

Hope Ek A.S.H.A

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 and create a dementia-friendly society, it aims to establish a **Dementia Village** in near future with a capacity to house 100 people living with dementia to give them a quality life. Also, by encouraging the participation citizens from different walks of life to mingle and interact with PWD in their activities, it strives to challenge stigma 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.



Dr. Sushma Chawla
Founder-President
Hope Ek ASHA

Our Partners



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Affectionate Secured Home for Alzheimer's

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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.

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Fighting Dementia World Alzheimer's Month



Care of Caregiver

Hope Ek A.S.H.A

Give care...Who cannot care for themselves

Celebrating...

20 Years

- ✓ Delivering Dignity to Persons with Dementia
- ✓ Raising Awareness about Dementia
- ✓ Counselling & Convenience for Caregivers
- ✓ Delivering Quality & Compassionate Care Services
- ✓ Supporting People with Dementia & Their Caregivers
- ✓ Fostering a Dementia Inclusive Society

Hope Ek A.S.H.A. is a voluntary organization dedicated to the Care of Alzheimer's Disease Patients & their caregivers.
Special Consultative Status by United Nations ECOSOC

This World Alzheimer's Month, let's know Dementia to fight challenges associated with it for building dementia-friendly communities.

ASHA: A Home for Finest Dementia Care



Harbingers of Hope

Affectionate Secured Home For Alzheimer's or A.S.H.A. is a comfortable, compassionate home for people with Dementia (PwD) where they are housed under the supervision of dedicated trained caregivers, coordinators and medical professionals. A.S.H.A offers customised care to its inmates. It strives 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.

DAYCARE FACILITY

The Day Care facility 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. 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 expert care team of A.S.H.A. This ritual is a great relief for the family caregivers who thus 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

The Residential Care facility of A.S.H.A. embraces its inmates as family members. The patients are under complete observation and utmost care of caregivers and medical professionals.

Dedicated caregivers for the patients are their true companions. Regular monitoring of behaviour patterns and medical conditions of the patients help evaluate and assess their health and well-being and of course comfort and convenience of the patients are paramount at every step.

Key Features

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

Hope At Home - On-line Dementia Care

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 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.

Life At A.S.H.A.



Testimonial

“Hope At Home came as a blessing to us. Today my husband eagerly waits for his online sessions, does activities as per the schedule. He is not deteriorating. I really feel relieved now. I feel quite supported with the great job by A.S.H.A.

Dr Daljeet Uppal, Family Caregiver