



# Smriti Gram

RESHAPING DEMENTIA CARE

*Dementia has no cure  
But you can care*



# *Welcome to a journey of Transformation*

Dementia, a silent epidemic sweeping through our elderly population, often remains unspoken, yet its impact is profound. In India, an estimated 7.4% of people aged 60 and above, approximately 90 lakh people, battle this relentless condition. Bangalore alone shoulders the weight of around 1 lakh individuals with dementia. The challenges are daunting – memory loss, disorientation, wandering, loss of familiar abilities, and chronic dependency, to name a few. However, dementia's reach extends beyond the affected individual, casting a heavy burden on their families, who grapple with physical, financial, and emotional strains, resulting in poor quality of life for both patients and caregivers.

There's no cure for dementia, but there's hope in improving the quality of life for those living with it. At Smriti Gram, we embark on a transformative journey, taking the wisdom and learning from existing

residential care centers for persons with dementia and applying it to create a dementia inclusive and friendly facility. Our aim is not just prolonging lives; it's about enhancing the quality of life. With over two decades of invaluable experience, we have unlocked insights that have illuminated our path to dementia care. At Smriti Gram, we blend the wisdom of expertise, the richness of diverse cultures, the healing touch of indigenous therapies, and the power of cutting-edge technology to craft a safe and nurturing environment for dementia care.

**Our vision is clear – to pioneer a new standard of dementia care, one that sets an example for the world. Smriti Gram is not just a facility; it's a movement that places dignity, compassion, and humanizing care at its core. Together, we can make dementia care more compassionate, humane, and uplifting. Welcome to a new era in dementia care.**

**Welcome to Smriti Gram!**

*Dementia: a Disease  
that dulls bright minds*



# *Background*

Often, those with dementia are cared for at home until it is no longer possible, necessitating transitions to care facilities that may lack specialized dementia care. Traditional nursing homes and hospitals, designed primarily for general care, struggle to provide individual attention needed for persons with dementia. This often leads to undignified restraints or constant supervision, diminishing the quality of life for those in their care.

Moreover, existing residential care and assisted living facilities are ill-equipped to accommodate the growing number of persons with dementia. While some may

offer secured premises, they often lack the freedom and adaptability a specialized dementia care centre provides.

Within our in-house residential facilities, we currently serve people with dementia from diverse backgrounds. However, we recognize that our existing setup falls short of addressing their unique needs and preferences. Through continuous observations and expert feedback, we've come to understand the profound impact of the environment on the behaviours of people with dementia. This includes challenges related to eating, sleep, mobility, and personal care habits. It is evident that a more tailored and supportive environment is essential for their well-being.



*See the person,  
Not the Dementia.*



# Smriti Gram

In the face of the emerging epidemic of dementia, Nightingales Medical Trust (NMT) stands as a steadfast advocate for the elderly and those living with dementia. Established in 1998, NMT has been at the forefront of innovative initiatives to address the challenges posed by dementia. The Trust has successfully implemented various projects, including memory clinics, day care centers, residential care and dementia risk reduction programs.

Now, Nightingales Medical Trust is embarking on a groundbreaking endeavor – the creation of Smriti Gram.

Smriti Gram, a 300-bed facility, with a dedicated 100 beds for marginalized elderly with dementia, is conceived as a comprehensive care ecosystem, offering innovative and affordable solutions for quality dementia care. Nightingales Medical Trust, with its proven track record spanning over two decades, brings a wealth of experience to this project.

The groundwork for Smriti Gram is complete, with suitable land procured near Doddaballapur, 46 km from Bangalore. The first phase, involving the construction of the initial 100 beds for the marginalized and Training Academy will be completed by June 2025. The second phase, accommodating an additional 200 beds, is scheduled for completion by December 2026.

**Nightingales Medical Trust urges you to join us in building Smriti Gram - a revolutionary approach to dementia care. Your support will not only help build the physical structures of Smriti Gram but will also the creation of a network of care, compassion, and understanding.**



# Key Objectives

1. Establishment of a 300-bed dementia care center with 100 beds for the marginalized that integrates palliative care principles, therapeutic design concepts, and a person-centric approach to ensure quality care.
2. Creating a technology-enabled state-of-the-art training academy as a hub for education, research, and skill development in geriatric and dementia care. Providing training programs to meet the growing need for skilled caregivers and fostering an empathetic and practical workforce capable of catering to elderly across the spectrum.

## What makes Smriti Gram unique?

### **Individuality and Nature-Based**

**Approach:** Providing access to nature, hobbies, safe walking paths, and recreation spaces to enhance the well-being of residents by considering their personal preferences and ensuring a connection with nature.

### **Understanding the Impact of the**

**Environment:** Managing behavioural issues by creating a safe, comforting, and personalized environment that aligns with their backgrounds and cultural values.

### **Clean, Safe, and Attractive**

**Surroundings:** Smriti Gram will

offer a clean, safe, secure, and attractive environment filled with greenery. The rooms will be spacious, airy, and designed to ensure familiarity and privacy. Beds, furniture, equipment, and fittings will prioritize safety, convenience, and patient comfort. Ample space will be dedicated to walkways, rehabilitation, and recreation.

### **Spaces promoting autonomy:**

Resident spaces will be thoughtfully designed to encourage them to utilize skills they possess and carry on with activities akin to normal routines.

### **Sustainable Low-Cost**

**Infrastructure:** Incorporating energy-efficient designs, utilizing locally available materials, and

3. Creating an ecologically responsible and sustainable infrastructure, employing measures such as solar lighting, rainwater harvesting, natural light integration, and solar panels to minimize environmental impact.
4. Integration of Indian traditional medicine and modern allopathic approaches to comprehensively manage persons with dementia, leveraging the strengths of both systems.
5. Enriching the lives of elders in rural areas surrounding the facility, addressing their physical, emotional, and social needs by promoting active ageing, delivering healthcare assistance, building capacity, strengthening social bonds, and upholding their dignity and empowerment.

implementing cost-effective construction techniques without compromising quality and safety the use of renewable sources of energy will reduce dependency on conventional energy sources and contribute to cost savings in the long run.

**Synergy of Healing Approaches and Evidence-Based Care:** The integration of Indian Medicine and Allopathic practices, will form a synergy that enhances the well-being of those affected by dementia.

**Telemedicine set up:** A dedicated telemedicine center equipped with video conferencing & medical devices for remote monitoring will be set up to facilitate management by experts in Bangalore.

**Integrating Assistive Aids:** This includes the use of wearable devices, sensor-based systems, and intelligent automation to monitor vital signs, detect falls, and ensure safety and autonomy of residents.

**Specialized Dementia Management Software:** Resident profiles, care plans, medication administration records, activity tracking, reporting, and communication tools, along with robust data management practices will be used to securely store and manage resident information. The software will also be leveraged for reporting and analytics to gain insights into health trends, care outcomes, and operational efficiencies.

# *Facilities*



Cottages for residents



Dedicated Step-down and Isolation wards



Ambulance



Activity Spaces



Spiritual / Meditation Spaces



Indigenous Therapy Areas



Amphitheatre



Large Dementia-friendly Bathrooms



Sensory and Kitchen Gardens



Safe Wandering / Outdoor Spaces



Telemedicine Room



Training Academy



Biomedical Waste Management



Using Renewable Sources of Energy



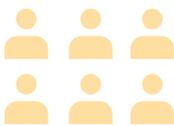
Sewage Treatment Plant

# *Outcome & Reach*

Persons trained annually:

**1000** 

Elders reached through outreach annually:

**800** 

Persons with dementia benefited through residential care:

**300** 

Villages covered through outreach:

**15** 

# *Nightingales Trust Dementia Care*

Nightingales Medical Trust (NMT) is dedicated to providing comprehensive dementia care services to those affected by this challenging condition. Our services span the entire spectrum of dementia care, addressing the need at every stage of the disease. Here's an overview of the services we offer and the remarkable impact they have on persons with dementia and their families.

**Face to Face Memory Clinics** offer a compassionate approach to diagnosing and assessing memory issues, mental health conditions, and dementia. *To date, we have diagnosed and assessed 2982 people with dementia and related disorders, providing them with the initial guidance they need.*

**Online Memory Clinics** break down geographical barriers, dearth of experts and offer remote assessment and support. *So far, our Online Memory Clinics have served 200 people with dementia and related disorders, extending our reach to those who may be unable to access in-person services.*

**Day Care Services:** As dementia progresses, individuals require specialized support to maintain their quality of life. Our Day Care Services meet these evolving needs in a safe and dementia-friendly environment. *Our Day Care Services have supported and enriched the lives of 250 people with dementia and related disorders.*

**Residential Dementia Care Services:** We take pride in operating one of India's largest residential care facilities with a capacity for 100 residents. Additionally, our 50-bed telemedicine-enabled residential care center provides affordable dementia care. We also offer a 24-bed exclusive residential care facility for women. *Our Residential Dementia Care Services have made a significant impact on 1145 people with dementia and related disorders.*

**Support and Training:** Recognizing that caregivers play a pivotal role in dementia care, NMT offers extensive training programs to empower caregivers within the community to provide the best possible care for their loved ones. *Our support and training programs have benefited 3808 family caregivers and formal caregivers.*

# How You Can Help:

**The groundwork is complete, and our vision is poised for action. As a non-profit organization deeply committed to enhancing the lives of those affected by dementia, we earnestly seek your support to transform this vision into a tangible reality. Whether you are an individual or an organization, your voluntary donations, regardless of their size, carry immense significance. It is through your generosity that we can build a haven of hope for those battling dementia and their families.**

**Your Name in the Heart of Smriti Gram:** For those who choose to contribute Rs 1,00,000/- and above to Smriti Gram, your name will be prominently displayed in recognition of your invaluable support. Your name will become an enduring part of the compassionate care we provide. But we offer more than recognition; we invite you to be a part of Smriti Gram in an even more meaningful way.

**Wards and Units in Your Name:** Your contribution can be designated for specific wards and units within Smriti Gram, allowing you to create a legacy of care and compassion. Here are the options:

- |                              |                |                              |              |
|------------------------------|----------------|------------------------------|--------------|
| • A cottage with six beds –  | Rs 20,00,000   | • Solar Power –              | Rs 50,00,000 |
| • A cottage with four beds – | Rs 14,00,000   | • Solar Water Heaters –      | Rs 20,00,000 |
| • A room with two beds –     | Rs 7,00,000    | • Wind Mill Pumps –          | Rs 25,00,000 |
| • A single room –            | Rs 4,00,000    | • Bio-Medical Waste Unit –   | Rs 10,00,000 |
| • Rehabilitation Unit –      | Rs 30,00,000   | • Effluent Treatment Plant – | Rs 35,00,000 |
| • High dependency unit –     | Rs 25,00,000   | • Rain Water Harvesting –    | Rs 20,00,000 |
| • Activity / Therapy Unit –  | Rs 40,00,000   | • Generators –               | Rs 15,00,000 |
| • Medical Equipment –        | Rs 50,00,000   | • Landscaping –              | Rs 25,00,000 |
| • Training Academy –         | Rs 1,00,00,000 | • Sensory Garden –           | Rs 20,00,000 |
| • Tele-medicine Unit –       | Rs 7,00,000    | • Kitchen & Herbal Gardens – | Rs 5,00,000  |
| • Amphitheatre –             | Rs. 25,00,000  | • Washing Machines –         | Rs 20,00,000 |

Or join the 1 square foot campaign - Sponsor Rs. 10,000 per sft and be part of this great venture.

*Donations to NMT are exempt under Section 80G of the Income Tax Act in India.*

*NMT is also approved to receive donations from abroad under FCRA.*

*The Trust is covered under the amendments made to Schedule VII of the Companies Act 2013 vide notification dated Feb 27 2014 and is eligible for CSR funding.*

*Join us in making  
a lasting impact*



By contributing to Smriti Gram, you are not just offering financial support; you are helping us build a community that provides dignity, compassion, and a brighter future for individuals and families affected by dementia. Your support will shape a world where people with dementia can live with grace and independence, and their families can find solace in knowing that their loved ones are receiving the best care possible.

Your contribution, big or small, will be the cornerstone of Smriti Gram's success and a testament to your commitment to creating a world where dementia is met with compassion and hope.

*Let's transform this vision into reality, together.*

# *Donate Today; Transform Tomorrow*

If you are ready to donate towards Smriti Gram, please fill this form and email it to us at [contact@nightingaleseldercare.com](mailto:contact@nightingaleseldercare.com) or call / WhatsApp us on Dr Radha: 9844037381 / Mr Raja: 9243100560 or hand this form over to any of our helpful staff

Your Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

PAN: \_\_\_\_\_

I will make a payment of Rs. \_\_\_\_\_

towards \_\_\_\_\_

through \_\_\_\_\_.

For more information and to know more about NMT's activities, you can contact the Trust office at:

**8P6, 3rd A Cross, Kasturinagar, Banaswadi, Bengaluru 560043**

## **Board of Trustees:**

Dr Radha S Murthy - Managing Trustee

Mr S Premkumar Raja - Secretary

Mr Amarnath Kamath

Mr Basant Poddar

Ms Indira P Menon

Mr Manoj Shah

Mr Pankaj Lakhani

Mr Sudhakar Rao



## Nightingales Medical Trust

*Setting Trends in Age Care*

8P6, 3rd A Cross, Kasturinagar,  
Banaswadi, Bengaluru 560043  
+91 80 42426565 | [contact@nightingaleseldercare.com](mailto:contact@nightingaleseldercare.com)  
[www.nightingaleseldercare.com](http://www.nightingaleseldercare.com)

