



**HelpAge
International**

age helps

TANZANIA

The state of older people in Tanzania

- According to the 2012 Population and Housing Census, out of 44.9 million people, 2.5 million (5.6%) are estimated to be aged 60 and above (1.2 million male and 1.3 million female)
- 80% of older people live in rural areas
- 40% of all orphans in Tanzania are cared for by older people, usually their grandmothers¹
- 2,866 older people were murdered on allegation of witchcraft in 10 regions over five years – an average of 573 a year
- 96% of older people in Tanzania do not have a secure income
- 73% of older people remain economically active with most engaged in small-scale agriculture
- Households with older caregivers are 22.4% more likely to be poor and food insecure
- Nearly 60% of deaths among those over 60 in some districts of Tanzania occur due to non-communicable diseases.
- It is estimated that 5.4% of people aged 50 and over in Tanzania are living with HIV. They constitute 15.3% of all people living with the virus.²

1. UNICEF State of the World's Children Report 2007.

2. Negin J and Cumming R 2010 HIV infection in older adults in sub-Saharan Africa: extrapolating prevalence from existing data, Bulletin of the WHO 201088:847-853

Older people in Tanzania

In Tanzania, older men and women across the country are our primary stakeholders, given our mandate of helping them claim their rights, challenge discrimination and overcome poverty so that they can lead dignified, secure, active and healthy lives.

The HelpAge International network is uniquely committed to challenging negative perceptions of old age and enabling older men and women to fulfil their potential. Since its inception in 1983, the global network to which we belong has grown from the five original members to 101 affiliates, working with 200 other partners in over 70 countries directly improving the lives of millions of older people in many parts of the world.

Since establishing a country office in Tanzania in 1992, HelpAge has reached a large number of older men and women through initiatives that provide:

- Economic empowerment for increased access to income

- Access to essential services, including health and HIV care
- Improved awareness of their rights and entitlements
- Platforms for older people's engagement with local and national leaders.

With our partners in Tanzania, we provide assistance to a large number of older people and their families and we draw on this experience to influence the mainstreaming of ageing into the various services, policies and strategies, reaching many more older people and their families.

We work closely with government both at the national and district levels, in particular with the Ministry of Health and Social Welfare, Ministry of Labour, Employment and Youth Development and the Prime Minister's Office and several other institutions and departments. Our community based work and policy advocacy intervention spans the United Republic covering all regions in Tanzania mainland and Zanzibar.

"A society for all ages encompasses the goal of providing older persons with an opportunity to continue contributing to society".

Madrid Plan para 19



**Older people contribute
it's time to invest in them**

"When poverty is endemic, persons who survive a lifetime of poverty, often face an old age of deepened poverty."

Madrid Plan para 45

Our work in Tanzania

Enabling older men and women to have secure incomes

Objective

To support the development of social protection policies that recognise universal social pensions as a right of all older people; and increase the number of older people receiving a social pension in mainland and Zanzibar.

HelpAge seeks to advocate for and work with the Government to ensure that all older people have access to social pensions. Support to the Government in mainland and Zanzibar includes the design of a universal social pension scheme and the enactment of a law to enforce the delivery of pensions to all older citizens. Collaborative efforts with the Government and organisations of older people aim to take forward the Government's commitment, which has been

secured since a study into the feasibility of a universal social pension was conducted by the Ministry of Labour, Employment and Youth Development in 2010.

Key milestones will include:

- Universal pension scheme developed and implemented in Tanzania
- The number of older people receiving universal non-contributory pension recorded and credible information regarding delivery issues and operational gaps arising monitored
- Improved technical capacity of Government to coordinate and monitor social pension schemes to older citizens
- Older people's access to income generating measures mainstreamed in local councils and Civil Society Organisations.



With little Support

Older People bring Change

"I have three grandchildren to care for. What I used to produce was not enough to keep my family to the next farming season. Fortunately, older people from my village were invited by the Dodoma District Council and Saidia Wazee Tanzania [a HelpAge partner] to form groups to support ourselves.

We formed an income generating group called "Wazee Wajasiliamali Group" and learned how to engage in business. A technician from our local council came to my home with mushroom seeds and other materials to assist me in establishing my project.

For vulnerable older people like myself, projects such as these are key to enhance food security to our families. I request organisations involved in similar activities to consider older people in their programmes. I want to assure you that many older people have despaired because of the challenges they are facing in their lives. They don't easily see these alternatives!"

Emma (65), Dodoma

Enabling older men and women and those they support to receive quality health, HIV and care services

Health Objective

Older men and women receive free access to age-friendly health services and are supported to prevent and manage chronic illnesses.

Our programmes in health seek to support the government in its quest to provide quality, accessible and age-appropriate healthcare for all older people. The provision of free health care for older people, which is a fundamental policy position of the Government, has been hampered by shortage of staff and drugs; the lack of expertise in geriatrics care among healthcare workers and poor infrastructure including transport and mobility challenges that older people continue to experience.

Key milestones will include:

- The establishment of a geriatrics unit within the Ministry of Health and Social

Welfare to coordinate health issues affecting older citizens, including non-communicable diseases

- The establishment of a nationwide data management system to generate valid data concerning older people's health needs and their access to free health services
- The review of curriculum to include geriatric care among the middle-level healthcare trainees
- Increased coverage by district councils in providing premium for Community Health Fund (CHF) to poor families headed by older people
- Increase in the number of district and regional hospitals including dispensaries to promote dedicated rooms and medical staff to attend older people and the effective implementation of free healthcare policy for older people across the country.



*Older people
contribute*

*It is time to
invest in them*

HIV and AIDS objective

To influence the government to recognise and address the impact of HIV on older people, as care givers and those living with HIV, into strategies, plans and budgets, with appropriate social protection measures, age-sensitive HIV prevention methods and access to care, support and treatment services

Key milestones will include:

- Older people and those under their care have appropriate information and are linked to HIV and AIDS prevention, care and support services
- Work with government and partners to collect data on HIV and AIDS Home based

care givers and treatment amongst older people

- Livelihood needs of older carers of orphans and vulnerable children and people living with HIV and AIDS are programmed, budgeted for and implemented in district budgets
- Older people are aware of the importance of, and feel confident to test for HIV, and those living with HIV have access to ART and are supported to adhere to treatment
- National household surveys, including Demographic Health Surveys and AIDS Indicator Surveys, and other HIV related data collection tools and indicators are expanded above the current age limit of 15-49 years to include older people.

“...I suffered serious stigma from my husband and his relatives. I ate poorly, and I had no support from either him or his relatives. My husband chased me away and told the village government office in Kahama that I am a witch and caused his mother’s death. I stayed without food and could no longer take the ARVs. It was when HelpAge staff came to our village to talk about older women’s rights and the support we could get from the paralegals, I realised that I have a right. It was my first time to hear of women’s rights. Paralegals attempted to reconcile me with my husband, when this failed they assisted me to file a divorce to live free from abuse and discrimination. I am thankful for the paralegals who saved my life...”

Mary (52), Shinyanga District



Enabling older men and women to challenge age discrimination and claim their rights

Objective

To support older people to claim their rights as stipulated in the National Policy on Ageing. The key rights framework guiding the implementation of policies and strategies.

Key milestones will include:

- Increased representation of older people in district council forums
- Inclusion of older people's rights to social pension, free health services and their representation in decision-making bodies in the new constitution
- Effective engagement by older people's forums and spokespersons with leaders at all levels to put an end to the violation of their rights
- The regulation of the National Ageing Policy of 2003 as a binding legal framework for the implementation of relevant policies that benefit older people
- The implementation of nationally coordinated action plans to address the murder of older women and men resulting from witchcraft allegations.



Enabling older men and women to receive appropriate support during emergency and recovery

Objective

To ensure that government and humanitarian organisations recognise the needs of older people and provide appropriate responses that address their health, diet, culture and tradition and that older people receive dignified assistance in accordance with humanitarian laws and principles. We work to ensure disaster prevention, risk reduction and mitigation programmes value and include older people's views and capacities.

"... no one should be discriminated against any grounds of status including, age, gender..."
(Sphere Handbook).



Support a growing national movement of older people's organisations to improve their work with and for older men and women

Objective

To support the emerging movement of organisations of older people capable of mobilising older people through their forums to give voice and visibility to marginalised older people across the country.

We aspire to see more organisations of older people engaging constructively with their district and national leaders to demand equal access to services and be recognised as contributors to their own, their families, and communities' development needs.

“For the last 10 years the local village government has been strengthened to make sure that older women live in peace and harmony.”

“I had three children. Because of poverty all my children went to Williamson Diamond mine for work. First my daughters died. Then people began pointing fingers at me, accusing me of being a witch. My mother was also accused of being a witch. Then my son got sick and I was living a miserable life with fear of losing another child. One night some people forcefully entered my house, leaving behind threatening letters, ordering me to leave the village or be killed. Again I was accused of being a witch. The Mondo village council [HelpAge's partner] discussed the letters and identified those involved. The village government leaders ordered that should anything happen to me, action will be taken against all those who are involved in these accusation.”

Christina (65), Shinyanga Region.



Vision

A world in which all older people fulfil their potential to lead dignified, active healthy and secure lives.

Mission

Ensure older people in Tanzania have equal access to resources and services as provided in the various policies and legislative frameworks by seeking the mainstreaming of ageing issues into the development agenda of the country, thereby alleviating intergenerational poverty that affects older people and their dependants.

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