

# Don't turn a blind eye to senior citizens with dementia



Memory-boosting games and activities can keep those with dementia active

PHOTOS: HTCS



**W**hat comes to your mind when you think of old age? Usually, one imagines a frail person facing memory loss. Often, memory loss is considered part of the ageing process.

In India, more than four million people have some form of dementia i.e. loss of cognitive functions like thinking, remembering and reasoning to an extent that it interferes with one's daily life. Dementia is usually kept hidden in the country, normalised as a part of ageing or under-reported due to negligence.

Caring for people with dementia is of great importance. But

untrained caregivers, however well-meaning, get stressed or frustrated, and mistreat those suffering from dementia, worsening their mental state. Hence, it is imperative to ensure that people with dementia are cared for by compassionate caregivers.

Private and home-based dementia services in India are exorbitant. An average Indian family may not be able to afford to avail such services. Another hindrance to seeking care services is the problem of commuting with dementia patients, as they can be at a risk of confusion and panic in a new environment.

#### WHAT IS THE SOLUTION?

A Dementia Day Care Centre by Dignity Foundation is being launched on June 27 in Greater Kailash II to cater to senior citizens affected by the disease. The centre will be staffed with trained caregivers who will look after and provide affection to its members,



Right care can return smiles to patients with dementia

along with access to memory-boosting activities.

Home pick-up and drop services as well as lunch and refreshments will be available.

Where: E-483, lower ground floor, Greater Kailash II, New Delhi

Admissions can be requested by calling at 91520 17120 or 88020 86165

Timings: Monday to Friday; 10am to 4pm

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