

Sauti ya Wazee

Contents

- 1 25th Anniversary of the UN International Day of Older Persons
- 2 Message from the Country Director
- 4 World Elder Abuse Awareness Day
- 5 Amplifying Voices of Older Women
- 6 2015 Global AgeWatch Index
- 7 HIV and AIDS and Older Persons
- 8 Africa Human Rights Day
- 10 Addressing the Humanitarian Needs of Older Refugees
- 12 International Dates of Significance



Photo by HelpAge

Older people marching during the commemoration

25th Anniversary of the UN International Day of Older Persons

Focus placed on governments' commitments towards older people

The 2015 International Day of Older Persons, which falls on 1 October, was commemorated in Kasulu District, Kigoma Region under the theme 'Sustainability and Age-Inclusiveness'. The event was attended by older men and women from across Tanzania in solidarity with older people all over the world.

Taking place immediately after the adoption of the New Sustainable Development Goals (SDGs) by the United Nations, the key message of the day was development initiatives should create an enabling environment for older people.

Coincidentally, the celebration took place ahead of the 2015 General Elections, giving older people the opportunity to once again reiterate their priorities to those vying for political positions. They particularly demanded an end to violence against older people, many of whom are women, on alleged witchcraft accusations. They also demanded income security through the provision of social pension.

The special day often used as the climax of the on-going campaign for access to rights and entitlements provided older people with the opportunity to spell out the myriad challenges they face, particularly as carers of about 50 percent of the country's orphans and vulnerable children.

Older people activists further called for the effective implementation of the free health care policy that guarantees them quality care. They called for a speedy action to legislate the National Policy on Ageing, which is now 12 years old since it was first drafted, to provide the legal framework to hold service providers accountable for the rights and entitlements of older people.

The commemoration gave older people an opportunity to voice their concerns through their representatives directly to the Government officials present.

In response to older people's demands, the Kigoma Regional Commissioner reiterated the measures that have already been taken by the Government. He said "however

we acknowledge the need to do more in promoting better health through inclusive and sustainable solutions to all challenges facing older people".

Similarly, the commemoration took place in Zanzibar and was graced by Regional Commissioner of North Region, Juma K. Tindwa, who reaffirmed the Government's pledge to actualise the universal pension for all older people in 2016.

Older and younger people performed cultural dances, drama and music to give colour and splendour to the event.

HelpAge

International

Message from the Country Director

Amleset Tewodros, Country Director for HelpAge International highlights below some of the most recent developments.



Photo by HelpAge

HBCs meeting in Kibaha

Welcome to this issue of *Sauti ya Wazee* for a bird's eye view on some of our achievements in the just ended year.

We concluded 2015 with a very exciting development that resulted from the renaming of the former Ministry of Health and Social Welfare to Ministry of Health, Social Welfare, Gender, Older People and Children. We believe this is a major milestone and is testament to the work of older people who consistently campaigned to have a responsible authority to deal with their issues. This further signifies that population ageing is recognised as

a political, economic and development agenda. It is believed that this Ministry will provide the required leadership to bring about changes in policy, strategies and programmes that will spearhead the achievement of the nation's 'Vision 2030'.

At the global level, the world has ushered in a new era with the adoption of the Sustainable Development Goals (SDGs) by the United Nations General Assembly in September 2015. Unlike the Millennium Development Goals (MDGs), the SDGs, committing us to universal goals and targets until 2030, have recognised ageing

following the commitment set by the UN Secretary-General Ban Ki-moon to 'leave no-one behind'. Addressing the needs and aspirations of older people will be key in ensuring the SDGs are sustainable, legitimate, and effective in tackling poverty.

Part of our engagement in monitoring the SDGs and the general welfare of older people across the world is conducted through the annual Global AgeWatch Index¹. The 2015 report shows that the population of older people is set to increase exponentially, mostly in developing countries such as Tanzania. Our healthcare systems need to

¹ *The Global AgeWatch Index is the first-ever overview of the wellbeing of older people around the world.*

be reoriented to ensure that people living longer with age-related chronic conditions are able to access quality and reliable care both at home and at health facilities.

A major milestone achieved in 2015 is the commendable steps taken by the Government of Zanzibar towards putting in place a pension scheme for all older people over 70 years of age. This is a key step towards achieving income security for older men and women on the Island.

Here in Tanzania, in making healthcare age-appropriate and affordable for older people we are proud to report that by August 2015 over 2,314 health facilities are now offering more age-friendly health care services.

The extent to which a health facility is considered age-friendly is measured on one hand by the accessibility of the physical environment by people with low mobility and physical inability, and on the other hand, by the quality of the services, availability of drugs, attitude and responsiveness of the health care workers, among others.

With the commitment of District and Municipal Councils and the support of the central government, low cost adjustment to existing services has resulted in an environment where older people are receiving improved health services resulting in better health outcomes.

Our innovative work has resulted in the formation of Active Ageing Groups, and the development of the Health Outcome Tools (HOT) that allow self-assessment of the functionality of older people moving away from a presence or absence of diseases to ability to analyse health with respect to people's ability to perform daily life activities.

Our Accountability Programme has generated the most effective community structures – the Older Citizens Monitoring Groups (OCMG). These are voluntarily monitoring and tracking the accessibility of essential public services such as healthcare, protection from violence and abuse and inclusion in decision making processes. The OCMG have been able to unblock public services in areas where they have closely worked with local authorities, presenting evidence which enabled local decision-making that have resulted in improved support for older people.



Photo by HelpAge

Some of the older women supported with income generating activities

“The ‘Yes we can do it’ attitude made substantive contributions to the progress we can proudly site as the highlights of the year”.

On the Humanitarian front, consistent with the humanitarian imperative, since the Burundi refugees started arriving in Tanzania, we joined the humanitarian community, led and coordinated by the Ministry of Home Affairs and UNHCR to provide lifesaving and dignified support to the displaced older men and women.

Last but not least, we celebrate the research exploring the effects of limited access to transport on older people's health and livelihoods in Tanzania, selected from the 6,975 case studies submitted to the Research Excellence Framework 2014 as one of the top 20 most impressive examples of research contributing to development. This research was a collaborative work involving HelpAge International, REPOA, the University of Durham and the Good Samaritan Social Services Trust. It was

supported by the Africa Community Access Partnership of UK Aid.

In conclusion, we wish to profoundly thank the various national and local government institutions mainly the Ministry of Health, Social Welfare, Gender, Older People and Children, the Commission for Human Rights and Good Governance, the Ministry of Labour and Employment and the very many dedicated local health workers who with the ‘yes we can do it’ attitude made substantive contributions to the progress we can proudly cite as the highlights of the year.

We thank the European Union Delegation in Tanzania, DFID/KPMG, Pfizer Pharmaceuticals, the Southern Africa Development Community, the Irish Aid, Sida, HelpAge Germany, the German Federal Ministry of Cooperation, the START Network, JOAC, UNHCR and many more for their support.

We are also greatly indebted to the many older men and women who continue volunteering their skills and time to promote their rights.

World Elder Abuse Awareness Day

Appeal to Our Collective Responsibility



Photo by HelpAge

Mr. Eric Beaume, Head of Cooperation of EU Delegation in Tanzania, Magu District Commissioner and HelpAge Country Director launching project

The World Elder Abuse Awareness Day (WEEAD) is marked every year on 15 June to highlight how older people across the world are subjected to violence and abuse. Societies voice their opposition to the abuse and suffering inflicted on some of our older generations, degrading their health and denigrating their human rights.

The 2015 WEAAD whose theme was “Ending elder abuse is a collective responsibility, play your part”, was commemorated in Magu District, Mwanza Region in collaboration with Magu Poverty Eradication and Rehabilitation Centre (MAPERECE) with support from the European Union. Major emphasis was placed on the role of different stakeholders in ending the abuse of older men and women.

During the event, the abuse of older women on alleged witchcraft accusations was among the key rights violations highlighted. The past few years have seen the murder of over 1000 older women and men accused of witchcraft.

“Older men and women continue to urge the government to take concrete measures to protect and uphold their right to life”

It is unfathomable that older people have to suffer such abuse owing to negative perceptions and deep rooted cultural beliefs. Older men and women continue to urge the government to take concrete measures to protect and uphold their right to life.

In this light, the commemoration event was held alongside the launch of a project called “Promoting and Protecting Older Women’s Rights in Tanzania”. This project includes a number of activities in Magu district aimed at tackling violence perpetuated against older women due to harmful cultural beliefs. This flagship project is part of the strategy addressing gender violence exacerbated by the impact of gender based discrimination

that women and girls face throughout their lives. The project entails action at the national level, focussing on the legal measures and working on mainstreaming older women’s rights into existing human rights instruments, thus ensuring that issues affecting older women are regularly monitored.

The EU Head of Cooperation, Mr Eric Beaume who presided over the event reiterated that everyone has a role to ensure that all forms of violence and abuse against people owing to their age or gender has to be tackled. He noted that the EU Gender Action Plan in 2015 would contribute to understanding gender and age inequality and the links with development.

Mr Beaume referred to the project as “an excellent example of how the European Union, together with its partners, can concretely help to ensure that women’s rights are protected in all stages of their lives”.

Amplifying voices of older women

Training Older Women as paralegals and spokespersons



Photo by HelpAge

Older women spokespersons and Paralegals

Growing older comes with its own fair share of challenges which include the risk of abuse and violence. These challenges are further compounded when the older person is a woman.

Older women face income insecurity and negative societal perceptions, sometimes resulting in their labelling as witches with fatal consequences. Unfortunately such abuse is often left unaddressed owing to lack of awareness about their rights.

Since April 2015, a number of community based activities have been organised for older women by Magu Poverty Reduction Rehabilitation Centre (MAPERECE) and Saidia Wazee Karagwe (SAWAKA), in Magu and Karagwe districts respectively. These organisations conducted the training as part of a project entitled: *“Promotion and Protection of the rights of older persons in Tanzania”* aimed at building older women’s capacity in recognizing, protecting and advocating for their rights.

The training provided through this programme has been critical in empowering older women through knowledge of their rights and entitlements and paralegal skills to provide basic legal advice, counselling and referral and as spokespersons equipped with relevant information to engage with decision makers at local and national levels.

To this end, 144 older women were trained on the existing laws, with focus on property inheritance, civil law, land law and the fundamentals of human rights in respect of international and local human rights principles and instruments. Such training was fundamental in enabling older women acquire knowledge needed to prevent injustices they suffered through unfavourable laws that deny them the right to own, inherit and dispose property such as land.

“The protracted legal process did not deter me. I knew my right and went to claim it”

Mama Anastasia, 69, is one of the courageous women who, through the training she received, challenged in a court of law, an attempt to depose her land. *“The protracted legal process did not deter me. I knew my right and went to claim it”*, she said.

Additional 110 older women also received training on Will Writing and documenting their family history through Memory Books.

Overcoming the challenges of cultural taboos on subjects such as death, these older women took it upon themselves to write their will and safely kept them with trusted family members.

Mama Holo, 64, is another older woman who attended the training. She says, *“My older sister who I sent my Will for safe keeping was shocked. She asked me where I got this information from and told me that I have inspired her to discuss with her husband to write their own will”*.

The project is funded through the generous support of the European Union delegation in Tanzania and the German Federal Ministry of cooperation.



Photo by HelpAge

Elizabeth Sengerema, chairperson of older women spokespersons and shop owner

2015 Global AgeWatch Index

Reveals major gap in data on the wellbeing of older people - call made for states to invest in older people

As part of the global initiative, on 9 September, HelpAge International in Tanzania launched the 2015 Global AgeWatch Index report in Dar es Salaam. The Global AgeWatch Index measures four key domains of older people that includes income security, health, capability and an enabling environment. It also uses a total of 13 indicators to rank and compare how different countries fare in the wellbeing of their older people.

Having moved up one spot from the previous year's ranking, Tanzania ranked 91 out of the 96 countries in the 2015 Index. It did relatively well in the health domain ranking 69 overall and second in Africa. This was, in part, due to the free health care policy for people 60 years and above.

On the other hand, Tanzania ranked 94 in the income domain. This is due to the fact that the vast majority of older men and women in Tanzania have no access to regular income. It is estimated that only 4 per cent of older people are currently on pension scheme. It therefore goes without saying, that the struggle for income security is high on the older person's agenda at this point in time.

Interestingly, one of the main messages coming from the 2015 Index report is that a large number of older people around the world is missing in the data. This was evident as only 96 of the 194 countries across the world were included. Information on the welfare of older people in 98 countries was missing for lack of globally comparable data.

In addition, the Index indicates that older women tend to be adversely affected more compared to their older male counterparts. This is in respect to economic activities, income disparity, and low level of women receiving pension compared to that of men. The report highlighted the need for age and gender disaggregated data which will show how older men and women

Photo by HelpAge



Launch of the Global AgeWatch Index

“The urgency of addressing older person’s issues in developing countries was emphasized given the largest increase in the global population of older persons

in place policies that will ensure provision of social pension for all older people.

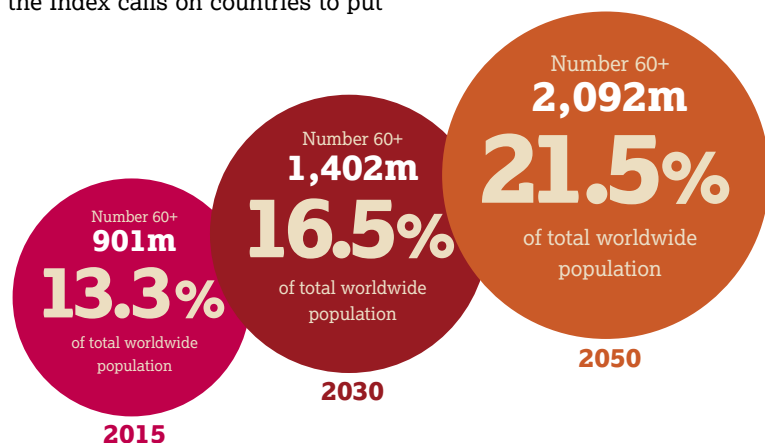
Additionally, the urgency of addressing older person's issues in developing countries was emphasized given the largest increase in the global population of older persons.

fare overall, and how older women fare in relation to older men.

In order to improve the welfare of older people, the Index calls on countries to put

Read the latest Global AgeWatch Index 2015 report at

www.globalagewatch.org



HIV and AIDS and Older Persons

Demand for inclusive response in the fight against the pandemic

Over 30 years since HIV and AIDS surfaced as a health, social, economic and political threat the world has made significant progress in arresting fatality caused by HIV.

According to UNAIDS 2014 GAP report, more than 2 million people over 50 years of age are living with HIV in Sub-Sahara African countries.

Notwithstanding the seriousness of the HIV pandemic it is quite unfortunate that there is limited information related to HIV for people aged 50 and above in Tanzania.

UNAIDS estimates 5.5 million people aged 50 and above are living with HIV globally, up from 4.2 million in 2014. Additional estimates indicate that 9 million older people will be living with HIV in sub-Saharan Africa by 2040. It is further estimated that 120,000 older people acquire HIV each year. Despite these facts, older people still remain invisible in the HIV response.

For a long time misconceptions have led to the exclusion of older people from prevention campaigns. This exclusion has led to limited understanding of HIV and AIDS prevalence, nature and extent of the epidemic among this key group.

It has also led to lack of appropriate information among older people regarding services, care, treatment and support. It

is therefore worrisome that HIV-related responses are isolating older people.

With the increased roll out of Anti-Retroviral Therapy (ART), more people are living longer with HIV, a situation that exposes them to many AIDS related illnesses including chronic non-communicable diseases (NCDs) which are associated with old age. It is therefore felt that the meaningful approach should be one which focuses on the provision of integrated services giving opportunity for diagnosis of HIV and AIDS and other chronic conditions so older people have a one stop centre to access these services.

As part of the effort to mitigate the impact of HIV and AIDS on older men and women, HelpAge International in collaboration with the Government of Tanzania has been working to promote age-friendly services in health and HIV and AIDS responses.

The project which HelpAge International is implementing in Korogwe, mobilises and trains voluntary home-based caregivers »

“With the increased roll out of Anti-Retroviral Therapy (ART), more and more people are living longer with HIV, and thus risk facing the effects of living with HIV coupled with chronic non-communicable diseases (NCDs) which are associated with old age”



Photo by HelpAge

HBCs conducting health check in Kibaha

» (HBCs), peer educators (PEs) and older citizen monitoring groups (OCMGs).

In 2014, HelpAge International, with support from the Southern Africa Development Community (SADC), and in collaboration with African Women AIDS Working Group (AFRIWAG) started a project to promote inclusion of older men and women in preventing and mitigating the impact of HIV and AIDS.

The project has so far succeeded to train 40 HBCs and PEs who have in turn reached over 3,609 older people with vital HIV and AIDS services.

A Story of Huruma Nkwame

Huruma (58) lives in Korogwe, Tanga region. She was widowed in 2009 when her husband died of HIV and AIDS related illness.

Due to misconceptions and stigma, people in the community chose to believe that Huruma's husband was bewitched. Therefore instead of seeking medical treatment, they spent considerable amount of time visiting traditional healers until he died.

“When the HelpAge project started I attended meetings they organised and I was later appointed and trained as a peer educator on HIV and AIDS issues to older people”, says Huruma.

To set a good example, Huruma was among the first older people to go for HIV testing. When she tested positive she was counselled on how to live a positive life. She later disclosed her status to fellow older people.

“I informed fellow older people on how important it was to know one's HIV and AIDS status. Many of them were inspired and went for testing too. Meanwhile we formed a group of 40 older women, living with HIV, who are working hard to relay important HIV and AIDS messages to older people in our community”, says Huruma.

Huruma acknowledges that the information she received about HIV through the project gave her the courage to know her HIV status and overcome the fear of stigma and discrimination.

The level of awareness on HIV and AIDS issues has increased among older people



Photo by HelpAge

A group of PLWHA in Korogwe

“Huruma acknowledges that the information she received about HIV through the project gave her the courage to know her HIV status and overcome the fear of stigma and discrimination”

in the area adds Huruma. *“We sit together in our group to discuss HIV and AIDS related issues. We also share knowledge and different skills that help us earn a living”.*

The group that Huruma formed is involved in a number of economic activities ranging from food processing to juice making, mat production, to mention but a few, which they sell at a profit.

“We have mobilised ourselves and we make nutritious foods from soya beans, milk and fruits. We produce soya milk and juice that

are highly recommended for People Living with HIV and AIDS (PLWHA) and older people. We also make mats and different decorations”, said Huruma.

The group has been participating in both national and local exhibitions where they sell some of their products including during the World Aids Day and other similar event.

“When my husband died I lived at the mercy of good Samaritans. But now I am able to live a good life and take care of my family of ten people who include my children and grandchildren. With the additional resources we received from the project we have been able to increase our capital”, she gratefully said.

Due to the high level of knowledge on HIV and AIDS among members of the community, incidents of stigma and discrimination have drastically reduced. People such as Huruma now enjoy great respect in Korogwe.

Africa Human Rights Day

Older activists make a case for their rights to be protected



Photo by HelpAge

Former president, Ali Hassan Mwinyi, seated 3rd (R) during the African Human Rights Day commemorations

Older people came in large numbers to commemorate the African Human Rights Day on 21 October at the New Africa Hotel in Dar es Salaam. It was interesting to hear them share their experiences on age and gender related abuse and violence they face, and to demand the upholding of their rights and seek their protection.

The theme for the national commemoration that took place for the first time in Tanzania was “Promotion and Protection of the rights of older persons in Tanzania”.

The Former President of Tanzania, Ali Hassan Mwinyi (90), graced the occasion pledging to be an advocate for older people’s rights by taking the matters raised by the older people to relevant authorities for action.

“I would like to reiterate that the duty of protecting and promoting the rights of all people in this country belongs to all of us.” Mwinyi said.

During the event, many people present were grief-stricken when an older woman who has been a victim of violence perpetrated due to alleged witchcraft accusations, gave testimony on how she was physically assaulted by a mob.

“I was attacked and severely beaten up by a

“The Africa Union (AU), designated 2016 as the Africa Year of Human Rights with a particular focus on women”

machete-wielding gang who accused me of being a witch. They left me for the dead. But thank God that I was later rescued by good Samaritans”, she said.

Speaking during the commemoration, the Chairman of the Commission for Human Rights and Good Governance (CHRAGG), Tom Nyanduga, commended the various efforts underway to promote the rights of older people, but also noted the failure to adequately respond due to poor legal frameworks to protect these rights.

The Africa Union (AU), designated 2016 as the Africa Year of Human Rights with a particular focus on women. One of the most important messages during the recent annual AU Summit of Heads of State and Governments was the call on the continent’s leaders to challenge all forms of discrimination against older women and strive to protect this vulnerable group’s rights.

This meeting came also at a time when

the implementation of the African Decade of Women (ADW) was half way through. The aim of the ADW is to advance gender equality by accelerating implementation of Dakar, Beijing and AU Assembly Decisions on Gender Equality and Women’s Empowerment (GEWE). Peace and Security and Violence Against Women is one of the themes of this decade and highlighting older women’s issues at this critical year is a befitting recognition to women of all ages.

The commemoration which brought together national stakeholders from the public sector, human rights defenders and civil society actors, was organized by CHRAGG, HelpAge International and the African Union Mission in Tanzania.

A story of Mariam Ramadhan



Photo by HelpAge

One of the older women fighting harmful cultural beliefs

Mariam Ramadhan who lives in Lumeji in Sukuma ward has a life experience characterised by abject poverty and violence.

“It has not been a smooth journey since I lost my husband many years ago when my children were still very young. But despite the challenges, I am happy that my children have been able to go to school”, she proudly says.

» But Mariam continues, “In Sukumaland while poverty is highly visible, negative cultural beliefs have been a major challenge due to beliefs in witchcraft”.

While witchcraft beliefs seem to be deeply rooted in Sukumaland, older people especially older women have been the main victims of witchcraft accusations and attacks.

Mariam says, “In this community if you are an older woman and you have red eyes it is enough reason to be accused of being a witch. Many older women have been attacked or killed owing to such accusations”.

She further explains that “if you are an older woman living with your children or grandchildren and they fall sick or die, people conclude that you have bewitched them. Then they would descend upon you and this has in many cases resulted into loss of life and property of innocent older women”.

But Mariam agrees that now things are changing, owing to a project being implemented by Magu Poverty Eradication and Rehabilitation Centre (MAPERECE). “MAPERECE has helped us to understand and fight for the rights of older people”, she says.

“Before MAPERECE came, we did not know that we have such rights as right to life, right to inherit property and access treatment when we are sick”, Mariam adds.

MAPERECE, which is one of HelpAge’s partners, trained older people in Sukumaland about their rights and civic laws. Some older persons including Mariam were trained as paralegals and older women’s spokespersons.

As an older woman spokesperson, Mariam worked tirelessly to influence community leaders to form village security groups to provide protection to vulnerable older women.

Mariam says before the project intervention, seven people who included one older man and six older women were killed due to witchcraft accusations.

“When MAPERECE empowered us with knowledge on our rights, we stood up and said ‘NO’ to witchcraft related attacks on older women. I am happy that no more witchcraft accusations and attacks have occurred in the last year”, Mariam says.

Addressing the Humanitarian Needs of Older Refugees

Promoting the protection needs of PSNs



Photo by HelpAge

An older woman headed family, soon after receiving assorted non-food items

Tanzania is currently hosting about 135,000 refugees from Burundi, who have been fleeing following the conflict resulting from the third term presidential bid of President Pierre Nkurunziza.

Persons with Special Needs (PSNs) comprising of older people, people with disabilities, unaccompanied children, women headed households make up approximately five per cent of the refugees.

As part of its humanitarian mandate,

HelpAge International Tanzania teamed up with UNHCR and the Ministry of Home Affairs to promote the protection needs of PSNs mainly by providing direct services to older men and women and People with Disabilities (PWDs) while facilitating identification and referrals of other PSNs.

Through the Community Based Rehabilitation Centre we provide therapeutic and rehabilitative services for PWDs.

Following a rapid assessment of the needs and circumstances of older men

and women initially HelpAge provided age friendly non-food items comprising of mattresses, blankets, mosquito nets, sweaters, mobility aids, washing basins and soap, solar lamps and energy saving cooking stoves. For the majority of the older refugees this was the first time, they were able to receive some of these items.

Even in these hard situations older persons still find ways to make contributions to the community around them. Some do it by taking care of their own grandchildren, or taking care of minor children who have been separated from their families while fleeing.

The beneficiaries were identified based on a prioritisation exercise carried out by the older people themselves focusing on the frail and chronically ill, leaving alone and with no one to care, and responsible for the care of dependent children.

“In the midst of crisis, there are talents and skills that can be harnessed to build resilience and set the path for longer term recovery”

One of the recipients, Joanne, 68, said that since arriving at the camp she had been sleeping on the ground and in tents which have no lights. She said owing to her age, she often woke up with a lot of pain on her back and rib-cage.

Upon receiving the kit she says “I now use the torch at night and apart from the other items and the medical treatment I’ve received, having a mattress to sleep on has greatly uplifted my spirits”.

Expressing her gratitude for the items

she received, Clarice, 70, noted how even other people in the mass shelter tents were happy that the older people were recognised as extremely vulnerable and efforts were made to reach out to them.

In the midst of crisis, there are talents and skills that can be harnessed to build resilience and set the path for longer term recovery. In this regard, HelpAge is supporting some of the Persons with Special Needs with start up items both as a social enterprise and psychosocial support.

As the lead organisation in the implementation of the Age and Disability Capacity Programme (ADCAP), HelpAge conducted training to humanitarian workers from Kasulu and Kibondo on the minimum standards of integrating services for People with Disabilities and Older People.

A Story of Rose Rwegetaza

Rose Rwegetaza, a Burundian refugee is one of the PSNs living in Kibondov. She was born with a disability and is unable to stand nor walk.

“I am disabled as you can see. I was working as a tailor in Burundi but now I am a refugee. I am no longer working. It was really hard to move on a tricycle with my children and relatives all the way from Burundi. When I first arrived at Rumasi Camp I received a mat and a blanket without food but only water to drink. I felt like I was going to die of hunger. So I sold the blanket to get food”, she said.

Despite her condition Rose faced a harrowing journey taking several days from her country to reach the relative safety of a refugee camp in Tanzania. When she first arrived at the camp the environment was not friendly for her, but *“I had no option but do whatever I could, for me and my two children to survive”,* she said.

“For example, people in the camp ridiculed and laughed at me. They hardly helped me push my tri-cycle, bath me or wash my clothes. This is because they knew they couldn’t get anything in return from me as I am so poor”, Rose said.

Fortunately for Rose, she was one of the beneficiaries of a humanitarian project being implemented by HelpAge



One of the PSNs in her tent

International which aims at helping PSNs in refugee camp.

The support brought a smile on the face of Rose. She now looks at life from a positive angle because the support restored her dignity and respect from the people who used to see her as a laughing stock.

“You know, when you have nothing, people don’t value you. Now that I have soap and other items, courtesy of HelpAge, people come to help me to wash my clothes simply

because they use my soap to wash their clothes too. However I am happy that at least they now respect me and treat me well unlike in the past before I got the support”, Rose said.

She further said *“It was very hard sleeping on the floor but all this is over as I now sleep comfortably on my mattress. I was in danger of catching malaria as there are many mosquitos in this area, but I and my children are now protected by the mosquito net”.*

International dates of significance

8 March	–	International Women's Day
7 April	–	World Health Day
15 June	–	World Elder Abuse Awareness Day
21 September	–	World Alzheimer's Day
1 October	–	International Day of Older Persons
9 October	–	World Sight Day
25 November	–	International Day for the Elimination of Violence against Women
1 December	–	International AIDS Day
3 December	–	International Day of Persons with Disabilities
10 December	–	Human Rights Day



Some of our latest publications

The contribution older women and men make to society – as careers, advisors, mediators, mentors and breadwinners – is invaluable. But growing older is not without its problems. HelpAge International helps older people claim their rights, challenge discrimination and overcome poverty, so that they can lead dignified, secure, active and healthy lives. Our work in over 75 countries is strengthened through our global network of like-minded organisations – the only one of its kind in the world.

HelpAge
International

HelpAge International Tanzania,

134 Migombani Street,
Regent Estate, Mikocheni
P O Box 9846, Dar es Salaam, Tanzania
Tel: +255 22 2774796/2700169
Email: tanzania.office@helpage.org
www.helpage.org

Copyright © HelpAge International 2016.

Organisations of Older People and networks in Tanzania

Tanzania Older People's Forum (TOP)
Tanzania Social Protection Network
Morogoro Elderly People Organization (MOREPEO)
Saidia Wazee Tanzania (SAWATA) Dodoma – Mkoa wa Dodoma
Saidia Wazee Tanzania (SAWAKA) – Mkoa wa Kagera
Tanzania Mission to the Poor and Disabled (PADI) – Mkoa wa Ruvuma
Chama Cha Wastaafu na Wazee waLindi (CHAWALI) – Mkoa wa Lindi
Arusha Retired People's Association (CHAWAMA) – Mkoa wa Arusha
Songea Older People's Forum (SOPF) – Mkoa wa Ruvuma
Saidia Wazee Tanzania (SAWATA) – Mkoa wa Mara
Chama cha Wastaafu Mtwara (CHAWAMU) – Mkoa wa Mtwara
Saidia Wazee Tanzania (SAWATA – Kasulu) – Mkoa wa Kigoma
Tanzania Women Leaders on Agriculture & Environment (TAWLAE) – Mkoa wa Shinyanga
Shidepha+ Kahama – Mkoa wa Shinyanga
Kilio cha Waathirika na Waathiriwa wa Ukimwi Mbarali (KIWWAUMBA) – Mbarali, Mkoa wa Mbeya
Nassa Brotherhood Society for the Aged (NABROHO) – Mkoa wa Mwanza
Magu Poverty Eradication Rehabilitation Center (MAPERECE) – Mkoa wa Mwanza
Africa Women Aids Group (AFRIWAG) – Mkoa wa Tanga
Iramba Help Older People Economic Groups Association (IRAHOPEGA) – Iramba, Mkoa wa Singida
Moshi Poverty Stricken Elders Association (MOPSEA) – Mkoa wa Kilimanjaro
Organisation of Ukerewe Ageing and Development (ORUKADE) – Ukerewe, Mkoa wa Mwanza
Walio Katika Mapambano na AIDS Tanzania (WAMATA) – Mkoa wa Dar es Salaam
Service to Widows, Orphans and Little-ones Organization (SWOLO) – Mkoa wa Mbeya
Care for Vulnerable People (CAVUPA) – Mkoa wa Arusha
Chama cha Wastaafu Bukoba – Mkoa wa Kagera
Kwa Wazee Bukoba – Mkoa wa Kagera
Jumuiya ya Wastaafu Zanzibar (JUWAZA) – Zanzibar
Southern Highlands Senility Organization (SHISO) – Mkoa wa Iringa
Mwananyamala Women Development (MWAUWODE) – Mkoa wa Dar es Salaam
The Good Samaritan Social Services Trust (GSSST) – Kibaha, Mkoa wa Pwani
Chama Cha Wazee Mpanda – Mkoa wa Katavi



HelpAge International Country Office Staff