



Volunteers in Service Program

Volunteer Work Deployment Report

Campaign Name:

Regular Placement Cohort#06_2025: ALZHEIMERS PAKISTAN

Address:

167_B,PCSIR 2,LAHORE

Volunteer's Name:

Hammad Hafeez

Registration#

L1F21BSCS0624

Contact#

03126603012

Campaign Duration (Date):

13 NOV 2025 to 27 NOV 2025

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REPORT.VIS@UCP.EDU.PK**

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1. Introduction:

My name is **Hammad Hafeez**. I am 22-year-old and I have successfully completed my **Bachelor's degree in Computer Science** from the **University of Central Punjab**. I was enrolled in **Batch 2021** with **Registration Number L1F21BSCS0624**, and I graduated with a **CGPA of 3.03**. During my academic journey, I developed a strong interest in **Artificial Intelligence, Machine Learning, and Data Science**, which guided my learning and project selection. I worked on several practical projects, including an **NLP-based sentiment analysis dashboard** for analyzing textual data and an **ML-powered application aimed at improving behavioral patterns in individuals with ADHD**. These experiences helped me strengthen my skills in programming, data analysis, and problem-solving while giving me exposure to real-world applications of AI. I consider myself a motivated, responsible, and detail-oriented individual who is eager to learn new technologies and contribute effectively in a professional environment.

Name: Hammad Hafeez

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Batch:2021

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Mission of Life:

My mission in life is to become a competent, innovative, and ethical computer science professional who uses technology to create meaningful and positive impact in society. I aim to continuously expand my knowledge in Artificial Intelligence and data-driven technologies while applying these skills to solve real-world problems efficiently. I believe in lifelong learning, personal growth, and maintaining integrity in both professional and personal life. Through dedication, hard work, and continuous improvement, I aspire to contribute to technological advancement, support organizational growth, and help build solutions that improve lives and promote sustainable development.

2. Organization Profile:

Alzheimer Pakistan Foundation: Role, History, and Key Contributions in Pakistan

Alzheimer's disease is a growing public health concern across the world, including in developing countries such as Pakistan. With an increasing elderly population, the number of people affected by dementia and Alzheimer's disease is rising steadily. In Pakistan, awareness about Alzheimer's disease remained extremely limited for many years, and families often considered memory loss and behavioral changes as a natural part of aging. In response to this gap, the Alzheimer Pakistan Foundation (APF) emerged as a pioneering organization dedicated to raising awareness, providing support, and advocating for better care of individuals living with Alzheimer's disease and other forms of dementia in Pakistan.

The Alzheimer Pakistan Foundation was established with the primary objective of addressing the lack of awareness and structured support for dementia patients in the country. At the time of its establishment, Pakistan had very few organizations focusing specifically on Alzheimer's disease. The foundation began as a voluntary and non-profit initiative driven by healthcare professionals, caregivers, and social activists who recognized the urgent need to educate society about dementia. Its formation marked an important step toward acknowledging Alzheimer's disease as a serious medical and social issue in Pakistan rather than dismissing it as normal aging.

One of the most significant contributions of the Alzheimer Pakistan Foundation has been its work in raising public awareness. The foundation has organized seminars, workshops, awareness walks, and public lectures in major cities to educate people about the early signs, symptoms, and progression of Alzheimer's disease. These awareness programs target families, caregivers, students, healthcare workers, and the general public. By spreading accurate information, the foundation aims to reduce stigma, encourage early diagnosis, and promote empathy toward patients and caregivers.

Another important area of work for the Alzheimer Pakistan Foundation is caregiver support. In Pakistan, caregiving responsibilities mainly fall on family members, who are often untrained and emotionally overwhelmed. The foundation provides guidance, counseling, and educational sessions to help caregivers understand the disease and manage behavioral challenges associated with Alzheimer's. Through support groups and interactive sessions, caregivers are given a platform to share experiences, reduce stress, and learn effective caregiving techniques. This support plays a crucial role in improving both patient care and caregiver well-being.

The foundation has also worked to promote early diagnosis and medical consultation. Alzheimer Pakistan Foundation collaborates with neurologists, psychiatrists, and medical institutions to encourage timely assessment of memory-related issues. By educating general physicians and healthcare workers, the foundation helps improve referral systems for patients showing early symptoms of dementia. Early diagnosis allows families to plan better care, manage symptoms more effectively, and improve the quality of life of patients.

In addition to community-level efforts, the Alzheimer Pakistan Foundation has played an advocacy role by highlighting the need for policy attention and healthcare planning. Dementia care has long been

neglected in national health policies in Pakistan. The foundation raises its voice for the inclusion of elderly

mental health care in government healthcare strategies. It emphasizes the need for memory clinics, trained geriatric specialists, and long-term care facilities. Although progress remains slow, the presence of advocacy organizations like APF is essential for long-term systemic change.

Education and training are also key aspects of the foundation's mission. Alzheimer Pakistan Foundation works to educate medical students, nurses, psychologists, and social workers about dementia care. Workshops and training sessions help healthcare professionals develop a better understanding of Alzheimer's disease, leading to improved patient interaction and diagnosis. This effort contributes to building local capacity in dementia care, which is crucial for a country with limited specialist resources.

Despite its impactful work, the Alzheimer Pakistan Foundation faces several challenges. Limited funding, lack of government support, and low public engagement restrict the scale of its activities. Most of its initiatives rely on donations, volunteers, and partnerships with medical institutions. Furthermore, cultural stigma and misconceptions about mental health continue to create barriers to awareness and acceptance. However, the foundation continues to operate with commitment and resilience, gradually expanding its reach and influence.

Key Points of Alzheimer Pakistan Foundation:

- It is a non-profit organization focused on Alzheimer's disease and dementia awareness in Pakistan.
- It works to educate the public about early symptoms, prevention, and management of Alzheimer's disease.
- The foundation provides support and guidance for caregivers, helping them cope with emotional and practical challenges.
- It promotes early diagnosis by collaborating with medical professionals and institutions.
- The organization advocates for better healthcare policies and facilities for elderly and dementia patients.
- It focuses on training and education of healthcare workers to improve dementia care services.
- The foundation works to reduce stigma associated with mental and neurological disorders in society.

In conclusion, the Alzheimer Pakistan Foundation plays a vital role in addressing one of Pakistan's most neglected health issues. By raising awareness, supporting caregivers, encouraging early diagnosis, and advocating for better policies, the foundation contributes significantly to improving the lives of Alzheimer's patients and their families. While challenges remain, the continued efforts of the Alzheimer Pakistan Foundation represent hope for a more informed, compassionate, and prepared society in dealing with the growing burden of Alzheimer's disease in Pakistan.

Additional Details: Impact, Programs, and Future Vision of Alzheimer Pakistan Foundation

The Alzheimer Pakistan Foundation has gradually expanded its impact by focusing not only on awareness but also on long-term community engagement. One of its important contributions is creating a bridge between medical professionals and the general public. Many families in Pakistan hesitate to consult neurologists due to fear, cost, or lack of understanding. The foundation helps reduce this gap by educating families about when and how to seek medical help, thus promoting timely professional intervention. Through its activities, it has helped normalize conversations around memory-related illnesses within communities.

The foundation also emphasizes the importance of a patient-centered approach to care. Alzheimer Pakistan Foundation promotes dignity, respect, and empathy for individuals suffering from dementia. It highlights that patients are not merely medical cases but human beings who require emotional support and understanding. During awareness sessions, families are educated about managing behavioral symptoms such as aggression, confusion, and anxiety with patience rather than frustration. This approach improves the quality of life for patients while reducing stress levels within families.

Another significant area of contribution is collaboration with educational institutions and healthcare professionals. The Alzheimer Pakistan Foundation has worked alongside universities, hospitals, and medical colleges to introduce discussions on dementia care. By involving students and young professionals, the foundation aims to build a future workforce that is more sensitive and knowledgeable about geriatric mental health. This long-term vision is essential for creating sustainable improvements in dementia care services in Pakistan.

The foundation also plays a role in highlighting the economic and social burden of Alzheimer's disease. Long-term caregiving often leads to financial strain due to medical expenses, loss of income, and ongoing care needs. Alzheimer Pakistan Foundation raises awareness about this hidden burden and stresses the importance of social and governmental support. By bringing attention to these issues, the foundation encourages policymakers and stakeholders to recognize dementia as not only a medical issue but also a social and economic challenge.

Looking toward the future, the Alzheimer Pakistan Foundation advocates for the establishment of structured dementia care services, including memory clinics, day-care centers for elderly patients, and caregiver relief programs. It also supports the integration of modern technology, such as digital health tools and telemedicine, to improve access to care in remote and underserved areas. Although resources are limited, the foundation's vision reflects a forward-looking and sustainable approach to tackling Alzheimer's disease in Pakistan.

Overall, the additional work and vision of the Alzheimer Pakistan Foundation demonstrate its commitment to improving dementia care at multiple levels—individual, family, community, and national. Its continued efforts play a crucial role in shaping a more informed healthcare system and a more compassionate society for individuals living with Alzheimer's disease in Pakistan.

3. Date and Day Wise Activities:

Day 1 :

On the first day, I received a brief introduction to Alzheimer's disease and dementia, which helped me understand the nature and progression of these conditions. I also learned about the founders of the Alzheimer Institute and their vision behind establishing it. The staff explained how the institute operates and what services it provides to patients. We discussed the main purpose of the center, which is to offer quality care, support families, and spread awareness. Overall, the first day gave me a strong foundation for the rest of my experience

Day 2 :

On the second day, I focused on observing patients with Alzheimer's and dementia. It was a meaningful yet emotional experience as I noticed several symptoms such as mood changes, memory loss, and confusion. Some patients struggled with disorientation and had difficulty communicating clearly. I also observed challenges they face in performing daily activities. These observations helped me understand how deeply the condition affects both patients and caregivers.

Day 3 :

The third day involved spending quality time with the patients and participating in their daily activities. Being engaged with them helped me understand the importance of emotional connection and support. I realized that even small interactions can make patients feel valued and included. Observing their reactions during activities showed how meaningful companionship can be. This day taught me that care is not just medical—it is also social and emotional.

Day 4 :

On the fourth day, I worked on social media content for the institute, helping create promotional material and awareness posts. I assisted in preparing an announcement about the new clinical psychologist and female nursing staff joining the team. This task helped me understand how important communication and outreach are in healthcare organizations. I realized that social media can play a powerful role in spreading awareness about Alzheimer's. It was a productive day where I learned both creative and administrative skills.

Day 5 :

The fifth day mainly involved continuing my work on social media-related tasks for the institute. I helped update content and assisted in drafting posts that highlight the institute's services and activities. This allowed me to contribute to the organization's online presence and public engagement. The experience also helped me strengthen my communication and digital skills. Overall, it was a smooth and productive day that completed my weekly learning activities.

Day 6:

On Day 6, I spent quality time with Alzheimer's patients by engaging them in simple daily activities. I observed that involving patients in basic tasks and spending time with them helped build trust and emotional connection. This experience taught me that consistent interaction, care, and emotional support play a crucial role in making patients feel valued, included, and comfortable in their environment.

Day 7:

During Day 7, I participated in a professional development session focused on the importance of moral and ethical values in professional and caregiving life. The session emphasized empathy, patience, respect, and responsibility while dealing with vulnerable individuals. We also engaged in group discussions and scenario-based problem-solving activities, which helped me understand real-life challenges faced while working with dementia patients and how ethical decision-making is essential in providing quality care.

Day 8:

On Day 8, I assisted patients during a group activity session where they participated in simple and engaging tasks such as memory games. I carefully observed patients' responses and behavior during these activities. The calm and structured environment helped patients remain relaxed and focused. This activity highlighted the importance of cognitive engagement in slowing memory decline and improving the emotional state of Alzheimer's patients.

Day 9:

On Day 9, I spent additional time with patients by facilitating activities such as solving puzzles, picture matching, and other cognitive games. These activities were designed to stimulate memory and attention while promoting social interaction. I noticed that patients became more engaged and expressive during these sessions. This day reinforced my understanding that interactive activities strengthen emotional connections and help patients feel socially included and supported.

Day 10:

During Day 10, I assisted clinical staff by observing diagnostic and treatment procedures related to Alzheimer's patients. I learned how medical professionals assess the mental and cognitive health status of patients. The clinical staff explained common symptoms such as memory loss, confusion, and behavioral changes. This experience helped me gain insight into the medical aspect of Alzheimer's disease and the importance of professional evaluation.

Day 11:

On Day 11, I assisted patients during gardening activities as part of outdoor engagement. Patients were encouraged to participate in simple tasks such as watering plants, preparing soil, and planting small flowers. This activity was conducted at the patient's own pace to ensure safety and comfort. Gardening proved to be a therapeutic activity that promoted relaxation, physical movement, and emotional well-being.

Day 12:

On Day 12, I attended dementia-friendly training sessions where I learned about different stages and symptoms of dementia and how they affect a person's daily life. I gained valuable skills in clear and calm communication, managing challenging behaviors, and creating a safe and supportive environment for individuals with dementia. This training enhanced my understanding of patient-centered care.

Day 13: (Final Report / Reflection)

On the final day, I reflected on my overall voluntary experience with dementia and Alzheimer's patients. Throughout this placement, I learned how to communicate with patients using empathy, patience, and clarity. I developed a deeper understanding of their symptoms, emotional needs, and daily challenges. This experience significantly improved my confidence, compassion, and ability to provide respectful, person-centered care. Overall, this volunteer work was a meaningful learning experience that enhanced both my personal growth and professional skills.

4. What Social Issues Organization is Working on, how?

The Alzheimer Pakistan Foundation is actively working to address several critical social issues related to Alzheimer's disease and dementia in Pakistan. One of the major social issues is the **lack of public awareness and understanding** about Alzheimer's disease. In Pakistani society, memory loss and behavioral changes are often considered a normal part of aging, which leads to delayed diagnosis and improper care. The organization works to overcome this issue by conducting awareness campaigns, seminars, workshops, and community sessions to educate the public about the symptoms, causes, and progression of Alzheimer's disease. These efforts help reduce misconceptions and encourage families to seek medical support at an early stage.

Another significant social issue addressed by the Alzheimer Pakistan Foundation is **social stigma and neglect of elderly individuals** suffering from dementia. Many patients experience isolation, emotional neglect, and lack of dignity due to misunderstanding of their condition. The organization promotes respectful and person-centered care by emphasizing empathy, patience, and emotional support. Through caregiver training programs and volunteer involvement, the foundation encourages families and caregivers to treat patients with compassion and understanding, helping reduce discrimination and social exclusion.

The foundation also works on the issue of **caregiver burden**, which is a serious social challenge in Pakistan. Family members, especially women, are often primary caregivers and face emotional stress, physical exhaustion, and financial difficulties. Alzheimer Pakistan Foundation addresses this issue by providing guidance, counseling, and educational support to caregivers. It helps them develop coping strategies, communication skills, and caregiving techniques that make patient management more effective and less stressful.

In addition, the organization focuses on the **weak healthcare support system for elderly mental health**. Pakistan has limited geriatric care services, memory clinics, and trained professionals in dementia care. The foundation collaborates with healthcare institutions and professionals to promote early diagnosis, caregiver education, and dementia-friendly practices. By advocating for better healthcare policies and training programs, the organization works toward improving long-term support for Alzheimer's patients.

Overall, the Alzheimer Pakistan Foundation plays a vital role in addressing social, emotional, and healthcare-related challenges associated with Alzheimer's disease. Through awareness, education, advocacy, and support services, the organization is making meaningful efforts to improve the quality of life of patients and caregivers while promoting a more informed and compassionate society.

5. How do you plan on Working on the Issue and Development?

I plan to work on the issue by first increasing my understanding of Alzheimer's and dementia through continuous learning and direct patient observation. By identifying the emotional, behavioral, and communication challenges patients face, I can develop more empathetic and effective ways to interact with them. I also aim to support the institute by contributing to awareness campaigns and improving social media outreach. Additionally, I plan to stay engaged in activities that promote patient inclusion and emotional well-being. Through these efforts, I hope to contribute to both the development of the institute and my own professional growth.

6. Working picture:









7. Annexures:

NOTES

Day 1:

- ① briefly introduction about Alzheimer & dementia.
- ② founder of Alzheimer instit
- ③ we also discuss about purpose of Alzheimer institute

Day 2:

Patient observations of dementia & Alzheimer. can be a poignant experience what I noticed:

- ① Mood changes
- ② Memory loss
- ③ Confusion & disorientation
- ④ communication challenges
- ⑤ daily struggle

Day 3:

- ① spend time with patients & doing activities with them
- ② Being part of their activities taught me that connection & support can help them feel more alive & included

Day 4:

I have worked on social media add to their new clinical Psychologist and female nursing staff.

Day 5:

I worked on social media

obs
for
for
feel nursing
hiring Alzheimer's palliative
staff physiotherapist &

Day 6: spent time with patient
by doing activities with them
taught me that connection & support
can help them feel more included.

Day 7: During the development session, we work
on the importance of moral &
ethic in professional life. We also engaged in
different activities such as group discussion, scenario
based problem & reflect exercises that help us understanding

Day 8: During the group activity session, I helped
patients participate in simple, engaging
tasks such as memory game. I
also observed their responses & ensure a calm

Day 9: Spent some time with patient
by doing activities with them
playing different puzzles, picture
memory & others games. Being part
of their activities taught me that
connection & support can help them
feel more able & included.

Day 10: During clinic day, I assisted in observing health status, medical condition, & overall dementia of Alzheimer patients. I supported the clinic staff by noting cognitive symptoms such as memory loss, confusion, behavioral changes etc.

Day 11: During gardening day, I assisted patient in simple outdoor activities such as watering plants, preparing soil, & planting small flowers. I encouraged them to participate at their own pace & provide support to ensure their safety.

Day 12: From the dementia-friendly training I learned how to understand the different symptoms of dementia & how they effect a person daily life. I gained skill in communicating clearly using calming behaviors & I also learned how to create safe, supportive environment for individuals.

Day 13:

First report: As a volunteer working with dementia & Alzheimer patients, I learned how to communicate with patient empathy & clarity. I gained an understanding of their behaviors by daily dealings & developed skills to respond more respectfully towards. Overall, this experience improved my confidence, compassion & ability to provide person-centered care.

