

# HOPE - 2018

## — SOUVENIR —



Care of Caregiver  
Give Care .....  
who cannot care for themselves

# Hope Ek A.S.H.A.

Established - 2001

**GRANTED SPECIAL CONSULTATIVE STATUS BY  
UNITED NATIONS ECONOMIC & SOCIAL COUNCIL**

(A Voluntary Research Organization Dedicated to the Care of  
Alzheimer's Disease Patients & their Caregivers)



## Alzheimer's Disease

A Challenge to Quality of life

[www.hopeekasha.org](http://www.hopeekasha.org)



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Innovation & Excellence At Work



Hope Ek A.S.H.A



*Yours were the first eyes I looked into.  
Yours were the first arms to hold me tight.  
You were the first to show me never-  
ending love and compassion.  
Forever . . . you are my mother  
And I am blessed.*

*E.K. Mitchell*



Hope Ek A.S.H.A



*Years may wrinkle the skin,  
but to give up enthusiasm,  
wrinkles the soul.*

SAMUEL ULLMAN





## Hope Ek A.S.H.A

**Tathagata Roy**  
Governor



**RAJ BHAVAN**  
SHILLONG - 793001  
MEGHALAYA  
INDIA

### MESSAGE

I am happy to know that Hope Ek A.S.H.A. is releasing "HOPE- 2018" souvenir on its "17th Annual Caregiver Meet on 9th December, 2018.

I appreciate that the organization has been rendering commendable service to the patients across the country for people suffering from Alzheimer. I wish the Annual Day and the publication all

  
(Tathagata Roy)



## Hope Ek A.S.H.A

**ADMIRAL D K JOSHI**  
**PVSM, AVSM, YSM, NM, (RETD.)**  
Lieutenant Governor, Andaman & Nicobar Islands  
And  
Vice Chairman, Islands Development Agency



**Raj Niwas**  
**Port Blair - 744101**  
**Tel : (o) 03192-233333**  
**(r) 03192-233300**  
**Fax : 03192-230372**



**Dated: 05. 12. 2018**

### MESSAGE

I am glad to learn that the 17th Annual Caregiver's Meet of Alzheimers disease patients is being organized by "Hope Ek A.S.H.A." a voluntary research organization dedicated to Alzheimer's patients on 9th December 2018 at the Constitution Club of India, Rafi Marg, New Delhi.

Alzheimers disease is incurable and degenerative, therefore care giving and management of patients are essential. It laces a great burden on caregivers and involves social, psychological, physical and economic elements of the caregiver's life. Therefore it is essential to train the caregivers of such patients by trained and dedicated medical professionals.

I extend my good wishes to the organizers and the entire team of 'Hope Ek A.S.H.A.' in making this occasion a grand success.

**(ADMIRAL D K JOSHI)**  
PVSM, AVSM, YSM, NM, (RETD.)  
Lieutenant Governor  
Andaman and Nicobar Islands  
&  
Vice Chairman, Islands Development Agency



## Hope Ek A.S.H.A

**JUSTICE ( Retd.) P. SATHASIVAM**  
GOVERNOR OF KERALA



RAJ BHAVAN  
KERALA



07th November, 2018

### MESSAGE

I am very happy to know that the "Hope Ek A.S.H.A." in New Delhi intends to bring out a souvenir HOPE 2018 in connection with its 17th Annual Caregiver Meet to be held on 9th December, 2018 at New Delhi.

I do hope that the Souvenir will highlight the various charitable activities of the society and wish the publication all success.

[Justice ( Retd.) P. Sathasivam]



## Hope Ek A.S.H.A

अरुण जेटली  
वित्त एवं कॉर्पोरेट कार्य मंत्री  
भारत



Arun Jaitley  
Ministry of Finance and Corporate Affairs  
India

DY. NO. 957245 /FMFMP/2018

Dated 18 October, 2018

### MESSAGE

I am happy to note that Hope Ek. A.S.H.A. is celebrating its Annual Caregiver's Meet and bringing out a souvenir Hope - 2018 to mark the occasion.

I am also happy to learn that the Society is dedicated to the cause of Alzheimer disease patients who deserve special care. I am sure the Society would continue to strive hard to achieve its aims and objectives.

My best wishes for the success of the souvenir.

[ Arun Jaitley ]





## Hope Ek A.S.H.A

डॉ. हर्ष वर्धन

DR. HARSH VARDHAN



सत्यमेव जयते

मंत्री  
विज्ञान और प्रौद्योगिकी एवं पृथ्वी विज्ञान  
पर्यावरण, वन और जलवायु परिवर्तन  
भारत सरकार  
नई दिल्ली-110001

MINISTER  
SCIENCE & TECHNOLOGY AND EARTH SCIENCES  
ENVIRONMENT, FOREST AND CLIMATE CHANGE  
GOVERNMENT OF INDIA  
NEW DELHI-110001

### MESSAGE

I am glad to know that "Hope Ek A.S.H.A." is celebrating its Annual caregiver's meet and is bringing its 17th Souvenir "Hope - 2018" on this occasion.

It is worth appreciable that society is dedicated to the cause of Alzheimer Disease patients who deserves special care. The efforts made by the society are commendable and I am sure that the Society would continue to strive hard to achieve its aims and objectives.

My best wishes for the success of entire endeavor.

(Dr. Harsh Vardhan)

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209, Anusandhan Bhawan, 2, Rafi Marg, New Delhi 110001, Ph.: +91-11-23316766, 23714230, Fax: +91-11-23316745  
चतुर्थ तल आकाश विंग पर्यावरण भवन, जोर बाग, नई दिल्ली-110003 दूरभाष: +91-11-24695136, फ़ैक्स : +91-11-24695329  
4th Floor, Aakash Wing, Paryavaran Bhawan, Jor Bagh, New Delhi -110003, Ph.: +91-11-24695136, Fax: +91-11-24695329



## Hope Ek A.S.H.A



सत्यमेव जयते

मनोज सिन्हा

MANOJ SINHA

संचार राज्य मंत्री (स्वतंत्र प्रभार)

एवं

रेल राज्य मंत्री, भारत सरकार

Minister of State (Independent Charge)

for Communications

and Minister of State for Railways

Government of India



### MESSAGE

It is a matter of immense pleasure to note that Hope Ek A.S.H.A. is bringing out 17th edition of its Souvenir "Hope-2018" on its Annual Day on 9th December, 2018.

I on behalf of The Hans Foundation appreciate the efforts of the organization for coming to the rescue of the "ALZHEIMER DISEASE" patients and feel that the souvenir will be a useful instrument to spread the knowledge far and wide to acquaint them with this dreaded disease, its symptoms and early detection methodology and precautionary safety measure.

I wish the event a grand success .

*Manoj Sinha*  
(MANOJ SINHA)

Room No. 105, Sanchar Bhawan, 20 Ashoka Road, New Delhi - 110 001

Phone : 91-11-23739191, 23372177 Fax : 91-11-23723330

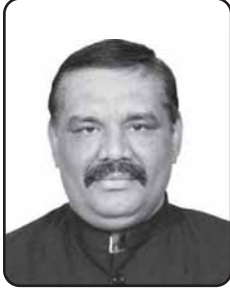


## Hope Ek A.S.H.A

विजय साम्पला  
VIJAY SAMPLA

सामाजिक न्याय और अधिकारिता राज्य मंत्री  
भारत सरकार

MINISTER OF STATE FOR  
SOCIAL JUSTICE & EMPOWERMENT  
GOVERNMENT OF INDIA



सत्यमेव जयते



एक कदम स्वच्छता की ओर

D.O. No. 1314.../VIP/MOS/(SJE)/2018-19



### MESSAGE

I am glad to know that Hope Ek. A.S.H.A. is celebrating its Annual Caregiver's Meet and is bringing its 17th souvenir "Hope - 2018" on this occasion.

It is great honour to our country that by virtue of the work done by Hope Ek A.S.H.A., United Nation's Economic and Social Council has given special Consultative Status to NGO on 24.07.2018.

It is worth appreciable that the society is dedicated to the cause of Alzheimer Disease patients who deserves special care.

I am also happy to know that the society is in the process of establishing Alzheimer Home cum day Care Centre in National Capital of Delhi as a pilot project, the first in North India.

The efforts made by the society are commendable and I am sure that the society would continue to strive hard to achieve its aims and objectives.

My best wishes for the success of entire endeavor.

विजय साम्पला

(Vijay Sampla)



## Hope Ek A.S.H.A

**Babul Supriyo**

UNION MINISTER OF STATE  
Heavy Industries & Public Enterprises  
GOVERNMENT OF INDIA



सत्यमेव जयते



एक कदम स्वच्छता की ओर

**बाबुल सुप्रियो**

केन्द्रीय राज्य मंत्री  
भारी उद्योग एवं लोक उद्यम  
भारत सरकार

### MESSAGE

I am happy to learn that the Hope Ek. A.S.H.A. (HEA) is organizing a Caregiver's Meet for Alzheimers disease patients on its annual Day on 9th December, 2018 at Constitution Club of India, Rafi Marg, New Delhi-110001 and also bringing out a souvenir "Hope-2018" on the occasion.

During the past few decades, Alzheimers disease has emerged from obscurity. Once considered a disorder, it is now seen as a major public health problem that has a severe impact on millions of older persons and their families.

The disease results in decline in mental faculties of memory, reason and judgment of such an extent that it severely interferes with a person's daily life and activities.

**(BABUL SUPRIYO)**



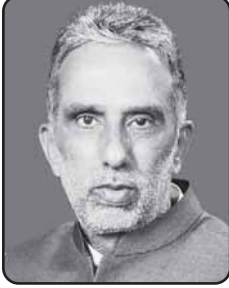
## Hope Ek A.S.H.A

कृष्ण पाल गुर्जर  
KRISHAN PAL GURJAR



19.2.438VIP/MOS(SJ&E) 2018

सामाजिक न्याय और अधिकारिता राज्य मंत्री  
भारत सरकार  
MINISTER OF STATE FOR  
SOCIAL JUSTICE & EMPOWERMENT  
GOVERNMENT OF INDIA



### MESSAGE

It gives me immense pleasure to know that the 17th Annual Caregiver's meet of the caregivers of Alzheimers Disease Patients is being organized by Hope Ek. A.S.H.A. on 9th December, 2018.

I am also happy to know that by virtue of the work done by Hope Ek A.S.H.A. United Nation's Economic and Social Council has given Special Consultative Status. It is great Honor to our country as well.

Alzheimers disease is incurable and is degenerative, therefore, care giving and management of patients are essential. However, it places a great burden on caregivers and involves social, psychological, physical and economic elements of caregivers life. Therefore it is essential to train the caregivers of such patients by trained and dedicated medical professionals. I appreciate the commendable job being done by you in this direction.

I am happy to know that your NGO is brining out a Souvenir "Hope -2018" on the occasion and a Seminar is also being organized.

I extend my good wishes to the organizers and the entire team of Hope Ek A.S.H.A. who are putting their untiring efforts to make this

Place: New Delhi  
Dated: 9th November, 2018

(Krishan Pal Gurjar)



## Hope Ek A.S.H.A



सत्यमेव जयते

**LAL THANHAWLA**  
CHIEF MINISTER  
MIZORAM, AIZAWL-796001



Off. : 0389-2322150 (O)  
☎ 0389-2322274 (O)  
Fax : 0389-2322245  
E-mail : cm-mizoram@nic.in

### MESSAGE

I am glad to learn that Hope Ek A.S.H.A. is bringing out a souvenir, "Hope 2018" to be released on the "17th Annual Caregivers Meet, to be held on 9th December, 2018 at Constitution Club of India, New Delhi.

The organization has been rendering invaluable service to senior patients suffering from Alzheimers and Dementia, in addition to taking care of their caregivers, which I find to be commendable.

I wish the 17th Annual Caregivers Meet Every success and am confident this souvenir shall capture the essence of the work done by Hope Ek A.S.H.A.

**Dated Aizawl**  
**the 20th November, 2018**

**( LAL THANHAWLA )**



## Hope Ek A.S.H.A

**MANISH SISODIA**  
मनीष सिसोदिया



DEPUTY CHIEF MINISTER  
GOVT. OF NCT OF DELHI  
उप मुख्यमंत्री, दिल्ली सरकार  
DELHI SECTT, I.P. ESTATE,  
दिल्ली सचिवालय, आई. पी. एस्टेट,  
NEW DELHI-110002  
नई दिल्ली-110002  
EMAIL msisodia.delhi@gov.in

D.O. No.: DyCM/2018/669  
Date: 23/10/2018

### MESSAGE

It gives me immense pleasure to know that "Hope Ek A.S.H.A." (Regd.) is bringing out its 17th Souvenir "Hope-2018" on the occasion of "17th Annual Caregiver Meet" of the caregivers of Alzheimer disease patients to be held on 9th December 2018.

I applaud the achievements of the organization in the years gone by and believe that constant efforts would certainly show the best direction & help to the society.

I congratulate the organization for rendering commendable services to the patients suffering from a traumatic incurable disease - Alzheimer.

I extend my warm greetings to the organization for bringing the Souvenir and convey my best wishes on this occasion.

(MANISH SISODIA)



## Hope Ek A.S.H.A

सत्येन्द्र जैन

**Satyendar Jain**

स्वास्थ्य, उद्योग, लोक निर्माण, ऊर्जा, गृह  
एवं शहरी विकास मंत्री  
Minister of Health, Industries, PWD, Power,  
Home & Urban Development



सत्यमेव जयते

राष्ट्रीय राजधानी क्षेत्र, दिल्ली सरकार  
Govt. of National Capital Territory of Delhi  
'A' Wing, 7th Level, Delhi Secretariat  
आई.पी. एस्टेट, नई दिल्ली-110 002  
I.P. Estate, New Delhi-110002  
दूरभाष / Tele No. 23392116, 23392117  
Fax: 23392044  
E-mail: moh.delhi@gov.in

D.O. No. Minhealth/7968  
Date: 17/09/2018



### MESSAGE

I am happy to learn that "Hope Ek A.S.H.A." (HEA) - a charitable society, dedicated to the care of senior citizens suffering from Alzheimers / Dementia and their caregivers, has given special Consultative Status by United Nation's Economic and Social Council on 24.07.18. My congratulations to the committed team of medical professionals and volunteers of HEA on this great achievement.

I wish all success for the 17th Annual Caregivers Meet of the caregivers of Alzheimers Disease Patients scheduled on 9th December, 2018.

(Satyendar Jain)





## Hope Ek A.S.H.A

राजेन्द्र पाल गौतम

**RAJENDRA PAL GAUTAM**

समाज कल्याण, अनुसूचित जाति व जनजाति,  
सहकारिता एवं गुरुद्वारा चुनाव मंत्री  
Minister of Social Welfare,  
SC/ST, Co-operative & Gurudwara  
Elections



राष्ट्रीय राजधानी क्षेत्र, दिल्ली सरकार  
Govt. of National Capital Territory of Delhi  
दिल्ली सचिवालय, आई.पी. एस्टेट, नई दिल्ली-110002  
Delhi Secretariat, I.P. Estate, New Delhi-110002  
दूरभाष / Tele No. 23392348, 23392370, 23392386  
e-mail: radendrapal.gautam@gov.in

D.O. No.

4790

Date:

14-09-2018

### MESSAGE

It gives me immense pleasure to learn that Hope Ek A.S.H.A. (Regd), New Delhi, a Charitable Society, is organising 17th Annual Caregiver Meet of the caregivers of Alzheimers disease patients on 9th December, 2018. I am also glad to know that the Souvenir "Hope-2018" is being released to mark the occasion.

I am very happy to see that a voluntary organisation is solely committed to the care of senior citizens suffering from Alzheimers disease and dementia. It is a laudable service being done to the society and hope that the society would continue their endeavour.

I sincerely wish them all success for their annual day celebration and release of the Souvenir "Hope-2018"

(Rajendra Pal Gautam)



## Hope Ek A.S.H.A



### MESSAGE

On the occasion of Annual Caregiver's Meet of Hope Ek A.S.H.A., I extend my heartiest congratulations and good wishes from the entire team of the Hans Foundation. I am glad to know that Hope Ek A.S.H.A. is bringing out its 17th Souvenir "Hope-2018" on the occasion.

It has been an incredible journey for your organization in the service of the patients and elderly suffering from Alzheimer disease. United Nation's Economic and Social Council special consultative status conferred on you on 24th July 2018 is a true recognition of the work done by Hope EK A.S.H.A. and the values you have imbibed so inexorably over 17 years of your selfless service.

The efforts made by your organization are commendable and I am sure that you would continue to strive hard to achieve the aims and objectives for this noble cause you have undertaken. I wish you success in all your future endeavours and my best wishes for your Annual Day Celebrations on 9th December 2018.



**Lt. Gen. S.M. Mehta (Retd), AVSM, SM, VSM\*\***  
CEO  
The Has Foundation



## Hope Ek A.S.H.A

तलवंत सिंह  
जिला एवं सत्र न्यायाधीश (मुख्यालय)  
तीस हजारी न्यायालय  
दिल्ली-110054 ( भारत)



TALWANT SINGH  
DISTRICT & SESSIONS JUDGE (HQs)  
TIS HAZARI COURT  
DELHI - 110054 (INDIA)



### MESSAGE

I am happy to learn that the Hope Ek A.S.H.A. (HEA) is organizing its "17th Annual Caregivers Meet" for Alzheimers disease patients on 9th December, 2018 at Constitution Club of India, Rafi Marg, New Delhi - 110001 and also bringing out a souvenir Hope - 2018 on the occasion.

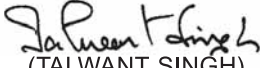
During the past few decades, Alzheimers disease has emerged from obscurity. Once considered a disorder it is now seen as a major public health problem that has a severe impact on millions of older persons and their families.

The disease results in decline in mental faculties of memory, reasoning and judgment to such an extent that it severely interferes with a person's daily life and activities.

The handling of the patient has to be essentially done by a caregiver who becomes an important part of handling this disease and your NGO is doing a tremendous job in training the Caregivers of Alzheimers disease patients.

I am also happy to know that United Nation's Economic and Social Council has granted Special Consultative Status to this NGO.

I wish Hope Ek A.S.H.A., its meet and the souvenir all success.

  
(TALWANT SINGH)

DISTRICT & SESSIONS JUDGE HQs  
TIS HAZARI DELHI



## Hope Ek A.S.H.A

अनूप कुमार मित्तल  
अध्यक्ष एवं प्रबंध निदेशक  
ANOOP KUMAR MITTAL  
Chairman-cum-Managing Director



### MESSAGE

It gives me immense pleasure to know that "Hope Ek A.S.H.A (HEA)" is organising it's "17th Annual Caregiver Meet" of the caregivers of the Alzheimer's Disease Patients on 9th December 2018 at the Constitution Club of India, Rafi Marg, New Delhi- 110001 and is bringing out a souvenir on the occasion.

I applaud the dedicated efforts of HEA and their whole hearted service to Senior Citizens suffering from Alzheimer's disease for the last 17 years. I congratulate the Organisers for providing a platform on such a topical issue. I am confident that the Meet will come up with important recommendations related to health issues in general and Alzheimer's Disease in particular, which will be well taken and implemented by the concerned authorities. I wish the Meet a great success.

I send my best wishes to the society for all its future endeavours.

Anoop Kumar Mittal  
Chairman-cum-Managing Director  
NBCC (India) Ltd.

एन बी सी सी (इंडिया) लिमिटेड  
( भारत सरकार का उद्यम )  
NBCC (INDIA) LIMITED

( A Government of India Enterprise )  
( Formerly National Buildings Construction Corporation Ltd. )

NBCC Bhawan, Lodhi Road, New Delhi - 110 003 | CIN-47489DL1980GOI003335

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E-mail : cmdsect@nbcindia.com | www.nbcindia.com



## Hope Ek A.S.H.A



Prof. Manju Mehta  
Retd. Prof. of Clinical Psychology,  
All India Institute of Medical Sciences  
New Delhi - 110029

Dated : 01.12.2018

### MESSAGE

It is a matter of great pleasure that Hope Ek A.S.H.A. is bringing out a Souvenir, "Hope-2018" on the Annual day function on 9<sup>th</sup> of December, 2018 to be organized Constitution Club of India, Rafi Marg, New Delhi – 110001.

The programme and services rendered by Hope Ek A.S.H.A. towards this human cause is exemplary and such awareness programme for the caregivers to help them to combat with the magnitude of stress experienced by them.

This year hope Ek A.S.H.A. as collaborated with many programmes and extended its services like assessment of memory activity which is so important to all the family members and individuals.

I wish all success to the organizers for the release of the souvenir.

Prof. Manju Mehta



Hope Ek A.S.H.A



**Hope Ek A.S.H.A**

**Dr. Sushma Chawla**

Founder President  
D-52, Greater Kailash Enclave-II  
New Delhi-110048.  
Mob.: 98101-30635



## Hope Ek A.S.H.A

### ABOUT THE FOUNDER



A doctor by profession Sushma Chawla was born in 1951. Academically inclined she studied medicine at the prestigious Maulana Azad Medical College, New Delhi and earned her degree in 1972. As a specialist in Gynaecology & Obstetrics she has been in family practice since 1978 at her own clinic in Greater Kailash - II, New Delhi. Today, she is a Chief Medical Officer at IFCI, TFCl, IVCF and BMB. She is also a lifetime Member of Delhi Medical

Association, Indian Medical Association, Indian Menopause Society, AMWI and Delhi Diabetic forum.

In last 35 years she has carried the glory of Indian medicine at National and International conferences and presented papers on subjects of interest and research.

Dr. Sushma Chawla is the Founder President of Hope Ek A.S. H.A. She is on a mission to create awareness about the dreadful disease - Alzheimer's. For last fourteen years she has been working relentlessly to make life better for Alzheimer's patients and their caregivers. She visits patients across Delhi to provide them care, compassion and motivation to stand against this disease. She also mentors and guides caregivers of the patients on several of aspects of care-giving and how to make it less stressful.

Her ultimate aim is to build a DAY CARE CENTER for the Alzheimer's disease patients who are in stage 1 & 2. The proposed day care centre will have trained caregivers, doctors and modern facilities to ensure the patients are well taken care of during the day, thereby giving respite to their caregivers.

Dr Chawla's inspiration is her mother who unfortunately suffered with Alzheimer's disease. She was the only caregiver for her. With little awareness about the disease, in five long years of caring she could realize the quantum of physical and emotional stress one had to through.

It was only after her mother passed away, she decided to form a support group and a platform for caregivers to help them deal with their Alzheimer's patients. Hope Ek A.S.H.A is that institution that aims to provide succor to caregivers and Alzheimer's patients with its efforts.

In her this noble endeavour, she is ably supported by her husband, her children and her dedicated team of volunteers.

---

### **Dr. SUSHMA CHAWLA**

Founder President,

D-52, Greater Kailash Enclave-II, New Delhi-110048.

Phones : 2922-1714, 2933-8341, Mob: 98101-30635

E-mail: [drschawla@rediffmail.com](mailto:drschawla@rediffmail.com) Website : [www.hopeekasha.org](http://www.hopeekasha.org)

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Hope Ek A.S.H.A

United Nations  Nations Unies

NON-GOVERNMENTAL ORGANIZATIONS BRANCH  
OFFICE OF INTERGOVERNMENTAL SUPPORT AND COORDINATION FOR SUSTAINABLE DEVELOPMENT  
25<sup>th</sup> Floor Secretariat Building, United Nations, New York, N.Y. 10017  
Telephone: (212) 963-8652; Fax: (212) 963-9248  
Website: [www.un.org/ecosoc/igo](http://www.un.org/ecosoc/igo) Contact: [www.un.org/ecosoc/igo/contact](http://www.un.org/ecosoc/igo/contact)

26 July 2018

Dear NGO Representative,

**Subject: Follow-up to the decision of the Economic and Social Council**

I am pleased to inform you that the Economic and Social Council (ECOSOC) at its Coordination and management meeting of 24 July 2018 adopted the recommendation of the Committee on Non-Governmental Organizations (NGOs) to grant **Special** consultative status to your organization, **Hope Ek ASHA**. Please accept our heartfelt congratulations.

Consultative status for an organization enables it to actively engage with ECOSOC and its subsidiary bodies, as well as with the United Nations Secretariat, programmes, funds and agencies in a number of ways. In order to better understand this relationship, we take this opportunity to provide some critical information about the **privileges** that consultative status with ECOSOC confers on your organization, as well as the **obligations** that your organization will be required to meet under this relationship. **We therefore urge you to take the time to carefully review the information provided below.**

**A. Privileges and benefits of consultative status**

1) ECOSOC Resolution 1996/31

- Arrangements for consultations with NGOs are regulated by ECOSOC resolution 1996/31, adopted by the Council on 25 July 1996. Please review the entire resolution at: <http://csonet.org/content/documents/199631.pdf> for detailed information. It provides information on ways to participate in the work of the Council, including opportunities to organizations such as yours to consult with Member States and the United Nations system at large, based on the nature and scope of work that your organization undertakes. Consultative relationship with NGOs also enables the Council or one of its bodies to seek expert information or advice from organizations with special competence in a subject matter;

**Hope Ek ASHA**  
D-52  
Grater Kailash Enclave - II  
New Delhi-110048  
**India**





Hope Ek A.S.H.A

## Hope Ek A.S.H.A. a humble Journey - Eighteen Years

Alzheimer Disease is not like any other disease . It not only affects the Brain causing slow progressive cognitive decline, it robs the very existence and personality of a person. While caring for such a patient the Caregiver undergoes insurmountable stress because he loses the person before he actually dies.

It was way back in 1994, when my mother started showing signs of depression which we attributed to the recent death of my father and her loneliness in a house which was always full of activity. By nature also she was a very quiet and a sensitive person. Time passed by and somewhere in 1997, the doctors gave the diagnosis of Senile Dementia, a term unheard of. For 2 years my world was only around my mother who had different moods on different days ranging from sadness to delirium. I was completely confused and helpless.

My mother breathed her last in December 1999 and in February 2000, my interview appeared in TOI " Life in Twilight Zone".

A harsh reality was seen with a stream of people calling me to share their stories and how they were still in the dark regarding the diagnosis.

I decided to hold the hands of these distressed caregivers and thus began the " Journey of Hope Ek A.S.H.A. "

Hope Ek A.S.H.A was formally registered in 2001 and we were joined by volunteers, Medical professionals, Paramedicals, caregivers and the families of the Alzheimer Disease patients.

Mission of Hope Ek A.S.H.A

To create AWARENESS about this disease among masses

Home Care - Counselling the caregiver, the family regarding the care and progress of the disease and how to deal with day to day issues.



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### VISION of Hope Ek A.S.H.A.

To bring up a Day Care center for these patients in order to give respite to the caregiver and the family.

It has been a long journey of 17 years and it is not easy to list the whole list of activities, programmes and camps conducted over this long span so here is the later part of the journey starting from 2011.

#### 10.12.2017 16<sup>th</sup> Annual Caregiver's Meet

“Hope Ek A.S.H.A.” like the previous years organised its 16th Annual Caregiver's Meet at Constitution Club of India, New Delhi on Sunday in the evening.

The program was started with the lighting of lamp ceremony performed by Chief Guest and others on dais there after Sarswati Vandana was recited by Dr. Kiran Kukreja.

Distinguished speakers were Dr. Ashish Sawarbal, Urologist from Applo Hospital, Shri B. N. Nayak, ED & CFO IFCI, Dr. Sushma Chawla, President Hope Ek A.S.H.A., Dr. Deepti Vibha, Associate Professor, Dept. of Neurology, AIIMS, New Delhi, Dr. Priya Jha, Psychologists and Shri Talwant Singh, District & Session Judge, (HQ) Delhi and Head Legal Cell of Hope Ek A.S.H.A.

A Souvenir “Hope - 2017” was also released by Shri B. N. Nayak on behalf of the Chief Guest Dr. Emandi Sankara Rao, MD & CEO of Industrial Finance Corporation of India Limited, New Delhi who could not join us due to some emergencies.

The event was attended by 80 delegates which included eminent doctors, caregivers, volunteers and representative of NGO. Ms. Sabina Bano, Project Director of Hans Foundation was the special guest of honour in the event.

Dr. Sushma Chawla narrated the “Role of Hope Ek A.S.H.A. in Alzheimer's Journey”,



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Dr. Dipti Vibha from AIIMS delivered a lecture on “Prevention & Detection of Memory Problems”

Dr. Priya Jha delivered a lecture on “How to deal with Stress”,

Dr. Ashish Sawarbal explained on “Dealing with Urinary Problems” and Ms. Sabina Bano Project Director of Hans Foundation talked on the various Social Sectors dealt by their foundation and indicated to support Hope Ek ASHA in future.

To make the environment cool Mr. Harish Ahlawat sung a melodious song and was liked by all participants.

Question hour was overloaded with queries from audience.

Shri Talwant Singh, District & Session Judge explained the facilities given by the Govt. of India from Judiciary side to Senior Citizen above the age of 60.

Chief Guest Mr. B.N. Nayak appreciated the working of the society and promised to extend all kinds of help in the near future.

Vote of thanks was extended to Chief Guest and all present in the event by Shri Sunil Bhargava.

The programme ended with recital of National Anthem followed by High Tea.

16.12.2017 Training on Fund Raising

Two executive of NGO were sponsored for a five days training programme on "Fund Raising" organized by Vishva Yuvak Kendra, Chankyapuri , New Delhi from 12 - 16 December, 2017.

This gave good information about the policies of Govt. with respect to raising of funds for the NGOs / Trust.

Hope Ek A.S.H.A. also joined as member of Vishva Yuvak Kendra for five years till 202. It is expected to be useful in conducting activities / events with them.



## Hope Ek A.S.H.A

### 17.12.2017 Medical & Legal Camp for Senior Citizens

Medical & Legal Camp for Senior Citizens sponsored by TFCI Ltd. was organised on dated 17.12.2017 (Sunday) at Life Care Clinic, –D 52, Greater Kailash Enclave II, New Delhi 110048.

The camp was a great success. The total number of 106 senior citizens benefitted from this camp which continued till 3:30 PM. Few details of medical & legal camp are as under:

Eight doctors & one optometrist attended the senior citizens

The details of the specialists are as under:-

Dr. J. Kailash and Dr. Kiran Kukreja, Physicians

Dr. Ashish Sabharwal, Urologist from Apollo

Dr. Anahita Singh, Dentist, Samaya Dental

Dr. Priya Jha, Clinical Physiologist

Dr. Ramneek Sabharwal, Gynaecologist

Dr. Pooja Kapoor, Homeopathic & Acupuncture Specialist

Dr. Sushma Chawla, Physician & Gynaecologist

Dr. Anju, Optometrist

Weight, Blood Sugar, Blood Pressure, Cholesterol & Creatinine were checked for all the senior citizens.

12 senior male citizens consulted the urologist for their urology problem and will come back for a follow-up after two weeks. Dr. Ashish Sabharwal, Urologist from Apollo Hospital has also agreed for follow ups.

52 senior citizens had consultations from the dentist.

Memory screening was conducted for 31 senior citizens and we could identity two patients of Alzheimer's disease.

**Eye** sights for 80 senior citizens were tested and 45 **needy senior** citizens were given free reading glasses.



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Bone mineral density and body composition was done for all the 106 senior citizens.

Dental Sensitivity screening was also done for all the 106 senior citizens by Sensodyne Company.

As legal camp, all senior citizens gathered in a hall where Hon'ble District & Session Judge Headquarter, Shri Talwant Singh from Tis Hazari Court and Hon'ble District & Session Judge, South East District, Saket Court Shri Girish Kathpalia were present.

Hon'ble Judge Tanvi Khurana, Member Secretary, Delhi Legal Service authority, South East District, Saket Court was also present, who gave an enlightening talk on "Rights & facilities for the Senior Citizens from the Government"

The talk was attended by 72 senior citizens and was an eye opener for all of them.

Thereafter question and answers session continued for one hour. Judge Tanvi had also deputed two lawyers Shri Sanjay Dutt and Shri Tarveen Singh from Delhi Legal Service authority (DLSA) regarding individual queries of the senior citizen which continued till 4:00 P.M.

Informative booklets for senior citizen were also distributed by the DLSA.

Snacks & Lunch was arranged for 150 participants.

### 30.12.2017 Home Care

Dr. Sushma Chawla along with Mrs. Benu Bhargava, volunteer again visited Dr. Swaran Dua at Vasant Kunj, Delhi.

Dr. Swaran Dua is a caregiver of her husband suffering from Alzheimer disease for the last 10 years. At present he is in stage – III and fully dependent on family and professional caregivers.

She has employed two male caregivers and being efficiently taken care by them. They were guided to conduct "Passive Suksham Kriyas" on him thrice in a day.



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Since she (Dr. Swaran Dua) herself is a medical doctor so there was nothing more to explain her regarding the patient (her husband). It was noticed that Dr. Swaran Dua was totally drained out and was counseled to encourage her for immaculate caring.

06.01.2018 Home Care

Dr. Sushma Chawla along with Dr. Priya Jha visited Mrs. Kamal Saluja 85 years old mother of Dr. Urvashi Sehgal house in Greater Kailash - I, New Delhi suffering from Alzheimer on this day at 12:00 Noon, She was taken care by a professional caregiver. She was extremely welcoming and tried to understand the conversation. Our NGO representatives explained and suggested some brain stimulation exercises for her. Some books for coloring were also handed over.

Unfortunately she developed Malignant ovarian cancer and the treatment for the same was initiated.

11.02.2018 Memory Screening examination at “Elder Swaasth Mela

A “Medical Camp” was organized by an organisation “Wellness Health & You” on Sunday, 11<sup>th</sup> Feb 2018 in Senior Citizen Park, Sunlight Colony – II, Near Ashram, New Delhi – 110014.

Hope Ek A.S.H.A. along with team was invited to Conduct “Memory Screening” of 14 participants and were guided accordingly.

17.02.2018 “Share & Care Meet

“This concept SHARE & CARE was initiated for the first time by Ms. Jasmine Sinha, our event co-ordinator. The session started on a cup of coffee. The focus was on the present family caregivers who are caring for their beloved ones at home. Eight caregivers attended the meet and the caregivers shared their problems and techniques how best they are dealing with them. Professional advice was given by Dr. Sushma Chawla and Dr. Beena Nangia. Importance of Yoga and exercise was discussed by Mrs. Rita Sehgal Joint Secretary of HEA. It



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was a good session and all gave their concurrence to conduct such sessions from time to time.

### **12.03.2018 "CSR Funds for "Day Care Center" for Alzheimer Patients**

Hope Ek A.S.H.A. had submitted a proposal to IFCI for setting up a Day Care Center for Senior Citizens suffering from Alzheimer Disease in Stage I and Stage II under CSR initiative. The project was approved in their board meeting. Dr. Emandi Sankara Rao, CEO & MD of Industrial Finance Corporation of India Limited and IFCI Social Foundation handed sanction letter of Rs. 21 Lakhs to Dr. Sushma Chawla, President, towards the cost of DCC towards its capital assets.

### **16.04.2018 Support by NGO to an Alzheimer Patient in Tonk, Rajasthan**

Our president Dr. Sushma Chawla received a mail and a call on 14.04.2018 from Mr. Aqib Javed resident of Nazar Bagh Colony, Tonk, Rajasthan.

He states that his mother is suffering from Alzheimer for the last 5 years for whom he is the caregiver. He is alone and bread earner of the family and in a great difficulty. He enquired from her about some "Alzheimer Care Home" and expressed his desire to send his mother into it in Delhi or any where so that he may be able to work to earn his livelihood.

On discussion with him it was finally concluded that he requires some help to hire a caregiver to look after his mother so that he is able to go for his work to run his family which was primarily agreed to be discussed among the members of the society.

After due diligence of the case it was decided to send him Rs.5000/- towards caregiver's salary and medicines for his mother. Regular follow ups are being done and the condition of his mother is stable due to regular medication and proper caring.



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### **29.04.2018 Mind Mapping and Memory Techniques at Memory Clinic Hope Ek A.S.H.A. Greater Kailash Enclave – II, New Delhi**

Hope Ek A.S.H.A. (HEA), NGO dedicated to the care of Senior Citizens suffering from Alzheimer's / Dementia (Memory Loss) and their caregivers since 2001, organized a workshop on "Mind Mapping and Memory Techniques" as knowledge partner at their Sunday Memory Clinic on 29th April, 2018 at their office D - 52, Greater Kailash Enclave - II, New Delhi – 110048.

Mr. Sunil Roy, Mind Coach, Author and Entrepreneur was the main speaker. Workshop continued for three hours without any break. Workshop was attended by 28 participants which included caregivers, volunteers, doctors and new entrant who wanted to know about Alzheimer. Noticed that it was active participation in the workshop and was beneficial to most of them as all were interactive sessions.

### **19.05.2018 Launching of "Memory Activity Center" for Senior Citizens at Hope Ek A.S.H.A. Memory Clinic**

On 19th May, 2018, Hope Ek A.S.H.A. launched its MEMORY ACTIVITY CENTER in association with EISAI pharmaceuticals at their office D - 52, Greater Kailash Enclave – II, New Delhi – 110048

31 Senior citizens both healthy and suffering from stage 1 Alzheimer disease participated.

Activities for Senior Citizens suffering from Stage 1 and Stage 2 Alzheimer patients in the presence of their caregivers were conducted so that they are able to continue at their residences. Volunteers' doctors were also present for consultations. The event continued for three hours with sufficient gaps as required.

### **23.06.2018 MEMORY SCREENING CAMP FOR SENIOR CITIZENS AT NOIDA**

Hope Ek A.S.H.A. conducted Memory Screening Camp for Senior Citizens at "Old Age Care Cell" Sector - 37, Gurdwara, Noida - 201303 (UP) on Saturday 23.06.2018.





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The programme started with a welcome address from Col. Sewa Singh (Retd.), Head Old Age Care Cell, Guru Nanak Mission who had invited Hope Ek A.S.H.A. for this camp.

Dr. Priya Jha, Chief Psychologist, introduced the missions and vision of Hope Ek A.S.H.A.

37 Senior Citizens above the age of 50 participated in the camp. Memory Screening was done by Dr. Priya Jha, Clinical Psychologist and Volunteers of EISAI Pharmaceuticals.

D - Care India (An American Healthcare Company) conducted Free Blood Examination for all the participants as a part of their health check-up programme.

### 30.06.2018 MEMORY ACTIVITY SESSION – II FOR SENIOR CITIZENS AT MEMORY CLINIC.

On 30th June 2018, Hope Ek A.S.H.A. conducted “Memory Activity Session - II” at their Weekly Memory Clinic from 10 AM onwards at their office D - 52, Greater Kailash Enclave – II, New Delhi – 110048 in association with EISAI pharmaceuticals.

The session was organized by Rita Sehgal, Joint Secretary & Editor of Hope Ek A.S.H.A..

Activities for Senior Citizens to stimulate brain were conducted. Memory Screening for the participants above the age of 50+ was also a part of this event.

### 21.07.2018 FOLLOW-UP CAMP FOR SENIOR CITIZENS AT SEC-37, NOIDA

Hope Ek A.S.H.A. conducted [Memory Screening Camp](#) for Senior Citizens at “Old Age Care Cell” Sector - 37, (Gurdwara), Noida - 201303 (UP) on Saturday 23.06.2018.

A Follow-up Camp of the above was organized at the same place on Saturday 21.07.2018.

Detailed Neuropsychological assessment as done by Dr. Priya Jha



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for persons with Dementia and were advised accordingly. Brain stimulation activities were explained to the family.

### 26.07.2018 CERTIFICATION OF RECOGNISATION TO NGO RECEIVED FROM UNITED NATIONS

United Nations Economic and Social Council (ECOSCO) has Granted a Special Consultative Status to our NGO on 24.07.2018

### 28.07.2018 MEMORY ACTIVITY SESSION – III FOR SENIOR CITIZENS AT MEMORY CLINIC.

On 28th July 2018, Hope Ek A.S.H.A. conducted “Memory Activity Session - III” from 10:30 AM onward at their office at D - 52, Greater Kailash Enclave - II, New Delhi – 110048 in association with EISAI pharmaceuticals.

The session was organized by Dr. Sushma Chawla, President, Hope Ek A.S.H.A. Activities for Senior Citizens including Yoga Session with Volunteer, Mazes, Colouring Activity.

Activity Tips Booklet and memories frames were handed over to the participants.

Dr. Priya Jha, Chief Psychologist was available for consultations and assessments. Memory Screening for the participants above the age of 60+ was also a part of this event.

The event continued for two and half hours with required breaks sufficient for Senior Citizens.

### 06.08.2018 MASS AWARENESS PROGRAMME AT GURUDWARA GREATER KAILASH - II, NEW DELHI

An Awareness talk was given by Dr. Sushma Chawla President of NGO where more of 50 people were present. Topic for discussion was "Aging Gracefully and Memory Loss" during old age.



18.08.2018 MEMORY SCREENING SESSION AT DISPENSARY OF GURUDWARA GREATER KAILAH - II, NEW DELHI

Memory screening was done for four senior citizens and one was diagnosed as a case of Alzheimer Disease. Home care and follow up is in progress.

31.8.2018 - INVITED FOR A CONFERENCE AT BOSTON, USA

Dr. Sushma Chawla was invited as a Plenary Speaker to present her paper "Financial & Legal Issues of Dementia Patients" at "14th World Summit on Alzheimer Disease, Dementia Research and Awareness" conference at Boston, USA on 31st August & 1st September.

22.09.2018 MEMORY ACTIVITY SESSION – IV FOR SENIOR CITIZENS AT MEMORY CLINIC.

On the occasion of “Word Alzheimer's Day” dated 22.09.2018, Hope Ek A.S.H.A. conducted “Memory Activity Session - IV” from 10:30 AM onward at their office at D - 52, Greater Kailash Enclave - II, New Delhi – 110048 in association with EISAI pharmaceuticals.

The session was organized by Hope Ek A.S.H.A.

Activities for Senior Citizens including Memory Screening, Psychologist Support, Patient Diary, Importance of Compliance to Therapy.

Dr. Priya Jha, Chief Psychologist was available for consultations and assessments. Memory Screening for the participants above the age of 60+ was also a part of this event.

Activity Tips Booklet and memories frames were handed over to the participants.

The event continued for two and half hours with required breaks



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sufficient for Senior Citizens.

### 29.09.2018 MASS AWARENESS TALK ON ALZHEIMER IN CITY CLUB, DLF GURGAON

Dr. Sushma Chawla, President Hope Ek A.S.H.A. was invited in the program "An Alzheimer's Awareness Initiative" by Suburb (Magazine on Life Style & Infotainment) at The City Club, Gurgaon

She delivered a talk for an hour on " Alzheimer Disease & Its Management". It was attended by over 250 persons comprising of representatives of SUBURB Magazine, Doctors, Corporate Officials and other club members followed by a musical evening by SHWAAS FUSION BAND. HONDA sponsored this event.

### 21.10.2018 HEA TEAM PARTICIPATED IN DELHI AIRTEL HALF MARATHON

Hope Ek A.S.H.A. team (President, Secretary, Editor, Member and Volunteers) participated in "Airtel Delhi Half Marathon" in Categories "Great Delhi Run" and "Senior Citizen's Run" for a Cause as Fund Raising Event on 21 October 2018 (Sunday) in association with ESSAI Pharma, Japan at Jawahar Lal Nehru Stadium, New Delhi.

Four senior citizens and twenty one young volunteers participated in the event.

Dr. Sushma Chawla, President and Mrs. Rita Sehgal, Editor shared their views on Memory / Brain exercises with all Senior Citizens present in this memorable event.

This was our first experience of participation in marathon for the cause.

### 25.10. 2018 MASS AWARENESS TALK IN IFCI, NEHRU PALCE NEW DELHI

A talk on "Myths About Alzheimer & Tips to Improve Your Memory" was given by Dr. Sushma Chawla, Founder President Hope Ek A.S.H.A. at the Auditorium of IFCI. All officers and officials of IFCI and its



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subsidiaries organizations attended the talk

The talk was followed by yoga session was conducted by volunteer Ms. Swati. Special emphasis was laid on the exercise for Brain and Eyes exercises.

29 visits were conducted by the volunteers of Hope Ek A.S.H.A to various families, supporting the families of Alzheimer's disease patients.12 patients availed the benefit of the Memory Clinic every Sunday. They were screened and advised accordingly. 1 patient is being given Monetary aid from HEA at Tonk, Rajasthan.



***"Let us join hands"***





Hope Ek A.S.H.A

**Sixteenth Annual Caregivers Meet of the  
Caregivers of Alzheimer Disease Patients at Deputy  
Speaker Hall, Constitution Club of India, Rafi Marg,  
Delhi on 10<sup>th</sup> December 2018**





# Hope Ek A.S.H.A





CARE OF CAREGIVER

# Hope Ek A.S.H.A







Hope Ek A.S.H.A

## 8 Truths of Life

- Truth No. 1: Nobody is real in this world except Mother
- Truth No. 2: A poor person has no friends
- Truth No. 3: People do not like good thoughts they like good looks
- Truth No. 4: People respect the money not the person
- Truth No. 5: The person you love the most, will hurt you the most!
- Truth No. 6: Truth is simple, But, The Moment YOU try to Explain It, it Becomes Difficult.
- Truth No. 7: When you are happy you enjoy the music, but "when you are sad you understand the lyrics"
- Truth No. 8: IN LIFE Two thing define you "Your patience" when you have nothing & your attitude" when you have everything..

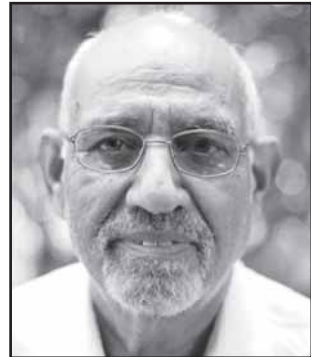
Compild by  
Benu Bhargav



Hope Ek A.S.H.A

## Caregivers ! Learn to Look after Yourself

'One day, early in the morning, my son called an ambulance and took me to a hospital since I had been experiencing severe breathlessness for the past so many hours.' Lying in the emergency room with a nebulizer, I started thinking about my breathing problem that I had been ignoring for the last few months. It was for the first time, it dawned on me that 'if something happened to me, who would look after my wife who was in advanced stage of Alzheimer's?



Breathing heavily through the oxygen mask on my mouth and nose, I went through a reality check. No doubt my children would look after her with the help of the maid, but would my wife Kanu get the same care and attention that I, as her husband for 40 years plus, had been giving her. The clear answer was 'No.' It was then I recollected one of the customary announcements made before take-off on every flight that goes like this: 'In case of loss of pressure in the cabin, the oxygen mask will drop automatically from the panel in front of you. Just pull it, put it on your face and start breathing. In case you have a child or an infirm with you, first secure your own mask and then help others.'

By the time I was discharged in the evening, with a list of do's and don'ts, I was convinced of the need of 'self before others,' and had decided one thing: I will look after myself so that I am able to look after her. The resolution was as simple as that, but its execution needed some more thinking and planning.

### **Understand Complexities**

here are three important aspects that have to be kept in mind by the care-givers.



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- Caring for an Alzheimer's affected person at home is not only a full-time job, but is also a hard and taxing one. It demands tremendous physical and mental energy.
- There is no fixed time-frame for Alzheimer's disease. The period may last from few years to as much as twelve years, a really long period indeed.
- With every passing year, demands from the patient keep increasing, while the caregiver is not getting any younger. The care-giver too ages, perhaps at a pace faster than one would have done otherwise.

A care-giver, at some time or the other has to decide, like me, that enough is enough and 'I must look after myself so that I am able to give my best to the person I am attending to.' Once that has been decided, there are five things to do.

### **Mental Health**

A care-giver undergoes a lot of mental tension that usually starts with the guilt feeling as to why it could not be got detected earlier and what all has gone wrong. Such a feeling is usually followed by periods of frustration, irritation, disappointment and helplessness which often lead to annoyance and at times, disgruntlement. This can be harmful to both the care-giver as well as the person affected by Alzheimer's. Though there is no simple solution to this complex problem, yet an individual has to look within for solutions. The simplest way is to tell yourself that 'what had to happen has happened.' Nothing can be done about it except accepting it. Learn to put your mind to 'relax-mode.'

### **Physical Health**

The physical angle is equally taxing and manifests itself in variety of ways: tiredness, weariness, exhaustion and lethargy accompanied with signs of withdrawals and mood-swings. Since a person affected by Alzheimer's demands more time and attention, it is never easy for the



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care-giver to take out an hour-or-two from their schedule to look after personal health. But it is a must. To remain physically fit, one must go out for exercise in any form: walk, run, cycling, swimming; any activity which allows a person to breathe fresh air, thus obtaining much needed oxygen for the body and also provide a break from the mundane routine.

### **Mental Relaxation**

It is quite different from physical and mental health. Even when you are out on a physical exercise, you might not be relaxing and your thoughts might still be back home with the person affected by Alzheimer's. Your lungs might be getting the fresh air, your legs and the body might be getting the necessary exercise, but your mind might still be taxed with all the thoughts about the affected person back-home. One way to get mental relaxation is to participate in some game. While playing any game one does get both physically and mentally involved thereby totally disconnecting from the worrying thoughts of the sick one left at home. Indulgence in a hobby is another way out. Playing cards is one of the simplest, most relaxing and time-tested hobbies easily available to all.

### **Social Life**

Most of the care-givers find it difficult to 'take-out time' to talk to others or socialize. At times, even the well-meaning guests are frowned upon. A care-giver tends to live a life outside the social circle. Such a thing can be equated with 'living in solitary confinement' which to say the least has many detrimental psychological effects. It is therefore necessary that you, as a care-giver have a meaningful social life. There could be just a few, may be a couple of close friends with whom you should talk and share your feelings. It amounts to letting the steam out and thus preventing the mental pressure cooker from bursting.

### **Take a Break**

For a long period of four years, I missed out all the family functions,



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due to which my levels of irritation and restlessness used to increase. One day my son declared, 'Papa this time you are going for the function. You are granted two days and one night's leave. Don't worry, we shall handle Mama during the day and ask the maid to stay overnight'. Tickets were booked and I was put on the flight to Chandigarh. When I returned the next evening, everything was the same at home but the change in me was perceptible. I was oozing with freshness that made my son exclaim, 'Look, Papa is back in a new avatar with batteries fully charged'. Yes, he was right! I was a changed man. The first forced trip became a landmark event. Thereafter I followed it more or less with regularity, going out once in three-four months. These short breaks were really useful and enhanced my capability to handle deteriorating Kanu with much more ease.

It is rightly said that 'when the going gets tough, the tough get going.' It must be remembered by all caregivers. It is only when the caregiver becomes tough both mentally and physically that the person affected by Alzheimers can be well attended. The caregiver has to put in efforts to become and remain physically and mentally strong. There are many ways of doing it, but only one thought by which it can be achieved: the decision to do so. The decision by itself is not so tough as the implementation is. But once it is done, it can do wonders. All caregivers please try and then you will realize the true meaning of the saying, 'the proof of pudding is in the eating.'

Wg Cdr DP Sabharwal is a post-graduate in Aeronautical engineering who looked after his wife suffering from Alzheimers for almost 12 years. He has written a book 'Handling Alzheimers with Courage,' which has already been translated in Hindi and Gujarati. He resides in Bengaluru and can be contacted at [aerosaby@gmail.com](mailto:aerosaby@gmail.com).

Wg. Cdr. D.P. Sabharwal (Retd)



Hope Ek A.S.H.A

## My mother has Alzheimer Disease

First of all I would like to thank Dr Sushma Chawla who has been of great help. I was introduced to her by Wg Cdr Sabharwal in Ooty. There are very few people who have this zeal in them of helping others without any hesitation. Dr Sushma is one of them. The work she is doing to help people with Alzheimer's and their caregivers, only when a person's close one goes through does he or she realize. We were facing the same problem with our mother and were confused what to do, so that does not lose her confidence. Though my husband is a doctor, he needed some person who has worked in the same field to see if we were on the right track. It was at that time we met Dr Sushma who not only guided us but also made friends with my mother. To our surprise our mother took a great liking towards Dr Suhma and started calling her, her teacher. Her confidence started improving and the task which was given was taken seriously. She knitted few patches in different colors to restart her knitting passion.

It was very nice for us to see our mother taking such a liking to coloring. To start with I made lots of worksheets which I was wondering whether she will do any. I made a file with 15 sheets and to our surprise she finished all the worksheets in two three days. She would open the file on her own and start doing. I called up Dr Sushma and told her then she gave more such ideas. We got a coloring book from MINISO a Japanese shop which had very detailed coloring, which needed to imagine and chose different colors. These days we don't have to tell her, on her own during the day anytime she will spread her table and take out the color pencils, which our brother got from USA, a set of 72 color pencils. We had to think of keeping her mind occupied. I saw a packet of fryams-in the shape of alphabets which I brought and fried them and asked her to separate certain alphabets and eat them. She could do it well and on her own she started removing other alphabets also.

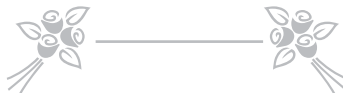


## Hope Ek A.S.H.A

The next important thing was listening to music which keeps her occupied and happy - Thanks to CARRAVAN- a music box with prerecorded songs. She enjoys the songs and keeps singing along. We could do all this under the guidance of Dr Sushma . Want to thank you for all the help. The group you have created on WhatsApp is indeed very helpful. Get a lot of information and feel good helping others in whatever way we can.

Thanks a ton for all the help and guidance. Will feel great if we can be of any help to you and all the members.

*Regards,  
Kavita Kumar,  
NOIDA*





Hope Ek A.S.H.A

### The Wind Beneath My Wings

I have been to India about six times over the course of my life. Over the course of my last three trips, I remember vividly my memories and time spent with my grandparents, especially, my grandfather. My grandfather was once a very learned man, who taught Hindi in high school. He taught me a lot about the importance of family, helped me in my school work, and instilled what it means to be a true Indian even though I lived in a foreign country where the culture is quite different. However, that once “independent” man is slowly deteriorating. Rather, Alzheimer's disease is slowly consuming his brain like a parasite that eats up its host. Indeed, it is a sad reality, yet it is something my family and I must come to accept.



My grandfather, or as I kindly refer to him as Nanu, would play chess and a variety of board games with me when I was younger. In fact, his brain was so sharp even in his 70s that I would often times lose miserably in many of these games and throw a tantrum. I remember the first time my Nanu came to the United States of America, where I reside, and used to play with me every day. For me, these were the happiest moments of that short-lived experience since I am an only child, and it's hard to find peer to play with. Furthermore, my grandpa would set up strict study schedules so that I was ahead of the curve, but at the same, I was able to do the things I enjoy. But the highlight of his trip was teaching me about our family history, and about the Indian culture. He would discuss the stories of the Ramayana and Mahabharata and teach me the lessons that we could learn from these stories. After all, he has raised three lovely daughters, all of whom are successful, and he has done so without many of the resources that are present today. Of course, that requires a terrific amount of courage and intelligence. His





## Hope Ek A.S.H.A

experiences raising his own children has made him a successful grandparent, who stands by his children and is present in each of their successes.

However, in my last trip to India, which was around the summer of 2017, I noticed that my Nanu's conditions were deteriorating. I used to remember the times when he would handle the family's money, but he started to forget things, and as a result, he wasn't able to accomplish as much as he could previously. He oftentimes forgot the names of his daughters and as well my name in a few instances. Obviously, he was not trying to distance himself from the rest of the family, but rather Alzheimer's was eating up that brain of his. It is also important to add that when my Nanu came to the States, his allergies on his face also started to improve perhaps due to the air quality present in India vs. the States. During this trip, those allergies had become worse and overall, my grandpa has grown weak due to old age and Alzheimer's. Alzheimer's had reduced my grandpa to a "child," far away from the learned and organized man that he once was.

Though I am over 1000 miles away from my grandpa, his lessons have been with me. In fact, in order to keep up with his daily life, I call him every week, and oftentimes, it is hard to communicate with him since he suffers from hearing loss. It is no doubt that Hope Ek A.S.H.A. is doing wonderful things for Alzheimer's patients and just thanking them would not be enough for what they done for my grandfather. I genuinely hope that by stimulating his brain by doing coloring book activities or playing memory games helps him to regain form, so that he can continue to remember those who are successful as a result of his hard work and dedication. There is a famous quote that goes something like, "When children are young, their parents take care of them. When parents grow old, the child becomes the primary caretaker." My Nanu has been a hero for our entire family, even through the thick and thin. Now, it is our utmost responsibility to be his messenger and I hope to do so by becoming a doctor one day.

– Shivam Khatri  
USA



Hope Ek A.S.H.A

## उम्र

मैं उम्र बताना नहीं चाहती हूँ,

जब भी यह सवाल कोई पूछता है,\*  
मैं सोच में पड़ जाती हूँ,

बात यह नहीं, कि मैं,  
उम्र बताना नहीं चाहती हूँ,  
बात तो यह है, की,  
मैं हर उम्र के पड़ाव को,  
फिर से जीना चाहती हूँ,  
इसलिए जबाब नहीं दे पाती हूँ.

मेरे हिसाब से तो उम्र,  
बस एक संख्या ही है,

जब मैं बच्चों के साथ बैठ,  
कार्टून फिल्म देखती हूँ,  
उन्हीं की, हम उम्र हो जाती हूँ,  
उन्हीं की तरह खुश होती हूँ,  
मैं भी तब सात-आठ साल की होती हूँ,

और जब गाने की धुन में पैर थिरकाती हूँ,  
तब मैं किशोरी बन जाती हूँ,

जब बड़ों के पास बैठ गप्पे सुनती हूँ,  
उनकी ही तरह, सोचने लगती हूँ,

दरअसल मैं एकसाथ,  
हर उम्र को जीना चाहती हूँ,

इसमें गलत ही क्या है?  
क्या कभी किसी ने,



## Hope Ek A.S.H.A

सूरज की रौशनी, या,  
चाँद की चांदनी, से उम्र पूछी?

या फिर खल खल करती,  
बहती नदी की धारा से उम्र पूछी?

फिर मुझसे ही क्यों?

बदलते रहना प्रकृति का नियम है,  
मैं भी अपने आप को,  
समय के साथ बदल रही हूँ,

आज के हिसाब से,  
ढलने की कोशिश कर रही हूँ,

कितने साल की हो गयी मैं,  
यह सोच कर क्या करना?

कितनी उम्र और बची है,  
उसको जी भर जीना चाहती हूँ,

एक दिन सब को यहाँ से विदा लेना है,  
वह पल, किसी के भी जीवन में,  
कभी भी आ सकता है,

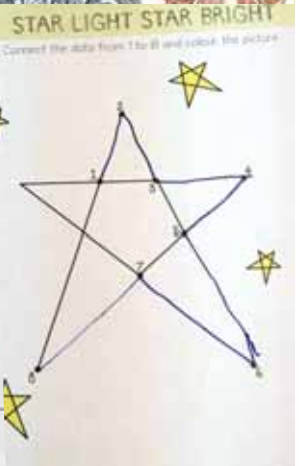
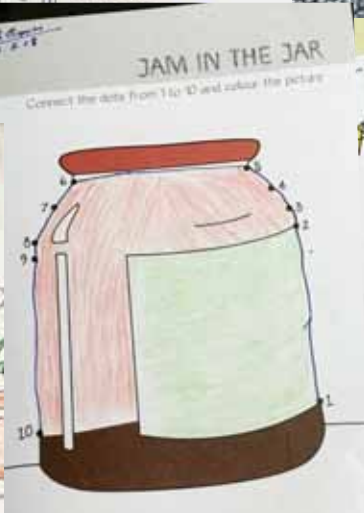
फिर क्यों न हम,  
हर पल को मुठ्ठी में, भर के जी ले,  
हर उम्र को फिर से, एक बार जी ले..

बेनु भार्गव



Hope Ek A.S.H.A

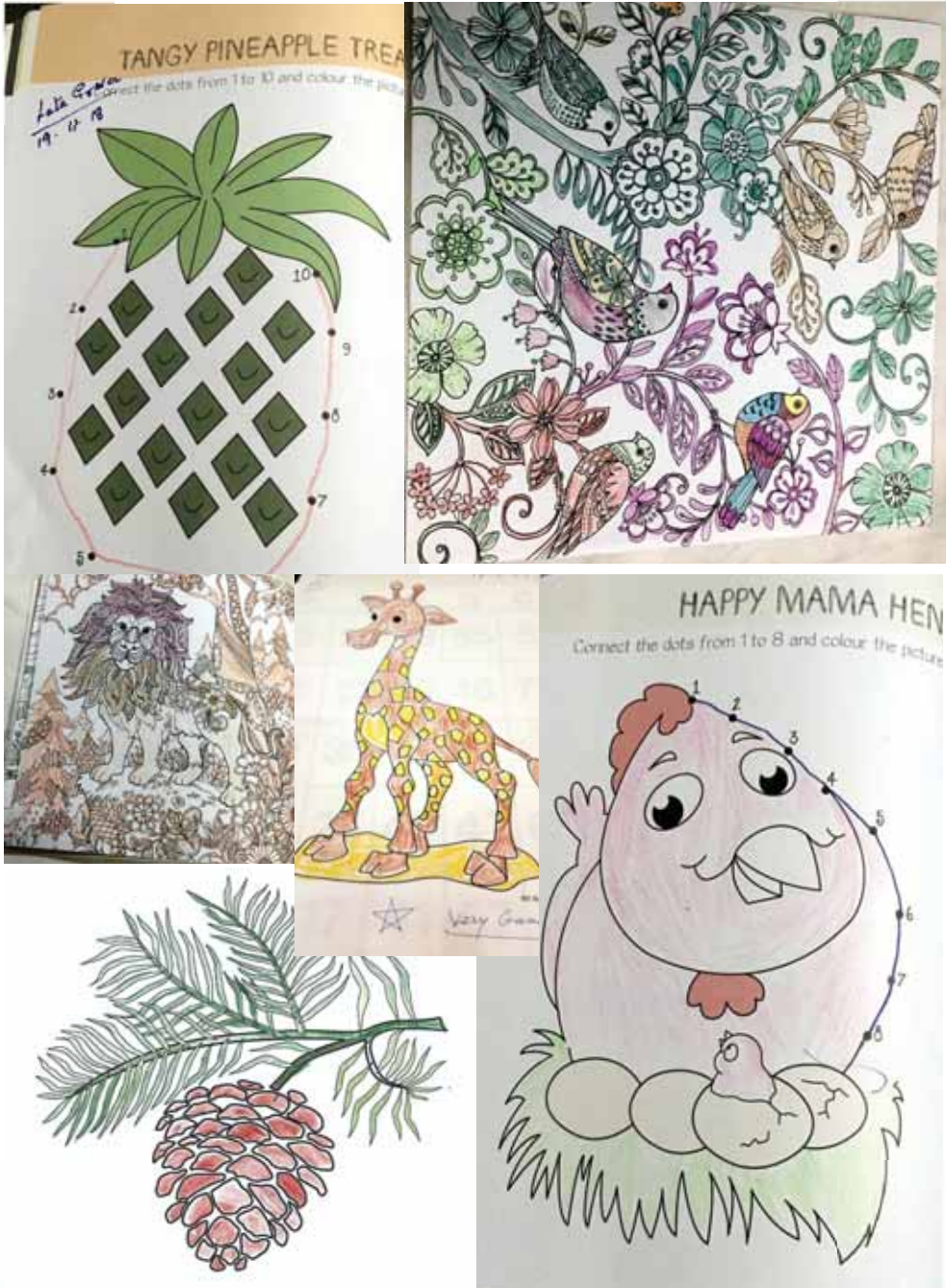
## WE CAN STILL DO IT



These Are The Creations Of Our Dementia Patients



Hope Ek A.S.H.A



These Are The Creations Of Our Dementia Patients



CARE OF CAREGIVER

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**Medical & Legal Camp for Senior Citizens sponsored by TFCI Ltd was organised on dated 17.12.2017 (Sunday) at Life Care Clinic, – D - 52, Greater Kailash Enclave II, New Delhi - 110048**



The camp was a great success. The total number of 106 senior citizens benefitted from this camp.



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## “Share & Care Meet” organized on 17.02.2018 at HEA office.

The focus was on the present family caregivers who are caring for their beloved ones at home





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## Caregiver Stress:

### Tips for taking care of yourself

**Caring for a loved one strains even the most resilient people. If you're a caregiver, take steps to preserve your own health and well-being.**

A caregiver is anyone who provides help to another person in need, such as an ill spouse or parent, a disabled child, or an aging relative. However, family members who are actively caring for an older adult often don't self-identify as a "caregiver." Recognizing this role can help caregivers receive the support they need.

#### **Caregiving is rewarding but stressful**

Caregiving can have many rewards. For most caregivers, being there when a loved one needs you is a core value and something you wish to provide.

But a shift in roles and emotions is almost certain. It is natural to feel angry, frustrated, exhausted, alone or sad. So Caregiver stress — the emotional and physical stress of caregiving — is common.

People who experience caregiver stress can be vulnerable to changes in their own health. Risk factors for caregiver stress include:

- Living with the person you are caring for
- Social isolation
- Having depression
- Financial difficulties
- Higher number of hours spent caregiving
- Lack of coping skills and difficulty solving problems
- Lack of choice in being a caregiver

#### **Signs of caregiver stress**





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As a caregiver, you may be so focused on your loved one that you don't realize that your own health and well-being are suffering. These are the signs of caregiver's stress:

- Feeling overwhelmed or constantly worried
- Feeling tired often
- Getting too much sleep or not enough sleep
- Gaining or losing weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Feeling sad
- Having frequent headaches, bodily pain or other physical problems
- Abusing alcohol or drugs, including prescription medications

Too much stress, especially over a long time, can harm your health. As a caregiver, you're more likely to experience symptoms of depression or anxiety. In addition, you may not get enough sleep or physical activity, or eat a balanced diet — which increases your risk of medical problems.

### **Strategies for dealing with caregiver stress**

The emotional and physical demands involved with caregiving can strain even the most resilient person. That's why it's so important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don't take care of yourself, you won't be able to care for anyone else.

- **Accept help.** Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, a friend may offer to take the person you care for on a walk a couple of times a week. Or a friend or family member may be able to run an errand, pick up your groceries or cook for



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you.

- **Focus on what you are able to provide.** It's normal to feel guilty sometimes, but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time.
- **Set realistic goals.** Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Learn to say NO to requests that are draining, such as hosting holiday meals etc.
- **Join a support group.** A support group can provide validation and encouragement, as well as problem-solving strategies for difficult situations. People in support groups understand what you may be going through. A support group can also be a good place to create meaningful friendships.
- **Seek social support.** Make an effort to stay well-connected with family and friends who can offer nonjudgmental emotional support. Set aside time each week for connecting, even if it's just a walk with a friend.
- **Set personal health goals.** For example, set goals to establish a good sleep routine, find time to be physically active on most days of the week, eat a healthy diet and drink plenty of water.

Many caregivers have issues with sleeping. Not getting quality sleep over a long period of time can cause health issues. If you have trouble getting a good night's sleep, talk to your doctor.

### **You aren't alone**

If you're like many caregivers, you have a hard time asking for help.



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Unfortunately, this attitude can lead to feeling isolated, frustrated and even depressed.

Rather than struggling on your own, take advantage of resources for caregivers.

**Dr. Priya Jha**  
Chief Psychologist  
Hope Ek A.S.H.A.





Hope Ek A.S.H.A

## HAVE FAITH

Faith is seeing light with our heart when all our eyes see is darkness.

Faith is praising God in the storm. Trusting him in the valley. Following him in the darkness. God makes way for us when there seems to be no way. God never promises to remove us from our struggles. He does promise however to change the way we look at them.

We say.... Show me and I'll trust you.

God says.... Trust me and I'll show you.

God is as strong as our belief in him.

As we all know that our thoughts affect our whole body and create in us an impression and that impression like everything else is subject to cyclic law and become repetitive in our mind.

Memories that are well encoded are those which Alzheimer patients remember best as they had lots of practice recalling these memories over the years.

Let us starts filling our brain with divine thoughts and when we are old, the thoughts that erupt will be divine only.

A seed grows into a tree only if it surrenders to the soil. It has to have faith in the soil and allow itself to rupture in order to blossom as a tree. In the same way we have to place our faith in God and surrender so that new life, a life of eternal bliss can blossom.

Let us make God our companion, offering prayer and counting our blessings.

Let us fill our mind with universal energy and merge it into its source which is pure consciousness.

Let us understand that we cannot escape the darkness and gloom but the closer we move to God the better we learn to handle the change.

We cannot expect the best from our brain if we have not given our best. The kingdom of God is within us. Let us start supervising our thoughts, purify them and build our inner world without fear of any loss. Have faith and drop the fear.

WHY FEAR WHEN GOD IS NEAR

*Thanks to my Mentor  
Rita Sehgal*



Hope Ek A.S.H.A

## Healing is with in

When God made man, someone said “God this man is so clever, he is going to trouble you all the time”. God gave a beautiful answer “Only those who are solely devoted to me, surrendering all actions to me, worship me will be able to come close to me and I will rescue them from worldly problems and ocean of birth and death.

Sri Sri Ravi Shankar ji has rightly said “There is a beautiful human being inside everyone. What makes one different is the stress that covers the beauty. When stress is gone, we are our original self”.

The irony of life is that we are always trying to control things that are not under our control, while ignoring one thing that is in our control - Our MIND.

We say “oh my mind is not in my control” forgetting that mind is the only thing that is in one's control provided we learn how to manage it.

God has made us the masters of our mind but we surrender to our mind not to God and become its slave. Our mind is so powerful that whatever we think and believe, every cell of our body responds to it. We cannot calm the storm, all we can do is calm our self. Believe me the storm will pass on its own.

If we master the external world without mastering the inner world we can never be truly and sustainably happy. Even if we are financially strong but are suffering emotionally then what kind of victory is that. Our fat wallet cannot give us happiness as our happiness is within. Life flows effortlessly moment to moment like a river. Every moment we have a choice to go with the flow or to resist it. Our anxiety and actions that arise from our fear, jealousy, guilt, anger, greed or shame tend to block the free flow of life energy in many aspects.



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Destiny is not what happens to us but what we do with what happens to us. It is what we create by being aware of our thoughts every moment and choosing our response rather than looking for excuses.

The healthiest habit to ease daily anxiety is random acts of Kindness. When we practice kindness consciously good chemicals flow in our body and our kind act is registered in every cell of our body.

Treat everyone like you would yourself like to be treated by others.

Practice forgiveness - When we conclude that someone doesn't deserve forgiveness we are actually saying that we don't deserve peace. Forgiveness doesn't mean that we deny the other persons responsibility for hurting us. It does not justify or minimize the wrong. Rather it brings a kind of peace, Joy, hope and gratitude. Mahatma Gandhi ji said "The weak can never forgive. Forgiveness is the attribute of the strong". You forgive and let the universe take care of hows.

Unconditional love is always the answer to healing of any sort. One who loves ones own self can only love others. Our grudges only hurt us back and the pathway to love is forgiveness. Have a loving heart that always cares and is ready to give to be happy. Accept yourself as you are and accept everyone as they are. The happier people don't have everything in life. They just make the best of everything that life brings on their way.

A healthy body is a reflection of our inner well being. We can take no credit for beauty at 16. But if we are beautiful at 60, it will be counted as our souls own doing.

I repeat, healing is within. Persistent pain is accompanied by a plethora of associated problems such as worry, anxiety, low mood etc. Researchers have inferred that right thinking, right eating and right kind of exercise can reduce both the perception and processing of pain in the brain. Change of thoughts can change our world. Happiness is when



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what we think, what we say, and what we do are in harmony. So let us build this harmony to heal ourselves making our life purposeful.

Let us search the cause of suffering with absolute awareness. In the diagnosis alone lies the remedy and cause of suffering is also within.

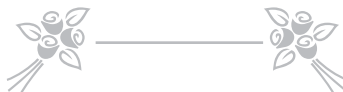
Everyday we should thank the author of our life – God and count our blessings to heal ourselves. For self healing hold the hand of God. He is never blind to our tears, never deaf to our prayers and never silent to our pain.

Let us put the reins of our lives in God's hand and make him our divine chauffeur. Let us light the oil lamps in our hearts and feel that we are in the lap of God.

Life is a small journey between mother's womb to the funeral pyre. So let us be with the flow of life, pray to God when we feel we are seeing darkness and be sure that he will never leave us alone and light will soon flow. Let us change our old habit of thinking of what we did not get after praying. Think of the countless blessing God gave us without asking.

*Compiled by*  
Rita Sehgal  
Joint

Secretary & Editor Hope Ek ASHA





Hope Ek A.S.H.A

On the occasion of International Women's Day on dated 08.03.2018, Dr. Sushma Chawla, President Hope Ek A.S.H.A. was invited to deliver a talk on the "Health of Women" in Industrial Finance Corporation of India Limited, Nehru Place, New Delhi.







## Hope Ek A.S.H.A

Hope Ek A.S.H.A. organized a workshop on "Mind Mapping and Memory Techniques" as knowledge partner at their Sunday Memory Clinic on 29th April, 2018. Main speaker was Mr. Sunil Roy, Mind Coach, Author & Entrepreneur.

Workshop was attended by caregivers, volunteers, doctors and few new entrant totaling 28 in numbers. All actively took part in this workshop which was beneficial.





Hope Ek A.S.H.A

**Received Sanction Letter of CSR Funds for  
"Day Care Center"  
for Alzheimer Patients on 12.03.2018 by  
CEO & MD IFCI Ltd.**



•Hope Ek A.S.H.A. had submitted a proposal to IFCI for setting up a Day Care Center for Senior Citizens suffering from Alzheimer in Stage I and Stage II under CSR initiative. The project was approved in their board meeting. Dr. Emandi Sankara Rao, CEO & MD of Industrial Finance Corporation of India Limited and IFCI Social Foundation handed sanction letter of Rs. 21 Lakhs to Dr. Sushma Chawla, President the cost of DCC towards its capital assets.



## Hope Ek A.S.H.A

•On 19th May, 2018, Hope Ek A.S.H.A. launched its **MEMORY ACTIVITY CENTER** in association with **EISAI** pharmaceuticals, Japan at their office D - 52, Greater Kailash Enclave – II, New Delhi – 110048





Hope Ek A.S.H.A

## Hope Ek A.S.H.A.

conducted Memory Screening Camp for Senior Citizens  
at "Old Age Care Cell"

Sector - 37, (Gurdwara), Noida - 201303 (UP)  
on Saturday 23.06.2018.

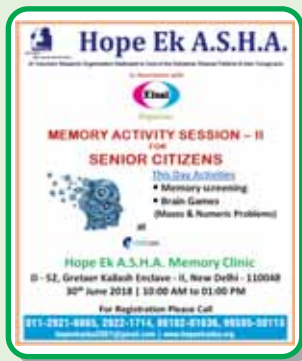




CARE OF CAREGIVER

## Hope Ek A.S.H.A

Hope Ek A.S.H.A. conducted “Memory Activity Session - II” at their Weekly Memory Clinic from 10 AM onwards at their office D - 52, Greater Kailash Enclave – II, New Delhi – 110048 in association with EISA pharmaceuticals on 30.06.2018





Hope Ek A.S.H.A

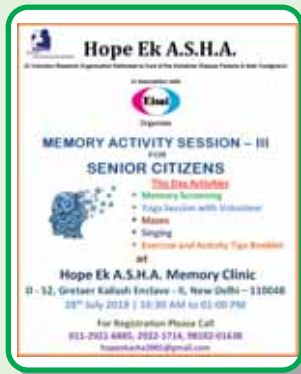
A Follow-up Camp of the Memory Screening Camp dated 23.06.2018 was organized at "Old Age Care Cell" Sector - 37, (Gurdwara), Noida - 201303 (UP) on 21.07.2018.





Hope Ek A.S.H.A

Hope Ek A.S.H.A.  
conducted “Memory Activity Session - III”  
at their Weekly Memory Clinic from 10:30 AM onwards  
at their office D - 52, Greater Kailash Enclave - II,  
New Delhi – 110048 in association with EISAI  
pharmaceuticals On 28.07. 2018.





Hope Ek A.S.H.A

**Wonderful questions to read and answer.**

1. How many Malayalees have become President of India?
2. How many States share border with Kerala?
3. How many teaspoons make a Table spoon?
4. How many Vedas are there in Hindu Mythology?
5. How many times did Mahatma Gandhi visited Kerala?
6. How many countries have larger area than India?
7. What is the Ph value of water?
8. How many planets are there in Solar System?
9. How many districts in Kerala have coastline?
10. How many Millimetres make a Centimetre?
11. How many players are there in a Football team?
12. How many inches make a feet?
13. How many Legislative Assemblies have been elected so far in Kerala?
14. How many District Panchayats are there in Kerala?
15. One-time vehicle tax is valid for how many years?
16. How many feathers are there in a shuttle cock?
17. How many languages are printed in an Indian Currency?
18. How many Chapters are there in Mahabharatha?



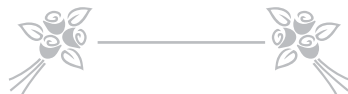


Hope Ek A.S.H.A

19. Which Commonwealth Game was hosted in India in 2010?
20. How many overs are there in T-20 cricket?
21. How many years did Mahatma Gandhi spent in South Africa?
22. What is the position of Kerala in terms of area?
23. How many chromosomes are there in human body?
24. How many spokes are there in an Ashoka Chakra?
25. What is the qualifying age for becoming a MLA?

**Don't panic. The question numbers are the answers....**

*Compiled by  
Benu Bhargava*





Hope Ek A.S.H.A

**Dr. Sushma Chawla was invited as a Plenary Speaker to present her paper " Financial & Legal Issues of Dementia Patients" at "14th World Summit on Alzheimer Disease, Dementia Research and Awareness" conference at Boston, USA on 31st August & 1st September.**





Hope Ek A.S.H.A

# Even 30-yr-old can have dementia

**PRATIBHA CHAUHAN**  
Tribune News Service

**CHANDIGARH, OCTOBER 31** Something as simple as Vitamin-B3 deficiency, alcohol abuse or even hypothyroidism could give you symptoms of dementia, generally associated with old age.  
"The imaging of the normal aging brain can be used to find the cause of dementia, which in majority of the cases results due to brain shrinkage, due to advancing age," explained Dr Michael S. Hackman, an internationally renowned interventional neuroradiologist, working at Rush Medical College, Chicago.  
Dr Hackman, who is here to attend a conference on Interventional Neuroradiology being organised by the Radiodiagnosis department, IJIL says dementia can occur before you

age but not every aged brain will have traces of the disease. "Even a 30 year old could suffer from impairment of mental abilities because of alcohol abuse, drugs, AIDS, organ transplantation, use of steroids, vitamin-B deficiency or even hypothyroidism mainly due to suppressed immune system," he disclosed.  
It is through imaging of the brain that one can rule out dementia and look for other factors which could result in memory loss and inability to remember familiar faces, names and places. "Dementia resulting due to vitamin B-deficiency or hypothyroidism is reversible and imaging of the brain helps us in ruling out the disease due to brain shrinkage, which cannot be cured," he said.  
Citing example Dr Hackman, said even repeated head trauma,

such as that experienced by boxers or an infant who at the time of birth did not get adequate oxygen (asphyxia) could suffer from dementia. "Efforts are being made to differentiate and categorise different form of dementia, which could present as a symptom in a number of diseases like Alzheimer, which has no cure," he said.  
Dr Hackman, said 1 per cent of the population above the age of 40 years, 10 per cent above the age of 65 years, 40 per cent above 87 years and 90 per cent above 107 years have been found to be suffering from dementia. Highlighting another aspect of dementia, by majority of the patients suffer the apathy, where they are not willing to accept that they have a problem of memory loss. They do not realise that they



### अल्जाइमर : अपनों को बेगाना कर देने वाली नानुराद बीमारी

दिल्ली की 60 वर्ष की एक महिला ने अपने अल्जाइमर के लक्षणों को बेगाना करने वाली नानुराद बीमारी बताया है।

**THE TIMES OF INDIA, NEW DELHI**  
MONDAY, MARCH 14, 2011

## SEARCHING FOR SENIORS

Only 10% of people with dementia who wander from home are ever found, and the lack of a central database or agency compounds the problem

**SEARCHING FOR SENIORS**  
Only 10% of people with dementia who wander from home are ever found, and the lack of a central database or agency compounds the problem

**When a person with dementia goes missing**  
A study found that only 10% of people who wander from home are ever found.

**The American Alzheimer's Association website states that up to 60% of Alzheimer's patients will wander off at least once**

# India expected to have 19% elderly by 2050

► From P 1

Patel told the Lok Sabha on Friday that the growth rate of the 0-14 population is slowing but that of older people is rising. The age distribution of India's population is more even as compared to China which has been skewed by the one-child policy resulting in a smaller and declining working-age citizenry.  
"India Ageing Report 2017" by the United Nations Population Fund (UNFPA) says the share of population over the age of 60 could increase from 8% in 2015 to 19% in 2050. By the end of the century, elderly will be 34% of the total population.  
During 2000-2050, the overall population of India is expected to grow by 56% while the 60-plus population will increase by 326%. During the

same period, the 80-plus population will grow 700% with a predominance of widowed and highly dependent very old women. While India is expected to report around 19% elderly by 2050, the absolute numbers will be very large. Yet, India will be better off than China, which is expected to report 34% of population above 60 by 2050.  
According to the report, a distinguishing feature in India is a significant inter-state disparity. For instance, southern states will have more elderly, along with Himachal Pradesh, Maharashtra, Odisha and Punjab. The percentage of 60-plus population in these states varies from 9% to 12.3%, as per census 2011. Central and northern states have much lower proportions of the elderly. Patel said the government is taking steps to ensure care for the elderly.



CARE OF CAREGIVER  
Hope Ek A.S.H.A

MENTAL ILLNESS

# A wait that knows no end: The plight of missing Alzheimer's patients' kin

Soumya Pillai

letters@hindustantimes.com

**NEW DELHI:** It was the evening of September 5, 1995, and 65-year-old Srikanth Sharma was watching television in the living room; his daughter Neelanjana had stepped into the kitchen to check on their maid's work.

Around 15 minutes when...

Two years before he left home never to be seen again, Sharma had been diagnosed with Alzheimer's, a brain disease that causes a slow decline in memory, thinking and reasoning skills.

Delhi Police records narrate the endless wait of several such families, who relatives, dis...

According to Delhi Police, one in every four calls received by the department everyday of senior citizens missing in the city was of a patient suffering from memory-related ailments.

Although a comprehensive study of such cases is yet to be carried out in India, the Alzheimer's Association in... at least

## India ageing faster than we thought, shows data

Sushmi.Dey@timesgroup.com

New Delhi: India is greying faster than previously projected, even though it fares better than other Saarc countries and China — the government has disclosed that the number of people above 60 will rise to around 340 million by 2050.

The number, revealed by junior minister for health Anupriya Patel in the Lok Sabha, is higher than projections made by the United Nations and other agencies, which also predict that the elderly population will grow much faster than the overall population with more old "widowed and highly dependent wo-

### 2050 SHADES OF

340 million  
govt tells Lok Sa'

316.8 mil  
UN estimate

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Around 15 minutes when she returned together after his evening cup of tea, she found him still playing a ruse of the 1990s hit show 'Dekh Bhai Dekh', and the main door was open.

Two years before he left home never to be seen again, Sharma had been diagnosed with Alzheimer's, a brain disease that causes a slow decline in memory, thinking and reasoning skills.

Twenty-three years after his disappearance, the daughter of that daughter's memory. Neelanjana remembers run-knockdown, wearing torn and soiled clothes, that she had been wearing a security guard's uniform that day.

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### KEPT A WELL-GUARDED SECRET

A 50-year-old patient, whose family did not wish to be identified, has been offering information over a decade now. He was seen by a neighbour who was working after he went missing from his house in south Delhi's Vasant Vihar.

The family recalls that when he was found, he had bruises on his arms, his legs were chapped and glasses missing. When he was found, he was constantly repeating the name of his native village in Uttar Pradesh and insisting that he be taken there.

Neighbours say that his illness was well-guarded family secret of social media to take the help of patients to find him.

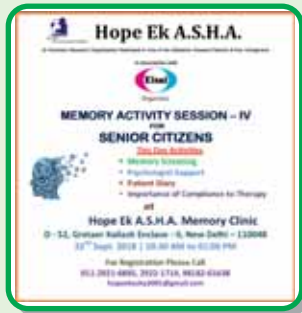
"We were told to take patients to doctors. We now have an identity card, with his name and address written around his neck all the time, so that in case he wanders again, someone would pick him home," his daughter said.

As seen in her returned home, the family insistively pulled



Hope Ek A.S.H.A

On the occasion of “Word Alzheimer's Day” dated 22.09.2018, Hope Ek A.S.H.A. conducted “Memory Activity Session - IV” from 10:30 AM onward at their office at D - 52, Greater Kailash Enclave - II, New Delhi – 110048 in association with EISAI pharmaceuticals.





## Hope Ek A.S.H.A

Hope Ek A.S.H.A. participated in “Airtel Delhi Half Marathon” in Categories “Great Delhi Run” and “Senior Citizen's Run” for a Cause as Fund Raising Event on 21 October 2018 (Sunday) in association with ESSAI Pharma, Japan at Jawahar Lal Nehru Stadium, New Delhi.

4 senior citizens and 21 young volunteers participated in the event.





Hope Ek A.S.H.A

Dr. Sushma Chawla delivered a talk for an hour on "Alzheimer Disease & Its Management" in the program "An Alzheimer's Awareness Initiative" by Suburb (Magazine on Life Style & Infotainment) at The City Club, Gurgaon on date 29th September.





Hope Ek A.S.H.A

## “Good News India” program on DD News Channel

Immediately after the "World Alzheimer Day" on dated 07.10.2018 at 9:45 PM DD Channel telecasted our works on their “Good News India” program.

The Link to view is <https://www.youtube.com/watch?v=gOTk49paX8Y> (Second half 13:15 to 19:40).







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Hope Ek A.S.H.A

## MY FATHER BALDEV RAJ KAPOOR (19<sup>th</sup> JUNE 1945 - 23<sup>rd</sup> DECEMBER 2017)

My father, Mr. Baldev Raj Kapoor was a man of his words. He was a very kind hearted, hard working, a devoted husband and father. He was always helpful to each and every person in his life. He passed away peacefully surrounded by his family after struggling with Alzheimer Disease for 5 years.



It was a terrible time for the family as we had no idea for his caring and the progress of the disease. Dr. Sushma Chawla from Hope Ek A.S.H.A. guided us and provided immense moral support to me and my mother. We have no words for her greatness.

We are thankful to Dr. J.Kailash also who visited my father at home to guide us through his medical management.

Our heartfelt gratitude to Dr. Sushma Chawla and Hope Ek A.S.H.A. team for their selfless work.

He is deeply missed by everyone in the family and people known to him. Today he is not with us in this world, but he and his memories will always remain in our heart. May his soul rest in peace.

*(Reena Mehndiratta)*



Hope Ek A.S.H.A

## IS LIFE INSURANCE NECESSARY FOR THE ELDERLY?

Life insurance is no doubt vital to anyone's life. However, with the rise of many complicated options and conditions, it has become all the dreadful making the right choice while buying one.

Hence, buying a life insurance can indeed be intimidating these days. When considering buying life insurance plan for senior citizens, it can become risky, not to mention, expensive. This is because, as we age, we become fragile. And as we become fragile, we tend to pose a greater risk. Nevertheless, senior citizens still need a life insurance, whatever be the case.

### WHY SENIOR CITIZENS NEED LIFE INSURANCE?

The reasons for senior citizens to have a life insurance in place are numerous and varied. However, as with all the other types of insurance, life insurance for the elderly is quite necessary. And there is a reason behind this too. One main purpose life insurance serve is that it provides income. And this income can be used to support the elderly and their family. They not only act as a source of income but as a channel for savings as well.

Also, in case of death of the elderly, the money the insured person's family receives can be used to pay off any existing debts, loans, and other expenses. Life insurance can be very beneficial. In that, it provides for the family in case of absence of the insured person. If you still have a business to run, then life insurance helps you out there as well.

### THE POSSIBILITY OF SENIOR CITIZENS GETTING LIFE INSURANCE

Age is no bar to get life insurance. In fact, there are both term as well as permanent life insurance policies in place for senior citizens,



## Hope Ek A.S.H.A

regardless of their age, although term life insurance has its own set of limitations. For instance, all term insurance has something known as a cut-off period, after which, the policy will no longer be available. But you can still go for permanent life insurance policies, which are not subject to such restrictions.

And then there are cases where some term lengths will no longer be available at certain ages. What this basically means is that a person who has attained 75 years of age can opt for a 10-year term policy, but can't go for a term policy that is 15 or 20 years in length. There are also those age-limited universal life insurance policies, which are similar in nature to term policies that you can buy. However, just as in the case of term life insurance policies, these too, will have specified time periods and ages up to which the policy would be valid. Like other term insurance policies, these policies differ from one company to another, as well.

### WHEN DO SENIOR CITIZENS NEED LIFE INSURANCE AND WHEN THEY DO NOT?

Although life insurance is very much necessary for senior citizens, it is, however, not always necessary. For example, if your funeral is already paid for or you have enough funds for those golden years in your life. Or it could even be that your children are no longer dependent on you, or you have no financial commitments such as debts, loans, etc.

Moreover, most people outlive their need for life insurance and so don't really need one. For many others, however, buying a life insurance does make sense, seeing as how it pays for your family and its expenses after you have passed away.

### AFFORDABLE LIFE INSURANCE POLICIES FOR SENIOR CITIZENS



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Senior citizens need life insurance. However, there are certain things you as an elderly person can do, so that you can get life insurance policies at affordable rates. These include maintaining a healthy lifestyle or taking care of your health and shopping for life insurance in a wise manner. To get the best and most affordable policies, you must first evaluate to find the policy the best befits your needs. For this, the face value of the policy becomes a key deciding factor. This is because, the higher is the face value, the more coverage the policy will give.

As far as life insurance policies are concerned, there are plenty to choose from. But only a few of these are regarded as the best.

Source : The Pioneer

*Compiled by*  
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
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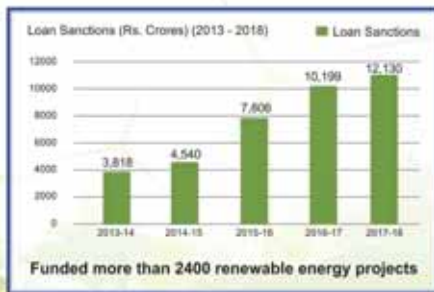


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For Further information / help, contact, write

**Dr. Sushma Chawla**

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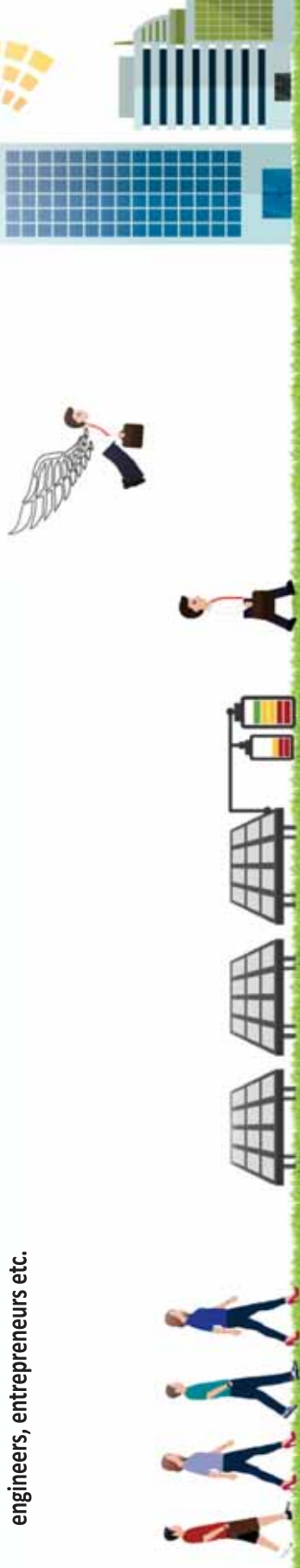


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The Hans Foundation primarily finances small grass-roots organizations that operate directly in the communities that they serve. This ensures that the funds directly impact the people in need. Along with the local organizations, The Hans Foundation also supports larger organizations that have a greater outreach. With these organizations, it aims to develop solutions that are replicable across the country. The Hans Foundations works hard to identify partner organizations who want the best for the people they serve. Together with the partners, The Hans Foundation has enhanced countless lives.

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