



## Annual Report 2019-20



### **Nightingales Medical Trust**

8P6, 3rd A Cross, Kasturinagar,

Banaswadi, Bangalore 560043

[contact@nightingaleseldercare.com](mailto:contact@nightingaleseldercare.com)

[www.nightingaleseldercare.com](http://www.nightingaleseldercare.com)

### **The Nightingales Medical Trust**

The Nightingales Medical Trust (NMT) is a secular, charitable, not-for profit voluntary organization set up 1998 to provide community based support systems for the elderly. The Trust has established various innovative and need based services focusing on strengthening health care , dementia care, combating elder abuse, promoting social integration, empowerment and capacity building.

### **Vision**

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

### **Mission**

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

### **Leadership**

The Trust is led by a Board of Trustees comprised of dedicated people from different fields of expertise. All major policy decisions rest with the board.

### **Board of Trustees:**

Dr. Radha S. Murthy	- Managing Trustee
S. Premkumar Raja	- Hon. Secretary
T. Amarnath Kamath	- Trustee
Pankaj Lakhani	- Trustee
Basanth Poddar	- Trustee
Indra Menon	-Trustee
Sudhakar Rao	- Trustee
Manoj Shah	- Trustee

## **STRENGTHENING HEALTH CARE**

### **Nightingales Centre for Ageing and Alzheimer's**

This is India's largest comprehensive residential care centre. This 100 bed facility provides the whole range of services required to manage Dementia under one roof. The services include psychological interventions, social skills management, occupational therapy, speech therapy and physiotherapy for elderly suffering from dementia. This centre has services like memory clinic for screening & assessment for dementia, short term and long term care for persons suffering from dementia, rehabilitation and training facilities. In the past years, the number of beds have increased to 100 and the rate of occupancy has increased. This shows that the awareness about the illness has increased both in the family caregivers as well as the general public. This helps in decision making and helps in breaking the stigma against institutionalization to an extent.

- There were a total of 209 assessments conducted
- There were 69 new admissions
- A family lounge was built in the premises for families to spend their quality of time with their loved ones during the visit.
- Several trainings were initiated for the caregivers and structured "Cognitive Stimulation Group Therapy" classes were introduced for mild to moderate cognitive impairment group among the elders.
- **The Tanya Mathias Elder care Centre** at Kothanur – a satellite centre of Nightingales Centre for ageing and Alzheimer's' completed a year in July . A total of 12 elders are being provided care at this centre.

### **Nightingales Dementia Day care**

Nightingales Dementia care centres are located at J.P nagar , RT nagar and KR market. These centres were set up to provide the much needed respite for caregivers while ensuring that persons with dementia (PwD) are taken care of in a stimulating social environment. The elders attending these centres have benefitted from the therapeutic activities conducted regularly for them. The families have also benefitted from the respite they get to attend to their work and other activities which would not have been possible without this intervention.

- A total of 132 elders availed the dementia day care service
- 3 support group meetings were held in the year
- Gardening, Fall prevention exercises, cooking without fire, mud therapy, clay modeling, one minute games, dance and singing were some of the activities done.
- A family day was conducted at the RT nagar Centre

### **Nightingales (telemedicine enabled) Dementia care centre at Kolar**

This centre located at Kolar town (60 kms from Bangalore) at the premises of ETCM hospital uses technology and tele medicine solutions based on a Hub & Spokes Model with Nightingales Centre for Ageing & Alzheimer's as the hub. All expertise interventions are made through the hub and caregiving staff provides the care at the centre. Computer on wheels is used to advise and provide care plans for the elders residing at the centre.

- This model has made it possible to cut costs and provide affordable and accessible institutional care for dementia patients.
- A total of 49 elders were provided care at the centre. The affordability and ambience has helped to make families opt for this centre. This year a residential medical and psychiatry social worker was deputed for quality improvement in terms of behavioral management of people with dementia. This decision has helped in conducting systematic CST for all the residents. Psychological assessments are also happening in the centre itself.
- In view of the demand for the affordable dementia care, the Trust took the initiative to add 24 beds to the centre and increase the total bed strength to 74. The Centre is equipped to manage the increased strength of residents in future.

### **Red Cross –Nightingales Trust Dementia Care Centre - Hyderabad**

This day care centre for elders with dementia is a joint project with Indian Red Cross Society - Telangana State Branch and the first project of the Trust to be established outside the state of Karnataka.

Similar to the Dementia Day Care Centres at Bangalore, this centre will supports the health, nutritional, social and daily living needs of persons with dementia in a professionally managed group setting and a safe and friendly environment. 54 persons availed the facilities this year.

An Intergenerational Memory walk was organized at Hyderabad to raise awareness on Dementia / Alzheimer's to observe the World Alzheimer's Day on September 20th 2019 at KBR Park, Hyderabad. Telangana State Health Minister - Shri. Eetela Rajendra was the chief guest to this event. Approximately 800 members (students, volunteers, elders) participated in this memory walk.

Several workshops, support group meetings for the family carers were conducted throughout the year. The Telangana State Governor Smt. Dr. Tamilisai Soundarya Rajan visited our centre on 20<sup>th</sup> February 2020 and interacted with the elders.

### **Nightingales Bagchi Centre for Active Ageing**

Active aging aims to extend healthy life expectancy and quality of life for all people as they age. The activities aim towards lifestyle modification and ensure health and happiness of the elderly. Among other socially enriching services, the focus is on minimizing the risk of dementia, controlling hypertension, diabetes and prevention of falls. The significance of this Centre is that all the services are research based with technical support of *ThinkingFit*, UK.

Since inception in 2014 , over 400 elders have availed this programme. This year over 88 elders benefitted from the active ageing programme.

Along with the regular cognitive, socializing, and physical activities this year the centre celebrated their annual day in a unique way at the Sandhya Suraksha destitute home. The centre also conducted a variety of health talks, Dental check-up camps, vision & hearing camp. Taster sessions for active ageing were conducted and new programmes like Zumba aerobics, exercise in nearby parks, kick boxing , straw painting and collage making were introduced

The physical and cognitive evaluation reports and the feedback from members prove that this programme has a very positive impact on their well being. The members have seen that their fitness level and quality of life has improved.

**Mobile active aging program** was started from March 2017 with the aim of extending the active ageing services free of cost to the community especially to elders in old age homes. In the year 233 elders from different old age homes were benefitted from this program.

Seeing the positive response from the elders, an additional Mobile Active Ageing service was started this year to cover elders in old age homes in north Bangalore. 238 elders from 15 old age homes were benefitted from the Mobile Active Ageing services

The pre and post assessment of the elders who underwent this programme has shown significant improvement in their health and cognitive abilities.

## **Social integration**

### **Nightingales Elders Enrichment Centres- Malleshwaram &Kasturinagar**

The first project of the Trust completed its 20<sup>th</sup> anniversary this year. Started in 1999, the primary objective of the NEECs is to enhance social integration among the elderly.

At the Enrichment Centres, elders get an opportunity to spend time every day with other elders and build a social bond / network with them. Yoga and interesting programmes were introduced regularly to enrich the elders. The bond created between the members helps to mitigate loneliness and brings a sense of wellbeing in their lives. The Malleshwaram centre has an active membership of 130 elders and 16 elders joined this year. This centre also provides day care and respite care facility for the elderly. In the year 26 elders availed the respite service. The Annual Day were held on December 12<sup>th</sup>, 2019 with a variety entertainment programme by the elders. A souvenir was brought out on the occasion of the 20<sup>th</sup> anniversary.

The enrichment centre at Kasturinagar was started in 2010. A total of 48 elders have registered and an average of 34 elders have been attending the centre regularly.

### **Nightingales Sandhya Kirana - Richmond Town, & Kothanur**

This is a day care and activity centre for elders coming from the lower income group. This community based model of day care service for needy elders is slowly getting acceptance. The first such centre was set up in Richmond town in a space provided by the city Corporation and second centre was set up in 2017. The services include health and hygiene interventions, recreational activities, skill development, income generation programmes and nutritional supplementation through mid-day meals. The elders are encouraged to engage in income generation activity which provides them with a means to earn a small income. All the services are rendered free of cost. An average of 100 elders attend the centre every day.

This year there were 39 new members who joined the service. In the year 4 health

camps were conducted at Richmond town centre and 2 at Kothanur. Medical check ups were done regularly and 4 outings were conducted

Through the income generation activities elders have been able to earn Rs 500 to Rs 2000 per month. This year Rotary Club of Cantonment came forward to support the double layer newspaper cover activity this year . This helped the elders to earn a better income from the covers made. Several corporate groups came forward to organize volunteering events at Sandhya Kirana. This year, they spent time, conducted fun activities and helped to spread joy among the elders.

### **Sandhya Suraksha – Home for helpless elderly women**

The Sandhya Suraksha Home – a joint project of Methodist Church of India and the Trust completed a year in Nov 2019. Elders deserted and unable to fend for themselves are provided with nutritious meals, medical care, palliative care, training in activities to engage them and recreational activities. It has a spacious building with open space, elder-friendly features and equipped with trained staff.

A total of 58 elderly women were admitted to the home , of whom 24 we reunited and settled with their families and three elders expired due to ill health . Regular medical checkups are done for the elders in collaboration with St Philomena Hospital. Many elders have shown great progress in health. Some were dependent when they were admitted and are now more independent and able activities of daily living on their own. The ambience and facilities at the centre has helped the elders and made them feel comfortable. Efforts are constantly taken to rehabilitate the elders with their family if possible.

## **COMBATING ELDER ABUSE**

### **Elders Helpline 1090**

A joint project of the city police and Nightingales Medical Trust, the Elders Helpline provides information, counselling services, legal advice and help to senior citizens.

Elder abuse is understood as ill treatment or neglect of the elderly by people with whom they have a relationship of trust. Elders suffer physical, emotional and financial abuses in silence as mistreatment is mostly from children and relatives. Such incidences are on the increase and do not get reported.

The Helpline has been addressing the issue of elder abuse since its inception in 2002 . It reaches out to senior citizens in distress and with the help of the police tries to give all possible assistance and rehabilitative services to senior citizens. The Helpline attended a total of 14, 394 calls this year. 535 complaints were received and 375 were resolved. The calls attended by the Helpline since its inception in April 2002 has crossed 2,14,475. More than 9928 complaints of serious nature were registered with over 55% of the complaints being successfully resolved through counseling, legal advice or other appropriate actions by a team of counsellors, social workers with the support of police and lawyers.

54 Sensitization programs were conducted at various schools, colleges and senior citizen forums by the Helpline .Elder Abuse Awareness Day -was observed on 15th June 2019 by conducting a sensitization workshop for the Police to help them to understand elder abuse and be more sensitive toward elders issues .

## **Economic Empowerment**

### **Nightingales Jobs 60+**

Nightingales Jobs 60+ is a comprehensive centre for improving the quality of life of economically insecure elders by enhancing their skills and by facilitating post retirement job opportunities. A collaborative effort with Nightingale Empowerment Foundation, the services offered at Nightingales Jobs 60+ include skill development, career counselling, computer training, soft skills training, employment bureau - connecting employers and prospective employees and vocational training for various income generation activities

- In the year 204 senior citizens were placed in part time and full time jobs.
- 100 elders were provided training in computers
- 324 elders were trained in the usage of smart phones and use of apps for making digital payments and other requirements
- 1 Mega job fair was organized on June 16<sup>th</sup> 2019 . 523 elders attended the fair, 72 employers participated and 247 senior citizens were shortlisted for different jobs
- 244 elders participated in soft skills training initiated this year for the elders.
- The Jobs 60 portal was given a new look and additional features were added to ease the process of job facilitation.

## **Capacity Building, Training and Advocacy**

### **Regional Resource Training Centre**

Recognizing the many years of excellence in age care, the Ministry of Social Justice and Empowerment, Government of India has designated Nightingales Medical Trust to be the RRTC for Age Care for the five southern states/ union territories of Karnataka, Andhra Pradesh, Kerala, Lakshadweep and Pondicherry. In the year the following activities were taken up as the RRTC

- 33 inspections cum monitoring visits were conducted for NGOs receiving grants from the Ministry. 16 visits were made to NGOs in Andhra Pradesh and 17 for those in Karnataka
- In collaboration with National Institute of social Defence several programmes were conducted :
  - 775 school students from 8 schools and 453 students from 4 colleges in Bangalore, Kolar and Mysore were sensitized towards the need for intergeneration bonding
  - One day sensitization programs for elected representatives of gram panchayats were held in Davangere district and 67 persons participated. A skills training in smart phones and digital payments was conducted for senior citizens and 41 were trained.
  - Two 3 day training programmes on Geriatric counselling and Geriatric care was held at Bangalore and Vishakapatnam and a total of 49 staff from age care institutions participated in the training.

### **Nightingales Lifesaving Services**

This project provides training in Basic First Aid and Cardio Pulmonary Resuscitation (CPR). Initially started for family members of the elderly, it has now been extended to the public. Through this programme lifesaving skills are taught to any lay person to create a community of lifesavers where no precious lives are lost due to the lack of trained lifesavers.

NLS, since inception has trained over 1,00,000 socially conscious people including doctors, nurses and individuals from corporates, social organizations, police, auto drivers, educational and other institutions.

The main programmes offered in this initiative is CPR(Cardio-Pulmonary Resuscitation) and FA (First Aid) techniques across all segments of the society, automated external defibrillator (AED) . A total of 245 programmes were conducted this year and 4983 persons were trained

### **Nightingales Caregivers Training**

Assessing the growing need for creating a workforce of care givers to look after the elderly, training in bedside assistance and dementia was initiated by the Trust. It has a well-equipped training department with qualified staff for in the field of dementia and eldercare. This year 78 training programmes were conducted and 209 persons were trained in bedside assistance and dementia care

### **Demkonnnect App**

Nightingales Medical Trust's DemKonnnect app was initiated this year and aims to remove the stigma around the disease by educating as well as providing access to care and support from the comfort and familiarity of the person's home.

One of the major issues surrounding Dementia is the lack of awareness around the condition. Research proves that catching the symptoms early and intervening with lifestyle modification can delay the repercussions. However, there is a lot of hesitation in consulting a Psychiatrist. This app enables the user to screen themselves in the privacy of a home. The app can enable detect the symptoms early and this can then be followed up with a consultation with a specialist.

The app also enables care providers to keep in touch with the Dementia expert they have consulted through video calls and quick chats. The app saw a total of 208 registrations.

### **Research and Development Department**

Having implemented many care solutions in the past 20 years of our journey, the Trust took the initiative to set up a Research and development so that best care practices could be standardized and research outcomes could help to enhance and improve quality of care in the field of ageing and dementia care.

A symposium was organized on 14<sup>th</sup>Sept 2019 to launch the Research department .This symposium titled "DEMRECON" focused on Dementia Research in India and capacity

building. It helped to bring together 16 experts and more than 70 young researchers to participate and involve in dementia research.

### **Dementia Friends Programme**

The Dementia Friends program is a global movement with an objective to change the way the world thinks, acts and talks about dementia. Started by the Alzheimer's society of England and Wales, this movement has spread to over 50 countries and reached over 17 million persons. This movement aims to create a climate of kindness and understanding, so that everyone affected by dementia feels part of society.

The Trust has partnered with the Alzheimer's and Related Disorders Society of India to bring this international movement to India. The Dementia Friends Programme which strives to sensitize people about dementia, remove stigma and create a positive attitude and understanding of the disorder. It was launched on 19th Sept 2019 and in the year we conducted several programmes at educational institutions. A total of 1821 students of schools and colleges became dementia friends.

### **FUTURE PLANS:**

The future plans of the Trust are:

- To make quality dementia care more accessible and affordable through establishing more dementia care centres using hub and spokes model.
- Enhancing the quality of life of elders in rural areas through health care and day care services
- To establish a home for destitute elderly men
- To establish a dementia village



### **Nightingales Medical Trust**

8P6, 3<sup>rd</sup> A Cross, Kasturinagar, Banaswadi, Bangalore 560043

Ph: +91 80 42426565 | Email: [nightingalesmt@gmail.com](mailto:nightingalesmt@gmail.com)

[www.nightingaleselder care.com](http://www.nightingaleselder care.com)