



# NIGHTINGALES MEDICAL TRUST

*Setting Trends in Age Care*

Nightingales Medical Trust (NMT) is a registered not-for-profit Voluntary Organization working for the well-being of the elderly since 1998 in Bangalore. Striving to strengthen family bonds and promote community-based support systems, the Trust has conceived and established various need-based projects for elders belonging to all socio-economic groups. Everyday, over 1000 elders are being benefited through our services.

Some of Nightingales' projects have emerged as models and are being replicated in other parts of the country. NMT has a unique and high standing as a provider of quality age-care and dementia services.

**Our Vision:** To innovative and establish need-based and community-based support systems, ensuring that elders are healthy, happy, empowered and living with dignity.

**Our Mission:** To enhance the quality of life of elders and persons with dementia through innovative and appropriate support systems, increasing access to technology, combating elder abuse, enhancing their skills, public education, advocacy and building the capacity of NGOs engaged in age care.



## ONGOING PROJECTS

PROJECT	PURPOSE
Nightingales Elders Enrichment Centers	Mitigating loneliness and enriching the lives of the elderly
Elders Helpline 1090	Addressing Elder Abuse and Helping Elders in distress
Nightingales Sandhya Kirana	Day care for economically disadvantaged elders and those suffering from dementia
Steady Steps	Fall Prevention and Rehabilitation
Nightingales Jobs 60+	Skills Development and Promotion of Jobs for needy elders
Nightingales Centre for Ageing and Alzheimer's	Comprehensive residential care facility for persons with dementia
ETCM-Nightingales Dementia Care facility	Telemedicine-enabled residential dementia care facility
Nightingales Centres for Active Ageing	Comprehensive research-based active ageing facilities which aim to promote social integration, healthy lifestyle, happiness and dignity
Government Authorized Senior Citizen Identity Cards	Helping elders utilize benefits & privileges
Nightingales Lifesaving Services	Training in Cardio Pulmonary Resuscitation (CPR) and First Aid
Advocacy & Awareness	Protecting the rights and interests of the elderly

NMT is designated as the Regional Resource & Training Centre by the Government of India for building the capacity of NGOs engaged in Age Care in South India. All the projects of NMT are professionally managed and the services are well utilized by growing numbers of elders. Over the years, NMT has earned recognition and awards both at national and international levels.

## FUTURE PROJECTS

- Making Bangalore a Dementia-Friendly City
- Accessible, affordable & quality Dementia Care in India
- Services for persons with Parkinson's
- Enhancing the quality of life of elders in city slums and Old Age Homes
- Promoting Active Ageing programs in more locations
- Leadership School for Age Care
- Expansion of Jobs 60+ activities
- Comprehensive website connecting elders and service providers with each other in India
- Strengthening advocacy efforts
- Documentation of best practices suitable for Indian cohort

## GET INVOLVED

Corporate Houses, Social Organizations and individuals are welcome to join with us. You could support us by:

- Being a volunteer by spending time with elders, organizing activities and teaching computer skills, yoga, vocational skills etc.
- Providing employment to needy elders
- Outsourcing data processing and back office jobs to Nightingales Jobs 60+
- Promoting Cardio Pulmonary Resuscitation (CPR) and First-Aid Programmes
- Financial support for services to underprivileged elders
- Purchasing products like greeting cards, dolls, paper envelopes, candles, mats, arecanut plates, etc. made by the elderly
- Promoting our services through Social Media platforms
- Supporting our future projects
- Joining in our Advocacy and Awareness Efforts