



Sneha Sandhya

AGE CARE FOUNDATION

NEWSLETTER - JUNE 2025



W H E R E C A R E C O M E S F I R S T



FROM THE CHAIRMAN



Greetings from Sneha Sandhya Age Care Foundation!

It is with a heart full of hope and gratitude that I connect with you in this edition of our newsletter.

At Sneha Sandhya Age Care Foundation, we have always believed that the measure of a society lies in how it treats its most vulnerable, its elderly, and its critically ill. Today, I am proud to share a vision that is taking shape into reality: the establishment of our Integrated Geriatric and Palliative Care Hospital at Gambhiram, Visakhapatnam.

This initiative is more than just bricks and mortar; it is a sanctuary of dignity, compassion, and healing. For our elderly, it promises a space where age is met with empathy, not neglect. For the critically ill, it offers care that transcends treatment, addressing pain not just of the body, but of the mind and soul.

By bringing together geriatric and palliative care under one roof, we aim to bridge a crucial gap in our healthcare system, ensuring that no one is left behind when they need care the most.

We envision this hospital as a beacon, a place where medical excellence meets emotional support, where caregivers are as valued as the cared for, and where life's final chapters can be written with peace, comfort, and love.

Such a dream is only possible because of people like you: our donors, well-wishers, partners, doctors, nurses, volunteers, and staff who walk alongside us in this mission. Your trust fuels our journey; your support turns vision into impact.



As we build this institution, let us also build a culture: one where every elder is honoured, and every life, no matter how fragile, is cherished. Let us reaffirm our resolve to create a society where the elderly and the seriously ill feel connected and cared for. The road ahead is long, but the destination is noble. Let us walk it together—with compassion in our hearts and courage in our purpose.

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



To,

All the Donors
With Heartfelt Gratitude

THANK YOU

FOR SUPPORTING THE JOURNEY OF CARE

With deep appreciation, we thank you for your generous support and unwavering belief in the mission of Age Care Foundation.

Because of your kindness, our vision of establishing the Integrated Geriatric and Palliative Care Hospital at Gambhiram, Visakhapatnam is becoming a reality. Your contribution is helping us bring hope, healing, and dignity to those who need it most, the elderly and the seriously ill.

You are not just a donor; you are a partner in compassion. Thank you for walking with us on this meaningful journey.

With gratitude and warm regards,

Team Age Care Foundation



PALLIATIVE CARE: RESTORING DIGNITY, RELIEVING SUFFERING



Dr N S Raju
Palliative Care Physician,
Managing Trustee
Sneha Sandhya Age Care
Foundation
Visakhapatnam



In the face of a life-threatening illness like cancer, the journey of treatment often focuses heavily on medical interventions and survival. However, amid the tests, treatments, and hospital visits, an equally vital need often goes unnoticed: the need for relief from pain, emotional distress, and spiritual suffering. This is where palliative care steps in.

Palliative care is a specialized approach that aims to improve the quality of life for patients and their families by addressing the physical, emotional, social, and spiritual challenges of serious illnesses. Unlike curative treatments that target the disease itself, palliative care focuses on the person, offering relief from symptoms such as pain, fatigue, breathlessness, nausea, anxiety, and depression.

In cancer care, palliative services are not just for those nearing the end of life. They are most effective when introduced early in the disease trajectory, alongside curative or life-prolonging treatments. Studies have shown that early palliative care can improve patient outcomes, enhance emotional well-being, and even extend survival.

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Importantly, palliative care also supports family members, helping them cope with the emotional strain of caregiving, providing guidance on complex decisions, and creating space for meaningful conversations.

At its heart, palliative care is about honouring dignity and ensuring that every individual, no matter how sick, receives compassionate, respectful, and person-centered care. With the rise of cancer and other chronic illnesses, the need for accessible palliative care is more urgent than ever.

Initiatives like the upcoming Integrated Geriatric and Palliative Care Hospital at Gambhiram, Visakhapatnam, aim to meet this need by creating holistic environments where healing goes beyond medicine. In caring for the suffering, we affirm the value of life itself.

DEMENTIA CARE & AWARENESS CREATION

Age Care Foundation (ACF) has been working with Dementia India Alliance (DIA) of Bengaluru to bolster dementia care and raise community awareness. This strategic partnership combines DIA's national caregiver-centric training and advocacy with Sneha Sandhya's grassroots outreach screening camps, memory clinics, home visits, and volunteer mobilization to elevate Alzheimer's and dementia awareness.



Shared Vision & Goals: ACF and DIA are committed to raising awareness, promoting early diagnosis, reducing stigma, and advocating policy-level changes for dementia and Alzheimer's. Periodic community-based screening and memory clinics are being organized under the collaboration to identify early signs of dementia in vulnerable populations.



@EAST PARK VUDA COLONY, VISAKHAPATNAM



MEMORY SCREENING CAMP @VANAPRASTHA OLD AGE HOME. STUDENTS FROM GEMS SCHOOL OF BUSINESS, VISAKHAPATNAM, WHO WERE TRAINED REGARDING THE DATA TO BE COLLECTED AND THE VARIOUS TESTS TO BE CONDUCTED PARTICIPATED IN THE CAMP ALONG WITH TEAM ACF



As part of the joint initiative, grassroots awareness drives and screening programs are organised in Visakhapatnam. TATA Trusts has been supporting DIA in their efforts to provide help and hope to persons with dementia and their families. Age Care Foundation's mission to care for the elderly is immensely helped by the collaboration with DIA.

DemCon'25

- From Awareness to Action -

We are proud to announce that **Age Care Foundation (ACF)** will be **co-hosting DemCon'25**, a premier national conference on dementia care, in Visakhapatnam on **5th & 6th December 2025**.

This prestigious event is being organized by **Dementia India Alliance (DIA), Bengaluru**, and will be hosted jointly by **GITAM Institute of Medical Sciences and Research (GIMSR), Visakhapatnam, and Age Care Foundation.**

Government Hospital for Mental Care, Visakhapatnam, is associated with the conference as a knowledge partner.

The official website and event announcement flyer were formally unveiled in May 2025, by Shri.M.Bharadwaj, Secretary, GITAM University, Visakhapatnam, marking the beginning of an exciting journey towards a meaningful and impactful conference. The event was graced by the presence of Dr.G.Sambasiva Rao, Chairman, ACF; Dr.N.S.Raju, Vice-President, Dementia India Alliance and Managing Trustee, ACF; Dr. K. Kumar Raja, Vice-Chairman, ACF; Dr.K.Venkateswarlu, DemCon'25 Organising Committee Advisor; Shri.Ch.Kishore Kumar, Member, Board of Trustees, ACF; and Dr.B.Karthik, Head of Operations, GITAM.



DemCon'25 will bring together healthcare professionals, caregivers, researchers, policymakers, and advocates from across the country and abroad to share knowledge, best practices, and innovative approaches to dementia care. The event aims to raise awareness, build capacity, and foster collaborations in the field of geriatric and dementia-related healthcare.

As a key partner in hosting this event, ACF is committed to supporting evidence-based care and community engagement for people living with dementia. We look forward to welcoming participants from across India and abroad to Visakhapatnam —our city by the sea—for two days of learning, dialogue, and inspiration.

Please visit www.demcon2025.com to know more about the event and for registration to attend the conference.

DemCon'25

- From Awareness to Action -

DemCon'25

Dementia Conference

Visakhapatnam

Dementia Care:
From Awareness to Action

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



Organized by



Dementia
India Alliance

Hosted by



Knowledge Partner



www.demcon2025.com

SUSTAINING CARE AT HOME: AGE CARE FOUNDATION'S HOME CARE SERVICES



Age Care Foundation (ACF) has been providing compassionate and comprehensive home care health services for the elderly, particularly those requiring geriatric and palliative care. These services have become a vital lifeline for individuals who are homebound due to age-related conditions, chronic illnesses, or limited mobility. We are happy to share that Ajim Premji Foundation has accepted our request to support the home care program of ACF for a period of three years w.e.f. June 2025.

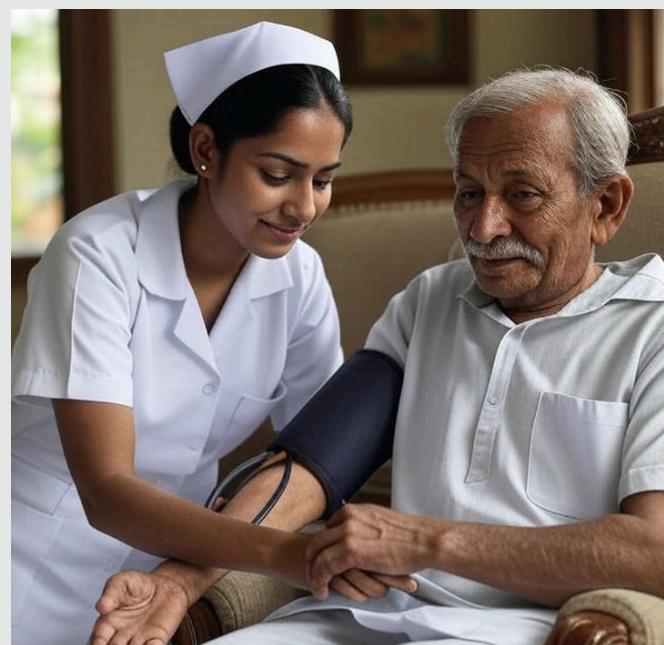
Impact on Patients and Families:

For many patients across Visakhapatnam, ACF's home visits have meant fewer hospital trips, reduced stress, and a better quality of life.

Patients with chronic illnesses, terminal conditions, or cognitive impairments receive dignified care in familiar surroundings, which helps improve outcomes and emotional well-being.

Families, often overwhelmed by the demands of caregiving, benefit from regular guidance, counseling, and respite. This has helped create a supportive ecosystem where aging is not feared but embraced with dignity and compassion.

A detailed overview of what the home care services offer is presented on the following page.



HOME CARE SERVICES - A LIFELINE OF CARE WITH COMPASSION



Age Care Foundation offers compassionate, dignified, and patient-centered home care services designed especially for the elderly and individuals battling chronic or terminal illnesses.

The foundation's home care services are a cornerstone of its mission, aiming to deliver health care to the patients in their own homes.

A dedicated team of trained doctors and nurses conducts home visits, covering the entire city of Visakhapatnam, including its outskirts, ensuring that patients receive consistent care in the familiarity and comfort of their homes.

These services include management of pain and other symptoms, providing nursing interventions, and counseling. These services are particularly beneficial for terminally ill patients, including those battling cancer, and also persons who are bedridden either because of age or chronic illness or injury. The frequency of visits will depend on the needs of the patients and their families.

The services that are provided at home include, but are not limited to, the following:

- Assessing the general condition of the patient and recording vitals.
- Symptom assessment through appropriate tools.
- Prescription review with the help of a physician.
- Assessing the medication and nutrition management.
- Necessary interventions like dressing of wounds, changing urinary catheter / feeding tube, giving enema, administering i.v. fluids / parenteral antibiotics, etc, educating and training the caregivers, advance care planning, etc.
- Facilitating tele-consultation with doctors.
- Providing essential medicines and consumables / disposables.
- Educating and training the caregivers to provide better care to the patient.

If needed, home care patients can easily access the inpatient care facility at ACF Hospital for respite care, long-term care, or end-of-life care.

GATHERING SUPPORT - FOR THE MISSION CARE FOR THE ELDERLY AND THE CRITICALLY ILL



INDIAN OIL CORPORATION LTD. (IOCL) SUPPORTS AGE CARE FOUNDATION'S MISSION OF ELDERLY CARE

Age Care Foundation (ACF) gratefully acknowledges the valuable support extended by Indian Oil Corporation Ltd. (TAPSO - IOCL) towards its mission of providing compassionate and specialized care for the elderly and the seriously ill.

As part of its CSR initiative, IOCL support to ACF equips the Integrated Geriatric and Palliative Care Hospital at Gambhiram, with critical medical and infrastructural facilities such as X-ray accessories, physiotherapy units, and hospital morgue unit to improve medical care; installation of an RO water plant; and other electrical equipment.

The aim is to provide enhanced geriatric and palliative care to elderly individuals and those with life-limiting illnesses.

IOCL's contribution reflects a commendable commitment to social impact and elderly welfare. Their partnership empowers ACF to scale its services, enhance care delivery, and bring dignity and comfort to those in the later stages of life.

We sincerely thank Indian Oil Corporation Ltd. for their trust, generosity, and for being a valued partner in our journey to care with compassion.



UNVEILING THE NEW LOGO: A SYMBOL OF OUR EVOLVING MISSION

As Age Care Foundation (ACF) enters a new phase of growth and transformation, we felt it was the right time to refresh our identity and strengthen our communication. A key step in this direction was the decision to introduce a new logo that reflects our values, vision, and the journey ahead.

Our goal was to create a logo that is not only aesthetically appealing but also rich in meaning—something that feels modern, contemporary, and forward-looking. The tagline **"Where Care Comes First,"** which had already been identified, remains central to our mission and continues to guide our services.

Given the rapid pace of new initiatives launching in the coming days, weeks, and months, it was important for us to unveil the new logo promptly so it could become an integral part of our communications and branding.

At the heart of ACF is the letter "C," which stands for

- Care
- Compassion
- Commitment
- Core Values



Our work in geriatric and palliative care encompasses many forms of "Care," each embedded with "C":

- Health Care
- Physical Care
- Psychological Care
- Emotional Care
- Social Care
- Spiritual Care
- Respite Care
- Transitional Care
- Rehabilitative Care
- Dementia Care
- End-of-Life Care

This cluster of "C's forms the backbone of our mission, and we sought to convey this symbolism through the new logo.

Ultimately, the new logo is more than just a design; it is a visual representation of Age Care Foundation's objectives and direction for the future. It embodies our commitment to care, our connection to our roots in Vizag, known for its beautiful coastline, synonymous with the sea—and the sea, in turn, with its dynamic waves—and our readiness to serve the evolving needs of the community with compassion and purpose.

LEVERAGING TECHNOLOGY IN GERIATRIC CARE - A NEW COLLABORATION



Device & Participation Details:

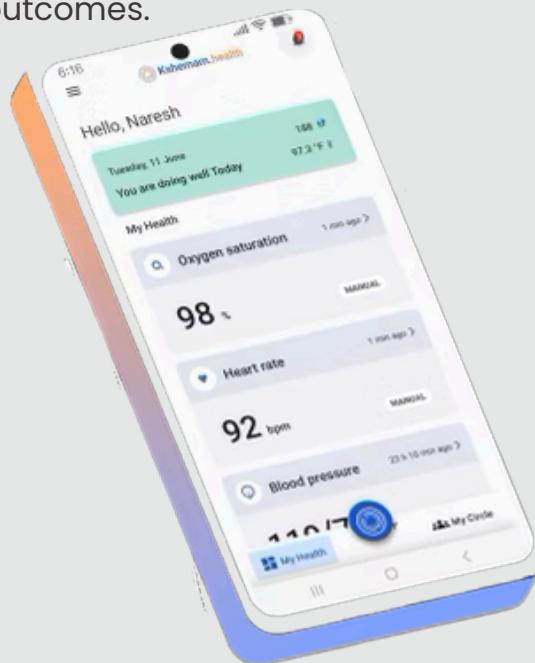
- Participants who already own a Kshemam wristband do not need to purchase any additional devices.
- Others can use any compatible wearable devices (make: Samsung, Amazfit; model: wristband, watch, ring, etc.) that work with Google Health Connect.
- ACF will assist interested individuals in selecting suitable models.
- Devices should be worn day and night, with Bluetooth enabled, and paired with a smartphone that has a data connection, preferably Wi-Fi.

This collaboration marks a significant step forward in integrating technology into geriatric care, empowering older adults and caregivers with real-time insights to support healthier aging.

ACF Collaborates with Kshemam Health Solutions to Conduct Elderly Health Monitoring Study.

Age Care Foundation (ACF) is excited to announce a new partnership with Kshemam Health Solutions, a Hyderabad based health tech start-up, to conduct a study focused on real-time monitoring of vital health parameters among the elderly.

The study aims to leverage wearable technology to collect continuous health data—such as heart rate, oxygen saturation, sleep quality, activity levels, and stress indicators—using “Kshemam” wristbands and other compatible devices. The data gathered through the Kshemam mobile app, which syncs with Google Health Connect, will be used to identify patterns and trends, enabling healthcare professionals to develop personalized strategies and interventions for better health outcomes.



OUTREACH GERIATRIC CLINICS: EXTENDING CARE TO THE UNDERSERVED

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Age Care Foundation (ACF) conducts regular Outreach Geriatric Clinics to bring essential healthcare services to underprivileged elderly individuals in the community. These clinics offer basic health check-ups, medical consultations, and free medicines and are specially designed to address the basic health needs of underprivileged elderly individuals who often lack access to routine medical care.

The clinics are held at community centers and old age homes, bringing healthcare directly to those who need it most. Many of the beneficiaries are older adults who are financially dependent or physically unable to visit hospitals or clinics.

Through these outreach efforts, ACF provides

- Basic health check-ups, including blood pressure, blood sugar, and general health assessments
- Medical consultations by trained doctors and geriatric care professionals
- Free distribution of essential medicines for chronic conditions like hypertension, diabetes, arthritis, and respiratory ailments

COMPASSION IN EVERY TOUCH, CARE IN EVERY STEP



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*To protect the privacy of the patients, AI generated representational images were used wherever needed



**Sneha Sandhya
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Where Care Comes First

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