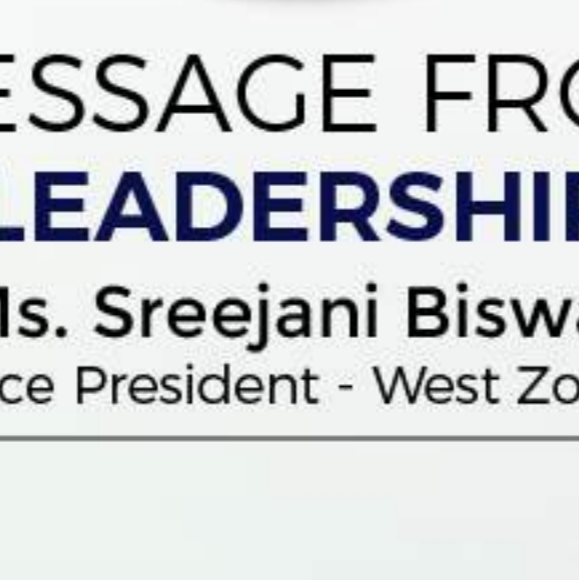
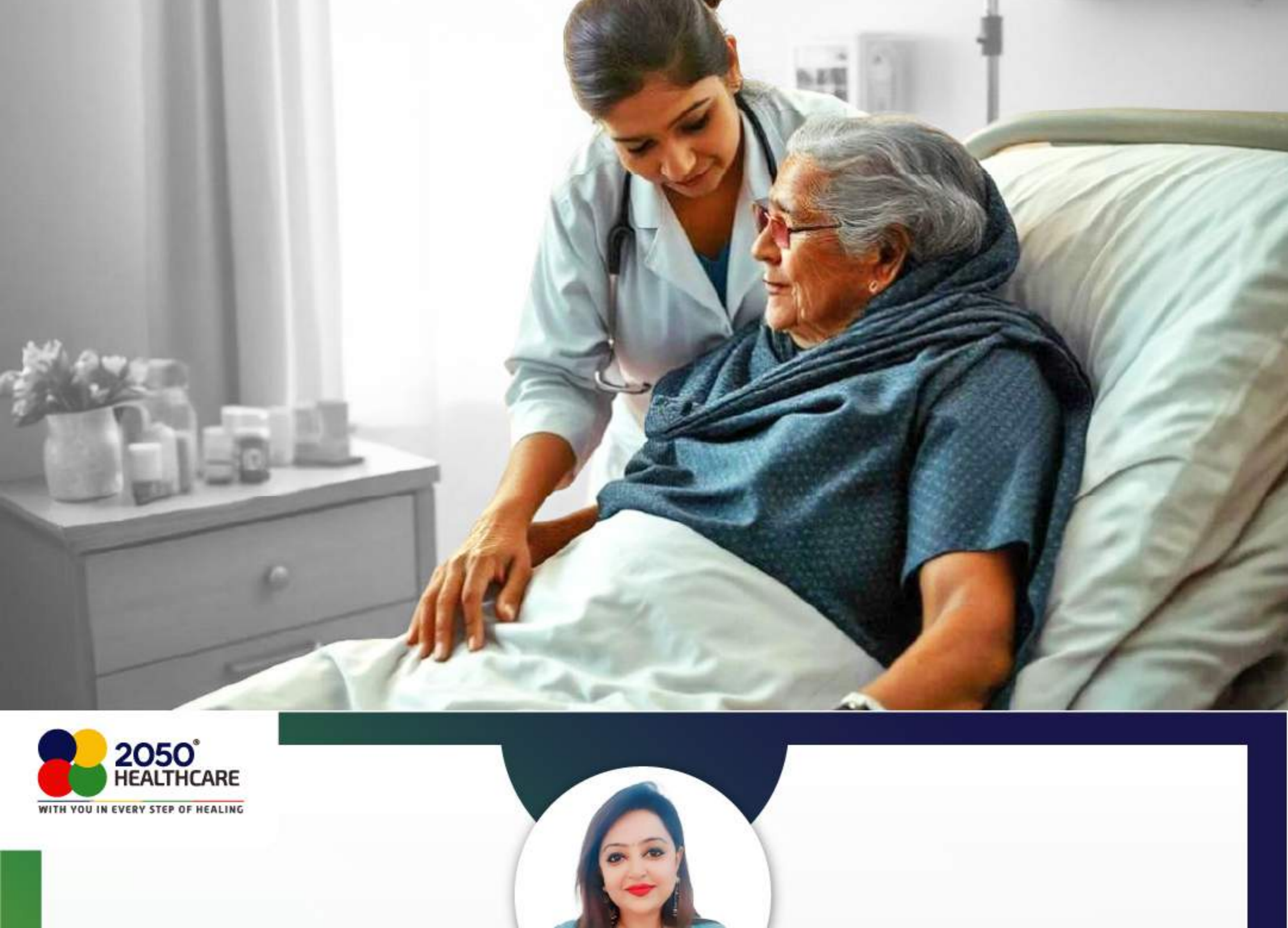


Comprehensive GERIATRIC CARE

Managing Stroke and Recovery with Post-Stroke Rehabilitation



MESSAGE FROM LEADERSHIP
Ms. Sreejani Biswas
Vice President - West Zone

Dear Readers,

As we welcome a new year filled with possibilities, I extend my warm wishes for a fresh start brimming with health and optimism. It's my pleasure to introduce this year's first edition of CareConnect.

Let us reflect on the importance of providing the best possible care and support to our elderly population. At 2050 Healthcare, we are dedicated to addressing the unique health challenges faced by seniors, focusing on enhancing their quality of life and promoting recovery where it is needed most.

For those who have experienced life-altering events such as a stroke, the journey to recovery can be complex and demanding. Our specialized geriatric rehabilitation programs, offered both at our dedicated rehab center and through doorstep services such as Nursing, General Duty Assistance (GDA), Pharmacy, and Diagnostics, are designed to provide compassionate, tailored care to help individuals regain their independence and rebuild their lives. By combining advanced therapies with a patient-centered approach, we strive to improve functional outcomes and overall well-being.

Let's work together to make this year a cornerstone for proactive health management and meaningful impact on the lives of those we care for.

Here's to making 2025 a year of transformative healthcare for our elderly community!



It has been observed that elderly patients are at a higher risk of mortality, decline in their functional capacity, spend longer time periods in the hospital, and get institutionalized more often post a stroke. Strokes are one of the leading causes of disability and a reduced quality of life.

How Stroke Affects Elderly People?

Motor Function Impairment

Post having a stroke, The most common effect seen is some form of paralysis. If the stroke has occurred on the left side of the brain, it is the right side of the body that is affected and if it has occurred in the right side of the brain the left side of the body is affected. On the rarer occasion of it being a 'brain stem stroke', both sides of the body can be affected with the worst case scenario being a 'locked-in' state where the patient is unable to move save for vertical eye movement and blinking.



Post Stroke Cognitive Impairment

Stroke can lead to memory loss, reduced attention span, and difficulty in decision-making, significantly affecting an elderly person's ability to perform daily tasks.

Bladder & Bowel Dysfunction

Damage to the brain areas controlling bladder and bowel functions can result in incontinence, leading to discomfort and emotional distress.



What Does Geriatric Post-Stroke Rehabilitation Look Like?



- PHYSICAL THERAPY**
A set of focused exercises targeted to improve muscle strength, balance, and coordination.
- OCCUPATIONAL THERAPY**
Relearning essential self-care skills such as dressing, cooking and personal hygiene to help regain independence in daily living.
- COGNITIVE THERAPY**
Addresses cognitive impairments like memory loss, and attention deficits, enhancing mental clarity and overall functionality.
- SPEECH AND SWALLOW THERAPY**
Focuses on addressing speech difficulties, and assisting patients with swallowing problems caused by the stroke.
- NUTRITION SUPPORT**
Provides dietary plans to promote healing and reduce the risk of secondary strokes.
- TECHNOLOGY-ENABLED INTERVENTIONS**
Recoverix: Brain-computer interface (BCI) technology combined with functional electrical stimulation (FES) to improve motor skills and restobrain-muscle communication.
Robotic Devices: Used for repetitive motion exercises to enhance strength and coordination.



Doctor's Corner

Dr. Mohammed Ilyas
Family Practitioner and Geriatric Specialist



- What is geriatric care, and why is it important?**
Geriatric care focuses on the health and well-being of older adults, addressing their physical, emotional, and social needs as per their age. As people age, they often face multiple health challenges, including chronic diseases, mobility issues, and cognitive decline. Geriatric care offers specialized, holistic solutions to deal with those challenges. It emphasizes preventive measures and personalized treatment to ensure seniors age with dignity and comfort.
- What role does preventive care play in geriatric health?**
Preventive care is vital in geriatrics as it helps identify and address health risks before they become significant problems. It reduces hospitalizations, improves life expectancy, and promotes a better quality of life.
This includes:
• Regular health screenings (e.g., blood pressure, diabetes, cancer)
• Vaccinations (e.g., flu, pneumonia, shingles)
• Fall prevention strategies
• Customized nutrition and exercise plans
• Mental health support to prevent depression or social isolation.

- When should someone consult a geriatrician?**
It's a good idea to consult a geriatrician when an older adult begins to experience:
• Multiple chronic health conditions (e.g., DIABETES, ARTHRITIS, HEART DISEASE)
• Frequent hospitalizations or worsening health despite treatment
• Cognitive concerns such as memory loss or confusion
• Falls or mobility issues that impact daily life.
- What are the key elements of effective post-stroke care for the elderly?**
Post-stroke care for seniors requires a multi-disciplinary approach that includes:
• Rehabilitation: Regular physical, occupational, and speech and swallow therapy to regain lost function and independence.
• Medication management: Adherence to prescribed medications to prevent recurrence and manage conditions like hypertension or atrial fibrillation.
• Lifestyle adjustments: A healthy diet, moderate exercise, and stress management.
• Home modifications: Making the living space accessible and safe.
• Emotional support: Addressing the psychological impact of stroke through counseling or support groups.



Nurses Training Programme



Physiotherapy & Rehabilitation meet



We are one of India's leading chain of rehabilitation centers providing you with the best rehabilitation facilities such as:

- Post Stroke Rehabilitation
- Neurological Rehabilitation
- Cardiopulmonary Rehabilitation
- Orthopaedic Trauma Rehabilitation
- Sports Injury / Spine Rehabilitation
- Paediatric Rehabilitation
- Oncology Rehabilitation
- Liver/Biliary Rehabilitation



Home Healthcare Services	Day Care Procedures	Long Term Acute Care	Speech and Swallow Lab
Pharmacy 24X7	Nurses & Nursing Attendants 24X7	Occupational Therapy Lab	In-patient Physiotherapy & Rehabilitation
Diet & Nutrition Management	Doctor Consultations	Lab and Diagnostics/Sleep Lab	Equipment (Rent & Sale)

TOUCHED 5000+ LIVES

IN 20+ CITIES DELIVERING 15+ SERVICES

WITH 1200 QUALIFIED EXPERTS AND 4 CENTRES OF EXCELLENCE



Corporate Office

#460, 12th Cross, MCHCES Layout, Thanisandra Main Road (Near Manayata Tech Park), Bengaluru-560077

Register Office

Idco Info Park, Office No- 525, DLF Cyber City, Patia, Bhubaneswar, Odisha 751024

OUR PRESENCE

EAST ZONE

- Bhubaneswar
- Kolkata
- Ranchi
- Guwahati
- Patna

WEST ZONE

- Ahmedabad
- Mumbai
- Raipur
- Bhopal
- Pune
- Nagpur

NORTH ZONE

- Delhi
- Chandigarh
- Lucknow
- Jaipur
- Gurgaon
- Dehradun

SOUTH ZONE

- Bangalore
- Chennai
- Hyderabad
- Kochi
- Visakhapatnam
- Vellore