



**A TATA Enterprise**



**ASHA DEEP FOUNDATION**  
*Empowering People*

## **ASHA DEEP FOUNDATION**

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**ASHA DAY CARE CENTER FOR THE ELDERLY**



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# ASHA DAY CARE CENTER FOR THE ELDERLY

## INTRODUCTION

Asha Deep Foundation is a PAN INDIA organisation, has been working for the development of the underprivileged communities since its inception in 1983. The organisation works on the main four thematic areas: Education, Health, Livelihood and Child in need of care & protection. The organisation works towards holistic development with all the target groups like Children, Youth, Women, Senior Citizens and People with Disabilities.



Our target audience consisting of the elderly with in the community is neglected by their own children or has no offspring of their own. Asha Deep Foundation primarily aims to provide a sense of dignity, self-respect, self-reliance and self-confidence, in order to improve their quality of life. At the Day Care center the elderly receive a meal, counseling, health care etc. Different recreational activities like singing songs, dance, music etc. are organized in the center.



## AIM

To provide love, care and support to the elderly people.

## OBJECTIVES

- To provide nutritional food to the elderly
- To provide love and care to the elderly.
- To provide counselling to the elderly
- To provide psychological support to the elderly
- To support the elderly to live in dignity, security and be free of exploitation.
- To protect the elderly from physical or mental abuse.
- To support the elderly to become self-reliant by linking with pension schemes.
- To provide all possible medical healthcare support and medication facilities.



## ACTIVITIES

- **NUTRITIONAL FOOD:** The elderly people come to the day care center at 10 am and they take tea and then they are provided lunch like rice, dal, and vegetables or Rice and Rajma or Rice and Choley or Puri and potato vegetables etc. They are also provided seasonal fruits.
- **YOGA AND MEDITATION:** Daily the elderly people are helped to do simple yoga and meditation in the center to keep their body active and healthy.
- **PSYCHO SOCIO CARE/COUNSELING:** The elderly people are coming from the crisis family background and highly disturbed. Sometime they have their own children but not willing to keep them, so they are heartbroken, the center staff so counseling and provide love and care to each one of them.
- **HEALTH CARE AND SUPPORT:** The elderly people's health is our priority, if any health issues arise immediately the staff takes the elderly people to the nearest hospital and do the necessary care and support.

- **RECREATIONAL ACTIVITIES:** The elderly people get the opportunity to read newspapers daily or the staff read newspaper to them, morning they sing songs and some do dance while singing, they share jokes and laugh, the staff helps them to stay in the center happily and have some peaceful time in the center.
- **PENSION:** The organization networks with the Government Department and makes sure all the elderly people get their pension timely.

