

# **Madras School of Social Work**

## **Department of Psychology MSc Family Counselling**

### *Visit to Anandam – Home for senior citizens in observation on Alzheimer's day on 28<sup>th</sup> September 2022*

World Alzheimer's day is celebrated on 21st September every year during world Alzheimer's month to create awareness among people about this progressive neurological disorder. The students of M.Sc. Family Counselling planned a visit to Anandam- A home for senior citizens on the 28th of September. 25 students from 1st year M.Sc family counselling and 4 students from 2nd year M.Sc counselling psychology along with Dr. Hanna John ma'am Head of the department family counselling and the faculty Ashwini ma'am and Sona ma'am reported at Anandam at 9:30 am. The students were allotted a time slot between 10-11:30 to interact with all the residents at Anandam.

The program started with a tour of the home. The students got to go around and see all the rooms of the residence, the kitchen, dining area and library. A really interesting feature the students were made aware of was the flooring. The flooring in the entire home was a non-slip flooring to protect the senior citizens from falling over and the material it was made of was a soft material that won't hurt their knees as they walk on it.

There were stairs as well as gentle slopes available to access each floor. The residents can choose whichever is suitable for them. The kitchen had many machines that made cooking an easy task for the residents. The machines took over tasks like kneading the dough, rolling the dough, stirring pots etc to ease the strain on the citizens. Anandam also runs a school for special children as well as a tuition centre for all kids with a well-equipped staff. Once the tour was done the students put up a fun cultural program that included singing and dancing to engage the residents. The residents also joined in on the dancing and a few of them also shared their many talents with the crowd. After the cultural activity a small questionnaire was on to each resident and the students conducted a small study.

Once this was done it was lunch time for all the residents. The staff and students of MSSW sponsored the lunch for the residents and also enjoyed a hearty meal as well. The students made bracelets for all the senior citizens as a souvenir to remember them by. The bracelets were made of purple beads as purple is the signature colour of Alzheimer's day due to the combination the calm stability that blue colour has and the passionate energy of red. Once these were distributed the students said their goodbyes to everybody and left to go back to college.



<b>Date</b>	28 <sup>th</sup> September 2022
<b>Place</b>	Anandam - Home for senior citizens
<b>Faculty In-charge</b>	Ashwini U R
<b>No of Students attended</b>	29
<b>No of faculty attended</b>	3