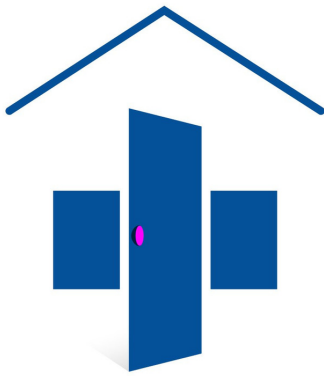




Adveka Foundation
An Organisation for Mental Health

Tele-counselling sessions, workshop with Aaji Care



Aaji Care

redefining care @ home

In November 2017, Adveka introduced tele-counselling services for caregivers who cannot meet their counsellors in face to face sessions as they cannot leave their patients unattended. Eight care assistants from Aaji Care, an organization that provides personal home healthcare services to the elderly, enlisted with Adveka for this service. These care assistants are secondary caregivers to patients who are elderly, infirm, or suffering from an age-related mental illness such as dementia. They also

provide post-hospitalization care, such as overnight nurse supervision at home and accompanying the patients for physiotherapy visits.

Apart from the tele-counselling sessions, Adveka also conducted a workshop on self-care and how to deal with burnouts with those care assistants who need not be at their patients' side 24/7. The workshop was attended by 60 caregivers, who were trained on how to cope with the day-to-day challenges and stress faced during their jobs. Sessions were also held on the importance of self-care, and how it would help them both personally as well as in their role as a secondary caregiver.

Support groups for parents of special needs kids

In November, Adveka Foundation began working with the parents of children with special needs who attend Priyanj Special School. Located in Goregaon, Mumbai, Priyanj Special School provides education and training to children diagnosed with special needs, especially those with autism spectrum disorder (ASD). The parents are the primary caregivers of their children. Adveka conducted support groups with the parents so that they are better able to cope with the demands of caring for their children. Through the support group, the parents will be able to discuss the challenges they face and the issues that matter to raising children with ASD, and find common solutions that will help each other.



Volunteering with Adveka — How I found my safe space

By Rajshree Faria

I always thought taking some time off post my Master's would be a good idea; I had no intention of hunting for a job anytime soon. So, when I had a serendipitous meeting with the Founder & CEO of Adveka Foundation at a tobacco de-addiction workshop in August 2016, and she stated that she was looking for volunteers, I had no qualms about signing up for it. Little did I know that my supposed two-month stint as a volunteer would turn into what is probably now a lifelong commitment... a commitment I'm glad I could make. I joined Adveka at a time when I was working hard on improving myself. I wanted to be more accepting, more compassionate, and I wanted to be more honest to myself. And this is what Maitreyi helped me immensely with.

To read Rajshree's full blogpost, visit advekafoundation.com/blog

