

DEMENTIA CARE WORKSHOP 16TH Dec, BANGALORE

Dementia India Alliance organized a workshop in Bangalore on the 16th December'23, sponsored by the Indian oil corporation and in association with NIMHANS, NMT and Apollo hospitals. The workshop titled "Caring for dementia across the spectrum - effective management strategies for different stages" aimed to promote a better and deeper understanding of dementia in its various stages and share effective management strategies to family caregivers and service providers in and during hospitalization. Alongside raise awareness about Dementia India Alliance (DIA) its services as well as promoting membership, while also exploring the service expectations of these segments from DIA in various cities.

Out of the 118 attendees 45% of them were family caregivers, and remaining 55% included students, healthcare professionals, service providers, and people who were interested to work for the cause. Expert clinicians from the field of dementia care conducted session on 'Caring for dementia across the spectrum – effective management strategies for different stages'. Dr. P. T. Shivkumar, Head of Geriatric Psychiatry at NIMHANS spoke about managing person with dementia during hospitalization, Dr. Srikala Bharath, former Professor of Psychiatry, Consultant at NIMHANS highlighted on management strategies for mild to moderate stages of dementia and; and Dr. Vyjayanthi Venkataramu, Assistant Professor at MS Ramaiah Medical College, guided participants through management strategies during severe stages of dementia.

Three 20-minute sessions were conducted, each followed by a Q&A session with experts and an opportunity for family caregivers to share their experiences. Dr. Radha S Murthy (President & Founding Member, DIA), Wg Cdr D P Sabharwal (Treasurer & Founding Member, DIA), and Mr. S Premkumar Raja (Founding Member, DIA) participated in the workshop. Mr. S Premkumar Raja provided an overview of DIA, its services, and objectives, emphasizing support through membership. Wg Cdr D P Sabharwal and Mr. S Premkumar Raja briefed student participants on DemChamps that truly interested the students in the cause. Mr. Wg Cdr D P Sabharwal Conveyed a heartfelt and warm vote of thanks that resonated deeply with the audience. This workshop was a true success as the audience were deeply educated in the cause while caregivers interacted among themselves discussing the similar hardships. Students were exposed to the harsh reality of this silent epidemic resulting in them showing immense interest in DemChamps and volunteering















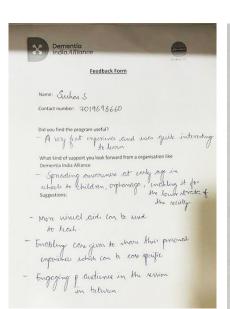












DIA workshop shines light on dementia care

FLORA ADELINE BENGALURU, DHNS

Dementia India Alliance (DIA), in association with NIMHANS, Nightingales Medical Trust and Apollo Hospitals and Indian Oil Corporation Ltd, organised a free workshop titled, 'Caring for Dementia across the spectrum in the city on Saturday.

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The panellists at the event provided insights into the effective management strategies for different stages of dementia, hoping to inspire and empower those suffering from it.

The talk covered aspects involving dementia in mild to moderate and moderate to severe stages, along with the management of a hospitalised person.

"Helping them maintain self-esteem and live with dignity, reassuring them that they are in control of the environment and engaging them in routine activities can improve their quality of life. Each person has different needs", said Dr Srikala Bharath, former Professor of Psychiatry and Consultant at NIMHANS. The right diagnosis and detecting the stage of the condition and type of decline are key elements to focus on.

The workshop also provided a curated support groups.



Dr Srikala Bharath, Consultant at NIMHANS, speaks at the "Caring for Dementia Across the Spectrum" workshop on Saturday. DHPHOTO/SKDINESH

plan for communication, routine, healthcare, deficits and excesses with practical micro skills to diminish challenges. They wished to bridge the gap between the high

Cost of care and fewer resources.

Nearly a 90 to 95% gap is visible in diagnosis, treatment and awareness of dementia in rural areas. "DIA along with the government will strive to expand its awareness and resources to rural areas", said Dr Radha S Murthy, the President of DIA. The government is yet to set up daycare centres, although the private centres are functional.

DIA also conducts online sessions for support groups.