



ANNUAL REPORT

FY 2017-18

Nightingales Medical Trust – Trendsetters in Age care



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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.

- This year the centre has have been able to conduct assessments for over 287 patients
- A total of 91 admissions were done in the year
- The centre participated and got involved in organising the World Alzheimer's day programme in collaboration with the Alzheimer's and Related disorders Society of India – Bangalore chapter. A quiz for medical college students was organized on 20th Sept 2017 at St. John's Medical College. The objective was to create awareness among the medical students about the disease. The team from Adhichunchangiri Medical College won the first prize. The initiative gave impetus to 8 medical colleges to start memory clinics.

Nightingales Dementia Day care

Nightingales Dementia care centres are located at Richmond town and J.P nagar and this year the facilities were started at 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.

- A total of 61 elders availed the dementia day care service
- 4 support group meetings were held in the year at different locations, which was attended by about 15 family caregivers at each session. 6 awareness talks were held for students and volunteers on dementia
- 6 Outings were organized for the elders with Dementia at Richmond town centre. .
- Outreach work was done to create more awareness of dementia and the services available. Visits were made to psychiatrists and neurologists to seek their help in creating more awareness on dementia.

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.
- This year the capacity of the centre was increased from 40 to 50 beds..
- A total of 45 elders were provided care at the centre. The affordability and ambience has helped to make families opt for this centre.
- The fourth anniversary of the centre was celebrated and family members of 20 elders participated in the cultural programmes organized.

Red Cross –Nightingales Trust Dementia Care Centre - Hyderabad

Recognizing the need for Dementia Support services in different parts of the country, the Trust extended its services to Hyderabad and established India's largest Dementia Day Care Centre jointly with the Indian Red Cross Society - Telangana State Branch. In March 2017.

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. 11 persons availed the facilities this year. 6 awareness workshops were conducted for care givers

Awareness was created through meetings with medical professionals and through handbill distribution in various parts of the city.

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 70 elders benefitted from the active ageing programme.

Along with the regular cognitive, socializing, and physical activities, the center organizes experts talks which are helpful for elders to know more about medical problems and legal rights of elders. Some outings, movie shows and aqua aerobics were also conducted.

The physical and cognitive evaluation reports and the feedback from members give proof to the positive impact of the program. The members have seen that their fitness level and quality of life has been improved.

Mobile active aging program was started from March 2017 with the aim of extending the active ageing services to the community especially to elders in old age homes. In the year 215 elders from different old age homes were benefitted from this program. The pre and post assessment of the elders who underwent this programme has shown significant improvement in their health and cognitive abilities. The trust plans to expand this programme to reach more elders in old age homes in future

Social integration

Nightingales Elders Enrichment Centres- Malleshwaram &Kasturinagar

Nightingales Elders Enrichment Centre at Malleshwaram (NEEC) was the first project of NMT. 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 111 elders and 14 elders joined this year. This centre also provides day care and respite care facility for the elderly. In the year 41 elders availed the respite service.

The enrichment centre at Kasturinagar was started in 2010 and presently has 48 members. A total of 48 elders have registered and an average of 35 elders have been attending the centre.

Nightingales Sandhya Kirana - Richmond Town, L.R Nagar outreach centre & 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. 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 60 elders attend the centre every day.

This year 23 elders joined the centre. Regular health checkups were done and 7 outings were organized this year for them. This year pick up and drop service was provided to elders due to the support received from well-wishers. Through the income generation activities elders have been able to earn Rs 500 to Rs 2000 per month. 23 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.

Seeing the need for more such day care services, another such centre was started at Kothanur in March 2017. Efforts were put to create awareness about the service and by end of the year an average of 38 elders are attending this new centre. 2 health camps were conducted apart from weekly checkups. Travel was also introduced to assist the elders.

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 received a total of 15,514 calls this year. 468 complaints were received and 247 were resolved. The calls attended by the Helpline since its inception in April 2002 has crossed 1,77,025. More than 9140 complaints of serious nature were registered with over 52% 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.

The helpline completed 15 years of service this year. Sensitisation programs for various schools and colleges were taken up. Elder Abuse Awareness Day -was observed on Wed 15th June 2017 by conducting a street play and awareness event at Town Hall. This was followed by distribution of stickers and pamphlets to public and a road show was conducted at various locations in Bangalore. The programme was attended by 100 elders, students and volunteers. One day workshop for Elders Helpline staff from all districts of Karnataka was conducted on 15th Sept 2017. 42 members from 22 help lines were participated in the workshop

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 201 senior citizens were placed in part time and full time jobs.
- Computers trainings were conducted for senior citizens in four locations in Bangalore and more than 433 seniors were trained. 19 elders were trained in Tally
- Due to the growing need for digitalization, a pilot training program on digital literacy was initiated on 24th Oct, 2017. The programme was well received and by March 844 elders were underwent the digital literacy programme.
- A job mela was organised on 25th March at St. Josephs College. 23 employers and 622 elders attended the job mela. 93 elders were placed in employment through the fair.
- Employment Exchange at Jobs60+ (KR Market) was inaugurated and software was launched to ease the process of recruitment on Jan 05th 2018.

ID Cards for Senior Citizens

The Trust has been authorized by the Department for the Empowerment of Differently Abled and Senior Citizens, Government of Karnataka to issue Senior Citizen ID Cards in Bangalore. The Trust has set up a centre dedicated primarily to issue these ID cards. However, for convenience sake, applications for senior citizen ID cards are available and accepted at all the centres of Nightingales Medical Trust across Bangalore. This year 13,197 senior citizen ID cards were processed

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

- 52 inspections cum monitoring visits were conducted for NGOs receiving grants from the Ministry. 46 visits were made in Andhra Pradesh and 8 in Karnataka
- 3 Training programs on Digital Payments were done at Chittoor, Tirupathi, Dornal Village Prakasam District and Kovvur village Viskapattanam District Andrapradesh and 420 people were trained.
- 3 days workshops were held in dementia care and geriatric care at Puducherry and Ravulapalem respectively. 52 NGO functionaries were trained
- One day sensitization program to police functionaries held at Bangalore on elder's issues nearly 130 police staffs from Bangalore city were benefitted from this event.
- Sensitization programmes on intergenerational bonding was conducted at 4 school programmes and 1 college in Karnataka.. A total of 435 school and 70 college students participated.
- RRTC has been invited to be part of the grant in aid screening committee, Govt. Of Karnataka in March 2018.

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 life savers.

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) . Intravenous cannulation techniques were also taught on request. A total of 210 programmes were conducted this year and 4510 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 303 persons were trained in bedside assistance

India Elder Connect

Nightingales Medical Trust (NMT) in partnership with the University of Michigan's Global Information Engagement Program launched India Elder Connect - a comprehensive website for the elderly in India.

This website provides a platform for elders to network, connect and stay active by relearning and asking questions, sharing their opinions and guiding each other, finding solutions to new concerns and eventually building interactive communities.

The website also looks at providing families and carers with resources to understand and meet senior citizens' caregiving needs. A central hub for information on elder care services and best practices, the website makes it easier for these carers to reach out for help from trained professionals in times of need.

More than 293 elders have registered in this website. 75 concessions details were updates in the portal. 27 experts contributed to the blog and 20 organizations registered. Website is too slow. One main challenge is that the platform is unable to hold the data in the website making it monotonous

UPCOMING PROJECTS :

Nightingales Trust -Tanya Mathias Elder Care Centre

Seeing the demand for the services increasing we plan to open another extension centre of NCAA at Kothanur, Bangalore with a capacity of 25beds . This facility would be for elderly women with dementia and will be inaugurated in May 2018

Sandhya Suraksha – Home for helpless elderly women

Seeing the need for providing care and safe place for destitute elderly women and Trust has identified a place in Anepalya, Bangalore to start a destitute home for elderly women. The place has been donated for this purpose by the Bangalore Regional Conference of the Methodist Church and is suitable to house 70 elders. The project is expected to be operational by July 2018

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
- Extending the active ageing services through mobile mode to old age homes
- To take up research in age care



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