

A life without fear

*Before I was
despised*

*now I am
valued*



Shiduki, 71, lives in northern Tanzania. “After my husband died, his family turned me out of my house. For seven years I lived alone in an old house that let the rain in. People despised me because I had nothing. I even received death threats.

“Then NABROHO (an older people’s organisation supported by HelpAge International) came to work in the community. I started to be more valued. The community constructed a new house for me and I joined a savings and credit group set up by NABROHO.

“Now I can stay in my house without any fear, because the doors and windows are strong. With money from the group I am growing cotton for sale and maize as a staple. Now I’m living more peacefully.”

Find out more

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HelpAge International is a non-profit organisation governed by a board of trustees. We have no political or religious affiliation. We have offices in 18 countries employing 290 staff, and a head office in London with 65 staff. Most of our projects are carried out in partnership with local organisations. Our income in 2009 was £17.2 million. We raised this from more than 40 institutional donors.

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HelpAge
International

age helps

A short guide to HelpAge

What we stand for and what we offer

*When older
people speak*

we listen



Because age helps

The contribution older women and men make to society – as carers, advisers, mediators, mentors and breadwinners – is invaluable.

But growing older is not without its problems. Older people's social status rarely reflects their crucial contribution – and they remain some of the poorest and most neglected people in the world.

HelpAge International helps older people claim their rights, challenge discrimination and overcome poverty, so that they can lead dignified, secure, active and healthy lives.

Our work in over 75 countries is strengthened through our global network of like-minded organisations – the only one of its kind in the world.

By 2050, nearly 1 in 5 people in developing countries will be over 60

Age demands action



Antonio Olmos/HelpAge International

What we can offer you...

Over the past 25 years, we have built up a unique body of knowledge on older people's issues – which we are keen to share with you. Here are some ways we could work together.

You work for a government or international body

Governments and UN agencies often turn to us for advice on drafting policies on issues such as poverty reduction, emergencies and social protection.

Our direct work with ten governments in Africa, Asia and Latin America shows that non-contributory pensions for all older people are a highly effective way to reduce family poverty, even in the poorest countries.

Get started

- Visit the Pension Watch section of our website at www.helpage.org/pensionwatch
- Sign up for our policy newsletter, *Ageing and Development*, at www.helpage.org/ageinganddev

You work for an NGO or community group

Older people may be poor and marginalised, but by joining together they can be a powerful force for change.

Working through local partner organisations, we support 2,500 older people's associations in 40 countries. And our pioneering older citizens' monitoring groups are now operating in nine countries, achieving better access to state services for older people.

In the face of crises such as natural disasters or HIV and AIDS, older people are a precious but under-valued resource. We make sure they are included in strategies to help their communities cope. Why not tap into this expertise?

Get started

- Sign up for our newsletter, *Ageways*, at www.helpage.org/ageways
- Download *Humanitarian action and older persons*, written by HelpAge International and the World Health Organization, from www.helpage.org/emergencies/resources
- Request or download *Forgotten families*, written by HelpAge International and the International HIV/AIDS Alliance, from www.helpage.org/policyreports

You are an academic

Climate change, the financial crisis, HIV and AIDS... they affect every generation, but older people are so often missing from the data. We can help you design research studies that present the full picture.

Get started

- Sign up for our *Ageing and Development* eNewsletter at www.helpage.org/enewsletter
- Request or download *Participatory research with older people* from www.helpage.org/manuals
- Contact your nearest regional centre or the London office at the address overleaf or at www.helpage.org/contact



“The network allows voices from the grassroots to travel further and the message to become stronger.”

**Tilak de Zoysa
Chairman,
HelpAge Sri Lanka**

You want to join the HelpAge network

Nearly 80 organisations in more than 50 countries are affiliated to HelpAge International, forming a unique worldwide alliance standing up for the rights of older people.

Get started

- Contact your nearest regional centre or the London office for details of how to apply

You want to support our work

We are helping older people raise their voices. You can too.

Get started

- Watch our Age Helps video at www.helpage.org/films/agehelps
- Sign our Age Demands Action petition at www.helpage.org/petition/ada
- Make a donation at www.helpage.org/give