

# Newsletter

March 2025



## Sneha Sandhya AGE CARE FOUNDATION

*Honouring the Dignity of Life*



### Transforming Lives with Compassion & Care

#### WHERE CARE COMES FIRST

Dedicated to the mission of enhancing the lives of the elderly and those with life-limiting illnesses through compassionate care and to create a world where elderly and the seriously ill live with dignity, comfort and support

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#### CARE BEYOND CURE

Working with a vision to be a leading centre of excellence for Supportive Care, ensuring compassionate, dignified and holistic care to those in need.





### FROM THE CHAIRMAN

Greetings from Sneha Sandhya Age Care Foundation!

My dear esteemed donors, patrons, supporters, volunteers, medical and non medical fraternity, and beloved members of the trust board, warm greetings. I'm delighted to communicate through this quarterly newsletter.

It's indeed a soulful experience to associate with you for the past many years and stand in the forefront of our collective and individual efforts to take forward our services and initiatives. I earnestly acknowledge your indispensable support to fuel and propel our Foundation for the past 12 years.

Age Care Foundation's long-awaited dream to build an integrated healthcare facility is in the cusps of realisation. But for obtaining one last statutory approval i.e. Occupancy Certificate from VMRDA and executing few work components, our hospital facility is all set to launch targeted healthcare services from later part of March 2025. Specifically trained medical staff, social workers, and experienced volunteers are onboard to rollout our services.

Our project is a monumental proof to our coordinated and relentless efforts. Trust and credibility earned by us, have immensely helped us to mobilise timely support to build our mega project. I sincerely thank our venerable donors for their precious support.

Our multifaceted healthcare services, awareness and advocacy activities open new pathways to bridge the gap between the seekers and providers of healthcare – particularly with respect to the senior citizens and patients suffering from serious illnesses such as advanced cancer, multiple organs failure, dementia.

The prevalent high healthcare costs, inadequacies in public healthcare system and commercial orientation of private medicare ecosystem, coupled with lack of awareness towards geriatric and palliative care have left the ailing elderly and patients suffering from critical ailments in a sea of misery.

Age Care Foundation is a ray of hope to many such distressed souls in Andhra Pradesh and border districts of Odisha. We have a multipronged task on our shoulders:

- Continue efforts to mobilise wherewithal to strengthen our efforts to serve the elderly and the critically ill especially among the poor, underprivileged and helpless patients.
- Enhance the efficacy of each component of our comprehensive healthcare dispensation in geriatric and palliative care.
- Staff recruitment, and continuous upskilling

To sum up, each one of us has to exert the best of our efforts, individually and collectively, to fulfil our goal of touching every patient in need of our unique healthcare and transform our institution to become a healthcare centre of excellence in India and Knowledge centre.

Thank you

With Best Regards,  
**Dr. G Sambasiva Rao**  
Chairman  
Sneha Sandhya Age Care Foundation





With **Shri Satya Kumar Yadav**,

Hon'ble Minister of Health, Family Welfare and Medical Education, Government of Andhra Pradesh

Age Care Foundation is working closely with Dementia India Alliance (DIA), Bengaluru, to care for those suffering from dementia and supporting their family care givers.

DIA very soon is going to takeup and implement a "Dementia Screening and Support Project" in five States including Andhra Pradesh. The project is being funded by TATA Trusts.

In Andhra Pradesh the project initially to be launched in Visakhapatnam district, will soon be expanded to four other districts in the first phase. Age Care Foundation has entered into an MOU with DIA and will be handling the implementation of this Dementia care project in Andhra Pradesh. Other NGOs will be roped in to expand the reach of the project which will go a long way in mitigating suffering of those burdened with dementia.

It was an absolute privilege and honour to have met Shri Satya Kumar Yadav, Hon'ble Minister of Health, Family Welfare and Medical Education, Government of Andhra Pradesh, for the Team comprising Dr N S Raju, Managing Trustee, Age Care Foundation, Ms Ramani Sundaram, Executive Director, Dementia India Alliance, Ms Shalini Arora Joseph, Head-Felicitation, Pallium India, Mr Prem Kumar Raja, Member, Dementia India Alliance.

The Hon'ble minister was apprised of the proposed "Dementia Screening and Support Project" being planned for implementation in five districts of the State.

The Hon'ble minister was also briefed about the palliative, geriatric and dementia healthcare services being rendered to the elderly and the seriously ill in Visakhapatnam by Age Care Foundation. It was brought to his kind attention the policy initiatives that are required from government in the domains of Palliative and Dementia care.

The Hon'ble minister has also kindly consented to be the Chief Guest in DemCon'25 conference being organised in Visakhapatnam during December 2025 by Dementia India Alliance and hosted jointly by Age Care Foundation and GITAM, Deemed to be University, Visakhapatnam.

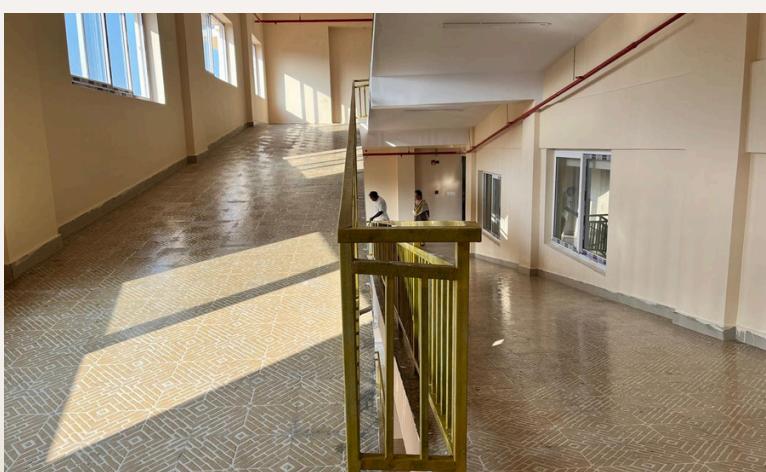


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Age Care Foundation's pathbreaking Geriatric and Palliative health care hospital is all set for opening and start serving the needy. The process for obtention of the final statutory approval i.e. Occupancy Certificate from VMRDA is underway.

The finishing touches for the building as well as equipment are in progress before the formal launch.



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TO  
ALL THE  
DONORS

THANK  
you  
FOR  
YOUR  
SUPPORT



Age Care Foundation is profoundly grateful to **South Asia LPG Co Pvt Ltd** for their support for civil works, medical equipment for one complete floor of in-patient block and for providing a transport vehicle.

*Your contribution has made a positive impact on the lives of  
the elderly and those suffering from life limiting illness.*



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600 to 700 patient visits at geriatric outreach clinics every month



Every Month: 16 Geriatric Clinics (at Outreach OP Clinics and Old Age Homes)



Inmates in Old Age Homes are covered every month in Geriatric Clinics



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Free Basic Health Check and Medicines dispensation at the Geriatric Clinics

**MYTHS**

Palliative care is only for end-of-life patients



Palliative care is only provided in a hospital



Palliative care is only for people with cancer



Palliative care means no hope of living



Palliative care means depending on another person



Palliative care is only about relieving pain and other physical symptoms



Palliative care and its medicines shorten life span



Ageing always means declining health and dependence



Seniors don't need specialised care until they are very ill



**FACTS**

Palliative care is for people with serious illnesses, and can help improve quality of life.

Palliative care can be provided in a variety of settings like care-homes, hospitals and homes

Palliative care can help people with a variety of serious illnesses

Palliative care focuses on relieving symptoms and stress, and can help patients and their families manage their illness

Palliative care can include support for caregivers and families

Palliative care can also help with emotional and spiritual aspects of illness

Palliative care is NOT about shortening the life span. Improving quality and dignity of life, in fact, improves the longevity of life

Many older adults remain healthy and independent with proper care, regular exercise and a balanced diet. Ageing is a natural process and not a disease

Preventive care and early support can help manage chronic conditions, maintain independence and improve quality of life long before a serious illness occurs

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## Difference between Palliative Care and Hospice Care

All palliative care is not the same as end-of-life or hospice care. While both services aim to facilitate symptom management and relief from suffering, hospice is a very specific type of palliative care and the terms should not be used interchangeably. While hospice care is a type of palliative care, not all palliative care is or will be hospice care.

Hospice care is for patients who are not expected to survive their illness or recover from their condition and are nearing the end of their life.

Hospice is recommended when a condition or illness gets to the point when treatment can no longer cure or control it or the benefit of treatment is outweighed by suffering or burden of care and the patient or family chooses to stop further interventions. For a person to be eligible for hospice care in either of these situations, a physician must certify the patient has a terminal diagnosis, meaning they are not expected to live longer than six months with the usual course of their illness or condition.

Unlike hospice, palliative care is not limited to people who are nearing the end of their life or have a terminal diagnosis. Palliative care happens at any time during a person's illness, is not tied to any expected outcome (whether a person is expected to live or pass away) and can happen alongside and in coordination with curative care or care that prolongs or lengthens life.

It is true that people who have life-limiting conditions or illness that will lead to the end of their life receive palliative care and transition to hospice when it is needed. However, it is also true that some people with acute periods of illness recover, are cured or achieve optimized management of symptomatic disease and may no longer need palliative care services after some time.

Many people, including some health care professionals, mistakenly believe palliative and hospice care are one and the same. It isn't easy to talk about (or think about) what could happen if illness gets worse or treatment doesn't work—combine this fear with a common misunderstanding of what palliative medicine can offer and it's easy to see why people may be hesitant to talk about palliative care.

## Know more about Palliative Care

Palliative care is specialized medical care providing physical, emotional and spiritual support for people living with chronic conditions or serious illness. Palliative care helps people manage physical symptoms and emotional stressors and focuses on patient's goals for care, values and what's important to them. It also aims to improve quality of life for both the patient and their family.

It can and should exist as a complement to a patient's overall treatment plan—working with a palliative care team does not mean a person has to stop or give up other aspects of their recommended treatment or care, unless they decide this is what they want to do. People receiving palliative care can also receive other types of curative or life lengthening treatments like dialysis, chemotherapy, and radiation.

**Dr N S Raju**

Palliative Care Physician

Managing Trustee

Sneha Sandhya Age Care Foundation

Visakhapatnam



Palliative care recognizes the burden and challenge of managing a chronic disease or severe illness and focuses on reducing physical and emotional suffering to improve quality of life.

## Who will get benefited by Palliative Care?

Any person who has a serious, complex, progressive or life-threatening illness or condition may benefit from palliative care, including children and young adults. As mentioned before, this also includes people who are expected to make a full recovery and those with lifelong or chronic conditions.

A person can and should be referred for palliative care just like they would for any other specialty. It is ideal for this connection to happen at the time of diagnosis or early in treatment and should not be deferred until a person's disease progresses or they are nearing end of life—the services of palliative care and focus on quality of life should be available from day one.

Palliative care helps patients and families to live full and meaningful lives despite the challenges of illness and disease. By managing symptoms, reducing suffering and helping patients and families better navigate their experience of their care, palliative care helps people live well while living with a chronic disease.

## Importance of Palliative care

Palliative care focuses on improving quality of life. People living with a serious, chronic or progressive diseases or conditions deserve to live the best possible life despite their diagnosis. There are many factors related to living with a health condition that can impact quality of life: pain, breathlessness, sleep, mental wellness, loss of ability, financial strains, family concerns and more. Palliative care focuses on reducing symptom burden and physical distress, in addition to supporting the social and emotional impacts of living with illness.

In their work with the people in their care, palliative care providers focus on values, hopes for the future, goals of care and what is important to the patient and family. They help to advocate for patient and family voices throughout the course of treatment, facilitate and support decision making and provide emotional and spiritual help for people experiencing the stress, anxiety and fear of navigating illness.

A palliative care team may include nurses, social workers, chaplains, psychologists, child life specialists and others who collaborate with the patient and family to co-produce a plan aligned with treatment goals and disease management needs. Importantly, palliative providers and teams collaborate with other medical specialties caring for the patient and do so through the course of treatment and care.



## Creating Awareness

Spreading awareness in the community about life threatening diseases like cancer is one of Age Care Foundation's mission objectives.

As part of the initiative, Age Care Foundation joined hands and participated in the WALKATHON organised on 2nd Feb 2025 at RK Beach Road, by **Mahatma Gandhi Cancer Hospital & Research Institute**, Visakhapatnam.



Also Participated in the PINK SAKHI cancer awareness walk organised by **Rohit Memorial Trust**, Visakhapatnam on 16th Feb 2025 to commemorate world cancer day and promote awareness about breast cancer.



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## A Testimonial

Newsletter - March 2025

I pen these few lines that reflect my heart's feelings, about Age Care Foundation.

This is Prathiba daughter of Charulatha Devi aged 88 years. My mother got enrolled to Sneha Sandhya Age Care Foundation through Dr Divya (senior professor, Pathology Department Gayathri Medical college)

I wish to mention the following positive aspects of this foundation and the staff I met during their visit to our place to monitor and guide my mother.

At the outset I wish to appreciate the Founders of this Charitable Organization for the noble thought to extend medical care to senior citizens and that too free of cost.

In this busy world where people hardly have time either to think about or to do some service to the senior citizens who need it the most from their children in the last leg of their life

I am so surprised and equally happy to see each and every member of the organization to be so kind, generous and caring to know about each and every difficulty of the people that they serve and come up with a solution.

\*Patient's and Family Member Names changed to protect privacy

250 Home Care Visits  
are conducted every  
month, on an average,  
covering Palliative  
and Geriatric Care

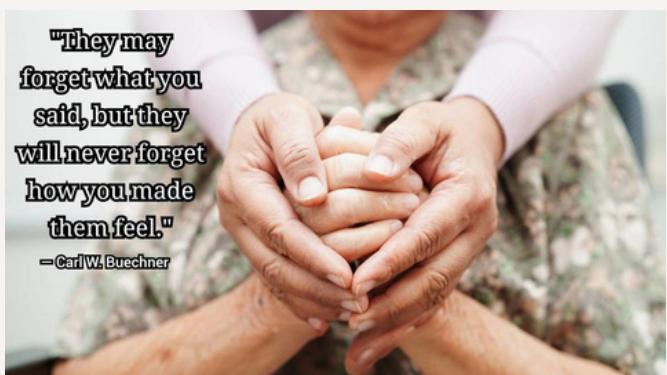
They also do the counseling part apart from monitoring the vitals and checking the medical history of the patient.

Taking so much time to satisfy the person they are attending to with utmost concern and care is commendable

I appreciate Nurse Ms Neelima and the counselor Ms Jyoti for taking time to listen to my mother with a lot of patience and love which means a lot for people of that age and in that state.

I once again thank you all for doing justice to this noble medical profession without expecting anything in return and also making a difference in the lives of many, for whom people hardly care including their own children.

### Care with Compassion



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*“Effective Palliative Care offers a support system that helps optimize the quality of life and dignity of patients”*



*“Palliative Care is the essence of medicine and nursing, the prevention and relief of human suffering”*



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