



Sneha Sandhya
AGE CARE FOUNDATION

QUARTERLY NEWSLETTER

DECEMBER-2025



Center for Geriatric and Palliative Care



Care with Compassion.

Impacting Lives for 13+ Years — and Counting

Care that comforts. Compassion that endures.



Geriatic • Palliative • Dementia • Hospice • Home Care • Outreach Clinics

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CHAIRMAN'S MESSAGE

Dear Friends, Well-wishers, and Members of the Sneha Sandhya Age Care Foundation Family,

It is with deep humility, gratitude, and a sense of fulfillment that I share some important and heartening developments from Sneha Sandhya Age Care Foundation during this quarter. What began as a compassionate vision has now taken a decisive step forward in service to humanity. I am happy to inform you that our Integrated Geriatric and Palliative Care Hospital at Gambheeram, Visakhapatnam, has commenced inpatient admissions, marking a historic milestone in our collective journey of care for the elderly and the critically ill.

This hospital has been conceived as a comprehensive center dedicated to dignified, patient-centered care—through geriatric and palliative care—addressing not only medical needs but also the emotional, psychological, social, and spiritual dimensions of aging and serious illness.

The commencement of admissions signifies the realization of years of planning, perseverance, and unwavering support from numerous corporates, individuals, and institutions who believed in this cause. I thank the Free Polio Surgical and Research Foundation, Visakhapatnam, for their benevolence in providing land for the construction of the hospital.

I express my sincere and heartfelt gratitude to Karur Vysya Bank Ltd. and South Asia LPG Company Pvt. Ltd. for their magnanimous support in sponsoring the inpatient facilities block at Level 1 and Level 2 of the hospital building, respectively. Their contribution has played a crucial role in strengthening our inpatient care capabilities. We are deeply honoured that these facilities were inaugurated by Sri B. Ramesh Babu, MD & CEO, Karur Vysya Bank Ltd., and Mrs. Richa Shinde, MD & CEO, South Asia LPG Company Pvt. Ltd. Their presence and encouragement stand as a strong endorsement of our mission and reinforce the vital role of corporate partnership in advancing compassionate healthcare.



This quarter also witnessed another landmark event with the successful conduct of DemCon'25, held on 5th and 6th December 2025 at GITAM Institute of Medical Sciences, Visakhapatnam. Organized by the Dementia India Alliance, Bengaluru, our knowledge partner, and co-hosted by Sneha Sandhya Age Care Foundation along with the GITAM Institute of Medical Sciences, the conference brought together clinicians, academicians, caregivers, policymakers, and students on a common platform.

With the participation of more than 600 delegates and invitees, DemCon'25 emerged as a vibrant and impactful academic forum, fostering meaningful dialogue and reinforcing the urgent need to strengthen dementia care services in India. I express my special thanks to GITAM Institute of Medical Sciences, Visakhapatnam, for being a gracious host and for extending excellent hospitality, logistical support, and state-of-the-art infrastructure, which played a pivotal role in the smooth conduct and grand success of the conference.

Before signing off for this time, I take this opportunity to convey my **profound gratitude to all our donors and benefactors** whose generous support has enabled the construction and operationalization of the integrated geriatric and palliative care hospital. This initiative is truly path-setting, aimed at bridging a long-felt gap in specialized care services for the aging population and those suffering from life-limiting illnesses. Your contributions have laid a foundation of hope, dignity, and relief for countless families.

As we look ahead, the responsibility before us is twofold. First, to sustain and strengthen the services of this hospital through continued support and engagement. Second, to ensure that the wider community is aware of the availability of geriatric care, palliative care, and dementia care at this facility. I earnestly request all our well-wishers to actively spread this message within their personal, professional, and social circles so that those in need can access timely and appropriate care.

Together, let us continue to build a culture of care, compassion, dignity, and respect for the elderly and the seriously ill. Your ongoing support, guidance, and advocacy will remain the cornerstone of Sneha Sandhya Age Care Foundation's mission. Last but not least, I **wish you all a Happy and Prosperous New Year 2026.**

With warm regards and sincere thanks,
Dr. G. Sambasiva Rao
Chairman
Sneha Sandhya Age Care Foundation



WHERE CARE MEETS COMPASSION

BUILDING HOPE FOR THE ELDERLY & CRITICALLY ILL



Age Care Foundation reached an important milestone with the CSR support extended by **Karur Vysya Bank (KVB)** towards its Integrated Palliative and Geriatric Care Facility in Visakhapatnam.



Through its flagship healthcare **CSR initiative, KVB Aarogya**, the Bank has enabled the construction and equipping of an entire inpatient wing—**Level-1, C-Block**—comprising 16 inpatient rooms, two nursing stations and essential clinical facilities, which was inaugurated on 10th Nov-25 by **Sri.B.Ramesh Babu, MD & CEO, Karur Vysya Bank Ltd.** This wing will provide comprehensive services, including Geriatric Care, Palliative Care, Respite Care, Rehabilitative and Transitional Care, Day Care, Dementia Care, and Hospice Care, ensuring care & dignity for patients at every stage.



COMPASSION IN ACTION: A PARTNERSHIP THAT HEALS WITH DIGNITY

Sri. Ramesh Babu, highlighted that KVB's CSR efforts aim to support inclusive and humane healthcare initiatives, particularly for vulnerable populations.

Dr. G. Sambasiva Rao, Chairman, Sneha Sandhya Age Care Foundation, thanked Karur Vysya Bank for partnering in this noble endeavour and noted that the launch of services from the new facility would be a landmark in palliative care in Andhra Pradesh.

Dr. N. S. Raju, Managing Trustee, Sneha Sandhya Age Care Foundation, expressed deep gratitude for the Bank's timely support.





TOGETHER IN CARE

CREATING AN ABODE OF CARE, DIGNITY AND COMFORT



On 11 November 2025, Sneha Sandhya Age Care Foundation took another meaningful step forward in its journey of service as **South Asia LPG Company Pvt. Ltd. (SALPG)**, India's foremost LPG logistics company, engaged in providing advanced storage solutions for oil marketing companies and private entities, extended **CSR support** towards the development of **Level-2 of the inpatient wing (C-Block)**, adding 16 well-equipped patient rooms, nursing stations, and essential clinical facilities.

The support represents not just the creation of infrastructure, but a shared commitment to compassionate care for the elderly and those living with life-limiting illnesses.



**EXTENDING HANDS,
TOUCHING LIVES**

**A SHARED VISION OF
HEALING, HOPE & HUMANITY**

Sharing her thoughts on the collaboration, **Mrs. Richa Shinde, Managing Director & CEO of SALPG**, highlighted the company's belief that corporate responsibility must translate into meaningful social impact.

For the Age Care Foundation, the support holds deep significance. Dr.G.Sambasiva Rao, Chairman, and Dr.N.S.Raju, Managing Trustee, both expressed heartfelt gratitude, noting that SALPG's assistance has strengthened the Foundation's capacity to provide patient-centered care for the elderly and the seriously ill during their most fragile moments in a safe, dignified, and comforting environment.



DemCon'25

Dementia Conference
Visakhapatnam

Dementia Care:
From Awareness to Action



Organized by



Dementia
India Alliance

Supported by

TATA TRUSTS



In Association With



Sneha Sandhya
Age Care
Foundation



Knowledge Partner

Collaborators



National Institute
of Mental Health and
Neuro Sciences (NIMHANS)



Centre for Brain
Research, IISc



Institute of
Human Behaviour &
Allied Sciences (IHBAS)



UNITED WAY
Mumbai



IndianOil



DemCon'25: A National Platform Advancing Compassionate Dementia Care. Visakhapatnam, December 5–6, 2025:

Age Care Foundation successfully co-hosted **DemCon'25**, along with **GITAM** Institute of Medical Sciences and Research, a two-day national conference on dementia care, organized by **Dementia India Alliance**, on **5th and 6th December 2025** at Visakhapatnam. The conference brought together an eminent gathering of geriatricians, neurologists, psychiatrists, palliative care specialists, nurses, psychologists, social workers, caregivers, and allied health professionals from across the country.

The conference featured keynote addresses, plenary sessions, panel discussions, and interactive case-based deliberations led by distinguished national faculty. Scientific discussions focused on contemporary challenges in dementia diagnosis and management, behavioral and psychological symptoms of dementia (BPSD), advance care planning, communication strategies, and the integration of palliative care principles into dementia care.



DemCon'25 emerged as a significant academic and advocacy platform dedicated to comprehensive, ethical, and compassionate dementia care, with special emphasis on palliative and end-of-life care, legal and ethical aspects, caregiver support, and multidisciplinary management.

A defining highlight of DemCon'25 was its emphasis on the human, social, and ethical dimensions of dementia, underscoring dignity, comfort, and quality of life for persons living with dementia. Several sessions highlighted the immense emotional and physical burden borne by caregivers and emphasized the importance of community-based support systems.



The valedictory session was graced by the esteemed presence of **Sri Muthukumilli Sribharat, Hon'ble Member of Parliament (Lok Sabha - Visakhapatnam Constituency)**. Addressing the gathering, he appreciated the organisers for conducting a timely and meaningful national conference on dementia, a condition of growing concern in India's rapidly ageing population. He emphasized the need to strengthen geriatric and dementia care services and encouraged greater collaboration between healthcare professionals, institutions, and policymakers to ensure dignified care for senior citizens.

DemCon'25 was hosted with the gracious support of GITAM Institute of Medical Sciences, Visakhapatnam, whose excellent infrastructure and warm hospitality played a key role in the successful conduct of the conference.





Dr. Radha S Murthy
President - DIA

Through DemCon'25, Age Care Foundation reaffirmed its commitment to education, capacity building, and advocacy in geriatric, dementia, and palliative care, in alignment with its mission to serve the elderly with compassion and dignity.

The conference concluded with a shared resolve among participants to translate knowledge into practice, strengthen professional networks, and work collectively towards ensuring that persons living with dementia receive care that is not only clinically appropriate but also deeply humane.



Dr. N S Raju
Vice President - DIA

I VOICE OF SUPPORT Hon'ble MP on DemCon'25

In a post on his official Facebook page following the conference, **Sri Muthukumilli Sribharat, Hon'ble Member of Parliament**, expressed his appreciation for the conference, hosted by the Dementia India Alliance at GITAM Institute of Medical Sciences and Research, Visakhapatnam.



Dr. Ramani Sundaram
Executive Director - DIA

"The conference offered a valuable opportunity to engage with experts, caregivers, and international delegates dedicated to advancing dementia care in India. Dementia is a growing public-health challenge, and we must move from awareness to action. Early diagnosis, trained caregivers, and accessible, compassionate care are essential to our national response. The ideas discussed—from community-driven support to technological solutions and long-term care models—provide a strong roadmap for progress.



Dr. V Sridhar
Secretary - DIA

I extend my support to the Dementia India Alliance and remain committed to collaborating with policymakers, healthcare institutions and civil-society organisations to build dementia-friendly communities, where every patient and caregiver receives the dignity, support, and care they deserve."



KNOWLEDGE HUB

DEPRESSION IN THE ELDERLY

Dr. Malladi Srinivasa Sastry

MBBS, MRCPsych CCST (UK)

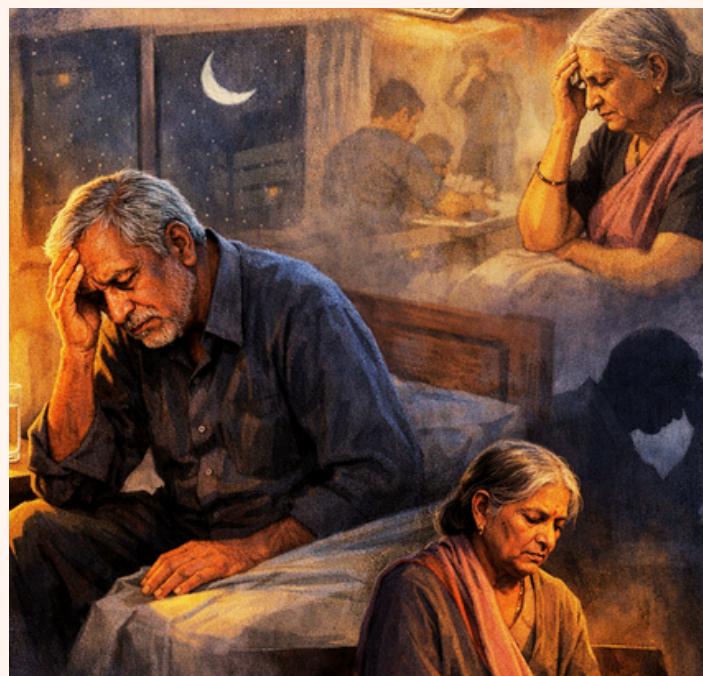
Senior Consultant Psychiatrist

1. Are the elderly more susceptible to becoming depressed? If yes, why so?

It is true that the elderly are more susceptible to developing depression. Compared to the younger population, the elderly have further decreased availability of chemicals in the brain, which may lead to depression. They are also more likely to suffer deprivation of various types, such as poor health, sensory impairment, poor mobility, loss of income, status, and loss of role.

Is your elderly relative continually complaining of aches and pains? Or is he or she frequently feeling tired for no good reason? If so, he or she may be suffering from depression.

Unlike younger people, the elderly tend to present with more physical symptoms of depression, like aches and pains, low energy, and insomnia. And often, their families may dismiss them as problems of ageing. They are more likely to keep their worries and problems to themselves because they don't want to be a burden to their families. They may be suicidal, and their families may not be aware of it. And then when they take their own lives, it comes as a shock to their loved ones.

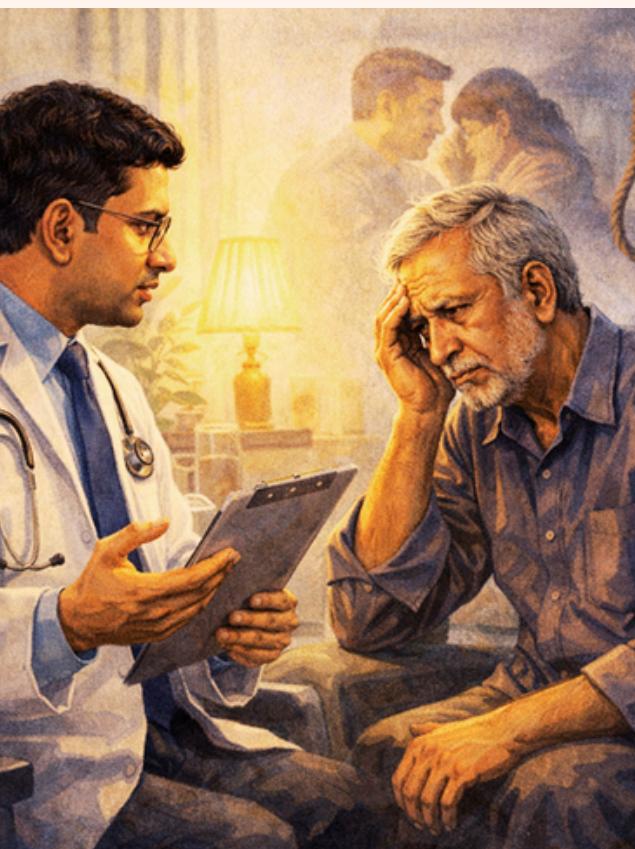


2. Are men more prone than women, or the other way around? Either way, what is the reason for this?

Depression in all age groups is more common in women, with the elderly being no exception. Women experience it twice as commonly as men. Among various possible factors, it is postulated that the difference could be due to different coping styles and that women are more likely to experience a higher number of stressful life events.

3. Signs and symptoms of depression

It is important to note that the term “depression” in medical practice refers to the condition in which a person experiences a group of symptoms such as:



- Feeling low in mood for several days
- Finding life to be less pleasurable
- Loss of interest in usual activities
- Feeling tired for no reason
- Loss of appetite and weight
- Feeling restless and finding it hard to relax
- Worrying more than usual
- Wanting to avoid people
- Feeling snappy or irritable with people
- Having problems with sleep
- Loss of self-confidence
- Feeling useless or a burden to others
- Difficulty in concentration
- Loss of sexual feelings
- Feeling bad or guilty
- Thinking about suicide

4. When to seek medical attention?

There are some people who think that feeling depressed is a weakness and that they are unable to cope with the ups and downs of life. “It is not a sign of weakness.”

If you are feeling depressed to the point that you have difficulty performing at work or your daily activities, or you have difficulty relating to the people around you, or if you feel that life is not worth living or it is becoming a cause of concern to your family or friends, you should seek medical help immediately. If need be, you will be referred to a counselor or psychologist.

If a person experiences a group of symptoms described above, they should see a psychiatrist. These symptoms are not to be considered as a sign of weakness, and help should be sought.

5. There was a report that not just those who live alone- even those who are married and live with their families- may become depressed? How is this so?

Loneliness is but one among many factors that can lead to depression. While it is helpful to have a support network, especially of a family, an individual living with their family may still develop depression due to genetic factors, physical illness, or other social factors such as financial difficulties, loss of role, and bereavement.

THE FOLLOWING CAN BE USEFUL INDICATORS IN SEEKING MEDICAL HELP.

Is depression...

- interfering with their life
- making it difficult to be with other people.
- making the person feel that life is not worth living.
- causing concern, prompting them to have thoughts of harming or killing oneself.

6. How is depression treated? What options are available?

Depression is a treatable condition, and treatment should be initiated at the earliest possible opportunity.

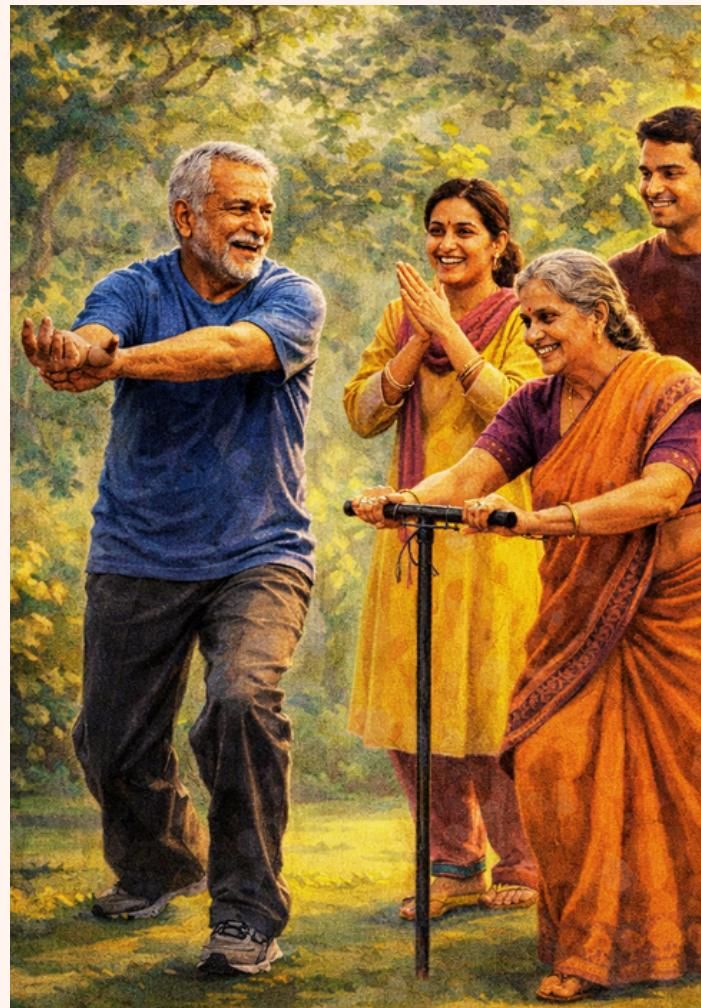
Medications: The doctor may prescribe antidepressants. "About 50 to 60 percent of people who take these find them beneficial. There are several types of antidepressants available, so it should be possible to find one to suit a particular individual."

Psychology: Other forms of effective treatment include talking therapy, which is offered by trained clinicians, either psychiatrists, psychologists, or counselors.

Some forms of talking therapies are most useful if the person has difficulty coming to terms with past or present personal life problems. Whereas other forms of talking therapy help the person to evaluate their ways of thinking, thereby helping them think in more realistic ways to make them feel better. If depression has been triggered by bereavement or problems in a relationship, then bereavement counseling or marriage therapy can help. Practical support with day-to-day life may also be needed to help in the recovery process and to maintain the improvement.

7. If left untreated, what can be some of the consequences?

The natural course of depression in most people is that they may get better after weeks, months, or even a year or two. Treatment helps in faster recovery and reduces suffering. If left untreated, the depression may get worse, leading to problems such as not eating or drinking enough, which can lead to deterioration in physical health. Untreated depression may also result in thoughts of suicide.



8. How can family help the elderly who are depressed?

- Involve or introduce elderly to activities to keep them physically active and mentally alert.
- Include them in your family's activities.
- Discuss current affairs with them.
- Encourage them to stay connected with relatives and friends.

"Let it no longer be a lonely journey for you when facing mental health problems. Mental health professionals are always there to help you."

SPOTLIGHT

BRINGING COMPASSIONATE CARE HOME: AGE CARE FOUNDATION'S HOME CARE SERVICES

Age Care Foundation's mission of compassionate care includes its comprehensive Home Care Services, designed to support elderly persons and individuals living with chronic, debilitating, or life-limiting illnesses—right in the comfort and familiarity of their homes.

While the Foundation's integrated Geriatric & Palliative Care Hospital at Gambheeram, Visakhapatnam, serves as the hub for institutional care, its Home Care Services form a vital extension of care into the community.

Care That Comes Home

The Home Care program is built on the principles of dignity, compassion, continuity, and patient-centered care. A dedicated team of trained doctors and nurses conducts regular home visits across Visakhapatnam city and its outskirts, ensuring consistent medical attention without the stress of frequent hospital visits.

These services are particularly beneficial for:

- Elderly persons with multiple medical needs
- Bedridden patients due to age, illness, or injury
- Patients with advanced or terminal illnesses, including cancer
- Individuals requiring palliative and end-of-life care

The frequency and intensity of home visits are tailored to the specific needs of patients and their families.



Scope of Home Care Services

Sneha Sandhya's Home Care Services encompass a wide range of clinical and supportive interventions, including:

- Comprehensive assessment of the patient's general condition and vital parameters
- Symptom assessment using appropriate clinical tools
- Review of prescriptions and treatment plans with physician support
- Medication and nutrition assessment and guidance
- Nursing procedures such as wound dressing, catheter or feeding tube care, enemas, and administration of intravenous fluids or parenteral antibiotics
- Facilitation of tele-consultations with doctors when required
- Provision of essential medicines, consumables, and disposables

Seamless Continuum of Care

A unique strength of Age Care Foundation's Home Care Services is the seamless link with its inpatient facilities.

Home care patients can be smoothly transitioned to the ACF Hospital at Gambheeram whenever needed—for respite care, long-term care, rehabilitative care, or end-of-life care—ensuring uninterrupted and holistic support.

Home Care Helpline No:
85000 05611 & 89859 52000

Equally important is the Foundation's emphasis on caregiver education and empowerment.

Families and caregivers are trained and guided to provide better day-to-day care, including support in advance care planning, thereby improving patient comfort and quality of life.

Through its Home Care Services, Sneha Sandhya Age Care Foundation reaffirms its commitment to bringing healthcare to the doorstep of those who need it most, easing suffering, supporting families, and preserving dignity during the most vulnerable phases of life.





Reaching out to Serve the Under-privileged

Age Care Foundation's Outreach clinics provide much-needed health care services to the elderly in the community and also those who are living in old age homes. The services are provided through health clinics conducted in different locations in the city, old age homes, and select villages in the neighborhood. Essential medicines are dispensed free of cost to persons from poor socioeconomic backgrounds.

Sneha Sandhya

AGE CARE FOUNDATION

Where Care Comes First

Sneha Sandhya Age Care Foundation is dedicated to providing compassionate, holistic care to the elderly and the critically ill, ensuring care, dignity, comfort, and quality of life at every stage. Through integrated geriatric and palliative care services, the Foundation brings healing, hope, and humane support to patients and their families.



Palliative Care

We provide Palliative care, a specialized medical care for people living with serious illness and focuses on providing relief from the symptoms and stress of the ailment.



Dementia Care

We care for people suffering from Dementia, a major cause of disability and dependency among older people and work to bring about a dementia friendly community where those affected by dementia will have better quality of life.



Geriatric Care

We serve the elderly, especially the under-privileged and un-served in the community, by providing Geriatric care, a medical sub-specialty that aims to meet the complex health care needs of the elderly.



Out-Reach Clinics

We conduct out-patient clinics, on designated days of the week round the year, at different locations in the city to reach out to the elderly in the community and inmates of old-age homes in the city.



Home Care

Home Care is provided by our mobile teams for patients who can be cared for in their own homes. Visits are conducted at periodic intervals as per the health needs of the patient.



Hospice Care

For those patients suffering from incurable / terminal diseases. Our other services include rehabilitative care, transitional care, respite care, day care and outpatient care.

Our other services include Rehabilitative Care, Transitional Care, Respite Care, & Outpatient Care



Happy New Year 2026

Wishing You Health,
Happiness & Hope

• Caring for the Elderly & Critically Ill •

Sneha Sandhya **AGE CARE FOUNDATION**

(Regd. Charitable Trust No.VSP/274/2012)

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