

# President's address on 10<sup>th</sup> June, 2015

**Dr. (Mrs.) A. Mahanta**

Welcome to the 2<sup>nd</sup> general body meeting of ARDSI, Guwahati Chapter. Inspired by the motto “remember those who cannot remember”. ARDSI, Guwahati, established 3 years back with the aim to improve the quality of life of persons with dementia and their families. We are yet to achieve our aim to reach out to a larger section of the community. Till date we could only start a memory clinic with help of (name of trust family).

## **We have to undertake the following to serve the affected people better:**

1. We should develop partnerships with several hospital and organizations like Pain and Palliative Care Society, Helpage India, Old age home etc.
2. Initiate Activity Centres for dementia once a week (to start with)
3. Conduct Awareness program.
4. Start Memory clinics.
5. Organize Caregiver meetings.
6. Undertake Home visit.

Let me elaborate them one by one-

### **Activity centre-**

It will offer recreational, educational and group activity for persons with dementia to enhance their skill, increase their self esteem and improve their Quality of life. ARDSI staff will be supported by volunteers, family members. Old photo albums, pictures, songs and others are to be used to help the patient recall past and happy memories.

**Memory clinic:** in partnership with hospital. We can carry out quality research in areas of cognitive neuroscience.

**Public awareness session:** can be carried out at senior citizen forums, schools, colleges, voluntary organizations, local clubs to raise awareness about dementia.

Brochures, pamphlets, handouts can be distributed at these programs.

### **1. Memory screening camp:**

Comprehensive memory screening test for elderly can be carried out by clinical psychologist to detect vulnerable persons.

This can be done in association with Lions and Rotary Clubs and Senior Citizen Forum. After selection we can have group discussion on how to prevent memory deterioration.

**2. Caregivers meeting:** Various aspects of caregiver problems or family members, health care professional, volunteers etc can be done once a week at fixed place. Caregiver can express their problems and experiences, the stress they undergo will help in preventing burnout of Caregiver.

**3. Home visit:** staff of ARDSI Guwahati trained, volunteers, can conduct home visits to educate the family about disease and advice them on management of the patients.

**4. Modification to improve quality of life training program can be done by Organizing lectures on-**

Human brain

Healthy again

Memory and forgetfulness

Their causes

Dementia

Care giving

Counseling session-for Caregivers.

**5. Faculty outing and picnic on World Alzheimer's day with help of ARDSI volunteers.**