



# **ALZHEIMER'S AND RELATED DISORDERS SOCIETY OF INDIA**

**CALCUTTA CHAPTER**

**Care & Support for Dementia**

**ANNUAL REPORT 2021-2022**





## **MISSION STATEMENT**

Accompanied with a vision to create widespread awareness and acceptance of Dementia throughout Eastern India via continued education, advocacy & services amidst challenges of various kinds from finance to COVID 19, ARDSI Calcutta continued with its ongoing activities in 2021-2022 based on its value of:

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





Dear Friends,

It feels so nice to connect with you once again. The nightmare of the last two years seems to be decisively ebbing. For many of us, tentative steps out of the house have now changed to visibly bolder strides. Covid -19 has not gone away but has mutated into less damaging strains. With timely vaccinations and our increased understanding of the disease, we are therefore coping more confidently.

Our Day Care Center is very much active and we welcome all of you to visit us. Please give a call to our Secretary, Nilanjana Maulik, if you wish to do so. Dementia needs to be recognized early, when there is still scope to increase the brain's resilience and therefore to delay disease progression. So I think it is important and timely to arm our own youth with knowledge of cognitive disorders. We encourage each one of you to actively help us in this mission. Raise the topic with them in your discussions, encourage them to read up on Alzheimer's disease and other dementias and on their societal impact, answer their questions or connect them to any of the executive committee members of ARDSI Calcutta and we will be only too eager to help.

Keeping to the topic of early diagnosis and the need for increased awareness, I would like to thank all who helped us organize our community outreach programs last year. There is still a lot more to be done and we continue to need your active participation. Please see if you could arrange an outreach meeting on dementia awareness in your area and Nilanjana and I would be very happy to join you.

Finally, I am very happy to tell you that after a gap of three years ARDSI Calcutta will once again organize a physical conference on dementia especially for you during the World Alzheimer's month. The one-day interactive conference will be held on 18 September 2022 at the Taj Vivanta hotel in Kolkata and a very exciting program is already being planned. We will shortly be sending you more details of the event but please do block the date in your diaries. I look forward to personally welcoming all of you there.

I wish you and your family a wonderful year ahead.

Warm regards,



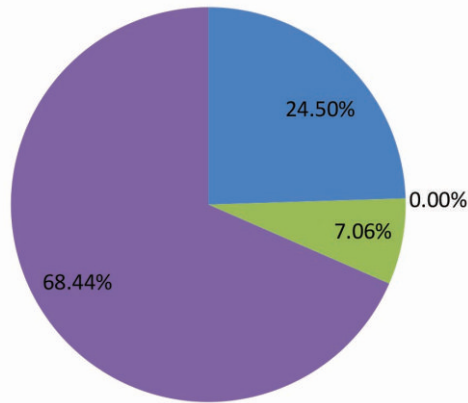
**(Dr. Amitabha Ghosh)**

President, ARDSI Calcutta Chapter

## HIGHLIGHTS FROM 2021-2022

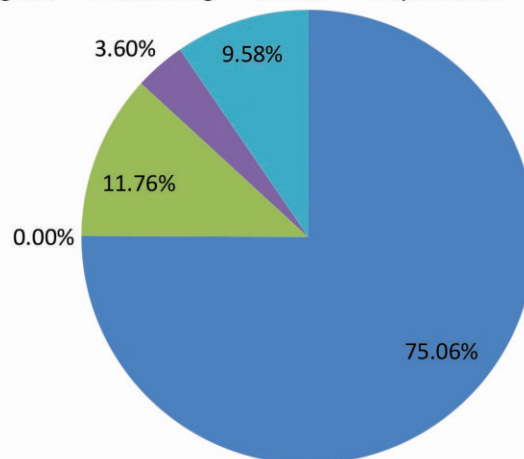
### Income 2021-22

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



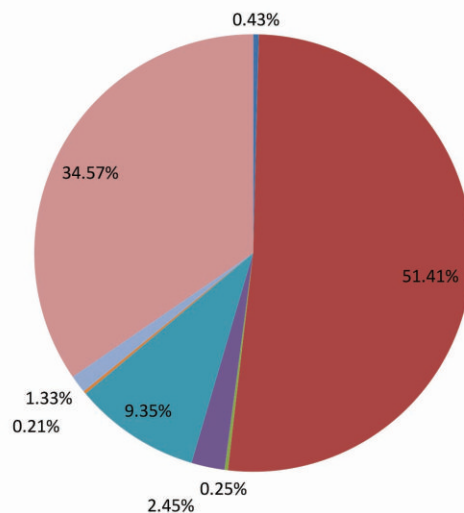
### Expenses 2021-22

■ Program ■ Fundraising ■ Admin ■ Depreciation ■ Surplus



### Program Exp. 2021-22

■ Awareness Program Exp ■ Day Care Exp. ■ Dementia Care Training Exp  
■ World Alzheimer's Month Exp. ■ Chandannagar Project Exp ■ Outstation Awareness Program  
■ Training Program Exp. ■ Other Activity Expenses



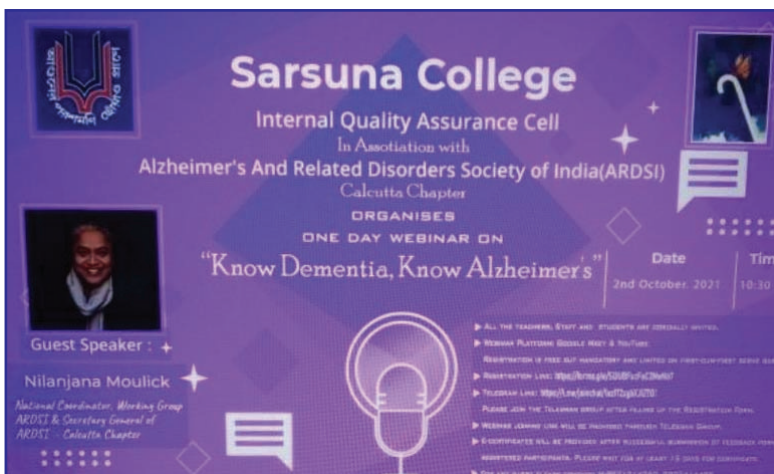
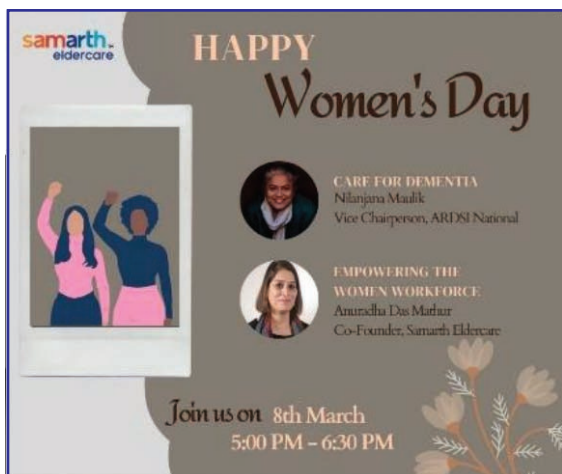
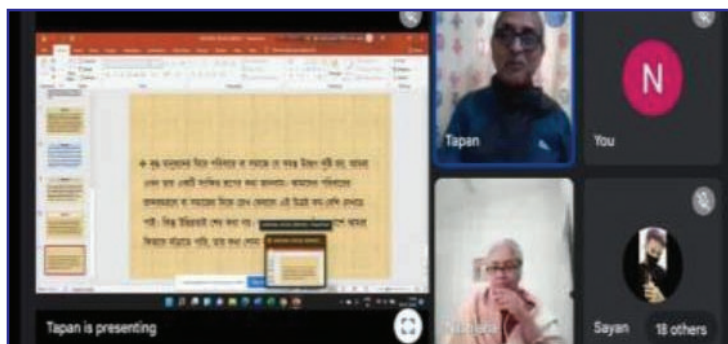
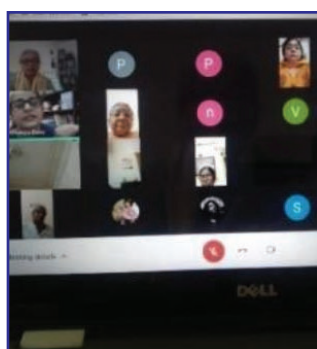
## ACTIVITIES 2021-2022

### Here are some highlights from the past year:

During the financial year of 2021 -2022 due to Covid 19 situation still on we had to restrict some of our in-person activities and services like Awareness campaigns, Training, Carer Support Meets, Office /Home counseling to some extent. But we used the virtual platform extensively to reach a huge number of people in and outside West Bengal.

### Awareness Programs

- 15 Awareness Programs were conducted through online platforms like Google Meet, Zoom & Facebook that reached around 12000 people from clubs, schools, colleges, government offices, consulates, hospitals, and social organizations.



### World Alzheimer's Month September, 2021

ARDSI Calcutta Chapter celebrated WAM by organizing many programs throughout the month of September 2021 utilizing the online platforms like Zoom, Google Meet, Facebook Live and also in person.







## On World Alzheimer's Day 21st September 2021

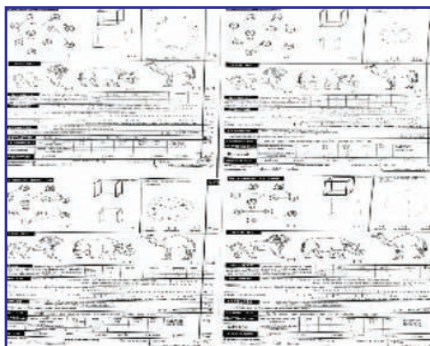
In collaboration with Kolkata Port Trust, Howrah Bridge was lighted up in blue lights honoring people with dementia.



An FB Live program on dementia with Mirchi Agni was held which had 16000 views



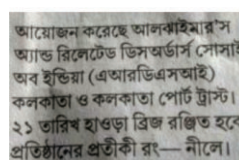
The month ended with a Free memory assessment camp arranged by ARDSI Calcutta on 30.9.2021 for the people who won the contest on dementia



Most of these activities and events were well covered by both electronic and print media during this month.

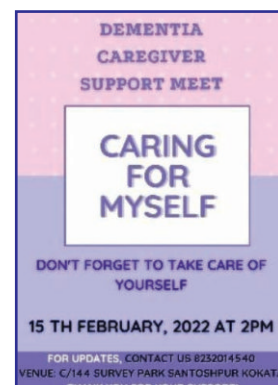
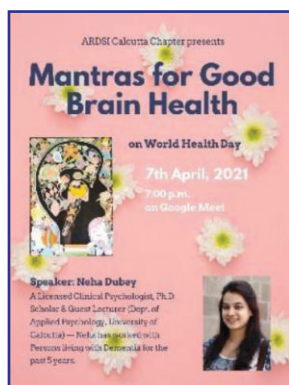
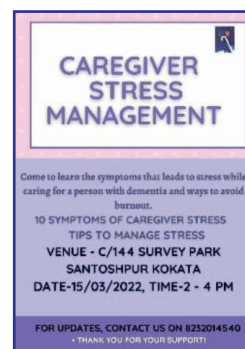
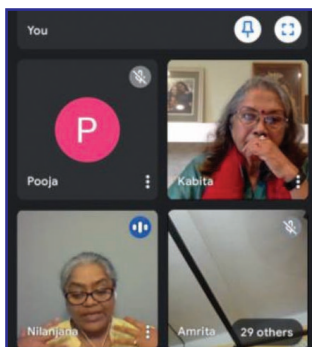
### Media Coverage:

1. AIR Kolkata coverage on Radio
2. Kolkata Korcha, Anandabazar
3. Telegraph Metro
4. Times Of India
5. EiSomoy
6. ABP Ananda Coverage on TV
7. TV 9 Bangla Coverage on TV



## Caregiver Support Meets

- 8 family caregiver support meets were conducted to share the caregiving journey.



## Counselling Sessions-Office & Home Visits

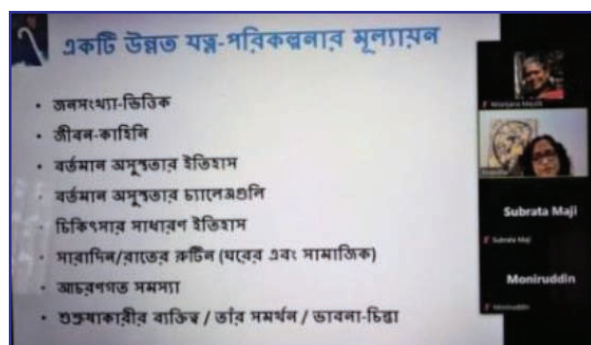
- 18 home visits & 19 office visits were conducted that reached family members with careplans & counseling & memory screening



- 33 Online Assessments were conducted

## Training

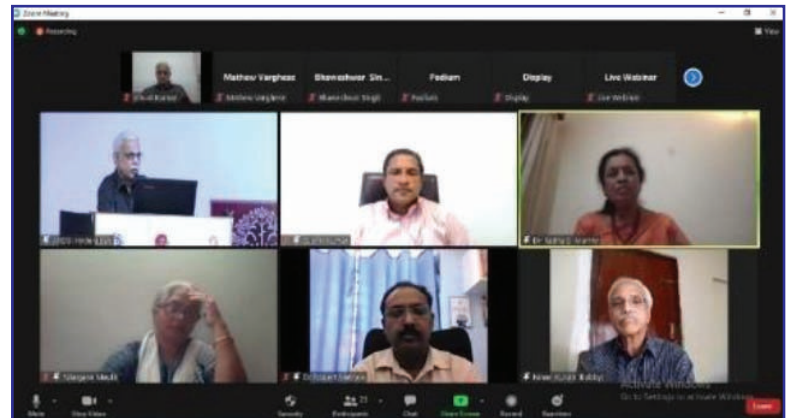
- 5 training programs are conducted during 2021-22 session





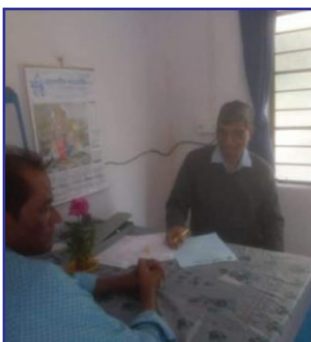


## National Conference Participation



## Memory Clinic

- 15 memory clinics were conducted that treated 91 patients in our Chandannagore campus along with it an awareness program was also conducted to raise awareness of its presence.



**60+ Clinic**  
**ARDSI Calcutta Chapter**  
**Bhola Nath Das Dementia Clinic & Research Center**  
**Bilkuli, Chandannagar**  
 For Appointment, Contact Amrita Mukherjee ☎ 9062925183

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**Doctor List**

|  |  |
|--|--|
| Dr. Malay Ghosal (Psychiatrist)<br>2nd Sunday of every month (10.30 am)  | Dr. Arindam Biswas (Geneticist)<br>4th Sunday of every month (10.30 am)                          |
| Dr. Anirban Gazi (Psychiatrist)<br>3rd Sunday of every month (10.30 am)  | Nilanjana Mukherjee (Psychologist)<br>2nd, 3rd & 4th Sunday of every month (10.30 am)            |
| Dr. Gautam Das (Neurologist)<br>4th Sunday of every month (10.30 am)     | Dr. Bhola Nath Manna (General Physician)<br>Every Tuesday, Wednesday, Friday & Sunday (10.30 am) |
| Dr. Sayanti Ghosh (Psychiatrist)<br>4th Sunday of every month (10.30 am) | Probal Saha (Physiotherapist)<br>Every Tuesday & Saturday (11.00 am)                             |





## Special Visits

Inner Wheel members visited our centre and donated some essential things for our Daycare Centre.

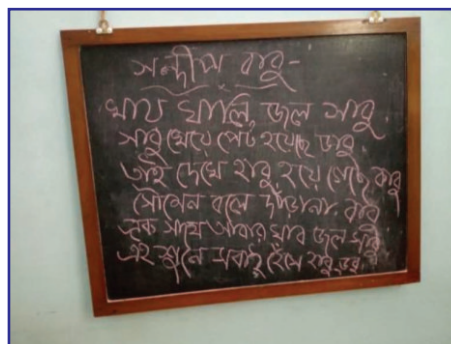
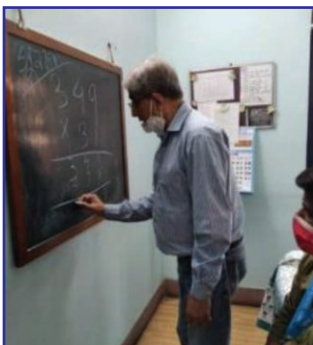
Nurses in training from NRS Medical college visited and interacted with clients.



## Daycare Activities

After lockdown ARDSI Daycare service resumed from June 16th 2021. Daycare was attended by 11 clients.

Total daycare Days attended by them 300 days.



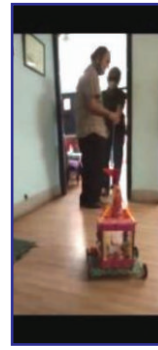
## SPECIAL DAY CELEBRATIONS IN DAYCARE

### Welcoming Bengali New year 1428





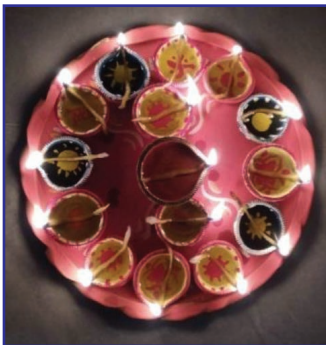
## Ratha Yatra



## Pre Durga Puja Celebration



## Diwali and Bhaiphota



## Annual Picnic



## Christmas with a cake baked at our centre with the help of staff & clients.





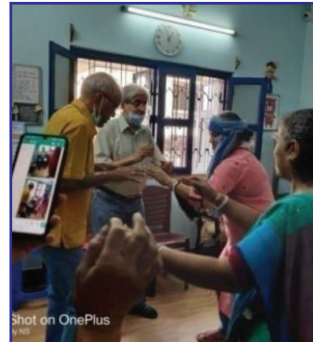
## Republic Day with Handmade flags by clients and staff.



## Saraswati Puja



## Holi



## Home Companionship Service

- 365 days Home companionship service sessions were delivered at the home setting to 22 clients by 5 staff caregivers



## Testimonials

Testimonials are powerful unbiased voices of real people that are powerful to prove our worth and credibility. They speak about the work we do as an organization and the impact of it on the community.

Here are some of them that have come from families who use our services, and from donors who trust our work.

### Family Members:

My mother loves to visit the Day Care offered by ARDSI Calcutta and it keeps her engaged and busy. The care givers are very warm and give individual attention to her.

#### Priyanka

I finally found some help in caregiving for my father. So thankful for ARDSI Calcutta companionship programme! I feel assured that my father has a trusted friend in his home companion, Srijani, even when I am traveling.

#### Kritika Malhotra

ARDSI was recommended to me by my mother's doctor. It was pure stroke of good luck that I called up Nilanjana Maulik's no and immediately I was introduced to the various ways in which ARDSI helps dementia patients and their family. Apart from doing an initial assessment of my mother, the Companionship program gives an immense help to the patient and relief to the caregivers as well. This has helped my mother immensely and also to us, her caregivers. So, a big thank you ARDSI

#### Haimanti Upadhyay

ARDSI Calcutta Chapter-এ গিয়ে নেপালবাবু আমার husband খুব ভালো আছেন। তাঁর অনেক improve হয়েছে। আমরা খুব খুশী।

#### Sima Das

My husband was diagnosed with Alzheimer's disease in 2021. Apart from his memory related issues he was always anxious, jittery and even aggressive at times. He was finding it difficult to trust even my daughters and me. There were times when he failed to recognize our house and would spend hours roaming outside. We were at our wits end. Repeated visits to psychiatrists and neuro-psychiatrists did not resolve the issue.

At this very low point in our lives we discovered ARDSI through Dr Pooviah. My husband has been visiting the centre regularly for the past three months, and we have noticed remarkable changes in his behaviour. He is calmer now. There hasn't been any episode of violent outburst. His cognitive skills have improved significantly.

I have personally interacted with the staff and secretary of this centre and I feel that it is a safe and secure environment, a second home for such patients. The patients are treated with warmth and respect. Such patients need to be dealt with a lot of patience and tact and the ARDSI have these traits in abundance.

My husband enjoys his sessions here and he is always looking forward to his visit. I really appreciate you and thank you for your care, service and dedication for such a challenging job.

**Sipra Das**

My father was very recently diagnosed with dementia and my family was struggling to deal with it - both accepting the condition and the day-to-day aspects of it. ARDSI was recommended by our psychiatrist and it has helped us very much since he started going there a few months back. My father has benefited the most in terms of the quality of life - he's so much more active and enthusiastic at the institute whenever he goes there. They have activities like carrom, singing, dancing, and drawing which he quite enjoys. He doesn't doze off frequently, nor does he go frequently to the bathroom, like he's accustomed to do at home. The caregivers are experienced, patient, and encouraging with him and the others. We are thinking of sending him thrice a week, instead of twice, since he's more engaged and aware at the institute.

ARDSI also organises regular caregiver sessions for the family and it has helped my mother, who is the only person taking care of him at home, a lot. It has helped her understand the condition better and how to deal with my father in practical and emotional ways.

Given that there are not many such institutes in Kolkata that specialise in dementia care, ARDSI is doing stellar work. Kudos to them, and hope they continue their good work and grow their Kolkata chapter along with the whole society countrywide.

**Kaushik Das**

Starting from Nilanjana madam's patient hearing to arranging for a home visit to assess the case and then appointing right person for home companionship has been good so far. In fact thanks to the caregiver's advise, we understood that the bed sore is so serious and we took care of it. Next would like to see some improvement in my father in law and also counseling for my mother in law. All of you are doing a great job, thanks a lot and my best wishes.

**Shamik Majumdar**



We have come to know about ARDSI via referral since my mom is facing little bit of dementia. Very happy with their service. They listen to all the problems carefully and give solutions according to that. Weekly sessions are very nicely handled by Shrijani Ghosh. We would love to continue the service.

**Meghna Pradhan**

I had come to know about ARDSI three four years back through a flyer in a WhatsApp group. From that time I am getting various support from ARDSI for my father who has been diagnosed with vascular dementia. I have got an opportunity to participate in a Caregiver Training. Apart from that I have come to know different methods to deal with my father's sudden anxiety, aggression, mood swings etc from the members of ARDSI. And still learning. I am thankful to the entire team of ARDSI and specially Nilanjana mam for strengthening my patience and hope in this challenging journey with my father. Presently I am getting benefit from ARDSI by their Home Companionship Program for my father.

Thank you ARDSI and I wish them good luck for their exceptional work.

**Sabita Mukherjee**

#### **Donors:**

Dementia is a sad condition that affects a large number of people in their old age. Two of my own uncles are affected, and it is really scary to think that it could affect any of us in our later years. It is distressing when the body is still okay but the mind loses its function, and highly intelligent and active people lose even the ability to recognise their loved ones. I had heard about ARDSI from my brother-in-law, Dr Malay Ghosal, who has been intimately associated with the organisation in his capacity as a psychiatrist. I have read about the work ARDSI is doing in this field, and feel honoured and humbled to be able to contribute, however minutely, to the wonderful work this organisation doing. Please continue your great contribution to society.

**Kajori Roy**

It has been now over 2 years that we have been privileged to be associated with your organisation.

At the beginning our awareness and specially the ability to manage this ailment and become effective carers was very limited.

I have witnessed the level of professionalism and dedication your team & you have put in, within your financial constraints. This has been remarkable.

I felt we all must do our bit to promote and assist your organisation and the little contribution is a token of that gratitude & heartfelt encouragement.

Warm regards

**Gopa Goswami**

Dementia and in my case Alzheimer's was something that impacted me directly. Seeing my father a proud man go through it and the impact it had on the primary carer my mother - has probably traumatized me forever. It is a cruel disease with the helplessness of it all at times worse than the disease.

I chose to give as that is the least I can do. Anything that I or we can do to help families going through this is worth it. Will we ever have a cure for this? I don't know. But until then it is up to us to ensure patients have dignity and families have the means to cope with this.

Regards

**Niloy Dutta**

I have been educated in some of the best schools of Calcutta, India. The Salesian sisters inculcated a strong sense of responsibility towards the society, a deep sense of gratitude and the feeling of giving back to the less privileged, in whatever way I can.

My mother was an Alzheimer's patient and since the diagnosis I am more than aware of Alzheimer's and its ravages on the human mind and body. I was the secondary caregiver to her, along with my sister who was her primary carer, my mother is in another world now, but we can never forget the strong support that ARDSI had extended to us while taking care of her. Both of us are also actively involved with the Alzheimer's and Related Disorders Society, Calcutta Chapter and my sister continues to contribute in little ways - primarily by raising awareness and sharing her own experiences of being carers for the betterment of others in our situation.

I strongly feel a donation of any amount is subservient to the thought behind it, the thought of being able to contribute and serve humankind in general, a feeling of being of some value to people who have forgotten and a small gesture to be able to make a difference in the lives of people who cannot remember. I am so glad that the little contribution that I made to the cause of ARDSI has done a little something to improve the lives of people with dementia and Alzheimer's.

**Usha Banerjee**

## *Secretary's Desk*

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Dear All,

Its heart - warming to connect again after a year. Hope we all are doing enough to keep ourselves safe and healthy.

Past year wasn't covid free totally but it was good enough to meet and greet and extend some of our activities and services in person with adequate safeguards and minimum damage.

The Executive Committee along with the Advisory Board met quite frequently and decided on issues of interest for the cause of dementia that included collaborations with reputed institutes for training, and raising awareness of the condition.

I once again invite people to join the organization as a life member, as a volunteer and in any role they feel comfortable with.

Lastly, I would like to thank my Board Members, the staff of ARDSI Calcutta, the organizations, corporations and society at large and the donors for their genuine commitment towards making Dementia a Health Priority in the State of West Bengal this past year and help us survive.

To all reading this please join us and bring a smile to people with dementia and their families. Thank you.



**(Nilanjana Maulik)**

Secretary

ARDSI Calcutta



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Follow us on Facebook <https://www.facebook.com/ardsical>

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