-bed integrated care village, designed to provide a safe, inclusive, and person-centred environment for individuals living with dementia. The village will offer a unique blend of independent living, assisted care, and a therapeutic ecosystem that harmoniously combines allopathic medicine with alternative and traditional healing approaches, and evidence-based psycho-social interventions. Every element—from built environment and mobility to daily engagement and community participation—has been planned to promote dignity, autonomy, safety, and meaningful living.

The first phase of this ambitious project, with 100 beds dedicated to those from low-income backgrounds, is expected to be functional by the end of 2026.

A key feature of Smriti Gram will be its state-of-the-art Training Academy for Caregiving, scheduled to become operational by April 2026. This academy will focus on training, skilling, and upskilling over 1,000 individuals every year, creating a strong workforce of dementia-trained caregivers, nurses, therapists, and community workers.

Seeking Partnerships to Bring This Vision to Life -

As a non-profit organisation, NMT seeks the generous support of philanthropists, corporates under CSR, family foundations, and socially conscious individuals to help build and sustain this transformative initiative. Contributions towards infrastructure, equipping, furnishing, patient support, and community outreach are warmly welcomed, and all supporters will be suitably acknowledged for their commitment to improving the lives of elders with dementia. For more details please email at contact@nightingaleseldercare.com

Become a Trained and Certified Bedside Care Expert

With the rising need for skilled elder care professionals, Nightingales Medical Trust conducts one-month, job-oriented, hands-on training programs to develop Bedside Care Experts, with a special focus on dementia care. This comprehensive program offers free training, certification, and placement assistance, preparing candidates for a dignified, respectful, and fulfilling career in elder care. Eligible candidates include individuals 18 to 45 years old, who have passed 8th standard and have a genuine interest in serving older adults.

For more details, please call at 080 4242 6565

Start your journey toward a meaningful and impactful career in elder care.

Smrithi 2025 – Marking World Alzheimer's Day with Memory and Meaning

Over 400 elders, caregivers, families, and volunteers came together at M.N. Krishna Rao Park on 20th September for Smrithi 2025, a Memory Wellness Drive organised by Nightingales Medical Trust (NMT) in collaboration with Dementia India Alliance (DIA) and ARDSI-Bangalore Chapter. The event marked World Alzheimer's Day and aimed to raise awareness about dementia and advocate for its recognition as a national health priority.

With over one crore elders in India affected by dementia and only 10% diagnosed, the event highlighted the urgent need to bridge the awareness gap. An expert panel discussion addressed early diagnosis, stigma reduction, caregiving challenges, and management of behavioural symptoms, offering families practical guidance and reassurance.

Participants also experienced dementia through an innovative Dementia Simulation and Virtual Reality Booth, fostering empathy and understanding. Over 150 elders underwent brain fitness check-ups, while more than 100 registered for the Ayushman Vaya Vandana Card and Senior Citizen ID Cards.

A joyful intergenerational segment featuring traditional games brought elders and youngsters together, reinforcing the message of active ageing and community bonding.

Aligned with the World Alzheimer's Day theme "Ask about Dementia, Ask about Alzheimer's", Smrithi 2025 inspired awareness, dialogue, and collective action—bringing Bengaluru a step closer to becoming a dementia-friendly city.



Samvaya: Connecting Students and Elders

Nightingales Medical Trust (NMT) invites educational institutions to partner with Samvaya, a unique intergenerational initiative that brings students and elders together to foster empathy, share wisdom, and enhance emotional well-being.

In an increasingly digital world, students often miss meaningful interaction with seniors, while many elders experience loneliness. Samvaya bridges this gap through structured, engaging activities that benefit both.

Key Highlights:

- Students develop empathy, communication skills, and a sense of social responsibility
- Elders gain companionship, emotional well-being, and digital literacy support
- Activities include storytelling, art and recreation, yoga, digital literacy, and wellness sessions

Join us in creating meaningful connections, contact us at contact@nightingaleseldercare.com

A Few Cases Successfully Resolved by Our Helplines



1. Senior Citizen Recovers Pending ₹5.5 Lakh through Elderline Intervention

A 73-year-old senior citizen had lent ₹5.5 lakh to a relative in 2016. Although ₹1.5 lakh was repaid in 2017, the remaining amount remained unsettled for years despite repeated requests.

On 4th December 2024, he approached the Elderline (National Helpline for Senior Citizens) for assistance. The Elderline staff contacted the opposite party, who initially denied the loan but later agreed to repay the balance within two months. Following persistent follow-ups, the senior citizen received ₹3 lakh in May 2025, and the final ₹50,000 was repaid on 7th July 2025.

The senior citizen confirmed receipt of the entire amount and expressed deep gratitude to the Elderline team. The case was closed with full resolution.

2. Elderly Couple Rescued from Harassment and Neglect by Son and Daughter-in-Law

On 14/08/2025 68-year-old father and 66-year-old mother approached the Elders Helpline after facing prolonged physical,

verbal, and mental harassment from their daughter-in-law, who also barred the mother-in-law from the kitchen and refused to cook for them. One night at 10:30 p.m., the couple was forced out of their own house—property belonging to them—and left waiting outside for more than three hours. When the door remained locked, they returned to their hometown in Chitradurga, where they stayed for six months.

After seeking help from the DGP's office, they were referred to the Elders Helpline run by Nightingales Medical Trust.

The Helpline issued notices to the son and daughter-in-law. During counselling, it was made clear that neglecting or ill-treating senior citizens is a punishable offence and that the parents cannot be evicted from their own property. The daughter-in-law admitted her actions and apologised. A joint session was held, during which both son and daughter-in-law agreed to vacate the residence within a month. On 2nd September 2025, they moved out, and the elderly couple returned home, now living peacefully and securely.

Elders in distress and in need of help, please contact our Elder Helplines - 1090 and 14567

One Day Workshop on Enhancing Elder Care Services through Helplines across Karnataka

The Directorate of Differently Abled and Senior Citizens, in partnership with Nightingales Medical Trust (NMT), conducted a one-day workshop on 12th September 2025 for 66 staff from the Elders Helplines (1090) of 31 districts of Karnataka and the National Helpline for Senior Citizens (14567).

The program was inaugurated by Shri Raghavendra T., Director, and the keynote address was delivered by Mr. N. Nataraj, Joint Director. Sessions focused on strengthening Elders Helplines (EHL) from all the districts and National Helpline for Senior Citizens (NHSC) coordination, improving documentation, understanding challenges in service delivery, and sharing best practices.

A panel with Mr. Nataraj, Ms. Swati Bhandary (NMT), and Mr. K. M. Umapathi (Ballari EHL) reviewed group

findings and shared the consolidated recommendations with the stakeholders. Dr. Radha Murthy, Managing Trustee, NMT, emphasized two priorities—supporting elders to remain financially independent and promoting preventive health through helpline guidance.

Facilitators from NHSC and NMT, including Mr. Suresh, Ms. Jiji, and Ms. Sulekha, presented operational processes and best practices by NMT. The documentation formats used by NMT's Elders Helpline will now be adopted across the state.

As the first in-person meeting after the pandemic, the workshop was appreciated for its meaningful discussions. Participants agreed that better awareness and stronger networking can help resolve many issues faced by senior citizens.

AWARENESS AND ADVOCACY

State-Level Workshop to strengthen the Maintenance and Welfare of Parents and Senior Citizens Act, 2007

A State-level Workshop on the Maintenance and Welfare of Parents and Senior Citizens Act, 2007 (MWPSC Act) under International Day of Older Persons (IDOP) program, was held at Vidhana Soudha on 24th November 2025. The event, coordinated by Nightingales Medical Trust (NMT) in partnership with the Department for the Empowerment of Differently Abled and Senior Citizens, Government of Karnataka, and supported by the Ministry of Social Justice & Empowerment, Government of India, marked a significant step towards improving elder welfare systems in the state.

The workshop brought together the Law Commission of Karnataka, the Karnataka State Legal Services Authority, and representatives from Revenue, Police, Health, Women & Child Development and other key departments. Over 140 participants, including Assistant Commissioners, District Welfare Officers, police officials, NGOs and senior citizen forums, attended the deliberations.

The event was presided over by Dr. Justice Ashok B. Hinchigeri, Chairman, Law Commission of Karnataka. Shri Rajender Kumar Kataria, IAS, Principal Secretary, Revenue Department delivered the key note address. Sri H. Shashidhara Shetty, Member Secretary, Karnataka State Legal Services Authority, Smt. Roopa R., KAS, Director, DEDSC and Shri S Nataraj and Joint Director, DEDSC participated.



Workshop Highlights

- Overview of the MWPSC Act and key implementation issues
- Case-based insights from Dr. Ravindranath Shanbhag, Human Rights Protection Foundation
- Department-wise responsibilities and coordination needs
- Government schemes for senior citizens, shared by Shri Nataraj S.
- A panel discussion chaired by Hon'ble Shri Justice Asok G. Nijagannavar, Member, Law Commission of Karnataka

Key Recommendations to Government

- Reviving District Level Committees for better interdepartmental coordination
- Strengthening tribunals with clear SOPs and digital monitoring
- Increasing awareness among elders, families and frontline officials
- Using technology for case tracking and follow-up
- Enhancing convergent action across government departments



Active Ageing on Wheels : Enriching Lives in Old Age Homes

Bengaluru is home to an estimated 200+ old age homes, many founded with the sincere intention of providing safety and comfort to elders. While most offer shelter, food, clothing and basic medical care, a crucial gap remains—the lack of meaningful physical and social engagement for their residents.

To bridge this gap, Nightingales Medical Trust (NMT) has launched the Mobile Active Ageing Program and signed MoUs with old age homes across the city. Today, two dedicated teams—one for North Bengaluru and one for South Bengaluru—operate

regularly to bring structured, evidence-based active ageing services directly to more than 500 elders living in 21 old age homes between April to December 2025.

These programs help elders stay healthier, more active, and emotionally fulfilled, significantly enhancing their quality of life. NMT assists these homes with medical and physical activities kits. Importantly, all services are offered completely free of cost.

We also train the staff of the homes to run these activities confidently even in our absence, ensuring continuity and sustainability. The staff are also trained in life saving skills.

On a pre-set schedule, our teams visit partnering homes with all required equipment to conduct:

- Physical fitness and mobility exercises
- Social and recreational engagement
- Cognitive stimulation sessions
- Brain health check-up / memory screening to identify elders with dementia

If you would like NMT to extend this service to an old age home you know, please contact Mobile Active Ageing Executive on +91 8123112162 or maa@nightingaleseldercare.com

HIRIYARAVADIS: BRINGING DIGNITY AND CARE TO ELDERS IN URBAN SLUMS

Fifty years ago, Anganwadis were introduced in India under the Integrated Child Development Services to support vulnerable children. Over the decades, they have become an essential part of children welfare.

Inspired by this successful model, NMT has established Hiriyaravadis(Day Care Centre for Elders)—community-based elder care centers in four urban slum areas of Bengaluru, benefiting nearly 150 elderly men and women from marginalized communities elders every day.

Each Hiriyaravadi provides a comprehensive range of services, including:

- Nutritional support
- Basic health care
- Physical fitness and mobility sessions
- Income-generation activities
- Cognitive stimulation exercises
- Social, cultural, and recreational activities
- Digital literacy



These initiatives have led to remarkable improvements in the quality of life of marginalized elders, especially because the services are delivered right within their own communities. For elders living in congested urban settlements, mobility is a major challenge, making the availability of such localized support even more impactful.

With the growing demand for community-based elder care, NMT aims to scale this model in partnership with like-minded NGOs working in city slums.

If you would like to collaborate with us in expanding this meaningful initiative, please write to contact@nightingaleseldercare.com

Montfort College Students Gain Insightful Exposure to Dementia Care

On 23rd August 2025, a group of 35 Psychology students from Montfort College visited the Nightingales Centre for Ageing & Alzheimer's (NCAA). The visit aimed to help students gain a deeper understanding of dementia, person-centred care practices, and the wide range of initiatives undertaken by Nightingales Medical Trust (NMT).

During the visit, the students interacted with the clinical team, observed therapeutic activities, and learned about NMT's community-based dementia support programs. The exposure offered them valuable insights into practical approaches to elder care, dementia management, and the importance of compassionate, structured interventions.

NMT continues to encourage student engagement and learning in the field of age care. Students from psychology, social work, nursing, management, mass media and related disciplines can apply for internships across various NMT projects.

Interested students may contact

Manager - Volunteer & Internship Development on 9243737232 or Projectcoordinator@nightingaleseldercare.com for more details.



Be a Volunteer, Join Us In Making a Difference

Nightingales Medical Trust welcomes volunteers who wish to contribute their time and skills across our various projects for senior citizens. Volunteers play a vital role in enriching the lives of elders by assisting in organising activities, supporting digital literacy sessions, offering counselling, playing music, helping enhance infrastructure, creating awareness in the community etc.

LIVELIHOOD AND EMPOWERMENT

► Free Cyber Safety and Digital Literacy Training for Senior Citizens



In today's rapidly evolving digital environment, staying safe online is no longer optional—it is essential. Unfortunately, elders are increasingly becoming targets of cyber-crimes, with recent reports indicating a 291% rise in financial losses among seniors. This alarming trend highlights the urgent need for awareness, protection, and practical guidance.

To address this growing concern, Nightingales Medical Trust (NMT), in collaboration with the Bangalore City Police, has launched a mega free training initiative on cyber safety and digital literacy at multiple locations across the city. The goal is to ensure that every senior citizen is equipped with the skills and confidence to navigate the digital world securely.

Each session spans three hours and includes:

- Expert-led interactive workshops on cyber safety, common online frauds, and preventive measures.
- Digital literacy training covering practical use of smartphones, safe online shopping, train and taxi bookings, digital payments, and more.
- Easy-to-understand information materials that participants can take home for future reference.

Sessions are organised at apartment complexes, educational institutions, and community halls. NMT aims to take this training directly to where seniors live and gather, ensuring maximum accessibility and impact. This initiative is a step towards building a safer, confident, and digitally empowered elder community.

► Empowering Elders - 10th Job Fair for Senior Citizens

Over 1,000 senior citizens participated in the 10th Job Fair for Senior Citizens organised by Nightingales Empowerment Foundation and Nightingales Medical Trust, in collaboration with St Joseph's University and the Archdiocese of Bangalore, on 7th September 2025 at the St Joseph's University campus.

The job fair provided a vibrant platform for senior job seekers to interact directly with employers, understand the market expectations, and explore job options suited to their experience and ability.

India is home to 15 crore elders, a number expected to double by 2047. With 75% of seniors financially dependent and 89% lacking pension coverage, financial insecurity has become a major concern. Data from Elders Helpline – 1090 (a joint project of Bangalore City Police and Nightingales Medical Trust) shows elders who are financially insecure are becoming easy targets for elder abuse and neglect.

To address this challenge, NMT launched Nightingales Jobs 60+ in 2011, helping healthy and employable elders re-enter the workforce or explore self-employment. A dedicated job portal (www.nightingalesjobs60plus.com) and regular job fairs provide direct access to employers and income opportunities, enabling elders to lead independent and dignified lives.



Nightingales Jobs 60+ - Bringing Purpose and Financial Security to Elders

As part of our commitment to helping elders live with dignity and independence, Nightingales Medical Trust facilitates suitable employment opportunities for senior citizens. This initiative supports elders in staying active, financially secure, and socially engaged.

This is a free service for elders who are:

- Aged 55 to 70 years
- Financially insecure
- Physically fit and willing to work

Contact: 92437 37214 for registration and more details

Highlights of the 10th Job Fair

- 60 employers
- 630+ job vacancies across multiple sectors
- 500+ self-employment opportunities
- 1,000+ senior participants
- 348 elders shortlisted / selected for jobs

Employers! Hire Experienced and Reliable Senior Professionals

In today's fast-paced work environment, finding dependable, skilled and committed employees can be challenging. Nightingales Jobs 60+ offers a powerful solution—connecting organisations with experienced, cost-effective and work-ready senior professionals.

Nightingales Jobs 60+ supports senior citizens aged 55-70 who are physically fit, financially vulnerable, and eager to re-enter the workforce. These elders come with diverse qualifications, deep experience, and a strong sense of responsibility—making them valuable assets to any organisation.

They are seeking part-time or full-time opportunities in administration, supervision, public relations, teaching, accountancy, clerical work, insurance, customer service, marketing and more. Their maturity, stability and professionalism make them an excellent fit for educational institutions, industries, builders, gas agencies, choultries, service organisations and corporates.

To ensure job readiness, Nightingales provides training in digital literacy, communication and soft skills, equipping elders to meet modern workplace requirements.

For employers, hiring senior citizens brings multiple advantages. Elders come with decades of hands-on experience, strong work ethics, and realistic salary expectations. With a short orientation, they integrate smoothly and begin contributing from day one. Many organisations that have hired through Nightingales Jobs 60+ consistently report high satisfaction, citing dependability, loyalty and quality of work.

To recruit reliable and experienced senior professionals, contact 9243737214 or email jobs60plus@nightingaleseldercare.com

It's a free service.

► World Elder Abuse Awareness Day with Road Show and Public Campaign

To observe World Elder Abuse Awareness Day (WEAAD), Nightingales Medical Trust (NMT) organised a powerful public awareness campaign on 14th June 2025 at Shivajinagar Bus Stand, Bengaluru.

The event brought together the Elders Helpline – 1090 (a joint initiative of Bengaluru City Police and NMT, supported by the Department for the Empowerment of Differently Abled and Senior Citizens, Government of Karnataka) and



Elder Line Karnataka – 14567 (run with the Department of Social Justice and Empowerment, Government of India). The campaign featured impactful street plays, a road show, and the distribution of awareness materials to highlight the various forms of elder abuse—often hidden within families and neighbourhoods.

Young volunteers and elders participated with placards carrying strong messages, calling for prevention, public involvement, and greater sensitivity toward the challenges faced by senior citizens.

Street plays were later performed at KR Market Bus Stand, extending the campaign's reach to a wider section of the public.

During the event, the Elders Helpline announced the launch of a registration helpdesk for issuing the Ayushman Vaya Vandana card for elders above 70 years.

The campaign underscored the importance of collective responsibility in protecting elders and ensuring they live with dignity, respect, and safety.

Since its establishment in 2002, the Elders Helpline has handled:

- 2,73,600+ calls and walk-ins
- 15,000+ registered complaints
- 69% successful case resolutions
- 44,500+ counselling sessions

Data from the past three years (2022–2025) shows that nearly 70% of complaints come from elders facing mistreatment by their own family members. Emotional and verbal abuse remain the most commonly reported forms of ill-treatment, often unnoticed or dismissed.

Sons continue to be the primary perpetrators, followed by daughters-in-law and close relatives. Major triggers include property disputes, financial pressures, caregiving burdens, and increased tensions in multigenerational households.

For assistance or guidance, elderly individuals and families can contact: Elders Helpline 1090 / 080-23352833.

Your Old Newspapers Can Change a Life

Your used newspapers can become a source of dignity and income for economically marginalized elders supported by Nightingales Medical Trust at its day care centers. These newspapers are used to make paper bags, providing elders with a simple and sustainable income-generation opportunity to lead a more dignified life. This activity also helps improve their cognitive and physical skills. Your contribution can make a significant difference in the lives of these elders. If you are willing to donate your old newspapers and support this initiative, please contact Sandhya Kirana Homes at 98803 10448.

► Strengthening Geriatric and Dementia Care Through Comprehensive Training and Workforce Development

Our capacity-building and workforce development initiatives made significant progress across multiple domains of geriatric and dementia care. A total of nine geriatric training programs were conducted, benefiting 116 participants, alongside three dementia care training sessions that reached 187 participants. Through the Geriatric Caregiver Training program, 26 students were successfully placed in different care institutions.

In addition, nine in-house training programs were conducted across centers, benefiting 265 staff members. These sessions strengthened skills among nursing aides and nurses in communication, behavior management, and hands-on clinical procedures, while janitorial staff received focused training on housekeeping practices, material usage, and effective communication.

Further strengthening organizational capacity, five ASCEND training programs were delivered to NMT administrative staff, covering essential topics such as Excel proficiency, soft skills, ergonomics, empathy at work, and stress management.

Key strategic initiatives during this period included the introduction of hybrid training models to enhance accessibility and the implementation of United Way, supported geriatric care training through grant funding.

► Building Capacity of Old Age Homes

The Regional Resource and Training Centre, supported by the Ministry of Social Justice and Empowerment, Government of India, played a significant role in strengthening elderly care and reaching out to older persons in the community through impactful awareness programmes.

Between April and December, the team conducted monitoring visits to strengthen the capacity of 23 old-age homes across Kerala and Karnataka. The International Day of Older Persons (IDOP) was observed meaningfully through thirteen awareness programmes and intergenerational bonding initiatives, which collectively benefited nearly 1,500 older persons and youth, thereby enhancing efforts to create an elder-friendly community.

► Life- Saving Skills Training for BMTC Staff

Nightingales Medical Trust through its Nightingales Lifesaving Services (NLS) trained the personnel of Bengaluru Metropolitan Transport Corporation (BMTC), the sole public bus transport provider for Bengaluru on lifesaving skills - CPR, AED (Automated External Defibrillator) and First Aid at four of its depots at



A Milestone in Elder Care Training

Our Geriatric Care curriculum has received formal accreditation from the Healthcare Sector Skill Council (HSSC) under the National Skill Development Corporation (NSDC). This recognition reinforces the rigor and relevance of our training standards and empowers us to further expand skill development opportunities in the eldercare sector.

Challaghatta CWS, Kengeri Depot 12, Deepanjali Nagar Depot 16 and Rajarajeshwari Nagar Depot 21 on 20th August 2025, 29th August 2025, 13th September 2025 and 10th October 2025, respectively, with an aim to develop a quick response system through these trained BMTC staff within a moving bus or a depot should a medical crisis such as a cardiac arrest occur. 40 lakh citizens commute daily through 6,835 BMTC buses.

In the last 25 years, NLS have trained over 90,000+ socially conscious individuals, including doctors, nurses, and people from corporate organizations, industries, social groups, the police, auto services, hospitals, educational institutions, and more. If you are interested in the training you can email at cpr@nightingaleseldercare.com



► From Vulnerability to Recovery: Mala Bando Balo's Story

Mala Bando Balo, a 67-year-old former educator from West Bengal, exemplifies resilience and the power of compassionate elder care.

Following the death of her husband, Mala experienced emotional distress. During the COVID-19 pandemic, she moved to Bengaluru for work and lived alone, where her mental health challenges became more pronounced and became abandoned. After an incident that led to police intervention, she was admitted to NIMHANS for psychiatric care. She was diagnosed with Bipolar Affective Disorder and Schizophrenia—conditions.

As her son was unable to take responsibility for her long-term care, NIMHANS, in coordination with the Madanayakanahalli Police, facilitated her admission to Nightingales Sandhya Suraksha Home for Destitute Elderly Women. There, Mala adapted well, actively participating in therapeutic and social activities and becoming a valued member of the community.

Through sustained efforts by Nightingales and the Elderly Helpline, Mala's elder brother in Kolkata was contacted. Encouraged by her recovery, he travelled to Bengaluru and reunited her with the family. After one and a half years of care and healing, Mala was successfully discharged and returned home with dignity.

Mala's journey highlights the life-changing impact of timely intervention, mental health support, and compassionate community care for vulnerable elders.



► From Crisis to Calm – Samuel's Journey

When Samuel first began showing signs of psychiatric distress—severe insomnia, aggression, and frightening visual hallucinations—his family was overwhelmed. Intensive psychiatric treatment in Kolkata brought temporary control, but the heavy medication burden left him sedated, drooling, trembling, and unable to function independently.

Even after being stabilized at NIMHANS, life took another difficult turn: a subdural hematoma that required multiple neurosurgeries. Once active, he became bedridden, weak, disoriented, and fully dependent.

His son, Bhaskar, recalls this period as one of fear and helplessness. "Every time he showed a little improvement, another complication would pull him down again."

When Samuel was brought to the Nightingales Centre for Ageing & Alzheimer's, the initial days were tough—confusion, disturbed sleep, behavioural problems, and profound weakness. But slowly, with patient nursing care, structured routines, physiotherapy, and cognitive engagement, the change began.

Today, Samuel is a different man:

- His psychiatric symptoms are stable
- He can walk again with support
- His appetite has returned
- He interacts, cooperates, and responds warmly

► A place where my father is truly seen: Biddappa's journey

Watching his father slowly lose himself to Alzheimer's and dementia was one of the most painful experiences Sandeep had ever known. Each day brought new struggles—forgetfulness, confusion, unpredictable behaviours—and with them came a growing sense of helplessness within the family. They tried everything to keep him comfortable and safe, but the emotional weight became heavier with time.

"When you're watching your parent fade in and out of the world around them, you feel lost," Sandeep shared. "We wanted to do right by him, but we didn't know how."

Everything changed when they moved his father, Mr. Biddappa to Nightingales. From the very first day, the family felt a shift. The environment was calm, warm, and reassuring. The staff spoke gently, listened patiently, and seemed to understand his father in ways that brought unexpected relief.

"The compassion of the caregivers... it gave us a peace we hadn't felt in years," Sandeep said.

At Nightingales, his father is not just a patient—he is treated with dignity, patience, and genuine care. He is safe, supported, and understood. For Sandeep and his family, this has eased a burden they carried silently.

"Nightingales has become more than a facility. It has become a place where my dad is safe, cared for, and truly seen."

PROJECTS SEEKING SUPPORT AND CSR PARTNERSHIPS

Nightingales Medical Trust invites individuals, institutions, corporates and well-wishers to partner with us in transforming the lives of vulnerable elders. Your support can strengthen the following key initiatives:

► Homes for Homeless Elders

Two dedicated homes currently provide shelter, nutritious meals, healthcare, and compassionate end-of-life support to 125 abandoned elders who have nowhere else to go.

► Day Care & Activity Centres for Urban Poor Elders

With four centres already serving low-income neighbourhoods, we aim to establish 20 additional centres offering healthcare, nutrition, income-generation opportunities, and meaningful social engagement.

► Elders Helpline (in collaboration with Bengaluru City Police)

A crucial safety net for elders in distress—addressing elder abuse, providing counselling and legal guidance, resolving family disputes, and ensuring protection of rights.

► Jobs 60+

An initiative that helps financially insecure elders regain confidence and stability through skill-building, employability training, and job placements across various sectors.

► Digital Literacy & Cyber Safety

Enabling elders to navigate the digital world with confidence—staying connected, managing daily tasks online, and protecting themselves from cyber fraud.

► Active Ageing in Old Age Homes

Supporting 32 homes across Bangalore with curated programs that enhance physical fitness, cognitive abilities, emotional well-being, and social participation.

► Smriti Gram – India's Largest Dementia Care Village

A pioneering 300-bed dementia care village near Doddaballapur. Phase-1—comprising 100 beds for marginalized elders and a state-of-the-art training academy—will be operational by December 2026.

► Rural Mobile Outreach Program

To address the growing needs of rural elders, NMT is launching a mobile outreach initiative covering 15 villages near Doddaballapur. Services will include healthcare access, nutrition support, active ageing sessions, digital literacy, income-generation activities, guidance for government schemes, and social/cultural engagement.

How You Can Support?

With your partnership, we can build an elder-friendly and dementia-inclusive society. We warmly invite you to:

- Support one or more of these impactful initiatives
- Visit our centres and experience the change first-hand
- Spread the word and refer our services within your networks

Together, we can ensure that the elders who built our society live their later years with dignity, care, and purpose. For more information, please write to contact@nightingaleseldercare.com

AWARD & RECOGNITION

► NMT Honoured with Rotary Community Service Exemplars Award

Nightingales Medical Trust was honoured with the Community Service Recognition – Exemplars Award by the Rotary Club of Bangalore on 22nd May 2025. This prestigious recognition is a testament to our unwavering commitment to improving the lives of vulnerable elders and those living with dementia.

This award strengthens our resolve and inspires us to rededicate ourselves to serving elders with renewed energy, compassion, and purpose. We remain committed to expanding impactful programs, advocating for elder rights, and ensuring dignified care for all.



VISION 2026

- Smriti Gram - Completion of first phase of India's Largest Dementia Care Village with 100 beds dedicated for the marginalized elders
- Operationalization of Nightingales Centre for Excellence in Dementia and Geriatric Care training
- Setting up three more Hiriyaravadis to offer better access to health care, nutrition, and social support.
- NABH Accreditation for Care Homes to Nightingales Centre for Ageing and Alzheimer's (NCAA)
- Launching Vayo Arogya Vahini - Elder Care on Wheels - a mobile outreach unit for the health and wellbeing of rural elderly.
- Strengthening learning and certification pathways for caregivers, students, and professionals
- Engaging students and educational institutions to reduce elderly loneliness and foster meaningful intergenerational relationships through a pilot project
- Improving quality of care and capacity-building in 30 deserving old age homes across Karnataka.

Our commitment remains strong: serving elders with innovation, compassion, and dignity. Let's create healthier, happier, and more meaningful lives for them, together



As we welcome the New Year, we wish you and your family an abundance of health, hope, and harmony.

May the coming year bring you deep joy, renewed strength, and the gentle harmony that comes from knowing you've made a real difference. Thank you for being a part of our family.

Season's Greetings and Happy New Year!

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