



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

# A.S.H.A.

Affectionate Secured Home For Alzheimer's

( A Facility for Day Care & Residential Care For Alzheimer's Disease Patients)

A Project of  
**Hope Ek A.S.H.A.**

(Established - 2001)

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

**GRANTED SPECIAL CONSULTATIVE STATUS BY  
UNITED NATIONS ECONOMIC AND SOCIAL COUNCIL (ECOSOC)**

Supported by:



*Celebrating 20 Years*

## A.S.H.A- A HOME FOR THE FINEST DEMENTIA CARE

Affectionate Secured Home for Alzheimer's or A.S.H.A is a comfortable, compassionate home for dementia patients where they are kept under the supervision of dedicated trained caregivers, coordinators and medical professionals. A.S.H.A offers specialised care to patients who are battling with this disease. It attempts to improve their quality of life and emotional well-being with a disciplined and well-researched programme that involves brain-stimulating exercises, physiotherapy, especially designed activities and most importantly personal care.

### DAYCARE SERVICES FOR DEMENTIA PATIENTS

The day care service at A.S.H.A. is a happy gathering of patients who look forward to a day full of fun and activities, socialising with fellow patients and enjoying life to the fullest, oblivious of being burdened by a debilitating disease. Every day, from Monday to Friday A.S.H.A welcomes its inbound patients who are escorted by their family members to the centre to spend the day under specialised care of team of A.S.H.A. This ritual is a great relief for the family caregivers who get time for themselves to continue with their professional life and other occupation without worrying about the welfare of their elderly loved ones. They pick them up in the evening from the centre for a nice reunion of family at home.

### FEATURES OF DAY CARE ENGAGEMENT PROGRAMME

- Cognitive and Brain Stimulating exercises
- Physical Activities
- Spiritual Activities
- Music Therapy
- Social Interactions
- Meals and Snacks

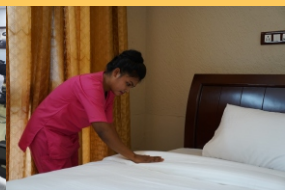


### RESIDENTIAL CARE SERVICE FOR DEMENTIA PATIENTS

The residential care at A.S.H.A is one of the best. Patients are housed in the facility as family members under complete care of caregivers and a medical professional. Dedicated caregivers for the patients are their true companions. Behaviour patterns and medical condition of the patients are regularly monitored. At A.S.H.A comfort and convenience of the patients are paramount. It has patiently-friendly rooms, accessories and well-equipped bathrooms with all safety gears for the ease of movement and other requirements.

In-house cooking ensures clean and hygienic food for the patients which also caters to their meal preferences as well.

Since the decision to shift them is tough one, we at A.S.H.A. take full responsibility in making the move in happen from your own home to ASHA home.



## OUR CARE CONSTRUCT

- Cognitive Rehabilitation Activities
- Physical Activities
- Spiritual Activities
- Music Therapy
- Social Interactions
- Emergency Medical Response Procedures
- Medication Management
- Full ADL Support
- Home-cooked Nutritious Meals
- Cognitive Rehabilitation Activities
- 24X7 Trained Caregivers in Dementia Care
- Nursing Care
- Housekeeping & Laundry
- Round-the-clock Monitoring of the Residents
- Streamlined Paperwork & Reporting

## ASHA: THE HOME

- Well-Trained, Passionate & Uniformed Caregivers
- Friendly & Caring Environment
- In-house Kitchen Facility
- Open Space For Stroll & Seating
- CCTV System & Security
- Round the Clock Caregiver Staff
- Wheel Chair Access in the entire facility
- Grab bars in Washrooms
- 24X7 Electricity & Water Supply
- Comfortable Rooms

## HOPE AT HOME - ON-LINE DEMENTIA CARE

Hope at Home, the brainchild of Hope Ek A.S.H.A. It is an online home care plan developed especially during COVID-19 pandemic for people with Dementia. It is a structured programme conducted virtually by specialists where caregivers receive online training to manage PwD in the comfort of their homes. A customized care plan is curated for each patient after assessing at his/her needs. Regular guidance and periodic interventions of trained and experienced professionals via virtual connect also prepare and equip the family caregivers to take up the task of effective and happy caring.

**Our Vision :** Creating a society that promotes inclusion of persons with dementia.

**Our Mission :** To deliver high quality and compassion support to person with dementia and their FAMILY Members for dignified life for all.

## HOPE EK ASHA



Hope Ek ASHA is a leading NGO in Delhi which is working to raise awareness about the disease and conduct programmes for its early detection and provides supportive service, care and rehabilitation for the patients. With a host of activities that include counselling for patients and caregivers, the organisation also runs an Alzheimer's day and residential care facility in East of Kailash, Delhi. It is called A.S.H.A.

## DR SUSHMA CHAWLA, FOUNDER-PRESIDENT, HOPE EK ASHA

Run under the guidance and stewardship of Dr Sushma Chawla, the 2-decade old journey of Hope Ek ASHA continues to positively impact the lives of many people living with dementia and their caregivers. With an objective to purposefully promote create a dementia-friendly society, it aims to establish a dementia village in the future with a capacity of housing 100 people with dementia to give them a quality life. Also, by encouraging the participation of citizens from different walks to mingle and interact with PwD in their activities, it strives to challenge stigmatisation of the disease.

Dr Sushma Chawla embodies the soul of the organisation. An alumna of Maulana Azad Medical College, loss of her mother to this deadly disease prompted her to start this NGO which today remains a pioneer in taking up the cause of dementia awareness in the country while widely extending its services in dementia management and Alzheimer's care.





## GET IN TOUCH

As responsible citizens, in case if you come across any family who is in need of some support for a dementia patient, Hope Ek A.S.H.A is just a call away. Please give a call at **9810306724** for all the assistance.

### A.S.H.A.

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**DAY CARE & RESIDENTIAL CARE OF DEMENTIA PATIENTS**

**B - 4 / 51, Safdarjung Enclave, New Delhi - 110029**

**Phones : 011-4141-8666, 3550-2216,9910494958**

**Email: jasmine@hopeekasha.org info@hopeekasha.org**

**Website : www.hopeekasha.org**

— HEAD OFFICE —

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

**Phones: 011-7961-4363, 2921-6885 | Mobile: 98101-30635**

**E-mail: hopeekasha2001@gmail.com | WhatsApp No. 9810030302**

**Website: www.hopeekasha.org**