

ARDSI CALCUTTA CHAPTER

Providing Dementia Care & Service since 1999

From the desk of the President:

At the very onset of this year 2013, I on behalf of ARDSI (Calcutta Chapter) extend a warm greeting to all the members of ARDSI, patrons and well wishers. I have taken the charge from legendary person, Prof N N Sarangi who have worked hard to bring the organization in the fore-front and ably guided it in the last decade through his wisdom.

Perception or awareness of dementia or progressive memory loss in elderly is poor in our society and a lot needs to be done to raise these in days to come.

Report from World body suggests an oncoming epidemic of dementia in coming decades and most of them are from developing countries such as China and India.

The question is "Are we prepared to face this problem?" I must say in the present scenario, the Government who is the main custodian for protection of people's health is not still prepared to combat this oncoming danger, but there is indication that the Government has realized this shortcoming and possibly will be taking necessary steps. There is need of both budgetary provision and augmentation of human resources.

The issue of "dementia care" is the primary objective of ARDSI, but the raising awareness and early detection of dementia will help in managing patients.

ARDSI (Calcutta Chapter) still depends on donation from benevolent persons /organization. Meager resources come from extending care to subjects with dementia.

Research on dementia is poor in India and more funding is needed to carry out relevant and appropriate research which should be locally, culturally and socially suitable rather than repeating what has been done in developed countries. Hence through this communication, I request benevolent persons/organizations /companies as part of corporate social responsibility to provide donation to undertake appropriate research.

We are planning to extend our care to other part of the city and also suburban areas for extending benefit to semi-urban and rural people.

We hope that with your blessing and good will, we shall move forward.

Sincerely

Shyamal Kumar Das

Society Activities

We are pleased to inform that Smt. Sabitri Mitra, Minister-in-Charge, Department of Women & Child Development and Social Welfare, Government of West Bengal and her

team visited our Daycare Center in Regent Estate and spent time understanding our work. We look forward to an association with the Government sector.

Here are some moments from the activities of our Day care & other programs:



Daycare Picnic on Dec, 2012



Daycare – in touch with technology



NISD Sponsored Training on Dementia Care

A contribution from Daycare beneficiaries

পূজোর আয়োজন

মন্দিরে জ্বলে সুজাতার প্রদীপ,
পূজার আয়োজনে আছে সুভাষ ঋতদীপ
মালা গাঁথছে তাসি, সঙ্গে আছে মাসী।
ধুতি পরে বাপ্পা সবার উপরে খাপ্পা
শাড়ি পরে সুপর্ণা নাচ দেখিয়ে ধন্বা
ঝাঁটা হাতে পাপিয়া দি বলে আর না আর না।
পূজায় বসে সুবোধ পূজারী
অঞ্জলী দিতে বসে অঞ্জলী বৌদি।
গামছা পরে ডাকু দা করে ডাকাডাকি
তাই দেখে সুনীল বাবু করে লাফলাফি।
ঘাবড়ে গিয়ে ভট্টাচার্যি বাবু বলে
'মায়ের কাছে যাবো'
অমিত দা বলে প্রসাদ খেয়ে তবে যাবো।
খাবার হাতে পি বি দাস করে খাবো খাবো
অমিতাভ বাবু বলে পূজো হলে পরে খাবো।
অবশেষে লাঠি হাতে নীলাঞ্জনা দিদি
বলে বন্ধ করবি এসব ফচকে ফাজলামী।।

Visits from abroad:

Claire Betts, UK was on her second visit to ARDSI Calcutta. Here is what she had to say;

In a way, ARDSI Calcutta feels like my second home. A family atmosphere full of genuine love and care. Patient, warm and caring staff and an amazing and tireless campaigner in Nilanjana. This is the role model of dementia care in India, and from it UK could learn many a lessons.

Thank you eternally to the staff for the kindness and friendship they have shown to me and thank you for all you do on behalf of your wonderful, inspirational clients.

Lots of Love.



Claire Celebrating Christmas at Daycare

Description of ARDSI Calcutta visit – by Andrea Higgins:

Andrea Higgins (Senior Nurse Practice Development/Health Board Project Lead for Dementia/Mental Health & Learning Disabilities Services) UK & Wales was on her first visit to India as part of her Florence Nightingale scholarship to see dementia services in India. Here is a feedback on ARDSI Calcutta activities upon her return.

Day care centres - There were originally two day care centres across Kolkata however with limited funding one centre is temporarily closed but the remaining day care centre goes from strength to strength; it provides 1 to 1 care with each attendee having their own care giver employed by ARDSI Kolkata. This leads to a more personalised approach to care because the care giver remains the same familiar face each day and understands the individual needs of the person. I felt this was a significant positive approach.

Kolkata is also particularly advanced with person centred care whilst documenting their approaches to ensure effective care and communication and involving the families. Person centred care is clearly the fundamental philosophy of Kolkata and that came shining through with the staff; definitely advanced compared to my other visits.



Andrea in ARDSI Calcutta Daycare Centre

Staff training philosophy is clear in Kolkata and in light of the challenges of resources I feel the achievement is so much. My only constructive comment would be a process by which the caregivers know what the physical needs are, that is, people with dementia often have co-occurring physical illnesses and therefore complex prescribing.



Dementia Carer Training

Within the local Apollo privately run hospital the Consultant Neurologist Dr Amitabha Ghosh has a team of 4 full-time members of staff who undertake research on his behalf, the four researchers are undertaking various streams of research one of which is the consideration of an alternative tool to the Internationally renowned Mini Mental State Examination Tool © which will also be a Hindi translation of an examination.

I was impressed by the local research underway with Dr Amitabha Ghosh's team, it

is impressive and localised - I have brought this learning back to Wales because I don't think we do enough of this locally.

Public awareness sessions are provided at every opportunity that shows itself, when I visited I was lucky enough to attend a Kolkata Rotary Club awareness session.



Awareness & Memory Screening Camp

There is an arrangement in Kolkata that people who can afford to pay for services can receive care support within their own homes from ARDSI staff, several times per week if wanted.

My home visits were great and the people I met were wonderful, my only suggestion would be to have the staff trained more intensely in cognitive activities for people with the dementia.

A care giver training and awareness session is provided regularly one evening at the day centre and I was lucky enough to be there when it occurred; I was asked to give a presentation on our carer supports within

Wales and I referred to the Carers Measure which was recently implemented.



Andrea addressing a carer meet

I was lucky enough to be invited to meet the Brigadier S P Bhattacharya, who has cared for his wife with Alzheimer's for over 18 years at their home in Kolkata. It was a great honour to be invited to listen to his experiences and honesty about the journey for himself and his children. He has also published his experiences to recognise and share what a challenge caring for someone with Alzheimer's disease is.

What can I say about the Brigadier he was inspirational it was an emotional visit, and I have certainly sung his praises everywhere I have been.

I provided a teaching session to approximately 50 3rd year student nurses at the Apollo school and was warmly greeted by Principal Anjana Sen. She was certainly providing a high standard of training and she was certainly visionary in terms of dementia.

Appeal from Nilanjana Maulik - Director, Dementia Services, ARDSI Calcutta

We cannot begin to express what your donation means to our ARDSI family. It is difficult for us to survive, but knowing we have the support of individuals/organizations like you certainly help. Please know we sincerely appreciate your kind gesture. Thank you for making a huge difference to the people with dementia and their families we represent in the region. We look forward to your continued support and cooperation.

You may send your contributions through Crossed Cheque drawn in favour of "ARDSI Calcutta Chapter" and mail it to ARDSI Calcutta Chapter, 15/3C Naskarpara Lane, Kolkata 700 031.