



Rebuilding Lives



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**HelpAge
Deutschland**
Alter ist Zukunft


german
humanitarian
assistance
DEUTSCHE HUMANITÄRE HILFE

HelpAge
International



HelpAge International

HelpAge International is a global network of organizations promoting the rights of all older people to lead dignified, healthy and secure lives. We are working in more than 70 countries around the world. Our Mission is to promote the wellbeing and inclusion of older women and men, and reduce poverty and discrimination in later life. Our Role is to work with older women and men in low and middle income countries for better services and policies, and for changes in the behaviors and attitudes of individuals and societies towards old age.

HelpAge International has been working in Pakistan for over three decades. HelpAge, since 2010 has been responding to emergencies in Pakistan i.e floods, earthquakes and displacements. In addition to relief activities, HelpAge International has been modelling interventions for older people in the areas of livelihoods, health, disaster risk reduction, and raising voice for recognition of older people's contributions and vulnerabilities and importance of older people's inclusion in the development and humanitarian policies and actions.

We have recently completed a humanitarian response project to address the immediate needs of the most vulnerable Temporarily Displaced People (TDP), including Older People, persons with Disabilities, women and children in Khyber Pakhtunkhwa and the Federally Administered Tribal Areas in Pakistan. The project was funded by the German Foreign Ministry through HelpAge Germany and implemented for two years from April 2016 to May 2018. The objective of the project was to improve livelihoods and health of temporarily displaced people in Peshawar and returns in Orakzai and other agencies in FATA. This publication highlights how our interventions supported the displaced people and their host communities rebuild their lives.

HelpAge International acknowledges the generous funding support from the German Foreign Ministry and HelpAge Germany. We also acknowledge strong collaboration and support from the Provincial Disaster Management Authority - KP, FATA Disaster Management Authority, the departments of social welfare, health and local administrations of the project area in KP and FATA. We are also thankful to the participant communities for supporting this project achieve its desired objective of the wellbeing of the most vulnerable members of the communities.

Our Support!

2,495

Provided conditional and unconditional cash grants to 1,531 men and 964 women.



416

Restored eyesight of 254 men and 162 women after successful cataract surgeries.



18,820

Provided psychosocial support and primary health care including laboratory testing services to 10,672 men and 8,148 women.



1,507

Provided assistive devices and physiotherapy services to 1,126 men and 381 women.



Livelihoods



“With the grant I received, I have set up an ice cream stall. I am very happy, I am earning good money.”

**Zarbat Khan, 40 years old,
Khyber Agency**



“With the money I received, I bought goats. My family and I take good care of these goats. We will sell one and buy two more baby goats.”

**Zair Haider, 49 years old
Khyber Agency**



“With the cash grant I bought a goat and now we are getting milk at home. I plan to sell the goat around Eid and earn a profit. “

**Fazal Jana, 69 years old
Khyber Agency**



“I am a tailor. Back home I used to stitch clothes and earn for my family. Here I didn't have any money to start a shop. The cash grant helped me start a shop in the market. I am happy, I get more work here!”

**Khawaja Mat Khan, 49 years old
Khyber Agency**

Hopeful for the future!

Bakhtyar Khan, a 45 year old man from Khyber Agency in Federally Administered Tribal Area in the North of Pakistan has three sons and five daughters. Livestock rearing was his main source of income before his displacement to Peshawar.

'When we moved to Peshawar, we didn't have enough money to settle in this new place. I had to sell my cows to buy food for my family' says Bakhtyar Khan. After selling his livestock, his only source of income, Bakhtyar Khan worked as a security guard in a local market. He earned PKR 8,000 in a month from that job which was not enough for his family of 10 persons. Sometimes, he had to take a loan to meet his family needs. "It was a really difficult time for me and my family" says Bakhtyar Khan.

HelpAge International with the support of the German Foreign Ministry and HelpAge Germany launched a relief project to address the immediate lifesaving needs of the most vulnerable Temporarily Displaced People (TDPs). Support (conditional and unconditional cash grants) for re-establishing livelihoods was a key activity in this project.

The project team carried out an assessment in Peshawar to identify the participants to receive cash grant of PKR 30,000. Bakhtyar was selected as one the participants. The identified project participants including Bakhtyar were trained on "Managing Small Enterprises". "The training really helped me. I realized that if I would spend this money on food and other items, I would be left with nothing and if I utilized this grant to start a livelihood, the benefit would be long term," says Bakhtyar Khan.

Bakhtyar had a very old wish to start a stationary shop and he used his cash grant to fulfil this wish. He opened the shop in his neighbourhood in Peshawar. He said "I am getting a very good response, the sales are really good. After a long time I am feeling secure and hopeful for my future."



Eye Care



“I couldn't afford eye surgery. HelpAge Internatioanl supported me. My eye sight is back. It a new life for me!”

Khushal Khan, 67 Years old
Orakzai Agency



“Since my surgery, I can see again. Now I help my family with household chores!”

Sabargulla Bibi, 60 Years years old
Peshawar



“I lost my sight about three years ago. Due to vision problem I was homebound. This surgery has helped me a lot. I now go out again to see my family members and friends! “

Shad Khan, 72 Years old
Orakzai Agency



“My eye sight is better than before; I can see very clearly now!”

Nadir Shah, 68 Years old
Orakzai Agency

I can see and I am earning again!

Zar Jan is a 68 year-old man. Before displacement he lived happily with his wife and seven children in a small village of Orakzai Agency in Federally Administered Tribal Area in the North of Pakistan. Jan earned a living for his family by farming his land. “We didn't ever think that one day we would leave our home and our village; it was really shocking. We left all our belongings behind” said Jan.

After moving to Peshawar from Orakzai, Jan rented a house. He didn't have any source of income. He bought a small car from the little money he had and started a taxi service in his locality. “After some time I realized that I could not see properly; my eyesight became weak. Doctors told me that I had developed cataract in my eyes. I didn't have enough money to afford the surgery. I had this habit of reading the newspaper, I was not able to do that anymore”. He sold the car and suffered a loss. He started working as a daily wage laborer in the local market. He was not able to earn properly and hence family was suffering. It was very difficult for him to meet the basic needs of his family.

HelpAge International with the support of the German foreign Ministry and HelpAge Germany launched a relief project to address the immediate lifesaving needs including the health needs of the most vulnerable Temporarily Displaced People (TDPs).

The project team organized eye screening camps in Peshawar and Jan was selected as one of the participants for the cataract surgery. “I was very happy when I came to know that a team of doctors was coming to our area. They checked me and recommended me for the surgery. After a couple of days I was taken in a van to a hospital where I went through the surgery and stayed overnight in the hospital. I did not pay anything. The next day I came home and when my bandage was removed, I was really really happy. I could see again!”

Jan had bought the car again and he has resumed his taxi service. He and his family are happy that Jan has started earning again, “I also go out in the evening to meet my friends and read them the newspaper”.



Psychosocial Health



“These free treatment and medicines are helping me a lot. My friends and family are very happy. ”

Kashif, 23 years old
Peshawar



Basharat and Dilnawaz are brothers. Their mother said “they used to fight a lot but since we have started taking them to hospital, they have calmed down.”

Bashrat and Dilnawaz, 24 and 27
Peshawar



“I don't have headache anymore and I am sleeping very well. “

Lahori Bibi 58 years old
Peshawar



“I had been taking a medicine for years but this new doctor prescribed a new one. For the first time in many years I am feeling good, my headache is gone.”

Umaima, 14 years old
Peshawar



I have a new life!

Sherzaman, 41 years old, belongs to the Khyber Agency in the Federally Administered Tribal Area, Pakistan. He was living a happy life with his brother, busy with his farming until the sudden death of his brother. He felt that without his brother his life was no more the same.

Sherzaman was still grieving for his brother, he had to move with his family to Peshawar, about 70 kilometers from his village, leaving behind his home and village where he had spent all his life. This made him more depressed and anxious. He started having health problems, including headache, sleeplessness, low appetite and sadness. Sherzaman started to spend most of his time alone and stopped speaking to others in his family. He was also not socializing with his neighbors.

He went to see a doctor and started some medication, but as he could not afford to buy medicines regularly therefore he discontinued medicines.

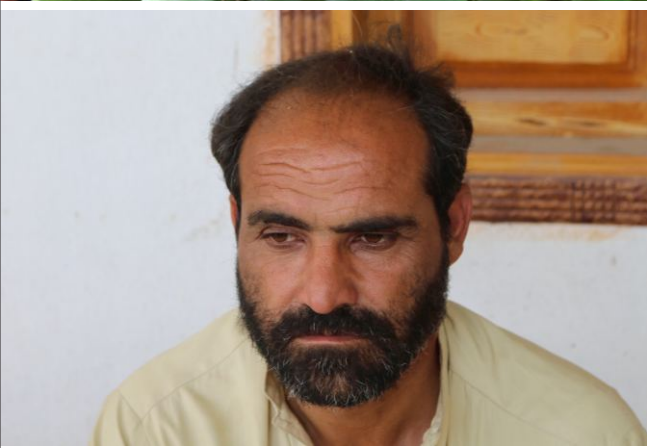
HelpAge International with the support of the German Foreign Ministry and HelpAge Germany launched an emergency and relief project to address the immediate lifesaving needs of the most vulnerable Temporarily Displaced People (TDPs).

Providing psychosocial support to those in need was one of the key activities of the project.

The project team carried out mental health awareness sessions in the villages. During the session in Sherzaman's village, he was identified as one of the participants for psychosocial counseling and treatment.

Psychologists in the project team started counselling sessions with Sherzaman and later on he was referred to a specialized hospital where he received free medicines as well. Sherzaman is now being regularly taken to this hospital for follow up visits.

“I could not afford this type of treatment and medicines, they are helping me a lot. I have now started meeting people in my neighbourhood and also thinking of starting some work soon. I feel I have a new life now.”



Assistive Devices



“This wheelchair is a blessing for me. Now I go out in the neighborhood and even go to the market. ”

Aqal Khan, 45 years old
Khyber Agency



“When I would hear about events and happenings in my neighbourhood, I wished to go out and see. With the help of this wheel chair my dream came true! I now go out and see what is happening in my village. ”

Asghar Jan, 25 years old
Peshawar



“I could not walk. My brother used to lift me up on his shoulders should I wished to go outside. Now I can easily go to the mosque, community meetings and the market. ”

Sharafat Ullah, 47 years old
Peshawar



“These wheel chair and walking stick are just like my new legs and feet! ”

Zahir Shah, 68 years old
Orakzai Agency



I am moving again!

Fanoos Bibi, a 55 years old woman, lives with her six daughters and three sons in a small village Dheri Kalay in the outskirts of Peshawar. She and her husband both worked on farms to earn their living.

One day, while she was busy with household chores, her foot slipped and she fell on the floor causing a serious hip bone fracture. She became bed bound. She went to see many doctors at the public hospitals and had a surgery as well, but still she was unable to walk again. They didn't have enough money for the treatment at private hospitals.

When Fanoos Bibi's mobility got limited, life of the whole family got affected. Before the fall, she was very active in her village. She would attend weddings and other events, meeting neighbors regularly and most importantly she worked in the fields. But now she was limited to her bed only, **“I am dependent on others for every single thing; I cannot go to washroom, I cannot go out to see my friends and I cannot work any more,”** said Fanoos Bibi. Her husband's life also got disturbed, **“When I would go to work away from home, I would be very satisfied thinking that Fanoos was at home and she could manage our home and care for children. But now she cannot get up and I cannot leave her on her own”**, he said.

HelpAge International with the support of the German Foreign Ministry and HelpAge Germany launched a relief project to address the immediate lifesaving needs of the most vulnerable Temporarily Displaced People (TDPs). Provision of mobility aids was also a key part of the project.

The project team carried out an assessment in Peshawar to identify the participants to receive mobility aids. Fanoos was also selected as one of the participants to receive a wheelchair **“I wanted to buy this wheel chair earlier, but I could not afford it. When I had to go to hospital, my family used to lift me with this bed. I didn't feel good, but now with the help of this wheel chair I feel more comfortable as I can move around and my family does not have to lift me”** says Fanoos.



Medical Camps



“Doctors were very friendly at the medical camp; they listened to my issues and gave me free medicines.”

Arbab Khan

74 years old from Khyber Agency



“When we heard about the medical camp, I went there with my family. The doctor did free check-ups and also gave us medicines. I got medicine for pains and I feel a lot better now!”

Jan Akbar

60 Years old from Khyer Agency



Laboratory tests for diabetes were carried out for me. I received free eye drops for an eye infection that I was suffering from.

Lal Khan

60 years old from Khyber Agency



“I am very happy that I got free medicine for diabetes.”

Gul Syed

55 years old from Khyber Agency



I am pain-free!

Dil Hama is 65 years old. She lives in a small village of Peshawar. She has three sons and a daughter. Her husband died a few years ago. One of her sons has mental disability. She is dependent on her other two sons to meet her basic needs.

She was suffering from headache, body pains and weakness. She was also hit by a bull in her village causing her injuries. She went to a paramedic in her village but her pain was not relieved with his medicines. She could not visit a doctor due to lack of money to pay for her travel and doctor's fee **“The money I get from my sons gets spent on the food and the needs of my disabled son”** Dil Hama said.

HelpAge International with the support of the German Foreign Ministry and HelpAge Germany launched a relief project to address the immediate lifesaving needs of the most vulnerable people. Providing Health support through medical camps was one of the key activities of the project.

HelpAge organized a medical camp in Dil Hama's village, **“I was really happy when I heard about the free medical camp; I thought I would tell all my problems to the doctor.”** Doctors at the medical camp examined Dil Hama and also arranged her lab tests in the same camp. Based on these, the doctor prescribed her medicine. **“These medicines have really helped me a lot. I feel more energetic now; I am pain-free”** says Dil Hama.





**Emergency Response
Must Include**

Older People Rights





HelpAge International is committed to ensure older people and people with disabilities are included in humanitarian program and policies

The world we want is one where every older woman and 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
- My voice is heard

HelpAge International, Pakistan

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