

# Newsletter

SEPTEMBER 2025



*Sneha Sandhya*  
**AGE CARE FOUNDATION**



# Foreword

We are pleased to bring you this **Special Edition** of the Sneha Sandhya Age Care Foundation Newsletter, dedicated to creating greater awareness about the three core areas that define our work—**Geriatric Care, Palliative Care, and Dementia Care.**

These services lay the foundation of our mission to ensure that the elderly and those facing chronic or life-limiting conditions receive not only medical attention but also compassion, dignity, and holistic support.

- **Geriatric Care** reminds us of the importance of promoting healthy aging and addressing the unique healthcare needs of senior citizens.
- **Palliative Care** emphasizes comfort and quality of life, offering solace to patients and families during challenging times.
- **Dementia Care** highlights the need for understanding, empathy, and specialized support for individuals and caregivers navigating memory-related conditions.

Through this issue, we aim to share insights that deepen understanding of these vital aspects of elder care.

This edition also comes at a very special moment for Sneha Sandhya Age Care Foundation, as clinical services have commenced at our newly constructed Integrated Geriatric and Palliative Care Hospital at Gambheeram, Visakhapatnam, with the formal inauguration coming soon. This marks a significant milestone in our journey, enabling us to extend specialized and compassionate care to many more people in need.

We invite you to read, reflect, and join us in spreading awareness of these essential areas of care.

Editorial Team



# FROM THE CHAIRMAN

Greetings from Sneha Sandhya Age Care Foundation!

The healthcare needs the elderly and those battling life-threatening illnesses are among the most pressing challenges of modern healthcare. As longevity increases, so too does the demand for specialized geriatric care that preserves dignity, and palliative care that provides comfort and compassion in life's most difficult moments. Yet, access to such services has remained limited, leaving many vulnerable and underserved.

It is in response to this critical gap that Sneha Sandhya Age Care Foundation has dedicated itself to establishing the first integrated Geriatric and Palliative Care Hospital in Andhra Pradesh. This institution will serve as a beacon of hope for countless families, who need specialized healthcare delivered with competence, empathy and dignity.

**I am delighted to share that we have obtained all the necessary statutory approvals from the concerned authorities,** to start the clinical services at the new facility at Gambheeram. With these approvals, we stand on the threshold of a new chapter, one where our vision for accessible, specialized, and holistic care for the elderly and critically ill, will be realized.

*"To serve the elderly and the critically ill is to serve the essence of humanity and at Age Care Foundation, this noble service is nurtured by empathy, sustained by dedication, and illuminated by compassion."*



**This accomplishment would not have been possible without the unwavering support of our donors, trustees, volunteers, staff, and well-wishers.** Each of you has played a vital role in transforming this vision into reality. Your trust, encouragement, and generosity have carried us forward at every stage, and for this, we remain deeply indebted.

The hospital has been designed not merely as a medical facility but as a center of healing and humanity. From specialized geriatric services that safeguard the dignity of elders to comprehensive palliative care that eases suffering, our mission is to deliver care that goes beyond treatment - to comfort, reassurance, and dignify life.

**It gives me great joy to announce that inpatient services were started and the formal inauguration of the hospital is just around the corner.** This milestone will not only mark the fulfillment of a cherished dream but also the beginning of a transformative journey in Geriatric and Palliative healthcare for the state of Andhra Pradesh.

*"The true measure of a society lies in how it cares for its elders and for those who suffer from critical illness."*

Together, let us continue to work toward a future where compassion and care are accessible to all, especially to those who need it the most.

With warm regards,  
**Dr. G. Sambasiva Rao**  
Chairman  
Sneha Sandhya Age Care Foundation



# Thank You A NOTE OF GRATITUDE TO OUR DONORS

The successful construction of the **Geriatric and Palliative Care Hospital** at Gambheeram, Visakhapatnam, stands as a shining testimony to the collective goodwill and generosity of our valued donors. What began as a vision—to create a dedicated facility that addresses the unique needs of the elderly and those requiring palliative support—has now become a reality only because of your unwavering support. The benevolence of the Free Polio Surgical and Research Foundation, which has provided land for the hospital, and the overwhelming generosity of many corporate, non-corporate donors and individuals, which resonates in every inch of the hospital, embody the spirit of compassion and shared mission to care for the elderly and seriously ill.

The task of establishing such an institution was indeed a gigantic one, demanding not only financial resources but also immense faith, encouragement, and trust in our mission. Each contribution, whether large or small, has played a vital role in laying the foundation of this hospital—brick by brick, wall by wall, and heart by heart.

Your generosity has helped us create a place of healing, dignity, and compassion where the elderly and critically ill can receive comprehensive medical and emotional care. This facility will serve as a beacon of hope and comfort for countless families for years to come.

On behalf of our entire team, volunteers, and the countless beneficiaries who will find solace within these walls, **we extend our deepest gratitude**. Your support has transformed a noble dream into a living reality, and for that, **we remain forever indebted**.

Thank you for walking this journey with us and for believing in the power of compassion.

# ACF Hospital

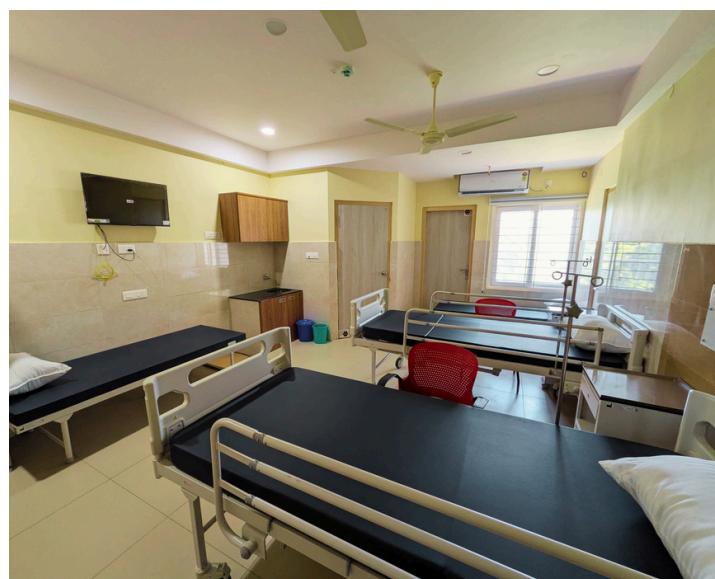
## Where Care Comes First



### Center for Geriatric and Palliative Care

Constructed on 1.08 acres of land, the hospital spans 87,457 sq.ft across five floors, featuring:

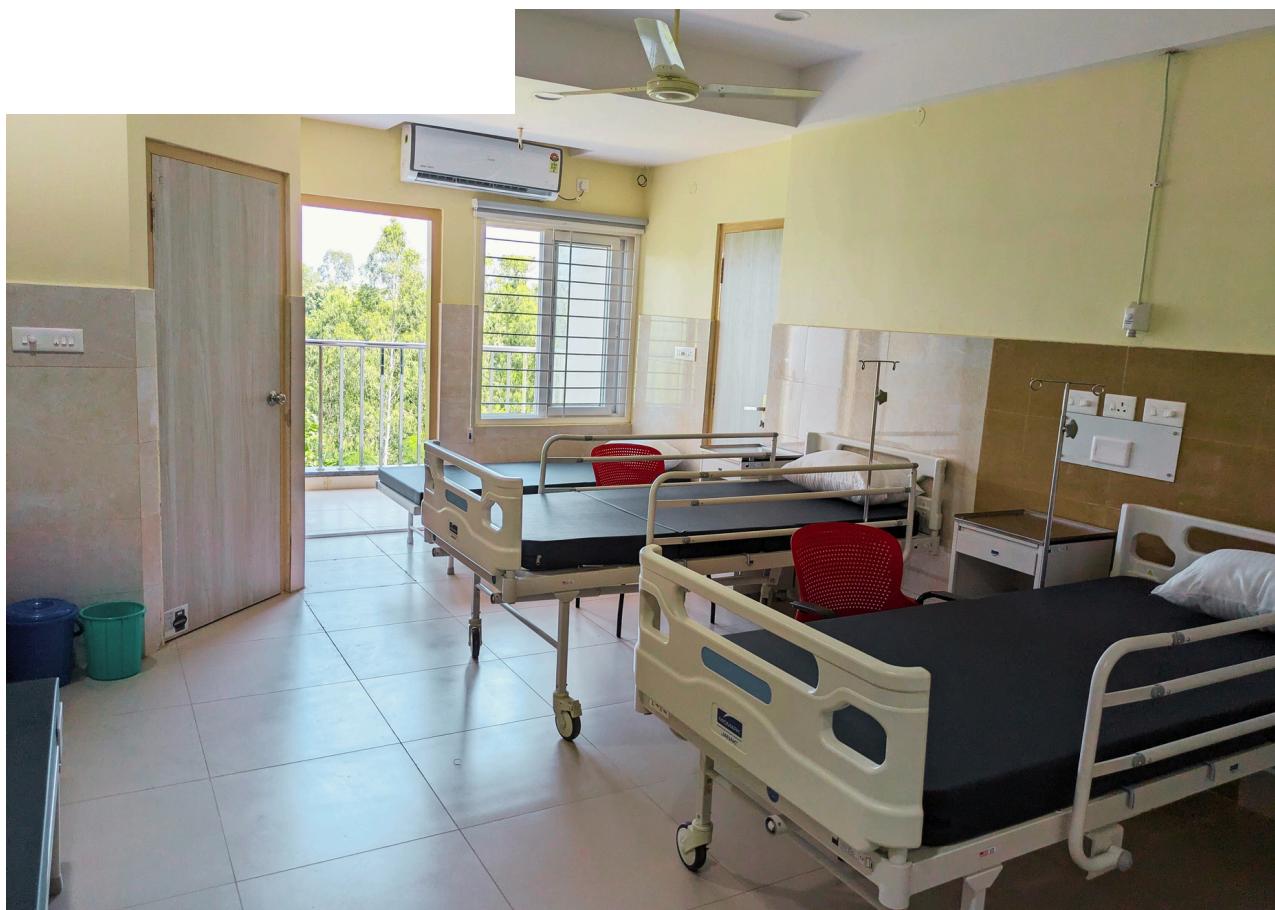
- 88 patient rooms with 120 + bed capacity
- Spacious and well ventilated inpatient rooms.
- Dedicated blocks for outpatient care, physiotherapy, diagnostics.
- 3,200 Sq.ft of out-patient block with consultation chambers, counseling rooms and pharmacy
- Training center for future healthcare professionals and allied health care personnel.
- Dining hall, activity room and Library
- Auditorium for seminars and also for recreation of patients and their family members
- Social spaces for patients to meet family members and visitors
- Accommodation for nursing staff and caregivers
- Equipped with 60kv solar power under green initiative.





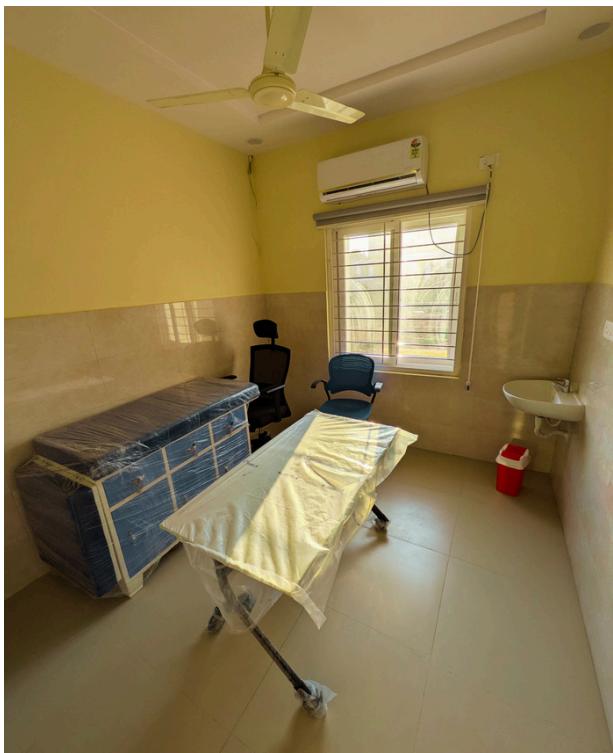
The In-Patient Facility at Age Care Foundation's Geriatric and Palliative Care Hospital is thoughtfully designed to provide comfort, dignity, and holistic care for elderly and seriously ill patients.

With well-ventilated rooms, modern hospital beds, supportive nursing infrastructure, and serene surroundings, the facility ensures a healing environment. Each room is equipped with essential medical support while maintaining a homely atmosphere, enabling patients to receive compassionate and comprehensive care.





All essential infrastructure is now in place at the hospital to serve the elderly and the critically ill. From vital medical equipment to basic yet indispensable facilities such as patient beds, chairs, stretchers, and wheelchairs, the hospital is well-prepared to provide dignified and quality care.



# Empowering Rehabilitation

We gratefully acknowledge the generous support of Indian Oil Corporation for donating physiotherapy equipment to the hospital. Physiotherapy forms an integral part of geriatric and palliative care, addressing age-related conditions such as joint stiffness, reduced mobility, post-surgical recovery, chronic pain, and balance difficulties.

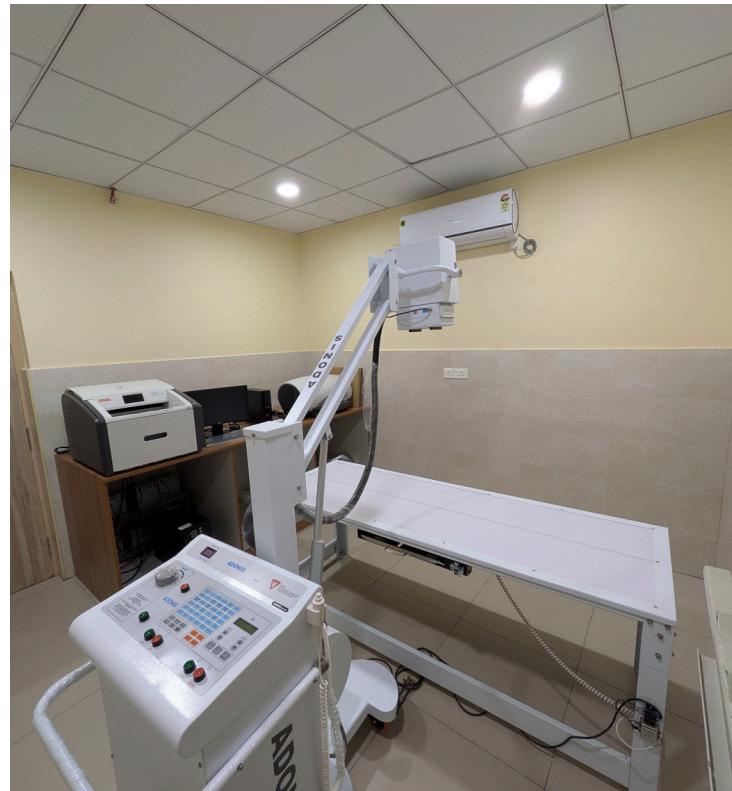
The equipment provided will enable our medical team to deliver structured rehabilitation programs that help elderly patients regain strength, maintain independence, and improve overall quality of life. For many, physiotherapy also plays a key role in preventing falls, reducing complications from immobility, and enhancing emotional well-being through greater functional freedom.

This contribution significantly strengthens our ability to provide holistic care, ensuring that both inpatients and outpatients benefit from modern rehabilitation facilities within the hospital premises.



## **“Together for Supporting the Elderly and the Seriously ill”**

We thankfully acknowledge the generous support of NSDL, which has donated essential medical equipment, including an X-ray unit, an ultrasound machine, and ECG machines. These facilities greatly enhance our diagnostic capabilities and will serve both inpatients and outpatients with timely and accurate medical evaluations.



Rtn. Dr. Y. Kalyan Chakravarthy, District Governor of Rotary Club Greater Visakha, along with his team, visited our hospital and extended generous support by donating 10 wheelchairs and 30 oxygen concentrators. Rotary's contribution will go a long way in enhancing mobility and critical care facilities for our elderly patients. We sincerely thank Rotary Club Greater Visakha for their commitment to community service and compassion for the elderly.

# **DemCon'25 – International Conference on Dementia Care**

Sneha Sandhya Age Care Foundation is proud to co-host, along with GITAM Institute of Medical Sciences and Research, the upcoming International Conference on Dementia Care - DemCon'25, being organized by Dementia India Alliance (Bengaluru), scheduled to be held in Visakhapatnam on 5th & 6th December 2025.

This landmark conference will bring together experts, practitioners, and community stakeholders to shed light on the growing challenge of dementia, exchange knowledge, and explore best practices in care and support. DemCon'25 is not only a platform for medical professionals and researchers but also for doctors, nurses, social workers, caregivers, students, senior citizens, NGOs, corporate service providers, and the general public who wish to deepen their understanding and contribute to dementia care.

In a society where dementia is still under-recognized, this conference is an important step toward building awareness, reducing stigma, and fostering collaborative efforts for compassionate care.

We invite all those committed to making a difference to register under their respective categories and be part of this meaningful initiative to support individuals and families impacted by dementia.

**To register for the conference, visit [www.demcon2025.com](http://www.demcon2025.com)** and be part of the Insightful Plenaries and Symposia; Pre-Conference Workshops; Targeted Workshops; Action-Oriented Sessions focusing on:-

- Building Dementia-Inclusive Systems
- Advancing early detection and diagnosis.
- Strengthening caregiver support and workforce capacity.
- Scaling up risk reduction and brain health promotion
- Legal and ethical dimensions in Dementia Care.
- Strengthening research, surveillance, and data systems.
- Innovations and scalable solutions in Dementia care.
- Policy advocacy and action plans.
- Palliative and end-of-life care in dementia.
- Integrative and holistic approaches to dementia care.

**DemCon'25**  
Dementia Conference  
*Visakhapatnam*

**Dementia Care:**  
From Awareness to Action

5th & 6th Dec 2025  
at GITAM Institute of  
Medical Sciences  
and Research

## SPOTLIGHT

# GERIATRIC CARE: CARING FOR OUR ELDERS WITH DIGNITY AND COMPASSION



As life expectancy continues to rise, India is witnessing a steady growth in its elderly population. While this is a testament to advancements in healthcare, it also presents a new challenge —how to ensure that our elders live not just longer but healthier, more fulfilling lives.

Geriatric care, the branch of medicine dedicated to the health and well-being of older adults, addresses this very challenge. Unlike general healthcare, geriatric care focuses on the unique needs of the elderly —from managing multiple chronic conditions to preventing frailty to providing psychological support and social connection.

At Age Care Foundation, we believe that aging should never mean losing dignity, independence, or hope. Our programs are designed to ensure that elders receive the specialized attention they deserve —whether it is through preventive screenings, chronic disease management, rehabilitation, or emotional and social support.

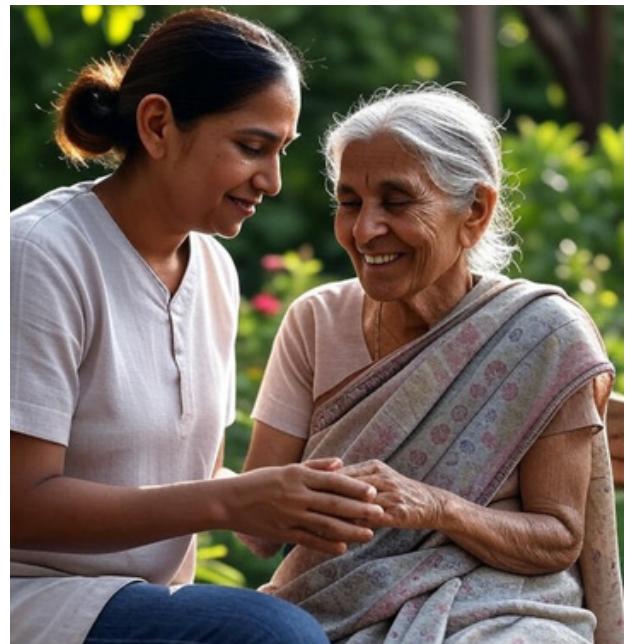


## SPOTLIGHT

# GERIATRIC CARE: CARING FOR OUR ELDERS WITH DIGNITY AND COMPASSION

### Why Geriatric Care Matters

- **Complex Health Needs:** Older adults often face multiple health issues simultaneously —diabetes, hypertension, arthritis, heart conditions —requiring coordinated, multidisciplinary care.
- **Holistic Approach:** True geriatric care extends beyond medication. It includes physiotherapy, nutrition, mental health support, and palliative interventions when required.
- **Quality of Life:** The goal is not only to add years to life but to add life to years —ensuring elders remain active, engaged, and cared for in their golden years.



### Our Commitment at Age Care Foundation

With the launch of our Integrated Geriatric and Palliative Care Hospital, we are setting a benchmark in Andhra Pradesh for elder-friendly healthcare. The hospital will provide:

- **Comprehensive Geriatric Clinics** for diagnosis and long-term management of age-related conditions.
- **Inpatient and Outpatient Care** tailored to the needs of seniors.
- **Community Outreach Programs** to reach elders in their homes, especially those who are unable to travel.

**Support Services** to promote dignity, comfort, and inclusion for every individual.

## SPOTLIGHT

### GERIATRIC CARE: CARING FOR OUR ELDERS WITH DIGNITY AND COMPASSION

#### Looking Ahead

As a society, it is our responsibility to cherish and care for those who have nurtured us. By investing in geriatric care, we are not only serving today's elders but also preparing for our own future.

At Age Care Foundation, we reaffirm our commitment to placing elders at the heart of care —because aging with dignity is a right, not a privilege.

#### 🌸 Healthy Aging: Caring for Our Elders, Caring for Ourselves

As more of us are blessed with longer lives, the question we all ask is, how can we make these years healthy, active, and joyful? That is where geriatric care comes in —care that focuses on the unique health and lifestyle needs of older adults. At Age Care Foundation, we believe aging should never mean giving up dignity, independence, or happiness.

Here are some simple tips to help our elders —and ourselves —age gracefully:

#### 💪 Stay Active

Even gentle exercises like walking, yoga, or stretching can improve strength, balance, and mood. Movement is medicine!

#### 🥗 Eat Balanced Meals

Include fresh fruits, vegetables, whole grains, and adequate proteins. Hydration is just as important —encourage drinking plenty of water.

#### 🧠 Keep the Mind Engaged

Reading, puzzles, music, or even learning something new can keep the brain active and spirits high.

#### 🤝 Stay Socially Connected

Loneliness is one of the biggest challenges in old age. Spending time with family, friends, or community groups provides emotional nourishment.

#### .hl Regular Health Check-ups

Early detection of conditions like diabetes, hypertension, or osteoporosis makes management easier and improves quality of life.

#### 🌟 How Age Care Foundation Helps

Our Integrated Geriatric and Palliative Care Hospital is designed to provide not only treatment but also holistic support —medical, emotional, and social —for elders and their families. Whether through health camps, home care, or counseling, our focus is to ensure that every elder lives with dignity and comfort.

**🌟 Healthy aging is not about counting years but about making each year count. Let us celebrate and care for the elders who have given us so much, while also preparing ourselves for the future with healthier habits today.**

# Know More:

## Understanding Palliative Care: Comfort, Dignity, and Support

When someone is living with a serious or life-limiting illness, families often wonder: What matters most now? The answer is not just medical treatment but comfort, dignity, and emotional support. This is what **palliative care** is all about.

### Heart icon **What is Palliative Care?**

Palliative care is specialized care for people facing chronic or terminal illnesses. It focuses on:

- **Relieving pain and symptoms** such as breathlessness, fatigue, or anxiety.
- **Providing emotional and spiritual support** for patients and families.
- **Improving quality of life**, not only for the patient but also for caregivers.

It is important to remember: palliative care is not about giving up —it is about living as fully and comfortably as possible.

### Star icon **Why It Matters**

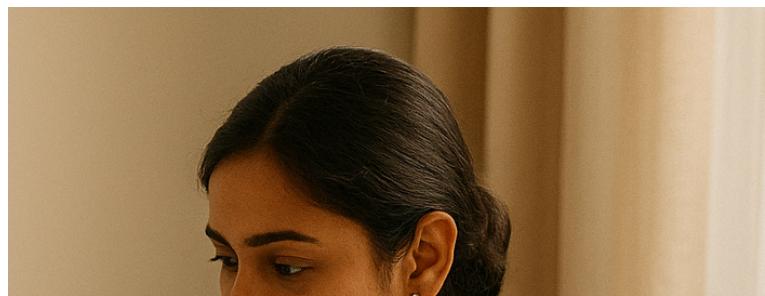
- It helps families navigate tough medical and emotional decisions with compassion.
- It reduces unnecessary hospital visits and brings care closer to home.

It ensures that no one feels abandoned or suffers silently in their final stages of life.

Hospital icon At **Age Care Foundation**, we believe that compassionate care is as important as medical treatment. With the launch of our Integrated Geriatric and Palliative Care Hospital at Gambheeram, Visakhapatnam, we are preparing to set a new benchmark for elder care and palliative medicine in Andhra Pradesh.

The hospital will offer:

- **Inpatient Services** for those needing continuous, specialized care.
- **Outpatient Clinics** for elderly and critically ill patients requiring regular check-ups.
- **Home Care Programs**, bringing healthcare to patients' homes, if they prefer to be treated and cared at their homes.
- **Counseling, spiritual care, and bereavement support** for families navigating difficult times.
- **Affordable access** so that even the most economically disadvantaged are not deprived of dignified care.





## Know More: Understanding Palliative Care: Comfort, Dignity, and Support



### ❖ A Message of Hope and Compassion

Palliative care is a reminder that healthcare is not only about prolonging life but also about **enriching it**. By easing pain, offering comfort, and extending emotional support, we help patients live with dignity, even in their most vulnerable moments.

At Age Care Foundation, our pledge is clear: to walk alongside patients and their families with empathy, respect, and compassion —ensuring that no one faces illness or the end of life alone.

★ **Because true care means not only treating illness but also touching lives with kindness and dignity.**

# Know More:

## Understanding Palliative Care: Comfort, Dignity, and Support

### 📌 5 Myths About Palliative Care

- ✗ Myth 1: Palliative care is only for the last days of life.  
✓ Truth: It can be started at any stage of a serious illness, even alongside curative treatment.
- ✗ Myth 2: It means giving up on treatment.  
✓ Truth: Palliative care focuses on comfort and quality of life, not on stopping medical care.
- ✗ Myth 3: It is only for cancer patients.  
✓ Truth: It helps people with many conditions —heart disease, kidney failure, dementia, and more.
- ✗ Myth 4: It is only about pain relief.  
✓ Truth: It also provides emotional, social, and spiritual support for patients and families.
- ✗ Myth 5: It is expensive and only for the privileged.  
✓ Truth: At Sneha Sandhya Age Care Foundation, our commitment is to provide affordable and accessible care to all who need it.



### 🕒 When Should You Consider Palliative Care?

You may want to explore palliative care when a loved one is:

- ✓ Living with a **serious or life-limiting illness** (cancer, advanced heart or lung disease, kidney failure, dementia, etc.)
- ✓ Experiencing **uncontrolled pain or symptoms** (ex: breathlessness, fatigue, nausea, anxiety)
- ✓ Facing **frequent hospital admissions** with little improvement in quality of life
- ✓ Feeling **emotional or spiritual distress** due to illness
- ✓ Needing **support for daily activities** and extra help for caregivers
- ✓ Wanting care that focuses on **comfort, dignity, and quality of life**

**🌟 PALLIATIVE CARE IS NOT ABOUT GIVING UP —  
IT IS ABOUT LIVING AS COMFORTABLY AND MEANINGFULLY AS POSSIBLE.**

# Knowledge Pill

## Caring with Compassion: Our Commitment to Dementia Care

As our population ages, dementia is becoming an increasingly urgent health concern. More than memory loss, dementia affects a person's ability to think, communicate, and manage daily life. For families, it brings emotional, social, and financial challenges. For those living with dementia, it can often mean fear, isolation, and vulnerability.

At **Age Care Foundation**, we believe that every elder deserves dignity, understanding, and compassionate support —especially those facing the unique struggles of dementia. Our approach to dementia care is not only about medical management but also about creating safe, supportive, and nurturing environments for both patients and their families.



### 🤝 Partnership with Dementia India Alliance, Bengaluru

We are proud to be working in partnership with Dementia India Alliance (DIA), Bengaluru, a leading national initiative dedicated to building dementia-friendly communities across India. This collaboration strengthens our ability to:

- Provide **awareness programs** to reduce stigma and improve early detection.
- Conduct **caregiver training workshops**, equipping families with knowledge and practical skills.
- Offer **support groups** where caregivers can share experiences, seek advice, and find emotional comfort.
- Develop **community-based models of dementia care** that are accessible and affordable.

Through this alliance, we aim to bring global best practices in dementia care to Andhra Pradesh while tailoring them to local cultural and social contexts.

### ✿ Supporting Caregivers: The Unsung Heroes

Behind every person living with dementia is a caregiver —often a spouse, child, or family member —who carries a heavy emotional and physical burden. Our programs, in collaboration with DIA, recognize caregivers as partners in care and provide them with:

- Counselling and stress management support
- Practical guidance for managing day-to-day challenges
- Respite services to prevent burnout
- A community where they feel heard, valued, and supported



# Knowledge Pill

## Caring with Compassion: Our Commitment to Dementia Care

### 📌 10 Early Signs of Dementia

Being aware of early symptoms can help families seek timely medical advice and support:

1. **Memory Loss** - forgetting recent events, names, or appointments.
2. **Difficulty Planning or Solving Problems** - trouble following familiar tasks like cooking or paying bills.
3. **Confusion with Time or Place** - losing track of dates, seasons, or where they are.
4. **Trouble Understanding Visual Images** - difficulty judging distance or reading.
5. **Problems with Words** - struggling to find the right word or follow conversations.
6. **Misplacing Things** - placing objects in unusual places and being unable to retrace steps.
7. **Decreased Judgment** - making poor decisions, such as mishandling money.
8. **Withdrawal from Social Activities** - avoiding hobbies, work, or family gatherings.
9. **Changes in Mood or Personality** - becoming confused, suspicious, anxious, or depressed.
10. **Difficulty Performing Familiar Tasks** - struggling with daily activities at home or work.

👉 Tip: Early detection allows for better care planning, treatment options, and support for caregivers.

### ⭐ Looking Ahead

With the support of Dementia India Alliance, our foundation is working towards establishing **dementia-friendly spaces** and expanding specialized services in our Integrated Geriatric and Palliative Care Hospital at Gambheeram, Visakhapatnam. Together, we envision a future where those affected by dementia and their families are not left to face the journey alone.

At Age Care Foundation, we reaffirm our mission: to stand beside every elder and every caregiver with compassion, respect, and unwavering support.

⭐ Because caring for dementia is not just about remembering the past —it is about preserving dignity, creating comfort, and building communities of love.

### ❤️ How You Can Support a Loved One with Dementia

- **Be Patient:** Give them time to respond.
  - **Keep Communication Simple:** Use short, clear sentences.
  - **Maintain Routine:** Predictable schedules reduce anxiety.
  - **Create a Safe Environment:** Remove hazards and keep spaces well lit.
  - **Offer Reassurance:** Gentle words and touch can calm distress.
  - **Take Care of Yourself Too:** Caregivers need rest and support to stay strong.
- ⭐ **Remember: Dementia care is a journey best travelled with empathy, understanding, and shared strength.**

## Extending Care Beyond the Hospital

As part of its mission to serve the community, Age Care Foundation regularly conducts outreach clinics across Visakhapatnam.

These clinics extend free basic health check-ups and medicines to the underserved, as well as to the elderly residing in old age homes.

Through this initiative, the Foundation brings essential healthcare to those who need it most, ensuring dignity, care, and well-being for the vulnerable in our society.



“When we stand beside  
the elderly and the ailing,  
we affirm the dignity of  
every life”



\*To protect the privacy of the patients, AI generated representational images were used in Page No.11 to 18 & 20



Sneha Sandhya  
**AGE CARE FOUNDATION**  
*Where Care Comes First*

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