



Alzheimer's and Related Disorders Society of India

Hyderabad Deccan Chapter

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Our Partners



Memory Clinic
Department of Neurology
Nizam's Institute of
Medical Sciences (NIMS)

**Alzheimer's and Related Disorders
Society of India (ARDSI)
Hyderabad Deccan Chapter**

Asha Hospital
Banjara Hills,
Hyderabad.

Dementia: Living Together

Alzheimer's and Related Disorders Society of India (ARDSI) Hyderabad Deccan Chapter

November 2008 - August 2010

Inspired by its guiding Gandhian principle of "You must be the change you wish to see in the world", in its fourth year of operation, ARDSI Hyderabad Deccan now has a comprehensive set of services for improving the quality of life of persons with dementia and their families.

ARDSI Hyderabad Deccan has strengthened and extended its partnerships with several hospitals and organizations to extend its services to the community, including Nizam's Institute of Medical Sciences, Asha Hospitals, Yashoda Hospitals, Gandhi Hospital, AASRA (a Greater Hyderabad Municipal Corporation (GHMC)/ HelpAge India initiative for senior citizens), HelpAge India, Confederation of Voluntary Associations (COVA) and the Pain Relief and Palliative Care Society- Hyderabad, Chetana Medical and Educational Trust and Mantha's Research Foundation.

In the year 2010, ARDSI Hyderabad Deccan Chapter opened the first of its kind Activity Centre in the city for its patients. It runs thrice a week, every Monday, Wednesday and Saturday, offering basic medical services, activities and respite care to patients. For a person with dementia, an "activity" can take many forms. It may be as simple as a personal encounter such as eye contact, an exchange of greetings, shared laughter, or a hug. Group activities are also important because socialization with others helps minimize isolation. The Activity centre is a landmark, being the first of its kind in the city, and is the first step towards our long-term goal of establishing a permanent functional rehabilitation centre in Hyderabad.

Given below is a brief description of the services offered by ARDSI Hyderabad Deccan:

- 1. Activity Centre for persons with dementia:** In space offered by Asha Hospital, ARDSI Hyderabad Deccan runs an Activity Centre for persons with dementia, which is the first of its kind in the city. In its second year of operation, it runs thrice a week and offers basic medical services, person-centered recreational, educational & group activities for persons with dementia to retain and enhance their skills, increase their self-esteem and improve their quality of life.
- 2. Memory Clinic:** In partnership with Nizam's Institute of Medical Sciences, multidisciplinary care and expertise in assessment, diagnosis and management of persons with dementia, along with medical support, treatment, counselling and speech therapy are offered at the Memory Clinic at the Nizam's Institute of Medical Sciences, Hyderabad. Between April 2011 and March

2012, these services have been rendered to about 392 patients at the memory clinic.

- 3. Public Awareness Sessions:** ARDSI Hyderabad Deccan has been awarded the AP State Award for institutions working towards spreading knowledge and information in the field of ageing (Alzheimer's and other dementias) in the year 2010. The chapter has also conducted 2 highly successful Memory Walks on the occasion of World Alzheimer's Day in 2009, 2010 that had garnered extensive media coverage.
- 4. Memory Screening Camps:** In partnership with NIMS and Asha Hospital, ARDSI Hyderabad has successfully conducted two memory screening camps.
- 5. Guidance and Counseling:** Family members and caregivers are provided regular counseling and guidance by the ARDSI counselors. This is evident from the fact that our counselors have conducted 170 counseling sessions, from 2008 till 2012 at Memory Clinic, NIMS and Asha Hospital.
- 6. Home Visits:** As a part of the person centered approach, the staff and trained volunteers of ARDSI Hyd Deccan have been conducting home visits during which they sensitize the family members to the nature and progression of the disease, counsel them to improve the quality of life of the patient and family, and provide practical caregiver tips which are referred to by the neurologists/psychiatrists working with ARDSI.
- 7. Monthly Caregivers Meetings:** Various aspects of dementia care are covered in the theme based caregivers meetings, conducted for family caregivers, health care professionals and volunteers, on the second Saturday of every month, at the Memory Clinic in Nizam's Institute of Medical Sciences or at the ARDSI Activity center, Asha Hospital.
- 8. Training Programs:** We have conducted over 14 training programs, ranging from a one day to one month training for caregivers, healthcare professionals and volunteers. Notable training programs include:
 - One Month Certificate Course in Basic Issues in Geriatric Care
 - One day sensitization program for the family caregiver of the dementia affected elderly
 - One Week Training Program for Bedside Attendants
 - One Day Workshop for Physicians
 - Montessori Approach to Dementia Care
 - Two Day Teaching Course in Cognitive Neurology

- Reminiscence Therapy Workshop

9. Educational and Informative Literature: ARDSI Hyderabad Deccan has published ADI prepared caregivers manual, in English, Telugu and Hindi, "What is Dementia" brochures in English, Telugu and Urdu, bookmarks with warning signs of Alzheimer's, and posters. Comprehensive helpsheets have been published in English and Telugu, detailing interventions for behavioral problems, hygiene, safety, communication and activities.

The table given below provides a consolidated list of all the services provided by ARDSI Hyderabad Deccan so far.

Service Provided	Total No.
Awareness Programs	28
Training Programs	14
Counseling Sessions	170
Home Visits	133
Caregivers Meetings	32
Memory Screening Camps	4
Memory Walk on World Alzheimer's Day	2
Elders Mela/Senior Citizens Expo	2

Apart from this the local chapter has actively participated in the regional consultative meetings towards the formulation of the Dementia India Report which would serve as a road map and a policy guide to the Government of India in developing a national dementia strategy."

About Memory Walk

A Memory Walk is being organized on 16th September 2012 on Necklace Road, Hyderabad on the occasion of World Alzheimer's Day, by Alzheimer's and Related Disorders Society of India (ARDSI) Hyderabad Deccan chapter and Memory Clinic, Department of Neurology, Nizam's Institute of Medical Sciences.

Dementia is a progressive brain disease that causes memory loss, severe intellectual decline and behavioural disturbances in people aged over 60 years. The disease progresses for a decade or so, with patients becoming progressively disturbed and completely dependant on caregivers. Dementia is a source of immense caregiver stress, and exhausts social, financial and physical resources over time. No cure is currently available for Alzheimer's disease and the other degenerative dementias. The WHO 2012 Dementia – Public Health Priority Report states that globally, there are an estimated 35.6 million people with dementia in 2012, the numbers nearly doubling every 20 years, to 65.7 million in 2030. The Dementia India Report 2010 states that there are 3.2 million people in India affected by Alzheimer's and other forms of dementia and the number is expected to double by 2030. The projections of the United Nations report that Hyderabad would assume the status of becoming the 23rd largest mega city of the world by 2011 when the population is likely to cross the 10 million mark. There will be about 1 million people over 60 years in the city. Given that the prevalence of dementia is 2.4 - 4% of people above the age of 60 years, there are an estimated 40,000 persons with dementia in Hyderabad as of 2011. The Dementia India 2010 report states that by the year 2026 there will be an estimated 200,000 to 400,000 people with dementia in Andhra Pradesh, implying a 100% or more change in the number of persons with dementia.

World Alzheimer's Day was launched 18 years ago, on 21st September 1994, to unite people affected by Alzheimer's disease and other dementias around the world. The day gives people with dementia, carers and medical professionals worldwide the chance to raise awareness among the public and key decision-makers and to express solidarity for persons with dementia.

The theme of this year's World Alzheimer's Month 2012 is "Dementia: Living Together". Memory walks will take place in numerous countries with communities gathering to show their commitment to remembering those who they have lost and creating a society where people with dementia and their families can live without the fear of discrimination.

Research says that it is possible to keep your brain healthy and reduce the risk of dementia by staying physically active. So please walk with us to stay healthy and in "Remembering those who cannot remember".

Memory Walk 2012 Schedule

The details of the Memory Walk 2012 are as follows:

Venue

People's Plaza to Jala Vihar, Necklace Road, Hyderabad

Date & Time

September 16th, 2012 at 7:00 a.m.

Research says that it is possible to keep your brain healthy and reduce the risk of dementia by staying physically active. We would be grateful if you could announce the memory walk in the daily engagements columns and also cover it in the relevant section of your publication.

With thanks,



Dr. Suvarna Alladi

Additional Professor

Department of Neurology, NIMS

President, ARDSI Hyderabad Deccan Chapter

For ARDSI Hyderabad Deccan

ARDSI Hyderabad Deccan is a registered, non-profit, voluntary organization, dedicated to improving the quality of life of persons with dementia and their families. Providing help and support to persons affected by dementia and their families, educating the general public and healthcare professionals about dementia are amongst its key objectives.