

# NEWSLETTER

SEPTEMBER - 2024



Sneha Sandhya

**AGE CARE FOUNDATION**

*Honouring the Dignity of Life*



FROM THE CHAIRMAN



Greetings from Sneha Sandhya Age Care Foundation!

While it gives me immense happiness to share with you the service activities of Age Care Foundation, it is also with great expectation and anticipation that we await the launch of the epoch-making Integrated Geriatric & Palliative Care health facility at Gambheeram, Visakhapatnam. The hospital construction, which will herald a new chapter in the 12 year journey of the Foundation, is nearing completion and the Foundation will start services in the new facility very soon.

Cont P2....

*“Palliative care is about preserving dignity, ensuring quality of life and promoting comfort in the face of serious illness.”*



**Geriatric clinics – Reaching out to the community**

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# The abode of care – Taking final shape



I once again thank all the kind hearted donors who have made the dream to become a reality, a dream of having a health care facility to make available specialised medical services of Geriatric and Palliative care in a unique hospital, to the elderly and those suffering from life limiting critical illnesses.

I am sure that the continued support, from benevolent donors and well wishers, will help sustain the noble health care initiative of the Foundation. The health care facility is going to provide a wide array of geriatric and palliative care services to those in dire need of such medical care. I appeal to one and all to come forward and lend a helping hand to make this facility a place renowned for geriatric and palliative health care not only in our state but in our country.

Before signing-off for this edition of newsletter, I commend the team of Age Care Foundation, the Board of Trustees, doctors, nurses, volunteers and staff, for their steadfast commitment and dedication to the cause of serving the two most vulnerable sections of the society i.e., the elderly and the seriously ill.

I eagerly look forward to greet the entire family of Age Care Foundation on the opening day of the hospital very soon.

With best regards,  
Dr G Sambasiva Rao  
Chairman  
Sneha Sandhya Age Care Foundation



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## Celebrating 12 years of caring for the elderly and the critically ill



Age Care Foundation celebrated its 12th anniversary on 24th August 2024 in the presence of esteemed chief guest Sri. Ganta Srinivasa Rao, Hon'ble Member of Legislative Assembly, Andhra Pradesh (Bheemili Constituency), Sri Naveen Makheja, CEO & Managing Director, South Asia LPG, Sri Pankaj Verma, Vice-President, Operations, Rain CII Carbon (Vizag) Ltd, Dr P Sivananda, Superintendent, King George Hospital, Visakhapatnam.

It was a proud moment for Age Care Foundation when Dr S V Adinarayana Rao, renowned orthopedic surgeon, prestigious Padma Shree Awardee and managing trustee Free Polio Surgical & Research Foundation consented to be the Patron for Age Care Foundation.

The event was also marked by the kind support extended by State Bank of Hyderabad Staff Association Welfare Trust for purchase of 18 hospital beds.

The occasion was graced by the presence of many donors, well wishers, volunteers and staff of Age Care Foundation.

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# Geriatric Clinics



Geriatric Clinic at Vanaprastha Old Age Home,  
Visakhapatnam



Outreach Clinic at Premasamajam, Visakhapatnam



Outreach Clinic at Kommadi, Visakhapatnam

**Geriatrics, or geriatric medicine, is a medical specialty focused on providing care for the unique health needs of the elderly.**

Age Care Foundation provides Geriatric Care to elderly in the community and inmates in old age homes in Visakhapatnam. On an average about 800 elderly patients avail the services in 15 such clinics conducted every month on designated days in the city and also at an interior place at Chodavaram



Outreach clinic at Shirdi Sai temple,  
Seethammadhara, Visakhapatnam



Geriatric Clinic at St Joseph Old Age Home, Visakhapatnam

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# Geriatric Clinics



Geriatric Clinic at Mana Kutumbam  
Old Age Home, Visakhapatnam



Outreach clinic at Gajuwaka,  
Visakhapatnam



Geriatric Clinic at Vivekananda  
Old Age Home, Visakhapatnam

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**“Old age is not a disease, it is strength & survivorship, triumph over all kinds of vicissitudes & disappointments, trials & illnesses”**  
-Maggie Kuhn

The primary needs of geriatric patients include physical health management (like dealing with chronic conditions), mental health care (including dementia and depression), social support, and assistance with daily living activities.

Age Care Foundation's upcoming Geriatric & Palliative care hospital at Gambheeram will soon provide a range of geriatric care services that include respite care, transitional care, rehabilitative care, long term care and dementia care.



## The progress

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# Serving the needy

A study has investigated the link between cognitively stimulating activity and the onset of Alzheimer's disease. Researchers say that older adults who participate in activities, such as reading, writing, and playing games, could make the brain more resilient to the condition which could delay the onset of Alzheimer's by 5 years.

Age Care Foundation and Dementia India Alliance, Bengaluru, are working together to conduct cognitive stimulation sessions for residents of old age homes in Vizag.

Inner Wheel Club , Visakhapatnam partnered with us for this program which is named as உட்டீபன (Uddepana). One such program was held on 13.07.2024

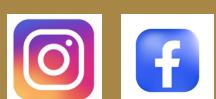


Giri Pradakshina ("గిరి ప్రదక్షిణ") is an annual festival at Sri Varaha Lakshmi Narasimha Swamy temple in Simhachalam when approximately four to five lakh devotees trek around the foothills of Simhachalam Hill spanning nearly 32 km.

On 20th July 2024, Age Care Foundation in association with Rotary Club, Greater Visakha and V-Dental conducted medical camp for the benefit of pilgrims.

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The first clinic was held on 13th July 2024.

Age Care Foundation started a monthly health clinic at Vaarija - Nethralaya (School for visually impaired children) run by Jeeyer Educational Trust (JET) near Thimmapuram, Visakhapatnam.

The clinic will be, on second Saturday of every month, in the school housing around 125 visually impaired children.

Dr Y Seshagiri Rao, MD; D.Ch is leading the Age Care Foundation team in the clinic at Vaarija. Basic health care and medicines are provided to the children.

# Creating awareness



Age Care Foundation's mission includes creating awareness in the community about elderly health issues.

Joined hands with Dementia India Alliance, Bengaluru to care for those affected by dementia. As part of the effort, periodic sessions on dementia / Alzheimer's are conducted wherein memory screening tests are also provided to the elderly attendees.

An awareness session on Dementia  
at State Government Pensioners Association,  
PM Palem, Visakhapatnam



Dementia awareness session for Visakhapatnam district senior citizens welfare association members  
@ Rani Chandramathi Devi hospital



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Dementia awareness program  
at Waltair club, Visakhapatnam

# Let's know more



RAVIKANTH K

MA(AP), CTCCC, DCMH (NIMHANS),  
CBT (BECK INSTITUTE, USA)  
**Psychologist,**  
Antaranga mind wellness clinic &  
wellness Hub, Visakhapatnam

## Transforming Dementia Care: The need for specialized facilities in India

As life expectancy is increasing, the number of elderly people also is increasing. Meeting the complex needs of age related conditions such as dementia requires trained & skilled healthcare providers and facilities. The unique needs of these patients can't be met adequately by hospitals alone.

In the Indian context, there is a need for clinics, outreach services, social workers, psychologists, to offer dedicated care in this area as dementia affects not only memory but also other areas of behaviour and physical health, necessitating the need for comprehensive management.

Aspects such as physical therapy, cognitive stimulation activities integrated with care from general physician, psychologists, Neurology, Psychiatry in hospitals can result in better management of symptoms like anxiety, depression, disorganized behaviour, stress etc., leading to improved quality of life of the persons with Dementia.

The role of social workers, nurses, psychologist are vital. Cognitive stimulation activities help in improved self esteem, routine & structure and communication for persons suffering from different stages of dementia.

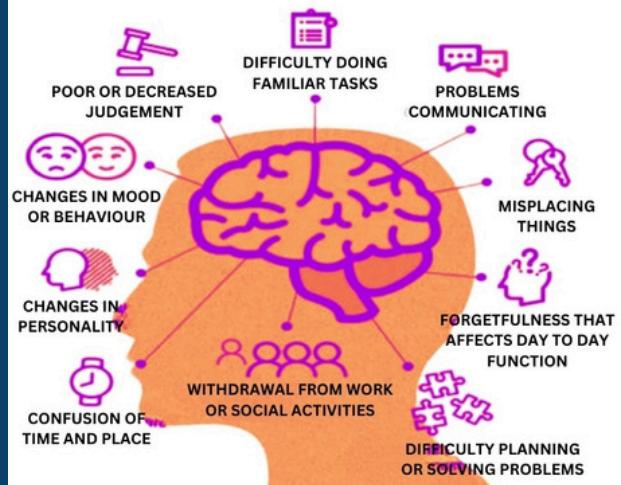
The role of comprehensive and personalized care plans to meet the unique needs of these patients are vital. This helps in better management as disease is progressive. These tailored interventions can significantly enhance the patient's quality of life and reduce caregivers burden. Effective management can overall reduce the readmission in hospital due to any infections, falls or worsening of the symptoms.

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## THE 10 SIGNS OF DEMENTIA



## Dementia care - Present status in India

Lack of Awareness and stigma is leading to delayed diagnosis & treatment. Most of the time people confuse dementia with just age related cognitive decline. Most of the specialized health care facilities are located in urban areas, making it difficult to access for people in rural areas. There is shortage of neurologists, geriatricians, psychiatrists & clinical psychologists in rural areas making the treatment a challenge. Coverage of insurance is often not available, or inadequate. Caregiving for Dementia can be costly and getting trained homecare service providers is difficult.

## What can be done to reach the unreached

Training more staff to reach the rural population, conducting awareness & screening programs, conducting walks, rallies to raise awareness and reduce stigma, making the cognitive stimulation activities tailor made to Indian population, developing screening tools that can be easily administered to rural populations.

Setting up facilities like Nightingales Medical Trust, Bengaluru is an ideal model to replicate in other parts of the country. The upcoming geriatric and palliative health care facility by **AGE CARE FOUNDATION** is going to be a classic example for filling the void for Dementia and Palliative care in Andhra Pradesh.

"My eyes do see,  
my ears do hear,  
I am still me,  
so let's be clear,  
my memory may fade,  
my walk may slow,  
I am me inside,  
don't let me go"



## New Geriatric & Palliative Care Hospital

Gambheeram, Visakhapatnam

OPENING  
SOON



Sneha Sandhya

## AGE CARE FOUNDATION

- Honouring the Dignity of Life

Regd. Charitable Trust No.VSP/274/2012

### Regd. Office

#9-41-31/1, Pithapuram Colony,  
Opp. Maddilapalem Bus Complex  
Visakhapatnam-530 003



### Palliative Care Centre

Gayatri Vidya Parishad Hospital,  
2nd Floor, #6-25, Maridi Valley, Marikavalasa,  
Madhurawada, Visakhapatnam-530 048



info@agecarefoundation.org



+91 89859 52000



www.agecarefoundation.org

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