



Sumana Trust[®]
Public Charitable Trust



**Saksham-Sumana Inclusive
Living In A community Of Clustred
Home with Assisted Care**

**Life Time Crae For Persons with Mental Illness
(Schizophrenia, Bipolar disorder
OCD & Schizoffective disorder)**

Who After Me ?

The most critical question for all the families of persons with mental illness is "Who After us" for our family member. In the present busy life with urbanization & nuclear families expecting such support for PWMI is quite challenging. It will be ideal/ practical if a robust establishment works with right kind of ethos and established practices, to enable the kind of life we as parents have envisaged for our loved ones at their respective premises.

Concept of Inclusive living in a community

Families having persons with mental illness get isolated from the community due to stigma. Isolation hampers the recovery of the person and social life of family. Being part of a community enables to promote the well being of PwMI & family, improves overall quality of life. Families with similar needs living together builds an strong "Eco system" required for the development of PwMI along with families".

Objective of Saksham-Sumana inclusive living

Families will move to cluster of houses within the residential complex. Sumana Trust will organize the support systems and engage the PwMIs through counselling, Psychotherapy, skill development, recreation and other support systems required to enhance their functionality. By this PwMIs can live productively with dignity (without ending up as homeless). All family live together and share common time and space with similar families. Persons with mental illness will share common space and time and rehabilitation support. Regular visits and supervision of Psychiatric medication for compliance is planned. First phase will be with 20 families and totally 40 families are planned in this residential complex.



Sumana Trust

"Sumana Trust" is the brain child of "AMEND Association for the Mentally Disabled (R)" a family self-help group started in 1992 in Bengaluru. Saksham-Sumana inclusive living project is formed by a team who are families with Persons with Mental Illness. The project envisages leveraging the resources and capabilities of Sumana Public charitable Trust in creating one of its kind living arrangements for families with PwMI. The environment in which a PwMI lives can have a profound impact on their mental health and well being. Providing the right setting can help to enhance motivation, confidence and self-esteem of PwMI. PwMI requires training and learning support throughout their lives which can be provided in this set up. The inclusive living style design to transform and steer the PwMI towards remission or being more functional. SUMANA TRUST intends to create strong pool of resources, volunteers, well wishers and patrons who will provide a stable scaffolding for the organization. This resource base will be further expanded with more new programs and a range of out reach activities which will not only provide support but also will augment the capabilities of the organization.

Key Partners Builders & Infrastructure

M/s Shandera Properties Pvt Ltd
Bhoji palya, Electronic city-phase-2,

Located : 2 Kms from Metro station and Vimalalaya Hospital ,5Kms from Narayana Health City
Bengaluru



Scan For Location



Technical guidance : Reputed Mental health Institution

Psycho social Rehabilitation(residential/visiting/on call): Registered Mental health establishment
Who are eligible for "SAKSHAM-SUMANA Inclusive Living"..?

Family caregiver/s who wants to support PwMI for life time and ready to relocate to Bengaluru by
purchasing residence in M/s Shanders Properties

Want to know more about SAKSHAM-SUMANA..?

Want to know more about SAKSHAM-SUMANA..?
SUMANA Trust will arrange a presentation
either on-line/off-line

Contact Us

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