# A Proposal for Old Age Home Support Program in Sankhuwasava District of Nepal (August 2012)

### 1. Introduction

An Old Age Home is in operation for over 50 years in the premise of Manakamana Temple at the bank of the Arun River in Sankhuwasava District of Eastern Nepal. The Arun River flows by Tumlingtar, the deepest valley of the world where the Old Age Home is located. The river originates from Tibet, the autonomous region of the People's Republic of China. A holy temple was founded at the bank of the river to over a hundred year ago where pilgrimages from distant visit for religious purpose. The place also contains the major "ghat" (cremation) of over ten thousand households of Khandbari Municipality and many other adjoining Village Development Committees (VDCs).

In the initiation of charity clubs, businessmen, and social organizations, an old age home was founded in 1960 AD. Various government and non-government organizations supported to construct huts for elderly people to live in. The helpless old age people (both male and female) have been living in the home for years. They take part in religious programs in the morning, do meditation and yoga. But yet the home lacks appropriate facilities for the old people to live at least in minimum humane way. Society Development Center (SODEC) is interested to support the home to add some facilities and prepared this proposal.

### 2. Problem Statement

Many parents lost their sons in a decade-long armed conflict in which about 15 thousand people were killed. Some families have become homeless due to the natural disaster such as flood, landslide, and many's sons have gone to south Asian countries for employment. There are other old age citizens who are neglected by their sons and daughter-in-laws. In this way, number of helpless old age people is increasing.

The Manakamana Old Age Home has become one supportive home for such old people. But the home holds many problems. Currently it has a one-storey building and 10 other huts with the capacity of 65 people. But now only 35 helpless elderly people between the age of 55 to 85 have been living, and other are applying to join the home.

Though the elderly people have rooms to live in, the home lacks basic provisions needed to live a healthy life. The elderly people are not receiving supports from any government bodies. The major problems seen in the home are:

- 1. In the lack of mosquito nets, proper mattresses and blankets, they frequently suffer from various health problems such as cough, cold, fever, pneumonia and skin infections.
- 2. Lack of pure drinking water, the elderly people are suffering from various waterbourne diseases.
- 3. They lack timely health check up. So, many are found suffering from fatal diseases.
- 4. The elderly people lack sufficient nutritious food.
- 5. The elderly people are using firewood to cook food. They do not have improved cooking stoves. So, their huts are full of smokes which have caused health problems such as asthma and cough.

# 3. Objectives

The overall objective of the project is to support the elderly people to live a humane life and its specific objectives are:

- To improve the physical assets of the home, and
- To provide timely medical support.
- To support for food.

# 4. Beneficiaries of the Project

The home and its infrastructures are public assets that are transferred to new dwellers in the home. Therefore, the beneficiaries are those helpless and homeless elderly people who come to reside in Manakamana Old Age Home in their old age. Current beneficiaries are 35 old age people (19 female and 16 male) of ages between 55 to 97.

# 5. Project Activities

Following activities will be carried out in order to implement the project:

### 5.1 Survey, Design and Estimate

In order to calculate the exact cost for the infrastructures, an engineer will be hired who will carry out survey, design and estimation of all the activities.

### 5.2 Water Supply

After the completion of design and estimation, the following activities will be conducted to run the water supply project:

- Materials purchase
- Pipeline digging
- Reserve tank construction
- Taps fitting

### 5.3 Provisions distribution

Following materials will be purchased and distributed to the elderly people:

- Rice
- Bedsteads
- Mattresses
- Blankets
- Mosquito nets

### 5.4 Health camp

Hiring the doctors from the District Hospital, health camps will be conducted at least three times a year.

### 5.5 Improved cooking stoves installation

Improved cooking stoves will be installed in every hut which use less firewood and emit less smoke.

# 6. Implementation Methodology

- a. The infrastructure projects will be conducted by forming a user's committee comprising members from SODEC, local community, representative from Old Age Home and government local bodies.
- b. Records of every distributed item will be maintained properly and publicized.

- c. Every activity will be conducted in close coordination with government local bodies.
- d. Progress report will be submitted to the donors, and financial transactions will be maintained and audited as per the Standard of the government of Nepal.

# 7. Sustainability of the Project

Following activities will be carried out in order to ensure the sustainability of the project:

- a. One Manakamana Old Age Home Management Committee will be formed comprising people from local community, local level political leaders, educators, businessmen and other concerned stakeholders. The management Committee will be registered in the legal entity formulating its constitution which will state the activities about the sustainable operation of the home.
- b. The committee will be facilitated to create a permanent trust fund from the donations contributed by different individual and organizational donors, and it is assumed that in future it will have the fund enough to operate the home through the fund's interests alone.

# 8. Proposed Project Budget

SN	Description	Unit	Qty/person	Rate US\$	Amount US\$
1	Mosquito net	Nos	35	20	700
2	Bedstead	Nos	35	50	1750
3	Mattresses	Nos	35	19	665
4	Bedsheets	Nos	35	12	420
5	Blankets	Nos	35	50	1750
6	Health check up	Times	3	500	1500
7	Rice distribution	Times	6	500	3000
8	Water supply	Nos	1	12100	12100
9	Improved smokeless stove installation	Nos	35	40	1400
10	Capital to start trust fund	Times	1	6820	6820
Total					30105