

Ageing in Africa

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Editorial

Over the recent years, the number of natural disasters and political upheavals has created an increasing number of emergency situations. Africa has unfortunately had more than its fair share. From the political changes in Sudan, northern Uganda, Somalia and the Democratic Republic of Congo to drought and flood in Kenya and Ethiopia and more recently in South Africa, the need for assistance for the African population has increased.

Older people are unfortunately often overlooked by aid organisations and governments when it comes to evacuation, relief for food and non-food items and resettlement during times of emergencies. Their specific needs are not always addressed.

This issue of Ageing in Africa looks at the work HelpAge International and its affiliates and partners have done in various African countries during these times. We also advocate for the specific needs of older people during emergencies with the hope that governments and aid organisations will pay particular attention to older people.

In this issue, we also highlight the activities that took place during the Age Demands Action (ADA) campaign, in commemoration of the International Day of Older Persons on October 1. The campaign has continued to gain prominence due to the easier access ADA activists have in approaching key government officials to advocate for their rights.

We wish our activists continued success as they demand for their right of inclusion in policies and programmes in Africa that impact on the lives of older people and those they look after.

Older people and Emergencies



Older men in Darfur sharing skills with the younger generation in an IDP camp

We are living in an era of rapid global ageing. By 2050, the numbers of people aged over 60 are expected to triple. Most of the increase in the population is taking place in sub-Saharan African countries where average income is less than \$1 per day. Work on chronic poverty is identifying older people as amongst the most socially excluded and chronically poor. The increase in the older people demographic in the global population has been presenting significant challenges particularly in crisis and disaster settings where traditional means of coping are

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often disrupted to their detriment.

In its work in crisis settings, HelpAge has learnt that older people have particular vulnerabilities in times of con-

flict or disasters associated with natural hazards. For example, lack of mobility, poor eyesight or blindness, arthritis or rheumatism can make access to support difficult and aid services often do not take these issues into consideration. HelpAge's experience indicates that in times of displacement older people are often reluctant to leave and are often the last to flee from danger or are deserted as people flee as was the case during the post election violence in Molo, Kenya in 2007-2008. Once displaced, older people suffer great upheaval and often become both socially isolated and physically

separated from their families on arrival in new places. This leads to psychological stress and trauma among displaced older people. Older people in rural areas may be especially vulnerable to the effects of natural disaster or conflict due to lack of information and knowledge.

Older people abuse, such as physical, sexual, psychological and financial abuse, neglect and abandonment, continues to happen in most emergencies but is under reported. In areas where older women have been obliged to live in close proximity with men due to a crisis or are left

under the care and protection of men, instances of rape have been reported as has been experienced in DRC during the ongoing conflict.

According to United Nations population division for 2010's report, 63 per cent of sub-Saharan Africa's population lives in rural areas. Migration of the young to cities means that fewer people are available to care for and support older family members, often leaving them isolated.

Older people do have vital contributions and capacities that are rarely recognised and built upon, particularly in crisis contexts. For example, they contribute significantly to the care and support of children. Population flight or death of middle-aged population groups in conflict, place a particular burden of care upon older people. This in turn increases vulnerability during times of stress with fewer resources available to them to withstand the shocks of a crisis. Older people maintain traditional knowledge and survival strategies of benefit to others; for example in Northern Kenya and Ethiopia, older people were able to provide information about occupied land which was previously a river bed or flash floods path explaining current flooding in those specific areas.

...Older people in rural areas may be vulnerable to effects of natural disasters or conflict..

Older people do have vital contributions and capacities that are rarely recognised and built upon

When older people speak

we are listening



Etageyn Deleegn

Case study: Etageyn Deleegn, Ethiopia

Etageyn Deleegn, 78, of Ethiopia lived in a house with no roof and walls made of sacks. The house flooded during the rainy season. Thanks to HelpAge interventions, the house was renovated and has new iron walls and a roof. Etageyn feels safer with a new lockable metal door. "Now I am happy with my beautiful house and I pray to God in thanks. I now have no complaints with my life."



An older woman is supported as she arrives for a focus group discussion in Turkana

The needs and capabilities of a 60 year old can be starkly different to those of an 80 year old.

Old age and discrimination

Most humanitarian agencies tend to assume that generalized emergency aid will reach older people or that family members will look after their interests.

These prejudices are held by communities in which older people live as well as by governments and aid organizations. Some of the misconceptions that have been identified by HelpAge International (HelpAge) are:

- that the extended family and community will take care and protect them at all times;
- they can be covered by general distributions;
- an agency (unspecified) will look after them;
- they only have themselves to worry about;
- they are waiting to be helped; and
- they are too old to work.

Some factors that have led to discrimination of older people in emergencies are:

- limited agency mandates
- lack of disaggregated data
- few laws and policies
- inadequate resources.

Data disaggregation is a key

issue for HelpAge. As an organization we follow the UN definition of older people as 60 years and above. However, many of our beneficiaries are younger, falling into the 50-60 year old age cohort depending on the region and culture. We know that older people suffer from poverty but access to detailed disaggregated data would enable us to more fully present the multi-faceted situation of older people. Data about all age groups is important; we should know the chronological age of our target population to aid effective programming and ensure appropriate allocation of resources.

The needs and capabilities of a 60 year old can be starkly different to those of an 80 year old. However, data is rarely disaggregated by sex and age and when it is, it is usually limited to male and female and adult and child, contrib-

Older people's rights

are human rights

uting to older people's invisibility and exclusion in both development and humanitarian response activities.

HelpAge calls on humanitarian organisations to include older people by breaking down data by age and gender and ensure older people's participation in all stages of the project cycle. HelpAge recommends that:

As a minimum the following categories should be collect-

HelpAge calls on humanitarian organisations to include older people by breaking down data by age and gender

- ed;
- 60-79, male and female
 - 80+, male and female

As a optimum level

- 50-59, male and female
- 60-69, male and female
- 70-79, male and female
- 80+, male and female

What has been the impact of discrimination on older people in emergencies?

- chronic poor health
- poor nutrition
- lack of mobility
- isolation
- being voiceless
- abuse and sexual violence.

What select Policies say on ageing and emergencies.

1) United Nations Principle for Older Persons 1991: It encourages governments to address the independence, participation, care, self-fulfillment and dignity of older persons. UNHCR developed the only separated policy for this age within the UN system in 2001.

2) The Madrid Plan of Action on Ageing (MIPAA 2002): This international agreement explicitly commits governments to include ageing in social and economic development policies and devotes several key articles to older people in emergencies. For example, equal access by older people to shelter, food, medical care and other services during and after natural disasters and other humanitarian emergencies and enhanced contribution of older persons to the reestablishment and reconstruction of communities and social fabrics.

3) IASC operational guidelines on Human Rights and Natural Disaster 2006: The Inter-Agency Standing Committee is the primary mechanism for coordination between UN and non UN humanitarian organisations. The IASC guidelines emphasize non

discriminatory humanitarian assistance and mention older people as among the vulnerable groups and at risk during displacement. HelpAge led an IASC review of the policy on issues relating older people and eight recommendations were made to all members of the IASC in 2008. Progress on the same will soon be reviewed.

Emergencies and HelpAge: what we do in different parts of Africa

HelpAge works directly and through partnership to reach the older people in emergen-

during conflict resolution. HelpAge also dialogues with older people in identifying the best way to support and protect them within their families and communities.

Most emergencies in Africa are due to drought, floods, conflicts and disease outbreaks. The Horn of Africa is prone to drought and water scarcity which has increasingly led to conflicts among the pastoralists. This has left the older people more vulnerable and has increased their burden of care: as the younger generation go to war, lives are lost, leaving the children in the care of the older people. Displacements and migrations have also led to separation of families and abandonment of the older

Protecting older people
secures your own future

cies. HelpAge has been addressing the plight of the older people in DRC, Darfur, Uganda, Ethiopia, Kenya, Zimbabwe and Mozambique. The different countries have been implementing different interventions ranging from health, livelihoods, protection, water and sanitation. Disaster risk reduction (DRR) strategies are also applied in mitigating the impact of emergencies among older people. In all emergencies, HelpAge involves older people as they are often in a position to make important contributions to the survival of their families and communities, especially

people who have suffered the consequences. Their inability to withstand the harsh situations in emergencies has led to deaths and trauma among older people.

West Darfur, Sudan

HelpAge has been working in Sudan for more than two decades, providing a community-based approach to the most pressing needs of older people. In August 2004, in response to conflict and massive displacement, the organization began emergency operations in West Darfur in six

MIPAA 2002 commits governments to include ageing in social and economic development policies

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Donkey cart ambulance used to transport older people to health facilities in Darfur

HelpAge has expanded activities to cover 12 IDP camps

IDP camps. HelpAge has expanded activities to cover 12 IDP camps with an estimate population of 225,293 people. Older people represent approximately 8 per cent of this total (18,023 beneficiaries). HelpAge has also set up two sub-offices, one in 2006 in Mornei, the largest IDP camp in West Darfur, and one in 2007 in Habila.

Emergency responses in Darfur have emphasized the importance of protection of vulnerable groups though much of the humanitarian efforts have been concentrated on women and children. As a result groups such as older people and the people with disabilities have been less visible in the targeting and support.

Local communities tried to support the most vulnerable in the early months of displacement but this deteriorated as families separated and competition for resources in Darfur increased. Lack of traditional and agency support system for older people have resulted in reduced access to services such as health, sense of isola-

tion and despondency.

HelpAge addresses the immediate needs of older people and also promotes support of community networks for longer term changes.

Working in the refugee camps in West Darfur

HelpAge is involved in the protection of beneficiaries through presence, advocacy, and direct interventions with a health and nutrition focus. In each of the IDP camps targeted by HelpAge, home visits to older people are carried out by two or more trained community health workers who make medical referrals to INGO clinics or the El Geneina Hospital and carry out regular follow-ups. Working with partners in each camp, HelpAge has been able to reserve 2-3 hours twice each week during which older people are given precedence in specific health clinics. Community health workers, camp volunteers and Older People's Committees refer cases for assistance, transport the weak using donkey-cart ambulances and monitor the progress

Teach older people new skills

and they regain their dignity

of the sick and vulnerable. Currently, there are 34 donkey cart ambulances present in 12 IDP camps. HelpAge refers about 1,000 older people every month and its field staff, together with a team of ophthalmologists from Khartoum, carry out three to four eye campaigns every year. Since the re-launch of the eye care programme in 2006, 23,367 people have been treated for minor eye conditions and operations have been conducted on more than 7,000 people.

Through various partner-

Since the re-launch of the eye care programme in 2006, 23,367 people have been treated for minor eye conditions

ships including with World Food Programme (WFP), Common Humanitarian Fund and the Spanish Embassy in Khartoum, HelpAge has been able to distribute food baskets to an average of 3,000 people every month in 12 IDP camps. Beneficiaries are always selected and verified by HelpAge volunteers and field officers as per older people and their dependants' nutritional needs. To ensure older people have an income, older people are involved in livelihood and income-generating activities within the camp, including shoe and rope making for men, basket weaving and handicraft making for women and bread making for the older peoples' committee members. They occasionally bring their grandchildren to the centres, promoting the cross-generational interaction that is so often lost during a context of conflict and displacement. HelpAge also provides older people with seeds and tools for farming as well as livestock.

Non-food items are distributed based on individual needs of the older person; for example shelter reconstruction where HelpAge provides materials and then facilitates a discussion with neighbours and sheikhs in order to encourage community participation in the labour.

The relationship between older people and adolescents can become particularly problematic. HelpAge works with UNICEF to promote intergenerational approaches in West Darfur. This is done by involving older people as storytellers in child-friendly spaces, involving adolescents in small-scale handicraft activities in older people's centres, literacy, numeracy clubs and social activities as requested by adolescent girls. Both the older and the young people carry out livelihood activities like cooperative gar-

dening and livestock rearing. The young in turn support the older people to repair shelters belonging to the most vulnerable older people on a food-for-work basis.

HelpAge also trains older and younger people to facilitate dialogue between the generations' especially about traditional problem-solving techniques and how these could be used in the camps. In partnership with UNICEF, HelpAge implemented a HIV and AIDS programme in West Darfur aimed at enhancing access to accurate information on HIV and AIDS among older people and youths within West Darfur. The programme targeted 2,000 older people and 3,000 young people in seven IDP camps.

Democratic Republic of Congo

In conflicts older people are abused and need support

Intense fighting broke out in north Kivu including near takeover of the city of Goma by the CNDP in late 2008. HelpAge sent in a team of emergency response personnel who carried out a rapid assessment of the general situation and of older people. Follow up assessments that were done in Massisi and Nyarungongo in 2009 revealed that:

- 65 per cent of older people are caring for children
- 14 per cent are completely alone and 26 per cent are with neighbours.
- 80 per cent of older people have some form of eye problem
- 22 per cent have hearing problems, while 52 per cent have physical mobility problems
- 52 per cent of older people have some form of known emotional and psychosocial problem. 16 per cent of older people revealed that they have

suffered physical abuse

- 6 per cent percent said they have suffered some form of sexual abuse. Most of the abuses are encountered during attacks and when they go to work on their farms .

HelpAge's objective is to improve the wellbeing of conflict affected older people in IDP camps and return areas in Goma and its environment through the provision of humanitarian aid, psychosocial support, increasing their access to health care and ensuring that camp services are age appropriate. To promote peace and co existence, HelpAge facilitates peace building initiatives, maintains livelihood and enhances their capacity and contribution to community development.

Using the community based approach, HelpAge addresses the issues of older people by direct intervention and advocating within the humanitarian community to include older people in their programming. To address the health problems, mainstreaming of ageing through already established health services has been successfully implemented to provide appropriate health care and protection measures for older people and their dependents across north Kivu. This has been done in collaboration with partners like Merlin and the ministry of health in Goma.

Older people have also been engaged in environmental protection through activities like recycling of office wastes to produce "briquette combustibles" as fuel efficient substitute to charcoal and firewood and handicraft activities such as mat and basket production. To promote intergenerational relationships, HelpAge has been working with child-centred organisations in protecting and caring for both the vulnerable children and the older people. Most of our

In conflicts older people are abused and need support

Older people have also been engaged in environmental protection through activities like recycling of office wastes to produce "briquette combustibles"



Women participating in basket weaving as an income generating activity in Kimoka village, DRC

819 older people were given at least a meal a day

funding for these activities has been from the DEC (Disaster Emergency Committee) in the UK through Age UK.

Though there are many older people that need assistance, funding constraints, accessibility to certain areas due to insecurity and lack of capacity to ply the difficult terrains has been a challenge.

Ethiopia:

Support to urban older people in Addis Ababa

HelpAge in Ethiopia and its partners provide older people with direct assistance to prepare for, mitigate, respond and recover from emergencies. To ensure maximum use of the resources, the organization supports and works with different partner organizations that are present in emergency-affected areas to reach the older people.

The global increase in food prices and continual inflation of food and oil prices caused an escalating food crisis, with food prices in Ethiopia rising more than 100 per cent

in 2008 alone. The impact on older men and women in particular has had negative psychological effects, with many eating only once a day and causing tensions within family units due to limited availability of food.

In 2009/2010 with funding from UNOCHA's humanitarian response fund, HelpAge teamed up with the International Organisation for Migration (IOM), Kebre Aregawuyan Megbare Senay Derejit (KAMSD), Agar, Hospice Ethiopia, St George's Church and the Integrated Holistic Approach Urban Development Project (IHA-UDP) in supporting 2237 urban older people and their dependants. In order to improve the quality of life for the Addis Ababa urban older people, the teams focused on providing urgently needed services for disadvantaged households headed by older people in slum areas of five sub-cities of Addis Ababa. Older people living with dependants and who had no support, shelter, inadequate food and in need of medical care, were targeted. 819 older people were given at least a

meal a day, while 205 benefited from emergency shelter. The remaining benefited from medical care and psychosocial support.

Small grants meant to empower the urban older people have gone a long way in enabling them to support themselves and their dependants. Awareness-raising on the needs of older people and partnership with different humanitarian agencies has now enabled other agencies to understand the vulnerability among the older people especially those in urban areas. Older people

Small grants meant to empower the urban older people have gone a long way in enabling them to support themselves and their dependants

With older people

we can fight HIV and AIDS



Amunae 67 years arriving for the focus group discussion at Nakurio Kerio division

...older people have to struggle to survive as the majority of them are not targeted for relief...

participated and contributed to all interventions as committee members and elders of the community. All this has and continues to improve the living standards of the urban older people, their dignity and self fulfillment.

Kenya: Older people living in chronic drought areas

Chronic drought, la Niña and the impacts of climate change continue to affect the arid and semi arid regions in Kenya. Livestock deaths, acute food shortage and increased migration by pastoralist communities due to depletion of pasture and water for livestock have been reported in Northern Kenya, an area hardest hit by drought as a result of la Nina. Older people from these communities have become very vulnerable and have been negatively impacted on. The region solely depends on relief where targeting criteria

is wanting when it comes to older people.

In Turkana district, older people have to struggle to survive as the majority of them are not targeted for relief; if they are targeted, the relief food is not appropriate. They have to fetch water from unsafe riverbeds just like the rest of the people, even if it is risky. Since their health is deteriorating, it is assumed their mental health is not functioning, thus their role as leaders and property owners is taken away from them.

In cases where raids have been conducted, older persons have been captured, tortured, killed or left behind as people escape from the attacks. Some older people with disabilities are not able to walk to the place of distribution nor are they unaware of the distribution points since they live alone.

Their role as carers of young

children is a result of different factors. In many cases, their children have migrated with the livestock in search of better pastures and others have travelled south of the country in search of employment. In some cases, their children have passed away especially during the raids, leaving the orphans with the older people. Older persons have taken up this responsibility, yet they lack the resources and ability

“...Life is a struggle but God is with us...”

Case study: Amunae, 67 years old, Turkana County, Kenya

“I am a blind widow who stays alone. My married daughter stays very far away. I have no relatives around and rely on neighbours to assist in cooking and doing everything for me. My only source of food is relief food as I have no livestock. My daughter used to support me when things were good, but the current situation is restrictive. Everyone is affected and relies on relief so support is not forthcoming. Since I rely on neighbours to assist in cooking most times we share my ratio of supply since they eat what is cooked. Life is a struggle but God is with us.”



Jannet Duffield, HelpAge country director, Mozambique, delivers the ADA message in Maputo

to take care of the children.

HelpAge has carried out several assessments and plans to start interventions in Turkana and other arid and semi-arid districts where we have presence or partners involved in the Hunger Safety Net Programme (HSNP). The main issues affecting older people in these areas are lack of food, water, shelter and increased burden of care. To cope with the situation, older people sell skins from dead animals, eat wild fruits, reduce their food portions and the number of meals they eat, depend on neighbours, beg while others go without food for some days and consume taboo foods. As for water, they consume whatever is available from the river beds (lagas).

HelpAge, through the District Steering Group, has been able to raise awareness on older people's vulnerability in the district. The staff in Lodwar, with support from the Africa Regional Development Centre in Nairobi, has been able to influence the drought management office which has been supporting and looking out for older people whenever there is an emergency relief supplies.

HelpAge has occasionally been called upon to advise on the best way to support older people. Other humanitarian organisations are planning to develop partnerships and interventions with HelpAge. In some cases, older people have been consulted to explain happenings in the area. For example, when it flooded in Lodwar Soweto area, older people were able to provide information that it was originally a river bed years ago. Older people's knowledge on climate change has also been tapped into to explain certain weather occurrences in the area.

Mozambique

Protecting older people's rights to basic services and security in the Mozambican emergency and recovery response.

In 2008, approximately 102,486 people were displaced in the Zambezi valley following two successive years of severe flooding. 151,000 hectares of fertile agricultural land were lost affecting 149,000 families. An emergency response was mounted coordinated by the National Institute of Disaster

Management (INGC) and the United Nations Humanitarian Country Team (UNHCT).

HelpAge placed a small team in Mutarara district in Tete province to support agencies in mainstream ageing into their responses. The organization also built the capacity of local partners and local government to ensure that older people's needs and rights are protected and their contribution to response and recovery are recognised and supported as we also intervened.

Helpage targeted vulnerable older people and their dependents living in 10 resettlement camps in the Chare and Nhamayabue administrative posts closest to the district's capital, namely Baue, Mpane, Chare sede, Macane, Tchetcha, Mandua, Jardene, Nhumbo, Nculenge 1 and Njanjanja.

1,216 older people (754 women, 462 men), and 631 children were given non-food items, blankets, seeds and tools. 500 of the most vulnerable older people were supported by 100 younger people who provided labour to open new communal agricultural plots. 270 older people, activists and community leaders were trained in legal rights, health issues, and psychosocial support for older people; and 57 older people participated in activities connected to child-care and education.

Lessons learned

- Detailed data on older people and their vulnerabilities is very important for planning and enables older peoples' representatives to speak with authority when representing the issues at all levels.
- Older people appreciate the opportunities to come together and the moral and practical support that they can give each other and others.

...As for water, they consume whatever is available from the river beds.

...Awareness and support for the issues faced by older carers in emergencies needs to be incorporated in the response of other agencies...

- Awareness and support for the issues faced by older carers in emergencies needs to be incorporated in the response of other agencies, particularly those working on HIV and with children.
- Though old, older people's exposure to other emergency and development scenarios through exchange visits, creates a different /alternative perception which helps visionary responses.
- Older people can also engage the different coordinat-

because of the following reasons;

1. Weakened social structures and cultural links due to lack of resources by the relatives/ clan members to assist older people
2. In ability to work; Return and re-integration process is associated with labor intensive activities like bush clearing, construction, cultivation, which older people could not undertake.
3. Inability to construct shelter, lack of non-food items, and livelihood opportunities to support older people and other extremely vulnerable in-

project design, implementation to monitoring and evaluation.

HelpAge also provided a resettlement package and a livelihood support item to extremely vulnerable individuals as they return to their villages of origin. In total, 300 packages of non-food items and 350 goats were distributed to 300 extremely vulnerable older people who were identified through HelpAge's partnership with UNHCR for hut construction within Gulu District. The items were distributed by AVSI and the Danish Refugee Council (DRC).

The above initiatives have led to more extremely vulnerable individuals especially older people to return home with the relatives with their families as there was support for older people and the livelihood item (goat and seeds) enable them start some livelihood which reduces dependence on the other family members. Humanitarian agencies now are now supporting older people since they understand their unique vulnerability.

Transition from Emergency relief to Recovery and Development

HelpAge's work in Northern Uganda is now focusing on strengthening advocacy within this transition period. Dur-

...Older people were more 67 per cent of the extremely vulnerable individuals being left behind...

...HelpAge's work in Northern Uganda is now focusing on strengthening advocacy...



Age Demands Action! The one finger ADA salute from activists in Uganda

ing committees in emergencies if empowered.

Uganda

The Protection of Older People in Northern Uganda

Over 1.8 million Northern Ugandans had been internally displaced and forced to live as internally displaced person's (IDPs) in camps for over 22 years. Long term displacement led to social deterioration and a heavy dependency on relief aid. A ceasefire agreement was signed after which many displaced Acholi began the process of return to villages of origin leaving behind the extremely vulnerable individuals. Older people were more than 67 per cent of the extremely vulnerable individuals being left behind

dividuals.

4. Lack of basic facilities like health facilities where older people/extremely vulnerable individuals can be attended and a lack of medicines for the chronic conditions that affect them in the places of return.

To fill the gap left by the other humanitarian organisations, HelpAge through the Gulu office did a lot of advocacy in Gulu district to both the government and humanitarian agencies to ensure older people are supported and their needs are understood. As well as raising awareness the Gulu office staff provided practical solutions to the clusters and participating agencies to mainstream older people within their project work from

Case study: Mozambique

Catarina Baera, 71 years old, is resettled in the Charre centre. Catarina received maize twice and was seen by activists and her neighbours eating boiled whole grain. Catarina recounted "I stayed two months eating grain which was very difficult as I don't have teeth and it was difficult to digest. "

After this was reported to the authorities, she began receiving flour whenever possible. "Since April, I and my friends have been receiving flour. Now I can cook what I want. Sometimes I make 'massa' and other times porridge. We are happy to have resolved this problem."

ing the Age Demands Action (ADA) campaign of 2010, the older people's delegation met with political leaders and demanded for the following:

Universal social pension for older people

Representation of older people in government structures.

Expansion of the Social Assistant Grant for Empowerment (SAGE) to include districts in Acholi sub region. Inclusion of older people budget both at the national and district levels to respond to their specific needs. Improving access to health care services to the older people to lead dignified, healthy and active lives.

The OCMGs (older citizen monitoring groups) that have been established with the support of HelpAge International have prioritised the returnee and re-integration process as one of the issues for monitoring. They have started generating evidence on the level and extent to which the needs of extremely vulnerable individuals/people with special needs are included in long term recovery strategies. HelpAge has special interest in the social protection process in Uganda and the process of documenting the experience of Northern Uganda with special emphasis on the needs of extremely vulnerable individuals has started. This experience will be used in the national and district dialogue on social protection with an intention of influencing inclusion of extremely vulnerable individuals/people with special needs in the National Social Protection Strategy and framework, which is currently being developed.

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Improving access to water, health and livelihoods in Burkina Faso

Burkina Faso: Partnering with the Red Cross

Since 2002, the Burkina Faso Red Cross has been partnering with HelpAge on various projects to increase access to income, water, rights and sanitation. This, in turn, has influenced the Red Cross to start targeting older people as a vulnerable group during assessment and response work. During emergencies, the society has also purposely been targeting older people as those who have special needs. Currently, the Red Cross includes older people in multi-level assessments, response and recovery phases. In September 2010 during the floods in Ouagadougou, older people benefited from donations of non-food items. The Red Cross also offers psychosocial support to older people affected during emergencies.

Cluster and Inter Agency Working Group (IAWG)

HelpAge attends different cluster meetings at district, country and regional levels: protection, early recovery, HIV and AIDS in emergencies, health, water and sanitation and non-food items where the humanitarian decisions are

made in different countries. Here, we have been able to influence other humanitarian agencies on issues of the inclusion of support for older people in emergencies. Involvement of HelpAge in the different initial assessments organized by the clusters has enabled us to have data on for example, older people captured in emergencies and their needs included in interventions in various countries.

The IAWG at the regional level has several sub sectors and HelpAge is a member of the Disaster Risk Reduction (DRR), HIV and AIDS in Emergencies, Security and Human Resource Inter Agency Working groups. HelpAge is currently the Co chair for the HIV and AIDS in Emergencies Inter Agency Working Group. The working groups do carry out activities and events that support the member agency achieve their goals, capacity building initiatives, facilitate forums for sharing and as per the working group's terms of reference.

Contributions from: Red Cross Burkina Faso; HelpAge International Africa Regional Development Centre staff; and staff from HelpAge offices in Sudan, Uganda, Mozambique, DRC and Ethiopia.

The OCMGs have prioritised the returnee and re-integration process as one of the issues for monitoring

...working groups carry out activities and events that support the member agency achieve their goals...

Affiliate Updates

Cameroon: Affiliate successfully lobbies UN agency

The Regional Centre for the Welfare of Ageing Persons in Cameroon (RECEWAPEC) has successfully negotiated with the United Nations Department of Economic Affairs to support the Cameroon government in formulating a national policy on ageing. RECEWAPEC began advocating for the formulation of a national policy through their participation in 10 regional meetings for data collection on old people's rights organised by the Ministry of Social Affairs.

The outcome of these national consultations led to a national workshop which took place in Kribi-Center Region, Cameroon from June 27 to 30, 2010

to validate the draft national policy on ageing. This was convened by the Cameroon government through the Ministry of Social Affairs with the active participation and contribution from RECEWAPEC, government ministries, United Nations organisations resident in Cameroon and Ms. Rosemary Lane, United Nations Focal Point Officer on Ageing.

RECEWAPEC and ADA Cameroon began community campaign at grassroot level on July 1, 2010 in Lamal-Pougue region (in the French zone of Cameroon) by installing an elected coordinator of older people with a mission of planning on raising awareness on rights of old person contained in the validated national policy as well as planning for the International Day for the Old Persons in Cameroon.

Ghana: Cabinet approves Ageing Policy

HelpAge Ghana has successfully advocated for an ageing policy in Ghana.

In October 29, 2010, the Ghanaian cabinet approved the National Ageing Policy and its 4-year Implementation Plan. This was one of the demands made under the ADA Campaign meetings with the Vice President of Ghana on October 1, 2009 and with the Sector Minister on October 1, 2010.

The Sector Minister fulfilled his promise by submitting it to Cabinet in the week after the meeting with ADA activists while the Vice President fulfilled his 2009 pledge for speedy consideration by getting it approved.

Uganda: URAA petitions President Museveni

Uganda Reach the Aged Association (URAA) has petitioned President Yoweri Museveni of Uganda to designate a special day for them to access treatment in health centres across the country as well as a special seat for older people in Parliament.

URAA chairperson, Prof. An-

Ghanaian cabinet approved the National Ageing Policy

URAA has petitioned President Yoweri Museveni of Uganda to designate a special day for them to access treatment in health centres



ADA Campaign team in Cameroon

Income security for older people

is a basic human right



HIV positive older lady caring for 4 grand children

...Only 7.1 per cent of the older persons in Uganda have access to their pension...

thony Gingyera-Pinycwa, said the overall situation of older person in Uganda is still very depressing with the majority of older persons living in abject poverty.

“Only 7.1 per cent of the older persons in Uganda have access to their pension, the rest require social protection through some kind of assistance to enable them to cope with this vulnerability,” he said.

URAA made this petition following their annual general meeting. They also demanded that government supports the existing civil society organizing dealing with older persons.

“The older persons in the informal sector are the poorest among the poor. There is need for government intervention to provide National Old Age Grants,” reads the petition dated October 29, 2010 and signed by Ambassador Ignatius Katetegirwe, Hon. George Iga Endayange, Peter Nyakatura and Jovia Bataka.

The older persons also described accessing credit in traditional financial institutions and commercial banks as a “night mare”.

“Traditionally the older persons are supposed to be highly respected in the Ugandan society, however the factors of urbanization, modernization, individualism and migration have combined to undermine the older persons socio-economic security and traditional levels of respect,” said Prof. Gingyera.

President Museveni’s private secretary in charge of the elderly, Juliana Bazuidenhout said the president was scheduled to meet the older persons..

“We got their petition and the President has promised to meet them and hear their views. But it is important that they know that the National policy for older persons is active while plans are underway to formulate the National Council for Older persons.” Bazuidenhout said once the

Support older people

they are guardians of our traditions

National Council of older persons comes into force, all concerns of the older persons will be channelled and handled through that council. She said cabinet had discussed the paper and it was awaiting approval from Parliament.

According to the Uganda National Household survey of 2005/6, there are at least 1.2 million older persons in Uganda with 53 per cent being female while 47 per cent are male.

once the National Council of older persons comes into force, all concerns of the older persons will be channelled



ADA Spokesperson Pius Musimba

ADA 2010 Africa Spokesperson

Pius Musimba Muasya, born in 1936, was selected as the Africa spokesperson for ADA for 2010. He was featured in numerous interviews as part of his role as spokesperson including NTV Kenya's morning Breakfast Show.

Name of Village

Kangundo District, Kivaani Location, Nguomuti Sub-location, Kenya

Languages Spoken

Kikamba, Kiswahili, English

Family

Married to Joyce Mutono Musimba "I have 6 children: 2 male and 4 female. All are married with children. My eldest child is 51 yrs old; she is married with 3 children. The youngest is over 21 yrs old; he is married with 3 children. We are blessed with grandchildren and great grandchildren."

As an older person

"I see that life has become difficult especially due to the economy in this country. In old age if you do not have your own money it can be very stressful. It is good

to be self-reliant if you can so that you do not become a burden to your children because they also have problems of their own.

My main sources of income are small-scale farming from coffee, maize and beans. From the sale of coffee and maize I am able to support my wife."

Home

"At home, I live with my wife. We have to fetch water from outside the compound. Electricity has not reached our home but there are plans going on right now to bring electricity to my village."

Health

"My health is good especially at my age. I cannot complain because God has been so good to me. I do not suffer from any ailments. The nearest health facility near my village is about 2km away which is a walking distance but the District Hospital is about 8km away. To get there one has to get public means – a matatu which costs Ks100 (over US\$1) return."

UN updates

Toasting a landmark decision

In November 2010, the Third Committee of the UN General Assembly in New York adopted a landmark resolution on older people's rights.

In this resolution, the General Assembly decided to set up a working group to consider how to strengthen the protection of older people's rights. It will do this by looking at the adequacy of the existing international human rights framework, identifying any gaps and considering the possibility of new human rights instruments.

Major UN resolution passed in support of women

The General Assembly passed a resolution in June 2010 that is expected to accelerate efforts to protect women against violence. The resolution stresses that member states have an obligation to promote and protect all human rights and fundamental freedoms of women and girls and must exercise due diligence to prevent, investigate, prosecute and punish the perpetrators of violence against women and girls and provide protection to women and girls who have experienced violence, and that failure to do so violates and impairs or nullifies the enjoyment of their human rights and fundamental freedoms. Member states have been urged to enact and amend domestic legislation and take measures to enhance the protection of women and girls who have experienced violence.

... the UN General Assembly adopted a landmark resolution on older people's rights...

The General Assembly passed a resolution in June 2010 that is expected to accelerate efforts to protect women against violence.



Maki Kambele, age 98, widower, on the field with SCAZ activist Sanana Saasa Simakka, Muchini Village;

I therefore feel we should have a sustained campaign until they are enacted.

ADA Case Studies

Zambia

Mr Kamboyi, an ADA activist

“I have learnt the issues surrounding the Ageing and the Social Security Policies and their contents and have seen how they will benefit me if enacted and implemented. I therefore feel we should have a sustained campaign until they are enacted. I feel that the media has helped us deliver the message to government even before we meet the Vice President as we received wide coverage and I hope when we meet, the Vice President will have the answers for us.”

Ethiopia

Abba-Abiy Kasaye, ADA delegates member and Saint George Church Older People Coordinator, SaG Programme

“ADA plays a promising role in bringing the issues of older people to the attention of decision makers, religious institutions and the public. I can cite a measure taken by the Ethiopian Orthodox Church where about 300 churches were ordered by letters of the Archbishop of Ethiopia to provide

necessary support including basic services, counseling services and organizing older people into associations and to encourage them to engage in various income generating activities (IGA) by allocating resources from the churches. People from different churches came to my offices and asked me how Saint George Church is working in supporting and organizing older people and how ADA delegates work. So I would like to say that this is a big change in the history. Hopefully, more changes will be take place all over the country and decision makers will give their ear to older people and include them in policies and programmes if the efforts of ADA continue.”

Mr. Tilahun Abebe, Ethiopian Elderly and Pensioners National Association (EEPNA) Board Vice Chairperson and ADA Coordinator

“We have started working actively as ADA delegates since 2007, and thank God there have been some improvements from time to time from our government officials, the public and religious institutions. Even though practical response is slow, now the door of every Ministry

and organisation is open to ADA delegates compared to the first year of the ADA programme. Some ministries and organisations like the Ministry of Health, Social Security Agency, HAPCO, Ministry of Women and Children Affairs, Religious Institutions, Ministry of Labour and Social Affairs and media houses are started to give practical responses to ADA delegates’ asks and have started giving attention to older people issues.

Our ADA delegates’ capacity in undertaking advocacy works regarding older people, developing and presenting asks systematically, ability in influencing decision makers, focusing on outcomes etc is improving from time to time. At this time, we are evaluating our performance of ADA 2010. We realized that ADA delegates have to be strengthened and need to develop an action plan for the coming six months to communicate with ministers with whom we could not communicate with because of the changes of office holders during the time of our campaign. So hopefully, we will urgently communicate with the new ministers in the government. “

Even though practical response is slow, now the door of every Ministry and organisation is open to ADA delegates



Charles Karungu, 74 years old, DRC

Charles Karungu, Kisangani, DRC

Frederic Courbet

Charles was born in Kisangani and went to the Police school organized by the Belgians in Rutshuru. After the independence, he became a postman and returned to Kisangani, land of his father. Attached to Lumumba party as a propaganda officer, he became a province deputy and started his own private business of agriculture and food retail.

Father of 42 children and grandchildren, he is married to 3 wives, all still in life. The family had to flee from Kimoka where they had settled as the main house they owned got occupied by the main rebel army leader. They are now living in Sake village near Goma.

Charles thinks DRC went wrong with Mobutu's reign and the arrival in 3 waves of the Rwanda political refugees in Kivu, creating a tribal tension that led to the main actual conflicts. For his life before the independence was made of love and work and now the country is riddled with wars and bad government.

The elders are not being listened to by the youth, nor supported by the

younger generation as there is no more work, education or even enough food for everyone.

The immobility and lack of social involvement through work of the elders creates a sensation of abandon.

Charles belongs to an elders community called Baniaka Baruku and believes that elders can mediate and negotiate conflict resolutions with the support of the government in Kivu. He survived the conflicts and displacement with the help of his family dispersed all over DRC and even with the help of 2 of his kids whom lives in USA. Those send him money (100 USD) a month and some clothing.

HelpAge gave Charles the means to be busy again in the society through the income projects and the intergenerational meeting allowing him to move from an idling way of living to a more active and integrated position.

Charles thinks the elders have a great role to play in education and knowledge transmission to younger people and his advice to them is to live a life of love, honesty and to avoid hate.

Staff changes

Farewell

The following people have left HelpAge ARDC. We wish them all the best in their future endeavours

Thiong'o Ngugi

Regional Communication Officer

Cosmas Agiso

Regional Resource Development Coordinator

Michael Munavu

HSNP Manager

Kavutha Mutuvi

Regional Advocacy Coordinator

Charles Ntale

Head of Social Protection

Welcome

Albanus Munyoki

is the new Accounts Assistant

Gacheru Maina

joined ARDC as the Regional Communication and Information Officer

Marion Ouma

joined ARDC as the Social Protection and Civil Society Capacity Building Officer

Matthew Mang'oka

is the new Logistic Assistant II

Lucia Chebet

is the new Programme Officer Learning and Sharing. She was previously the Regional Programme Officer

Samuel Obara

is the new Sida Programme Manager. He was previously the Regional HIV and AIDS Coordinator

HelpAge International

age helps

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

We welcome letters from readers. Please write to:

Ageing in Africa,
Africa Regional Development Centre,
P.O. Box 14888, Westlands,
00800 Nairobi, Kenya,
Email: helpage@helpage.co.ke

Please include your name, organisation (if any) and postal address. Letters may be edited.

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