

Annual Report 2019-20

Home Care Service

A total of 1881 home visits were carried out through the year. During the current year (till December 2019), 177 new patients were registered with us. Sadly, 146 patients passed away during this period. Palliative care was also provided to 111 patients at our Attingal clinic.

Financial and Medical Aid to Patients

During the year, 335 patients were provided with financial aid and medical aid was provided to 535 patients. An advance of Rs 7000/- each was provided by Care Plus for the surgery of two patients – Sri Isravel Keshwin and Sri Sashidharan Asari.

Care Plus now has clearance under the **FCRA**, to receive donations from abroad. Submission of the application accompanied by all the required supporting documents, answering numerous queries and preparing for several rounds of inspection by the government authorities was a Herculean task. Congratulations to our President Smt. Geetha Asokan who spearheaded the whole effort and saw it through to fruition.

Welfare & Rehabilitation Initiatives

Our support for patients does not stop with funding and medicare. We also provide aid in multifarious areas such as house renovation, provision of household necessities, debt relief, counselling and so on. Specific instances are set out below:

Home Renovation & Maintenance

- Financial assistance given to Kumari Shameera to complete the construction of her house.
- Roof was provided for Sri Rajashekaran's house. House maintenance was financed for Smt Rajamma and Smt Ligi.
- Smt. Sarala was provided with a new door and metal mesh for her house.
- Vivo sponsored a tarpaulin to cover the roof of Smt. Usha's house.
- Assisted Sri Vincent, Sri Benedict and Smt Suma in getting domestic water connection.

- Smt Arya was given a pump set.
- When Vasantha's toilet collapsed in the recent rains, we financed the repair of the toilet.
- Helped Smt Hima to get a water connection.
- Roof constructed over Smt Sarasamma's toilet.
- Toilet door provided for Sri Lalu.
- Wiring done for Smt Girija's house.
- Smt Rebekka was helped to fix a door for her house.
- Smt. Krishnakumari's house rent continues to be paid. Smt. Molly was also helped in paying her rent and given money to buy necessary medicines.

Assistance for Household necessities

- Beds with mattresses were provided to 4 patients. 11 patients were given mattresses. 120 provision kits were distributed.
- Patient Smt Rajamma was provided a pedestal fan.
- Every month Ensure and D protein amounting to Rs 10000 per month were distributed to patients.
- Chair commodes were given to 2 patients, one of whom (Akash) was also given an air cushion. Bedding was given to four patients.
- Athiramol, a student of Journalism at the Press Club, and Joy Benedict, a student, were given special educational aid.
- With Rs.2,15,000/- collected from various donors, the work on Sri. Rajasekharan's house was completed at record speed.
- Sri Levi was provided with a cot and mattress and several patients were given food kits, health powder, etc.
- Febin, the young amputee from Kottayam, after getting his prosthesis fitted and a few practice sessions at Yemvees, visited us at RCC. He was eagerly looking forward to returning to school.
- A new well was financed for Arya, the widow of Suresh who died a couple of months ago. This was done when following surgery for a cyst, she was unable to draw water manually.
- Disposable colostomy bags were supplied to Sri. Rajan, and a commode and pedestal fan were given to Smt. Rajamma.

Emotional support & counselling

In February 2020, time and effort was spent on counselling a patient, who in her despair, had attempted suicide. She was brought back to normal life by our emotional support.

Employment Support

The Vidyal Trust through Care Plus has provided patients with sources of livelihood such as poultry rearing and goat rearing. The poultry scheme, comprised of 25 hens, coops and a month's feed. Each unit costs approximately Rs 15000. Sixteen patients benefited from this scheme.

Goats costing Rs8340 each were given to Smt Rosily and Smt Vasantha of Perumkuzhy.

Marriage Support

Rs 5000 was given to Jincy, the daughter of patient Sri Wilfred (late).

Geriatric Support

A monthly pension of Rs 850 was given to 18 elderly mothers, residing in Trivandrum district, who lost their family members to cancer.

Educational Support

This year 129 students, have been given financial assistance for their education, from LKG to professional courses. Sri. Arun Ravi, a former student was selected as soldier (Technical) in the Army.

V-Dilator Project

January saw the launch of a new project – in response to a request from the Department of Radiation Oncology. The V-Dilator project aims at helping young women diagnosed with cervical cancer to overcome the effects of Brachy therapy. Care Plus has undertaken to provide kits costing approximately Rs 800 each to patients referred by the Radiation Department, whose staff instructs the patients in the use of these kits. Kits worth Rs 38000/- were procured from Tata Memorial Institute, Mumbai under the project.

Snehasparsham 2019

The get together of sponsored students with their parents was held on April 30th at the Golden Jubilee Hall, Vellayambalam. Out of 122 sponsored students, 115 students and their families attended the function. Our chief guest, Sri. K.Jayakumar IAS, Chief Secretary (Rtd) and Vice-Chancellor, Thunjath Ezhuthachen Malayalam University addressed the gathering. Students who had done well were felicitated and given gifts. Sri. Sivaraja Pillai, a retired official of IOB conducted an interactive session on money management for our young guests which was both motivational and informative. The entertainment put up by VIVO was thoroughly enjoyed by all. We were honored by the presence

of representatives of the IAS Wives Association, who had put together a collection in support of our activities.

The students were given items required for the coming academic year such as school bag, umbrella, foot-wear, a set of clothes, books and stationery. Breakfast, lunch and tea were provided. At the end of the function, TA/ DA was also disbursed to the attendees.

Festival Celebrations with our patients – Onam & Christmas

Care Plus celebrated Onam on the 3rd of September 2019 with 114 patients and their families attending. Smt. Sindhu S.S, (Chairperson, Welfare Standing Committee, Corporation of Trivandrum and Councillor, Medical College Ward) was the chief guest at the function held at the Golden Jubilee Hall, Vellayambalam. Care Plus staff and members performed Thiruvathira, and some of the patients and family members sang songs to entertain the gathering. Food kits, consisting of bakery items, a payasam kit and provisions, as well as new clothes were distributed. TA/ DA was also disbursed to the attendees at the end of the function.

Special mention must be made of the young and dynamic members of Trivandrum Round Table 126, who contributed Rs. 1,25,000 to bring light into the lives of our poor patients during this Onam season.

Our Christmas celebration with 97 home care patients and their families was a great finale to 2019. Christmas kits were distributed by our Chief Guest, Smt. R. Sreelekha, Chief Nursing Officer, RCC. She gave an enlightening message on patient care and support, and commended the work done by Care Plus, among cancer patients both at RCC and in their homes. Smt. Sheeja of Sabarmati Agri & Livestock Farmers Produce Co. Ltd, gave a talk on poultry farming as a means to generate income. Breakfast and lunch were served to all participants. Patients, family members, our faithful supporters from VIVO, as well as employees of ACIS, Technopark entertained the gathering, and a good time was had by all. Before seeing off, our guests were provided with money for travel expenses, and a very well-stocked Christmas hamper.

Donors' Meet

The Donors' Meet was held at RCC on the 19th of October 2019. Dr Rekha Nair, the Director, RCC, was the chief guest at the meet. It was attended by several of our beneficiaries, staff of RCC, and many of our regular donors. The meet was an occasion to give our donors a clear picture of the activities of Care Plus over the years, all made possible thanks to their generous contributions, for

which we are deeply grateful. Special mention must be made of Sri. & Smt. M G Oommen from Dubai, Sri. & Smt Joy Oommen from Bangalore, and Rev. Pat Atkinson who made a special effort to be there.

Thank you.

Acknowledgements

The Regional Cancer Centre, and the Pain & Palliative Care Department in particular, have been very supportive of the activities of Care Plus. Dr. Rekha Nair, Director, RCC has been the guiding force for Care Plus activities. Dr. Cherian M. Koshy, HOD, Pain & Palliative Care Department had always been very helpful and a steady counsel for the effective conduct of its Home Care programme. Dr. Prasanth C.V, Medical Officer, Palliative OP, who is also a member of Care Plus, has always been keen in giving medical & moral support and instructions to our home-care teams. Dr. Pyari Alexander, Dr. Chandra Mohan and the nursing team and the administrative staff and the drivers were pivotal in the provision of Home Care activities.

Our wholehearted gratitude to Mr. M.G. Oommen and Mrs. Thulasi Thomas who provided generous support to the activities of Care Plus.

The financial and moral support of the Vidhyal trust has been critical for our activities

We wish to convey our profuse thanks to all members of VIVO for lending a helping hand to Care Plus on many occasions.

Our sincere thanks to ACIS, Technopark, Trivandrum for the educational support they provided. Our sincere gratitude to the Beverages Corporation Ltd for their sponsorship of the Ertiga van for home care activities.

We are thankful to our auditor CA K Thomas Jacob for auditing our accounts on time.

Care Plus once again extends our sincere thanks to all our donors and sponsors. We continue to count on you for help in all our activities. We also solicit the whole hearted support of new donors in the years to come.

Thank you.

Sd/
Shoba George