



**Alzheimer's And Related Disorders Society of India, Calcutta Chapter**

**Care & Support for Dementia**



**Annual Report 2015-2016**



## Mission Statement

Accompanied with a vision to create widespread awareness and acceptance of Dementia throughout Eastern India via continued education, advocacy & services, ARDSI Calcutta continued with its ongoing activities in 2015-16 based on its value of:

- Understanding the unique needs of people with dementia and their caregivers
- Encouraging partnership & collaborative efforts
- Accountability & Viability
- Dignity & Respect
- Innovation & Creativity

### From President's Desk

ARDSI Calcutta Chapter is progressing steadily. We are in constant touch with community and spreading awareness about dementia.

The society is continuing to provide care at its day care centre and also at individual level in home setting. Our Chandernogor dementia care centre is also coming up slowly, but steadily. New building is being set up from MP LAD fund of Dr. Barun Mukherjee, ex. Rajyasabha MP. Our weekly dementia clinic is running smoothly with help of local samaritans like Mr Satu Chakraborty and Mr Goutam Seal and Mr. Bholanath Das who donated the land, along with our team of neurologist and psychiatrists who pay regular weekly visits. We need more cooperation from local people and also financial support for completion of our initial dream of establishing a dementia care centre in a suburban area for facilitating diagnosis and treatment of subjects with dementia who cannot afford treatment in the city of Kolkata. Our temporary staff in Chandernogor Centre are also dedicated and work to our full satisfaction. We have seen more than 200 neurological patients since its inception.

We are planning to organize one day scientific program in the coming Month of September, 2016 for updating knowledge on advances of dementia and caregiving in Kolkata with different local experts. We will inform the details shortly.

Since dementia cannot be fully cured, emphasis is being laid on prevention. Among the necessary measures, physical exercise, social interaction and dietary planning are being given priorities. Prevention of cardiovascular disease such as hypertension and heart disease are equally important. It has been shown that these cardiovascular factors can precipitate frank dementia in an asymptomatic Alzheimer subject when brain function has been compromised.

Hope, we shall continue to progress and in future we shall find solution to overcome dangerous consequence of dementia.

  
ARDSI Calcutta  
President

## Highlights from 2015-16

**Foundation stone laying ceremony of our B N Das Dementia Clinic and Care Center, Chandernagor**, 35 Km from Kolkata, took place on June, 2015. This initiative by ARDSI Calcutta is towards acknowledgement of the fact that about 70% of our population live in rural areas and people with dementia and other related disorders and their family members face a lot of difficulty in consulting specialist doctors, psychologists and professional caregivers whose help is required for diagnosis, treatment & care.



**“Don’t grieve. Anything you lose comes round in another form.”— Rumi**

ARDSI Calcutta believes in that statement of Rumi after losing Brigadier S P Bhattacharya, executive committee member and a gem of a carer for his wife with dementia on 15<sup>th</sup> October, 2015.



The experience of loss on death of a client is very emotive for staff & volunteers. We attempt to keep memories of deceased clients alive by remembrance. And, nothing can make us feel better than when we hear from the family how our presence mattered in their lives. Here is one such loving soul Jagannath Sarader we lost this March, 2016 and a note from the daughter.

*Dear Nilanjana, Greetings from Delhi.*

*You wrote to me long time back but I could not reply. It was like a whirl wind of events and Baba just disappeared suddenly on 14th March. I am sure he will be with us always through his*

values, his high spirit and his zest of life. Never did I ever hear from him saying "I am old and I will die soon", even when he was hospitalised. Till the end, he fought with courage.

Nilanjana, we are deeply indebted to you, your colleagues and ARDSI. I still remember the first time I spoke to you on the phone and then on I always knew my father was so much well taken care of by all of you. Not only my father but because of ARDSI, my mother also got a lot of relief. I am just proud of your endeavour and inspired by your selfless actions.

We are performing the shraddha ceremony on the 26th March and I hope that your colleagues can join the family to pray together.

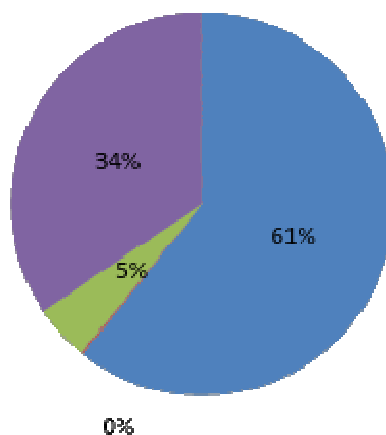
Take care Nilanjana. Best regards. Aditi Halder

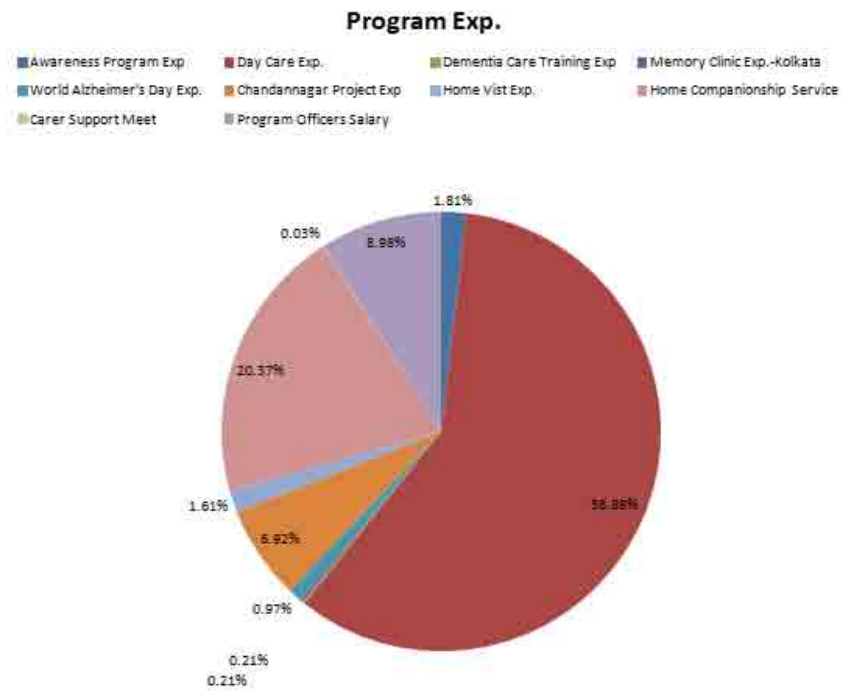


## Financial snapshots

### Income

■ Individual Donation ■ Trust Donation ■ Corporate Donation ■ Other Income





## Activities:

### Activity: Awareness programme

We campaigned for a fairer deal for people with dementia and their carers. We worked hard to raise awareness of dementia, both with the general public and health professionals to address a wide range of issues, including early warning signs and effective strategies for obtaining diagnosis, treatment, care and support. We also did promote positive images of people living with the disease and their caregivers. Audience ranged from members of welfare organizations to Youth Clubs, Old age associations, Children of High schools.

**A total of 14 campaigns were conducted for 750 + participants.**



**Activity: Helpline**

Our ARDSI Calcutta Helpline program aims to reach out to family & friends of people with dementia as well as people with early memory concerns. A **total of 228 calls** were made in the year.

**Activity: Memory Screening Camps**

ARDSI Calcutta **conducted a total of 2 memory screening camps** and **screened 73 participants** and made appropriate referrals for treatment & care.



### **Activity: Counseling for People with Dementia & Family members**

A total of **37 counseling sessions** were carried out in our office.

### **Activity: Home Visits**

We reached out to **34 persons with dementia and their family** at their respective homes.

### **Activity: Training**

A total of **4 training programs** were conducted for **family members, professional health care personnel & ARDSI Calcutta staff**. Topics ranged from daily challenges in dementia care to handling emergency medical needs, medication administration.



### **Activity: Memory Clinic**

ARDSI Calcutta **conducted 12 clinics in Kolkata & 43 clinics at our outreach program at Dishari hospital, Chandernogor**. The construction of our center is in progress as seen in the pics below. We hope to begin our work next year from the center.



### **Activity: External Visits**

Students from schools, colleges, universities and institutes, both local and abroad visited us to know about our work.

9 nursing students from Government/ Private nursing colleges in Kolkata spent 1-2 weeks at our daycare program to experience firsthand the dementia experience.

3 students from abroad: Ankhi Maulik, a student from Boston University came to see the physical effects of music on dementia clients, Minori Parelkar a High School student from USA to learn communications with dementia clients so that she could support her own grandfather with the condition. Tapadhir Das, a computer science & engineering student from Oregon Institute of Technology to raise awareness of dementia in the community.

2 students locally: Sreya Mondol a research fellow from University of Kolkata studying “The effect of family environment on cognitive preserve of dementia due to Alzheimer’s disease patients” for the purpose of her M.Phil dissertation. And, Haimanti Sen from TISS, Mumbai to explore activities with dementia clients.

2 Interns from SANVED visited our daycare. Sanved is an organization whose mission is to harness the power of dance and dance movement therapy to heal, empower and transform individuals into active citizens and change makers. They wanted to explore the art of dance movement therapy among people with dementia.

#### **Field report by Dr. Aditi Bandyopadhyay, Sanved**

It was a wonderful experience as well as a big revelation coming to ARDSI Calcutta for the two months long internship to be conducted every Friday morning.

This adult day care catering to elderly individuals mostly with dementia due to Alzheimer’s or due to other causes were sent here by their family members to spend the whole day. The quality of work done by the participants there aided by caregivers, staffs and volunteers were remarkable. We met a music therapist there and they were already working on a lot of musical activities through use of different instruments as well. The best part was to see the amount of



dignity offered to the elderly individuals as it was remembered at all times, that all of them had been in a some sort of dignified position in their lives at some point of time or the other.

The routine set out for the participants were very structured and so every day before our classes they were well informed about the forthcoming DMT classes.

The participation was really good and the caregivers tried their best so that they could help us in getting all the participants perform. It also seemed that different festivities were celebrated at the center. The Saraswati Puja and celebration of Holi at ARDSI was remarkable. At all times the staffs there had been most cordial.

The entire class seemed to like DMT as they always looked forward to it, but whether they were benefitting from it or not would take some more time to understand and assess. In our observation some of them willingly participated and even expressed through various gestures and emotions about their fondness for the movements done in DMT sessions.

The facility did provide good elderly care, support and most importantly kept them engaged with various activities trying to offer every possible coping strategy to deal with dementia.



### **Activity: Outreach**

ARDSI Calcutta extended its outreach activity in Sundarban this year at a local school. We look forward to visiting this area more and developing activities with the locals.



### **Activity: World Alzheimer's Disease**

Focusing on the theme of "Remember Me?" ARDSI Calcutta observed the World Alzheimer's Awareness Month with various programs. ARDSI Calcutta is thankful to all participants, sponsors and donors for their support.

**5<sup>th</sup> September Rikshaw Rally**

**6<sup>th</sup> September Awareness Byam Samity in Satragachi**

**11<sup>th</sup> September Awareness School @ Satragachi**

**21<sup>st</sup> September musical program Ankur by Engage Foundation**

**21<sup>st</sup> September Talk on Dementia at All India Radio, On AkashBani**

**26<sup>th</sup> September, exhibition@ Ankur Hall with the photos Videos, andhan drafts, writings, paintings etc of our dementia clients**

**27<sup>th</sup> September, Awareness @ HindolClub ,Kasba**



### **Activity: Caregiver Support Meet**

Our caregiver support meet was conducted for family caregivers in various settings like daycare center, in the community, hospitals, medical colleges and covered topics ranging from wandering habits of dementia persons to dealing with caregiver frustration, meaningful activity and medication management. **A total of 6 meets were conducted and 67 caregivers participated.**



### **Activity: Daycare Center**

**An average of 14 clients per day attended the day care center and 281 days of care was extended.** As always, simple yet powerful activity was the theme of the year. We lived and loved our time at the center with doing everyday things along with celebrating birthdays and all yearly special days. We also invited special guests from various communities including LGBT who spend time with us to know us better and spread the message of acceptance. Particular emphasis was also on making our community dementia friendly and, so we wandered out in the outdoors meeting people, visiting restaurants, enjoying amusement parks and setting up a snack kitchen in a fair and having clients prepare snacks and sell them, so that people know “Dementia is not all gloom and doom”, if given an opportunity, people with dementia can do wonders.

### **Snapshots of daycare center:**

**Celebration of special occasions~**









Outdoor Activities:

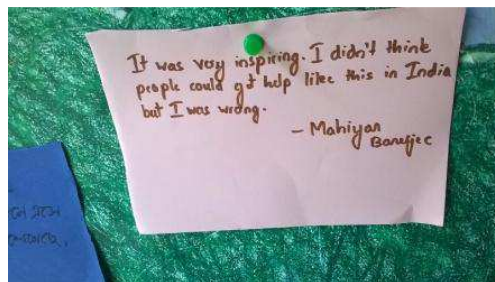




Here are couple of feedbacks on how we do dementia care in Kolkata. Two from family members and the other from a visitor from Australia.

Dear Nilanjana

I visited your center today and I must thank you and your team for a great job done and loving care provided. Ranjan Ghosh



Hello Nilanjana

My time at ARSI Calcutta daycare yesterday was magic.

The very moment I stepped into this space I could feel that these clients were happy, healthy and well cared for.

I was welcomed so warmly in that beautiful Indian tradition and I received a most beautiful card that the clients had made which I will treasure.

I felt part of the whole day as we danced, sang songs, did yoga, made cards and talked about New Years resolutions - and of course ate!!

Your staff are so warm and caring and are so loving towards your clients.

The clients are wonderful, some cheeky, one telling me he had been to America - I think he thought I was American -& one telling me the physics tables - of which my brain understands nothing. Such great people with rich pasts.

The centre is a credit to you.

I left a few small gifts but my gifts were a fraction of the gift I received.

Thanks for these blessings

Much love to you

Katy Fitzgerald

#### **Activity: Staff & Volunteer Appreciation:**

ARDSI Calcutta Staff & Volunteers were shown appreciation for their dedicated time/energy and good work with a trip to Sundarban.



#### **Activity: Home Companionship**

A total of **12 Clients** were under the home companionship program for the year. **3 staff handed out** each a total of **306 days of service**. Services ranged from activities at home to taking clients to visit their old school, their favorite hangouts from younger days and arranging make believe award ceremony to support personhood.

Here are couple of feedbacks from family caregivers for our Home Companionship service:

**“What I really appreciate is the sincerity and humane approach extended by the entire team at Ardsi Calcutta. I have availed of the home visit service for my father Girish**



Verma. Rajat from Ardsi Calcutta is more a kind friend than caregiver to my dad. It's remarkable the comfort level my dad has with him and how he helps dad stay connected with his fond memories , while keeping him engaged in activities he enjoys. We are very happy , satisfied and grateful with his services” . Punam Verma

“You are an invaluable resource for us. Often, you act as a supervisor and observer of what goes on in Baba's household. Remember that situation when a caregiver was repeatedly misbehaving with him and you found out and reported to me? Your compassion and love for Baba makes you a part of Baba's life. Keep going and singing to him. It gives me solace too”. Suparna Bose



### **Activity: Fundraising**

ARDSI Calcutta successfully coordinated 2 special programs to raise decent amount of fund to keep its programs & services going. One was with the renowned boutique “Byloom” and the other was from “Kolkata Gives” fundraising event.



### **Message from Donors:**

The donation to ARDSI Calcutta was made as per the express wish of my sister-in-law, the (late) Mrs. Dhun S. Ayrton - who spent practically her whole life in Kolkata and had always spoken about the dedication of ARDSI Calcutta in providing care and emotional support to people during their years of fading memory.

I feel it is the most difficult part of giving relief and companionship to People with dementia and their family members and I am sure ARDSI Calcutta will continue this noble service in the years to come.

Best regards,

DARA J. DUBASH

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At Applied Research Works IPL, our team develops technology that helps to improve the quality and lower the cost of health care for millions of people. Our company supports ARDSI Calcutta because training and developing caregiver skills makes a huge difference in the quality of lives of people with dementia and their family members. Taking care of the whole person leads to the best outcomes and we are proud to be supporting ARDSI's Calcutta's creative, innovative and effective programs to alleviate the challenges of dementia.

Yin Ling Leung  
Co-Founder & Senior Vice President, Strategy and Partnerships



**Thank you to People with dementia, their family members, volunteers & staff and members of ARDSI Calcutta, donors, other organizations and all those out in the community who has helped and supported us in giving us an opportunity to make a difference to the cause we represent everyday.**

A handwritten signature in black ink on a light pink background. The signature appears to read "Nilanjana Maulik".

**NilanjanaMaulik**

**Secretary, ARDSI Calcutta**

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**ALL DONATIONS TO ARDSI CALCUTTA ARE ELIGIBLE FOR TAX RELIEF UNDER Income Tax u/s 80G of It Act, 1961. We are also registered under Foreign Contribution Regulation Act, 1976.**