



DAY CARE SERVICES FOR PERSONS WITH DEMENTIA

IMPACT REPORT 2024-25

A.S.H.A.

Affectionate Secured Home for Alzheimer's

BEST DEMENTIA CARE FACILITY

A project of

Hope Ek A.S.H.A.

Supported by :



IMPACT REPORT

2024-25

Project A.S.H.A.

IMPACT BY THE NUMBERS

Made possible by our volunteers and donors — Thank you!



+16000

FAMILIES REACHED THROUGH AWARENESS, SUPPORT GROUPS AND HEALTH PROGRAMS



04

PARTNERSHIPS WITH COMMUNITY ORGANIZATIONS, INSTITUTIONS, NEWS AND MEDIA PLATFORMS



30

SHARE & CAREGIVER'S MEETS OF FAMILY CAREGIVERS



30

BENEFICIARY THROUGH DAY CARE SESSIONS DURING PROJECT



23

BENEFICIARY THROUGH RESIDENTIAL CARE SERVICES DURING PROJECT



8

BENEFICIARY THROUGH HOME CARE DURING PROJECT



52

CAREGIVERS TRAINED IN TWO BATCHES



01

BOOKS PUBLISHED (100 FAQs ON ALZHEIMER'S AND OTHERS)



+400

DIRECT BENEFICIARIES (ASSOCIATED WITH PROJECT)

108

MEMORY SCREENING CONDUCTED FOR SENIOR CITIZENS ABOVE THE AGE OF 60 YEARS

01

AWARDS GRANTED

03

MEDIA HITS RECORDED IN VARIOUS NEWS CHANNELS, RADIO FMs, MAGAZINES AND ONLINE PORTALS

9

MASS AWARENESS PROGRAMME, EVENTS AND HEALTH CAMPS CONDUCTED

EXECUTIVE SUMMERY

ASHA - Affectionate Secured Home for Alzheimer's a project of Hope Ek ASHA is a New Delhi based initiative dedicated to improve the quality of life of Senior Citizens affected by Alzheimer's disease of stage I, II and III

During the reporting year **April 2024 – March 2025**, Project A.S.H.A. continued to deliver comprehensive **Day Care, Residential Care, caregiver support and community awareness services**, addressing both medical and psychosocial needs of persons with dementia (PWDs) through structured cognitive stimulation, physical rehabilitation, therapeutic interventions, caregiver capacity-building and advocacy.

The project has contributed in slowing functional decline of memory, improving emotional well-being and reducing caregiver stress. The support of institutional donors and partners enabled A.S.H.A. to strengthen service delivery, upgrade infrastructure and deepen the community outreach.

Thanks to our two major international stakeholders i.e. **The Hans Foundation, USA** and **Rural India Supporting Trust (RIST), USA** and five national stakeholders i.e. **Rotary Club of Delhi (Central), PNB Housing Finance Limited / Pahal Foundation, SMC Global Financial Services Pvt. Ltd., Harish C. Khosla & Company** and **Gas Authority of India Ltd. (GAIL India)** who have supported us in 2024-25 in the form of Grant and CSR Funds.

During the year, Care of Alzheimer's patients 30 through Day Care, 20 through Residential Care and 08 through Hope At Home (Home Care) was a great success. In addition, training of caregivers in batches were also conducted at different intervals. Thanks to our creative volunteers, leaders, members, resource persons who helped beyond our expectation. The commitment of these participants, teams and volunteers fuels our work to help support those impacted by and at risk for Alzheimer's and dementia.

On 12th August, 2024, Hope Ek A.S.H.A. launched its first Caregiver's training program in Dementia Care under Home Management and Caregivers Sector Skill Council, NSDC which continued till September 29th 2024, there were 30 participants in this first batch. They were taught essential knowledge of dementia and Alzheimer's disease, caregiving skills, professional ethics, dementia patient monitoring, brain-stimulating activities in addition to self-care. The caregivers were also given 15 days hands on training to deliver compassionate care on the Day and Residentials inmates at A.S.H.A.

In between the Caregiver's Training, on dated 12th August 2024, Prof. Mrs. Mona Gupta, CEO of the Home Management and Caregivers Sector Skill Council, visited the ASHA facility. During her visit, she interacted with the trainees and delivered a lecture on Caregiver's dedication, commitment to this challenging task to become Dementia Caregivers and motivated them to continue this profession with patients.

On September 26, 2024, Dr. Sushma Chawla, Founder and President of Hope Ek A.S.H.A., was featured on the Health Matters podcast, where she discussed her pioneering work in Alzheimer's and dementia care, awareness initiatives and commitment to improving the quality of life for dementia patients. The link to view video : <https://youtu.be/Ono8yTHE398?si=KL7qnxMz4oCtmSx6>



A speech, delivered by the Chief Guest Mrs. Anuradha Thakur, IAS, Additional Secretary, Ministry of Corporate Affairs, Government of India at our event on "World Alzheimer's Day", held on 29th September 2024 organized by Hope Ek ASHA at PHD House, August Kranti Marg, New Delhi. The large-scale Alzheimer's awareness event, titled "Dealing Dementia with Dignity - It's the Care that Matters," Click the link to listen to the speech.

<https://drive.google.com/file/d/18COJYzKsksVVoKhxbUGnOqrseRzV4vVi>

Shri Amit Kumar Ghosh, IAS, Additional Secretary, Ministry of Social Justice and Empowerment, Govt. of India visited our ASHA Facility. Dr. Sushma Chawla, President and others welcomed him. He interacted with the caregivers who are caring for Alzheimer's patients to know from them the modes of caring at the facility. He also met few patients and thereafter had a round of whole facilities with Dr. Chawla. Thereafter shared his experiences at ASHA through a DO letter in the name of Dr. Sushma Chawla. Click to read this letter at :

<https://drive.google.com/file/d/1sNI-BGHrdaYkePDDMPTngbO56bYiGK8V/>



ORGANISATION & PROJECT OVERVIEW

Organisation: Hope Ek A.S.H.A.

Project: A.S.H.A. – Affectionate Secured Home for Alzheimer's

Location: New Delhi

Target Group:

- Senior citizens (60+) affected by Alzheimer's Disease / Dementia (Stages I, II, and III)
- Family and professional caregivers

Service Capacity:

- Residential Care: 20 persons
- Day Care: 30 persons

Project A.S.H.A. provides a safe, homelike, and dignified environment where persons with dementia receive specialised care, nutritious meals, and structured therapeutic engagement, while families receive respite, counselling, and training.

CONTEXT & NEED

Dementia is a rapidly growing public health concern. As per WHO, over **55 million people worldwide** live with dementia, with a majority residing in low- and middle-income countries. In India, prevalence among adults aged 60+ is estimated at **7.4%**, with Delhi reporting nearly **5%** prevalence. A large proportion of cases remain undiagnosed, underscoring the urgent need for early screening, specialised care facilities, and caregiver support.

PROJECT OBJECTIVES

Objective 1

To establish a nurturing and stimulating **Day Care environment** that promotes independence, social interaction, and physical and mental well-being for persons with dementia (Stages I & II).

Objective 2

To provide a **secure, compassionate Residential Care facility** offering long-term care, safety, and dignity to persons with dementia (Stage III).

Objective 3

To provide **support, training, counselling, and respite** to family and professional caregivers of persons with dementia.

KEY INTERVENTIONS & ACTIVITIES

Day Care Services

- Individualised daily and weekly care plans
- Cognitive retraining and brain stimulation activities
- Reminiscence, music, art, and laughter therapy
- Physical exercise (yoga, sittercises, walks, stretching)
- Recreational and social engagement
- Nutritious meals and assisted dining

Residential Care Services

- 24×7 supervised, safe living environment
- Assistance with Activities of Daily Living (ADLs)
- Behavioural monitoring and medication management
- Structured therapeutic and recreational activities

Caregiver Support & Capacity Building

- Family caregiver group trainings
- Professional caregiver trainings
- Quarterly “Share & Care” meets
- Continuous counselling services
- First Responder & Medical First Aid Training

Awareness & Advocacy

- Dementia awareness events and campaigns
- Cultural and community events
- Social media outreach

OUTCOMES & IMPACT

Impact on Persons with Dementia

- Improved mood stability and emotional well-being
- Enhanced social engagement and participation
- Maintenance or slowing of cognitive and functional decline
- Increased sense of safety, dignity, and belonging

Impact on Caregivers

- Reduced caregiver stress and burnout
- Improved understanding of dementia and care techniques
- Enhanced confidence in managing behavioural challenges

Community-Level Impact

- Increased awareness and reduced stigma around dementia
- Strengthened dementia-friendly practices
- Improved early identification through screenings

MONITORING, EVALUATION & LEARNING

Progress is tracked through daily activity logs, behavioural observations, and periodic assessments of cognitive, emotional, and physical indicators. Data is reviewed monthly and quarterly to adapt care plans. Visual tools such as graphs enable trend analysis over time.

Learning highlights:

- Importance of multi-sensory (visual, auditory, kinesthetic) engagement
- Need for continuous caregiver upskilling
- Value of community participation in stigma reduction

FINANCIAL UTILISATION FY 2024-25

S. No.	Activity	Actual Expenditure 2024-25
1.	Day Care Services	Rs. 6,90,865.00
2.	Residential Care	Rs. 1,06,62,386.63
3.	Caregiver Support	Rs. 83,559.00
4.	Awareness & Advocacy	Rs. 54,682.00
5.	Administration	Rs. 65,16,805.45
6.	Project related Other Costs	Rs. 40,28,909.30
Total		Rs. 2,20,37,207.38

DEMENTIA CARE CHALLENGES AND INTEGRATED SOLUTIONS

The Social Challenge

Dementia and Alzheimer's disease are progressive neurodegenerative conditions that require specialised, long-term, and continuous care. In India, access to dementia-competent care remains limited, particularly outside tertiary healthcare settings. Families who constitute the primary caregiving unit face significant emotional, physical and financial stress, compounded by limited insurance coverage for dementia-related care and a shortage of trained professionals.

Within this context, **Hope Ek A.S.H.A.** seeks to improve the quality of life of Persons with Dementia (PwD) while simultaneously providing relief, capacity building, and psychosocial support to family caregivers. The project adopts an integrated service model encompassing **Day Care, Residential Care, Home Care, caregiver training, awareness generation, and the development of a dedicated public support fund (DFCF – Dementia friendly Community Fund).**

Addressing the Challenge: Project Approach

1. Services Delivered

Hope Ek A.S.H.A. delivers a continuum of dementia care services, including:

- Day Care, Residential Care, and Home Care services
- Memory screening and early-detection camps
- Individual and family counselling
- Caregiver capacity-building and training programmes
- Mass awareness initiatives through community outreach and media platforms (metro spaces, radio, television, and print publications)

2. Mechanism of Change

The project's theory of change is anchored in **early detection and sustained, non-clinical interventions**. Timely memory screening enables early identification, followed by targeted cognitive stimulation, hygiene support, nutrition management, and psychosocial engagement. Concurrent caregiver training enhances understanding, coping skills, and caregiving competence. Together, these interventions contribute to:

- Improved daily functioning and emotional well-being of PwD
- Reduced caregiver burden and burnout

These outcomes are documented through qualitative case studies, caregiver feedback, and observable behavioural indicators.

3. Financial Mechanism and Sustainability

To ensure long-term sustainability and equitable access, Hope Ek A.S.H.A. follows a diversified funding model comprising:

- Grants and institutional funding
- CSR partnerships
- Project-level user fees
- A planned **Dementia Financial Care Fund (DFCF)** corpus aimed at subsidising care for economically vulnerable families

The DFCF has a targeted corpus of **₹25 crore**, conceptualised as a strategic initiative and detailed in earlier organisational reports (2022–24).

Target Segments

- **Primary Beneficiaries**
Persons with Dementia (predominantly aged 60+), their families, and primary caregivers most of whom are women.
- **Secondary Beneficiaries**
Healthcare workers, professional caregivers, community volunteers, and partner institutions including corporate CSR sponsors, Rotary Clubs and metro-based partners.
- **Geographical Focus**
Primary operations in **Delhi NCR**, with pan-India outreach through awareness campaigns, publications, and advocacy initiatives.
- **Inclusion Dimension**
Special emphasis is placed on socio-economically vulnerable older adults. The DFCF will prioritise partial or full subsidies based on structured means-testing mechanisms.

Outcomes: Positive and Potential Risks

Positive Outcomes

- Improved cognitive engagement and emotional well-being of PwD
- Better hygiene practices, nutrition, and adherence to medical routines
- Enhanced caregiver knowledge, confidence, and caregiving skills
- Respite and emotional relief for families
- Reduced social isolation and improved social participation of PwD

Potential Unintended Outcomes

- Risk of over-reliance on institutional care if family engagement weakens
- Challenges in cultural adaptation while scaling services to new regions
- Risk of misallocation of subsidised care slots in the absence of robust eligibility screening

Key Challenges

- Resource constraints and long-term funding sustainability
- Shortage of trained dementia-care professionals
- Persistent social stigma and limited public awareness about dementia

Mitigation Strategies

- Strengthening partnerships with donors, CSR organisations, and community institutions
- Expanding caregiver training programmes, including engagement of volunteers and students
- Sustained community education, advocacy, and inclusive outreach to reduce stigma and promote dementia-friendly environments

SUSTAINABILITY MEASURES

- Formalise partnership pipeline for multi-year CSR grants.
- Introduce modest means-tested user fees for residential/day care to improve financial sustainability while the DFCF builds corpus.
- Capacity-building for caregivers to enable community-based aftercare and reduce institutional dependence.

ALIGNMENT TO SDGS & NATIONAL PRIORITIES

- **SDG 3 (Good Health & Well-being):** dementia awareness, screenings and care improve elder health outcomes.
- **National priorities:** aligns to National Programme for Health Care of the Elderly (where applicable) and to CSR objectives for geriatric care.

STAKEHOLDER FEEDBACK IN 2024–25

- **Approach used:** stakeholder mapping: caregivers, resident families, donors, volunteers, medics, DFCS committee members. Mechanisms: structured feedback forms post-service, donor consultations, and two stakeholder roundtables (Q2 and Q4). (If actual feedback documents are available, annex them.)

BIGGEST RISKS & MITIGATION (2024–25)

- **Funding volatility:** mitigate via multi-year CSR commitments and fee-based partial recovery.
- **Quality dilution on scale:** standardise care protocols; continuous caregiver training and ISO-aligned quality checks (organisation already holds ISO 26000 recognition).
- **Over-reliance on residential care:** promote community & home-based care alternatives and respite models.
- **DFCF governance risk:** implement independent donor committee and transparent disbursement rules.

BENEFICIARY VOICES / STAKEHOLDER VALIDATION

HOPE EK ASHA - is in its true sense is great HOPE for Dementia Sufferers. It is an activity centre with activities thoughtfully planned and executed for Dementia sufferers. Myself a care giver to my Dementia Suffering wife (Mrs Kiran Sarna). I was desperately looking for a centre in New Delhi / NCR which could provide quality Day Care Programme for my wife. In May 2025, I came in contact with HOPE EK ASHA.

After visiting the centre and interacting with the team particularly Mrs. Rita Sehgal- The Programme Director, I didn't waste time to decide for inducting my wife for Day Care at HOPE EK ASHA. Ever since, I take my wife on regular basis to the Centre. What I find and like about the Centre is their team (Programme Coordinators) holistic approach in activities. While imparting training to the seniors every effort is made to maintain simplicity in activities to help seniors to spend quality time with dignity at the centre.

The activities are very useful for the quality of life for the Dementia sufferers. In my wife's case her general awareness has improved leading to better and systematic routine of life within the limits of a Dementia sufferer. I sincerely wish there are more centres like ASHA in Delhi / NCR to cater to the needs of Dementia sufferers for a quality life.

Mr. Mahender Sarna (Mrs. Kiran Sarna's Husband)

mahender.sarna@gmail.com

Hope Ek ASHA has provided us a safe haven for my father suffering from Lewy Body Dementia. It is a strange illness which affects both physical and mental health and leaves the elders dependent and depressed. My father being aware of his limitations had started avoiding social interaction and that was worsening the illness. I was desperately looking for a place where he can meet people of his age and have a social group. However Senior Citizens Groups that I tried to take him to made him uncomfortable because he was different.

ASHA has provided that much needed platform where he can have social interaction without inhibitions. Staff at ASHA take special measures to ensure the physical as well as mental well being of the patients. I can rest assured he would be protected from any risks like falling or any embarrassment as the staff understands the disease fully. Physical exercises, creative activities and social interaction all are provided with personal attention to each member. Also the birthday and festival celebrations make the environment lively. Despite dementia related voice issues, the positive encouragement received at ASHA has motivated him to try and sing again and has revived his interest in music. My father loves to be there and has benefited greatly from Hope Ek ASHA.

A special mention about Mrs Rita Sehgal who is extremely knowledgeable, approachable, committed, cooperative and enthuses liveliness in the atmosphere at ASHA. She makes my father feel extremely safe and special. I am grateful to the team at ASHA for providing this much needed platforms for our elders.

Ms. Purnima (Mr. Babu Ram Heta's Daughter)

purnimapaliwal@gmail.com

Thank you, team ASHA, for the amazing work you do every day. Please find below the testimonial. Our father has been attending the A.S.H.A daycare at Hope Ek ASHA for nearly seven years, and it's been an absolute blessing for our family. The staff creates such engaging, entertaining activities that keep the dementia patients mentally active for as long as possible—everything from meticulously planned colouring and crafts to festival celebrations, storytelling sessions, dance and singing performances (sometimes involving the elders too!), riddle-solving, and sharing life experiences, all designed creatively to spark different parts of their memory. Their entire team is deeply committed and genuinely cares for each elder, offering personalized attention like singing their favourite songs, talking about their families, tailoring meals and medication plans, and making every birthday special. Every day, they share adorable photos and videos of the elders enjoying themselves, which gives us the comfort of knowing our loved ones are in safe, loving hands.

The journey of handling dementia is not an easy one for the patient, and the caregivers, but this team at ASHA does everything possible to provide a loving, positive and engaging environment for the elders as well as provides a well-connected community of the supporting caregivers, who can share and help each other. We truly couldn't have asked for anything more from Team ASHA. Thank you, team ASHA, for the amazing work you do every day.

Mr. Simar Uppal (Dr. S. S. Uppal's Son)
simardeepuppal@gmail.com

My experience with Hope Ek Asha .My husband Dr Anand is having Alziemers since ladv4 yrs . Have done many holistic and non holistic treatments for him .I came to know about Hope ,ek Asha ,through online and last 5 months Dr Anand is going there .God bless the team .They take such good care of the patient and their activities and involvement with the patient is amazing .it's like a home away from home .Loving and safe .Thank you

Dr. Krishna (Dr. Anand's Wife)
anandkrishna52@gmail.com

My father has been attending the A.S.H.A daycare at Hope Ek ASHA for nearly seven years, and it's been an absolute blessing for our family. The staff creates such engaging, entertaining activities that keep the dementia patients mentally active for as long as possible everything from meticulously planned coloring and crafts to festival celebrations, storytelling sessions, dance and singing performances (sometimes involving the elders too !), riddle-solving, and sharing life experiences, all designed creatively to spark different parts of their memory. Their entire team is deeply committed and genuinely cares for each elder, offering personalized attention like singing their favorite songs, talking about their families, tailoring meals and medication plans, and making every birthday special. Every day, they share adorable photos and videos of the elders enjoying themselves, which gives us the comfort of knowing our loved ones are in safe, loving hands.

The journey of handling dementia is not an easy one for the patient, and the caregivers, but this team at ASHA does everything possible to provide a loving, positive and engaging environment for the elders as well as provides a well-connected community of the supporting caregivers, who can share and help each other. We truly couldn't have asked for anything more from Team ASHA. Thank you, team ASHA, for the amazing work you do everyday.

My mother, an Alzheimer's patient, has been a resident at ASHA for over 3 years. Based on my experience, simple words cannot describe the compassion, empathy, patience, and care that the caregivers and management have displayed towards not only her but also all the other residents in their care. They have been very proactive and professional in their communications with me regarding her condition, medical prescriptions, suggested changes in the care regime, and general well-being. That level of professionalism and effort extends to making sure that the facility is well kept, very clean, is secure, and has a cheerful atmosphere.

The caregivers and their supervisors are very well trained, and every effort is made to provide patients with all that is needed to make them feel comfortable and safe. It is truly heartening for me to see the genuine patience, effort and caring the people at ASHA display towards those in their care. The good people of ASHA are truly angels on Earth, and we need more of them!

Mr. Afroz Qadeer (Mrs. Nishat Ahmed's Son)

Three years ago, my mother was admitted to Hope Ek A.S.H.A., and we honestly didn't know what to expect. From day one, the team made us feel like my mother was part of their own family. Their care, patience, and genuine warmth have meant the world to us.

Watching my mother smile, feel comfortable, and enjoy each day has been such a blessing. The staff not only look after her needs but also treat her with love, respect, and dignity — something that has brought immense peace and happiness to our entire family.

We are so grateful to Hope Ek A.S.H.A. for giving my mother a safe, happy, and caring environment. The work they do goes far beyond caregiving; they bring comfort, joy, and hope to families like ours every single day.

From the bottom of our hearts, thank you to the entire team.

Mrs. Sapna Sud (Mrs. Meena Sud's Daughter)

Thank you for the kind invitation to visit the Hope-Ek Asha Center. It was a truly inspiring experience to witness the incredible care and compassion extended to the residents and daycare attendees. Your dedication and commitment to making a difference are commendable.

I deeply appreciate the opportunity to learn about the impactful work being done at the center.

Arvind Kanaujia, Past President, Rotary Club of Delhi Vasant Valley

Visiting the ASHA center was an eye-opening experience. The facilities are world-class and even surpass those at home. This center not only provides medical care but also extends love, compassion, and respect, which is truly commendable. We need more centers like this. I urge everyone who hasn't visited the center yet to do so and witness the heart-touching activities conducted there.

Mrs. Anuradha Thakur, IAS, Additional Secretary, MCA, GOI

Dated 29.09.2024

METHODOLOGY & DATA SOURCES (TRANSPARENCY)

- **Data sources used for this report:** attendance registers, program MIS, fundraising & finance ledger, media logs, training attendance lists, partner event reports, and historical 2022–24 impact report.
- **Survey method (depth):** structured phone/in-person survey of $n = 200$ respondents (or 1% of beneficiary base), randomly sampled across Day Care, Home Care, Residential Care and community screening participants. Use SEBI question set for QoL (very much improved → much worse).
- **Limitations:** Where 2024–25 operational MIS was incomplete at the time of this draft, selected figures are conservative estimates — labelled clearly in the report. Replace all “ESTIMATE” values with verified MIS figures prior to final submission.

CASE STUDIES

Case Study 1: MRS. USHA BHARGAVA

Dated : 30.06.2024

DEMOGRAPHIC DETAILS

Name of Patient: Mrs. Usha Bhargava

Age: 81 years.

Region of Domicile: Jalesar, Shimla

Primary Caregiver:

SON – Mr. Pratik, 66 years married, working in Telecom company

SON – Mr. Puneet, 63 years married, working as Businessman

Reason for Admission in ASHA

Diagnosed with Alzheimer's in 2017

MENTAL STATUS EXAMINATION

General appearance and behaviour: Good personality. Average built. She has mood swings. One day she is polite and happy. The next day she might hit someone.

Alertness: Not very alert and follows instructions according to her mood. Suspicious nature.

Orientation: Disoriented many a times unpredictable mood swings.

Memory: Short term memory is affected to a great extent. Restless most of the time.

Judgement: Confused most of the time. Is dominating till today.

Insight: Doesn't recognise anyone mood changes observed. Can be rude at times.

Speech: clear as yet.

ILLNESS CHARACTERISTICS

- Blood pressure
- Walks with support
- Has dentures
- Was Diabetic
- Gall bladder and uterus removed
- Had Glaucoma
- Incontinence
- Total duration of illness 6 years (2015 to 2021)
(2015 had a stroke – 2017 was diagnosed with Alzheimer's)
- Thyroid

CHIEF COMPLAINTS

- Forgetfulness (short term memory affected)
- Easy irritability and aggression
- Not able to take care of herself (totally dependent)
- Speech not clear
- Weak legs so don't like to walk

HISTORY OF PRESENT ILLNESS

- Forgetfulness started in 2015
- Forgetfulness noticed by family but was mistaken as an old age problem
- Diagnosed by doctors in 2017
- Neurological assessment was done by Dr. Sameer Malhotra in March 2020

INTELLIGENCE

- Not visible (doesn't want to do anything)
- Abstract intelligence impaired
- Hardly communicates
- Refused to use her left hand

DIAGNOSIS

- Asymmetrical patchy gliotic changes in bilateral high Frontal lobes

BASIC ADLS

According to her son she had a brain stroke in 2015 and after that forgetfulness increased and in 2017 the doctor diagnosed as Alzheimer's. He noticed worsening in

- Forgetfulness
- Sleep disturbances
- Irritability
- Difficulty in controlling urination (is on diapers now)
- She became confused with day, time and surroundings
- Hallucinations increased
- Speech not clear
- Doesn't recognise members of the family
- Fussy while bathing
- Eating with little help
- Difficulties faced while taking personal care

So, family decided to shift her to Residential care as it was becoming more challenging each day to take care of their mother.

GENERAL APPEARANCE AND BEHAVIOUR

- She is alert, tidy
- She can't walk without the help of caregivers
- She makes eye contact
- Is generally calm when approached
- Little dominating
- Not a fussy eater
- Speech is not clear. No co-relation.
- Can't comprehend
- Recent memory impaired
- Lot of mood swings observed
- Rarely smiles
- Follows instructions according to her moods

PROGRESS AT A.S.H.A.

1. Mrs. Usha Bhargava was too weak when she joined ASHA. Now her health has improved with good care, exercises, proper diet, daily routine and health monitoring
2. Her appetite has improved and she eats well now
3. She used to hallucinate a lot when at home but now she is never alone so hallucinations stopped
4. She used to take bath once in 4 to 5 days but now bathing patterns have changed
5. She had stopped watching TV at home but now she likes to watch TV
6. She was lying on the bed all the time when at home but at ASHA daily routine is followed which has made her active
7. She could not walk at all but now with daily massage, leg strengthening exercises her leg movement show remarkable changes
8. She was very irritable all the time and aggressive too but with good care of caregivers at ASHA and proper monitoring of medicines by Dr. Chawla, she is calm and smiles now
9. Tries to communicate with caregivers though words she uses are difficult to understand
10. She looked very untidy when she joined but now, she looks tidy and likes to wear nice colourful clothes
11. She has started doing activities in the activity room. Does good craft work like tearing and pasting. She likes magnetic blocks
12. Now she is happy most of the time
13. Now understands instructions given by the caregivers and tries to follow
14. Her diabetes is under control now.
15. She uses both her hands now.



BEFORE



AFTER

Case Study 1: MRS. KAVITA GUPTA

Dated : 30.09.2024

DEMOGRAPHIC DETAILS

Name of Patient : Mrs. Kavita Gupta

Age : 65 years (Female)

Region of Domicile : Hindu

Primary Caregiver : Son

MENTAL STATUS EXAMINATION

General appearance and behaviour : Normal Built very aggressive at times.

Alertness : Physically active but not alert to the situations.

Orientation : Quite disoriented- verbally abusive & aggressive.

Memory: Short term memory loss (Frontotemporal Dementia)

Judgement: V. poor

Insight: Speech: Speech is clear but one can't understand what she says. no connection between words spoken.

MEDICAL HISTORY

History of Dementia: Diagnosed with Alzheimer's in 2018 (Frontal temporal Dementia)

Co morbid conditions:

- Asthma in winters
- Ankle oedema
- Varicose veins
- Thyroid
- Epilepsy attacks quite often (seizures)
- Chronic knee pain

DIAGNOSIS

- Diagnosed with Alzheimer's in 2018. (Frontal Temporal Dementia)
- Poor Comprehension

COGNITIVE RETRAINING ACTIVITIES

Physical Activities – Sittercises daily at a scheduled time.

Cognitive retraining activities : She can only do some colouring, balloon play, Ball play, baby therapy, music therapy, some easy blocks.

Social activities : Like having meals together with other Pwd at ASHA.

Spiritual Activities : She recites gayatri mantra till to day but according to her own rhythm. Loves dancing.

CHIEF COMPLAINTS

- Seizures continue
- Aggressive at times
- On / Off urine infection

PROGRESS AT A.S.H.A.

Mrs. Kavita was very aggressive all the times. When she joined ASHA in 2021 with planned activities and following of a daily routine Kavita is more settled now. She does few activities during activity time. her progress was quite good till she became sick back with six months increased seizures six months back. Now again she is more settled now with less bouts of aggression as compared to previous times. She eats well and is physically more active with daily physiotherapy. Her hygiene has unproved, she becomes calm with music she enjoys old songs and playing keyboard.



DEMOGRAPHIC DETAILS

Name of Patient : Mrs. Kusumlata Maherisaria

Age : 76 years

Region of Domicile : Kolkata, west Bengal

Primary Caregiver : Son, Sanjay Maherisaria



MENTAL STATUS EXAMINATION

General appearance and behaviour : Pleasing personality. Behaviour is good and is friendly.

Alertness : Quite alert and attentive.

Orientation : Not very disoriented. Understands the situations.

Memory : Short term memory affected

Judgement : Fairly good

Insight : Speech : Clear speech

MEDICAL HISTORY

History of Dementia:

- Diagnosed with Dementia in 2016. She lost her husband in 2015 and became very quiet more and more confined to her room.
- Known case of DM (Diabetic Mellitus)

DIAGNOSIS

- Frontotemporal Dementia – (FTD)

COGNITIVE RETRAINING ACTIVITIES

Physical activities: She does sit exercises only. Her Balance is not very good so we don't make her stand for exercises.

Cognitive retraining activities: She loves to do colouring. Does all work sheets given according to her stage of disease. Likes musical activities.

Social activities: She does all social activities like having meals together with other elders, Festival, Birthday Celebrations etc.

Spiritual activities: Loves to sing Bhajans and participates in prayers.

CHIEF COMPLAINTS

1. Short term memory affected.
2. Incontinence of stool
3. Diabetes.

PROGRESS AT A.S.H.A.

When Kusum Lata joined ASHA she was very depressed. There had no smile on her face. She never liked anyone to talk to her. Her expressions were very dull. She got irritated when asked to do activities.

Now she smiles and her facial expressions are welcoming. She does all the activities willingly. She is an intelligent woman and does a good number of worksheets. She loves to dance and sing Hindi songs.

She is very comfortable with people around. Her social skills have improved immensely. Brain stimulating activities have brought her lost confidence back. She loves spiritual activities and remembers many spiritual verses. Physically her body movements are much better now. Her muscle strength has improved with daily exercises. She does very good colouring and crafting. She eats well and is not a fussy eater now.

BEFORE



AFTER



OUR TEAM DOCTORS AND CAREGIVERS



DR. SUSHMA CHAWLA
FOUNDER PRESIDENT



DR. (COL) S.K. THAKUR -
GASTROENTEROLOGIST



DR. NAVDEEP KUMAR
NEUROLOGIST



DR. PRIYA JHA
CHIEF CLINICAL PSYCHOLOGIST



DR. ATAULLAH KHAN
GENERAL PHYSICIAN



DR. ANAHITA SINGH
DENTIST

OUR ORGNIZATIONAL TEAM

TEAM OF PROJECT A.S.H.A.

Dr. Sushma Chawla
(Founder President)



Mr. Harish Chawla
(Secretary General)



Mr. Devashish Sinha
(Chief Financial Officer)



Ms. Jasmine Sinha,
(Chief Operational Officer)
A.S.H.A. Project



Mrs. Rita Sehgal,
(Care Director & Editor)



Ms. Anju Tripathi,
(Head Communications)



Mr. Pooran Singh
(Administrator)



Ms. Blessy Mol Yohannan
(Head Nursing)



Ms. Ritu Arora
Activity Coordinator



Ms. Ritu Arora
Activity Coordinator



OUR ASSOCIATES



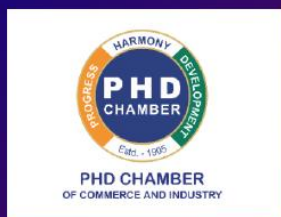
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“You only know yourself because of your memories.”

- Andrea Gillies

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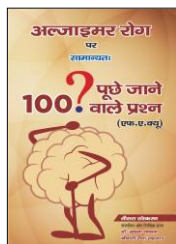


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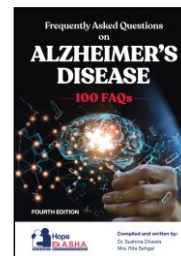


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