



Sneha Sandhya AGE CARE FOUNDATION

Honouring the Dignity of Life



WHERE CARE COMES FIRST

PALLIATIVE CARE

Focuses on:

- Pain, symptom and quality of life management
- When patient has a serious, chronic and life limiting illness
- Centers on a team approach that includes the patient and the family



It has been proven over time that palliative care can prolong the life span of those with serious ailments by pain and symptom management, improving the quality of life.



There is a dearth of palliative care awareness in most of the developing nations including India. Age Care Foundation's endeavour evolved from this dire need for palliative care to those suffering from critical illnesses.



Sneha Sandhya Age Care Foundation turned eleven years

The journey began on 24th Aug 2012 to fill an important gap in health care to the elderly and the seriously ill, as the Geriatric and Palliative care services to the needy were found to be grossly unmet in both the public and private sectors. A group of senior citizens under the aegis of Sneha Sandhya joined together to form Age Care Foundation as a charitable trust to bridge this long felt gap in healthcare.

GERIATRIC CLINICS...

Sixteen out reach clinics are organised every month including two interior places at Paderu and Chodavaram to provide much needed primary health care services to the elderly in the community and those who are living in old age homes.

Foundation's geriatric medical care team is providing the services at these out patient clinics, where apart from primary health checkup, essential medicines are dispensed free of cost to persons from poor socio economic background. About 1000 people get benefited every month from these outreach clinics.

Senior citizen volunteers, who accompany the medical team, play an active role in the clinics by extending their helping hand in record maintenance, clinic co-ordination and dispensing the prescribed medicines to those availing the services at the clinics.



THE MESSAGE

Sneha Sandhya



AGE CARE FOUNDATION

Honouring the Dignity of Life



Coming Soon

FROM THE CHAIRMAN

.....



Greetings from Sneha Sandhya Age Care Foundation,

I look forward and await every edition of this newsletter as, through which, it gives me an opportunity to meet all the well-wishers and family of Age Care Foundation and to share my happiness at the giant strides being made by the foundation in the service of the elderly and the seriously ill. It also provides me the pleasure of sharing all the updates about the progress of construction of the integrated geriatric and palliative care facility at Gambheeram, Visakhapatnam.

As age care foundation celebrated the 11th anniversary of its “care with compassion” during Aug 2023, in a befitting manner in the presence of many well-wishers, donors, trustees, staff and volunteers, all of whose encouraging words and support have not only energised all of us but also strengthened our resolve and commitment to the cause of serving the elderly and the seriously ill.

All the good work would not have been possible without the generous support of donors and the dedicated team work of board of trustees, doctors, nurses and volunteers. I appeal to all the benevolent hearts to support the foundation’s efforts to serve the elderly and the critically ill. I am confident, that with all the support, the unique health facility will be a reality in first half of 2024 and will become a center of excellence in geriatric, palliative and dementia care in the state of Andhra Pradesh, under the visionary leadership of Dr.N S Raju garu.

*Thank You
For Your Support*

*Your support and generosity have
made a big difference
in the lives of
the Elderly and the Seriously ill*

With best regards
G. Sambasiva Rao
Chairman

Commemorating the 11th Anniversary.....



The 11th Anniversary of the foundation was commemorated in an event held on 26th Aug in Visakhapatnam and the gracious presence of Shri. Sanjoy K Guha, Managing Director & CEO, South Asia LPG Co P Ltd and Shri.Ragam Kishore, Wholetime Director & CEO, Vizag Seaports P Ltd. Dr S V Adinarayana Rao, Padmasree Awardee and Dr R Sasiprabha, Chairman Free Polio Surgical & Research Foundation has made the evening all the more memorable by their presence.

The mission of Age Care Foundation to provide Geriatric & Palliative Care to the needy received wholehearted encouragement from all those donors, well wishers who were present and those who may not have been physically present on the occasion but whose support has enabled the foundation to relentlessly carry on with the services. It was a morale booster for the trustees, volunteers and staff of Age Care Foundation whose resolve to make a difference in the lives of the elderly and the seriously ill and commitment to the noble cause has been further strengthened by the allround support.

THE PROGRESS....



UPCOMING INTEGRATED CENTER FOR Geriatric & Palliative Care



An Update



Age Care Foundation's endeavour to fill the important gap in healthcare landscape where an acute need is felt for Palliative and Geriatric care is coming to fruition with the up-coming health care facility at Gambheeram, Visakhapatnam.

The result of benevolent support from many institutional, corporate and individual donors, the integrated center for palliative and geriatric care is a testimony to the adage that "**Each one of us can make a difference, together we make change**".

The work of this facility is fast progressing. The building construction completed and the internal electrical and plumbing works are in progress. After completion it will be a unique model for Palliative & Geriatric Care



THE VISION....



UPCOMING INTEGRATED CENTER FOR Geriatric & Palliative Care



A sneak peek of the
Health Care Facility



On completion of the construction, the upcoming integrated center for Geriatric and Palliative care is going to be the first of its kind in the state of Andhra Pradesh.

Services like Respite care, Transitional care, Rehabilitative care, Long Term care, and Dementia care, all of which are extended facets of geriatric and palliative care, will be made available in the health facility.

Spread across 1,00,000+ sq ft of built-up area in five floors devided into three blocks with 100+ bed capacity, the health facility will provide the much needed geriatric and palliative care services to the needy.



THE PERSPECTIVE.... FROM A MEMBER OF BOARD OF TRUSTEES



Dr T V S Rao

Member of Board of Trustees,
Sneha Sandhya Age Care Foundation &
Former Director, AERC
Andhra University, Visakhapatnam

Age Care Foundation is on the threshold of a transformation.

We have just completed our first decade of service. It was marked by a phenomenal growth from a single-doctor clinic to a successful network of nine geriatric clinics and service to about a dozen old age homes, taking geriatric care to the doorsteps of patients.

We have embarked on palliative care, relatively unknown in our state, which achieved a strong foothold covering home care and hospice care. We could build awareness of palliative care through formal and informal advocacy. We were fortunate to receive encouragement from reputed institutions like Pallium India, Two Worlds Cancer Collaboration (Canada) and Homi Bhabha Cancer Hospital and Research Centre; and financial support as our services touched the hearts of many institutions and individuals.

Our services were free to the patients because of financial support and a tremendous team of volunteer doctors and social workers.

The first decade ended in a jubilant mood as ACF received a mighty boost by way of a lease of over an acre of land in the prime area of the city by the philanthropist doctor couple, S V Adinarayana Rao and R Sasi Prabha. At the same time, it placed an onus on the ACF: to put to use the gift.

Thus, the second decade started with a flurry of activity of resource mobilization and construction of a five-storeyed hospital. The team led by G. Sambasiva Rao, Dr K Kumar Raja and O Naresh Kumar did an admirable job of not only collecting the funds but also building the hospital in quick time.

So far, so good.

Resting on the progress of the first decade we have to walk into the second decade. The second decade offers us huge opportunities and formidable challenges.

We have to realise our dreams. We have the great opportunity of creating perhaps the first integrated geriatric hospital in the State which includes respite care and end of the life care. We have to establish the palliative care wing with adult and paediatric care wings. We have to build a dementia centre with daycare and residential care. We have to create a strong training infrastructure for training doctors and paramedical staff in geriatric, palliative and dementia care.

We have to create a strong outreach service network to cater to patients in the vicinity and beyond our hospital. We can eventually network with other medical institutions in the area to strengthen geriatric, palliative and dementia care.

We have to build a management system for the hospital. While charity remains at our heart, the institution must become financially viable and self-sustaining. We should also aim at a sufficient corpus fund.

As I have been associated with the ACF right from the beginning, I am confident that when it turns twenty, ACF will stand alongside the best speciality institutions in our State. Our proven leadership and our association with reputed national institutions will be our assets.

Let us move on with hope and confidence.

"Palliative care helps patients and families navigate the challenges of serious illness with dignity and compassion." -

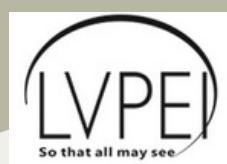
REACHING THOSE WHO CANNOT REACH US



The joint initiative of Sneha Sandhya Age Care Foundation and L.V.Prasad Eye Institute to provide free eye care to the under-privileged senior citizens / inmates of old age homes in and around the city of Visakhapatnam was formally launched on 16th Aug 2023.



The event was marked by the presence of cine actress Ms.Sreeleela, who lauded the initiative which will be of great value to the needy in the city.



The home care program under the initiative will bring the best of eye care to the door step of the senior citizens who are not able to move out



The services include regular vision testing (refraction), screening for cataract, eye pressure testing (glaucoma) and retinal inspection with latest equipment. L.V.Prasad Eye Institute will provide the manpower and Age Care Foundation will arrange the funding for the equipment apart from identification of the beneficiaries.

THE PERSPECTIVE.... FROM A DOCTOR



Dr A Sirish

Palliative Care Specialist
Age Care Foundation

"Palliative care is about living life to the fullest, even in the face of illness"

-Cicely Saunders



"The best way to find yourself is to lose yourself in the service of others"

-Mahatma Gandhi

As I start to pen a few words to share my innermost feelings, I would like to express my special thanks to Age Care Foundation for creating this platform.

When I joined Palliative, I was naive and credulous. in the course of my journey, I understood that "we" the health professionals and the patients are like the two banks of the river.

At one end are the patients who have a suffering, an ailment, scared, anxious, vulnerable to various impacts both physically, mentally and psychosocially with unsaid, unspoken, unanswered, endless horizon of uncertainty.

Whereas on the other side are "we" i.e. the health professionals who are more objective, specific with clarity and purpose. A purpose to cure them and to be more precise, HEAL them.

Then the two banks are connected by emotions, faith, acceptance, dignity, with illumination of hope and above all the authentic human care, compassion and empathy.

Venturing into this holistic part of palliative care, I realised the importance of addressing the patient not only as a body or subject but encompassing into their mind and spirit.

Now I feel that I don't have to be a monk, a sanyasi or fakir to achieve salvation..... I am already into the path by practicing palliative care where care with compassion and empathy are the mantra.

THE PERSPECTIVE.... FROM A CARE GIVER



Ms Pratyusha

Senior Nurse
Age Care Foundation

It was eight years ago that I joined Age Care Foundation as Palliative care giver (sister) serving those who are admitted into the hospice. These eight years have given me a whole life experience and changed my perspective on life which gives so much pain to some who suffer from serious ailments.

In the very beginning of my service in the Hospice, hearing my co-caregivers emotionally narrate their experiences of pain and suffering of terminally ill patients, cases of death, I was so scared that I left my job and went back home.

Knowing my tale, our church father came to me, infused courage in my heart, and convinced me that it is god-given opportunity to serve the distressed souls. He is kind enough to buy bus ticket for me to get back to my temple of service.

What I learned and understood during these eight years is that I can work to reduce the pain of patients suffering from cancer through palliative care and provide them relief, enabling them to live in peace and dignity as long as they live.

I would like to share with you one of my experiences about the change that I helped to bring about in one of the patients at the hospice.

16 years Navin (name changed) at the time of admitting in our hospice had one eye completely damaged due to cancer. His entire skin has become scaly with white and black spots. He disliked talking to anyone and preferred to be alone. His parents recounted, their son stopped playing with his friends and became lonely.

I dressed his wounds, administered medicine and used to feed him when his mother was not available. All along I subtly encouraged him to speak. After few days, he started to converse with us, play board games with me, with my co-caregivers and volunteers.

The old Navin (who is silent, seclude, depressed, not willing to play with friends and speak to family members) is now playful and smiling. The wounds on his skin started healing and the smell that used to emanate from his skin was not there anymore. He went back to his home a happy soul.

It made me happy to witness similar change in many of our patients. I truly believe, it is god-given opportunity to help the helpless. I am grateful to god for blessing me with the ability to serve. I earnestly thank Age Care Foundation for giving me the opportunity to serve the needy.

Lastly, I would like to make an appeal to all the elders:

Whenever anyone is diagnosed with cancer, if palliative care is also provided along with cancer treatment, the suffering that the patient goes through can be reduced. The quality of life of the patient can be improved through care with compassion and we can provide relief from suffering.

Thank you

(Translated into English from the Telugu narrative of Sister Ms. Pratyusha)

THE ADVOCACY....

Advocacy is an important part of Age Care Foundation's efforts to create awareness on health care issues. Dementia is one such core area of the foundation's efforts to help the community. September is commemorated as World Alzheimer's month and as part of the campaign, awareness walk was organised at Beach Road, Visakhapatnam on 21st September in association with Dementia India Alliance, Bengaluru a non-profit national level organisation working to enhance the quality of life for individuals with dementia and their families.



The initiative was supported by Andhra Medical College, King George Hospital, GVP Medical College, Rotary Club of Greater Visakha, Inner Wheel Club of Waltair and Inner Wheel Club of Visakhapatnam.



In the coming days, Age Care Foundation will be working closely with Dementia India Alliance in the fight against dementia, aiming to improve the overall well-being of affected individuals through compassionate care and support.

The foundation is not only striving to raise awareness about geriatric, palliative and dementia care but also focussing on imparting training in the specialised domains. Ms Keerti, studying in US and Ms Ananya, 4th year medical student in Trinity College, Dublin, Ireland have had internship with Age Care Foundation during Aug and Sep months.





COMPASSIONATE COMMUNITIES
Together for Palliative Care
14 OCTOBER 2023
WORLD HOSPICE & PALLIATIVE CARE DAY

COMPASSION IS THE FOUNDATION OF A HEALTHY COMMUNITY, AND WE ALL HAVE A ROLE TO PLAY TO SUPPORT EACH OTHER THROUGH LIFE.



#COMPASSIONATECOMMUNITIES

whpca
worldwide hospice
palliative care alliance



Sneha Sandhya
AGE CARE FOUNDATION

- Honouring the Dignity of Life

Regd. Charitable Trust No.VSP/274/2012

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