

BUDGET FOR SPECIAL CLASSES AT FOUNDATION

Music Therapy

Duration	4 classes a month (1 class per week)		
Capacity	10 people at a time		
Benefits	<p>a) Cognitive skills: Music can help seniors process their thoughts and maintain memories. Many people associate music with past events.</p> <p>b) Speech skills: Music therapy has been proven to help older adults answer questions, make decisions, and speak clearer. It can help slow the deterioration of speech and language skills in dementia patients.</p> <p>c) Stress Reduction: Playing music which seniors enjoy can help relax and ease the aggressive behaviors. Slow songs like ballads and lullabies can help prepare your loved one for bed or deal with changes to their routines that may cause agitation.</p> <p>d) Physical Skills: Music can inspire movement in seniors. Music and dancing promote coordination and can help with walking and endurance. Even if your loved one is not mobile, music can inspire toe tapping and clapping, thus getting the blood flowing once again.</p> <p>e) Social Skills: Increased social interaction with caregivers and others is another benefit music therapy can offer seniors. It encourages bonding with others, which in turn can help alleviate feelings of loneliness and depression.</p>		
	<i>Particulars</i>	<i>Amount</i>	Remarks
Expenses	Teacher charges	4000	
	Miscellaneous	2500	
	Total	6500	
Pricing	Members	400	
	Non members	600	

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Dance Therapy

Duration	4 classes a month (1 class per week)		
Capacity	10 people at a time		
Benefits	<p>a) Relaxation: It increases the amount of endorphins in the brain which result in you experiencing a sense of well-being and the rhythmic movements can also help you feel calmer.</p> <p>b) Mind & Body Connection: Dance therapy helps ease problematic behaviors such as agitation which is common among individuals with dementia who are frustrated with their changing abilities. It helps individual to calm down, reassuring, boosts self-confidence and self-esteem.</p> <p>c) Building Motor Skills: It enhances motor functioning helping with balance and coordination. It is also useful for individuals with Parkinson's as it helps to maintain motor functioning.</p> <p>d) Communication: It allows the individual to express body language, non-verbal behaviors, and also regulate emotions. It helps to increase confidence, social and communication skills as well as improve self-esteem and overall attentiveness in individuals.</p> <p>e) Promoting Social Interaction: Dance lift the spirits when it is in group and promote a greater sense of life and living. Dance therapy is like food for the soul. It can bring joy to the heart and fresh air to the lungs. Singing songs & letting rhythm move both body and mind to better health and happiness is a therapy that is free!</p>		
	<i>Particulars</i>	<i>Amount</i>	Remarks
Expenses	Teacher charges	5000	
	Miscellaneous	2500	
	Total	7500	
Pricing	Members	400	
	Non members	600	

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Art Therapy

Duration	4 classes a month (1 class per week)		
Capacity	10 people at a time		
Benefits	<p>a) Promoting self-awareness and self-expression: Expressing oneself through art is a powerful, meaningful way to share our lives with others. Art also can help the memory-impaired access long-forgotten memories and increase self-esteem.</p> <p>b) Facilitating socialization and communication: Art provides another way to connect with those around you, which can help lessen feelings of loneliness and isolation especially for those who have difficulty expressing themselves or communicating with others.</p> <p>c) Improving cognitive skills and providing intellectual stimulation: Discussing art creations with others offers not only a way to communicate, but also intellectual stimulation and promotes memory health. Challenging aging individuals to create art allows them to expand their minds and look at things in a way they might not normally consider.</p> <p>d) Improving physical/motor skills: Creating artwork helps benefit coordination through small, purposeful movements, leading to less pain and even an enhanced immune system.</p> <p>e) Decreasing stress and depression: Tapping into the emotions needed to create artwork allows for open expression of feelings, helping to relieve stress, anxiety and confusion.</p>		
	<i>Particulars</i>	<i>Amount</i>	Remarks
Expenses	Teacher charges	4000	
	Material Required	1500	
	Miscellaneous	2500	
	Total	8000	
Pricing	Members	400	
	Non members	600	

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YOGA Classes

Duration	12 classes a month (3 classes per week)		
Capacity	8 people at a time		
Benefits	<p>a) Encourages movement: Yoga provides a safe way to get moving and stay active.</p> <p>b) Improves balance: The body awareness that yoga creates helps us maintain a better sense of balance, which in turn lowers the risk of falls and fractures that commonly injure senior citizens.</p> <p>c) Promotes bone strength: Practicing yoga is a great way to take preventative care of your bone health. Bone density naturally decreases with age, but yoga can help keep your bones strong.</p> <p>d) Prevents muscle atrophy: Even the gentlest forms of yoga provide some kind of strengthening benefits, and for seniors who may not be keen on lifting weights, it's a wonderful strengthening exercise.</p> <p>e) Enriches the body's function: The deep breathing performed in yoga sends more oxygen to the blood, which keeps the body's organs happy, healthy, and functioning at an optimal state.</p> <p>f) Boosts mood: Practicing yoga lowers cortisol levels in the mind and activates the parasympathetic nervous system. These chemical changes make you less anxious and more at ease creating a happier state of mind.</p> <p>g) Improves quality of sleep: The positive and relaxed feelings mentioned in the last point are also responsible for better sleep quality because of the reduced tension in the body as well as the pain relief yoga provides.</p>		
	<i>Particulars</i>	<i>Amount</i>	Remarks
Expenses	Teacher charges	5000	
	Yoga Mats	2400	
	Miscellaneous	1000	
	Total	8400	
Pricing	Members	400	
	Non members	1200	

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Computer Classes

Duration	12 classes a month (3 classes per week)		
Capacity	6 people at a time		
Benefits	<p>a) Explore the world through the Internet: Internet gives seniors an opportunity to explore the world more by browsing and watching videos online.</p> <p>b) Being Independent: Seniors can learn Cab booking, Tickets booking, Online Doctor appointments, Bill payment and online banking, shopping, etc. It help seniors in being happy, active & independent.</p> <p>c) Emotional benefits: Uplift the spirit through online communication with family and friends. It enhances self-esteem, a more cheerful outlook, gain independence, and feel much happier that they still experience to interact more to people. The Internet creates new life for them and that makes them feel young again.</p> <p>d) Instant Messengers: Skype and Yahoo Messenger are the two most popular free service chat providers that seniors can avail. Video conferencing is the most satisfying experience that enable them to see live and talk with their loved ones who are away from home.</p> <p>e) Facebook: Share photos, chat online, play games, search old friends and more. What an exciting experience to reconnect with old friends to whom they have lost throughout the years.</p> <p>f) Help build grandparents relationship with their grandchildren: With Internet knowledge, seniors can still catch up with their grandchildren bridging the gap between them. Having a common activity together in the Internet with the grandparents and the grandchildren helps build a better relationship.</p>		
	<i>Particulars</i>	<i>Amount</i>	Remarks
Expenses	Teacher charges	8000	
	Miscellaneous	2500	
	Total	10500	
Pricing	Members	1500	
	Non members	3000	

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Dementia Support Group Meetings

Duration	Once a month		
Capacity	15 people at a time		
Benefits	<p>a) A Platform for All Who Understand: Support Groups are a platform on which people, who are going through a similar set of problems, can come together and share. They understand your pain when your loved one starts to forget you, or asks about a loved one who has passed away. They understand your frustration when you can't convince them to wear diapers, or go to bed. They can relate to your guilt when you end up ignoring them or shouting at them. They understand as they go through many of these struggles themselves.</p> <p>b) Experiential Learning: In a support group where people with varied experiences in dementia caregiving are coming together, you may discuss and find a solution to your own caregiving problems. The valuable insights and interactions would help you enhance your skills of caregiving and provide you with a more solid knowledge base.</p> <p>c) Take Care of Yourself: While trying to do our best to survive the role of a caregiver, we often overlook ourselves and our own problems. Meeting others, helps us realize that we must take out time for ourselves and we must work on ensuring our own happiness and contentment even along with our additional role as a caregiver. Sharing your troubles leads to a release that reduces the distress you feel hovering around you.</p> <p>d) Joy of Giving: Sharing solutions to problems that others are still struggling with, or providing a support or counsel to another person can provide us with indirect support and satisfaction. Giving support is also a healing activity. It helps in creating a community of people who mutually support each other and help reduce the overall burden of dementia caregiving.</p> <p>e) Power in Numbers: It can be reassuring to know that you are not alone. If they can do it, so can you. Together we can help make this task a little less challenging by sharing, raising awareness giving advice and providing support.</p>		
	<i>Particulars</i>	<i>Amount</i>	Remarks
Expenses	Counsellor Charges	4000	
	Miscellaneous	1500	
	Total	5500	
Pricing	Members	NA	
	Non members	NA	

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Dementia Counselling for underprivileged

Duration	1.5 hours		
Capacity	Individual at home		
Benefits	<p>a) Gaining an understanding of the impact of dementia: Counselling helps in gaining an understanding about dementia, its impact, challenges, modifications in daily life, etc.</p> <p>b) Identifying strategies for coping and living with dementia: What to do, how to manage it, modifications required in daily living, do's and don'ts, etc. are covered in the counselling. Motivation is an important part of the session.</p> <p>c) Planning how to care in the future when the dementia changes: Precaution is better than cure. Getting oneself ready and prepared is always better. Our counselling focuses on ensuring that patient take correct steps in correction direction.</p> <p>d) Dealing with feelings of stress and a mixture of emotions: Dementia Counselling helps in dealing the stress and mixed emotions which one go through while having dementia. Its a difficult to accept. Counselling helps in making caregivers and patient understand the problem and solutions available for the same.</p> <p>e) Making referrals for relevant assistance: References are made for relevant doctors, attendants, nurses or agencies dealing in it, etc. for making the right decisions.</p>		
	<i>Particulars</i>	<i>Amount</i>	Remarks
Expenses	Counsellor Charges	25000	
	Transportation	2500	
	Miscellaneous	2500	
	Total	30000	
Pricing	Members	NA	
	Non members	NA	