



# Nightingales Notes

Volume 3, Issue 1

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Elders Economic Security Initiative

ELDERS HELPLINE

1090

NIGHTINGALES DEMENTIA CARE

Sandhya Kirana

Steady Steps

Home Health

Rural Mobile

## Namma Bengaluru Award for Dr. Radha S. Murthy

*The City Says Thank You for Serving the Elderly*

It was truly an honour and a poignant moment for Nightingales Medical Trust, as Dr. Radha S. Murthy, Founder & Managing Trustee, accepted the prestigious Namma Bengaluru Award on February 9, 2011.

Dr. Radha S. Murthy won the award in the Private Individual Category for her immense contributions and passion for the elderly.

It has been through the 15 years of undeterred dedication and service to the aged that Dr. Radha has touched the lives of our senior citizens and filled them with joy and care through the innovative initiatives of Nightingales Medical Trust. Among them, the Day Care Centres, the Mobile Health Care Unit for remote villages and the Elders' Helpline in collaboration with the Bangalore City Police for protection against elder abuse. It was this same passion that has motivated Nightingales to start the 70-bed Nightingales Centre for Ageing and Alzheimer's.



Lokayukta Justice Shri. Santosh Hegde presents the award to Dr. Radha S. Murthy. Applauding is Shri. Rajeev Chandrasekhar, Member of Parliament and Chairman of the Jury.

The award was Bangalore's way of saying "thank you" to Dr. Radha S. Murthy.

There were 10,000 nominations for the various categories. Lokayukta Justice, Shri. Santosh Hegde was among the eminent jury that consisted of 23 members who are prominent citizens of Bengaluru from the fields of art, culture, music, literature and environment. The jury, after several marathon sittings, short-listed 26 finalists and then the 10 winners.

## From the Managing Trustee's Desk

Dear Friends,

You'll be pleased to know that all the activities of the Trust are going on well and benefiting a growing number of older people of different socio-economic groups.



Dr. Radha Murthy

Our ambitious project Nightingales Centre for Aging & Alzheimer's is completing one year of service, and we will soon be celebrating our 1st anniversary. Over the year, the Centre has certainly made a very positive impact on the lives of elders with dementia and also their family members.

Providing personalized care to every patient, day and night, is really very challenging as no two patients are alike with their behavioural inconsistencies. Thanks to our committed staff, both medical and non-medical, we are able to handle the challenges effectively. Family members are immensely satisfied and appreciative of the care and facilities provided at our centers. People from different parts of the country are making use of the services and the number of patients is increasing day by day.

In the past year, the center has initiated various outreach and training programs for the benefit of dementia patients.

The success of the Centre and our other projects is mainly due to the encouragement and support extended by you all in different ways. Our heart-felt thanks to you.

There's more good news! In recognition of the high quality performance and achievements of Nightingales, the Government of India has authorized Nightingales Medical Trust as the Regional Research Training Centre for the Southern Region. With this recognition, Nightingales would be able to build up the capacity of NGOs working for elders, not only in Karnataka, but also in the states of Andhra Pradesh, Tamil Nadu and Kerala. This is indeed a significant milestone in the growth of Nightingales.

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## TELE DEMENTIA CARE

### Linking Up Doctors, Caregivers and Patients through Web Conferencing

Many dementia patients and their caregivers are not able to visit Nightingales Centre for Ageing and Alzheimer's (NCAA) to avail of our services or attend the follow-up consultations, after the initial assessments. Dementia care has to be tailored to the specific needs of the patient and the caregivers' need to be trained to support their loved ones. Moreover, the follow-up treatment is essential for the patient and the caregiver.

Therefore, NCAA has started on a pilot project, the Tele Dementia Care, with the

help of web conferencing. From awareness and memory screening camps, the Outreach team of NCAA will identify elders who need further assessment. They will then be assessed in detail at NCAA. Thereafter for follow up, a team, equipped with a web camera enabled laptop, will visit the homes, and sets up a chat between the family and the experts at NCAA. The care plan is suggested and caregivers are advised on how to look after the patient and themselves too.

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## Projects of Nightingales Medical Trust

- **Nightingales Elders Enrichment Centre:** activity centre with day care and respite care for the elderly Tel. No 23342929 / 41244017
- **Nightingales Lifesaving Services:** training programmes in First Aid and Cardio Pulmonary Resuscitation (CPR) Tel. No.23548444/555
- **Sandhya Kirana:** day care centre for disadvantaged elders run in collaboration with BBMP Tel. No. 41248448/449
- **Elders Helpline** – 1090-toll free number – jointly with City Police for senior citizens in distress, seeking information or help
- **Jobs 60+:** second career opportunities for non-pensioned elders Tel No: 41244017
- **Steady Steps:** fall prevention, special exercises and rehabilitation Tel. No 41244017
- **Nightingales Rural Mobile Medicare:** quality health care for elders in rural areas
- **Nightingales Dementia Care:** specialized services such as screening, day care, awareness, counselling and rehabilitation for elders suffering from dementia. Tel No. 41248448/41248449
- **Training:** on geriatric care and elder issues, computer coaching for senior citizens, etc.
- **Government authorized ID cards for senior citizens:** available at all project offices of Nightingales Medical Trust in Bangalore.
- **Home Health Care:** 24-hour doorstep medical services for elderly rendered through Nightingales Home Health Services, an associate of Nightingales Medical Trust. Tel. No 23548444 / 23548555

## Mobile Memory Screening

The Mobile Memory Screening Unit goes around the city, creating awareness about dementia. After the presentation on dementia, the elders of a particular area are screened using the dementia screening questionnaires. Those whose scores indicate a degree of cognitive impairment are referred to the Nightingales Centre for Ageing & Alzheimer's at Kasturinagar, for a more detailed assessment of their memory. These measures are implemented to ensure early identification and effective management of dementia.



If you would like the Mobile Memory Screening Unit to visit your area, then make sure you have 20 or more elders who would like to be screened.

For this free screening service, call 080-42426565.

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### From the Managing Trustee's Desk

Nightingales has been addressing the different issues faced by the elders and will continue to do so. To a large extent, we have developed appropriate models for the physical, medical and social needs of older people. At present, we are focused on the economic empowerment of non-pensioned elders. Preparations are under way.

As a growing Trust, we are looking forward to your continued association with us and involvement in our efforts to enrich the lives of senior citizens.

With best wishes.

**Dr. Radha Murthy**

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### Linking Up Doctors, Caregivers and Patients through Web Conferencing

This initiative will also help Nightingales to reach out to patients in rural areas and areas in the cities, where the patients are unable to avail of our services. We will be able to link up with the doctors in primary health centres and advice on management of dementia patients. This approach will support caregivers and help them to manage stress.

*For details please contact:*

Phone: 080 42426565

E-mail [nightingalesmt@gmail.com](mailto:nightingalesmt@gmail.com)

## 'Yaadein' Walk down the memory lane

There is hope for our elders to re-experience memories, and conditions like dementia and Alzheimer's do not necessarily spell the end of memories. That's the message Pam Schweitzer, reminiscence therapist, conveyed to her audience of caregivers at the three-day workshop *Yaadein*. Through the Reminiscence therapy, one can relive memories and with therapeutic activities, prevent further deterioration of memory.

Pam also interacted with the members of the Elders Enrichment Centre and Sandhya Kirana and, the staff of Nightingales Centre for Ageing and Alzheimer's. The elders thoroughly enjoyed the various interactive activities, the process of retrieving their memories and sharing them with others.



Pam Schweitzer

## Educating Nurses on Dementia

'Dementia' has just found its place in the textbooks of the nursing programme. But not much has been written on how to take care. Nightingales Medical Trust felt that a structured training programme would help nursing students who would be the ones interacting with and taking care of persons with dementia.

A 10-day training programme was conducted for the CMR College of Nursing, between March 21 and 31, 2011. Special emphasis was laid on the various methods and approaches the medical and nursing staff could use to provide the best bed-side assistance. The training module has been prepared in collaboration with Alzheimer's Australia. Certificates of Course Completion were awarded to all the 25 participants.

***Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak and the wrong. Sometime in your life you will have been all of these.***

— Dr. Robert H. Goddard

## Lend the Elderly a Hand by Lending Your Feet Run the Bangalore Marathon



On June 5, 2011, you have a chance to encourage us in our efforts to empower the elderly to a life of financial independence. Take an active part in the Bangalore Marathon to enable Nightingales Medical Trust to establish a **Centre for Economic Empowerment of Elders**, the first of its kind in the country.

The main objective of this Centre is to equip our elders with the necessary skills in fields of their interest, ability and experience and provide them with jobs that will enable them to earn an income and live with dignity.

Most retired, non-pensioned elders are physically and intellectually fit to work, but cannot get jobs. In India only 10.8% of our elderly get monthly pension or some regular income. Others have to depend entirely on their children. Because of the rising cost of living and negligence of children, many elders have to live their silver years in miserable conditions.

For this ambitious project, one of our Trustees has provided us with an 8000 sq. ft. building in the heart of the city, opposite Vani Vilas Hospital. The approximate cost of this Centre to be functional is Rs.30 lakhs.

We appeal to socially conscious people to support our cause by taking an active part in the Marathon. We are also looking for Corporates to get involved with us as sponsors.

Last year, your contribution during the Sunfeast Marathon helped us to set up the Mobile Memory Screening Unit, which is now ministering to hundreds of elders in and around Bangalore. Little drops of water do make the mighty ocean.

Contact Merlin 9243737214 mail [nightingalesmt@gmail.com](mailto:nightingalesmt@gmail.com) All donations to Nightingales Medical Trust are exempt under 80G of Income Tax Act.

## WORLD ALZHEIMER'S DAY It's Time for Action

In India, 3.2 lakh people (Bangalore: 32000) are diagnosed with dementia, which has no cure or cannot be prevented. Therefore, the best that can be done is to support the patient and the caregiver. Memory loss is a cause for untold anxiety and grief to the patient as well as the caregiver. There is no structured system of registration of details of elders who may wander.

It was time for action. In keeping with this theme of World Alzheimer's Day, on September 21, 2010, Nightingales introduced an ID tracking system, and a bracelet for elders with Dementia who tend to wander. The Governor of Karnataka His Excellency Hans Raj Bharadwaj launched the system.



His Excellency Hans Raj Bharadwaj on the dais with other dignitaries

The celebrations on the day were organised by Nightingales and ARDSI Bangalore Chapter. A workshop-cum-interactive session on 'Dementia Risk Reduction' was another highlight. The focus of the workshop was to discuss various ways to reduce the risk of developing dementia. Experts on the subject brought out different aspects, medical risk factors and the several holistic therapies, physical and mental exercise.

### Blogging could see you through Dementia

There are difficulties when taking care of dementia affected people. There are times when you need to reach out to others to share your concerns or even seek advice, suggestions when coping with the challenges. On the other hand, there are others who wish to be a support, a

source of encouragement to these caregivers. Well, here is a way to reach out to each other; you could all get connected and exchange thoughts and concerns by blogging on <http://dementiabangalore.blogspot.com>

## It's Never Too Late

Nightingales Medical Trust in collaboration with National Institute of Social Defence conducted the 20-day computer training for senior citizens, helping the elders to adapt to the fast-paced technological era. Held from February 15, 2011 to March 12, 2011 at the Nightingales Centre for Ageing and Alzheimer's, the aim was to equip then on-pensioned, low-income senior citizens, with jobs to sustain themselves. The 20 participants learned through practical and

theoretical sessions, the fundamentals of computer. The requests from the elders were also accommodated. The enthusiastic participants took the organisers by surprise - there were no absentees during the entire training.



Elders in apt attention during the Computer training



Putting theory into practise

## Fighting Crimes Against Elders

That elders are attracted to living in Bangalore is evident from the fact that they form 10% of the city's population. It is mainly because of the salubrious climate, greenery all around. Cosmopolitan lifestyles and healthcare facilities. But changing lifestyle and the slow disappearance of the traditional joint family system finds many elders living alone. Most of these elders have age related disabilities and frailty and therefore become easy target for abuse and crime. Awareness and precautions can help avert this.



Nightingales Medical Trust, in association with the National Institute of Social Defence organised a two-day seminar on 'Abuse and Crime against Senior Citizens' to help prevent crimes against the elders.

The seminar, conducted on February 12 and 13, 2011, touched upon the current status of elders, their vulnerability aspects, the kind of crimes they face, the present legal redressal system and the action to ensure their safety and dignity.

Among the various sessions was on conflicts by Mr. Shivkumar who emphasized that perceived threat to authority, ideas & situations, emotions leads to conflict. Non-vocalized conflicts are more dangerous than vocalized conflict. Not vocalizing results in abuse.



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### WHY THESE CONFLICTS ARISE IN A FAMILY SITUATION:

- Lack of information – presumption
- Misinformation
- Differences in understanding the information or misinterpretation
- Poor communication technique
- Distrust in anybody or everybody
- Repetitive negative behaviour
- Unequal distribution of resource

## Manage Dementia Humanely



The participants at the 'Management of Dementia'

Every seven seconds, there is a new dementia case. It is sad that there is no cure. But empathy and understanding makes a difference when taking care of persons affected by dementia.

This was the aim of the five- day training programme on the Management of Dementia. This was conducted at the United Theological College from February 1, 2011 to February 5, 2011.

It was organised by the National Institute of Social Defence in association with the Nightingales Medical Trust. Participants included medical doctors, functionaries from NGOs working for the aged, counsellors from senior citizen helplines in Karnataka, nurses from dementia care facilities and mental health hospitals. Field visits to day care centres were organised to give them first-hand experience of managing elders with dementia and planning of facilities.

## Colourful Shades on Republic Day

The Republic Day, January 26, was special this year at Nightingales Centre for Ageing and Alzheimer's. The flag was hoisted by 95 year old Thara Bai, a freedom fighter. Volunteers helped our senior citizens create a colourful tricolour collage of drawings as a tribute to Republic Day. A live band 'Swaratma' enthralled the senior citizens.



## Eleventh Annual Day at Nightingales

Seva Sadan, December 12, 2010. There were rocking performances from members of the Elders' Enrichment Centre as they looked beyond age and ailments and swept everyone by surprise with their skits, songs and dances.

The programme was held at Seva Sadan. The chief guest was Padma Bhusan Dr. B.V. Srikantan, former Director at TIFR and Senior Professor at NIAS. The achievements of Nightingales were brought out through the Annual Report read out by Swati Bhandary. Dr. Srikantan, the Chief Guest, addressed the gathering and awarded prizes to the winners of the sports events that were held earlier.

