



Annual Report

2018 – 19

Home Care Service

A total of 1682 home visits were carried out through the year. During the current year, 323 new patients were registered with us, in addition to the 28 patients already in our care. Sadly, 58 patients passed away during this period. Besides, palliative care was provided to 149 patients at the Attingal clinic.

Staff meetings were held regularly to review the progress of our home-care activities, to address problems faced by the staff, and to motivate them to improve the quality of service and frequency of home visits.

Financial and Medical Aid to Patients

During the year, financial aid was provided to 275 patients and medical aid was provided to 498 patients. The advance for surgery of three patients, an amount of Rs 7000 each, was met by Care Plus.

Tamil Nadu Mission

In the year 2015, Rs 5 lakh was donated by Sri. Palaniyandi Pillai from Tamil Nadu, to help with the treatment of patients from Tamil Nadu. During the period ending 31 March 2018, Rs 2,80,000 was used for the same and during the year 2018-19 the balance Rs 2,20,000 was used to meet the cost of medicines, with the consent of the donor.

Welfare 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.

Home Renovation

- Roofing of houses was done for 5 patients -Smt. Krishnakumari, Smt.Vijaykumari, Sri.Ouseph, Sri.Sahadevan and Smt. Bindulekha.
- The windows and an open veranda in Sri. Sulochanan Nair's house was secured with mesh to combat the monkey menace.
- House allotment for Smt. Omana by the panchayat was facilitated, and pump fitted to her well.
- Water connection was arranged for Smt. Vasantha.
- Electric wiring work was done at Smt. Girija's house.
- A well was constructed in Smt. Arya's compound.

- Smt. Reethamma's house construction was completed for which CARE PLUS donated Rs.5 lakhs.

Assistance for Household necessities

- Commodes were given to Smt. Susheela, Smt. Vijaykumari and Smt. Lalithambika.
- Mattress and pillow were given to Sri.Pushkaran, Sri.Rajan, Sri.Rajasekharan, Smt. Rajamma, Sri. Jayadev, Sri. Irene, Smt. Savithri, Smt. Nesamma, Sri. Shanmughan and Smt. Radha
- Airbeds were provided for Smt. Vijaykumari and Sri. PremSmt.Nesamma, Smt.Ambika andSmt.Jusamma
- Cots were provided for Sri. Rajan, Smt. Rajamma, Smt. Savithry, Sri. Irene,Smt.Radha and Sri.Shanmughan
- A wheel chair was provided to Smt.Ambika
- A hot pack, flask and a single burner gas stove were given to Smt. Krishnamma
- Mixies were given to four patients Smt. Maria Liza, Smt. Krishnakumari, Smt. Hima and Sri. Kesavan
- Food and provision kits, biscuits, Ensure/D Protein, health mix packets and oats were given to 30 families
- Dettol (antiseptic lotion), toilet soaps, bed sheets and diapers were given to 25 patients
- Colostomy bags were given to Sri. Suresh Kumar

Provision for Flood Relief

- Among our Home Care patients only the family of Sri. Benedict was affected by the big tragedy of floods in August 2018. His family lost clothes and other household belongings and incurred a great loss. Care Plus rehabilitated him by providing provisions, clothes, toiletries and other necessary items.

Loan repayment

- Rs.50,000 was raised to help repay a loan taken by Smt. Lalithambika
- Rs. 100,000 was raised to pay off Smt. Vijayakumari's loan.

Emergency support

- Sri. Valentine's widow was looked after through the last month of her pregnancy and delivery since her husband was seriously ill, approaching death. Sadly Sri. Valentine

passed away on the day his wife gave birth to their child. Financial aid and other assistance were provided for the family and for the funeral of Sri. Valentine

- A mobile mortuary was arranged and paid for, as the funeral of Smt. Pappa Mary could be held only 24 hours after her demise.

Surgery and Chemotherapy support

- Smt. Lalithambika was helped through her surgery by a volunteer and a blood donor was also arranged. Besides surgery support was provided for Smt. Shanthi, Sri. Periyaswamy and Smt. Thankalekshmy
- Funding was facilitated for the expensive chemotherapy drugs for Sri. Murugan J, Sri. Chandru, Smt. Shanthi, Smt. Vrindha, Smt. Gilda, Sri. Vignesh Kumar and Sri. Victor K Raj
- Antibiotics worth Rs.3500 were bought for Sri. Suresh for a colostomy related infection.

Emotional support & counselling

- 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& counselling

Employment Support

- Smt. Sheeja, daughter of our patient, Smt. Omana (late), was supplied with old curtains and bedspreads and commissioned to make bags for the packing of our food kits. She was also provided with supplies to start a dose batter venture.
- Our patient's (late Sri. Suresh Kumar) wife Smt. Arya was provided with merchandise by a donor for starting a provision shop

Marriage support

- Daughters of two patients Sri. Nazar& Smt. Santhakumari were provided with financial aid to meet their wedding expenses.

Geriatric Support

A monthly pension of Rs 850 was given to 22 elderly mothers residing in Trivandrum district, who lost their breadwinners (mostly sons or husbands) due to cancer.

Educational Support

This year 118 students have been given financial assistance for their education. Further, in response to appeals from the Welfare team, donors came forward to help with the college fees of Miss. Athiramol, educational expenses for Smt. Lalithambika's two mentally challenged children and the kindergarten admission fees for the daughter of Sri. Suresh.

Paying it Forward

It was a great joy for the CARE PLUS family when an old student, Sri. Albin Shaju, who had been supported by CARE PLUS came forward to sponsor another student. Albin has completed Diploma in Marine Engineering and is at present working in the Gulf. Our thanks to Albin and we wish him all success in the years ahead.

Snehasparsham 2018

The get together of sponsored students with their parents was held on April 14th at the JMM Study Centre, Mannanthala. Out of 149 sponsored students, 131 students and their families attended the function. Dr. Cherian Koshy, Head of Pain & Palliative Department, RCC was the Chief Guest. Following the valedictory speeches and distribution of school kits to all students, there were various cultural programmes including a magic show by Mr. Manu, violin recital by Mr. Joby and song and dance performances by the CARE PLUS students. The highlight of the day was the "calendar skill" performance by Adithya, a UKG student and the grandson of our member Mr. Prathapan. Breakfast, lunch and tea were served. Travelling expense was also provided to the attendees.

Festival Celebrations with our patients – Onam & Christmas

Onam celebration during the year was held back due to severe weather conditions. However Onam food kits were distributed on 16th August 2018. A total of 91 patients were invited to RCC to receive food kits worth Rs 1000 each, with all the essential items. Dr Ramdas, Additional Director of RCC inaugurated the function by handing over the first kit to a patient. The kits for the patients who were unable to attend were handed over to their family members. Travel assistance was also provided to the attendees.

Christmas was celebrated on 20th December 2018 at the Golden Jubilee Hall, Animation Centre, Vellayambalam, Trivndrum, with the patients and their families. Dr. Rekha Nair, the present director of RCC and our chief guest, had warm words of appreciation for the work done by CARE PLUS. Smt. Santha Jose, founder president of Ashraya, was also present on the dais. A total of 160 patients with their families attended the celebration. Special mementos were handed over to a 14 year old girl, Princy who had to give up school to care for her mother, Sri. Ambrose who singlehandedly and devotedly cared for his wife till she breathed her last and to Tina, an Akshaya worker who is a great support to an amputee cancer patient and his family. After the formal meeting the floor was thrown open to our beneficiaries, many of whom enthusiastically regaled the audience with songs of different genres. Breakfast, snacks and at the end a sumptuous lunch was also provided to all. Before seeing off our guests, they were provided with money for travel expenses, and a very well-stocked Christmas hamper

Acknowledgements

The Regional Cancer Centre, and the Pain & Palliative Care Department in particular, have been very supportive of the activities of CARE PLUS. Dr. Paul Sebastian, 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 our 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. Our doctors Dr. Pyari Alexander and Dr. Chandra Mohan, the nursing team and the drivers were pivotal in the efficient service of Home Care activities. The office staff of CARE PLUS was highly helpful in executing the day to day functions and coordinating various activities.

I place on record our appreciation for the invaluable contribution rendered by Dr. George Varughese, right from the inception of CARE PLUS. This year, he requested to be allowed to step down from the Committee. He has been inducted as our Patron.

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

We also thank the residents of Darsan Nagar for their valuable and timely contribution to CARE PLUS.

A BIG thank you to Dr. Tarun Koshy and Mrs. Divya Mathew, children of our member, Dr Rani Mary George, for their donation of Rs.3 lakhs to buy a vehicle for the use of the Welfare team.

Padheyam Project, the students' organization of the College of Engineering, Trivandrum (CET), donated food kits regularly for the home care patients. We are extremely thankful to them.

VIVO, a youth organization lent a helping hand to CARE PLUS on many occasions. They have joined us regularly on our Home visits and kindly listened to the difficulties faced by the patients and family members. Food kits and financial help were also provided by them during their visits. The entertainment programmes they presented for Snehaparsham was greatly appreciated. We wish to convey our profuse thanks to all members of VIVO.

Our sincere thanks to ACIS, Technopark, Trivandrum for the educational support they provided to the children of cancer patients.

Our sincere thanks to the MSW students from 32 different Institutes who regularly accompanied the medical teams and gave us valuable suggestions regarding the Home Care activities.

Our sincere gratitude to TBRT – 126 for their much needed and timely support provided for conducting the Onam for the cancer patients.

We are grateful to Sri. Shibu Thomas, Sri. Santhosh Alexander, Sri. Praveen, Sri. Sarangh Jacob, Sri Mathew, Sri. Suresh George, Sri. Reji Abraham, Smt. Chinnu Jacob, Smt. Chitra Mathulla, Smt. Reena Abraham, Smt. Lalitha Thomas, Sri. Suresh Dharmaraj, Smt. Cuckoo Gireesh, Smt. AnnuKuriend Sri. Abdul Aziz for the timely financial support provided for our very needy patients.

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 future activities. We also solicit the whole hearted support of new donors in the years to come.

Thank you.

Sd/
Shoba George