



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

Hope Ek A.S.H.A. CARE SERVICES



A.S.H.A - HOME FOR ALZHEIMER'S PATIENTS

Affectionate Secured Home For Alzheimer's - A.S.H.A. is a comfortable, compassionate home for people with Dementia (PwD) 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, specially designed activities and most importantly personal care.

DAY CARE FACILITY AT A.S.H.A

The Day care facility at A.S.H.A. is a happy gathering of people with early dementia who look forward to a day full of fun and activities, socialising with fellow patients and enjoying life to the fullest.

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 the family at home.

RESIDENTIAL CARE FACILITY AT A.S.H.A

The Residential Care facility in A.S.H.A. a place where patients are housed in the facility as family members under complete care of caregivers and medical professionals. 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.

KEY FEATURES OF A.S.H.A

- Well-structured Activities For PwD
- Passionate, Well-Trained & Uniformed Staff
- Round the Clock Nursing Staff
- Dedicated Caregivers
- Physiotherapy Care
- Friendly & Caring Environment
- Regular Health Check-Ups
- Wheel Chair Access
- Rooms Fitted Air Conditioners, Heaters & Air Purifiers
- Grab bars in Washrooms
- In-house Laundry & Housekeeping
- 24X7 Electricity & Water Supply

HOPE AT HOME - ON-LINE DEMENTIA CARE INITIATED DURING COVID-19

Hope at Home, the brainchild of Hope Ek A.S.H.A is a 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.



MISSION

To open more centres like A.S.H.A. (Affectionate Secured Home for Alzheimer's), in and around Delhi/NCR to give a comfortable and meaningful life to people with Dementia.

AN APPEAL

Hope Ek A.S.H.A appeals to corporate houses, PSUs, individuals and government organisations to come forward and help build a Dementia-inclusive society for our senior citizens who definitely deserve a quality and dignified life in their twilight years.

HOW CAN YOU SUPPORT Hope Ek A.S.H.A?

- ★ Work as a volunteer.
- ★ Share your precious time to help patients and their families.
- ★ Donate generously to support project A.S.H.A.

All contributions to Hope Ek A.S.H.A. are 50% tax exempted under Section 80G of the Income Tax Act.

GET IN TOUCH

As a responsible citizen, in case, if you come across any family who is in need of any support for a dementia patient, Hope Ek A.S.H.A. is just a call away.

A.S.H.A.
Affectionate Secured Home for Alzheimer's
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011-4141-8666 / 011-3511-0473, Mobile: 9910494958

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OCTOBER 4, 2020
THEWEEK

TAMIL NADU
LEADERSHIP CRISIS
HITS AIADMK

KASHMIR
UNION TERRITORY'S FIRST
'FAKE ENCOUNTER'

FAST-TRACK COURTS
JUSTICE ON SLOW TRACK



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Dementia Awareness Month

Handle With Care Dementia Crisis Deepens



Hope Ek A.S.H.A.

A Voluntary Organization Dedicated To The Care Of Alzheimer's Disease Patients & Their Caregivers.
Granted Special Consultative Status by United Nations ECOSOC.

20 Years Of Consistent, Committed And Compassionate Care For People With Dementia (PwD)

This World Alzheimer's Month, let's talk about Dementia and take care of those who cannot take care of themselves.



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DEMENTIA DESPAIR

A disease and a medical condition that is characterized by a decline in memory, thinking skills, language and problem solving which also affects a person's ability to perform everyday activities. India is today grappling with the surge in the cases of dementia. An estimated 5.2 million people in India are living with some form of dementia and this figure will get doubled by 2030 and the most unfortunate part is that dementia has no cure. Research and experiments are going unabated world over at leading medical centres but a cure for dementia remains a challenge for scientists and medical professionals. Alzheimer's is the most common type of dementia.

DEMENTIA CARE: Hope Ek A.S.H.A.'S WAY

In order to provide quality and dignified life to people with Dementia (PwD), Hope Ek A.S.H.A. functions on four tenets.

- > Patient-centric Care
- > Family Support
- > Team Work
- > Communication & Relationships

THE STORY

Back in 1994 when constant forgetfulness and erratic mood swings in elders were hardly considered to be signs of a neurological disorder, it turned out to be the start of a long challenging journey for Dr Sushma Chawla, when she discovered that her mother was suffering from Alzheimer's disease. As a lone family caregiver, it was an uphill task, fraught with day to day challenges for Dr Chawla. She saw her mother battling with the ailment for five years before succumbing to this disease.

This medical practitioner, an alumnus of Maulana Azad Medical College then started another journey. This time to provide succour and strength to all those who were affected by this disease – patients and their distraught family caregivers. The objective was to raise awareness about dementia in elders and to extend help to those affected in whatever way she could. In 2001, she founded Hope Ek A.S.H.A. to reach out to a larger section of society.



Dr. Sushma Chawla
Founder-President,
Hope Ek A.S.H.A.

Dr Chawla was awarded Gold Medal by the High Commissioner of UK at House of Lords, London for her outstanding work in the field of Alzheimer's. Recently she was also invited as a plenary speaker at 14th World Summit on Alzheimer's disease, Dementia Research and Awareness, Boston, USA to present a paper on "Financial & Legal Issues of Dementia Patients".

10 WARNING SIGNS OF DEMENTIA

- ★ Recent memory loss that disrupts daily life
- ★ Challenges in planning or solving problems
- ★ Difficulty completing familiar tasks
- ★ Confusion with time or place
- ★ Trouble understanding visual images and spatial relationships
- ★ Challenge with words in speaking and writing
- ★ Misplacing things in inappropriate places
- ★ Loss of initiative
- ★ Problems with abstract thinking
- ★ Change in personality

ABOUT Hope Ek A.S.H.A.

Hope Ek A.S.H.A. is a leading NGO in Delhi that has been relentlessly working for past 20 years to create awareness about Dementia / Alzheimer's disease by reaching out to the public through its outreach programmes. Last year it took a step further in dementia care by setting up a dedicated home for Alzheimer's patients with specialised day care and residential care facilities - first of its kind in New Delhi with the most crucial support coming from The Hans Foundation and IFCI Social Foundation. Since effective caregiving is integral to managing Alzheimer's patients, Hope Ek A.S.H.A. is actively engaged in training and imparting necessary skills to professional caregivers thus contributing to the care economy of India in its own little way.

"We are really happy to have partnered with Hope Ek A.S.H.A in supporting the cause of Dementia care in India. Hope Ek ASHA is doing some incredible work in the field of Alzheimer's with an aim to build a dementia-friendly society. The Hans Foundation remains committed to bringing positive change in the lives of people through its far-reaching community-centric activities."

Lt. Gen. S. M. Mehta (Retd.), AVSM, SM, VSM**
Chief Executive Officer, The Hans Foundation.

"Myself along with IFCI Social Foundation team are humbly associated in Dr Chawla's great initiative of setting up ASHA by providing a brief support in the medical equipment and other physical infrastructure. This state-of-the art medical facility is well utilized to treat patients with care. The facility acts as a Skill Development centre to train the medical and caregiving staff in managing the patients"

Dr. Emandi Sankara Rao
Former MD & CEO, IFCI and Chairman IFCI Social Foundation



LIFE @ A.S.H.A.



TIPS TO KEEP YOUR BRAIN YOUNG

- ◆ Eat a well-balanced diet
- ◆ Exercise regularly
- ◆ Practice Yoga and Pranayama regularly
- ◆ Challenge your brain with activities like sudoku, chess, puzzles, mazes, writing etc.
- ◆ Maintain an active social life
- ◆ Learn new things
- ◆ Manage your stress levels
- ◆ Laugh aloud



"I am very pleased that I chose A.S.H.A. for my mother Kusum Sharma who is a neuro patient age 73 years. She was diagnosed with first stage dementia and was in depression for some time. Their commitment to client care and integrity of their staff make families of loved ones completely at ease knowing that they are being looked after the way a family member would look after them.

In essence, I am happy to say that Hope Ek Asha is our "extended family." I would highly recommend them to anyone who asks for daycare as well as in house care as they are, in my opinion, the best and most trusted in their field. My best wishes for this amazing venture by Hope Ek Asha."

Dr. Shivani Khetan, Ph.D. DSc, Alternative Healing Medicine

"My mother Dr Baljeet Kaur Saini, a dementia patient has been in house patient with Hope Ek Asha. It is a home away from home with dedicated staff to take care of in-house patient. In addition to normal care, the Centre makes consistent effort to ensure upkeep for cognitive faculties of the patient by having regular mental and physical exercises. This Centre is a blessing and a HOME away from home.

My special gratitude to Dr Sushma Chawla and the support staff of the Centre for this outstanding humanitarian effort despite all odds."

Brig. GJS Saini

"A.S.H.A. is based on my personal experience in engaging with the organization, the care home in particular, which has been the new home for my wife, a former TV journalist. I am particularly happy about the compassion, friendliness, personal attention and medical care that my wife receives there and greatly appreciate the sincerity and dedication of all the attendants and the staff of the place. As a result of the efforts put in by the people at the centre, my wife has shown distinct improvement in some of her cognitive abilities, nearly all of which she had lost as a result of the disorder. I am indeed glad that the centre has enabled this perceptible improvement in her. I wish A.S.H.A. every success in their noble endeavours."

R. Ramachandran, Science Journalist



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