

A True Story focusing Lebenshilfe's effort for Ageing

From our ancient Indian history, it is evident that how practice of different sounds



produced out of simple man-made ordinary drums turned helpful to activate brain, to bring a sense of balance in the human-emotions, re-energizes our body to improve short term memory etc. A seventy-five-year-old artist, expert in playing musical

instrument 'TABLA' developed memory loss. He turned into an awful alcoholic in due course of time. His functional abilities started slowly deteriorating causing anxiety and frustration to the family members. Placing keys at one place and searching in another place, leaving shoes, eye-glasses somewhere and searching for them elsewhere, inability to come back even from familiar places, difficulty in using or to understand even the known words, coming home leaving his wife in the shop itself forgetting her presence etc, shocked his family and friends greatly. His entire family was upset about this. They thought he caught dementia and developed worry and tension about his future. It is common to forget things for such people. Though dementia is common among older adults many of them never develop dementia. What he developed could be mild cognitive impairment causing memory loss. However, the chances of developing dementia are possible as it relates to the age and if the intensity of memory loss gets increased it may lead to dementia.

It was a stunning surprise to me as I know him and his high rhythmic talents for over four decades. I wanted to work with him and to bring back again on to the right track. I made a home visit and spoke to his family expressing my desire to involve him in the motivational and brain-activating services of mentally handicapped by using rhythmic beats of Tabla, his favorite instrument for mutual benefits. I invited him to

Lebenshilfe for this purpose. He was looking at me trying to recollect and respond when I greeted him. His wife was totally afraid and refused to send him as he fails to get into city buses as he often gets confused with reading numbers on the same. Offering transport, I could convince her to start the program thrice a week. She reminded me again and again about his nature of misplacing things. I assured her for his safety and comfort. My intension to involve him in lebenshilfe's work is to provide a sense of relaxation and recreation besides reducing memory loss. To my observation, he has difficulty to use his fingers suitable to the tunes and rhythm on Tabla as he was doing earlier. I was disappointed as I could not motivate him in any manner on that day. I noticed a personality change in him. Standing as a centre of attraction he was making fun and keeping every one engaged with continuous laughter's in the yester years, presently he is speaking limited words and turned quiet. He was responding with simple jerks and visible smiles. My endeavours working with the Tabla maestro produced outstanding results. People develop dementia, undergo memory loss resulting failure to recognize his own surroundings, his neighbours, friends, and well wishers and finally fail to recognize themselves.

What is dementia? Dementia is a progressive, degenerative brain syndrome that affects memory, thinking, behavior and emotion. Dementia knows no social, economic, ethnic or geographical boundaries and affects people throughout the world. As dementia progresses individuals affected need care with all aspects of daily life.

What is to be done and how to take care of such people? The secret of our strength lies in our invaluable Indian traditional family system and extension of enormous family support basing on the rich heritage of Indian culture. We believe in home care rather than institutional care which stand as a most ideal way no matter whether ageing undergoing mild cognitive loss are dementia.

My sincere efforts to rehabilitate him produced outstanding results with mutual benefits. He was of immense use to the institution. His forgetfulness did not come on our way. His fingers started getting motivated while playing Tabla. His brain started getting activated. He taught Tabla to mentally handicapped ageing. He did his best though slow to



understand and to respond. Unfortunately, he is no more now. I am right, his condition was mild cognitive development resulting memory loss and such situations can be well taken care of provided we pay proper attention.

Finger motivation and brain activation. Trainees of Tabla Maestro