



Terms of Reference for Development of Home Based Care (HBC)/ Community care Package - Training Manual for the care of Older People in Kenya and Mozambique

Introduction

HelpAge International is the secretariat to the HelpAge Global Network, which brings together a wide range of organisations and individuals working together to ensure that older people lead dignified, active, healthy and secure lives. We strive to promote the wellbeing and inclusion of older women and older men and reduce poverty and discrimination in later life by working with older women and older men in low and middle-income countries for better services and policies, and for changes in the behaviours and attitudes of individuals and societies towards old age. We want a world where every older woman and older man, everywhere, can say ***'I have the income I need; I enjoy the best possible health and quality of life; I am safe and secure, free from discrimination and abuse; and, My voice is heard'***.

HelpAge International's secretariat is based in London, UK but works in 41 countries across the world. Our long-term vision is to establish a global movement of strong connected age focused and older people led platforms in every country in the world. We aim to extend the reach and influence of the HelpAge Global Network and all those in a position to help bring about our vision for older persons, including Governments, regional institutions, policy makers, development partners, the private sector, UN organisations and academic institutions.

Project Background

HelpAge has received funding from Maxwell Harvey Legacy Fund, managed by Age International, to implement a three-year Health System Strengthening Programme in Kenya and Mozambique. The programme which is dubbed Better Healthcare for Older People in Africa (BHOPA - 2), is the second of its kind and builds on lessons from BHOPA - 1 implemented between 2014 and 2017 in four countries – Tanzania, Ethiopia, Mozambique and Zimbabwe.

The overall objective of the programme is to contribute to better health and wellbeing, and reduced burden of diseases, for older women and older men including those with disability.

The three outcomes areas for program are:

1. Strengthened and improved integration of formal and informal health systems in Kenya and Mozambique. To realize this outcome, the program will adopt approaches that encompass both formal and informal health and care systems which cut across the six WHO Health Systems Strengthening (HSS) building blocks with particular focus on building the capacity of the health workforce, both at health system level (clinical officers, nurses) and at community level (HBCs: CHWs in Kenya and Activistas in Mozambique).
2. National and regional level progress in the development, adoption and domestication of key policies influencing older people's health and inclusion in the health system.
3. Robust evidence and learning is generated in order to support advocacy messages and shape approaches for health systems and health delivery services strengthening

Context

Health systems in both Kenya and Mozambique are still wired towards younger people, including children and pregnant and lactating women and are not yet adapted to respond to the needs of the increasing number of older people in the two countries, which reflect a demographic transition across the continent. It is estimated that there will be 160 million older people aged 60+ years in Sub Saharan Africa up from 46 million in 2015. In Kenya the population of older persons is projected to reach 3,589,431 (1,704,564 older men and 1,884,867 older women) by 2030; the fastest growing segment is the 60+ at a rate of 3.5% per year, whereas in Mozambique 5% of the population are older persons above the age of 60, corresponding to 1,441,473 persons.

There is particularly limited investment in facilitating access to age and disability responsive health services for older people and people with disabilities, whose health needs often require long term access to home based care services. By improving the skills of Home-Based Carers (HBCs) and of Community Health Workers (CHWs) and Activistas in Mozambique, BHOPA-2 will enhance the skills of front line community volunteers to carry out home visits, promote healthy aging at community level, provide guided advice, referrals and follow-up.

The project is in its inception phase and has lined up several key activities, one of which is to release and publish a Home-Based / Community Care Kit toolkit to be used in rolling out the project in the two countries. Therefore, the programme

seeks the services of a consultant to develop an integrated Home-Based Care (HBC) and community care manual package for utilization in both Mozambique and Kenya. The manual shall be in English and Kiswahili for Kenya and in Portuguese for Mozambique and, if necessary, shall be attuned to the different sociocultural contexts and health profiles of older people in the two countries. As a starting point, already exist a toolkit for Healthy Aging Clubs (in English) and a manual for training Community Health Workers (CHWs)/ Activistas (in Portuguese) developed by HelpAge with components related to healthy ageing for older women and older men including those with disabilities. Several other training manuals and packages exist in the Africa region and in the contexts of other LMICs. HelpAge, through this activity aims to develop an integrated package that incorporates the critical components of home based and community care for older women and men and older people with disabilities into a comprehensive package that will assure quality delivery healthcare for older people.

The purpose of the Consultancy.

This consultancy seeks to develop an integrated HBC/ community health package with a strong focus on caring for older women and older men including those with disabilities, and on performing effective referrals.

The scope of the Assignment:

Collect and collate existing material for HBC/ community health for older women and men, including those with disabilities in both Kenya and Mozambique but also from other countries in the African region as well as globally.

Conduct a review of the toolkit for Healthy Aging Clubs and training package for CHWs/ Activistas developed by HelpAge

Ensure particularly the integration components related to HBC, community health and healthy ageing for older women and in older persons with disabilities (physical, sensorial, cognitive) into the HBC/ community care package

Develop as part of the manual a **training package for all the key care practices to be included in HBC services delivered by volunteers** for older women, older men and older people with disabilities as part of the manual. Include a list of all essential items that shall form the HBC volunteer kit.

- a) Develop an orientation schedule for the HBC / Community package training for HBCs volunteers and for CHWs/ Activistas

- b) Translate in the required languages the training package/ manual. Pre-test and validate the manual/package in the two contexts of Kenya and Mozambique, fine tuning it to the two contexts, before production of the final version for roll out.
- c) Revise and finalize the Kenya and Mozambique versions of the training package/ manual based on pre-test outcomes.

Core competencies

- A minimum of a master in any of the following disciplines: Medical Sociology, Medical Anthropology, Health Sciences (Medicine, Nursing, paramedical studies); a PhD qualification will be preferred.
- Extensive knowledge of, and experience in Home Based Care and community health systems in Sub-Saharan Africa.
- Excellent knowledge of, and experience in health of older people in Sub-Saharan Africa.
- Good knowledge of older persons and older persons with disabilities and the challenges they face in accessing health care services
- Excellent skills in collating and synthesizing a range of information and data into useful teaching material.
- Experience in designing curriculum for adult learners
- Strong knowledge on rights-based approaches to programming
- Knowledge of Portuguese and of both Kenya and Mozambique health contexts a plus.

Expression of interest

All interested consultants/firms are requested to write an expression of interest outlining the following:

- a) How their experience and competences meet the requirements of the assignment
- b) Detailed methodology to be used in carrying out the assignment. It is acceptable the employment of Mozambique-based subcontractors for Kenya based consultants and vice versa. HelpAge will facilitate the process of acquiring visas if necessary.

- c) Itemized budget in USD (Indicate daily professional rates)
- d) Detailed schedule and methodology for conducting the assignment if successful; stating the precise duration, the expected start date and completion date.
- e) Provide evidence of similar work undertaken in the recent past (Not more than 3 years)

Deliverables:

Hard and soft copy of the manual

Tax Liability:

Settlement of any tax liability arising from this agreement will remain the responsibility of the consultant. The fees will be liable to withholding tax to be remitted to the Kenya government and a receipt will be availed to the consultant