



## Dignity Foundation Services

### 1 FOR SENIORS KEEN ON READING, KNOWING, LEARNING

#### **Dignity Dialogue**

The monthly magazine in English for Productive Ageing. Exclusive publishing space for Senior Citizens to write and publish.

Rs.360 per year subscription

BY SUBSCRIPTION ONLY

### 2 FOR SENIORS WHO WANT TO WORK AFTER RETIREMENT

#### **Dignity Second Careers**

Job counselling and placement for retirees.

### 3 FOR SENIORS WHO ARE LONELY AND DEPRESSED

#### **Dignity Companionship**

Volunteers visit homes of the lonely, enhance existing human resources & networking of seniors with their family and friends towards independence and self-sufficiency. People over 50+ become members of Dignity Foundation in order to offer their social service to society. After training in social counselling they visit the lonely elderly.

### 4 FOR SINGLE SENIORS AND COUPLES LIVING ALONE KEEN ON DISCOVERING & NETWORKING WITH ONE ANOTHER

#### **Dignity Discovery**

Project for loneliness mitigation to single elderly and couples living alone — fortnightly bus trips to scenic sites away from Mumbai. Food Court and talent shows every month to cement bonds developed during bus trips. Discovering each other and scenic sites are the twin goals.

### 5 FOR SENIORS WANTING TO BE INTEGRATED WITH THE INFOCOM REVOLUTION

#### **Dignity Computer Skills**

Basic computer literacy at nominal charges. A

patient Tutor takes pains to teach Word, Excel and Email/Internet over a 40 hour class along with hands on training at the computer. All are older people who are 50+. You may book with Manager on 23885253.

### 6 FOR SENIORS WITH A KEEN CIVIC SENSE & RESPONSIBILITY

#### **Dignity Civic Service**

Collaboration with Municipal Corporation. Members are engaged in locality management, improving its cleanliness, and promote awareness for segregating dry and wet garbage and insitu composting.

### 7 FOR SENIORS IN DIFFICULT CIRCUMSTANCES

#### **Dignity HELPLINE**

Social support system for abused elders through counselling, police help, legal help and other problem solving techniques. 23898078

### 8 FOR SENIORS UNDER THREAT OF PHYSICAL SECURITY

#### **Security with Dignity**

A network of protection with Police assistance for Elders living alone.

### 9 GOVT. AUTHENTICATED MULTI-PURPOSE ID CARDS FOR SENIORS

#### **Senior Citizens ID card**

Govt. of Maharashtra ID cards are given at 14 Dignity centres in Mumbai and 80 other cities in Maharashtra.

### 10 FOR SENIORS SEEKING PROFESSIONAL COUNSELLING

#### **Dignity Seniors Citizens Counselling Centre**

The last stop for all assistance – legal, financial, tax, consumer grievances, investments, insurance problems, medical references etc.

## **11 FOR SENIORS' RELAXATION AND ENTER-TAINMENT**

### **Dignity Chai Masti**

Every evening from 4 to 7 p.m. Dignitarians spend time together pursuing matters of mutual interest — playing cards, listening to music, seeing films, participative entertainment, lectures, fun and competition.

Mumbai – Topiwala Lane, Mira Road

## **12 FOR SENIORS TO CULTIVATE COPING SKILLS WITH LIFE PROBLEMS**

### **Psychological Counseling**

Professionally trained counselors are made available for purposes of increasing the coping skills of Senior Citizens in dealing with their every day lives.

## **13 FOR SENIORS WHO WANT TO LIVE A CARE FREE LIFE IN COMFORT, SECURITY AND SERVICE TO COMMUNITY**

### **Dignity Lifestyle**

Township of independent cottages for 500 Senior Citizens in Neral, near Mumbai.

## **13 FOR SENIORS WHO NEED PROFESSIONAL LEGAL COUNSEL**

**Dignity Legal - Legal Professionals give advice, counsel and help** to all senior citizens at affordable fees at a very nominal fee.

## **14 FOR SENIORS AFFECTED BY DEMENTIA**

### **Dignity Dementia Care**

A Day Care Centre, Respite care at homes of dementia affected, regular awareness building about Dementia offered at Head Office of Dignity Foundation, Mumbai

## **15 DIGNITY ON WHEELS**

**Reach-Out to Poor Old** living in 24 wards of Mumbai. The BUS has all the professional services made available in the Topiwala Lane office.

## **16 SENIOR CITIZENS NEWSPAPER**

### **Voice of Dignity Newspaper**

From October 2007 this monthly newspaper is an effort to reach out to all the elected reps of India with real voices of senior citizens on various subjects affecting their quality of life.

## **17 MONTHLY MEETING TO LOBBY FOR THE CAUSE OF AGEING IN INDIA**

**Voice of Dignity meetings** in several cities are held to raise the awareness levels of senior citizens about situations that are of significant to their lives. Their real voices are published along with their photos in the newspaper.

## **18 FOR SENIORS LOOKING FOR ALTERNATIVE LIVING ARRANGEMENT**

**DIGNITY LIFESTYLE TOWNSHIP, at Neral, 90 km from Mumbai**

Retirement township for 500 senior citizens to lead an independent life with facilities for a good standard of living.

## **19 FOR SENIORS WHO CANNOT AFFORD TO STAY IN A PROFESSIONALLY MANAGED HOE FOR THE OLD**

**DIGNITY HOMES, MIRA ROAD**

## **20**

### **BI-MONTHLY INDUCTION**

A rousing welcome to every senior citizen knocking at the doors of Dignity Foundation. Identifying aptitudes, activities for active ageing.

---

**HEAD OFFICE:** Dignity Foundation, BMC School bldg, Topiwala Lane, Mumbai 400007

Tel: 23898079, 23841845; email: [dignity@vsnl.com](mailto:dignity@vsnl.com)

<http://www.dignityfoundation.com> ; <http://dignitylifestyle.org>

---