



# Nightingales Medical Trust

*Setting Trends in Age Care*

A not-for-profit organization working for the well-being  
of the elderly and persons with Dementia

Dementia Care | Active Ageing & Social Integration | Caring for Marginalized and Destitute  
Combating Elder Abuse | Enabling Livelihoods | Capacity Building | Awareness & Advocacy



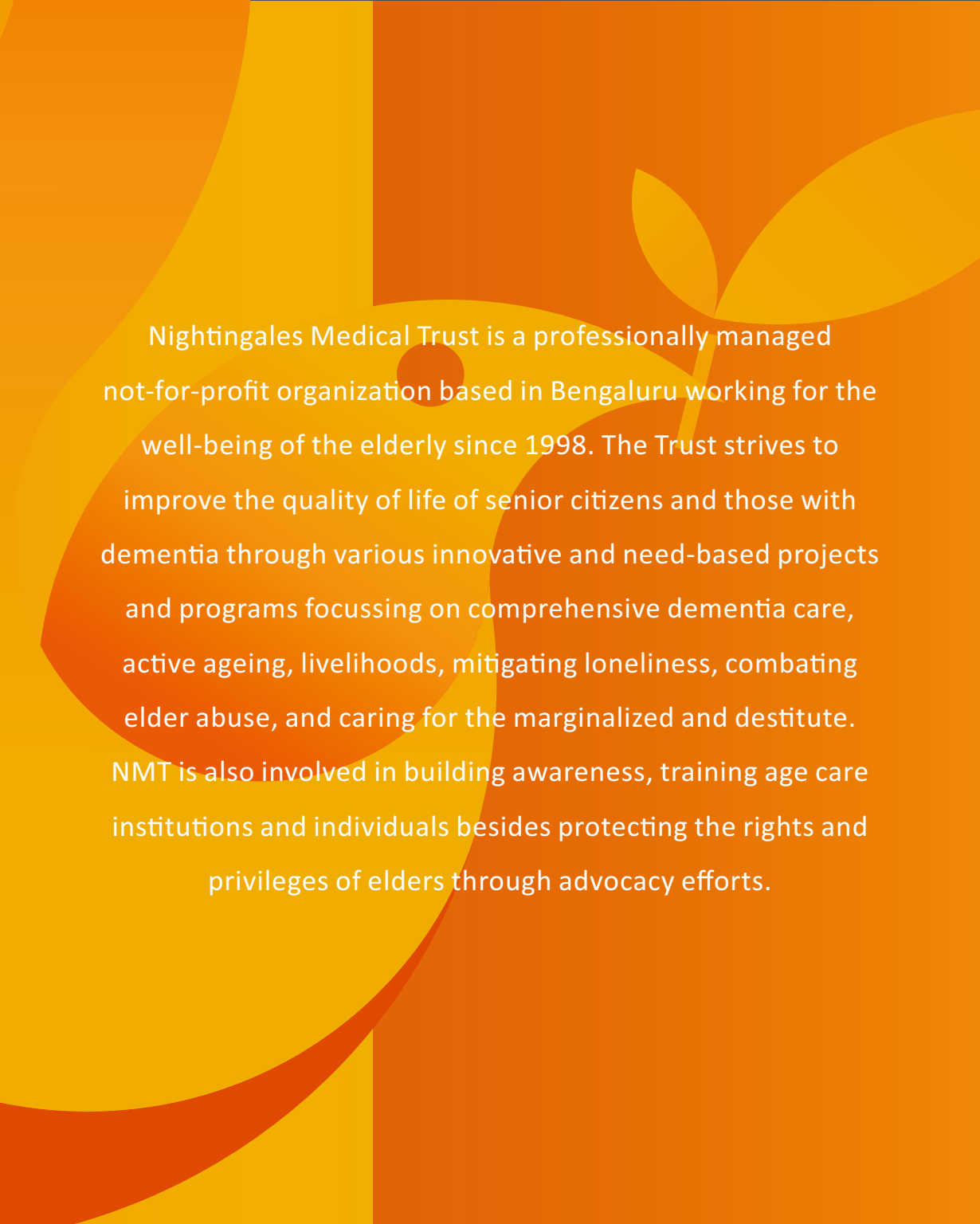
## Nightingales Medical Trust

— *Setting Trends in Age Care* —

[www.nightingaleseldercare.com](http://www.nightingaleseldercare.com)  
[www.nightingalesdementiacare.com](http://www.nightingalesdementiacare.com)  
[www.nightingalesjobs60plus.com](http://www.nightingalesjobs60plus.com)  
[www.nightingaleslifesaving.com](http://www.nightingaleslifesaving.com)  
[www.stopelderabuse.in](http://www.stopelderabuse.in)

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A stylized bird logo in shades of orange and yellow, composed of large, overlapping curved shapes. The bird is facing right, with its head, beak, and tail clearly defined by the negative space and the curves of the shapes.

Nightingales Medical Trust is a professionally managed not-for-profit organization based in Bengaluru working for the well-being of the elderly since 1998. The Trust strives to improve the quality of life of senior citizens and those with dementia through various innovative and need-based projects and programs focussing on comprehensive dementia care, active ageing, livelihoods, mitigating loneliness, combating elder abuse, and caring for the marginalized and destitute. NMT is also involved in building awareness, training age care institutions and individuals besides protecting the rights and privileges of elders through advocacy efforts.

# The Plight of the Elderly in India



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Over 13.8 Crore elderly  
in India, growing at 3%  
annually



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88 Lakh elders with  
Dementia in India and over  
1,00,000 in Bangalore



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Over 8,000 Homeless  
elders in Bangalore



**65%**  
depend on others  
for their financial  
requirements



**25%**  
of elders  
suffer from  
Depression



**55%**  
seniors have  
a chronic  
illness



**30%**  
of elders  
live alone



**66%**  
testify to some  
form of abuse



**52%**  
elders live  
below the  
poverty line



**89%**  
elders retire from  
non-pensionable  
government jobs





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# The Ageing Scenario

*Imagine..... a world without a smile,  
a world where no one wants to talk to you...  
Imagine lying sick in bed with no one nearby to call for assistance....  
Imagine you are being neglected and exploited...  
Imagine not remembering your dear ones...  
Imagine a world of muted silences, a world without colours.....*

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Seems inconceivable? But this is the living reality for millions of Senior Citizens in our country. While the joint family system is eroding away, with increased life expectancy and fast changing lifestyles, elders today face a world that dedicates little in time, love, care, patience and even money for the well-being of the elderly.

Today, we have 13.8 Crore elders in our country. The figure is expected to reach 34 Crore by 2050. The growing elderly population poses a variety of challenges not only to elders and their families but also to the society and even to the country. 32% of elders in India have multiple health problems, 88 Lakh live with Dementia, 65% are financially insecure and depend on others for their sustenance, 66% face some form of abuse and mostly from their own loved ones and thousands are rendered homeless. There is a chronic shortage in the services and facilities exclusively for the benefit of the elderly and people living with Dementia.

There is an immediate need for the community, government, NGOs and corporate bodies to work together to ensure a better tomorrow for senior citizens.



ABOUT US

Nightingales Medical Trust (NMT) was set up and registered in 1998 as a non-governmental, not-for-profit, secular and charitable organization based in Bangalore. NMT provides a system of easily accessible and affordable services and amenities for the elderly.

**VISION**

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

**MISSION**

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

**THE TEAM**

NMT is professionally managed by a Board of Trustees consisting of dedicated people from different fields of expertise. Elders themselves are on the managing and coordinating committees at various levels. The team also consists of medical professionals, lawyers, counsellors, social workers, volunteers and committed staff.

**BOARD OF TRUSTEES**



Dr Radha S Murthy  
Co-founder and Managing Trustee



Mr S Premkumar Raja  
Co-founder and Secretary



Mr Basant Poddar  
Trustee



Mr Pankaj Lakhani  
Trustee



Mr Amarnath Kamath  
Trustee



Ms Indra Menon  
Trustee



Mr Manoj Shah  
Trustee



Mr Sudhakar Rao  
Trustee





## DEMENTIA CARE



## **Dementia:**

Dementia is a disorder affecting the brain and its basic functions. Persons with dementia gradually start losing their memory and their ability to learn new information; they become increasingly disoriented and have problems with their language, comprehension and judgment.

Dementia generally affects persons after 60 years of age, though it is not part of the normal ageing process. In advanced stages, persons with dementia become more dependent on others for their needs, often resulting in significant distress to their family and carers. There is currently no cure for dementia.

## **Urgent Need for Dementia Care:**

Recent estimates reveal a dementia prevalence rate of 7.4% among those aged 60 and above, translating to nearly 90 lakh Indians currently living with dementia. This number is projected to rise significantly, reaching 1.7 crore individuals by 2036.

There is widespread ignorance, low awareness, and stigma surrounding this condition, leading to almost 90% of people never getting a diagnosis. The lack of awareness in the community, the scarcity of experts, the dearth of services, and the shortage of trained professionals makes the situation immensely challenging.

There is an urgent need for holistic dementia care services that are accessible and affordable.









# Comprehensive Residential Dementia Care Centre

## Nightingales Centre for Ageing and Alzheimer's, Kasturinagar, Bangalore:

Established in 2010, Nightingales Centre for Ageing and Alzheimer's (NCAA) is India's largest comprehensive dementia care centre. This 100-bed facility has a multi-disciplinary approach in the diagnosis and management of persons with dementia. The primary criteria in designing the facility was resident comfort; this can be seen in the well-ventilated rooms with dementia-friendly features. Residents also have access to an open lawn with gazebo and seating arrangements.

The core team of a geriatric psychiatrist, general physicians, clinical and rehabilitation psychologists, physiotherapist, social workers, nurses and trained caregivers ensure that every aspect of dementia is addressed and a tailor-made care plan is developed for each resident.

Over the years the Centre has evolved and has established itself as a benchmark for quality standards in care. This has been recognized and acclaimed through national and global awards.

The Centre is registered under the Mental Health Act 2017.

### Services:

- Memory Clinic
- Day care for persons with dementia
- Short-term management of challenging behaviours
- Short-term and respite care
- Long-term care
- Training professional caregivers and family members in geriatric and dementia care

We were sceptical at first when we decided to bring our mother to Nightingales Centre for Ageing and Alzheimer's but as soon as we stepped into the institution and talked to the doctors, we felt assured that this was the right place. We finally had someone who could explain to us the nature of the disease, provide the medicines that will help soothe my mother, and provide individual care without having to impose on her space and freedom. My mother has been here for over 7 years now. We are very sure that the best place that she could be taken care of is at NCAA.

Ms Vanaja Nair







# Telemedicine-enabled Residential Care Centre

## ETCM-Nightingales Dementia Care Centre, Kolar

As part of our commitment to make quality dementia care affordable and accessible, Nightingales Medical Trust established the ETCM-Nightingales Dementia Care Centre in 2014 in Kolar, 60km from Bangalore.

This is India's first telemedicine-enabled Dementia Care facility, and is located on the premises of the Ellen Thoburn Cowen Memorial (ETCM) Hospital. This 50-bed unit is set up with an open garden and terrace, designed to suit the needs of persons with dementia with facilities such as a therapeutic environment, space for walking, and a detailed activity schedule for all residents.

Based on the hub-and-spokes model, this centre is monitored and managed from the Nightingales Centre for Ageing & Alzheimers through telemedicine and purpose-built dementia management software

### Services:

- Memory clinic
- Short-term and respite care
- Long-term care

*This Tele-Medicine enabled Residential Dementia Care Centre is established in association with the Methodist Church in India.*



I had a golden opportunity to visit the ETCM-Nightingales Dementia Care Centre at the ETCM Mission Hospital at Kolar. The Centre is doing yeoman service to the community in general and persons with dementia in particular. The following caught my attention:

- The tele-dementia management using technology - through which the residents can communicate with their near and dear ones in any part of the world and caregivers can keep in constant touch with the patient's relatives
- The spacious and clean wards
- Music therapy and pet therapy
- Highly diligent care given to the residents in terms of maintenance of the Centre and personal hygiene of residents
- Highly motivated and dedicated caregivers
- A bustling activity centre

Prof CV Raghuveer  
Vice Chancellor,  
Sri Devaraj Urs Academy  
of Higher Education and  
Research





# Residential Care Centre Exclusively for Women

## Nightingales Trust - Tanya Mathias Elder Care Centre

Surrounded by coconut groves and towering eucalyptus trees, this 25-bed facility follows the hub-and-spokes model. Activities here are thoughtfully crafted to engage and stimulate people with dementia within a meticulously designed environment. This Center, exclusive for women, serves as a nurturing and facilitative space for evaluating individual needs and executing healthcare plans. This is accomplished through the collaborative efforts of a multi-disciplinary team, which includes psychologists, nurses, and dedicated caregivers, all working cohesively to advance the standards of healthcare and social support.

### Services:

- Memory clinic
- Short-term and respite care
- Long-term care

*In a burgeoning city like Bangalore where very few facilities exist for people with dementia, there is a great need for more care centres. We are hugely grateful to Mrs Veronica Mathias for providing her building to run this Centre.*

My daughter, Tanya Mathias, now 54 years old, is mentally challenged and autistic. I know what it is like to care for those suffering from mental and physical disabilities. For years I have worried about "What after me?" A caregiver plays a very important part in the well-being of a patient and it is very difficult to find trusted and reliable caregivers. Upon a visit to Nightingales Centre for Ageing and Alzheimer's, I was pleased to find how diligently and affectionately the patients are taken care of. This inspired me to associate myself with NMT and support their cause. Hence we have called it the Nightingales Trust - Tanya Mathias Eldercare Centre.

Ms Veronica Mathias







# Dementia Day Care Centres

## Jayanagar, RT Nagar, Kasturinagar

When someone is diagnosed with dementia, getting the right care is tough. This makes life difficult for both the person with dementia and their family. It doesn't just affect their well-being but also strains family finances. Quality of life for both persons with dementia and caregivers takes a hit.

This is where dementia day care steps in to make things better. Nightingales Medical Trust's team of psychologists, physiotherapists, and trained caregivers provide comprehensive and tailor-made care for persons with dementia in a structured and safe environment during the day. This facilitates mental and physical stimulation, slowing the progression of cognitive decline and enhancing overall well-being. Moreover, it offers respite to family caregivers and reduces caregiver burnout.

### Services:

- Day care for persons with dementia, Parkinson's and stroke
- Memory clinic
- Periodic cognitive and physical assessments
- Personalized care plans
- Therapeutic interventions – physical, cognitive and social
- Support group meetings



My aunt is a changed person after she started coming to Nightingales Trust Dementia Day Care Centre. She looks forward to going to the Centre everyday.

NMT has been a blessing too for us, her caregivers. While we are at work, we are at peace knowing that she is safe and sound under your care.

We are truly thankful and grateful for the wonderful effort each one of you is putting in, for making the lives of dementia patients more meaningful and in turn helping the caregivers breathe easier. A big thank you.

Family carers of  
Ms Shambavi,  
one of our daycare  
members



## ACTIVE AGEING & SOCIAL INTEGRATION



# Nightingales Trust - Bagchi Online Active Ageing

Nightingales Trust - Bagchi Active Ageing is a scientific evidence-based program with technical support from *ThinkingFit* UK. This program combines physical, social, and cognitive activities in a fun-filled way to enable the elderly to lead more active lives. This lifestyle modification program enables minimizing the risk of dementia, hypertension, diabetes, and depression.

NMT has redesigned the Active Ageing program to be offered completely online, enabling Senior Citizens to enjoy the benefits of the Active Ageing program from the comfort of their homes.

## Services:

- Physical activities – chair-based exercises and Yoga
- Cognitive activities – individual and group
- Social Activities
- Social gathering and celebrations
- Talks by experts
- Pre- and post- assessments to track progress

*The Active Ageing Program was made possible through the generous contributions and personal involvement of Mrs and Mr Subroto Bagchi.*



I was always physically active, but noticed short-term memory lapses and attention issues. I was also slow in responding. This affected my daily life. I joined the program with the intention of being engaged in cognitive activities. Over a period of 6 months, I have seen amazing improvements in my memory and day-to-day life. I am able to learn new things faster and my cognitive scores have increased by 30%. I did not expect such amazing improvements at the age of 85!

Ms Uma

During the pandemic, we seniors would have felt lonely & depressed. But the online sessions which were conducted by the NMT team kept us cheerful & healthy.

Now that the sessions are completely online, we can continue to attend right from our home. We eagerly wait for the sessions, which are very well organized and methodical.

Ms Lalitha Rao





## Mobile Active Ageing Program

In many old-age homes across India, preventive health is not a priority. The result is a gap in ensuring that the elderly lead healthy and active lives. Recognising the need Nightingales Medical Trust initiated a cost-free Mobile Active Aging program built on the principles of the *ThinkingFit* model, catering to the needs of elderly residents in various old-age homes of Bangalore.

The Mobile Active Ageing unit consists of a well-equipped vehicle accompanied by trained staff and all required tools and equipment to conduct chair-based exercises, yoga, cognitive activities, social gatherings, expert talks, and pre/post assessments. The staff at the old-age homes are trained and kits are provided with essential health-monitoring devices for continuing the program.

We are very grateful and thankful for your support for the elderly inmates. Thanks especially to the team who took initiative to come even during the COVID-19 pandemic to help our inmates in need. We promise to continue the Active Ageing sessions in our premises, thanks to the equipment provided.

Ms Graciya Alexander  
Secretary - Rays of Hope  
Charitable Trust

## Nightingales Elders Enrichment Program

Aiming to enhance social integration and mitigate loneliness among the elderly, the Elders Enrichment program provides an opportunity for elderly to spend quality time with their peers, forging meaningful social connections. The uniqueness of the program is the active participation of senior citizens in planning and organizing the activities. Although the program was conducted daily before the Coronavirus pandemic, the members now meet once a week and engage in fitness programs, cognitive & recreational activities, expert talks and discussions.







# PROGRAMS FOR MARGINALIZED AND DESTITUTE



# Day Care Centres for Disadvantaged Elders

## Nightingales Sandhya Kirana

This is a day care centre for elders from lower socioeconomic strata. The primary focus is to help elders earn an income and live a life of dignity with access to adequate health care. The highlight of the Centre is the strong emotional attachment that the elders develop amongst themselves. All services are provided free of cost.

### Services:

- Fitness programmes
- Nutritious meals
- Opportunities for skill-development and income generation
- Recreational activities - dance, music and indoor games
- Social activities - outings and get-togethers
- Weekly Geriatric Clinic providing medical attention and medicines for needy elders in the neighbourhood

## Hiriyaravadi Centres - Rajendranagar & Vannarapet

Realizing the need for day centers at urban slums of Bangalore, Hiriyaravadi centers have been set up as satellite centres of Sandhya Kirana. Drawing from the 'Anganawadi' concept, this community space allows elders to engage in exercises, income-generation activities, and receive mid-day meals and periodic health check-ups.

*Nightingales Sandhya Kirana is established in association with the Bangalore City Corporation and the Hiriyaravadi at Rajendranagar is set up in collaboration with MV Challengers GDC Trust.*

Being a heart patient, I was completely dependent on others. After coming to Sandhya Kirana eight years ago, and interacting with the people here, I am feeling better. Now, I am active with income-generation activities. I am happy here.

Mr Anant Murthy

The clean and well-maintained facility, the engaging activities and programs, and the delicious meals prepared with love—all contribute to making Sandhya Kirana a place where elderly can truly thrive. We feel proud to be associated with you and honored to be able to partner with you.

Ms Smitha, Nasdaq







# Homes for Destitute Elderly

## Sandhya Suraksha - Home for Homeless Elderly Women

## Sandhya Kirana Home for Elderly Men

The destitute homes for elderly were started with an intent to serve homeless elderly – one of the most marginalised sections of society. The Sandhya Suraksha home for women with 100 beds and the Sandhya Kirana Home for men with 25 beds provide transit and long-term care to homeless elderly irrespective of caste, creed or religion. Elderly men and women found in distress on the streets are admitted to the homes through the Bengaluru city police. Over time the Sandhya Suraksha Home has emerged as a model destitute care home for the elderly. All services at the homes are provided free of cost.

### Services:

- Nutritious meals
- Basic healthcare & De-addiction
- Therapeutic engagement in handicrafts, painting, knitting, etc.
- Fitness programmes like yoga and guided exercises to improve fitness
- Recreational activities
- End of life care

*The Nightingales Sandhya Suraksha home for Homeless elderly women is established in association with the BRC of the Methodist Church in India.*



I have been visiting Sandhya Suraksha over the last few months and I find myself coming back regularly. The residents, all of who come from extremely disturbed backgrounds, are very well cared for by the dedicated staff. From medical attention to emotional support, from recuperation to rehabilitation, no stone is left unturned to ensure the highest standard of attention and care to each and every individual. The staff go beyond 'just another job' to really looking after the residents as family. Despite the troubles that each resident has overcome, they live together as happy friends and family. Most importantly the facilities are impeccably clean and hygienic. I am grateful for having been welcomed into the Sandhya Suraksha family and look forward to participating more wholeheartedly in my personal capacity in their beautiful endeavour.

Ms Mahita Nagaraj  
Volunteer at Sandhya  
Suraksha





ಹಿರಿಯರ ಮೇಲೆ  
ಅತ್ಯಾಚಾರ  
ಮಾಡುವುದು  
ಒಂದು ಅಪರಾಧ

Don't  
ABUSE  
Elders

Stop  
Elder Abuse  
Call 10999

Elder Abuse  
is a  
Crime

Stop &  
Prevent  
Elder Abuse

ಹಿರಿಯರನ್ನು  
ಗೌರವಿಸಿ  
ಮತ್ತು ಪ್ರೀತಿಸಿ

Respect  
&  
Love  
Elders

ಹಿರಿಯರ  
ಅತ್ಯಾಚಾರ  
ನಡೆಯುವ  
ನಿಲ್ಲಿಸಿ  
ತಡೆಗಟ್ಟಿ

## COMBATING ELDER ABUSE

**Elder Abuse** is the ill-treatment or neglect of the elderly by people with whom they have a relationship of trust. Elders suffer physical, emotional and financial abuse in silence as mistreatment is mostly from children and relatives. There is a need to address elder abuse by providing help, creating awareness of elders' rights and by sensitizing the public about the issue of elder abuse.

## Elders Helpline 1090

The Elders Helpline 1090 was set up by Nightingales Medical Trust in 2002 to tackle the problems of elder abuse in Bangalore.

### Services:

- Toll-free number 1090 for elders in distress
- Timely support, reconciliation and reunion in family disputes
- Facilitating police intervention in serious cases
- Rehabilitation & counselling
- Information on service providers and other needs of the elderly
- Tracing missing / straying elders
- Legal advice
- Facilities for alternative dispute resolution
- Awareness programmes

*The Elders Helpline is run in association with the Bangalore City Police and is partly supported by the Department for the Empowerment of Differently Abled and Senior Citizens, Government of Karnataka*

## Elder Line 14567

The Government of India selected Nightingales Medical Trust to operate the Karnataka wing of the National Helpline for Senior Citizens - Elder Line 14567. A technology-enabled central office with a 10 seater call centre handles calls through the toll-free number 14567. Regional officers at various districts tackle issues at ground level and ensure that elders are free to live a life free from abuse.

*Elder Line is a project of the Ministry of Social Justice and Empowerment and the National Institute of Social Defence, managed by Nightingales Medical Trust in Karnataka, in association with the Department for Empowerment of Differently Abled and Senior Citizens, Government of Karnataka.*

All Services at the Elders Helpline 1090 and Elder Line 14567 are completely free

We approached the Elders Helpline for help with an issue. My dad's property in Indiranagar was rented out to a doctor. However, this doctor did not pay the rent for the premises. The rent was the primary source of income for my dad. The tenant was not willing to vacate and was even ignoring our calls. The helpline staff took up our case, and within a week our property was handed over to us with all dues paid. Our heartfelt thanks to the Helpline staff.

A family who found help through the Elders Helpline 1090







# ENABLING LIVELIHOODS



## Nightingales Jobs 60+

Financial insecurity and dependency are major concerns for the elderly. Elders, after retirement, have no regular source of income and find it difficult to make ends meet with their meagre savings. Most elders are physically fit and can be gainfully employed till the age of 70, putting their knowledge and experience to use. Elders can be employed in moderately-skilled jobs, part- or full-time.

Nightingales Jobs 60+ was established in 2011 to provide a financially independent life for healthy and employable retired elders by enabling them to re-enter the job market or become self-employed. A well-appointed Job Portal allows elderly job seekers to connect directly to employers. This program enables non-pensioned elderly to maintain their livelihood through being independent and have a life of dignity. All services are provided free of cost.

### Services:

- Career counselling
- Skills development - Training in basic computer skills, Tally and the use of smartphones
- Training in soft-skills and digital payments
- Employment Bureau
- Free Job Portal - [www.nightingalesjobs60plus.com](http://www.nightingalesjobs60plus.com)



I want to thank NMT for finding me an opportunity in the current job market. I have been hired as a branch in-charge at a manufacturing unit. The current role suits me very well given my prior experience. I am making significant progress in the role thanks to the NMT team's encouragement and support.

Mr Omprasad

When I heard about the Nightingales Jobs 60+ project, it was a mixture of surprise and curiosity. We were not very sure if Senior Citizens would be able to take in the work pressure. My company initially looked at a temp role for them. After a fortnight, it was both an eye opener and a humbling experience, as I was pleasantly surprised to see that in many instances they had moved ahead of the younger crowd. We would like to thank NMT for coming up with such a noble and excellent concept, which will help in providing financial assistance to seniors and also provide an opportunity for elders to lead a dignified life.

Mr Dileep Satya  
Director, Indium Projects



# CAPACITY BUILDING



## Nightingales Lifesaving Services

Nightingales Lifesaving Services (NLS) was started with the objective of increasing awareness about CardioPulmonary Resuscitation (CPR) and creating a community of trained and confident lifesavers who can save precious lives during emergencies. Since its inception, NLS has trained over 90,000 people - medical & dental students, nurses, policemen, home guards, drivers, industrial workers, professionals, teachers and students.

### NLS Programme offers training in:

- Cardio-Pulmonary Resuscitation (CPR)
- Automated External Defibrillator (AED)
- First Aid

## Dementia Care Training

Taking care of a person with Dementia can be complex as it requires skill, dedication and determination. But with a better understanding and training in treatment and care, there is scope to make real improvement in the quality of life for people who are affected. NMT provides a combination of theoretical and hands-on training in dementia care for healthcare and social care professionals, care home staff and family members.

## Geriatric Care Training

NMT's training on basic geriatric care teaches complete care of the elderly. The course has equal amount of theory and practical sessions and includes training in management of people with chronic conditions and debilitating medical ailments. At the end of the course, candidates leave equipped to provide bed-side assistance to ailing aged and are also capable of generating employment opportunities for themselves.

The CPR training conducted by Nightingales Lifesaving Services was very good and interactive. They explained to us both in theory and practical formats and they presented the theory with well-prepared PPT. They were able to impart knowledge of CPR to everyone in the session, even trainers and housekeeping staff. They were able to clear all the doubts raised by our team. Overall we had good experience and the purpose of educating with CPR and First Aid was served. We recommend others to take training from them.

Manager  
KRP Health Club







# Regional Resource and Training Centre - Age Care

In order to improve the quality of life of the elderly, the Ministry of Social Justice and Empowerment, Government of India, has put forward, under the Atal Vayo Abhyuday Yojana, the scheme for running Regional Resource and Training centres (RRTC). NGOs doing exemplary work in the field of age care have been identified and recognized to be the RRTC in a specified region of India. RRTCs are expected to be key collaborating partners of the Ministry and to provide technical support for ensuring effective implementation of the policies and programmes of the Ministry.

The Ministry of Social Justice and Empowerment, Government of India, has designated Nightingales Medical Trust to be the Regional Resource & Training Centre for Age Care (RRTC) for Karnataka, Kerala and Lakshadweep. The main purpose of RRTC is to build the capacity of NGOs involved in Age Care.

## Activities of the RRTC - Age Care:

- Monitoring. providing technical support, training and capacity building for effective delivery of age care services by the NGOs funded by the Ministry
- Conducting advocacy, sensitization and awareness programmes in the field
- Interfacing with State Government departments, local bodies, schools and colleges, senior citizens forums etc. for building linkages and networking
- Conducting certificate courses in geriatric care and bedside assistance for those interested in a career of caregiving for the elderly
- Organising regional-level consultative meets
- Developing age care related information and educational material





## AWARENESS AND ADVOCACY



Nightingales Medical Trust actively engages in awareness and advocacy initiatives to promote the well-being of the elderly. Through its dedicated program, NMT focuses on collaborating with the government to shape elder-friendly policies. NMT organises various programmes periodically, engaging elders, policy makers, civil society, media and the government, both at the Central and State levels.

Advocacy programs include workshops, seminars, consultative meetings and awareness building campaigns. These programs are planned based on the experience gained by NMT through its projects and involving all stakeholders. The current emphasis is on prioritizing dementia in healthcare, establishing regulatory bodies for monitoring old age homes, and supporting fast-track courts

The draft Bill prepared on 'Elders Protection of Rights & Redressal of Grievances' and submitted by the Trust to the Govt of Karnataka in 2005 was instrumental in framing the "Maintenance and Welfare of Parents and Senior Citizens Act, 2007.





# NATIONAL MOVEMENT



# Dementia India Alliance

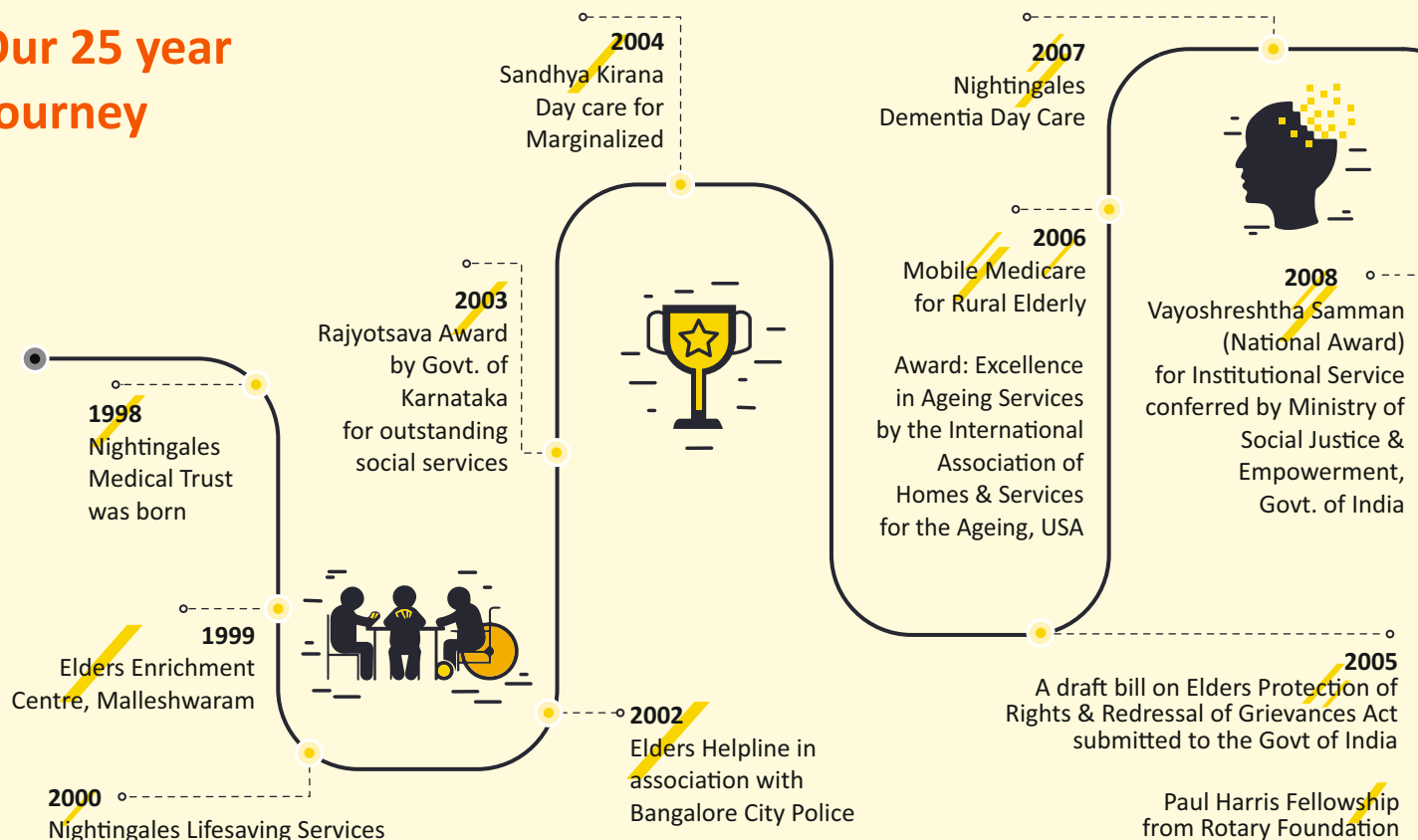
Dementia is one of the most pressing public health emergencies globally, with approximately 8.8 million elders in India currently affected. By 2036, the number of Indians with dementia is estimated to increase to 1.7 crores. Tackling dementia and its challenges requires a strong national-level movement. Responding to this need, NMT, along with other like-minded organizations and family caregivers established the Dementia India Alliance (DIA) is a non-profit, family-carer-centered organization under the Societies Act. With a strong focus on supporting family caregivers, DIA strives to connect, inspire, and empower individuals, organizations, and governments to enhance the well-being of those with dementia and their families.

DIA is dedicated to providing essential services that not only benefit those directly impacted by dementia but also provide much-needed relief and hope to their family caregivers. These are:

- The National Dementia Support Line
- Online Memory Clinic
- Caregiver training programs
- Awareness campaigns
- Model support services such as daycare and residential care
- Community outreach programs
- Educational workshops / Conferences



# Our 25 year Journey



## Social Impact

### DEMENTIA CARE

The Trust has successfully reached out to hundreds of elders and their family caregivers through various dementia care services - residential care, telemedicine-enabled care, palliative care and day care. **Over 7000 persons with dementia provided help.**

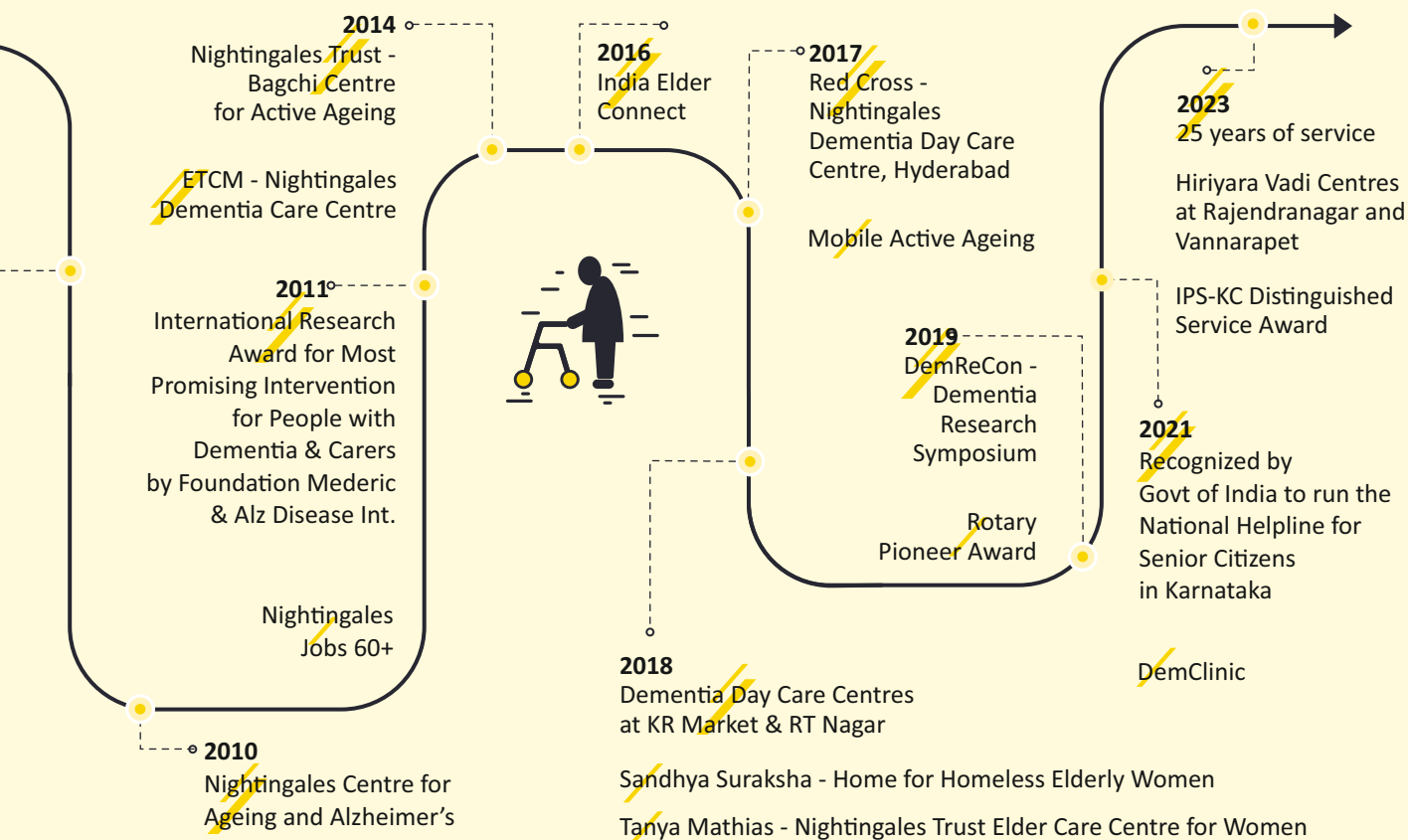
### ACTIVE AGEING & SOCIAL INTEGRATION

A scientific evidence-based program aimed at bringing lifestyle modification and ensuring health and happiness of the elderly. **550 persons engaged through the Active Ageing Program and over 4000 through Mobile Active Ageing.**

### CARE FOR THE MARGINALIZED

NMT runs a day care centre at Shanthinagar and two hiriyaaravadi centres for urban poor, a free geriatric clinic and outreach programs through which **over 300 elderly benefit every month. Over 245 homeless elderly** have been rescued from the streets and rehabilitated at our destitute homes.





## COMBATING ELDER ABUSE

Elders Helpline 1090 and Elder Line 14567 propagate NMT's vision of ensuring a life of dignity and security to all elders by combating harassment and abuse. **Over 2.45 Lakh seniors in distress have been helped at the Elders Helpline since 2002 and over 2000 elderly benefit every month through the Elder Line.**

## ENABLING LIVELIHOODS

The Trust works to provide job-oriented training, training for empowerment and facilitates post-retirement jobs. **More than 3500 elders have been helped to get suitable placements through the Employment Bureau and 8 Job Fairs.**

## TRAINING AND CAPACITY BUILDING

Nightingales Medical Trust has trained caregivers, students, healthcare professionals, policemen, home-guards, industrial workers, professionals, teachers and students. **Over 90,000 persons have undergone training in lifesaving skills and over 12,000 have attended other training programs.**



THE ROAD AHEAD



# NMT's VISION 2030



**Smriti Gram** - a 300 bed dementia care centre with 100 beds for marginalized blending expertise, culture, indigenous therapies and technology, ensuring safe and supportive environment for quality care



**Age Care Academy** as a hub for education, skill development and research in geriatric and dementia care leveraging technology and AI tools - **over 1000 caregivers and others to be trained every year.**



**Rural Outreach Program** bringing healthcare services, income generation programs and preventive health to the doorsteps of **700 elderly in 15 villages.**



**Hiriya Vadi Centres** for urban poor providing healthcare, nutrition, income generation and social support services benefitting over **1000 marginalized elders through 25 Centres.**



**Active Ageing Program** to facilitate social engagement, mental stimulation and physical wellbeing benefitting over **1000 elders through online programs** and **900 residents physically at 25 old age homes.**



**Jobs 60+ Program** to cover whole Karnataka empowering **over 1000 older adults** to stay active, engaged and financially independent every year.



**Digital Literacy Program** to enable **1200 seniors** every year to learn to access information, services, make digital payments and stay connected with their loved ones through digital devices.



**Elders Helpline 1090** in Bangalore to safeguard the rights, privileges and dignity of senior citizens through appropriate support systems and awareness campaigns to create a safe, secure and elder-friendly environment.





GET INVOLVED



## Volunteering

Volunteering for the cause of the elderly is a very satisfying experience. We encourage individuals and corporates to come forward to volunteer at our projects. There are several opportunities to volunteer at NMT in which you can directly interact with elders. You can also contribute in improving our services through your skills and talents.

## Corporate Partnership

NMT has been successfully partnering with several corporates to promote various community-based age care services for the elderly. The Trust is covered under the amendments made to Schedule VII of the Companies Act 2013 vide notification dated Feb 27th 2014 and hence is eligible for CSR funding. The Trust has FCRA registration and is eligible to receive funds from overseas. Corporates can partner with us by adopting or supporting a project, sponsoring events, volunteer engagement and can also donate to any of the activities listed below.

## Donations

As a not-for-profit organization, we seek donations to support the following initiatives:

- Smriti Gram 300-bed dementia care centre with 100 beds dedicated for the poor
- Rural Outreach Programme and Healthcare services for Urban Poor
- Day Care Centres for economically disadvantaged elders
- Subsidized Dementia Care programmes
- Training Academy for age care and dementia care
- Mobile Active Ageing in Old-age Homes
- Economically empowering and affecting the livelihoods of needy elders
- Helping elders in distress through the Elders Helpline and Elder Line services
- Advocacy and awareness creation programs
- Digital Literacy Training - computer, smartphone, digital payments, etc.
- CPR training for public service workers and students
- Homes for destitute elderly



Donations to NMT are exempt U/S 80G of Income Tax Act in India. NMT is also approved to receive donations from abroad under FCRA.

# Location of our Services

## Residential Dementia Care

**Nightingales Centre for Ageing & Alzheimer's**  
8P6, 3rd A Cross, Kasturinagar,  
Banaswadi, Bengaluru 560043

**ETCM - Nightingales Dementia Care Centre**  
F Ward, ETCM Hospital, Bangarpet Road,  
Kolar 563101

**Nightingales Trust - Tanya Mathias  
Elder Care Centre**  
Sonam Lyout, Near Liza's Home,  
Dodda Gubbi Road, Kothanur Post,  
Bengaluru 560077

## Day Care Centres for Elderly & Persons with Dementia

**Nightingales Trust Day Care for Elderly and Dementia**  
190, 2nd Floor, RV Road, Jayanagar 2nd Block,  
Bengaluru 560004

**Nightingales Trust Dementia Day Care Centre**  
337, 2nd Cross, RT Nagar 1st Block,  
Bengaluru 560032

**Nightingales Centre for Ageing & Alzheimer's**  
8P6, 3rd A Cross, Kasturinagar,  
Banaswadi, Bengaluru 560043

## Enabling Livelihoods

**Nightingales Jobs 60+**  
337, 2nd Cross, RT Nagar 1st Block,  
Bengaluru 560032

## Programs for the Marginalized

**Nightingales Sandhya Kirana Day Care**  
O'Shangessey Road, Akkithimmanahalli,  
Richmond Town, Bengaluru 560025

**Sandhya Suraksha Home for Destitute Elderly Women**  
53, 10th Cross, Anepalya, Shanti Nagar,  
Bengaluru 560030

**SK Home for Destitute Elderly Men**  
O'Shangessey Road, Akkithimmanahalli,  
Richmond Town, Bengaluru 560025

**Hiriyaravadi, Rajendranagar**  
518, 10th cross, 7th main,  
Rajendranagar, Viveknagar Post,  
Bengaluru 560047

**Hiriyaravadi, Vannarapet**  
1, Ground Floor, MS Building,  
3rd main, Next to Viveknagar Post Office,  
Bengaluru 560047

## Addressing Elder Abuse

**Elders Helpline 1090**  
1st Floor, Basaveshwara Nagar Police Station,  
1st Cross, West of Chord Road, 1st Stage,  
Basaveshwara Nagar, Bengaluru 560079

**National Helpline for Senior Citizens - Elder Line 14567**  
337, 2nd Cross, RT Nagar 1st Block,  
Bengaluru 560032

## Training and Capacity Building Programs

**Nightingales Lifesaving Services**

**Dementia Care Training Program**

**Geriatric Care Training Program**

**Regional Resource and Training Centre**  
8P6, 3rd A Cross, Kasturinagar,  
Banaswadi, Bengaluru 560043

## Active Ageing Programs

**Virtual Active Ageing Program**  
Conducted online for members to attend from their homes

**Mobile Active Ageing Program**  
At Various Old Age Homes in Bangalore

## Get in Touch

Ph: +91 80 42426565  
E: [contact@nightingaleseldercare.com](mailto:contact@nightingaleseldercare.com)  
W: [www.nightingaleseldercare.com](http://www.nightingaleseldercare.com)





## NMT is privileged to work with:

- Ministry of Social Justice and Empowerment, Govt of India
- National Institute of Social Defence
- Department for Empowerment of Differently Abled and Senior Citizens, Government of Karnataka
- Bengaluru City Police
- Bruhat Bengaluru Mahanagar Palike (BBMP)
- Methodist Church in India
- National Institute for Mental Health and Neurosciences
- Ellen Thoburn Cowen Memorial Hospital
- Dementia India Alliance
- Azim Premji Foundation
- Jai Shivshakthi Health & Educational Foundation
- Mrs Veronica Mathias
- MV Challengers GDC Trust
- Capital One
- Rotary Clubs of Bangalore
- Nasdaq
- United Way of Bengaluru
- MultiVista Global
- Mission of Mercy Foundation
- Royal Orchid Hotels
- Deutsche Bank Group
- CAF America

*... and many other individuals and organizations*

## Awards and Recognitions:

- **Rajyostava Prashasti** – The second highest civilian honour of Karnataka State, 2008
- **Rotary Service Award** for excellence among voluntary organizations, 2005
- **Paul Harris Fellowship** by Rotary Foundation, 2005
- **Excellence in Ageing Services Award** by International Association of Homes & Services for the Ageing, 2006
- **Vayoshreshta Samman (National Award)** for Institutional Service conferred by Ministry of Social Justice and Empowerment, Government of India, 2009
- **Namma Bengaluru Award** for outstanding contribution to Bangalore City, 2010
- **International Research Award** for the most promising intervention for people with dementia and their carers from Alzheimer's Disease International and Foundation Mederic Alzheimer, 2011
- **For the Sake of Honour Award** by Rotary Club Bangalore Cantonment, 2019
- **Rotary Pioneer Award** for pioneering work in the field of eldercare by Rotary Club Bangalore Downtown, 2019
- **Garden City Puraskar** conferred by Garden City University on the Co-Founders in recognition of professional contributions and an inspiration to many, 2022
- **IPS-KC Distinguished Service Award** for exemplary service in the field of mental health by the Indian Psychiatric Society, 2023



## Nightingales Medical Trust

— *Setting Trends in Age Care* —

8P6, 3rd A Cross, Kasturinagar,  
Banaswadi, Bengaluru 560043

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