



# Nightingales Notes

Volume 3, Issue 2

January 2012

For Private Circulation Only

## Regional Resource & Training Centre (RRTC) - Inauguration

Twelve years of NMT's dedicated service for the well-being of elders has been duly recognised by the Ministry of Social Justice & Empowerment, Government of India. The Ministry has authorised NMT as the Regional Resource & Training Centre (RRTC) for the Southern States – Karnataka, Andhra Pradesh, Tamil Nadu and Kerala. The RRTC aims at improving the quality of life of the elders by enhancing the capacity of NGOs engaged in age care.



Lighting of the lamp during the RRTC inauguration

On September 8, 2011, Mr. Ramesh B. Jalakhi, IAS, Principal Secretary, Department of Women & Child Development, Karnataka, formally inaugurated the Centre at the Indian Social Institute, Bangalore. Mrs. M.V. Savithri, Director, Department of Empowerment of Differentially Abled & Senior Citizens, presided over the function.

A workshop on 'Capacity Building for Age Care' was organised for the representatives of the government-aided old age homes, elders' helplines, day-care centres and other government officials. Around 100 representatives participated in the workshop.

### The responsibilities of the RRTC are:

- Organising workshops, training and awareness programmes in age care for NGOs in the southern states
- Developing a document of minimum standards that old age homes need to follow
- Advocating with the State Governments for the formulation and implementation of welfare policies for the elders
- Conducting surveys of age care facilities and identifying areas where training is required

## Message from the Managing Trustee

Dear Friends,



Dr. Radha Murthy

The year 2011 that has just passed by was not just another year for us. It was an eventful one. New milestones were reached. The activities of existing projects have been further strengthened. More challenges that older persons face have been addressed in a pragmatic way to reach more needy elders.

As part of our action-oriented programme, on October 1, 2011, World Elders Day, our new project, Nightingales Jobs 60+ was inaugurated for the benefit of financially insecure elders who have no post-retirement benefits and are in dire need of a job. True, we have already organised Job Melas for elders and have some income generation programmes in our day care centres. But now the new Centre, Jobs 60+, has been established with comprehensive facilities exclusively for imparting training to elders in computer and other skills necessary for present day job requirements and promoting job opportunities. Income generation activities are also part of this programme. The services at the Centre are well utilised by a growing number of needy elders.

Continued on page 5

## World Elders Day Nightingales Jobs 60+ Launch

This year, World Elders Day which was celebrated on October 1, 2011 was extra special for Nightingales. This day marked the inauguration of Nightingales Jobs 60+ that focuses on training and enhancing skills of elders and facilitating job opportunities for them.



Continued on page 6

**STOP PRESS**

**Nightingales Centre for Ageing & Alzheimer's won the prestigious Award from Alzheimer's disease International and Foundation Mederic Alzheimer for the most promising evidence – based Psychosocial Intervention.**

## In this issue

First Anniversary Celebration .....	2
Nightingales Jobs 60+ .....	3
Health Camps .....	4
Advocacy .....	5
Events at Nightingales .....	6

## Nightingales Centre for Ageing & Alzheimer's Celebrates First Anniversary



Chief guest Professor Kasturirangan with the other esteemed guests



Professor Kasturirangan participates in a Tele-dementia session

On April 24, 2011, the Nightingales Centre for Ageing & Alzheimer's (NCAA) at Kasturinagar completed one year.

The day was made special with the launch of the Tele-dementia programme, a web-conferencing facility that connects people affected with dementia and their

families, especially in rural areas, with Nightingales' psychiatrists and dementia experts. Through this facility, Nightingales reaches out to the caregivers and helps them cope with challenges they face while taking care of their loved ones.

Over the past one year, NCAA has been able to assess over 400 patients

and help 157 patients avail of the short term respite and rehabilitation services. Around 50 patients availed of the long-term care at the centre. As part of the dementia risk reduction programme, NCAA also has an Elders Enrichment Centre for healthy elders.

### About Tele-dementia

Most often, patients suffering from dementia travel from remote places to NCAA for consultation and a couple of follow-up sessions. Often, the challenges of travelling long distances discourage them and they return only when the condition of the patient aggravates.

As always, Nightingales found a practical solution to help them. The Tele-dementia web conferencing facility enables the patient to be in his/her home and consult with dementia specialists at NCAA.

The Nightingales team conducts two

trips every week and visits at least three homes of dementia patients during each trip. Nightingales has visited about 40 patients and continues to provide support for home-based dementia care. The Nightingales team advises families on efficient environmental modifications, cognitive rehabilitation and structured meaningful activities. This helps prevent minor accidents, minimises behavioural problems, reduces disorientation and confusion, and improves the overall quality of life. Caregivers are also counselled.

The first step the NCAA team takes is to identify elders with memory complaints, through awareness and memory screening camps. These elders then go through their first consultation – a detailed assessment at the NCAA Memory Clinic. During the next step, the Tele-dementia team visits the patients at their homes. The team comprises a psychologist, social worker and



An NCAA member interacts with the caregiver

a nurse, who are equipped with a laptop that is web camera enabled. A live chat is set up between the family and the medical experts at NCAA. A care plan is drawn for the patient and each patient is monitored and treated regularly.

The Tele-dementia consultations are proving to be a great comfort for not only the patients, but also their family caregivers. Nightingales is also approaching India Space and Research Organisation (ISRO) to help make this programme more effective and to widen the reach to rural areas too.



A Tele-dementia session in progress

## Nightingales Jobs 60+ : Helping Elders Live a Life of their Own

Two years back, Nightingales organised a Job Fair for elders who were looking for employment to support themselves financially. In less than two hours, around 850 elders registered. However, only 40 elders could get jobs. This was due to the fact that most elders lacked some special skills necessary for present day job requirements. This prompted Nightingales to launch this innovative project Nightingales Jobs 60+.

Today, all the activities are located under one roof at the Nightingales Jobs 60+ Centre which is spread over 7000 square feet. This Centre has been built in memory of Shri. K.P.



Bringing back smiles of confidence



Helping elders understand their potential

Poddar. This comprehensive centre for the economic empowerment of financially insecure elders aims at training and equipping senior citizens with skills to help them become financially independent and live with dignity.

At Nightingales Jobs 60+, each elder is assessed for his/her interest and capabilities, and is then imparted training in computer, accountancy and soft skills. Vocational training for various income generation activities like tailoring, candle-making, preparation of cloth bags, paper bags and eco products like cups and

plates are conducted at the Centre. This training is for the benefit of elders, who are not qualified for office jobs. Physical fitness of the elders is also given high priority – fitness programmes and health promotional activities are part of the programmes.

At the 40-seater computer based data processing unit, elders do basic back-office operations, outsourced by business establishments. An employment bureau liaises with potential employers and helps trained elders get suitable placements.



On the job at the Data Processing Unit

## Special Guests at Nightingales

Nightingales had the honour of being visited by some very distinguished personalities, during the year. We had a wonderful time interacting with each of them and taking them around our centre. Here is what they had to say about Nightingales:



"The work you are doing is very good. Many more centres, like this, should be opened. Lots of good wishes."

**Asha Bhonsle**, Renowned playback singer

"This Institution is rendering good services to helpless elderly people, which is unique and the first of its kind that I have ever seen. It requires a lot of support from society and government."

**R.S. Basappa**, Special Deputy Commissioner, Bangalore Urban DC Office



"Fantastic to see such a great home for so many people with dementia (and rabbits!!)"

**Dr. Louise McCabe**, Lecturer in Dementia Studies, University of Stirling, UK



"An experience beyond imagination. This vision needs to be duplicated and the methodology needs to be propagated."

Congratulations for the superb and excellent commitment !!"

**Dr. V. Mohini Giri**, Former Chair, National Commission for Women, India and daughter-in-law of Late Shri V.V. Giri, former President of India

"I'm extremely delighted to see the activities for the older people being undertaken by this Trust. I wish them all the success in their endeavour."

**T.R. Meena**, Joint Secretary (SD & Vigilance), Government of India

## Projects of Nightingales Medical Trust

- **Nightingales Centre for Ageing and Alzheimer's, Kasturinagar:** centre for providing institutional care and specialized services for Alzheimer's patients. Tel. 080 42426565/42426500
- **Nightingales Elders Enrichment Centre:** activity centre with day care and respite care for the elderly. Tel. 080 23342929/41244017
- **Nightingales Jobs 60+:** training centre for economically insecure elders to help enhance their computer, vocational and soft skills to meet job requirements of today. Tel. 080 65608888
- **Elders Helpline 1090** (toll free number) – set up jointly with City Police for senior citizens in distress, seeking information or help.
- **Nightingales Sandhya Kirana:** day-care centre for low income senior citizens elders, run in collaboration with BBMP. Tel. 080 41248448/449
- **Nightingales Lifesaving Services:** training programmes in First Aid and Cardio Pulmonary Resuscitation (CPR). Tel. 080 23548444/555
- **Nightingales Rural Mobile Medicare Programme:** quality health care for elders in rural areas.
- **Nightingales Dementia Day Care Centre:** specialised services such as screening, day care, awareness, counselling and rehabilitation for elders suffering from dementia. Tel. 080 41248448/41248449
- **Steady Steps:** fall prevention and rehabilitation programme. Tel. 080 41244017
- **Regional Resource and Training Centre of Government of India:** programme of Ministry of Social Justice and Empowerment, Government of India, in association with Nightingales Medical Trust. Tel. 080 42426565
- **Government Authorized ID Cards for Senior Citizens:** available at all project offices of Nightingales Medical Trust in Bangalore.
- **Training:** in Geriatric Care in association with National Institute of Social Defence.
- **Home Health Care:** 24-hour doorstep medical services for elderly, rendered through Nightingales Home Health Services, an associate of Nightingales Medical Trust. Tel. 080 23548444/23548555

## Health Camps for Elders



CATARACT SCREENING CAMP: ARAKERE VILLAGE



DIABETES FOOT EVALUATION CAMP: SANDHYA KIRANA



CATARACT SCREENING CAMP: SANDHYA KIRANA



DIABETES SCREENING CAMP: MYLAPPANAHALLI

## World Alzheimer's Day – Awareness Created



Mr. Achyuta Rao flagging off the awareness campaign

Nightingales Centre for Ageing & Alzheimer's organised a three-day Awareness and Mobile Memory Screening Campaign from September 21-23, 2011. Mr. Achyuta Rao, DGP, IP Karnataka, flagged off the campaign, at the Freedom Park, Bangalore.

Volunteers and the memory screening team visited the Freedom Park, Bowring Hospital, Minto Hospital, Columbia Asia Hospital, Victoria Hospital and the RMZ Infinity Tech Park and conducted memory screening. Of the 163 elders who benefitted from this programme, 47 were referred for further tests.

This programme increased awareness about dementia among the general public. It was well received by the media as well as the public.

Every year, September 21 is recognised as World Alzheimer's Day. This globally coordinated awareness day sends a strong message to governments and policy makers that dementia is a serious health issue. This year, our awareness campaign aimed at spreading awareness among the public about the severity of the disease, the symptoms and the need for early intervention.

Mr. Rao emphasised that the prime focus should be on empowering caregivers and making sure that they are well-supported. He also strongly recommended that the Government should fund training programmes for caregivers. Two caregivers – Mrs. Swapna Kishore and Mrs. Aloka Fernandez – shared their experiences and appealed to the public to create a dementia-friendly society and extend support to caregivers of those affected by dementia.



Aloka Fernandez shares her experiences

## World Elders Abuse Awareness Day - A Walk to Awaken the Community



Elders make their voices heard

project of Bangalore City Police and Nightingales Medical Trust, expressed its solidarity and support to end any abuse of the elders by organising a 'Road Show' and an 'Awareness Walk' in support of this cause.

Ms. M.V. Savithri, Director, Department of Disabled Welfare & Senior Citizens, flagged off the walk.

Participants included around 150 elders, from the different projects of Nightingales, representatives from various senior citizens forums, children from Poornaprajna School (Tumkur Road) and volunteers from IBM.



Children showing their support against elder abuse

June 15 is observed as World Elders Abuse Awareness Day. This year too, Elders Helpline, a joint

Continued from page 1

### Message from the Managing Trustee

Our Trust's commitment to age care has got more recognition from the Government of India. Our sincere advocacy efforts for upholding the rights of the elderly have resulted in our getting the rare privilege of being a member of the Sub Group to give recommendations for age care to the Planning Commission of India for the 12th Five Year Plan.

As you know, Nightingales Medical Trust has already been recognised by the Ministry of Social Justice and Empowerment, as the Regional Resource and Training Centre (RRTC) for the four southern states for enhancing the capacity of NGOs engaged in age care. The RRTC has started organising different programmes.

Our Trust is thankful to all our well-wishers and donors for all their encouragement and support.

We wish you all a happy, healthy and prosperous New Year.

With best wishes,  
**Dr. Radha S. Murthy**

### A Trip to Remember



At Nightingales Elders Enrichment Centre (NEEC), members look forward to going on picnics. On September 18, 2011 about 50 members took a rejuvenating break, away from the hustle and bustle of the city, to Shivansamudra. The picnic spot is known for its cascading silvery waterfalls of the river Kaveri and is an abode of ancient temples. The trip was a combination of pilgrimage and pleasure which was well enjoyed by the members.



### It's 'Men's Day' at Nightingales

We have all heard about Women's Day, but Men's Day? Well, at Nightingales, this has been a tradition for several years. Just as the men put up a special programme for the ladies at Nightingales, on International Women's Day, the ladies hosted Men's Day as a special gesture on October 29, 2011. Our talented ladies presented interesting skits, songs, an exciting quiz and games. This and the sumptuous feast that followed made it a truly special day for the men.



### Annual Day

December 12, 2011 was a day of rejoicing. With a grand display of talent by both men and women, **Nightingales Medical Trust** and **Nightingales Elders Enrichment Centre** celebrated 12 years of service to bring health, happiness and dignity to the elderly.



Continued from page 1

### World Elders Day – Nightingales Jobs 60+ Launch

The spacious and well-equipped centre which is located at K.R. Fort Road has been established in memory of the Late Mr. K.P. Poddar. This new project was inaugurated by Justice M.N. Venkatachaliah, former Chief Justice of India. Also present were Mr. Manandi Suresh, Ex-Rotary District Governor, and Mr. Ravi Iyengar, Vice President of IBM.

A large number of elders participated in the event.



Elders at the inauguration of Nightingales Jobs 60+