



How Can You Support Hope Ek A.S.H.A. Cont...

- Support Memory Assessment Camps to detect Dementia at an early stage all above the age of 60 years even of retired persons under CSR Initiative.

NRIs (NON RESIDENT INDIANS)

- Donate liberally
- Donate resources like land, building, infrastructures, medical equipments for the project A.S.H.A. - Affectionate Secured Home For Alzheimer's and "DEMENTIA VILLAGE" IT IS THE NEED OF HOUR.

Bank Details of Hope Ek A.S.H.A.

FOR NATIONAL DONORS

Account Number : 10263861625, Branch: Masjid Moth.
 Bank Name : State Bank of India, IFSC Code : SBIN0007756
 Our PAN Number : AAATH2845J QR Code For Donation



FOR INTERNATIONAL DONORS

Account Number : 38187415658, Branch: Parliament Street, New Delhi
 Bank Name : State Bank of India, Swift Code : SBININBB104
 FCRA Registration Number 231661810 IFSC Code : SBIN0000691

For Immediate Consultation on Dementia Please Contact

Dr. Sushma Chawla
 Founder - President

Hope Ek A.S.H.A.

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

Phones : 011-79661-4363, 2921-6885, Mobile : 98101-30635

E-mail : hopeekasha2001@gmail.com, sushmachawla52@gmail.com

Website : www.hopeekasha.org, Whatsapp No. 98100 - 30302

FOR DAY CARE & RESIDENTIAL CARE OF DEMENTIA PATIENTS
 Contact

A.S.H.A.

AFFECTIONATE SECURED HOME FOR ALZHEIMER'S
 B-4/51, Safdarjung Encalve, New Delhi - 110029

Phones: 011-4141-8666, 3550-2216, +91-9810306724 (Ms. Jasmine)

E-mail jasmine@hopeekasha.org, info@hopeekasha.org

Website : www.hopeekasha.org | www.dementiadigest.in



Please Note

- If anyone of you has any queries on Alzheimer disease / Caregiving of Alzheimer disease patients, please forward your query to our "Caregiver's Forum" WhatsApp No. +91 9810030302
- If anyone you know has such disease, kindly inform us or to inform his family members about us. We will hold their hands voluntarily.



During our journey of 20 years

- HelpAge India recognized our works and donated a vehicle to NGO immediately after its registration.
- Awarded Gold Medal by the High Commissioner of UK at House of Lords, London
- Rotary, Chankyapuri, Delhi donated a vehicle to NGO to ply Senior Citizens suffering from Alzheimer with their caregivers.
- United Nation's Economic and Social Council (ECOSOC) has given Special Consultative Status to our NGO in 2018 for its path-breaking work.
- "Good News India" programme under Doordarshan News Channel broadcasted our NGO's works along with an interview of our President.
- During the World Alzheimer's Month September 2020 and 2021, "The Week" magazine published a 4 pager jacket / cover on cover, containing information on Dementia to make people aware of this dreadful disease.



United Nations Nations Unies

NON-GOVERNMENTAL ORGANIZATION BRANCH
 OFFICE OF INTERGOVERNMENTAL COOPERATION FOR SUSTAINABLE DEVELOPMENT
 20F Floor Secretary Building, United Nations, New York, N.Y. 10017
 Telephone: 212-860-2200 Fax: 212-860-2202
 Website: www.un.org/india

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 (CNGO) 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://www.un.org/india/consultativestatus/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
 Greater Kailash Enclave - II
 New Delhi-110048
 India

Hope Ek A.S.H.A.

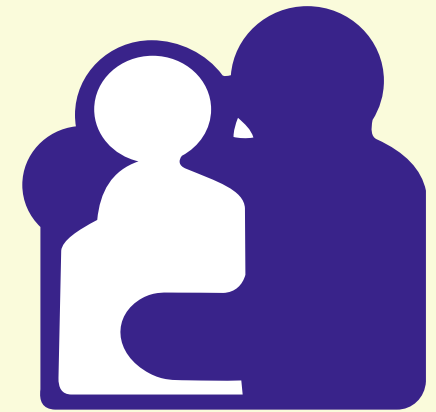
(Registered under Societies Registration Act XXI of 1860)

Established - 2001

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

A Voluntary Organisation Dedicated to Care of the
 Alzheimer Disease Patients & their Caregivers

FOR IMMEDIATE HELP / QUERY
 WhatsApp No. 98100 - 30302



Care of Caregiver

Give Care...

Who cannot care for themselves

DEMENTIA

*A Challenge to
 Quality of Life*

"Let us Care for those.....
 who cannot take care of themselves"



Dementia

DEMENTIA is a progressive illness of the brain. When someone has dementia, his or her brain cells damage faster than they normally do. Gradually a person loses his ability to do routine things. The people may become confused about who they are, their location and what day it is. Every day becomes more and more difficult. The patient's personality is likely to change.

Some Facts About Dementia

- About 4.1 million persons in India suffer from dementia.
- Dementia affects 1 in 20 persons over the age of 65 and 1 in 5 over the age of 85.
- Although it is more common amongst elderly, younger can also be affected.
- As the disease progresses, the affected individual becomes dependent on others for help in all aspects of daily living and needs 24 hours care.
- Caring for a person with dementia is a difficult task.
- No cure has been found till date.

How Many People Have Dementia?

"The Dementia India Report 2010" has estimated that over 4.1 million people are affected by Dementia in India. This is expected to be doubled by 2030. It is expected that India will have more than 131.5 million people with dementia by 2050, making it the second largest in Asia Pacific Region after China.

Dementia is a disease of the aged but even 30 years old can suffer from this disease. This early onset of the disease is usually genetic in nature.

Alzheimer Disease

Alzheimer Disease is the most common form of dementia and was first described by Dr. Alois Alzheimer, a German Neurologist, in 1906.

10 Warning Signs of Alzheimer Disease

- Recent memory loss that affects job skills.
- Poor or decreased judgment.
- Difficulty in performing familiar tasks.
- Change in mood and behaviour.
- Problems with language and speech.
- Misplacing things at inappropriate place.
- Disorientation of time and place.
- Loss of initiative.
- Problems with abstract thinking.
- Change in personality.

Symptoms of Alzheimer Disease

Early Stage

- Loss of recent memory.
- Disorientation in time & place.
- Signs of depression and aggression.
- Difficulties with language.
- Become lost in familiar places.
- Loss of interest in hobbies and activities.

Middle Stage

- Become very forgetful.
- Increased difficulty in coping with the day to day activities.
- Become extremely dependent.
- Needs assistance with personal hygiene.
- Wander and sometimes gets lost.
- Unprovoked aggression.

Advanced Stage

- Totally dependent and inactive.
- Do not recognize relatives, friends and familiar objects.
- Unable to find out his or her way around in the home.
- Suffer bladder and bowel incontinence.

Risks factors of Alzheimer

- Age.
- Head injury.
- Frequent stress.
- High cholesterol levels.
- Hypertension.
- Diabetes Mellitus.

Hope Ek A.S.H.A. (HEA) – An Organisation

A charitable society, registered under the Societies Registration Act XXI of 1860 in the year 2001, dedicated to the care of Senior Citizens suffering from Alzheimer's / Dementia (Memory Loss) and their caregivers through its committed team of medical professionals and volunteers.

HEA has completed 20 years in the service of humanity and has been relentlessly working in this area through its out-reach programmes especially in Northern India. It is a form of an extended family and gives you a feeling that **SOME ONE IS AROUND YOU AT ALL HOURS.**



HEA has been holding hands of all such family caregivers who are taking care of their beloved Alzheimer patients thus working towards the formation of an Alzheimer's-friendly society.

History of Organization

FROM THE DESK OF DR. SUSHMA CHAWLA - FOUNDER PRESIDENT

My mother suffered from Alzheimer disease for more than five years. I realized that I was becoming very stressful day by day, month by month, year by year. This stress of caring did take its toll on my health, family and profession.

After my mother passed away peacefully, I started visiting similar patients / caregivers on my own for their much needed medical and moral support. Thereafter few volunteers joined me in this mission and we formed an informal support group. Thereafter this informal support Group was registered.

We are now a family. We help, assist and take care of the patients and their caregivers under the umbrella of Hope Ek ASHA.

Aims & Objectives

- Care of the patients and their caregivers.
- Train the family Caregivers.
- Counselling for caregivers and other members of the family.
- Training volunteers and professionals for providing employment opportunities to the professional caregivers.

Major Activities

- Mass Awareness about Alzheimer's Disease.
- Home Care of patients and their caregivers
- Organizing Memory Assessment Camps.
- Organizing Caregiver's Training.
- Training to professional caregivers leading to employment
- Online Support to the needy.
- Day Care and 24 X 7 Residential Care services
- Hope At Home (An online initiative started during Covid-19).



Our Achievements

- "Hope Ek A.S.H.A." have organised more than 176 Mass Awareness Camps on memory related subjects at various forums like Corporates, RWAs, Women Organizations, Schools etc.
- Till date 575 families have benefitted from "Hope Ek A.S.H.A."
- Direct beneficiaries 2400 and indirect beneficiaries more than 20000.
- Successful completion of 20 years in the service of humanity.

- Hope Ek A.S.H.A. has established an Affectionate Secured Home for Alzheimer's in 2019 with the support of **IFCI Social Foundation** and **The Hans Foundation**. IT IS FIRST OF ITS KIND IN NCT OF DELHI/NORTHERN INDIA.

Our Ongoing Projects

- **A.S.H.A. Affectionate Secured Home for Alzheimer's** - This facility was established in 2019 at East of Kailash, New Delhi for 6 Residential and 20 Day Care patients (PwD) Total 26 and **has been scaled up for 16 Residential and 30 Day Care Patients Total 46 in September 2021 at B - 4 / 51, Safdarjung Enclave - II, New Delhi - 110029.**
- **A.S.H.A.** is a comprehensive support service for people with Dementia and their families. It provides respite to the caregiver and also allow people with dementia to live a quality life.
- **Memory Assessment** - For all above 60 years to identify the cases of MCI (Mild Cognitive Impairment) to advise the treatment and brain stimulation activities to considerably slow the memory decline at the right time in advance.
- **Hope at Home** - It is the brain child of Hope Ek ASHA, a home care plan that provides a structured programme for Dementia patients under regular guidance and supervision of trained and experienced professionals via virtual connect or over video calls. This programme was started by us after the onslaught of COVID-19 pandemic.

FACILITIES / ACTIVITIES

- Health Check up
- Cognitive Retraining
- Brain stimulation Exercises
- Recreation and entertainment
- Training of family and professional Caregivers
- Group exercisers (Yoga & Meditation)
- Spiritual programs
- Indoor games
- Regular Caregivers meets

BENEFITS

- Eradicate social stigma attached to the illness.
- Help elders to lead a quality and dignified old age.
- Relief to working families.
- Employment opportunities for professional caregivers.



Mission & Vision

- To open more centres like **A.S.H.A.** on PAN India basis.
- Establish "**DEMENTIA VILLAGE**" to house 100 Alzheimer Disease Patients by involving healthy willing **SENIOR CITIZENS** of the vicinity around NCR of Delhi.

How Can You Support Hope Ek A.S.H.A.

INDIVIDUALS

- Work as a volunteer.
- Share your precious time to help the patients and their families.
- Donate liberally to support our project "**A.S.H.A.**" (**Affectionate Secured Home For Alzheimer's**) and "**DEMENTIA VILLAGE**".

CORPORATE

- Support the project **A.S.H.A.** "**Affectionate Secured Home For Alzheimer's**" under CSR Initiative in any area of your jurisdiction i.e. building, infrastructures, medical equipments etc.