



# nandhavanam

The Castle for Dignified Seniors

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## CEO Message

I feel delightful in meeting you all in this edition of our monthly newsletter.

The needs of seniors may range widely depending on their age and health conditions. Physical and Social activities are considered quite essential to bring about considerable improvement in their health condition and their overall well-being. This also adds up to their confidence and gives them a sense of independence.

Nandhavanam is conducting a survey on Elderly Living, focused on elders aged above 50 years who identify their needs based on their day-to-day living. The survey results will be published on our forthcoming newsletter.

Apart from this, other tasks related to Nandhavanam are progressing well. I thank everyone who is extending their help in making this project a successful one.

Sincerely,

[ Bright Gnana Singh ]

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# Dementia

Dementia is a collection of symptoms including memory loss, personality change and impaired intellectual functions resulting from disease (Or) trauma to the brain. These changes are not part of normal aging and are severe enough to impact daily living, independence, and relationships.

## Common Signs and Symptoms of Dementia:

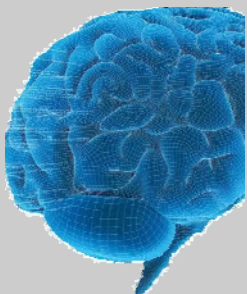
Symptoms of dementia vary considerably by the individual. The first sign of dementia is usually loss of short-term memory. Other symptoms and signs are as follows:

- Does not recognize and is confused about familiar people
- Disorientation to time and place
- Unable to follow directions
- Neglect of personal care and safety
- Repeatedly asks the same questions
- Changes in mood, personality (Or) behavior
- Changes in sleep pattern
- Difficulty in performing routine (Or) complex tasks
- Difficulty with memory, thinking, talking, comprehension, writing and reading etc.,
- Loss of communication skills
- Impaired judgment
- Faulty reasoning



## Dementia can be caused by:

- Medical conditions that progressively attack brain cells and connections
- Medical conditions such as strokes that disrupt oxygen flow and rob the brain of vital nutrients
- Poor nutrition, dehydration, and certain substances, including drugs and alcohol
- Single trauma (Or) repeated injuries to the brain
- Infection (Or) illness that affects the central nervous system



## Preventing (Or) Delaying Dementia:

There is no known way to prevent irreversible dementia (Or) even many types of reversible dementia. But good health habits and mental stimulation may prevent dementia altogether (Or) at least delay its onset. To keep brain functioning optimally:


- Eating brain-healthy diet
- Consistent exercise
- Challenging mind
- Getting regular and restful sleep
- Minimizing stress
- Avoiding smoking and drinking

**“ Health is state of complete physical, mental and social well-being, and not merely the absence of disease (Or) infirmity” - WHO**

## Safety for Elderly

**“Do not let fear, panic and insecurity enter home by own carelessness”.**  
There are a number of simple precautions seniors can take to keep them safe.

### Home Safety:

- ☑ Locks should be in place on doors and windows
  - ☑ Install a peep hole on front door, and see that area is well-lit
- 
- ☑ Get the servant (Or) attendant verified at the nearest police station. Never entertain strangers
  - ☑ Do not keep valuables in hand. Keep only little cash in hand
  - ☑ Do not talk about family secrets/property in front of strangers/ servants
  - ☑ When living alone keep good relation with neighbors. They may help in need
  - ☑ Careful walking is must to avoid falls
  - ☑ Carry a cell phone when in (Or) out of the house. Have vital numbers in phone's memory for quick dialing / in handy

### Medication Safety:

Many elderly have chronic health conditions and take multiple medications. Safe medication practice decreases medication errors which can lead to severe or permanent harm to a person being treated with drug therapy.

- ☑ Presence of a friend or relative during doctor's appointment might help to understand (Or) remember the instructions given by doctor
- ☑ Follow the directions in the prescription. If a dosage is missed, DO NOT attempt to double the dose next time
- ☑ Use 7-day (Or) 30-day pill box with slot separations. Write down information given by doctor about the medicines and health condition
- ☑ Have a "Medical Check-Up" at least once a year
- ☑ Check the medicines to get rid of old (Or) expired ones
- ☑ A first aid box is a must for every house. Always keep one within immediate reach

### Kitchen Safety:



- ☑ Switch-off the regulator after use. Check the kitchen thoroughly before going to sleep (Or) planning to go out of the house for a while
- ☑ Never leave food unattended on the stove. While leaving the kitchen in between, take a wooden spoon (Or) potholder as a reminder
- ☑ Kitchen windows must be kept open to avoid carbon monoxide poisoning

### Other Safety Measures:

- ☑ Get the faulty wiring attended
- ☑ Avoid use of immersion water heater
- ☑ Never switch on / off with wet hands

