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Dolpo Tulku Charitable Foundation

Trust Regd. Number Trust 741

Date: 10th Jan, 2020

Report of Dolpo Elderly Care Home

Dolpo Elderly Care Home is a small project of the Dolpo Tulku Charitable Foundation that was initiated in the year 2013 to meet the need for elderly care and services in Kathmandu. Originally it was short term project to provide financial support to aged people of Dolpo who has been facing financial difficulties while living individually in different areas of Kathmandu. But later it continued as a care home by renting a spacious flat nearby the world-famous heritage site Boudhanath Stupa.



Dolpo Elderly Care Home Members

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Dolpo Elderly Care Home is an elderly care home assisting with an assurance of living in care home where facilities and comforts are ensured aligned to the physical, mental and psychological well-being of the elderly who has been either left alone by their family and struggling to live alone or don't have anyone to care of them after investing many years of their time in bringing their kids up and gain a social status.

Dolpo Elderly Care Home delivers necessary care and supports through the monthly allowance of USD 30 per person besides providing their physiological needs: food, warmth, shelter and medical care cost.

The foundation believes in taking pride in trying to be the best by providing an invaluable contribution to our elderly care of Dolpo who wants to spend their years of life in a holy place like Kathmandu reciting prayers and attending Pujas as well as getting a blessing from Lamas.

Though the care home has five female senior citizens till October 2019, later the 63 years old Mrs Nyima Lhamo left the care home since her son is willing to look after her and told to rent her own space separately. At present, the care home has been the residence of four senior citizens and a daughter of Mrs Tashi Dolma, who needs to be with her 74 years visually impaired mother.



Elderly Care Home members in their living room

The success of Dolpo Elderly Care Home Project is profoundly attributed to the ongoing dedication and assistance of **Gabriele and Alfons family members**. Without your family's generosity and commitment towards this project, the foundation could not have delivered the services successfully. Therefore, the foundation would like to show our eternal honor and appreciation to all the members of Gabriele and Alfons family.

Profile of Elderly Care Home Members:



NYELDA BHUTI, 87 YEARS

She is doing fit and fine in the care home though she is slowly experiencing a decline in her visibility. Even at the age of 86 years, she does circumambulation of Boudhanath Stupa every day walking 15 minutes and shares that walk and circumambulation make her clam and occupied for the day. Sometimes, she cooks those dishes which she feels like eating on that particular day and share with other friends of the home. She is a very affable and joyful senior citizen in the care home who loves cracking jokes and sharing their past stories amongst friends and even to us. She tells she is blessed to have all the comforts and services available in the care home. And she always wishes for the betterment and long life of all the sponsors and individual involved in this project.



PEMA CHOEDON, 77 YEARS

Pema Choedon is doing well and she has been living with her daughter for the last one and half years. As her daughter makes living in Kathmandu by weaving blankets and working for other people, she has to travels frequently and couldn't give much time to her mother. Hence, we have moved Pema Choedon to the elderly care home in December where she has access to all the meals on time and also private room like other elderly. She doesn't have any particular health issues at present and she feels good to be in the care home where she could spend good time and space with similar age and experience.



TASHI DOLA, 74 YEARS

Tashi Dolma is in sounds health with her daughter; Shoppa, who has been living in the care home to help her visually impaired mother. Also, her daughter helps in the elderly care home preparing foods and assisting in other activities of other senior citizens. It has been their sixth year living in the Katmandu with the support of the foundation through the elderly project and both of them express their joys of being able to stay together with other elderly of the same community. Other than her visibility problem, she doesn't have any health issues and she does walk up to Boudhanath Stupa to circumambulate with the help of daughter on the auspicious days. And rest of the time, she prefers to stay in the care home and recites prayers with her mates.



MINGYUR SANGMO, 67 YEARS

She is the youngest one in the elderly care home at present and she is in very sound health. It has been her eight years of receiving support and living in a care home under the elderly care project of the foundation. And she really feels blessed and fortunate to experience the comfort and services of the care home for all these long years. These days, she is still attending prayers and dharma classes during the day time since she couldn't get to study in past while staying in the monastery. And in morning and evening, she likes to recite prayers and circumambulate Boudhanath stupa with other fellow senior citizens of the care home. Further, she along with other elderly attend teachings and Puja happening around their care home during the auspicious day.