



Lanka Alzheimer's Foundation

Formerly known as Alzheimer's and Related Disorders Foundation of Lanka
(An Approved Charity - Gazette Notification No. 1225 Dated 22 02 2002)

Annual Report 2019/2020

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Message from the President



I consider it a privileged albeit poignant task to write this message at a watershed moment in the history of the world. All our lives are determined today by COVID 19. Lanka Alzheimer's Foundation (LAF) is no exception and was not spared of its onslaught over the past six months.

To me personally, it was doubly challenging as I had taken on my first tenure as President of LAF just in September 2019. Founded and led admirably by the visionary Lorraine Yu since its inception, the foundation was in transition. As a busy doctor, I had to lean heavily on the other board members to continue the mandate of the Foundation. The leadership had to be re-structured and broad based. I am grateful to all the Directors who rose to the challenge and shared the task.

Priya Fernando, the most Senior Director of the Foundation, took on the task of supervising the maintenance and upkeep of the garden cum the environs of the activity centre. Yasmin Cader, a dynamic long-standing Director of LAF, continued the Public Relations leadership, overseeing all the events including the Annual walk, Christmas events and the Scrabble bash.

Lakmali Cabral, stepped in as the new Secretary to the Board and also oversaw the activities of the Activity Centre, including the volunteers, clients and their families. Lilani Jayasuriya, continued the stringent financial management as the Treasurer. Beverley Mirando took on the administrative role and performed it admirably with her years of management experience. We were happy to welcome Murtaza Esufally, the newest Director, who brought in his extensive corporate experience to the Board.

We have thus continued all our activities, some of which are captured in this Annual Report. We are happy that Lorraine Yu's mandate to establish a self-sustaining fund will be incorporated into our Articles of Association this year to sustain LAF for years to come. We have three eminent persons who will be the custodians of this fund of more than a hundred million rupees. We warmly welcome the trio, Renlan Mather, Romesh Dias Bandaranaike and Manjula Mathews who carry this mantle.

The Foundation is developing a Strategic Plan for the next three years which will make us more focused and goal oriented in our activities. The World Health Organisation (WHO) is supporting us in this endeavor. We hope we will be able to play a significant role in developing a Dementia Action Plan soon for the Ministry of Health, Sri Lanka, in line with the recommendations of the WHO.

In the meantime, we conduct a novel and exciting virtual walk for Alzheimer's in September which we envisage will bring more awareness of dementia in Sri Lanka and around the globe. I thank all our volunteers, friends and well-wishers who support and give of themselves, their time and finances generously to further the mission of LAF. We remain satisfied by the smiles we bring on the faces of those with dementia and their families.

Thank You

A handwritten signature in blue ink, reading 'Shehan Williams'.

Prof. Shehan Williams

President

Mission:

“To improve the quality of life of those with Alzheimer’s and related dementias and enhance the well-being of their families and carers”

Donors – 01 April 2019 to 31 March 2020

Sri Lanka

A L G Wijekoon
Ajith Abeysekera
Ajith Dias
Albert Bouskila
Alethea International School
Amali Dissanayake
Amali Fernando
Amarasinghe
Amelia Nanayakkara
Amitha Jayawardena
Anil Makalanda
Anisha Dharmadasa
Anonymous
Anoop & Indru Kundanmal
Anushika Kuruppu
Arun Dias Bandaranaike
Aruna Dayaratna
Asgi Akberally
Asma Jeveenji
Avril Fernando
B S Udawatte
Beverley Mirando
Bobby Jordan Hansen
C D Perera
C S Lawrence
Canage & Chris Nagendra
Ceylon Tea Marketing
Chandana Liyanapatahendy
Chandani Gunewardena
Chandra Weerasena
Charika Muttiah
Charles Mathuranayagam
Cheryl De Fonseka
Chirasi Sumanapala
Chitra Simithraaratchy
Chitral Amaratunga
Christine Dayananda
Christine Seneviratne
D D Ratnayaka
D T Rajasekaran
Daphne Outschoon
Darshana Amalean
Dayanthi Aluvihare
Deepal Rodrigo
Dheeshan Jayasuriya
Diana Captain
Dipika Herad
Donation Box Money
Doreen Sappideen
Dr Asanthi Ratwatte
Dr Lalantha Amarasinghe
Dr Lesley Dick
Dr Mrs Vasanthi Jayasuriya
Dr Ms R S Wijekoon
Dr Pramilla Senanayake
Dr Savitri Kumar
Dr Tony De Silva
Dr Upali Kuruppu

Emy Gnanam
Erma Silva
Falih Caffoor
Fareeda Akbarally
Florence Lakdawala
G Ambrosia Dassanayake
G E C Anandappa
Gamini Perera
Gaya Colombage
Gillian Anderson
Gnana Moonesinghe
Gopal Ayer
Graham Loretta De Kretser
H S P Anandappa
Hashers c/o Shyani Cabraal
Hasitha Jayawardena
Hema Abeysinghe
Hilary Anandappa
Ilma Int Girls School
Indra De Silva
Indunil Amarasinghe
Ishan Fernando
J H Gunathunga
J Munasinghe
J Pilapitiya
J Thavendran
Jehan Jayaratnam
John Fernando
John Rodrigo
June Beling
K Jayatilaka
Kathika Abeysundera
Kaushaliya Moorthy
Khairun Nissa Hatch
Kumari Gunasekera
Kumudini Gomes
Kumudini Saranamuttu
Kusuma Cooray
L P Hathiramani
L S D Peiris
Lakmali Cabral
Lakshman Seneviratne
Lakshmi De Alwis
Laou De Silva
Lau De Silva
Leah De Lile
Lilani Jayasuriya
Lilanthi Jayaratne
Lucina Talib
M Gunawardhana
M Obeysekera
M T Abeysuriya
M.F.F Caffoor
Malathi Gunawardhana
Malini Gunasekara
Malkanthi Wickramanayake
Manik De Silva
Manil Pathirana

Marlya De Cozar
Mary Eliatamby
Mary Ridgeon
Mauli Dias
Melanie Martenstyn
Michael Perera
Michele Gooneratne
Minette Silva
Mohan Abeysinghe
Mohan Obeysekera
Mrs D P Perera
Mrs Lucina Talib
Murtaza Esufally
Museus College
N B Mailewa
Nela Sittampalam
Neville Perera
Nigel Austin
Nihal Abeysekera
Nilupa Lionel
Nimal Gunasekera
Nishan Premathirathne
Nishant & Dharshan Gooneratne
P E Aruna Jayewickreme
P Jayaratne
Pamola Sivasunderam
Paula Weeraratne
Peace Karunarante
Pearlle Kulatunge
Percy Fernando
Perin Captain
Piyasiri & Esa Ratnayaka
Praxie Anandarajah
Priya Fernando
Priya Sadasivan
Punitha Dahanayaka
R Seevaratnam
Raashid Sudin
Raja Gomez
Ramani Fernando
Ramesh Pathmanathan
Ramini Ramachandra
Ramya Gunasekera
Ranji Benedict
Ranjith Alahakoon
Ranmali Mirchandani
Ravindra Amarasinghe
Razia Pendse
Ren Lan Mather
Renuka Pathirana
Riley Rahuman
Rohan Balasuriya
Rohan De Soysa
Roshan Kobbekaduwa
Royal College
Ruma Lameer
Rupa Simithraaratchy
Ruwani Wijeyakoon

Donors – 01 April 2019 to 31 March 2020

Sri Lanka

S D Amalean & B S Amalean
 S K Gunatilake
 S M Colombage
 S T Abeysuriya
 S T Jayaraju
 Sadhana Vikrantha
 Samantha Gunawardena
 Sandani Perera
 Sarala Nagendran
 Savithri Gunasekera
 Savithri Spittel
 Shantha M Chrysostom
 Shanthi Williams
 Sharma Fonseka
 Sharmali Makalanda
 Sharmi Basnayake
 Sharmini Ratwatte
 Sharon Serasinghe
 Shayamalie Jayasekera
 Sherine Fernando
 Sherine Wijesinghe
 Sima Omar
 Sirimavo Bandaranaike Vidyalyaya
 Sonali Fernando
 Srma Seneviratne
 St. Bridgets College
 Stephanie Balendra
 Subothiny Janakan
 Suki Devarajan
 Sumith & Shehan Arangala
 Sunitha Abhayawansa
 Sunitha Heenkenda
 Sunitha Munasinghe
 Suriya Wickramasinghe
 Swarna Amarathunga
 Swarna Ratnayake
 T W De Silva
 Tahine Fonseka
 Tashiya & Dharisha Mirando
 Timothy speldewinde
 Tracy Dharmadasa
 Travice Ondaathie
 Thushara Kekulawala
 Tyronne Paiua
 U A Gooneratne
 U H Ubayakumara
 V Kumarasamy
 Veronica Fernando
 Vijayaletchumi Sellawari
 Vimal Fernando
 Vinod Wijetunge
 W H Fernando
 Wednesday Volunteers
 Yamuna Balasuriya
 Zora Wahab
 Zorina De Alwis

Sri Lanka Corporates

A C T Bartleet
 Ains Secretarial Services Pvt Ltd
 Australian College of Business &
 Tech
 Intl Christmas Charity Bazaar
 J Cey Tea vt Ltd
 Kishore B Hidramani Memorial Trust
 Lakfoil Gilders (pvt) Ltd
 Lakfoil Pvt Ltd
 Lanka Hospital
 National Development Bank
 Paints & General Industries Ltd
 Sri Lanka Asso of Senior Citizens
 Cmb
 Tempserve Pvt Ltd
 The Autodrome PLC
 World Health Organisation

Australia

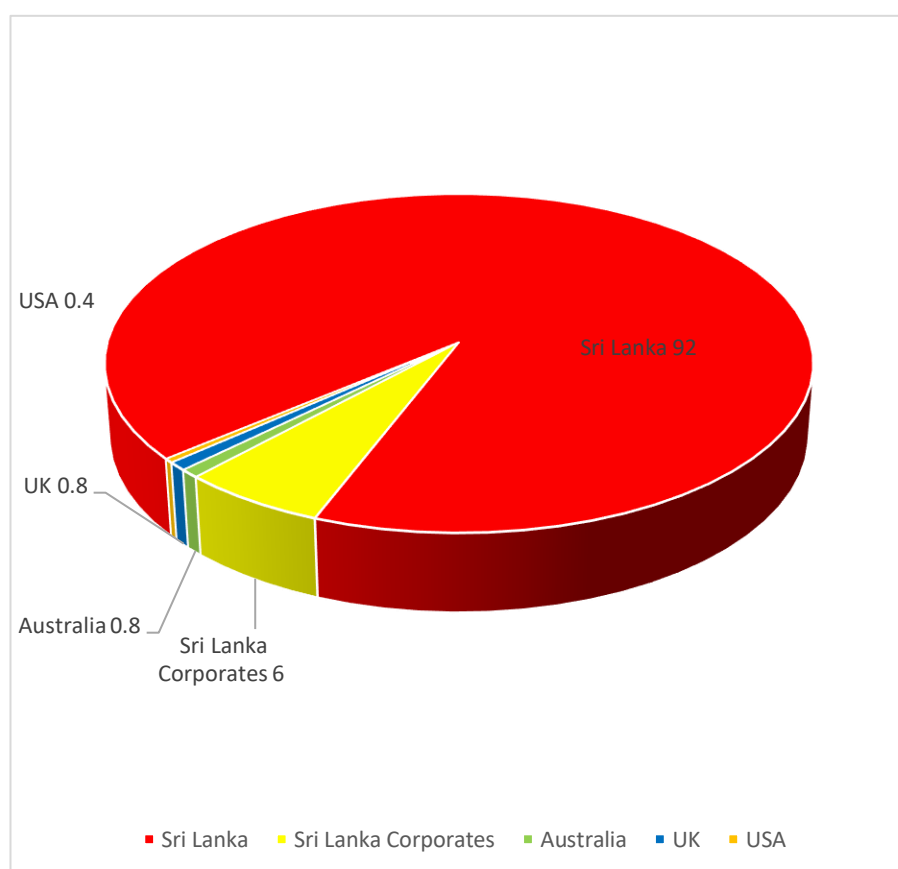
Mahendra & Nelum De Silva
 Diane Kriekenbeek

UK (London)

M J T Mylvaganam
 Mr & Mrs S De Saram

USA

Perin Fernando



Year in Review 2019 to 2020

Awareness Programmes:

- Makola South Welfare Society
Makola Grama Sanwardhana Prajashalawa
Pamunuwila
- Attidiya Elders Society Sri Piyarathanaramaya
Attidiya
- Arunodhaya Welfare Society
Wasana Place Mawaramandiya
- Senior Citizen Society Kothalawa Sankapitti
Puran Viharaya Kaduwela

Services:

- Raising Awareness and Eradicating Stigma
- Education on Risk Reduction
- Helpline +94 11 2667080
- Befriending/Counselling
- Memory Screening/Assessments
- Activity Centre
- Memory Garden Café
- Identification Bracelets
- Quarterly Newsletter
- Secretariat/Information and Resource
Materials
- Caregiver Support Group (CSG) Meeting
- Website: www.alzlanka.org

Dates to Remember 2020

Fortnightly Memory Screening/Assessments
LAF's Premises – 9 a.m. to 12 p.m.

February, Saturday 29th – Scrabble Bash
LAF's Premises – 9 a.m. to 4 p.m.

September, 1st to 21st – Memorable Steps
Virtual Walk

September, Monday 21st – World Alzheimer's Day

September, Wednesday 23rd – AGM

November 21st (TBC) – Grand Sale
LAF's Premises – 10am to 5pm

December 4th Friday – Seasonal Celebration
LAF's Premises – 4 pm to 6 pm

A Carer's Story: Living with Dementia

by Gayathri Silva

Living with a dementia patient is no bed of roses; more so when your mum suffers from early onset dementia. Diagnosed during the early part of 2013 in her late forties, life has never been the same. We have watched her go from being a strong independent mother, to being the exact opposite of that. From walking to speaking, from eating to using the toilet, she now needs assistance with all of that. Pondering on when the next dip in her mental health would be, has become a part of our day to day thought process.

These dips come without a warning. We always hope a certain level of mental strength will remain but that's never the case. She soon went from cheery to depressed with a series of tears as a response to most things. The depression was coupled with raging angry fits that were (and still are occasionally) uncontrollable. Amidst all the angry lashing out (on her part) we tried to improve her quality of life. This was an impossible task, as both my brother and I work 9-5 jobs. Last September, however, through one of my aunt's contacts, we had the pleasure of being introduced to the Lanka Alzheimer's Foundation. After registering her with the help of Lorraine and Gillian we have been able to ease her into a routine of visiting the foundation a couple of days a week. The impact these visits have had on our mum is inexplicable. She comes home very cheery from her visits. She has more things to add to general conversation (a lot more than usual, at least). She brags about her singing, arts and crafts. She talks of the occasional dispute with another person at the Foundation in good cheer. She sings the songs she has sung during the morning and speaks of the volunteers (the names may not be accurate). The Christmas party in December was such a highlight for her, she still talks of it, even now. Her depression and general mood have lightened up quite significantly (Medication too may have a part to play here) Our mum eagerly looks forward to the visits to the Foundation (even with her limited comprehension) and throughout the week you will find her constantly asking when her next visit is and sometimes you even find her trying to go on random days.

On the flip side these visits have also helped us so much. We have learnt the importance of a routine, and certain tactics for dealing with people suffering from diseases such as this. We don't have to go through the distressing temper tantrums as often as they used to be, and can safely say that we have made some significant changes to improve our mum's quality of life. Additionally, we too were assured of a safe space to talk to someone (at the Centre) about dealing with our problems pertaining to caring for those suffering from dementia.

The Foundation itself is a pleasant setting with love and kindness overflowing, so I can only imagine that our mum must be very comfortable going there. While it's difficult to watch the deterioration of a loved one's mental health, knowing there is no cure, signing up with Lanka Alzheimer's Foundation has been a blessing indeed. LAF is a great organization dealing with one of the topics still considered taboo in Sri Lanka.

Thank you LAF and all the volunteers for the amazing work you do and for your never-ending patience!

God Bless you.

Improving the Quality of Life and Promoting the Quantity of Services

Run to Remember - 2019

Runners, well-wishers and volunteers gathered at the Taj Samudra to kick off World Alzheimer's month on Saturday 7th September. The objective of the 5K run was to create greater awareness. The Taj Samudra very generously hosted the event.



Memory Walk - 2019

The annual Memory Walk was held for the 18th consecutive year on September 28th at the Cinnamon Grand, Colombo. Persons with dementia, family carers well-wishers and volunteers raised awareness on the walk by distributing brochures with information on dementia and the support services provided by LAF. Our sincere appreciation to Cinnamon Grand and all other sponsors for their continued support.



Improving the quality of Life & Promoting the Quantity of Services

A Game to Remember



The students of Australian College of Business Studies (ACBT) in collaboration with the Lanka Alzheimer's Foundation organized an exhibition basketball match titled a 'Game to Remember' to create awareness about dementia and to raise funds on the 29th of September at the Blues basketball complex in Colombo 5. The ACBT has a large number of talented basketball players, with 5 of them playing for the national team & some others having played at regional and school level. Therefore, the game was between 2 teams from ACBT itself. This event also wrapped up our activities during the World Alzheimer's Month.

The Game was well organized. The students were mindful to include a few facts on dementia at the back of the entrance tickets. At the beginning of the game, end of each quarter after the score, an announcement was made on facts relating dementia. A perfect way to blend awareness without overwhelming the crowd present. Sri Lanka has a fast ageing population and ageing is one of the primary risk factors for dementia. Dementia has no cure and therefore creating awareness and taking the message of risk reduction to younger audiences and engaging them in spreading awareness is important. Ms. Lorraine Yu, former president of LAF was the chief guest and she gave away certificates to participants. LAF is thankful to the students for taking the initiative & also to the sponsors.

Scrabble Bash 2020



The 11th Annual Scrabble Bash was successfully concluded on Saturday 29th February with the participation of 56 seniors and students. LAF promotes this event as Scrabble is one of the games that stimulate brain activity as it requires players to constantly come up with new words. Studies suggest that decades of playing Scrabble has had positive effects on cognitive abilities.

Winners of Category A - were Mr. Indunil Amarasinghe and Runner Up Miss. Sandali Vithanage of Museus College. Winners of Category B' were Ms. Mary Ridgeon and Runner Up Ms. Lilanthi Jayaratne. LAF is thankful to adjudicator Shaila Amalean and her team; Anushika, Praveeni, Pradeepani and the volunteers who always support this event.



This event would not have been possible without the numerous sponsors of Prizes; Hilton Colombo, Shangri-La Hotel, Hilton Colombo Residences, Cinnamon Grand, Cinnamon Lakeside, Taj Samudra Colombo and the Galadari Hotel and last but not the least, the Chinese Dragon Café, who sponsors lunch every year.

We hope to see all you scrabble enthusiasts next year too on the last Saturday in February.

Improving the Quality of Life and Promoting the Quantity of Services

A program on Continuing Medical Education on Dementia



Lanka Hospitals in collaboration with LAF organized a program on 'Continuing Medical Education (CME) on Dementia for Health Care Professionals' on **the 21st of September 2019 to coincide with World Alzheimer's Day**. Lectures were conducted on topics such as 'Diagnosis of Dementia', 'Management of Dementia', 'Minimizing polypharmacy' and 'evidence-based dementia prevention'. An introduction on the services offered by LAF was made by Lorraine Yu. A public education stall was set-up by LAF in the main Atrium

A visit from the Nurses Training School, Durdans Hospital



The Lanka Alzheimer's Foundation was encouraged to have forty-four student nurses and two teachers from the Nurses Training School of Durdans Hospital visit us as a part of community health visits in their nursing curriculum. We hope that such visits will help sensitize and also highlight the benefits of non-pharmacological interventions in the treatment of dementia amongst health professionals and in general, create awareness and understanding about the disease.

Introducing LAF's newest Board Member



Mr. Murtaza Esufally is the newest person to join the Board of Directors of the Lanka Alzheimer's Foundation. Murtaza comes with legal and business training and a wealth of experience in the corporate sector. He currently holds a number of positions in the Hemas Group of Companies, including that of Managing Director of Morrison PLC, Chairman of Hemas Pharmaceuticals Pvt Limited and Chairman of Hemas Hospitals Pvt Limited. The Board welcomes Murtaza and looks forward to receiving his business acumen and insight into the strategic development of LAF.

OUR THEORY OF CHANGE





WHY WE THINK WE ARE MAKING AN IMPACT

As a volunteer-run organisation with limited resources, we are not able to collect systematic data to track our impact, e.g. the exact number of caregivers who experienced less burden as a result of our support. However, we do have a body of evidence and experience that allows us at least to assume that our work is making a difference. The main assumptions in our impact model are as follows:

1

We assume that people with dementia will experience improved quality of life if they spend 1-2 days per week at our Activity Centre because:

- Our Activity Centre provides a type of high quality, specialised care that people with dementia could not otherwise access because there is no other similar service in Colombo.
- The design of our service (a combination of physical, mental and social stimulation in a welcoming environment) aligns with research* showing that this type of approach can help to protect cognitive functions and maintain other aspects of 'quality of life' for people with dementia
- We know from informal feedback and staff/volunteer experience that many of the activity centre clients have experienced improvements in various aspects of their quality of life (e.g. emotional wellbeing) – and that these improvements seem to be at least partly attributable to our support.

* For example: Park, D., & Reuter-Lorenz, P. "The adaptive brain : Aging and neurocognitive scaffolding" *Annual Review of Psychology*, 2009, 60; Ngandu T, Lehtisalo J, Solomon A, et al. "A 2 year multidomain intervention of diet, exercise, cognitive training, and vascular risk monitoring versus control to prevent cognitive decline in at-risk elderly people: a randomised controlled trial". *Lancet*. 2015 Jun 6; 385(9984):2255–63)

2

We assume that caregivers will experience reduced burden if we provide respite care for their loved one and informal advice and information. Our rationale for this assumption is:

- We know from informal interviews with new caregiver clients that all of our caregiver clients have few or no other options for respite care apart from our Centre. Hence, our service allows them to have more time for themselves than they otherwise would.
- Not having enough time for oneself is widely understood to be a key component of caregiver "burden" (for example, it features strongly in the widely used Zarit Burden interview tool for measuring caregiver burden).

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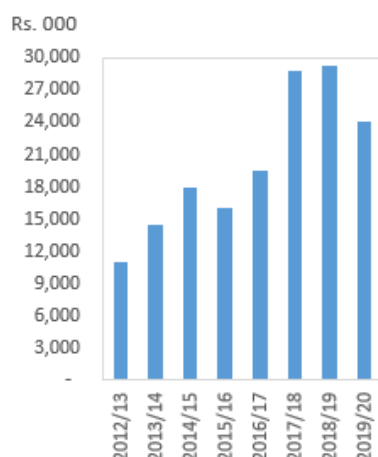
We assume that our awareness raising events and campaigns will help reduce stigma and prompt more people to go for screening, which in turn will lead to earlier diagnosis and intervention. We assume this because:

- We have witnessed over the years that many people with dementia and their families feel ashamed or alienated from society, which directly impacts their quality of life. Meanwhile, most of the public do not have a good understanding of how to support and relate to people with dementia – unless they themselves have had direct experience of the disease. Our awareness raising events therefore aim to contribute – over time – to reducing stigma and building a more dementia friendly society.
- We have also seen how people can hold back from going for screening if they think they have symptoms. Some of our screening clients tell us that they would not have gone have for screening without being prompted by our information, encouragement and accessible screening service.

Treasurer's Report

We have raised Rs. 10.2mn. by way of donations and fund-raising activities during the year. There is a substantial decline in donations amounting to approximately Rs.7mn. compared to previous year. We depend largely on the public and our well-wishers for their contributions in order to raise the necessary funds for sustaining the activities of the Foundation and building up the self-Sustainable Fund.

Interest income earned from financial institutions during the year amounted to Rs 13.8mn. compared to Rs.12.2mn. earned during the previous year. This year too we were able to keep our overhead costs at a minimum due to the dedicated volunteers who worked for the Foundation. Our total operational costs including depreciation is Rs.8.1mn. for the year compared to Rs.9.5 incurred during the previous year. Our grateful thanks to the donors, well-wishers, volunteers and administration staff who have helped in numerous ways to fulfill the LAF's mission.



Lilani Jayasuriya

Treasurer

27th August 2020

Independent Auditor's Report

TO THE BOARD OF DIRECTORS OF LANKA ALZHEIMER'S FOUNDATION

Report on the Audit of the Financial Statements

Opinion

We have audited the financial statements of Lanka Alzheimer's Foundation ("the Company"), which comprise the statement of financial position as at 31 March 2020, and the statement of income and expenditure, statement of changes in accumulated fund and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies. In our opinion, the accompanying financial statements give a true and fair view of the financial position of the Company as at 31 March 2020, and of its financial performance and its cash flows for the year then ended in accordance with Sri Lanka Accounting Standard for Small and Medium-sized Entities (SLFRS for SMEs).

Basis for Opinion

We conducted our audit in accordance with Sri Lanka Auditing Standards (SLAuSs). Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Statements* section of our report. We are independent of the Company in accordance with the Code of Ethics issued by CA Sri Lanka (Code of Ethics) and we have fulfilled our other ethical responsibilities in accordance with the Code of Ethics. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Other Information

Management is responsible for the other information. These financial statements do not comprise other information. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

Responsibilities of Board of Directors and Those Charged with Governance for the Financial Statements

The Board of Directors ("Board") is responsible for the preparation of financial statements that give a true and fair view in accordance with SLFRS for SMEs, and for such internal control as Board determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, Board is responsible for assessing the Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless Board either intends to liquidate the Company or to cease operations, or has no realistic alternative but to do so. Those charged with governance are responsible for overseeing the Company's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with SLAuSs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of the auditor's responsibilities for the audit of the financial statements is located at Sri Lanka Accounting and Auditing Standards website at: <http://slaasc.com/auditing/auditorsresponsibility.php>. This description forms part of our auditor's report.

Report on Other Legal and Regulatory Requirements

As required by section 163 (2) of the Companies Act No. 07 of 2007, we have obtained all the information and explanations that were required for the audit and, as far as appears from our examination, proper accounting records have been kept by the Company.

CHARTERED ACCOUNTANTS

Colombo

27 August 2020

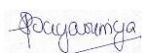
Lanka Alzheimer's Foundation

Statement of Financial Position

As at 31 March	Note	2020 Rs.	2019 Rs.
Assets			
Non-current assets			
Property, plant and equipment	4	25,997,338	28,264,130
Less: Deferred income - Donations	4.3	(1,058,667)	(1,266,667)
Long term investments - Sustainable fund	5.1	118,661,836	-
Total non-current assets		143,600,507	26,997,463
Current assets			
Inventory		66,903	36,334
Advance and prepayments		1,387,065	31,540
Short term investments	5.2	4,946,878	117,632,094
Cash and cash equivalent	6	12,611,994	2,882,998
Total current assets		19,012,840	120,582,966
Total assets		162,613,347	147,580,966
Funds and liabilities			
Funds			
Accumulated fund		162,014,316	147,036,895
Total funds		162,014,316	147,036,895
Current liabilities			
Provision for gratuity		150,000	114,600
Income tax payable		258,250	287,034
Accrued expenses	7	180,781	99,470
Bank overdraft	6	10,000	42,430
Total current liabilities		599,031	543,534
Total funds and liabilities		162,613,347	147,580,429

The financial statements are to be read in conjunction with the related notes, which form an integral part of these financial statements of the Foundation.

I certify that the financial statements have been prepared in accordance with the requirements of the Companies Act No. 07 of 2007.




Lilani Jayasuriya
Treasurer

The Board of Directors is responsible for the preparation and presentation of these financial statements in accordance with SLFRS for SMEs. Signed and approved for and on behalf of the Board of Directors:



Prof. Samuel Shehan Williams
President/ Director
27 August 2020, Colombo



Lilani Jayasuriya
Treasurer/ Director

Statement of Income and Expenditure

For the year ended 31 March	Note	2020 Rs.	2019 Rs.
Income			
Donations from public		7,558,429	12,182,222
Donations from WHO		340,628	125,000
Fund raising activities		1,626,755	3,950,130
Donations received - Material		209,240	413,610
Donations box collections		94,010	70,670
Interest income	8	13,838,973	12,225,494
Exchange gain		7,120	14,800
Deferred income		423,000	380,000
Total income		24,098,155	29,361,926
Expenses			
Travel and promotion		84,195	160,622
Utilities		124,351	149,091
Operating lease agreement		152,250	152,250
Membership fee		44,413	39,543
Staff cost		829,452	714,416
Bank charges		13,000	9,580
Company secretarial services		62,135	43,860
Depreciation		2,682,464	2,649,211
Disposal of fixed assets		3,683	20,833
Center administration	9	4,088,026	5,572,085
Total expenditure		8,083,969	9,511,491
Surplus before tax expense		16,014,186	19,850,435
Income tax expense	10	(1,036,765)	(753,359)
Surplus for the year		14,977,421	19,097,076

The financial statements are to be read in conjunction with the related notes, which form an integral part of these financial statements of the Foundation.

Statement of Cash Flows

For the year ended 31 March

	2020 Rs.	2019 Rs.
Cash flows from operating activities		
Surplus before taxation	16,014,186	19,850,435
Adjustments for;		
Depreciation	2,682,464	2,649,211
Income from investments	(13,838,973)	(12,225,494)
Deferred income	(423,000)	(380,000)
Provision for gratuity	35,400	114,600
Operating cash flows before working capital changes	4,470,077	10,008,752
Changes in;		
Inventory	(30,569)	(30,784)
Advance and prepayments	(1,355,525)	264,634
Accrued expenses	81,311	16,405
Cash generated from operations	3,165,294	10,259,007
Income tax paid	(1,065,549)	(466,325)
Net cash generated from operating activities	2,099,745	9,792,682
Cash flows from investing activities		
Purchase of property, plant and equipment	(204,355)	(182,668)
Disposal loss from property, plant and equipment	3,683	20,833
Net investment in short term investments	(6,000,000)	(17,156,636)
Interest received	13,862,353	9,326,473
Net cash generated from/(used in) investing activities	7,661,681	(7,991,998)
Net increase in cash and cash equivalents	9,761,426	1,800,684
Cash and cash equivalents at the beginning of the year	2,840,568	1,039,884
Cash and cash equivalents at the end of the year (Note 6)	12,601,994	2,840,568

The financial statements are to be read in conjunction with the related notes, which form an integral part of these financial statements of the Foundation.

Statement of Changes in Accumulated Fund

For the year ended 31 March

	Accumulated fund Rs.	Total Rs.
Balance as at 01 April 2018	127,939,819	127,939,819
Surplus for the year	19,097,076	19,097,076
Balance as at 31 March 2019	147,036,895	147,036,895
Balance as at 01 April 2019	147,036,895	147,036,895
Surplus for the year	14,977,421	14,977,421
Balance as at 31 March 2020	162,014,316	162,014,316

The financial statements are to be read in conjunction with the related notes, which form an integral part of these financial statements of the Foundation.

Notes to the Financial Statements

For the year ended 31 March 2020

1. REPORTING ENTITY

1.1 Domicile and legal form

The Lanka Alzheimer's Foundation ("the Company") was incorporated on 23 March 2001 as a Company limited by guarantee, and reregistered under the Companies Act No.07 of 2007 as Guaranteed Limited Liability Company and domiciled in Sri Lanka. Every member of the Foundation has undertaken to contribute an amount not exceeding Rs.100/- in the event of a liquidation of the Foundation.

1.2 Principle activities and nature of operation

The primary objective of the Foundation is to improve the quality of those with Alzheimer's and relate dementia and enhance the wellbeing of their families and carers. The Foundation provides therapeutic activities to persons with dementia and respite for their carers, memory screening and assessments etc. Since the incorporation of Alzheimer's and Related Disorders Foundation of Lanka, there have been many instances where the name was abridged to read "Lanka Alzheimer's Foundation". Consequently, the Registrar of Companies has approved an official name change for public convenience and international compliance to read 'Lanka Alzheimer's Foundation', effective from 25 August 2010.

2. BASIS OF PERPARATION

2.1 Statement of compliance

The financial statements of the Foundation comprise the statement of financial position, statement of income and expenditure, statement of changes in accumulated fund, statement of cash flows and notes comprising other explanatory information. These statements are prepared in accordance with Sri Lanka Accounting Standard for Small and Medium-sized Entities (SLFRS for SMEs) laid down by Institute of Chartered Accountants of Sri Lanka.

2.2 Basis of measurement

The financial statements have been prepared on the historical cost conversion.

2.3 Functional and presentation currency

These financial statements are presented in Sri Lankan Rupees, which is the Foundation's functional currency.

2.4 Use of estimates and judgments

The preparation of financial statements in conformity with Sri Lanka Financial Reporting Standard for Small and Medium-sized Entities (SLFRS for SMEs) requires management to make judgments, estimates and assumptions that affect the application of accounting policies and reported amounts of assets, liabilities, income and expenses. The estimates and associated assumptions are based on historical experience and various other factors that are believed to be reasonable under the circumstances, the result of which form the basis of making the judgment about carrying values of assets and liabilities that are not readily apparent from other sources. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognized in the period in which the estimates are revised if the revision affects only the financial year or in the period of the revision and future periods if the revision affects both current and future financial years.

3. SIGNIFICANT ACCOUNTING POLICIES

The accounting policies set out below have been applied consistently to all periods presented in these financial statements.

3.1 Property, plant and equipment

(i) Recognition and measurement

Items of property, plant and equipment are measured at cost less accumulated depreciation and accumulated impairment losses. Cost includes expenditure that is directly attributable to the acquisition of the asset and bringing the assets to its working condition.

An item of property, plant and equipment is derecognized upon disposal or when no future economic benefits are expected from its use. Gains and losses on disposal of an item of property, plant and equipment are determined by comparing the proceeds from disposal with the carrying amount of property, plant and equipment and are recognised net within surplus or deficit.

(ii) Subsequent expenditure

Subsequent expenditure on intangible assets is capitalized only when it increases the future economic benefits embodying in these assets. All other expenditure is expensed as incurred.

(iii) Depreciation

Depreciation is recognized in the income statement on a straight-line basis over the estimated useful lives of the assets.

The estimated useful lives for the current and comparative periods are as follows:

Freehold buildings	23
Furniture and equipment	5
Computers	3
Other equipment	5
Solar power unit	5
Paving	4

Depreciation methods, useful lives and residual values are reviewed at each reporting date.

Depreciation will be started on asset month of acquired.

(iv) Impairment of non - financial assets

At each reporting date, property plant and equipment is reviewed to determine whether there is any indication of possible impairment, the recoverable amount of any affected asset (or group of related assets) is estimated and compared with its carrying amount. If the estimated recoverable amount is lower, the carrying amount is reduced to its estimated amount, and an impairment loss is recognized immediately in the statement of comprehensive income.

(v) Property, plant and equipment received as donations

Property, plant and equipment that is received directly as donations or endowments are debited to the property, plant and equipment account at fair value and a corresponding amount credited to a deferred income account. Such items thereafter be depreciated in accordance with this SL SoRP, while a corresponding amount is transferred from the deferred income to the statement of income and expenditure. In the statement of financial position, deferred income would be deducted from the net book value of the assets so that the carrying amount of the asset would be zero.

Notes to the Financial Statements

For the year ended 31 March 2020

3.2 Basic financial instruments

The Foundation recognizes all financial instruments at fair value. The gain or losses from fair value is recognized in surplus or deficit during the period.

3.3 Cash and cash equivalents

Cash and cash equivalents are defined as cash in hand and demand deposits and short term highly liquid investments, readily convertible to known amount of cash and subject to insignificant risk of changes in value.

For the purpose of cash flow statement, cash and cash equivalents consist of cash in hand, call deposits and money market instruments.

Cash flow statement is reported based on indirect method.

3.4 Liabilities and provisions

Liabilities are recognised in the statement of financial position when there is a present obligation as a result of past events, the settlement of which is expected to result in an outflow of resources embodying economic benefits.

A provision is recognised if, as a result of a past event, the Foundation has a present legal or constructive obligation that can be estimated reliably, and it is probable that an outflow of economic benefits will be required to settle the obligation.

3.5 Taxation

The Foundation is liable for income tax on its taxable income according to the provisions of the Inland Revenue Act No. 24 of 2017 and its subsequent amendments.

3.6 Income

All income is recognized on accrual basis.

3.7 Expenses

All expenditure incurred in the operations of the business and in maintaining the property plant and equipment assets in a state of efficiency have been charged to revenue arriving at the Foundation's surplus or deficit for the year.

3.8 Events occurring after the reporting date

All material post reporting date events have been considered and where appropriate adjustments or disclosures have been made in respective notes to the financial statements.

3.9 Commitments and contingencies

All capital commitments and contingencies are considered and necessary disclosures were made in the respective notes to the financial statements.

Commitments and contingent liabilities are disclosed in note 12 to the financial statements.

4. PROPERTY, PLANT AND EQUIPMENT

2020 Rs.

2019 Rs.

Property, plant and equipment

Carrying value of free hold assets (Note 4.1)

Carrying value of donated assets (Note 4.2)

24,938,671

26,997,463

1,058,667

1,266,667

25,997,338**28,264,667**

4.1 Carrying value of free hold assets

	Buildings	Furniture & Fittings	Computer	Other equipment	Paving	Total
	Rs.	Rs.	Rs.	Rs.	Rs.	Rs.
Cost						
Balance at the beginning of the year	39,799,241	8,204,740	908,758	1,894,313	608,055	51,415,107
Additions during the year	-	93,840	10,950	99,565	-	204,355
Disposal during the year	-	-	(7,800)	-	-	(7,800)
Balance at the end of the year	39,799,241	8,298,580	911,908	1,993,878	608,055	51,611,662
Accumulated Depreciation						
Balance at the beginning of the year	13,843,212	8,043,957	902,474	1,336,641	291,360	24,417,644
Charge for the year	1,730,402	101,584	5,946	269,519	152,013	2,259,464
Disposal during the year	-	-	(4,117)	-	-	(4,117)
Balance at the end of the year	15,573,614	8,145,541	904,303	1,606,160	433,373	26,672,991
Carrying value as at 31 March 2020	24,225,627	153,039	7,605	387,718	164,682	24,938,671
Carrying value as at 31 March 2019	25,956,029	160,783	6,284	557,672	316,695	26,997,463

The above building is constructed on a land which is granted on a crown lease.

The Government of Sri Lanka granted a crown lease, agreement affected on 12 February 2007 on the property identified by the municipal assessment number 110, Ketawalamulla, Colombo 10, to the amalgamated organization Ceylon Social Service League and Lanka Alzheimer's Foundation for 30 years effective 15 June 2004. By virtue of an agreement signed on 7 October 2008 by the Ceylon Social Services League and Lanka Alzheimer's Foundation, the Ceylon Social services League has agreed to empower the Lanka Alzheimer's Foundation to exclusively occupy and utilize the said property, for the purpose of offering social service to the community.

Clause 10 of the said agreement does not permit the leasee to sublet, mortgage or otherwise dispose or deal with their interest in the lease without the prior consent of the Land Commissioner.

Notes to the Financial Statements

For the year ended 31 March 2020

As at 31 March

Donated
assets
Rs.

4.2 Carrying value of donated assets

Cost

Balance at the beginning of the year

1,900,000

Additions during the year

215,000

Balance at the end of the year**2,115,000**

Accumulated depreciation

Balance at the beginning of the year

633,333

Charge for the year

423,000

Balance at the end of the year**1,056,333****Carrying value as at 31 March 2020****1,058,667**

Carrying value as at 31 March 2019

1,266,667

4.3 Deferred income - Donations

Balance at the beginning of the year

1,266,667

Additions during the year

215,000

Transferred to income during the year

(423,000)

Balance at the end of the year**1,058,667****Carrying value as at 31 March 2020****1,058,667**

Carrying value as at 31 March 2019

1,266,667

As at 31 March

2020 Rs.

2019 Rs.

5 Investments

5.1 Long term investments – Sustainable fund

Fixed deposits

112,500,000

-

Additions during the year

6,161,836

-

Transferred to income during the year

118,661,836

-

The Board of Directors have decided to transfer the above fixed deposits to the Sustainable Fund effective from 1 October 2020.

5.2 Short term investments

Fixed deposits

4,715,000

111,215,000

Interest income receivable

231,878

6,417,094

4,946,878**117,632,094****123,608,714****117,632,094**

6 Cash and cash equivalents

National Development Bank - Savings account

12,259,848

2,543,301

Bank of Ceylon - Current account

96,661

96,661

Savings accounts - Foreign currency

204,607

196,089

Petty cash account

50,878

46,947

12,611,994**2,882,998**

Less: Bank overdraft

National Development Bank - Current account

10,000

42,430

Cash and cash equivalent for the cash flow purpose**12,601,994****2,840,568**

7 Accrued expenses

Security payable

63,500

49,853

Activity center

10,000

24,000

Utilities payable

-

826

Electricity payable

240

240

Telephone payable

4,486

6,784

Water payable

2,900

2,317

Accrued payments

26,705

15,450

Salary payable

46,500

-

EPF payable

23,000

-

ETF payable

3,450

-

180,781**99,470**

Notes to the Financial Statements

As at 31 March

8 Interest Income

	2020 Rs.	2019 Rs.
Fixed deposits and savings	2,270,263	12,225,494
Long term investment - Sustainable fund	11,568,710	-
	13,838,973	12,225,494

9 Accrued expenses

Garden maintenance	295,210	338,340
Activity centre	1,070,459	1,081,530
ADI apro conference - Sri Lanka	-	1,022,530
Expenses on art exhibition	-	500,571
Computer maintenance	27,800	27,200
Accounting fees	7,497	8,701
Repairs and maintenance	209,865	899,941
Web designing charges	29,525	26,188
Media - Calls fee	8,000	6,200
Security fees	598,885	598,230
Insurance	56,306	59,895
Rates and taxes	648	216
Printing of greeting cards	263,725	29,915
Christmas party expenses	2,000	5,443
Unutilized leave charges	21,392	19,992
Volunteers day/ evening	67,132	63,536
Expenses on memory walk	41,900	4,738
Honorarium	869,333	367,000
Postage	12,570	18,200
Printing and stationery	117,546	87,314
Sundries	387,868	406,405
Programme expenses	365	-
Insurance	4,088,026	5,572,085

10 Tax expense

Income tax expense	505,750	287,034
Withholding tax paid	531,015	466,325
	1,036,765	753,359

The Foundation is an approved charity in accordance with the Inland Revenue Act No. 24 of 2017 and amendment thereto and taxable at a rate of 14%.

11 Related party and key management personnel

11.1 Transactions with key management personnel

The Foundation considers its board of directors as the key management personnel of the Foundation and those persons having authority and responsibility for planning, directing and controlling the activities of the Foundation.

Compensation paid to key management personnel of the Foundation is as follows

	2020 Rs.	2019 Rs.
Short term benefit	Nil	Nil
Post-employment benefits	Nil	Nil

11.2 Transactions with related parties

There were no related party transactions during the year.

12 Commitments and contingencies

The Foundation does not have contingent liabilities and commitments that require adjustments to or disclosures in the financial statements.

13 Litigation and claims

There are no litigations or claims against the Foundation as at the reporting date.

14 Events occurring after the reporting date

No events have occurred since the reporting date which would require adjustments to or disclosure in the financial statements except for following:

Impact of COVID 19

The spread of COVID 19 has severely impacted many economies and businesses are being forced to cease or limit their operations. The duration and intensity of the impact of COVID 19 and resulting disruption to the operations of the Foundation is uncertain.

15 Board of Directors' responsibility for financial reporting

Board of Directors are responsible for the preparation and presentation of these financial statements in accordance with Sri Lanka Accounting Standard for Small and Medium-sized Entities ("SLFRS for SMEs").



Lanka Alzheimer's Foundation

Executive Directors:

Prof. Shehan Williams – President
Lakmali Cabral – Honorary Secretary
Lilani Jayasinghe – Honorary Treasurer
Yasmin Cader
Priya Fernando
Beverley Mirando
Murtaza Esufally

Honorary Auditors:

KPMG Ford, Rhodes, Thornton & Co.
Chartered Accountants
P.O. Box 186
Colombo
Sri Lanka

Bankers:

NDB Bank
Havelock Town Branch
117 Havelock Road, Colombo 5
Sri Lanka

Company Secretaries:

C G Corporate Consultants (Pvt) Ltd
45 Vishaka Road
Colombo 04
Sri Lanka

Honorary Legal Advisors:

D L & F De Saram
47 Alexandra Place
Colombo 07
Sri Lanka

Bankers:

Bank of Ceylon
Borella Super Branch
Borella, Colombo 08
Sri Lanka

Bankers:

Hatton National Bank PLC
Wellawatta Branch
100,102 Galle Road, Colombo 06
Sri Lanka

Alzheimer's Disease International (ADI) Members as at 20th July 2020

Argentina	Curacao	Ireland	Nicaragua	Sri Lanka
Armenia	Cyprus	Israel	Nigeria	Suriname
Aruba	Czech Republic	Italy	Norway	St Kitts and Nevis
Australia	Denmark	Jamaica	Oman	Sweden
Austria	Dominican Republic	Japan	Pakistan	Switzerland
Barbados	Ecuador	Kenya	Peru	Syria
Belgium	Egypt	Lebanon	Philippines	TADA Chinese Taipei
Bermuda	El Salvador	Lesotho	Poland	Thailand
Bolivia	England	Macau SAR	Puerto Rico	Tonga
Bonaire	Finland	Macedonia, FYR	Qatar	Trinidad and Tobago
Bosnia Herzegovina	France	Madagascar	Republic of Korea	Tunisia
Brazil	Germany	Malaysia	Romania	Turkey
Brunei	Ghana	Malta	Russia	United Arab Emirates
Bulgaria	Gibraltar	Mauritius	Saudi Arabia	Uruguay
Canada	Greece	Mexico	Scotland	USA
Cayman Islands	Guatemala	Monaco	Singapore	Venezuela
Chile	Honduras	Myanmar	Sint Maarten	Virgin Islands
PR China	Hong Kong SAR	Namibia	Slovak Republic	Zimbabwe
Costa Rica	India	Nepal	Slovenia	
Croatia	Indonesia	Netherlands	South Africa	
Cuba	Iran	New Zealand	Spain	

Lanka Alzheimer's Foundation

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