

Editorial

Happy New Year to all!

This issue carries several articles that are in line with recommendations made during the 2nd World Assembly on Ageing. We also highlight the Older Citizens' Monitoring project aimed at empowering older persons to keep tabs on their governments' commitment to, and implementation of, recommendations made at the Assembly.

Programmes designed to improve older people's lives stand a higher chance of success if their views are first sought. Their participation in all development processes ensures that plans meet their needs and bring about changes that are beneficial to them.

The important role played by older people in managing the AIDS crisis often goes unrecognised. The article *Managing the AIDS Orphan Crisis* looks at the care older people are according to the growing number of orphans.

Pensioners in Kenya and Ethiopia begin their new year with good news from their governments, which have put in place better pension terms.

The African Union (AU) Policy Framework and Plan of Action on Ageing was launched again at the AU headquarters in Addis Ababa, Ethiopia in December.

Maseru Women's Senior Citizens Association, a group formed by a former cabinet minister in Lesotho, features in the *Organisation Profile* section.

Happy Reading!

INSIDE:

- Consultations with Older People: A means to programme success
- Older People's participation in poverty alleviation
- Good news for Ethiopia and Kenya pensioners

Managing the AIDS Orphan Crisis: The Role of Older People



Older people play a crucial role in managing the orphan crisis in Africa

The AIDS epidemic is having profound effects on families and communities in Africa, leading to a dramatic rise in the number of orphaned children. Children numbering 11 million in sub-Saharan Africa under the age of 15 have lost one or both parents to AIDS. This figure accounts for 32% of all orphans worldwide.

Most of these children are under the care of their grandparents: South Africa (40%), Zimbabwe (over 50%), Zambia (38%), Uganda (32%) and Tanzania (43%). However, older people, being the poorest of the poor, lack the financial and social support and resources to meet their own needs and those of the children under their care. Older women are the majority of caregivers to PLWHAs and orphans. The caring role is thus a great burden for the older woman who is already battling with many challenges due to gender and age discrimination.

A workshop organised by HelpAge

International with support from USAID (Washington) in September 2003 addressed the role of older people in the care of orphans and other vulnerable children. A 14 year old orphan and a 78 year older carer shared their experiences during the meeting.

Workshop participants heard that caring for orphans has social, economic and psychological impact on older people. They are stressed due to their inability to meet their own and the children's needs for food, shelter, clothing and medical care. They are also unable to educate the orphans as they are not able to pay for fees and buy materials. "...The children I am left with came from the city, where they were used to modern life, sweet food, milk and bread with butter which I cannot offer them..." says an older carer left with three orphans. Stigma and trauma due to the long illnesses of those affected by HIV/AIDS causes the older people depression and hypertension.

Continued on page 3

Consultations with Older People: A Means to Programme Success

What is Consultation?

This is the process by which the views and concerns of those who will be affected by an action are sought. It ensures participation of stakeholders from the initial stages of any planned programme work.

Why consult older people?

As organisations working with older people, consulting them for their views and concerns on planned activities is fundamental to our work. Expression of their views and concerns, and taking part in making decisions that affect their lives is a fundamental right of older people. As documented in the UN Principles for Older Persons, they have a right to participate in activities, contribute to society, form associations and take part in the formulation of policies that impact their well-being. A rights based approach to work with older people also begins with the promotion of development, with older people forming a fundamental part of the process.

On a more practical level, consulting older people ensures their ownership of all forms of interventions designed to address their needs, hence guaranteeing the success and sustainability of planned programmes.

Direct charge of projects empowers older people, leading to increased confidence and a sense of belonging. A group of older people involved in a goat-rearing project in Kenya lauded the project for enabling them to meet their basic needs, socialise and stave off loneliness. Says one beneficiary, "Before this project, we barely knew each other. Now we meet often and visit each other. I am no longer as alone (lonely) as I used to be."

How does consultation with older people work?

The common belief and the pervading negative attitude hold older people as a group whose views do not matter and therefore, discourage their participation.

However, work with them over the years has shown that given an opportunity and a forum in which to express themselves, older people can articulate their needs and propose solutions that would work for them.

A lot of effort has gone into changing the attitudes of those who are key in implementing processes that have a bearing on the lives of older people. After attending a workshop dealing in issues of older people, a Government officer in Ethiopia, commented, "I never believed these poor older people had anything to

deliberations. This time if you cannot go with us, at least go armed with our concerns." "We have voices. We want to be heard and most importantly to be understood. This important workshop you talk about should be the platform for us".

Older people's participation is skewed if it involves only the articulate ones. To be all inclusive and for purposes of ensuring a wider cross section of views of various groups of older people, consultations must be undertaken with men, women, the disabled, the retired, older business



Older people's views are important

say. Now I have changed my mind and will always consult them".

When given a chance to voice their opinions, older people are often critical of the past where other people have deliberated and made decisions on their behalf, without soliciting their views and concerns. During consultations held in preparation for the Second UN World Assembly on Ageing held in April 2002 in Madrid, Spain, older people in Zimbabwe had this to say: "A lot has been done for us but without us. Workshops to discuss our situation have been held, programmes have been designed for us, for our good, yet we have had no input into these

people, older people affected by HIV/AIDS, farmers, etc. Even those who are house-bound and who may therefore not make it to meetings must be visited and their views and special needs factored into any programme work.

Effective consultations with older people require listening skills, patience, respect and acknowledgement of the poor, weak and marginalised. When planning projects, those who facilitate consultations need to be aware of the physical, social and emotional needs of older people, as winning their trust and confidence is crucial before effective work can be undertaken among them. ■

On the other hand orphans left under the care of older people suffer because they lack access to their basic needs such as food and education. They underlined that attending school is a struggle as they are always threatened to be thrown out of school, for lack of school fees said ".... Grandma begs the teachers not to send us away" says an orphan.

The economic vulnerability faced by households headed by older people is worsened by extreme poverty and the marginalisation they face due to their age. Poverty is exacerbated when older people sell their meagre assets to meet the costs of medical care for their infected adult children. Very few African countries have adequate social protection schemes to ensure the welfare of people in their old age. In some places these exist merely on paper due to lack of resources (finances get diverted to "more important" development projects).

The lack of well coordinated support limits older people's ability to cope in the face of extreme poverty. Most turn to faith based organisations and self-help groups for charitable donations and emotional support. Orphans also go out to sell their labour to raise money to buy food. Orphans are seen as an opportunity for cheap labour, while some young girls go into prostitution.

Despite the crucial role played by older people in the management of the AIDS pandemic, they continue to be excluded from programmes and interventions put in place by governments and other stakeholders to address the increasing number of orphans. Information designed

to increase awareness and understanding of HIV/AIDS is often targeted at the so called sexually active age group and lacks relevance to the value systems older people attach to issues of sexuality. Languages used are inappropriate and inaccessible to older people. Older people are still grappling with the myths and misconceptions associated to HIV/AIDS.

The disease casts a gloom over the continent's future as it continues to ravage its most productive age group. In the light of this, orphans and the older persons are extremely vulnerable and action is required at all levels to mitigate the impact of HIV/AIDS.

Ideas for Action

- National governments, NGOs, donors and faith based organisations need to cater for older people in programmes and policies they put in place to address the issue of orphans.
- Governments need to come up with national policies on ageing that recognise the role, contributions and needs of older people at community and national level.
- Home based care training needs to target older people as they are the ones who are mostly faced with the challenge of caring for their adult children and yet have no knowledge of how to provide care and protect themselves.
- Counselling services need to extend to older people who are suffering silently due to stigma and the stress of care.

- Orphans also need counselling and support as they are at the brink of danger that may devastate their life.
- Older people and orphans need support to help them access their legal and social rights, such as social protection programmes and other entitlements including inheritance of property, child welfare grants, access to education, health care and other social services.
- Awareness raising activities should be stepped up among community members about the situation of older carers, orphans and OVCs in a bid to root out the stigma and discrimination that exist against them and to marshal support for them.
- In an effort to ensure the economic self-sufficiency of vulnerable households headed by older people or orphans, governments should mobilise resources towards them. Orphans need skills through vocational training to increase their chances in the job market. Older people need to be supported in income generating programmes to use their life time skills.
- Where social security schemes exist, access to them needs to be less bureaucratic for older people who are already burdened by the caring role.

Governments and other stakeholders should seek a holistic approach to solving the orphan crisis, which includes creating links between solutions sought to solve problems that beset the various groups affected by the HIV/AIDS scourge. ■

The AU Policy Framework and Plan of Action on Ageing Launched in Addis

The African Union (AU) - formerly the Organisation of Africa Unity (OAU) - hosted the launch of the AU Policy Framework and Plan of Action on Ageing at the Union's headquarters in Addis Ababa, Ethiopia. The event held on 5th December 2003, was attended by Ambassadors and High Commissioners from 30 countries and NGOs.

Ato Kilfe Wodajo the first Secretary General of the OAU when it started, now an older man himself, highlighted the role of older people in society and reiterated that they do not lose their important status

in society by virtue of their age. The Commissioner, Bience Gawanas, expressed the AU's commitment to continue collaborating with HelpAge International (HAI) in taking forward issues of older people. Prof. Johnson, the then Director of the OAU Division responsible for the Policy Framework and Plan of Action on Ageing at the time it was being prepared commended HAI for advocating older people's issues against all odds. The HAI Africa Regional Representative, Mr Tavengwa Nhongo, called on those African governments without policies to develop these as a way of addressing the problems

of the continent's older people. Those with policies in place were encouraged to implement them rather than leave them on paper only.

Dr Mary Maboreke of the AU gave a brief of the process the preparation of the document undertook. The framework, which was first launched in Nairobi in July 2003, is the product of years of collaborative work between the AU and HAI. It acts as a guide to AU member states as they develop their national policies on ageing. In addition to English, it is now available in Arabic, Portuguese and French. ■

2003 International Day for Older Persons!



An older women's group makes a presentation at past IDOP celebrations

Last year's theme for the International Day for Older Persons, marked on October 1, was Older People: New Power for Development.

In his speech, the UN Secretary General, Kofi Annan, reiterated that older persons are a powerful but untapped resource and acknowledged the Madrid Plan of Action on Ageing for moving older persons into the mainstream of development policy debate. He presented a challenge for the world community to bring the invaluable attributes of older people out of obscurity and in step with other development instruments, including work to achieve the Millennium Development Goals.

In Africa, celebrations were held in various countries to mark the day that was first marked 13 years ago during the International Year of Older Persons in 1999.

Tanzania: Activities were undertaken to benefit older people, including shelter repair, construction of toilets, cleaning of homes, public rallies and public debates. Thirteen age care organisations held older people's fora in Dar es Salaam. Guests to the celebrations included prominent government officials from the Ministry of Labour and the Department of Social Welfare and older people. The chief guest was the former President of the United Republic of Tanzania, Alhaj Ali Hassani Mwinyi. Older people were given a voice on radio and television to talk about their problems.

Zimbabwe: At the celebrations spear headed by HelpAge Zimbabwe (HAZ), marches were held in Bulawayo, Mutare, Nkayi and Karoi. Government officials, UN representatives, older persons, and staff and board members of HAZ attended the celebrations, which were marked with entertainment and speeches.

Sierra Leone: Current Evangelism Ministries (CEM) made a presentation on older people's rights at a public lecture organised by the British Council to mark its 60th birthday in the country. This coincided with IDOP. In attendance were, among others, British Council staff and the Permanent Secretary in the Ministry of Social Welfare, Gender and Children's Affairs. Due to the awareness raised on older people's issues during the lecture, the CEM director has been invited by the Government to offer advice in the formulation of a national policy on older persons in Sierra Leone.

Cameroon: Celebrations were held on different days for the Francophone and Anglophone provinces. Older persons turned out in large numbers to mark the day dedicated to them, a day whose importance was underscored by the Minister of Social Affairs sending out a communiqué to various provinces. A conference with other NGOs was held to discuss issues of older people. Older people were screened and fitted with glasses. In Fomopéa, home visits were

undertaken during which older people's homes were cleaned and those with ailments treated in a mobile clinic. There were various forms of entertainment and distribution of foodstuffs to older people.

Swaziland: The Government, through the Principal Secretary in the Ministry of Health, urged the nation to honour the day. Three hundred older people turned out and were given a forum to air their issues to the Government, including difficulties in accessing their pensions due to poor attitudes of social welfare officers, lack of resources to care for their grandchildren rendered orphans by AIDS, rape and assault, difficulties in using public transport, among others.

Sudan: The day was marked with public and school lectures, exhibitions, health days and media sensitisation on issues of older people. The Sudanese Society in Care of Older People, had as its objectives for this year's celebrations lobbying the government to endorse a policy on older people, mobilising local and international NGOs and UN agencies to give more support to older people's issues in Sudan.

South Africa: Muthande Society for the Aged organised a lunch and a series of talks to mark the day. The Executive Manager was invited to two radio stations for interviews on older people's issues. These have resulted in enquiries from the public.

Ethiopia: At the celebrations to mark the day, over 22 older people's associations and governmental organisations took part. For the second year in a row, The President of the Federal Democratic Republic of Ethiopia, Girma W Giorgis attended the event at the National Theatre. The Addis Ababa Pensioners' Association, which has more than 30,000 members, took part for the first time by holding a panel discussion on the situation of older people in Addis. This year's celebrations were marked by an increment by the government of pensioners' pay, a change that national and regional pensioners associations have been advocating for.

Uganda: Older people were presented with heifers to mark the UN Day as part of a project to improve the lives of older people caring for AIDS orphans in the country. The animals were handed over by the State Minister in charge of the Elderly and Disability in the Ministry of Gender, Labour and Social Development, Hon Florence Naiga Sekabira.

Kenya: The Day was preceded by a week of activities and culminated with festivities in Ahero in collaboration with HelpAge Kenya's partner in the area – Ahero Joot Social Services. Support was received from government officials and the National Social Security Fund in the form of blankets and other items that were distributed to older

people. Hon Samuel Poghiso, a Member of Parliament, attended a media breakfast held to raise awareness on older people's issues and the International Day.

Mozambique: In attendance were numerous older people, government representatives, international NGOs, such as Lutheran World Federation and World Food Programme. The NGOs donated food items and advocacy material. Older people expressed themselves in songs and in other fora. Churches also offered lunch to older people. Exchange visits were undertaken between older people living in homes run by the Catholic church and those living within their communities. ■

Older People's Participation in Poverty Alleviation

The Madrid International Plan of Action on Ageing (MIPAA) that resulted from the Second World Assembly on Ageing held in Madrid in 2002, requests governments to integrate older persons into national and international development frameworks, including the Millennium Development Goals (MDGs).

A workshop on ageing and poverty held in Dar es Salaam, Tanzania, in October 2003 sought to explore practical linkages between the agreements made in Madrid and the poverty related operational programmes of governments of sub-Saharan Africa. The objective of the workshop was informed by the proposition by organisations working with and for older people, that Goal 1 of the Millennium Development Goals – halving poverty by 2015 – will not be achieved unless older persons are included to contribute in related action programmes. Participants at the meeting called for the incorporation of ageing into national poverty strategies, Poverty Reduction Strategy Papers (PRSPs) and MDGs.

Older people's inclusion into poverty alleviation programmes begins with mainstreaming ageing into development processes, including national poverty reduction strategies and MDG action programmes. Where they exist, national policies on ageing need to be linked to these poverty reduction processes and budgets and with sectoral programmes (health, HIV/AIDS, gender, rural development, conflict and migration, food security, water and sanitation) concerned with extreme poverty and vulnerable groups.

Participation of senior citizens also involves giving them a voice during national consultations and their inclusion in the design of community level projects.

Workshop participants also called for the need for:

- Support programmes and initiatives to enhance productive capacity and potential of older persons through such measures as micro-finance, micro-credit schemes, awareness creation and participation approaches.
- Strong partnerships between public sector social services ministries and ministries of finance and planning to determine the best way to integrate older persons into national poverty reduction strategies.
- Lobbying by older people's organisations for national budgets to make provisions for delivery of support services to senior citizens, especially the chronic poor.
- Existing household data to be disaggregated by age to bring out the needs of older persons and research to be undertaken to improve the understanding of their poverty situation.

The workshop was attended by 70 participants. These included 25 government representatives from 12 countries from Eastern, Central and Southern Africa; civil society participants from 11 countries; representatives of United Nations Department of Economic and Social Affairs, UNDP, WHO, UNFPA, World Bank and DFID UK

A lot of groundwork is needed for the MIPAA agreements with respect to ageing and poverty to be achieved. This will require political will by governments and a concerted awareness building process among stakeholders (other NGOs and the civil society) to bring about an integration of older people's issues into their work. Such a process must encompass capacity building and technical analysis in order to



Hein Du Plessis/HelpAge International

As the poorest of the poor, older people should be included in strategies to alleviate poverty

understand the nature of the relationship between ageing and poverty, how to translate this into policy and action and the employment of the necessary budgetary mechanisms. ■

Organisational Profile

Maseru Women's Senior Citizen Association (MWSCA)

MWSCA was established by a group of senior citizens in Maseru, Lesotho, in 1997. The Association's members have since increased to 97 from the 10 at its inception.

MWSCA joined HelpAge International as a member in 2002. The Chairperson, Mrs Anna M. Hlalele, is an older woman and a well-known former cabinet minister in the previous Lesotho government. She was also a one-time educator.

As an organisation exclusively led by senior citizens, MWSCA is well recognised and respected by local authorities. The country's Prime Minister, His Excellency Honourable Phakalitha Mosisli, attended as the guest of honour a regional rights workshop hosted by the Association in 2001.

In recognition of the Association and its work to better the lives of older people in Maseru, the Lesotho Government offered MWSCA a house to use for its activities in 2002.

Recently, the Association held a fundraising dinner during which senior citizens held a fashion show. The event was graced by the Honourable Minister for Gender, Youth and Sports, the Government Secretary and his wife, members and friends of the Association, members of the diplomatic corps, and representatives from international organisations.

Organisation Structure

The Association's affairs are managed by a Board whose members comprise a chairperson, vice chairperson, secretary, vice secretary, treasurer and four committee members.

Mission and Objectives

MWSCA was set up to fulfill the following mandates:

- To assist older people to access public facilities, especially health care services.
- To impart home-based care skills to the youth to enable them to assist older people in their homes.
- To develop links with other non-governmental organisations in the country and internationally with interests to assist older people.
- To undertake projects aimed at improving the livelihoods of senior citizens in and around Lesotho.



Hein Du Plessis/HelpAge International

Older people enjoy themselves at a recent MWSCA fund raiser

Projects and Programmes

The Association undertakes visits to homes of older people who are housebound and those who are physically challenged. As part of a fundraising strategy, sewing and knitting lessons are conducted for members, while cakes and traditional foods are prepared for sale.

Other older persons who are not members of MWSCA are assisted to start their own similar associations in the villages.

During Christmas, the Association organises parties for older people from all walks of life and distributes presents to those unable to attend due to ill health.

Overview of Activities Carried out so Far

Through financial assistance offered by HelpAge International Africa Regional Development Centre, MWSCA has undertaken a survey in Khubetsoana, to determine the best way to promote the rights of older people.

The Association over the last two years hosted Operation Crossroads Africa Volunteer students from universities

across USA and Canada, were volunteers spent 6 weeks working with the community and schools at Ha Ntlama and in neighbouring villages in Berea District on community - based development projects.

As its participation in Lesotho's Poverty Reduction Programme, MWSCA initiated supply of food donated by donors to the needy.

Members with various skills have given talks in subjects such as nutrition and environmental health to women from all over the country who volunteer to look after children infected and affected by HIV/AIDS.

Future Plans

The Association plans to hold workshops on HIV/AIDS for older people to raise awareness about the impact and to assist other older people to establish their own similar associations in their districts. Jumble sales, raffles, walks and concerts will be held to raise funds for planned activities. Interested members will also venture into international cuisine to make some more money for the association. ■

Older Citizens' Monitoring Project: Case Studies from Kenya

After the Second World Assembly on Ageing held in Madrid, Spain, in 2002, HelpAge International has taken the process further by embarking on the Older Citizens Monitoring Project (OCM). The aim of the project is the promotion of the involvement of older people in monitoring policy processes and ensuring that commitments made at the Assembly are implemented. Activities are currently underway in Bangladesh, Bolivia, Kenya, Tanzania and Jamaica.

The project will ensure that disadvantaged older people are involved in the development process and that this involvement is translated into specific public policies and programmes in the developing countries where the project is running. Older people are now participants in activities designed to monitor their governments' commitments to the Madrid International Plan of Action on Ageing. OCM involves older people and their organisations and the civil society, including development NGOs.

In Kenya, senior citizens in collaboration with representatives of civil society organisations, governments and local authorities are participating in the development, implementation and monitoring of policies relating to their rights to health services. The project areas are Misyani in Machakos District and Ngando slums in the city of Nairobi.

Older People's Experiences under OCM

Francis, Leading the Fight from the Front

Despite his age, 84-year old Francis Ng'ang'a stands out a champion of older people's rights in Ngando and has led calls for the Government to put in place policies that guarantee a better and dignified life for Kenya's older citizens. He appeared before the Kenya Constitutional Review Commission and made several presentations in relation to the rights of older persons to land, to participate in governance and meet their basic needs. Francis is the Chairman of an older persons' group.

After several awareness raising and workshops on issues of older persons, Francis has helped to identify health as a major problem for older persons in Ngando. The health problem is compounded by the negative attitudes of the health care workers towards the older persons, long distances to health centres and their high charges. Older people in the area have called on the Department of Social Services to take into consideration and tend to their special needs.

With Francis as the leader, various older people's groups are pressing for a meeting with officials from the Department of Social Services, health offices and the local leaders to voice their issues, as the leaders and government officials are not taking these seriously.

Taking Issues Head-on: Kivindu's Story

Through the OCM project, older people in Misyani are more aware of their rights and can now demand better treatment at health facilities.

At 82 years, Kivindu has demonstrated that older people have a voice. He narrated his experiences in seeking medical help from Kangundo District Hospital. Not only did he have to walk five kilometres to the hospital, he also had to queue for a long time for his turn to see the doctor. He received a casual look over from the doctor, who then prescribed some costly medicines that Kivindu had to pay for as the hospital had no drugs.

He sought redress from the local area councillor who wrote a letter to the doctor authorising him to assist Kivindu. However, the doctor tore the letter and sent him home with no medicine. Although he left the hospital feeling dejected, Kivindu is hopeful and says that the battle to have older people receive due recognition is on. He asserts that he should be heard and his medical needs treated since old age is not a disease. Kivindu believes that winning the war starts with each older person demanding his or her rights, a move that will eventually see negative attitudes towards people like himself change positively. He says he now understands why older people chose to stay home and die from treatable ailments but this needs to change.

OCM will provide local level evidence on the marginalisation of older people in policy processes. It will also create awareness on the rights of older Kenyans, increase their capacity to monitor health service delivery and eventually ease their access to health services. Their involvement and that of their communities is vital. Older people's experiences in health centres will be documented over a period of time. The information gathered will be used as an advocacy tool for better services. ■



Older people have a right to access health care services

Good News for Ethiopia and Kenya Pensioners!



Hein Du Plessis/HelpAge International

A pension pay point in South Africa

October 1st in Ethiopia was a day for double celebrations for pensioners in the country. Not only was it one of the festivities to mark the International Day for Older Persons, it also brought good news. The Ethiopian Government finally heeded calls by national and regional pensioners' associations and doubled pension pay for former state employees. Pay for Ethiopia's 411,000 pensioners has been doubled to US\$ 11 per month. This increase has been backdated to September 2003 and will cost the government about US\$ 6 million. However, recipients are all former government employees. Peter Bofin, the Director of HelpAge International Ethiopia, noted that three million older people in the rural areas receive no pensions at all and live in abject poverty. A lot therefore remains to be done for the majority of rural older people who have not been in formal employment and are therefore not eligible for pension.

In Kenya, retirees will now get their pension on a monthly basis until the money due them is exhausted. This move is part of the reforms at the National Social Security Fund (NSSF), which the Managing Trustee, Naftali Mogere, said will "ensure that the money is put to good use and benefits the retiree for a longer time." Previously retirees were paid a lump sum amount, which if not invested wisely, ran out quickly without benefiting the recipient. Mobile pay points will be introduced in rural areas to bring the Fund's services closer to the people. Computerisation of NSSF's operations is underway to facilitate pensioners to access their money from any of its branches in the country. This move will save older people the trouble of undertaking expensive trips to major towns to access their pension, which is not always forthcoming due to bureaucracy. ■

Farewell...

To Job Ogonda, who has been a project officer under the Rights Programme at the ARDC. We wish him all the best in his new undertakings.

Correction

In our last issue we referred to the new programme officer at the ARDC as Rosemary Kihumba. The correct name is Roseline Kihumba.

Welcome

Welcome to Deborah Kaijuka, recruited as the Chief Executive Officer of the Uganda Reach the Aged Association.

Forthcoming Events



Training Course on Ageing in Africa

The 7th training course on ageing in Africa is slated for August 2004 in Nairobi, Kenya. The course is targeted at social and project workers, volunteers, and government employees. It also provides practical information about older people's needs to academicians and researchers on ageing issues. All are welcome to register. A fee of US\$ 400 is chargeable. This covers

accommodation and course materials. Those not requiring accommodation will pay US\$ 150. Participants are expected to meet their own costs of travel, medical and travel insurance, and any other incidental expenses.

For an application form and course details, write to helpage@helpage.co.ke

Quotable Quote

"My problems are food, blankets, sugar. I like tea, I can't get it, my eye sight is weak, I am weak and have no assistance to do the housework or go to church to pray"

Mrs. Nakatobernadute, an 85 year-old woman with disabilities.

HelpAge International

HelpAge International
Africa Regional Development Centre,
PO Box 14888, 00800 Westlands,
Nairobi, Kenya.
Tel: 254 0(20) 4444289,4446991,4449407
Fax: 254 0(20) 4441052
Email: helpage@helpage.co.ke

The next edition of Ageing in Africa will be published in May 2004. Please send articles by 30th April 2004