



# Nightingales Medical Trust

*Setting Trends in Age Care*

**ANNUAL REPORT 2018-19**

<b>About Nightingales Medical Trust(NMT)</b>	<b>3</b>
<b>Strengthening Healthcare</b>	<b>4</b>
Nightingales Centre for Ageing and Alzheimer's,	4
Nightingales Dementia Day care	4
Nightingales Dementia Care Centre , Kolar	4
Red Cross Nightingales Trust Dementia day care centre ,Hyderabad	4
Nightingales Bagchi Centre for Active Ageing & MobileActive Ageing	5
<b>Social integration</b>	<b>5</b>
Nightingales Elders Enrichment Centres- Malleshwaram &Kasturinagar	4
Nightingales Sandhya Kirana - Richmond Town	5
Nightingales Sandhya Kirana - Kothanur	5
<b>Combating Elder Abuse</b>	<b>6</b>
Elders Helpline 1090	6
<b>Economic Empowerment</b>	<b>7</b>
Nightingales Jobs 60+	7
Govt. authorized ID cards for elders	8
<b>Capacity Building , Training and Advocacy</b>	<b>8</b>
Regional Resource Training Centre	8
Nightingales Lifesaving services	9
Nightingales Caregiver training	9
India Elder Connect	9
<b>New Projects</b>	<b>10</b>
Demkonnnect	10
Sandhya Suraksha	10
Mobile active Ageing , North Bangalore	10
<b>Future Plans</b>	<b>11</b>

### **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 – Cofounder and Managing Trustee

S. Premkumar Raja – Co founder and Hon . Secretary

Amarnath Kamath - Trustee

Pankaj Lakhani - Trustee

Indra Menon - Trustee

Sudhakar Rao - Trustee

Manoj Shah - Trustee

## **STRENGTHENING HEALTH CARE**

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

This first of its kind comprehensive centre for Dementia care provides institutional care with varied types of psychological interventions, social skills management, occupational therapy, speech therapy and physiotherapy for elderly suffering from Alzheimer's and related disorders. This centre has services like memory clinic for screening & assessment for dementia, short term and long term care for persons suffering from dementia, an enrichment centre for elders, rehabilitation, and training and research facilities as well.

- The present strength is 93. With 78 long term and 15 short term patients. There were 61 admissions in the year .A total of 223 assessments we done

### **ETCM – Nightingales Dementia Care Centre at Kolar (telemedicine enabled)**

The 50 bed Nightingales Dementia Care Centre facility, is located at Kolar town (60 kms from Bangalore) at the premises of ETCM hospital . The facility is managed by using technology and tele medicine solutions - based on a Hub & Spokes Model with Nightingales Centre for Ageing & Alzheimer's as the hub.

- The centre saw 16 admissions in the period.
- There are presently 39 elders at the centre.

### **The Nightingales Trust Tanya Mathias Eldercare Centre**

The Tanya Mathias elder care centre was started as an extension centre of NCAA in July 2018. The centre has the capacity of 25 beds and this centre is exclusively for women . Presently there are 11 elders at this facility.

### **Nightingales Dementia Day care – 4 locations at Bangalore and one at Hyderabad**

Nightingales Dementia care centres are located at Shanthinagar , J.P nagar RT nagar and KR market. The Red cross – Nightingales Trust dementia care centre is located at Hyderabad. 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 64 elders availed the day care services across all the centres . The utilization across centres is Shanthinagar 6 , J.P. Nagar 22 ,RT nagar 10 and KR Market 7 elders. The Hyderabad facility is provided care for 19 elders. 2 support group meetings were held in the period for family caregivers of persons with dementia

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

This Centre aims to bring a lifestyle modification and ensure improvement in health and well being for the elderly. Among other socially enriching services, the focus will be more on minimizing the risk of dementia, controlling Hypertension, Diabetes and prevention of falls. The significance of the Centre is that all the services are research based with technical support of ThinkingFit, UK.

- There were 39 new registrations for Active Ageing (AA) .
- On an average of 62 elders are availing AA sessions each day.
- Average of 21 elders are utilizing the dementia day care facility.

### **Nightingales Active Ageing and Dementia Day Care Centre ,RT Nagar Sanjaynagar**

This centre was relocated from Sanjaynagar and launched as active ageing centre and Dementia Day care centre at RT nagar in Jan 2018 .

- 17 members enrolled for the active ageing programme and 14 are attending
- Eleven elders registered for day care and are presently attending

### **Nightingales Mobile Active Ageing**

The aim of the project is to promote preventive health in the elderly living in old age homes where such activities are not conducted. A well-equipped vehicle with professionals will go to different places including Old Age homes to deliver this evidence based risk reduction program. The program enables us to make preventive health care to the community.

In the year 251 elders from 14 old age homes were benefitted from this programme. It was well received and elders were able to see improvement in their health and wellbeing.

## **SOCIAL INTEGRATION**

### **Nightingales Elders Enrichment Centres :Malleshwaram and Kasturinagar**

The first project of the Trust, this Elders Enrichment Centre at Malleshwaram has been offering enrichment activities for senior citizens- with the opportunity to socialize, mitigate their loneliness and participate in meaningful activities. The centre also provides day care and respite care facility for the elderly.

- 15 new members registered for the Enrichment Centre
- Respite care was utilized by 42 elders and day care by 3 elders
- Several interesting talks and programmes were regularly held at the centre. Annual Day-was celebrated at Seva Sadan on Saturday, December 15th in a grand manner.

The enrichment centre at Kasturingar is also doing well . It has an active membership of 48 elders.

### **Sandhya Kirana – Shanthinagar &Kothanur**

This is a day care and activity centre for elders coming from the lower income group. The centre provides a congenial environment for elderly to spend the day time. They are encouraged to engage in income generation activity which provides the means to earn a small income. On an average 58 elders attend Shanthinagar centre and 35 attend Kothanur centre.

- 34 new members joined in this period at Shanthinagar and kothanur
- 39 volunteers were engaged. 8 awareness programmes were done
- 3 health camps were held at Shanthinagar and 3 at Kothanur.
- Many students groups, corporates visit Sandhya Kirana regularly. More than 55 corporate houses have regular association with NMT through Sandhya Krana

## **COMBATING ELDER ABUSE**

### **Elders Helpline**

A joint project of the Bengaluru City Police and Nightingales Medical Trust, the Elders Helpline provides information, counselling services, legal advice and help to senior citizens. The Helpline has a toll free number 1090. It reaches out to senior citizens in distress and with the help of the police tries to give all possible assistance and counselling services to senior citizens. It has two extension centres at Basvangudi Police station and Malleshwaram Police Station

- The Helpline received a total of 22833 calls
- 476 complaints were received and 331 were resolved.
- 5623 Counselling sessions were done and 405 legal counseling sessions were conducted.
- Helpline observed world elder abuse awareness day on June 15<sup>th</sup> . A road show and street play was organized at Shivajinagar bus stand and Shri D. H Waghela Chairman , Human Right Commission was the chief guest.
- The joint coordination committee meeting was held on 29<sup>th</sup> march and conducted by the Additional Commissioner of Police (East). Challenges faced by the helpline were discussed and sorted out.

## **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 (Computer Literacy, Smart phone usage & digital literacy), career counselling, soft skills training, employment bureau - connecting employers and prospective employees.

- 136 elders were employed
- 400 elders were trained on smart phone usage and digital literacy.

- 208 elders were trained in computer skills.
- 6 Mini jobs were conducted.

### **Identity Cards for Senior Citizens**

NMT was 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 identity card helps an elder avail these facilities like tax benefits, travel and healthcare concessions etc..

- 11668 applications for senior citizen ID cards were processed.
- 5 ID card camps were held to facilitate bulk collection of ID card application.

However, with effect from 19<sup>th</sup> Dec, 2018 this service was discontinued as the govt has initiated online processing of senior citizen cards through its 'Seva Sindhu' smart card . This is still in the trial phase but we have discontinued the manual processing of the cards.

## **CAPACITY BUILDING TRAINING AND ADVOCACY**

### **Regional Resource and Training Centre- Age Care**

Recognizing the many years of excellence in age care, Nightingales Medical Trust was designated by the Govt. of India in 2011 as Regional Resource and Training Centre- South (Age Care) for the South Indian states of Karnataka, Andhra Pradesh, Kerala , Lakshadweep and Puducherry .

- 42 monitoring visits were made to age care institutions working in the state of Karnataka and AP .
- 14 sensitisation programmes were conducted for school and college students all over Karnataka. One police sensitization programme and one programme for Panchayat members was conducted. One training programmes was conducted on management of Dementia for NGO functionaries at Bangalore and One orientation programme was conducted for rehabilitation workers and physiotherapist appointed under the National Programme for Health Care for Elderly from all districts of Karnataka . Orientation programme on geriatric care was conducted at Cochin for NGO

functionaries in Kerala and another similar training was conducted at Dharwad for NGOs functionaries from North Karnataka.

- As an RRTC , we were invited to be member of the grant in aid screening committee by Karnataka Govt.

### **Nightingales Lifesaving Services**

This project provides training in Basic Life Saving Skills (First Aid and Cardio Pulmonary Resuscitation with AED). It aims to create awareness about CPR and create a community of trained and confident lifesavers who can save precious lives during emergencies.

- 259 programmes were conducted &
- 5669 persons were trained in CPR , First aid etc.

### **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.

## **NEW PROJECTS**

### **Sandhya Suraksha- home for Destitute Elderly Women**

Sandhya Suraksha is a joint project of Methodist Church of India, BRC and Nightingales Medical Trust (NMT). The purpose of the Centre is to provide safe shelter and take care of Homeless Elderly Women irrespective of caste, creed or religion. While the Methodist Church has been kind enough to provide with premises to run Sandhya Suraksha, operations are solely managed by NMT. The centre was inaugurated on 20<sup>th</sup> Nov 2018.

Equipped with 70 beds, this senior-friendly home will provide nutritious meals, medical care, palliative care, rehabilitation programs, skill development and training in activities such as kitchen gardening, paper bag and candle making, tailoring etc. We obtained health certificate from BBMP and are networking with Police and other NGOs for admissions.

A total of 26 elders were admitted to the centre in the year.

### **Mobile Active Ageing – North Bangalore**

Encouraged by the feedback from elders benefitted by the Mobile active ageing programme run in south Bangalore since the past two years, the Trust decided to initiate a similar programme to benefit elderly in the old age homes in North Bangalore. The aim of the project is to promote preventive health in the elderly living in old age homes where such activities are not conducted. A well-equipped vehicle with professional go to different places including Old Age homes to deliver this evidence based risk reduction program. The programme was initiated in Feb 2019 and 52 elders from 4 old age homes were benefitted.

### **Demkonnnect App**

In order to create awareness and help more people to take help for their dear ones suffering from Dementia, the demkonnnect app is being made. This app will provide services ranging from screening, virtual support services, live chats and video consultation with experts for any dementia related query. This is an attempt to make dementia information available to public in the comfort of their homes. The app is being made live in phases. This is an attempt to make dementia information available to public in the

comfort of their homes. The beta version of the app was made live in Feb 2019. Awareness is being created through social media to create awareness about the app.

**Important events:**

- Elder Abuse Awareness day was observed on 15<sup>th</sup> June 2018 . A road show and street play was organised . D.H Waghela , the chairman , Karnataka Human Rights Commission was the chief guest
- Dementia 2018 -International Symposium on Dementia was held from 14<sup>th</sup> to 16<sup>th</sup> Sept 2018 at J,N Tata Auditorium , IISc Bangalore. 13 international faculty and 60 national faculty participated in the Symposium. The ARDSI National Strategy for Dementia Care was presented to the Minister of Health and Family Welfare Shri J. P. Nadda. More than 600 delegates participated
- The World Alzheimer's day was observed at Hyderabad on 21<sup>st</sup> Sept. The chief guest was the Honorable Governor of Telangana Shri. ESL Narasimhan.
- Honorable Governor of Telangana Shri. ESL Narasimhan visited the Nightingales Centre for Ageing and Alzheimer's on Sun 27<sup>th</sup> Jan 2019

**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
- Setting up a research and development wing within the Trust



**Nightingales Medical Trust**

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