



A Quarterly Newsletter of Nightingales Medical Trust

Celebrating 25 years of service to the elderly

A note from the founders...

Dear friends,

India finds itself on the brink of a demographic transformation – 13.8 crore elders is expected to surge to almost 34 crores by 2050. The challenges brought about by this growing elderly population will impact families and society too.

This rippling effect is a resounding call to mobilize and unite our community with government agencies, NGOs, and corporate partners, toward a promising future for more secure and dignified lives for our senior citizens.

As Nightingales Medical Trust (NMT) commemorates 25 years of dedicated service to elder care, we are profoundly humbled and deeply touched by the unwavering support and trust vested in us by families, beneficiaries, stakeholders, donors, collaborators, and the broader community.

The steadfast belief in our mission has been the propelling force behind our accomplishments. Our journey began modestly, in a garage in Sadashivnagar, Bengaluru, with a profound vision to deliver medical care at the doorstep of the elderly through Nightingales Home Health Services. Little did we know that this humble beginning would evolve into a formidable force for change in the lives of our elders.

NMT's journey has been a combination of commitment and pioneering spirit. We continued with the establishment of our first project, Nightingales Elders Enrichment Centre in 1999 to combat loneliness among the elderly. The Elders' Helpline, set up in 2002, addressed elder abuse, and is a lifeline to countless needy elders. Our commitment to support marginalized elders led us to set up projects like Sandhya Kirana in 2004. The steadily growing number of elders with dementia in India prompted us to begin comprehensive dementia care services through the Nightingales Centre for Ageing and Alzheimer's, in 2010.

The Nightingales Jobs 60+ programme empowers elders, and our telemedicine-enabled dementia care facility in 2014 helps

to reduce long-term care costs. We've extended healthy aging services to old-age homes through the Mobile Active Ageing Programme.

In 2018, we tackled homelessness of the destitute elderly through Sandhya Suraksha. We brought the Dementia Friends Movement to India, ran the Karnataka wing of the National Helpline for senior citizens in 2021, and responded to the pandemic with an online Dementia Care Clinic. In 2023, we played a pivotal role in establishing the Dementia India Alliance, uniting like-minded organizations and family caregivers to promote the cause of dementia effectively.

Today, NMT stands at the forefront of eldercare in India, touching the lives of 800 elders daily through innovative initiatives and collaborations. Many of our facilities have not only become models of excellence but also serve as benchmarks, to be replicated and emulated across the nation. These success stories inspire us to move ahead with even greater determination.

There is still much work to be done. The magnitude of the challenges faced by elders calls for our continuous dedication and innovation. As we celebrate 25 years, NMT reaffirms its commitment to serving elders and those living with dementia and providing them with the care, support, and companionship they rightfully deserve.

We look forward to your continued support and active involvement.



Dr. Radha Murthy
Managing Trustee



Mr. S. Premkumar Raja
Secretary

NMT & NIMHANS – MoU for Better Mental Health Care for the Marginalised



The MoU was signed by Dr. Pratima Murthy, Director of NIMHANS (third from left), and Dr. Radha S. Murthy, Managing Trustee of Nightingales Medical Trust (second from left).

For the past year, National Institute of Mental Health and Neuro-Sciences (NIMHANS) has been providing mental health support services for the destitute elderly residents at Sandhya Suraksha and Sandhya Kirana, two homes run by Nightingales Medical Trust (NMT). This partnership was strengthened with the signing of an MoU between NIMHANS and NMT to improve the quality of life of elders and benefit society.

NIMHANS and NMT are collaborating on outreach, training, and research to develop evidence-based best practices in geriatric care. The focus of the research is on the identification, prevention, and management of age-related health and mental health conditions.

The recognition motivates us to do better

Nightingales Medical Trust is delighted to share **Google reviews** of two of our Centres.

Dementia Day Care Centre, RT Nagar :... the best place for senior citizens especially those with dementia. The whole team is passionate, service service-minded, has a real understanding of age-related issues and treats each senior citizen with dignity and respect. A lot of group activities help the senior citizens to lead a dignified life. Keep up the good work.

Day Care for Elderly and Dementia, Jayanagar: NMT is one of the few institutions, or I can say the only institution, that helps families take care of persons suffering from dementia by providing daycare services... at a very reasonable cost. What is really amazing is that the centre at RV Road, Bangalore, is entirely run by female staff members. They are doing a great job.

The **Karnataka Chapter of the Indian Psychiatric Society** acknowledged the exemplary community services rendered by Nightingales Medical Trust in the “rehabilitation of destitute, health care services and mental health needs of the elderly.” IPS-KC bestowed on NMT the prestigious **IPS-KCD Distinguished Service Award for 2022-23**. The awards function was held on August 12, 2023, at the 33rd Annual Conference of IPS-KC KANCIPS-2023 at Bagalkote, Karnataka.

“Caring for seniors is perhaps the greatest responsibility we have. Those who have walked before us have given so much and made possible the life we all enjoy.”

- Senator John Hooven

World Elder Abuse Awareness Day 2023

June 15, 2023 — World Elder Abuse Awareness Day (WEAAD) – gave Nightingales Medical Trust (NMT) another opportunity to voice its concern about the abuse, neglect, and exploitation experienced by our senior citizens, and to emphasise on their well-being and dignity.

NMT focused on the ‘Role of the Police in combating Elder Abuse with special emphasis on Cyber Safety of the Elderly’. The workshop, attended by 125 senior citizens, was organized by the Elders Helpline 1090 and Elderline (National Helpline for Senior Citizens), both NMT projects, along with the Bengaluru City Police at the Police Commissioner’s office, Bengaluru.

The chief guest, Mr. B. Dayananda (IPS), Commissioner of Police, was confident that the annual celebration of WEAAD will create a greater awareness of respect for the elderly. He advised the elders not to trust deals that are ‘too good to be true’.



Mr. B. Dayananda, IPS, Commissioner of Police, interacts with senior citizens



Creating awareness about elder abuse are (from left to right) Mr S Premkumar Raja, Mr B Dayananda and Dr Radha S Murthy

NMT’s Managing Trustee Dr. Radha S. Murthy traced the milestones of the elder helplines, expressed concern about the increasing crimes against elders, and thanked Bengaluru City Police for their consistent support.

Mr.N. Govindaraju, Inspector, Yelahanka Police Station, reassured our elders on the role of the police in combating elder abuse, and the importance of the Maintenance Tribunals and its functions.

Mr. Santosh, Inspector, Cyber Crime Division, Bengaluru, addressed the issue of cyber crimes and how the elderly are easy targets for criminals. He gave tips to stay safe while making financial transactions.

Mr. S. Premkumar Raja, Secretary, NMT, thanked the gathering, especially our senior citizens. for being present at the event.

Empowering Senior Citizens

It was a job fair but of a different kind. Those who attended were healthy and employable elders, retired but not tired of continuing to lead financially independent lives. Since 2011, Nightingales Medical Trust (NMT), through its job fairs, has given our seniors opportunities to re-enter the job market or become self-employed.

The 8th Job Fair was held on August 20, 2023, at St Joseph’s University, Langford Town, Bengaluru. There were around 698 registrations from our seniors, both men and women. NMT’s staff connected with potential employers to create a large pool of vacancies. Among them were the Peenya Industrial Association, KASSIA, Bangalore Chamber of Commerce, Karnataka Chamber of Commerce, and the Rotary Club of Bangalore; they encouraged their members to sign up as employers.



Senior citizens connect with prospective employers



From left are Mr. Pankaj Lakhani (NMT - Board member), Mr. Arif HM (Peenya Industrial Association), Mr. Manoj Shah (NMT Board member), Mr. N.A. Harris (MLA Shantinagar), Dr. Radha Murthy (Managing Trustee, NMT), and Mr. S. Premkumar Raja (Secretary, NMT).

For our seniors, advertisements were placed in leading dailies inviting applications from eligible candidates, besides messages through WhatsApp, social media channels, and mails to senior citizens’ associations.

- Total Registrations - 698
- Men / Women - 542 / 156
- Employers - 51
- Job openings (non-insurance / insurance) - 1335 (390 / 945)
- Interviews conducted - 1074
- Candidates selected - 99
- Candidates short-listed - 440
- Volunteers - 136 / Staff - 34

OUR AMAZING HELPING HANDS

Giving is not just about making a donation. It is about making a difference – Kathy Calvin, former President and Chief Executive Officer of the United Nations Foundation.

Every donation – be it the time spent with the elders, helping them to be happy, or giving in kind or cash – is a blessing at Nightingales Medical Trust. We would like to share with you our gratefulness for the immense support we receive from our big-hearted donors.

Inner Wheel Club of Bangalore - Newspapers

Members of the club, Lavelle Road, donated about 300 kgs of newspapers to Sandhya Kirana. The initiative is part of the club's Go Green and Ban Plastic Bags projects. The Inner Wheel is promoting the newspaper bags and covers made by the elders of Sandhya Kirana.



NASDAQ — Ambulance for our homes for the destitute

More than 100 elders live at Sandhya Kirana and Sandhya Suraksha, homes for destitute elderly. Many a time, on calls from the public, the ambulance is necessary to rescue elders from the streets. They are admitted to our homes, after getting police permission. They could be in poor health and need immediate medical attention. Besides, picking up elders from the streets, the ambulance takes the elders for their check-ups, treatment, and hospitalization.



Ms Swati Bhandary, Associate Director, NMT (centre), thanks the NASDAQ staff for the ambulance

JOYFUL REUNIONS

Senior citizen **Guru Murthy** (red shirt) was admitted to Sandhya Kirana in April by the Madivala police station. He was very weak, and dis-oriented. After many



The Rotary Club of Bangalore – Ambulance for Nightingales Medical Trust

Grateful to Rotary Club of Bangalore for donating a Maruti Eeco ambulance, complete with advanced hospital kits.



World Alzheimer's Month – Cisco Volunteers Sensitized

Handling more than 100 volunteers was a first for Nightingales Medical Trust (NMT), but we pulled it off. At the Cisco office, around 125 employees participated in a CSR volunteering activity on September 14, 2023, as part of World Alzheimer's Month.

Our volunteer friends had to prepare sensory boards and activity/ orientation boards for use at our daycare and residential dementia care centres. They worked in groups of five and were assisted by NMT staff.

Sensory boards, also known as sensory or tactile stimulation boards, are valuable tools for individuals with dementia. These boards, made of various materials and objects, provide sensory stimulation and engagement, cognitive stimulation, enhance fine motor skills, help in triggering memories associated, and can be used as a tool to engage an elder with dementia.



Cisco teams create sensory boards

days of medical care and nutritious food, he regained strength. The social worker was able to get details of his family and home and conveyed the same to Madivala police. On April 30, he was reunited with his family after his son visited the centre and identified him.

Ms. Kantha*, aged 60 and single, lived with her brother Mr. Kiran* at Shanthinagar, and was totally dependent on him. She was on psychiatric medication, and her brother found it very difficult to take care of her. Being a diabetic and a cardiac patient, he was unable to handle his sister's behavioural issues. He approached the Ashoknagar police for help in identifying a care home for her. The police recommended Sandhya Suraksha, a care home, started by NMT in 2018, that provides shelter to over 180 destitute elderly women. At Sandhya Suraksha, Ms. Kantha was given quality care and treatment and was restored back to health. She expressed her desire to return to her brother's residence. Her brother was happy to take her back as her health had stabilised. The siblings were reunited.

**Name changed for privacy reasons.*

“Your value isn’t determined by your age but by the impact you create.” The elders at our centres are discovering that despite the challenges they face in their evening years, there are opportunities to demonstrate their resilience. We bring you highlights of the activities they happily participated in.



Residents of Sandhya Kirana made and packed 780 candles much ahead of the deadline of September 3. The order came from a corporate in the middle of August 2023. They were assisted by 12 volunteers from Montfort College, and two interns each from Krupanidhi College and Christ University.

Residents of Sandhya Kirana won prizes for their participation in the **Hiriyara**

Jaatre (Elders Fair) – 2023, a cultural fest dedicated to elders. Over 400 elders from homes across the city came together in April to socialize, relax and display their talents. It was organized by V the Volunteers.



Day care elders of Sandhya Kirana

had a breath of fresh air as they walked amidst the beautiful flower decorations at the Lalbagh Flower Show in August. It was a fun outing, complete with candy and snacks.



Bagful of appreciation from elders of Guanella Preethi Nivas

It was a day of fun and learning for the 20 elders from Guanella Preethi Nivas at NMT’s Sandhya Kirana (SK) on July 5. Bharathi introduced the activities of NMT projects, especially the income generation activity. Our SK elders demonstrated the various income-generating activities to the visiting group who tried their hand at making single and double layered paper bags. The mobile elders and our residents cherished this visit.



“Ageing is not ‘lost youth’ but a new stage of opportunity and strength” – Betty Friedan

“In the end, it’s not the years in your life that count. It’s the life in your years” – Abraham Lincoln

“To care for those who once cared for us is one of the highest honours”

– Tia Walker

ELDERS’ HELPLINE – A SAVIOUR

We bring you heart-warming stories of senior citizens who have been helped by our team at our project Elders’ Helpline. Be it a dispute within the family, or outsiders, or reuniting missing elders – our efforts bring us great joy.

Mr. Bipin*, aged 81 years, registered a complaint at Elders’ Helpline against an agent to whom he had paid Rs 13,000 for an e-khata. Even after three months the work was not done, and the agent stopped communicating with the elder. The Elders’ Helpline did extensive follow-up with the agent to recover the money. Call notices were sent, a home visit was done and a meeting was arranged with the Assistant Commissioner of Police. The agent finally gave in – he apologised to our elder for the inaction and returned the money and papers.

Dr Mukund Trivedy*, who lives in the USA, found help and support for his sister in Bangalore through the Elders’ Helpline. “I live abroad, and I had no idea how to help my sister, a senior citizen who has been a victim of abuse for several years. Recently, on a call, she told me that her life was in danger and that she was on the verge of a mental breakdown due to verbal and financial abuse by her son and daughter-in-law over several years. Since I don’t live in India, I had no idea how to help her. I browsed the internet and consulted lawyers and a few NGOs. However, none of them could help me or my sister.

I then found the website of Nightingales Medical Trust, which seemed to have helped many senior citizens. With little hope, I got in touch with them via email and sent a WhatsApp message explaining my sister’s situation. To my surprise, I got a prompt reply and they put me in touch with the Elders’ Helpline.

From that moment onwards the Elders’ Helpline team guided and supported us all the way. Despite their busy schedule, they found the time to be there whenever they were contacted. I eventually travelled to Bangalore to sort out things for my sister. Under the valuable guidance of the Elders’ Helpline team, we took the necessary steps to deal with the issue of my sister’s abuse.

The Elders’ Helpline team was very compassionate and understanding towards my sister and gave her a lot of strength and encouragement. A complaint was lodged with Elders’ Helpline who took matters into their own hands. My sister is now out of danger and is a much happier person. Without the intervention of Elders’ Helpline, I would not have known what to do and it would not have been possible to achieve what we have achieved.

**Names changed for privacy reasons.*

The Dementia Village Project – Reshaping Dementia Care

Nightingales Medical Trust (NMT) is all set to pioneer another milestone in its 25 years in elder care. This time in the much-needed sphere of dementia care. NMT is not new to dementia care. It has a residential and an outreach programme too.

In the last 10 years, NMT has reached many beneficiaries through the following dementia care services:

- **Face to Face memory clinic:** 2982 people with dementia and related disorders.
- **Online memory clinic:** 200 people with dementia and related disorders
- **Day care services:** 250 people with dementia and related disorders
- **Residential Care services:** 1145 people with dementia and related disorders.
- **Support & Training:** 3808 family carers and formal carers of people with dementia and related disorders

The need of the hour

In India, the number of elders with dementia has increased. Currently, there are 8.8 million people with dementia in India; 7.4% of people, aged 60 years, are living with dementia. The numbers are expected to touch 17 million by 2036. The prevalence of dementia in Karnataka is assumed to be higher than in other states (7.6%). For the future of dementia care, there is a great need for specialized care facilities. At NMT, we felt that it was time to reshape the way we provide care and meet the needs on a global level.

Dementia robs individuals of their cognitive abilities, making it increasingly difficult for them to function independently in society. It affects not just the person who has been diagnosed, but the impact is felt in the family and the community. Families of people with dementia, face challenges of safety and well-being of their loved ones while navigating their own responsibilities. The constant need for supervision can quickly drain families both physically and emotionally. Traditional care facilities often resort to restraints or constant supervision, neither of which respects the dignity of the person with dementia nor is cost-effective for the growing population in need of care.

The solution: A Dementia Village

In response to this pressing need, NMT is establishing a Dementia Village on the outskirts of Bangalore. This facility will accommodate 300 elders with dementia, including 100 elders from vulnerable sectors of society. The Dementia Village seeks to redefine dementia care in India by providing a holistic, dignified, culturally appropriate, and empowering environment for those affected by the disease.

Besides comprehensive care, the Dementia Village will also upskill nursing aides in dementia care, through onsite training. We will integrate Indian medicine and allopathic approaches to keep residents comfortable.

We need your support. Join us on this journey of compassion and care to make a lasting impact. You may contact mobile number/ WhatsApp number or email ID or visit the website link.

Dementia, Now a Public Health Priority

A step towards a national movement

Nightingales Medical Trust joined hands with like-minded organizations and family caregivers to start Dementia India Alliance (DIA) – a non-profit, family carer-centred national organization with a primary focus on supporting family caregivers and fostering a dementia inclusive society.

DIA achieved a milestone on September 21, 2023, World Alzheimer's Day, when the Health Minister of Karnataka, Mr. Gundu Rao, announced Dementia as a Public Health Priority.

Join us in our mission by becoming a member of DIA. Your contribution directly supports our endeavours to make a positive impact on the dementia care landscape in India. Log on to www.dementia-india.org or call National Dementia Support Line: 8585 990 990.



Get Involved in Our Services

At Nightingales Medical Trust, we always do our best to fulfill the needs of older persons through various activities and services. Moreover, there are abundant opportunities for you to engage as a volunteer, contributor, or well-wisher, and even collaborate with us. You can opt to dedicate your time to elders, organize engaging activities and games, impart new skills or crafts to our daycare centre members, sponsor meals for disadvantaged elders, or contribute useful items. Feel free to phone +91 80 42426565 or email contact@nightingaleseldercare.com to explore these possibilities.