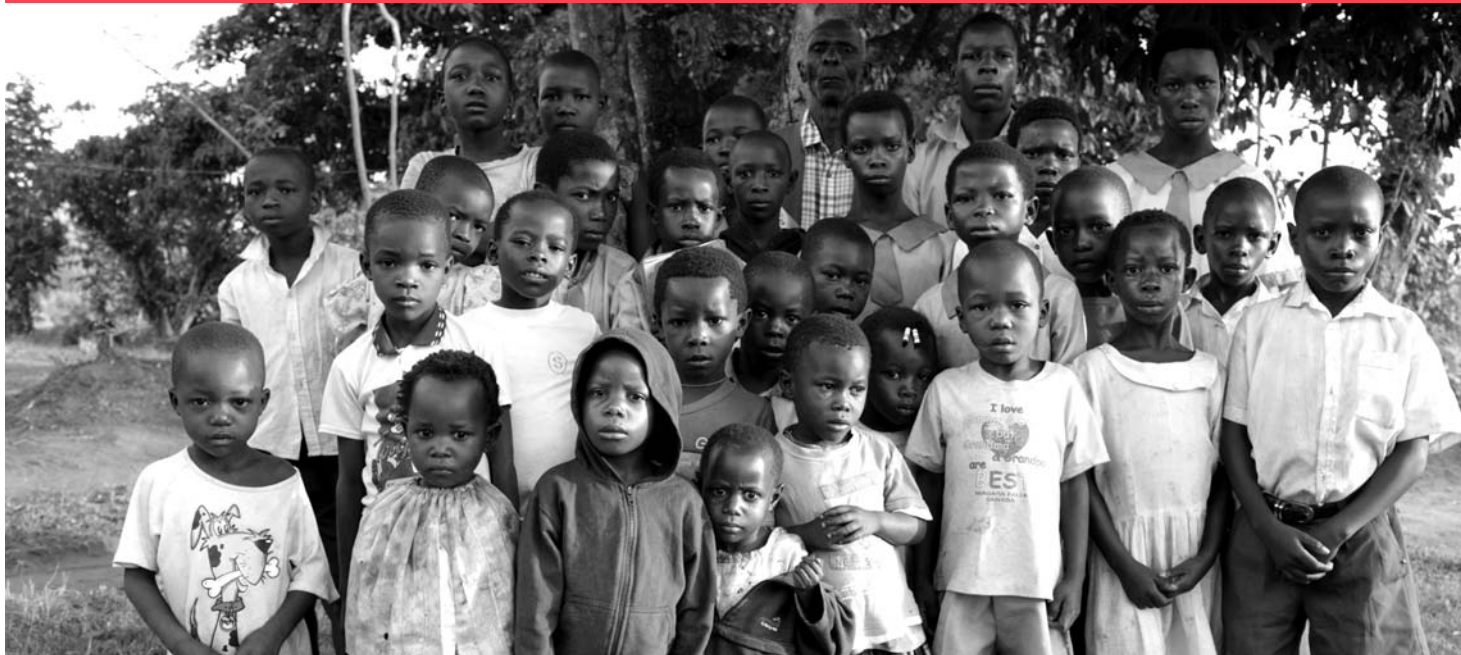


# Ageing and Development

News and analysis of issues affecting the lives of older people

Issue 21 May 2007



Older people such as John Riukaamya from Uganda, who cares for many orphaned grandchildren, want governments to implement MIPAA.

## Older citizens call for action

**HelpAge International has been working with older people's organisations to assess their governments' progress in implementing the Madrid International Plan of Action on Ageing (MIPAA).**

By adopting MIPAA in 2002, governments promised to halve old-age poverty and hunger by 2015, in line with the first Millennium Development Goal, and to include ageing in all social and economic development policies.

Preliminary older citizens' reports from Bangladesh, Moldova, Serbia, Uganda and Vietnam show that older people are calling for a regular income, accessible healthcare and respect for their rights.

Tatiana Reabov, a 77-year-old widow from Moldova, has yet to see the MIPAA promises realised. 'MIPAA provides for older people to have a decent life. But older

people in Moldova do not live well. Their children go abroad in search of better-paid jobs, but they do not always succeed.

'Last winter I went to pay my heating bills. I met an acquaintance whose bill was very low. I asked her how this was possible. She told me she had disconnected the whole heating system.'

Abdul Hai, president of an older people's village committee in Gazipur, Bangladesh, feels more optimistic after actively campaigning for older people's rights to be realised.

With support from the Bangladeshi NGO, Resource Integration Centre, his group has monitored older people's access to services and lobbied for improvements.

'The government provides an old-age allowance. Initially only 108 older people received it in

my area. But now about 481 older people are receiving it. The government has also increased the level of the allowance, and it is preparing a national policy for older people.'

But healthcare remains a worry for him. 'Sometimes we cannot afford treatment. Things could be improved if the government or NGOs set up a community medical centre for older people and provided free medical treatment.'

HelpAge International took the views of older people to the Commission for Social Development in New York in February 2007 (see page 3).

'MIPAA could make a difference if its recommendations on pensions, healthcare and anti-discriminatory legislation were acted on,' says Sylvia Beales, HelpAge International policy manager. 'Older people's voices need to be heard by governments.'

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# News round up

Developments that affect older people's quality of life

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## Lesotho pension helps families

**The Government of Lesotho has announced a one-third increase in the value of the social pension.**

The social (non-contributory) pension was introduced in November 2004. Everyone over the age of 70, except those receiving a government pension, initially received M150 (US\$22) a month. The amount has been increased this year to M200 (US\$28.4).

Research on the impact of the pension is being carried out by the National University of Lesotho. Preliminary findings from interviews with 215 older people in the Roma Valley, northern Lesotho in 2006 show that:

- 61 per cent of recipients use the pension to buy more food for themselves and their household
- 23 per cent receive other cash income
- two-thirds use some of their pension for the healthcare needs of other people, mainly their children and grandchildren living in the household.

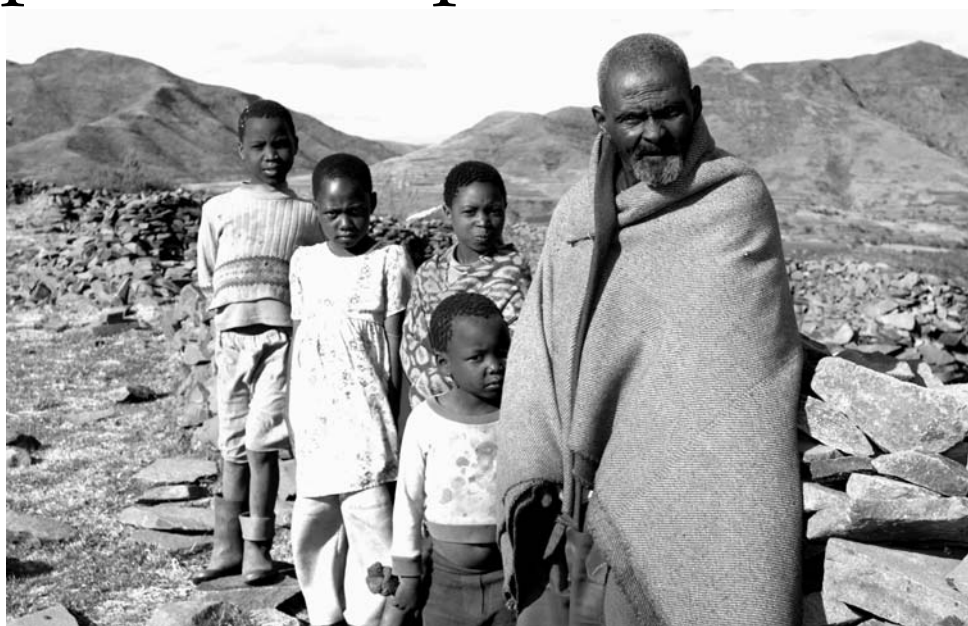
Two more surveys have been carried out in other districts and the results are being analysed.

### More information:

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See also Profile on page 8.

Pension Watch  
[www.helpage.org/researchandpolicy/pensionwatch](http://www.helpage.org/researchandpolicy/pensionwatch)



Two-thirds of social pension recipients in Lesotho buy healthcare for children in their household.

Lelle Amanpour/HelpAge International

## World Bank work 'biased'

**A new report criticises the way the World Bank has used its research to push for pension privatisation in developing countries.**

An evaluation of World Bank research, 1998 – 2005 was prepared by a group of academic economists at the request of the World Bank. It reports that the Bank's research was used to proselytise on behalf of Bank policy. Internal research that was favourable to Bank positions

was given great prominence, and unfavourable research ignored, says the report.

The report goes on to question the usefulness of the Bank's pension reform work in light of the 'bias and analytical errors' on which it has been based.

'Overselling first the value of privately-managed individual accounts and then of non-financial defined contribution systems does not serve the Bank's central role in

broadening the understanding of development policy,' it concludes.

The report echoes the views of two earlier internal Bank reports, *Keeping the promise of old age income security* (2004) and *Pension reform and the development of pension systems: an evaluation of World Bank assistance* (2006).

### An evaluation of World Bank research, 1998 – 2005

Abhijit Banerjee, Angus Deaton,  
Nora Lustig and Ken Rogoff, 2006

## Comment

### Investing in the future

A recent survey by HelpAge International shows that social (non-contributory) pensions in low and middle income countries are affordable, practical and politically popular. Of 72 countries with

a social pension, 46 are low or middle income countries. HelpAge International surveyed 18 of these countries in detail. Twelve of them deliver a social pension for less than 1 per cent of GDP.

In some countries the level of pension is very low and the minimum age requirement relatively high. But even a small pension is

useful for the recipient. The fact that some of the poorest countries in the world choose to afford a social pension shows that action is mainly to do with political will.

This issue of *A&D* highlights rapidly growing numbers of older people, their need for a regular income, and their right to social security. Innovative development

approaches are required to support population ageing. All governments should invest in their older citizens. The benefits will be felt not only by them, but also by their families, communities and throughout our ageing world.

Sylvia Beales  
Policy Development Manager,  
HelpAge International

# Raising awareness of MIPAA

**Some countries are working to implement the Madrid International Plan of Action on Ageing, but awareness is generally low.**

This was evident at the 45th session of the Commission for Social Development (CSD) in New York in February 2007, which reported on progress in implementing the Madrid Plan (MIPAA).

The year 2007 marks the start of the MIPAA+5 review process. National governments have been asked to produce reports by mid-April 2007. They have been encouraged to adopt a bottom-up, participatory approach that involves older people themselves, following guidelines produced by the UN Department for Social and Economic Affairs (UNDESA).

Although progress in implementing MIPAA was acknowledged to be 'slow' by the UN secretary-general at the CSD, a number of countries are taking action. UNDESA is working with the governments of Cameroon, Kyrgyzstan, Kazakhstan, Senegal and Trinidad to integrate ageing issues into national development frameworks. Governments in Africa are developing social protection systems, which benefit the poorest older people (see page 4).

## Older citizens' views

HelpAge International has been working with older people's organisations in 11 countries to assess their governments' progress in implementing MIPAA.

Preliminary reports from five countries – Bangladesh, Moldova, Serbia, Uganda and Vietnam – were presented to the CSD. All showed that there was low awareness of MIPAA, both among governments and among older people, and that basic data on older people was lacking.

Although the countries were very different, the findings were consistent. Older people's priorities for implementing MIPAA were free and appropriate health care, income security, accessible and affordable transport, respect for older people's rights, and participation in society.

'By introducing a package of social pensions, free healthcare and anti-discriminatory legislation and practice, old-age poverty can be cut by half by 2015 and the Madrid Plan put on the road to implementation,' said HelpAge International Africa regional representative Tavengwa Nhongo in his address to the UN plenary.

The reports will be presented at UN regional review meetings. Regional meetings will take place in Macao, China in October (ESCAP), León, Spain in November (ECE) and Brasilia,

Brazil in December (ECLAC). Regional reports will be received at the 46th session of the CSD in February 2008.

## Decent work agenda

Ageing issues were also raised under the theme of 'Decent work for all' at the 45th session of the CSD.

More than 70 per cent of older men and 50 per cent of older women in developing countries work, mainly in the informal sector. The International Labour Organization's Decent Work Agenda, as one of its core pillars, calls for social protection for all workers throughout their lifetime.

## Citizen perspectives on implementing the Madrid International Plan of Action on Ageing

Summary of a side event by Global Action on Aging and

HelpAge International at the 45th session of the Commission for Social Development in New York in February 2007  
HelpAge International and Global Action on Aging, 2007  
[www.helpage.org/resources/briefings](http://www.helpage.org/resources/briefings)

## Universal benefits: delivering rights and reducing poverty

Summary of a side event on universal social cash transfers, organised by HelpAge International and Save the Children UK at the 45th session of the Commission for Social Development in New York in February 2007  
HelpAge International and Save the Children UK, 2007  
[www.helpage.org/resources/briefings](http://www.helpage.org/resources/briefings)

## Guidelines for review and appraisal of the Madrid International Plan of Action on Ageing: bottom-up participatory approach

UNDESA, 2006  
[www.un.org/esa/socdev/ageing](http://www.un.org/esa/socdev/ageing)

## Madrid International Plan of Action on Ageing 2002

[www.un.org/esa/socdev/ageing](http://www.un.org/esa/socdev/ageing)

# New EU states attend to ageing in Africa

**New European Union member states are taking action on ageing in developing countries.**

Older people from Uganda and Zambia have raised their concerns with Czech and Slovene government representatives through meetings facilitated by HelpAge International.

As a result, Marija Adanja, head of the Development Assistance Office in the Slovene Ministry of Foreign Affairs has arranged to visit Zambia in May 2007 to see examples of programme work supporting older people affected by poverty and AIDS. The Slovene Government has also agreed to support a civil society event on

ageing and development during its EU presidency in the first half of 2008.

Czech government representatives have acknowledged that ageing has not received enough attention to date. The Czech Ministry of Labour and Social Affairs has invited HelpAge International and its African partners to contribute ideas for promoting older people's issues through Czech development cooperation and the Czech EU presidency in 2009.

**More information:**  
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Kate Holt/HelpAge International

The concerns of older Africans are being raised in new EU states.



# News round up

Developments that affect older people's quality of life

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Lulu Amanpour/HelpAge International

South Africa has announced an increase in the social pension.

## Social protection progress in Africa

**African countries are following up on their promise to support their poorest citizens by developing social protection systems.**

In March 2006, 13 African governments adopted the African Union supported Livingstone Call for Action on Social Protection. This calls on governments to put together costed social cash transfer plans within two to three years.

A number of social protection initiatives are underway. Kenya has established a social protection steering committee to oversee a pilot cash transfer scheme for children, older people (including a means-tested social pension), people with disabilities and people living with HIV and AIDS.

Governments are developing social protection strategies and pilot projects in Malawi, Ghana and Zambia. Tanzania is moving towards the adoption of a national social protection framework.

HelpAge International is working with the Ministry of Social Action in Mozambique to pilot the extension of the government food subsidy and cash transfer scheme to the poorest households in rural districts. In the current urban-based scheme, more than 90 per cent of recipients are over 55.

In March 2007, the Government of Uganda hosted a two-day

workshop organised by HelpAge International to consider the economic and social impacts of cash transfers, including the social pension, as part of its consideration of a future social protection pilot.

Increases in the level of the social pension have been announced in Lesotho (see page 2) and South Africa (to R870 – US\$122).

**Social cash transfers for Africa: A transformative agenda for the 21st century**

*Details on page 11*

## Civil society backs social protection

**Civil society organisations are becoming active in the move to expand social protection in Africa.**

In March 2007, 65 representatives of international and national NGOs, faith-based organisations, research institutions, development partners and the media from 14 African countries met in Johannesburg to review how they could become more involved in the social protection debate.

The meeting was co-organised by the Grow Up Free from Poverty coalition and the Regional Hunger and Vulnerability Programme (RHVP).

The Johannesburg meeting followed the launch in London in December 2006 of the Grow Up coalition's campaign for the 'universal minimum of social protection' for older people, children and disabled people. The London meeting brought together more than 100 representatives of NGOs, governments, European Union and United Nations agencies.

Gareth Thomas MP, Parliamentary Under-Secretary of State, UK Department for International Development, reminded participants of the important role played by social protection in Europe's rise to prosperity. 'Without that system

of cash transfers, poverty levels would today be a fifth higher than they are,' he said.

The Hon. Margaret Nasha, Minister of Local Government, Botswana, described how her government had introduced a social pension in 1996 for everyone over 65.

'There was no agitation for the pension,' she said. 'It was introduced in recognition of the problems that HIV was creating for older people.'

A number of EU governments, UN institutions, and civil society organisations in the EU and developing countries are pushing for a higher profile for social protection at the G8 summit in Germany in 2007.

As part of this, Help the Aged and HelpAge International are launching a joint Pensions not Poverty campaign in May 2007.

**More information:**

*Grow Up Free From Poverty*  
[www.grow-up-free-from-poverty.org](http://www.grow-up-free-from-poverty.org)

*Help the Aged*  
[www.helptheaged.org.uk](http://www.helptheaged.org.uk)

## Rethinking support in Asia

**Asian governments are starting to consider social pensions as a means of supporting the region's rapidly growing numbers of older people.**

In January 2007, more than 70 representatives of governments, NGOs, international agencies and donors from 13 countries in Asia met in Bangkok to review existing social protection policies for older people and consider how to develop these.

The meeting was organised by HelpAge International, UNESCAP and the ILO, with support from the Japan Foundation and DFID.

Participants acknowledged that new ways of supporting older people were needed.

A final statement by participants noted the existence of several schemes for delivering social pensions and other forms of social protection in Asia as 'a demonstration of the intent and commitment of our governments to ensure income security for all Asians in old age'. It calls on governments,

UN bodies, the international donor community and civil society 'to continue their commitment and strengthen their support to the analysis, research, debate and implementation of social pension programmes in the region'.

**More information:**

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## Diary

■ Proposed legislation in India means that children who fail to provide for their parents financially could face a prison spell, reports the *International Herald Tribune*. The Older Persons' Maintenance, Care and Protection Bill has been drafted in response to the 'gradual but definite withering of joint family system'. Some activists say the

problem is not that children do not want to care for their parents, but that some are unable to provide for them. More than 90 per cent of the population has no state pension.

[www.iht.com/articles/2007/03/01/news/letter.php?page=1](http://www.iht.com/articles/2007/03/01/news/letter.php?page=1)

■ A white paper published by the Chinese government pledges more effective strategies to enable older citizens to share the fruits of economic and social development. *The development of China's*

*undertakings for the aged* sets out goals for older people's security, healthcare, social services, cultural education, participation and rights. [www.china.org.cn/english/aged/192020.htm](http://www.china.org.cn/english/aged/192020.htm)

■ Older people receive barely a mention in the UNFPA's *State of world population 2006*, which is on women and international migration. However, in another report, the UNFPA highlights the 'magnitude' of population ageing

in east and south-east Asia and the need for governments to respond. *Population ageing in east and south-east Asia: current situation and emerging challenges* shows that one-third of the world's older population lives in this region. By 2050, older people will constitute 30 per cent or more of the population in four of the 15 countries covered by the report – Japan, Republic of Korea, Singapore and China – and more than 10 per cent in all the rest. <http://cst.bangkok.unfpa.org>

## AIDS care in Africa

**New data from Africa shows that grandparents care for the majority of children in communities affected by HIV and AIDS.**

HelpAge International has been working with partner organisations in seven African countries to support older people affected by HIV and AIDS. The three-year programme, funded by Comic Relief, combines practical interventions with advocacy.

At the start of the programme, partners collected background data on the communities in which they were to work. A meeting of project partners in November 2006 provided the first opportunity to pool the background data and get a multi-country view of how HIV and AIDS affect older people in Africa.

A number of points emerged:

■ The percentage of older people in 11 different communities ranged from 3-41 per cent. In most communities it was more than 10 per cent. The exceptionally high figure of 41 per cent in Ahero, Kenya, was explained by the area's propensity to floods, droughts and uncertain livelihoods, resulting in disproportionately high numbers of young people leaving the area.

■ The percentage of orphans and other vulnerable children cared for by older people ranged from 26-81 per cent. In most communities it was more than 60 per cent.

■ The average number of orphans and other vulnerable children cared for by each older person was 2-4. However, this masked the fact that many older people cared for larger numbers of orphans, often 7-10.

■ The percentage of sick people cared for by older people ranged from 10-88 per cent. In most communities it was more than 30 per cent.

### More information:

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Email: [dlackey@helpage.co.ke](mailto:dlackey@helpage.co.ke)

Country and partner organisation	% of population in project area who are OP	% of households headed by OP	% of OVCs in community cared for by OP	Average no. of OVCs cared for by OP	% of PLWHA/ill people cared for by OP	Av. no. of PLWHA/ill people cared for by each OP
Ethiopia: MJATD	11	38	47	3	52	2
Kenya: Ahero	41	61	81	4	88	2
Kenya: Asumbi	16	21	75	3	35	2
Kenya: Kespa	13	44	63	3	78	2
South Africa: MUSA	7	40	39	3	30	5
Sudan: SSOPO	10	10	60	2	52	2
Tanzania: GSSST	16	46	26	2	45	2
Tanzania: SHISO	3	8	56	2	36	1
Tanzania: WAMATA	18	44	75	3	21	1
Uganda: URAA	5	15	68	3	10	1
Zimbabwe: HAZ	9	12	60	3	19	2

Abbreviations: OP: older people; OVC: orphans and vulnerable children; PLWHA: people living with HIV and AIDS

## Rebuilding lives in Darfur

**Gaps in emergency responses have left older people in west Darfur isolated and lacking basic services, says a new report from HelpAge International.**

The conflict in Darfur, Sudan has continued for more than three years. HelpAge International estimates that 160,000 older people live in relief camps.

*Rebuilding lives in longer-term emergencies* shows that:

■ 61 per cent of older people living in camps in west Darfur are affected by illness or chronic conditions that need specialised treatment or drugs.

■ A third of older people are 'socially isolated', with little or no support from extended family or neighbours.

■ 40 per cent are at risk of malnutrition.

■ 29 per cent are caring for orphans.

It stresses the need to:

■ Ensure that relief services reach the most vulnerable, rather than the most visible, and that they meet chronic needs.

■ Develop an intergenerational approach to encourage integration instead of alienation.

■ Involve older people in peace-building plans which build on their experience at community level in conflict-resolution processes.

### Rebuilding lives in longer-term emergencies

Gina Bramucci, HelpAge International, 2006  
[www.helpage.org/resources/researchreports](http://www.helpage.org/resources/researchreports)

# Briefing

Analysis of current topics in ageing

6

## Preparing for an ageing world

This year marks half-way to the deadline for achieving the Millennium Development Goals. It is also five years since the adoption of the Madrid International Plan of Action on Ageing. How can these agreements help rapidly rising numbers of older people?



Kate Holtz/HelpAge International

### 'I am always worrying about money'

John Riukaamy is a 73-year-old from Kampala, Uganda. Seven of his children have died of AIDS. He and his wife care for more than 20 orphans, as well as five of their own school-age children.

As a former civil servant John receives a pension of 110,000 Ugandan shillings (US\$63.7) a month. 'With this pension I have to buy school books, clothes and food and look after the house,' says John. 'When the children are sick we have to buy their medicines.'

'My wife and I also have to buy our own medicines. These should be available free in the health centre, but are often not stocked there because they are special to older people.'

Three of the orphans in John's care are HIV-positive. 'I try to provide potatoes, cassava and millet every day for all of the children. I am always worrying about how I am going to find enough money. It's a big responsibility with nobody to help me.'

John is chairperson of the Bohimba Older Persons Association. He recently took part in a review coordinated by the Uganda Reach the Aged Association and HelpAge International to see what, if anything, had changed for older people in Uganda since the Madrid International Plan of Action on Ageing was adopted by 159 UN member states five years ago.

'Older people are so much more important now, because we look after the orphans. The government has done nothing to increase my pension to help ease the burden or to improve the healthcare system for older people. I'd also like to see an end to the discrimination and negative attitude to older people.'

The world is ageing fast. By 2050, more than one in five people will be aged over 60, thanks to falling fertility rates and longer life expectancy.<sup>1</sup> Older women will continue to outnumber older men.<sup>2</sup>

Populations are ageing fastest in poorer regions. By 2050, nearly 80 per cent of older people will live in developing countries.<sup>3</sup> The number of older people in developing countries will triple between 2007 and 2050, from 453 million to 1.6 billion.<sup>4</sup>

Population ageing is turning age profiles on their head. By 2050, there will be more adults over 60 worldwide than children under 14.<sup>5</sup> This demographic shift is unprecedented and will have profound implications for society.

Life expectancy at 60 is increasing. In developing countries, the life expectancy of a person aged 60 will increase from 19 years in 2005 to 22 years in 2050.<sup>6</sup>

The number of people aged over 80 is increasing fastest, especially in developing countries.<sup>7</sup>

Contrary to popular belief, in Africa, falling life expectancy at birth because of HIV does not mean that there will be fewer older people. In Botswana and South Africa, for example, where life expectancy is 34 and 43 years respectively, there will be more people aged 60 and over in 2025 than there are now.<sup>8</sup>

### Disproportionately poor

What these rapidly rising numbers of older people want is the same the world over, from the poorest to the most powerful: financial security, good healthcare and participation in society. Older people want to be respected and valued for who they are and to have their rights realised.

However, older people generally experience discrimination, poor health and poverty.

This situation abuses older people's rights and wastes the wealth of skills and experience that older people have built up over their lives.

Studies show that older people are disproportionately poor. In Uganda, 64 per cent of older people live in poverty, compared with 38 per cent of the population as a whole.<sup>9</sup>

Households with older people and children only, and households headed by older people, are poorer than average in several African countries.<sup>10</sup>

Older people form a relatively high proportion of the population in rural areas, where access to health and other services is often limited.<sup>11</sup> Literacy rates among older people, especially older women, are often low.<sup>12</sup> Low literacy levels and lack of identity papers make it difficult for older people to access healthcare, pensions and legal services.

HIV and AIDS are having devastating social, economic and financial consequences for older people. Large numbers of older people care for sick sons and daughters and orphaned grandchildren, often with little or no support. In southern Africa, more than half of orphans live with their grandparents.<sup>13</sup>

### Need for new solutions

New solutions to population ageing and the problems facing older people are needed. Policies that view older people as dependent recipients of care fail to recognise the invaluable contribution that older people make to society. In effect, these policies leave society paying the costs of an ageing population while receiving none of the benefits.

Only by securing older people's fundamental rights to dignity, an adequate standard of living and participation in society can the challenge of our ageing world be met.

The Madrid International Plan of Action on Ageing (MIPAA) provides a framework for realising older people's rights and ensuring that the 'enormous potential' of population ageing may be fulfilled.

MIPAA calls for old-age poverty and hunger to be halved by 2015. It urges governments to include ageing in all social and economic development policies. It recommends specific actions on issues of concern to older people and their families, including health, social protection, HIV and AIDS, violence and abuse, and emergencies.

HelpAge International believes that the aims of MIPAA can be realised through the delivery of universal social (non-contributory) pensions, free healthcare and anti-discriminatory legislation.

Development experts increasingly recognise that social protection has huge benefits for poor people, especially those affected by HIV and AIDS. 'Social protection' covers a range of measures designed to protect people from extreme poverty, including health insurance, child and disability grants, social pensions, food and fuel subsidies, and micro-credit.

One of the simplest forms of social protection to set up and administer is a universal social pension (see Profile on page 8).

Social pensions, even at low levels, benefit whole families and communities. Pension income often finances investment in small-scale business.<sup>14</sup> Two-thirds of pensioners in Lesotho spend some of their income on the healthcare of children and grandchildren living with them.<sup>15</sup> Four of the five countries in Africa that have social pension schemes – Botswana, Lesotho, Mauritius and South Africa – are on track to achieve the MDGs on poverty and hunger, primary school completion and gender equality in primary education.<sup>16</sup>

Projections in Tanzania show that the combination of a universal social pension and child benefit would reduce the poverty of households with children and older people by nearly one half.<sup>17</sup> Studies from Latin America and the Caribbean show that the reduction achieved in poverty levels exceeds the cost of providing a universal pension.<sup>18</sup>

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9. Ministry of Gender, Labour and Social Development, Department of Disability and Elderly, Health needs of older persons: an assessment report of Kamuli and Wakiso Districts, May 2002

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13. Monasch R and Boerma J T, Orphanhood and childcare patterns in sub-Saharan Africa: an analysis of national surveys from 40 countries, AIDS 2004, 18 (suppl. 2):S55-S65

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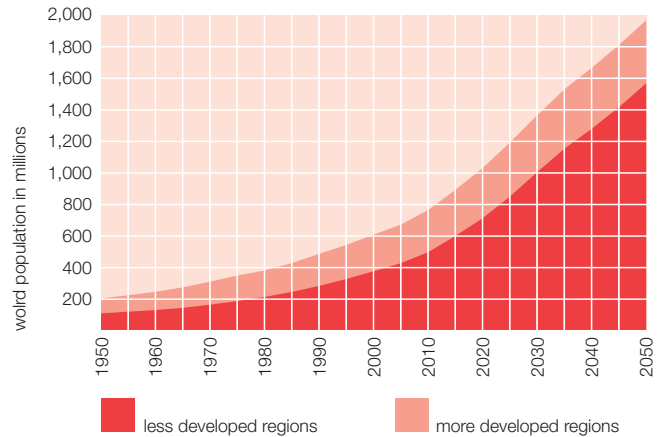
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16. Kaniki S et al, 'Southern Africa's experience with social pensions', presentation to Africa Expert Panel on Social Protection in Uganda, Kampala, 15-16 March 2007, Economic Policy Research Institute, March 2007

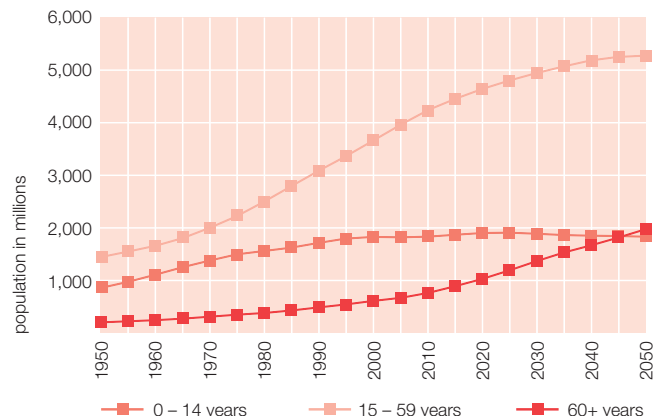
17. ILO Global Campaign on Social Security and Coverage for All, presentation to Africa Expert Panel on Social Protection in Uganda, Kampala, 15-16 March 2007

18. ILO Global Campaign

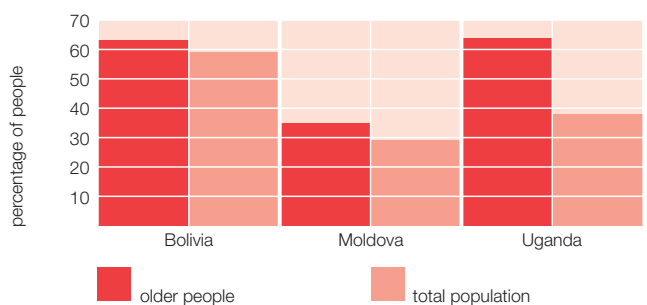
### Number of people aged over 60



### World population by age group



### People living in poverty





# Profile

Taking older people's interests forward

8

## Lesotho finds a way

**Lesotho is one of the poorest countries in the world, but it can afford to pay all its oldest citizens a non-contributory pension. A&D describes how.**

Lesotho is a small, land-locked, constitutional monarchy surrounded by South Africa. It is one of the fifty poorest countries in the world, with more than half the population living on less than US\$2 a day.

The government, under prime minister Bethuel Pakalitha Mosisili, shares the view, set out in the 1948 Universal Declaration of Human Rights, that everyone has a right to an adequate standard of living and security in old age.

Until 2004, Lesotho's social protection system was mainly confined to pensions for retired civil servants and war veterans, free primary education, and a public assistance programme for the very poorest.

However, the government was aware that the needs of some of its oldest citizens were not being met. It also knew that most grandparents in rural areas cared for children who had been orphaned by HIV and AIDS, or whose parents had left to look for work, and that their income would be shared with these children. In November 2004, it introduced a small pension of M150 (US\$22) a

month for everyone aged 70 years and over who was not receiving any other pension or benefit.

The social pension is administered by the Ministry of Finance and Development Planning and financed out of the state budget. It represents 2.4 per cent of the national budget (or 1.43 per cent of GDP) and 44 per cent of all government spending on pensions.

### Delivery systems

Key challenges facing the Ministry of Finance and Development Planning in administering the pension were to set up efficient systems for registration and delivery.

District administrators, members of parliament and chiefs were informed about the scheme through workshops and public gatherings. Eligible older people then had to register in their local constituencies at voters' registration centres. They were required to produce a passport, voter's registration card or another acceptable form of photographic identification.

The Ministry of Finance identified the Lesotho Postal Services as the main delivery agent. Other public

buildings including health centres, local courts, chiefs' offices and schools are also used. Pensions are paid in cash through a total of 291 pay centres.

Inevitably there were some initial problems with registration and delivery. Many older people could not produce documents proving their age. Poor communication meant that people who were not eligible sometimes joined registration queues. Poor roads and bad weather made it extremely difficult to reach people in remote areas.

Most problems have been overcome. It is estimated that 72,000 people, 96 per cent of those eligible, are currently receiving the pension. A military helicopter is used to reach some remote areas. Pension payments are made in the presence of military and police officers to bring a sense of security to the pensioners.

### Widely welcomed

The social pension has been widely welcomed by Lesotho's older citizens.

There are concerns about its low level, but for some it makes a big difference.

'If I was not getting this pension, I would be dead,' said one partially-sighted 75-year-old widower who lives on his own. 'It has really helped me to live. The chief helps me to collect the pension every month.'

The social pension looks set to stay as an important vote-puller. In February 2007, Bethuel Pakalitha Mosisili's Lesotho Congress for Democracy won early elections, taking 61 of the country's 80 constituencies. This heralds a third term for the prime minister, whose party had campaigned on promises to increase pensions and expand free education.

The promise was kept, with an announcement in the 2007 budget of an increase in the social pension and a review of pay-point facilities.

### 'I buy seeds, hops and medicine'

**Mamasette Semoli is a 73-year-old widow who lives with her daughter and granddaughter in a village in Lesotho's Roma Valley. She collects her monthly social pension from her local shop.**

'I didn't actually have to apply to receive the pension. I just had to turn up with my passport to prove my age. I take my voter's card to collect my pension now.'

'I spend my pension on paying people to plant seeds in my fields and also to brew home-made beer for sale. I buy hops, sugar and other ingredients. Sometimes if I have money left over I buy shoes for other members of my family.'

'I also get medication for my granddaughter, who has epilepsy, and for myself, because I suffered a stroke which has affected my speech. I try to save some of the pension money for my funeral scheme too.'

'The pension is not enough, but it's better than nothing. If we haven't made enough profit from the beer, we can fall back on the pension to buy food.'



Lella Amarnour/helpAge International



# Talking point

Understanding older people's experience

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## Displaced and invisible

Older people who have been displaced in Colombia's long-running civil war are among the most vulnerable, but also the least likely to receive support. *Fiona Clark* reports.

Don Gregorio is an 82-year-old farmer from western Colombia who was forced to abandon his land and his way of life three years ago to escape guerrilla and paramilitary attacks. He now lives in the city of Soacha with his son.

The two are desperate to start earning again. 'I registered with Acción Social [the government department responsible for the displaced population] last year. I would suggest that they provide credit for us to start up a small fruit stall or other income-earning activity. No one wants to give us work at our age,' he says.

Don Gregorio is just one of an estimated 200,000 people aged over 60 who have been uprooted by Colombia's decade-long civil war. Older people represent 12 per cent of the total displaced population – almost double the proportion of older people in the population as a whole – but they remain largely invisible in the eyes of the authorities.

Most older displaced people, like Don Gregorio, are rural farmers of indigenous or Afro-Colombian descent. Those who flee to the cities generally suffer the most from cultural upheaval, loss of livelihoods and assets, deteriorating health, and break-up of families.

Many older displaced people take on care of grandchildren because their parents have moved away or been killed. In the city of Cali, more than a third of older people receiving assistance from the voluntary organisation, Fundación Paz y Bien, arrive with children in their care. Most are grandmothers, with an average of three children.

### Hunger and despair

A range of humanitarian assistance and other forms of social protection exists to support older displaced people in Colombia.

The government provides three months of emergency support to people who become displaced. This includes food, money, shelter and free healthcare. In exceptional circumstances this may be extended for another three months. It is usually older people who are eligible for an extension because of the difficulties they face in re-establishing their livelihoods.

A small, social (non-contributory) pension equivalent to US\$35 a month is provided to the poorest 40 per cent of people over 65.

However, HelpAge International's consultations with older people and others in six cities in 2006 showed that many older displaced people are unable to claim these benefits. They are living a life of hunger, disorientation and despair.<sup>1</sup>

Lack of data broken down by age is a key contributory factor to displaced older people's neglect. Lack of awareness of their rights and practical difficulties in claiming them compound the problem.

'Life can get very complicated for older people who have to move about with small grandchildren,' said a local government representative in the city of El Valle. 'On top of this, older people face the great problem of illiteracy, which hinders access to their rights, especially when government staff who attend to them are not aware of their specific needs. No special attention is given to older people.'

The free healthcare to which displaced people have a right is often not granted, or does not cater for older displaced people's specific needs, especially psychosocial trauma and chronic illnesses.

The social pension can be extremely difficult for displaced older people to access. The pension is delivered through municipal governments. An older

person who has moved to another municipality must first de-register from the list of pension recipients in the municipality from which they have been forcibly displaced, and then re-register in the municipality of reception. However, they only become eligible for the pension after living in the municipality for two years, which means that an older person could go without the social pension for two years.

The critical situation of older displaced people has not been recognised in the policies or programmes of the government, NGOs or international aid agencies in Colombia. Apart from some local dioceses of the church, no institution specifically caters for the needs of this group. The attention that is provided is often very welfarist, denying older people their right to participation and to economic and social development.



Jaime Andres Gomez/HelpAge International

A displaced older woman who lives with her grandchild in Cartagena.

'We live with great pain because we have left our roots.'

*Older internally displaced woman, Kankuama community, Colombia<sup>2</sup>*

### Call to action

HelpAge International makes the following recommendations:

- Collect data on the displaced population, broken down by age, gender, ethnicity and geography.
- Develop programmes and policies that target interventions at the diverse needs of the displaced population.
- Promote intergenerational strategies that help to rebuild families and communities, and empower displaced people to claim their rights.
- Strengthen government and private entities' ability to respond to the needs of displaced people

and include older people in their programmes.

- Educate displaced people and service providers about their respective rights and responsibilities.

### More information:

Fiona Clark, Programmes and Policy Director, HelpAge International Latin America Regional Development Centre, Casilla 2217, La Paz, Bolivia  
Email: [fclark@helpagela.org](mailto:fclark@helpagela.org)

1. Gomez J A, Consultations in Cali, Cartagena and Sincelejo, February/March 2006 for HelpAge International (unpublished)
2. Cases of human rights violations among older people, CESTRA, Bogotá, Colombia 2004

# Resources

New publications, websites, conferences and courses

10

## Journal articles

A round-up of what is being written on ageing issues. For journal publishers' details please write to the editor or email: [ctill@helpage.org](mailto:ctill@helpage.org)

### National

Development of palliative care in India: an overview  
*Shanmugasundaram S et al, Int. J. Nursing Practice 12:4, August 2006, pp 241-246*

Pension reforms and old people in Poland: an age, class, and gender lens

*Zajicek A et al, J. Ageing Studies 21:1, January 2007, pp 55-68*

Ageing and dependency in India: a new measurement  
*Bhagat R M and Unisa S, Asian Population Studies 2:2, July 2006, pp 201-214*

Exploring elderly people's perspectives on successful ageing in Taiwan  
*Hsu H-C, Ageing and Society 27:1, January 2007, pp 87-102*

Disability and active life expectancy among older Cambodians  
*Zimmer Z, Asian Population Studies 2:2, July 2006, pp 133-148*

Economic impact of elderly amenity mobility in southern China  
*Ma A and Chow N W S, J. Applied Gerontology 25, August 2006, pp 275-290*

Willingness and availability: explaining new attitudes toward institutional elder care among Chinese elderly parents and their adult children  
*Zhan H J et al, J. Ageing Studies 20:3, 2006, pp 279-290*

The progress of social development in South Africa  
*Gray M, Int. J. Social Welfare 15, July 2006, pp 53-65*

Ageing in Southern Africa. An overview  
*Follentine S, Bold 16:4, September 2006, pp 7-16*

Older people as resources in South Africa: Mpumalanga households  
*Kimuna S R and Makiwane M, J. Ageing and Social Policy 19:1, forthcoming 2007*

A critical review of Singapore's policies aimed at supporting families caring for older members  
*Metha K K, J. Ageing and Social Policy 18:3/4, 2006, pp 43-57*

Transformations in economic security during old age in Korea: the implications for public-pension reform  
*Choi Y-J, Ageing and Society 26:4, July 2006, pp 549-565*

Meeting the needs of elderly people in China  
*Zhang T and Chen Y, BMJ 333, August 2006, pp 363-364*

Distributional impacts of pension policy in Argentina: winners and losers within and across generations  
*Arza C, Int. Soc. Sec. Review 59:3, July-September 2006, pp 79-102*

### Family relations

Familial roles and social transformations: older men and women in sub-Saharan Africa  
*Oppong C, Research on Aging 28, November 2006, pp 654-668*

Orphan pensioners and migrating grandparents: the impact of mass migration on older people in rural Albania  
*King R and Vullnetari J, Ageing and Society 26:5, September 2006, pp 783-816*

Grandparents, adolescents, and parents: intergenerational relations of Taiwanese youth  
*Yi C-C et al, J. Family Issues 27, August 2006, pp 1042-1067*

Intergenerational relationships in cross-cultural comparison: how social networks frame intergenerational relations between mothers and grandmothers in Japan, Korea, China, Indonesia, Israel, Germany, and Turkey  
*Nauck B and Suckow J, J. Family Issues 27, August 2006, pp 1159-1185*

### Health and wellbeing

Implementation of health promotion in the older adults in Bangkok, Thailand  
*Assantachai P et al, Educational Gerontology 32:4, April 2006, pp 283-296*

The effectiveness of a health promotion programme for women in southern Taiwan  
*Chang S-H et al, Int. J. Nursing Practice 12:5, October 2006, pp 252-260*

Measuring sensory processing patterns of older Chinese people: psychometric validation of the adult sensory profile  
*Chung J C C, Aging and Mental Health 10:6, November 2006, pp 648-655*

The health of the aged in Southern India  
*Follentine S, Bold 16:4, September 2006, pp 17-27*

The effectiveness and efficiency of home-based nursing health promotion for older people: a review of the literature  
*Markle-Reid M et al, Med. Care Res. Rev. 63, October 2006, pp 531-569*

The cumulative effect of rural and regional residence on the health of older adults  
*Ziembroski J S and Breiding M J, J. Aging Health 18, October 2006, pp 631-659*

Development of a screening tool for identifying elderly people at risk of abuse by their caregivers  
*Cohen M et al, J. Aging Health 18, October 2006, pp 660-685*

Network composition and health behaviors among older Samoan women  
*Levy-Storms L and Lubben J E, J. Aging Health 18, December 2006, pp 814-836*

Changing conceptions of health and life course concepts  
*Jacobs Kronenfeld, J. Health 10, October 2006, pp 501-517*

Living alone and depression in Chinese older adults  
*Chou K L and Ho I, Aging and Mental Health 10:6, November 2006, pp 583-591*

Risk factors for dementia in central Nigeria  
*Ochayi B and Thacher T D, Aging and Mental Health 10:6, November 2006, pp 616-620*

Care needs assessment of older Chinese individuals with dementia of Hong Kong  
*Chung J C C, Aging and Mental Health 10:6, November 2006, pp 631-637*

### Media

The portrayal of older people in television advertisements: a cross-cultural content analysis of the United States and South Korea  
*Lee B et al, Int. J. Ageing and Human Development 63:4, 2006, pp 279-297*

### Social security and pensions

The rhetoric of the social security debate  
*Orr D V, Rev. Radical Pol. Econ. 38, September 2006, pp 327-333*

Do universal non-contributory old-age pensions make sense for rural areas in low-income countries?  
*Johnson J K M and Williamson J B, Int. Soc. Sec. Review 59:4, October-December 2006, pp 47-66*

Universal age pensions in developing countries: the example of Mauritius  
*Willmore L, Int. Soc. Sec. Review 59:4, October-December 2006, pp 67-91*

Ageing workforces  
*Ageing Horizons 5, 2006*

Pension challenges in an ageing world  
*Turner A, Finance and Development 43:3, September 2006*

Cash transfers: panacea for poverty reduction or money down the drain?  
*Farrington J and Slater R, Dev. Pol. Review 24:5, September 2006, pp 499-512*

### HIV and AIDS

Special issue of *Global Aging*, August 2006:

Age, ageism and HIV/AIDS  
*Charlotte Nusberg, Guest Editor*

Socio-demographic and other characteristics in persons 50 years and older with HIV/AIDS in five countries  
*Kathleen M Nokes et al*

HIV and AIDS and older people in developing countries  
*Jo Maher*

Innovative programmes that address the impact of HIV/AIDS on older people in sub-Saharan Africa  
*Amleset Tewodros and Tavengwa M Nhongo*

Parents of persons with AIDS: unrecognized contributions and unmet needs  
*John Knodel*

HIV/AIDS and older people in sub-Saharan Africa: towards a policy framework  
*Monica Ferreira*

HIV/AIDS and older adults in North America  
*Charles A Emler and Diane Zablotsky*

Grandparents raising HIV-infected and affected children  
*Cynthia Cannon Poindexter*

### Advocacy

Older citizens monitoring  
*Theme of Ageways 67, June 2006*

Advocacy and older people  
*Theme of Ageways 68, February 2007*

*HelpAge International*  
[www.helpage.org/resources](http://www.helpage.org/resources)

## Papers and reports

Urban versus rural mortality among older adults in China  
Zimmer Z et al, 2006  
[www.popcouncil.org/pdfs/wp/214.pdf](http://www.popcouncil.org/pdfs/wp/214.pdf)

Older persons AIDS knowledge and willingness to provide care in an impoverished nation: evidence from Cambodia  
Knodel J E and Zachary Z S, PSC research report no. 06-602, September 2006

The impact of AIDS on older-age parents in Cambodia  
Knodel J E et al, PSC research report no. 06-594, September 2006

Age patterns of disease incidences in the US elderly: population based analysis  
Akushevich I et al, TRENDS working paper no. 06-6, October 2006

Elder parent health and the migration decision of adult children: evidence from rural China  
Giles J and Mu R, Institute for the Study of Labour (IZA), Bonn, 2006  
[www.eldis.org](http://www.eldis.org)

Dementia in the Asia Pacific region: the epidemic is here  
By Access Economics Pty Ltd for Alzheimer's Disease International (ADI), Access Economics, 2006  
[www.eldis.org](http://www.eldis.org)

Old-age poverty and social pensions in Kenya  
Son H H and Kakwani N, working paper no. 24, International Poverty Centre Brazil, November 2006

Cash benefits to disabled persons in Brazil: an analysis of the BPC-continuous cash benefit programme  
Medeiros M et al, working paper no. 16, International Poverty Centre Brazil, May 2006

Cash transfer programmes in Brazil: impacts on inequality and poverty  
Soares F V et al, working paper no. 21, International Poverty Centre Brazil, June 2006

The Chilean pension reform turns 25: lessons from the social protection survey  
De Mesa et al, Pension Research Council Working Paper, University of Pennsylvania, July 2006

Population ageing in east and south-east Asia: current situation and emerging challenges  
Mujahid G, UNFPA, Bangkok, Thailand, July 2006  
[http://cst.bangkok.unfpa.org/docs/bkageing\\_asia.pdf](http://cst.bangkok.unfpa.org/docs/bkageing_asia.pdf)

Follow-up to the Second World Assembly on Ageing  
Report of the Secretary-General, July 2006  
[www.un.org/esa/socdev/ageing](http://www.un.org/esa/socdev/ageing)

Designing and implementing social transfer programmes  
Provides concrete recommendations and lessons from international experience on cash-based social transfer programmes, including social pensions  
Samson M et al, Economic Policy Research Institute, Cape Town, 2006  
ISBN 0-620-36594-3  
ISBN 13 978-0-620-36594-9  
Can be downloaded from:  
[www.epri.org.za](http://www.epri.org.za)

Pensions panorama: retirement-income systems in 53 countries  
Whitehouse E, World Bank, 2007  
<http://siteresources.worldbank.org/INTPENSIONS/Resources/PensionsPanorama.pdf>

Is Asia prepared for an aging population?  
Heller P, December 2006  
IMF working paper WP/06/272  
[www.globalaging.org/elderrights/world/2006/agingpopulationasia.pdf](http://www.globalaging.org/elderrights/world/2006/agingpopulationasia.pdf)

Ageing, poverty and public interventions  
How new survey evidence is helping to improve understanding of old age poverty and the role of non-contributory pensions  
Barrientos A, Institute of Development Studies, 2006  
[www.ids.ac.uk/ids/news/ageing-ab.html](http://www.ids.ac.uk/ids/news/ageing-ab.html)

Major developments and trends in the empowerment of older people – creating an enabling environment for realising older people's rights  
AARP, February 2007  
[www.aarp.org/research/international/event/briefings/resources.html](http://www.aarp.org/research/international/event/briefings/resources.html)

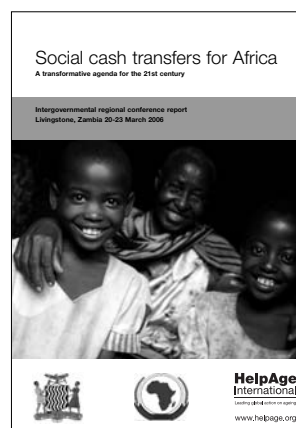
Major developments and trends in population ageing  
AARP and UNDESA, February 2007  
[www.aarp.org/research/international/event/briefings/resources.html](http://www.aarp.org/research/international/event/briefings/resources.html)

Why population matters: a global perspective  
US National Institute on Aging and National Institutes of Health, March 2007  
[www.state.gov/g/oes/rs/or/81537.htm](http://www.state.gov/g/oes/rs/or/81537.htm)

Older people in Aceh, Indonesia 18 months after the tsunami: issues and recommendations  
HelpAge International Asia/Pacific Regional Development Centre, 2006  
[www.helpage.org/resources/researchreports](http://www.helpage.org/resources/researchreports)

Counting carers: how to improve data collection and information on households affected by AIDS and reduce the poverty of carers, people living with HIV and vulnerable children

HelpAge International, 2006  
[www.helpage.org/resources/researchreports](http://www.helpage.org/resources/researchreports)



Social cash transfers for Africa: a transformative agenda for the 21st century  
Report of an intergovernmental conference on social protection in Livingstone, Zambia in March 2006  
HelpAge International 2006  
[www.helpage.org/resources/policyreports](http://www.helpage.org/resources/policyreports)

Age-friendly community health services in Aceh, Indonesia  
HelpAge International Asia/Pacific Regional Development Centre, 2006  
[www.helpage.org/resources/researchreports](http://www.helpage.org/resources/researchreports)

Why social pensions are needed now  
HelpAge International, 2006  
[www.helpage.org/resources/briefings](http://www.helpage.org/resources/briefings)

Grandmothers to grandmothers: the dawn of a new movement  
Discussions from a three-day event that brought together 300 African and Canadian grandmothers in Toronto in August 2006  
[www.stephenlewisfoundation.org/grandmothers\\_resources\\_000.htm](http://www.stephenlewisfoundation.org/grandmothers_resources_000.htm)

Older people coping with HIV and AIDS in Thailand  
DVD about older carers of those living with HIV and AIDS in Thailand  
HelpAge International 2006  
[www.helpage.org/resources/cd-romsdvdsandvideos](http://www.helpage.org/resources/cd-romsdvdsandvideos)

## Books

Life, Love and Death: Conversations with six elders in Kwahu-Tafo, Ghana  
Records the views and experience of six elders on issues such as growing old, respect and reciprocity, money, love, and death, collected as part of research led by Sjaak van der Geest of the University of Amsterdam  
Van der Geest S, 2005  
ISBN 90-5589-261-0  
Price: 9 euros (including postage)  
Email: [s.vandergeest@uva.nl](mailto:s.vandergeest@uva.nl)

Handbook of Asian Aging  
Yoon H and Hendricks J (eds), Baywood, Amityville, New York, 2006, 512pp

Africa, AIDS Orphans and their Grandparents: Benefits and preventable hidden dangers  
Wangila R and Akukwe C, Tsehali Publishers, Ark Foundation of Africa, Washington DC, 2006  
Documents the daily challenges faced by grandparents caring for children orphaned by AIDS  
ISBN 1-59907-014-6

Grains from Grass: Aging, gender and famine in rural Africa  
Cliggett L, Cornell University Press, Ithaca, New York, 2005, 224pp  
Presents an ethnographic portrait of age and gender as variables in survival among the Gwembe Tonga of southern Zambia  
ISBN 0-8014-7283-0

## Newsletter

Alzheimer's Disease International has launched a newsletter to support its 10/66 project (only 10 per cent of dementia research is conducted in developing countries, where 66 per cent of people with dementia live)  
[www.alz.co.uk/1066/newsletter](http://www.alz.co.uk/1066/newsletter)

## Courses

Postgraduate studies in ageing and the life course  
New post-graduate courses with an international focus at the Centre for Research on Ageing, University of Southampton, starting in October 2007  
[www.ageing.soton.ac.uk](http://www.ageing.soton.ac.uk)



# Research update

Major new projects

12

## Role in Namibian households

Older people's role in household livelihoods in northern Namibia is the subject of research by the University of Namibia and the University of Sheffield.

The study, funded by the UK's Economic and Social Research Council, focuses on three contrasting settlements in Omusati, one of the poorest and most densely populated regions in the country. It is estimated that up to one-third of adults may be living with HIV.

Research was carried out in 2006 using a range of methods to investigate older people's role, vulnerabilities and capabilities, and to review policy frameworks.

Preliminary findings challenge the assumption that older people do not participate in the labour force. They highlight older people's diverse roles, including farming and caring for people living with HIV and AIDS. They also show how women's role changes when they become widows. The impact of the social pension is also examined.

### Contact:

Dr Deboarah Sporton, University of Sheffield  
[www.shef.ac.uk/ageingnamibia](http://www.shef.ac.uk/ageingnamibia)

## Intergenerational poverty

The Chronic Poverty Research Centre (CPRC), a UK-based international partnership of universities, research institutes and NGOs, is running a four-year research programme on the intergenerational transmission of poverty, with projects in several countries.

In Bangladesh, researchers will revisit 1,800 rural households that were included in three previous surveys, to assess the long-term impact of three anti-poverty interventions – micro-finance, agricultural technologies and conditional transfers. The aim is to identify reasons why some households have stayed poor and others have escaped poverty.

The Bangladesh research, to be carried out in late 2007, includes

a set of questions on two non-contributory pension schemes – the old-age allowance and widow's allowance. HelpAge International and Bangladeshi NGO, Resource Integration Centre will collaborate with CPRC to analyse the responses to these questions.

### Contact:

Chronic Poverty Research Centre  
[www.chronicpoverty.org](http://www.chronicpoverty.org)

## Cambodian poverty

Research into the situation of older people in two communes of Pailin, Cambodia has been carried out by the Cambodian NGO group, Cooperation Committee for Cambodia.

Interviews were held with 153 people aged 55-plus and others in 2006 to investigate older people's migration history, livelihood strategies, living arrangements and support networks, health status and access to health care.

The resulting report, *Growing old in the former Khmer Rouge stronghold of Pailin*, shows that most of the older people in the survey were migrants. Older men relied primarily on their own and their spouses' work for income, while older women relied more on their children and their children's spouses. Although health services were available, the provision of competent and affordable health care remained a priority issue for older people.

Despite the different backgrounds of those surveyed, with some being former Khmer Rouge members and others victims of the revolutionary regime, most of those surveyed suffered poor health and poverty.

### Contact:

ADI Project, Cooperation Committee for Cambodia  
[www.ccc-cambodia.org](http://www.ccc-cambodia.org)

## Age-friendly cities

Older people in Nairobi remain 'below the waterline of visibility', according to a study by HelpAge International and HelpAge Kenya, supported by the World Health



Poverty research in Bangladesh will look at social pensions.

Resource Integration Centre

Organization (WHO). The study aims to establish the degree to which Nairobi is an age-friendly city.

An estimated 60 per cent of Nairobi's three million inhabitants live in informal housing. It is estimated that by 2020, this population will have doubled.

A series of focus group discussions was held with older people, carers and service providers in different parts of Nairobi in 2006. Older people named housing and access to health services as major concerns. Women were also concerned about transport and security.

The study is one of a series being carried out by WHO and partners in 34 cities in 23 countries worldwide. The aim is to identify major physical and social barriers to active ageing in cities, and produce guidelines for cities to become more age-friendly. The guidelines will be launched by WHO on 1 October 2007 (International Day of Older Persons).

### Contact:

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Email: [helpage@helpage.co.ke](mailto:helpage@helpage.co.ke)

HelpAge Kenya  
Email: [helpageken@mitsuminet.com](mailto:helpageken@mitsuminet.com)

Alex Kalache, Director, Ageing and Life Course Programme, World Health Organization  
Email: [kalachea@who.ch](mailto:kalachea@who.ch)

HelpAge International is a global network of not-for-profit organisations with a mission to work with and for disadvantaged older people worldwide to achieve a lasting improvement in the quality of their lives.

*Ageing and Development* aims to raise awareness of the contribution, needs and rights of older people and to promote the development of laws and policies supporting older people. It is published twice a year by HelpAge International, with funding from Help the Aged (UK).

Copies are available free of charge on request to policy makers, programme planners and researchers. Please contact us with brief details of your work. If requesting multiple copies, please explain who these are for and how they will be distributed.

*Ageing and Development* is available on the web at: [www.helpage.org](http://www.helpage.org)

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Registered charity number: 288180

## Regional centres

### Africa

Email: [helpage@helpage.co.ke](mailto:helpage@helpage.co.ke)

### Asia-Pacific

Email: [hai@helpageasia.org](mailto:hai@helpageasia.org)

### Caribbean

Email: [helpage@cwjamaica.com](mailto:helpage@cwjamaica.com)

### Eastern Europe and Central Asia

Email: [itemple@helpage.org](mailto:itemple@helpage.org)

### Latin America

Email: [info@helpagela.org](mailto:info@helpagela.org)

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