

Annual Report 2020-21

Home Care Service

The activities of the Home Care Services were going on in full swing till March 2020, but due to the prevalence and spread of Covid 19, Home Care service was suspended from the middle of March 2020 to May 2020. The service was restarted from 1st June 2020, but it could not be continued beyond a few more days. During this short working period of only a few days in the year 30 patients were visited at their homes for routine medical care, dispensing medicines and keeping up the personal touch.

Although home care services were discontinued, new patients from the Palliative Out-Patient Department were being periodically added to Care Plus during the lock down period. With the addition of 92 new patients and the existing 85, the total patients were 177 of which 21 succumbed to death. The new and existing patients were taken care of by the best way possible by alternate arrangements. The patients and their families who were in very poor circumstances were helped by providing essential medicines, provision kits, monetary aid and other services, in coordination with RCC as listed below.

- In 30 emergency cases, expensive medicines were delivered to patients' homes through the help of Fire Force.
- Wound dressing kits were delivered to three patients.
- Provision kits were provided to 150 patients at a total cost of 1.5 lakhs during their visit to palliative OPD of RCC, by arrangement with the nearby Margin Free shop.
- In 12 other patients' cases arrangements were made for collecting the medicines from nearby medical shops (by prior arrangements with the shops) and paying the bills directly to the medical shops by bank transfer.
- In the absence of regular bus services, a total of Rs 56,000 was reimbursed to 40 patients for travelling expenses by auto/taxi/ambulance for their visits to RCC for review/check-up.

Care Plus new initiatives

As it was not practical to make home visits during times when the Covid was raging high several new initiatives were adopted by CARE PLUS to liaison with the new patients registering in the OP department and the existing patients visiting RCC for review/check up.

- In consultation with Dr (Ms) Sudha P, HOD of Pain & Palliative Care department, Care Plus sponsored a Social Worker (MSW) to work in the Palliative OP of RCC, in order to interact with the patients and counsel them and to identify deserving cases for further helping them by necessary welfare measures. The Social Worker was employed on contract for one year. The monthly honorarium of Rs 15,000 for the

social worker for one year (Rs 1.8 lakhs) was deposited with RCC in advance by Care Plus

- An amount of Rs 2.5 lakhs was paid to RCC for meeting the medicine cost of deserving patients (F category) visiting palliative OP during the lock down period
- Medicines worth Rs 85,000 were purchased from IHDB and distributed to patients against prescription.
- Providing D-Protein to physically weak patients visiting palliative OP was sponsored by Care Plus. During the period Rs 1.7 lakh worth of D-protein was provided to patients visiting Palliative clinic.
- The Executive Committee of Care Plus has since decided to continue the supply of D-Protein every month according to the need.
- I-pads/android phones were provided to 16 students sponsored by Care Plus (children of cancer patients) who were unable to attend on-line classes. The deserving students were identified by Care Plus and the devices were donated by Allianz, Technopark by the initiatives of the Allianz' staff. Dongles for wi-fi connections and three months' internet connection charges were also provided. (The students later on conveyed their gratitude and happiness about the ipads/phones by which they were able to successfully attend their studies.)
- Young family support- This is a recent initiative to support the families of young wives who either lost their breadwinners or have them debilitated due to cancer.

Financial and Medical Aid to Patients

During the pandemic period many patients conveyed their difficulties to make both ends meet as well as to procure essential medicines. Care Plus considered the cases and decided to provide help to them based on their individual requirements

- Money transfers varying from Rs 2000 to Rs 5000 were made to the bank accounts of 111 patients. The total amount thus distributed was Rs 1.77 lakhs.
- The patients of coastal area were severely affected during the Covid period as their working men could not go on fishing due to Covid restrictions. Hence Provision kits were home delivered to 36 patients; kits worth Rs 1000 each to 24 patients and kits worth Rs 650 each to 12 patients (Total Rs 31,800).
- Medicines and D-protein to a patient Sri. Benjamin (worth Rs 1109) was delivered at home.
- A nebuliser and medicines were provided to patient Sri. Appukkuttan Pillai
- Sabariyas, a patient from coastal area was provided monthly financial support for an expensive medicine. This support is still being continued
- A total of Rs 2.03 lakhs was reimbursed against medical bills of patients
- House Rent for Smt. Molly, wife of late Mr. Sekharan was paid during the year @ Rs 2500 per month
- PET scan charges of Rs 5000 was paid for Ms Prabha
- During the lock down period, the poultry donated by Care Plus to families, several months before, started laying eggs regularly. As informed by the families with heartfelt gratitude, it was a substantial dietary support and a source of income for them.

Welfare Initiatives

Our support for patients does not stop with funding, food kits and medicines. We also provide aid in multifarious areas such as house renovation, provision of household necessities, debt relief, counselling and so on.

House Renovation

- For the repair of our student Greeshma's house in Powdikonam, Rs 60,000 was paid as the first instalment for plumbing works in bathroom and construction of retaining wall. The work is yet to be completed with further support from Care Plus
- For securing the house of Smt. Hima (wife of late Valentine) doors, shutters and ventilators worth Rs 28,300 were installed
- For securing the house of Sri. Rajasekharan, 3 doors costing Rs 12,000 were installed
- Toilets were constructed in the houses of Sri. Karunakaran and Smt. Prabha for Rs. 20,000 each
- House registration cost of Rs. 80,000 was paid to Sheela Jobai who got a house through government housing scheme.
- Bathroom fittings were installed in the house of patient Smt. Mary
- Bathroom fittings and tiles were provided in the house of Sri. Binu for Rs 20,000

Assistance for Household necessities

- Beds, cots and chair commodes were delivered to 20 patients
- Air beds were delivered to 2 patients
- Water beds were delivered to 2 patients
- A solar lamp was delivered to Bhagavathy staying in Kottoor forest area where there is no electricity connection.
- Mixies and fans were donated by a member to three patients, Sri. Sathyanesan, Smt. Santha and Smt. Prabha
- A wheelchair was provided to patient Sri. Soman
- Johnson, a destitute patient discharged from RCC after surgery had no place to go. Care Plus arranged his stay in the veranda of his sister's house providing him with all necessities for the stay such as cot, mattress, pillow, sheets, chair, pedestal fan etc.

An amount of Rs 1.3 lakhs was provided by Care Plus for the above six projects of household necessities.

- Two goats were provided as livelihood support to two patients, Sri. Chellan baby and Mary, costing Rs 16,000.
- For initiating garment business (nighties, sarees etc.)/pickle making/small shop business, a total of Rs 77,000 was given to wives of 11 cancer patients
- 15 Poultry units (each with 25 chickens and cage) were supplied to 15 families for livelihood support, each unit costing Rs 15,000 – Rs 20,000. A total of Rs. 2.69 Lakhs was spent on this project
- For buying a sewing machine for Ms Selvi from Tamil Nadu (wife of Thankan) Rs. 8,000 was paid

Bereavement support to families of deceased patients

Financial assistance as a bereavement support to four families of recently expired cancer patients was provided. The amounts were fixed after assessing the families' background and financial prospects, on a case to case basis, as listed below.

- Bindu, wife of late Anil Kumar: Rs 5,000 each for three months
- Remany, daughter of late Bhagavathy: Rs 3,000 each for three months
- Sivarajan, son of late Surendran Nair: Rs 3,000 each for three months
- Sreedevi, mother of late Akash: onetime payment of Rs 3,000

Young family support

Cases of unexpected deaths or debilitation of young breadwinner husbands of several families were noticed, where the unfortunate young wives were confounded with life ahead. An initiative was started this year to support the young wives to start a livelihood means as well as to provide educational support to their children.

- Sruthy w/o late Niju was provided Rs 3000 for three months and her school going child was sponsored by Care Plus.
- Pramila w/o late Reghu was provided 3000 for three months and her two school going children were sponsored by Care Plus.

Surgery and Chemotherapy support

- For the radiation treatment of Sri. Niaj Ansari, a young boy from Orissa, Rs 40,000 was paid to RCC. He was referred by RCC to Care Plus on compassionate ground.
- For the surgery of Sri. Johnson Rs 20,000 was paid to RCC, as requested by RCC.
- Partial payment of Rs 10,000 was paid to support the surgery cost of Ms Sheela M and Ms Lakshmi P

Geriatric Support

A monthly pension of Rs 1000 each was given to 16 elderly mothers residing in Trivandrum district, who lost their breadwinners (mostly sons or husbands) due to cancer. This is an ongoing project.

Educational Support

- During this year 118 students (children of cancer patients) were given monthly financial assistance for their education from LKG to Graduation and professional courses (LKG to 9th standard @ Rs 400 per month; 10th standard, plus 1 and plus 2 @ Rs 800 per month; Degree/Diploma @ Rs 1000 per month and Professional courses @ Rs 1200 per month). An amount of 8.2 lakhs was paid during the course of 10 month period for the project.
- In response to the appeals from the Welfare team, donors came forward to help with the college fees of Miss. Athiramol who was doing Diploma in journalism, educational expenses for Smt. Lalithambika's two mentally challenged children and admission fees for the daughter of Sri. Suresh.

- Dr. Rekha Sukumaran donated Rs 50,000 for the education expenses of Ms. Aditya Krishna, a D. Pharm student who is the daughter of an expired cancer patient.
- Jobi was paid Rs 10,200 for examination fees for the ITI Diploma
- Kavya's (daughter of late Smt. Binu) second year college fee (M.Sc. Psychology & Counselling) of Rs. 15,150 was paid to the college
- ITI admission fee of 12,500 was paid to Aswathy GV (daughter of smt. Vijayakumari)
- From October 2020 onwards, a monthly sum of Rs 2500 is being provided by a well wisher from Bahrain to a young patient Sri Shijin from Balaramapuram
- Care Plus also transferred an amount of Rs. 1,000 each to the bank accounts of 101 students for buying educational materials at the school opening time as the "Snehasprsham" programme could not be conducted due to Covid restrictions.

Our students' achievements

- One of our sponsored students, Mr. Arun Ravi has joined the technical core of the Indian army. He has completed his graduation through Care Plus sponsorship. He was sponsored from primary class onwards.
- Care Plus is proud to mention that his elder sister Ms. Archana Ravi was also a sponsored student of Care Plus up to her engineering graduation and she got employed in 'Alstom' a French company of Rail Transportation. She was also sponsored from primary class onwards.
- Ms. Blessy Binoy successfully completed her B.Sc. Nursing and she is now working in the Apollo Hospital, Hyderabad.
- Ms. Akshaya Soman secured A+ in all subjects in the SSLC examination
- Ms. Anamika. L scored very high marks in Plus 2 examinations (964/1200)
- Ms. Gowri Devi scored very high marks in the Plus 2 examinations

Onam and Christmas kits to patients' families

Although Onam and Christmas could not be celebrated by get-together of the patients and their families, provision kits were delivered to their homes/nearby collection points by arrangements with the margin free shops and the services rendered by several kind hearted auto/truck drivers.

- Onam kits could be delivered to 53 patients and for the rest of 55 patients Rs 1000 each was transferred to their bank accounts.
- Christmas kits containing provisions, cakes and snacks worth Rs 1600 each were delivered to 133 patients by 18th December. It was the result of well organised, well-coordinated and collective efforts by the Care Plus Executive Committee.

Virtual meetings of Executive Committee

The committee had been regularly meeting for taking various decisions at every step. Seventeen meetings, in addition to the Annual General Body meeting were conducted during the year on virtual platform, due to the Covid situation.

Discontinuation of Home Care Service

Since home care visits were not possible and office was not functioning due to Covid restrictions the services of Care Plus staff were discontinued by June 2020 after paying them adequate compensations and benefits, as per government rules. Two of the vehicles of Care Plus were sold to the highest bidders, retaining two others for future use after the easing of Covid. The sale proceeds of one van is deposited as Fixed Deposit in Care Plus bank account and that of the other was credited to the general fund for further necessary expenses.

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, former HoD and Dr (Ms) P Sudha, Present HoD of Pain & Palliative Care Department had always been very helpful and a steady counsel for the effective conduct of its Home Care programmes. Dr. CV Prasanth and Dr (Ms) Manju Achamma Varghese, Medical Officers of Palliative OP, have always been keen in giving medical & moral support and instructions to our Home Care teams. Dr. (Ms) Pyari Alexander, Dr. Chandra Mohan, the nursing teams, the administrative staff and the drivers were all pivotal in the conduct of Home Care activities.

Our wholehearted gratitude is expressed to Mr. M.G. Oommen for his regular monthly support in sponsoring students, pensioners, and providing medical aid through reimbursement of medical bills

Care Plus profusely thanks Mrs. Thulasi Thomas, Mr. Rajive George, Mr. George Skariah and Mr. Thomas Mathew who provided generous support to the activities of Care Plus.

We acknowledge with gratitude the financial and moral support of the Vidhyal trust which has been critical for our activities.

We place on record our appreciation to the members of TBRT 126 for their generous support for Onam 2020

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

We are indebted to several of our members who had personally made large amounts as direct donations to a number of patients and their families for various causes.

Our heartfelt thanks are due to many of our members and sponsors who have been sponsoring students at various levels/classes.

Our sincere thanks are to M/s Allianz, Technopark, Trivandrum for providing i-pads and android phones to our sponsored students for attending their on-line classes.

Our sincere gratitude is expressed to the Beverages Corporation Ltd for their sponsorship of the Ertiga van for home care activities.

The Executive Committee and members of Care Plus express their heartfelt gratitude to Mrs Shoba George, ex-Secretary for her active and long term commitment to the activities of Care Plus.

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/-
Jega Thomas
Secretary