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Dolpo Tulku Charitable Foundation

Trust Regd. Number Trust 741

December 2023

2023 Report: Dolpo Elderly Care Home

Introduction:

The Dolpo Elderly Home was established in response to the growing population of seniors facing various challenges, including health issues, loneliness, and limited support from family members. The Dolpo Elderly Care Home is to create a comfortable and nurturing environment where seniors can age with dignity and receive the care they need. As societies around the world experience demographic shifts, with a growing population of seniors, the concept of The Dolpo Elderly Home Care has emerged as a vital and compassionate solution to address the unique needs of aging individuals.



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Background:

The concept of Elderly Home Care has deep roots in response to the changing dynamics of society, healthcare, and the evolving needs of an aging population. The background of Elderly Home Care encompasses historical, societal, and healthcare-related shifts that have collectively contributed to the development and widespread acceptance of this care model.

Historically, caring for the elderly was often a families responsibility deeply ingrained in cultural norms. Extended families lived together, and seniors were typically cared for their children or extended family members. However, societal changes, including urbanization, increased mobility, and shifting family structures, led to a departure from traditional caregiving patterns.

Current Situation:

Over the past year, the Dolpo Elderly Home has experienced a shortfall in sponsorship. This financial challenge has strained our resources, making it increasingly difficult to provide the level of care and support that our residents deserve. Despite our best efforts to cut costs and optimize operations, the current situation is unsustainable without additional financial assistance. However, the foundation provides necessary care and support through a monthly allowance of USD 30 per person. We lost one of our oldest and eldest members a few weeks ago in a very smooth and peaceable way. As a matter of fact, we currently have four elderly living in our foundation. The foundation and our elderly wishes you all **Merry Christmas** and a **Happy New Year in 2024** and hope that this year will bring you all good health and happiness.



Short update about the senior citizens living in the foundation:

LATE NYELDA BHUTI, 89 years



Late Nyelda Bhuti, at 89 years old was a cherished member of our elderly home care. Despite the challenges that come with aging, she was continue to engage in various activities, enjoying the companionship of fellow residents. Her presence was undoubtedly valued in the community, and her journey at our elderly home will be remembered with respect and warmth. As we extend our heartfelt condolences to her loved ones, we hope they find solace in knowing she passed away in peace. May her soul rest in eternal peace, and may her memory continue to bring

comfort to those who knew and cared for her.

PEMA CHOEDON, 82 years

At 82 years old, Pema Choedon's health condition reflects the natural challenges that come with aging. The cumulative effects of time may contribute to a weakened state, making certain aspects of daily life more demanding for her. Despite facing these health challenges, Pema continues to find solace and joy in the supportive environment of the elderly home. However, Pema's expression of feeling empty after the passing of her friend late Nyelda reflects the profound impact of such relationships. Losing a friend and roommate can create a void that is felt emotionally and socially. Pema's sentiments highlight the importance of companionship and the meaningful connections formed in the care home setting.



TASHI DOLMA, 78 years

Tashi Dolma, with her plentiful body and distinctive grey short hair, stands as a remarkable presence in our elderly care home. Despite facing challenges, including being without teeth and blind for 12 years, a radiant glow graces her face. Tashi's overall health remains generally stable, and she actively participates in religious events and programs, guided by the unwavering support of her devoted daughter. Tashi's daughter has been a constant presence in her life,



residing in the elderly care home to provide essential assistance and companionship. Tashi expresses concern for her unmarried daughter, even amid personal distress, Tashi's gratitude shines through as she acknowledges her daughter's unwavering support and expresses thanks to the Foundation for providing a suitable place for them to stay and spend time without worries.

MINGYUR SANGMO, 69 years

Mingyur 69, an inspiring individual who manages her daily activities independently despite being disabled. With a single functional hand, she shows an unwavering spirit in adapting to her circumstances. This disability stems from a childhood incident when she fell while working on a farm in her village, resulting in a broken hand. Unfortunately, due to the unavailability of medical facilities at that time, her hand was unable to fully recover, rendering it useless since then. Adding to her hardships, she lost her parents at a very young age, and both her elder brother and sister have also passed away. Currently, her only family is her nephew, the son of her elder brother, who is now her sole companion and support. Over the years, aging has brought some challenges, including discomfort in her knees. Still, she navigates daily life with grace and tenacity. It is no secret that she faces physical limitations, but she takes each day with a positive attitude, embodying independence and self-sufficiency despite her limitations.



SHOPPA LAMA, 56 years

Shoppa Lama is the daughter of our member Tashi Dolma, who has been assisting her mother along with other senior members in preparing meals, helping with daily tasks and taking care of her mother. She continues to be a pillar of support at the Elderly Care Home, extending her assistance not only in household



tasks but also during medical emergencies. Her dedication is evident in her commitment to providing care and comfort to her mother and fellow residents.

In a recent conversation, she shared the challenges of caring for the elderly, expressing the difficulties encountered while assisting the late Nyleda. Despite the challenges, she conveyed that she gave her best effort in ensuring Nyleda's well-being. Her acknowledgment of the complexities involved in eldercare underscores the demanding nature of her role. It is clear that she approaches her responsibilities with compassion and a genuine desire to make a positive impact on the lives of those under her care. Her honesty and

commitment are truly admirable in the face of the unique challenges that come with assisting the elderly.

Conclusion:

Dolpo Elderly care home has been a beacon of hope and support for elderly individuals from Dolpo who have nowhere else to turn. With your support, we can continue to provide a dignified and comfortable life for these seniors. We invite you to join us in this noble endeavor by contributing your resources, time, or expertise to ensure the well-being of our elderly residents. Together, we can make a meaningful difference in the lives of those who have given so much in their earlier years and now deserve our care and support.

Donation Bank Details:

Dolpo Tulku e.V. Germany

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