



## **DEMENTIA CARE WORKSHOP**

### **6<sup>TH</sup> APRIL, MUMBAI**

### **1. Objective of the Workshop:**

- a) Raise awareness about dementia among participants through informative sessions and discussions led by experts.
- b) Provide practical knowledge on diagnosis, types, treatment, and caregiving strategies to empower attendees in managing dementia-related challenges.
- c) Facilitate networking opportunities among attendees, speakers, and collaborating organizations to foster a supportive community for dementia awareness and caregiving.
- d) Engage participants in interactive activities such as mental stimulation exercises to enhance understanding and promote active involvement in dementia care.
- e) Distribute educational materials and resources from partnering organizations to equip participants with additional support and information for continued learning and advocacy beyond the workshop.

### **2. Partners:** Silver Innings

### **3. Pre-event Publicity promoting registration**

- a) Sharing poster/invite with all family caregivers through emails and Whatsapp on the database of NMT and Silver Innings
- b) Social media promotions
- c) Reaching out to individual members of DIA and people who called the Helpline and Demclinic.
- d) Approached nursing, psychology, and social work colleges/groups
- e) Pre-event press release in the media
- f) There were 113 registrations before the event

### **4. The Workshop :**

- a) Speakers and Networking partners were felicitated with a gift and the 'Remember Me' dementia book.

- b) Each participant received a folder containing a notepad, pen, and the 'Remember Me' dementia book by Silver Innings.
- c) Brochures and leaflets from various organizations including DIA, TISS Gerontology, Nirmala Niketan, Happy2Age, and Silver Innings were distributed to all participants.
- d) The program commenced at 9:20 am with prayers.
- e) Sailesh Mishra of Silver Innings and DIA Collaborator welcomed everyone and felicitated dignitaries.
- f) Dr. Prem delivered a presentation covering topics such as diagnosis, types, treatment, pharmacy, and non-pharma approaches to dementia.
- g) Sugandhi and Mili from Happy2Age conducted a mental stimulation activity for 10 minutes.
- h) Mr. Gaurav Kaul from IOCL was felicitated and shared insights about the workshop and IOCL Caregivers.
- i) A 10-minute video from Silver Innings was shown to enhance participants' understanding of the disease and caregivers' responsibilities.
- j) Ramani mam discussed dementia, caregivers' stress, and their significance.
- k) Rekha Singh from Art for Active Ageing shed light on rural elders' challenges and conducted a mental stimulation activity.
- l) A Q&A session followed, where seven participants asked questions, and two shared their experiences.
- m) The program concluded around 1:00 pm, followed by lunch organized for all participants in the canteen, wrapping up by 2:15 pm.

## **5. Outcome of the Workshop**

- a) Enhanced understanding of dementia diagnosis, types, treatment, and caregiving strategies.
- b) Increased awareness among participants about the challenges faced by caregivers and the importance of their role.
- c) Engagement in mental stimulation activities aimed at promoting cognitive health and well-being.
- d) Positive feedback indicating the effectiveness of the workshop in providing valuable insights and practical knowledge.
- e) Strengthened collaboration and networking among attendees and partnering organizations.

- f) Encouraged active participation through interactive sessions, Q&A, and sharing of personal experiences.
- g) Overall satisfaction expressed by participants, indicating the success of the event in achieving its objectives.



