Project Proposal

**HEALTHCARE SUPPORT**

**TO 450 INDIAN DESTITUTE ELDERLY**

By

**Agewell Foundation, India**

With erosion of traditional joint family system, older persons are the most affected section of the society; many of them find it very hard to adjust/adapt in changed conditions. In absence of proper support mechanism in Old Age, today, older persons of slum areas of India are forced to live in the most disadvantaged circumstances. Agewell proposes to initiate a program to assist older persons in India.

**HEALTHCARE IN OLD AGE**

Healthcare is major concern for older persons in old age. Due to fast declining physical as well as mental health condition in old age most people suffer from various diseases and health hazards. In urban economically disadvantaged slums and poor rural areas, health condition of old people is very critical. Since health awareness level is very low, sanitation level is poor, emotional & financial support system is not so strong in these areas, elderly are forced to live miserable life in absence of any knowledge about symptoms for ailments and possible treatments, proper medicines and healthcare facilities.

**DISTRIBUTION OF HEALTHCARE RELIEF MATERIAL AMONG DESTITUTE ELDERLY LIVING IN SLUMS**

In slum areas of India, majority of older persons live below poverty line, where earning members’ limited income to even feed their families properly. In these families basic needs of older persons like specs, hearing aid, walker, even walking stick, etc. remained unaddressed.

Agewell believes that in old age even a little help turns into a big difference! Therefore, Agewell Foundation proposes to identify such needy & helpless older persons in slum and rural areas across India and provide them with required relief material as follows,

1. Wheel Chairs
2. Walkers
3. Adult diapers
4. Nutritious Food Packets

For identification of beneficiaries from across India, Agewell Foundation will depute **a team of 20 dedicated volunteers** to visit slums and rural parts of the project area. Simultaneously, Agewell volunteers’ network will also be activated for this purpose.

In addition, Agewell Foundation will also distribute other relief and help material, collected by its volunteers or donated by individuals or organizations for destitute elderly during the project period.

Agewell Foundation in coordination of its voluntary action network spread across India will organize distribution of assistance & relief material in various localities from time to time.

**Institutional Arrangements:**

Agewell Foundation’s project staff along with 200 selected Volunteers will implement the project. For the project Agewell will also utilise services of multi disciplinary experts related to the holistic care & the elderly.

The Project Director will be the leader of the project, who will oversee the project activities.

**Past Experience of the NGO**

Agewell Foundation’s several older persons friendly projects are operational in Delhi past 19 years like Agewell Helpline for older persons, Employment Exchange program for old people, etc. In addition, Agewell Foundation also organised specific programs like **Share the Warmth (winter campaign)**, **Health Care Training**, **Healthcare Equipment Distribution campaign, Digital Literacy for Older Persons** from time to time for destitute older persons living in slum clusters/Resettlement colonies. Agewell has an experience of 8 years in the slums & JJ clusters.

Being an NGO working for the welfare of older persons on free of cost basis, Agewell Foundation is allowed to organise social initiatives for the welfare and empowerment of older persons anywhere in India.

**THE PROJECT FRAMEWORK**

**Old Age Issues to be addressed**

Healthcare is major concern for older persons in old age. Due to fast declining physical as well as mental health condition in old age most people suffer from various diseases and health hazards. Since life span has increased in old age over the years, importance of health awareness has increased vehemently.

Main health related problems of the destitute elderly are as under;

* Kidney related disease
* Prostate Enlargement
* Arthritis and Osteoporosis
* Incontinence
* Mobility problems
* Dementia/Alzheimer's disease
* Blood Pressure
* Heart problems
* Cancer
* Paralysis
* Diabetes
* Eye related Diseases
* Poor nutrition level

In Delhi alone, over 3.3 million older persons live in slums. Where even common health related diseases turn into major health hazards simply due to ignoring initial symptoms of diseases and being careless towards healthcare.

**Why was this particular problem selected?**

In urban economically disadvantaged slums, resettlement colonies and poor rural areas, health condition of old people is very critical. Since health awareness level is very low, sanitation level is poor, emotional & financial support system is not so strong in these areas, elderly are forced to live miserable life in absence of any knowledge about symptoms for ailments and possible treatments, proper medicines and healthcare facilities.

In changed socio-economic circumstances, older persons cannot possibly expect more from their family members as well as from society. For leading a comfortable and respectful life in old age in today’s changing environment older persons have to be prompted to become active and self-reliant in their life.

**How was it identified?**

Agewell Volunteers Network interacts with older persons on daily basis and reports critical problems of older persons to Agewell Foundation regularly. Agewell Helpline for Older persons and Employment Exchange for older persons also receives distress calls/visits from older persons from across India.

When Agewell Volunteers visited slum clusters of India, they found that younger family members in slum clusters often ignore health care related needs of their elderly family members.

Recently while conducing similar project in Delhi, Agewell Foundation volunteers realised that in slum areas there is a huge demand of healthcare equipment and nutrition among destitute and elderly.

**Feasibility studies, base-line surveys undertaken**

Since Agewell volunteers are already in touch with thousands of older persons, such studies and surveys are regular activity at Agewell Research & Advocacy Centre (for Needs & Rights of Older Persons).

While Agewell depends upon its dedicated network of volunteers for grass-root level information pertaining to older persons, information about elderly from other secondary sources has also been studied.

**The objectives to be achieved**

* To identify needy & helpless older persons in slum clusters and provide them with required medical/ healthcare/relief material
* Older persons suffering from various diseases or old age related problems will be assisted
* To ensure health wellbeing in old age to destitute older persons living in slum clusters and resettlement colonies
* Destitute old people will be reached out and benefitted directly by team of volunteers
* Their family members and caregivers will also get benefits out of this project

**The Target Group: Who and how many people are expected to benefit from the project?**

* Destitute & marginalized older persons from across selected slum clusters
* Older people with poor health conditions
* Indirect beneficiaries – 2200+ Family members of beneficiary older persons in particular and the society in general

**Expected number of direct beneficiates - 450 +**

* **Wheelchairs - 100**
* **Walkers – 300**
* **Adult Diapers – 25** per month
* Food Packets - **25** per month

**Project Duration – 12 months** (from the date of receiving of funds for the project)

**Outline the likely social and economic benefits to the target group e.g. increased income, employment opportunities, better education/health etc.**

* Older persons will have opportunities for active ageing after getting post-work life training through training booklets
* Health status of needy and destitute older persons will improve after getting medical assistance
* The project will help in increasing awareness level among older persons and their family members about the healthcare in old age.

**Level of Participation**

Staff members of Agewell Foundation, past beneficiaries of the project and community leaders will participate in the project as volunteers.

In the project implementation, beneficiaries can also participate to further improve the project implementation and increase its effectiveness.

**Role of Target Groups**

Target group can play active role in the project, by volunteering in its activities like spreading its message to other prospective beneficiaries.

Our volunteers will encourage the beneficiaries to participate in the program as per their capacities and capabilities.

Gender wise both older men and older women are equally eligible for the project. However, special focus will be given to older women living in critical conditions. Since older women remain reserved and hardly come out of their houses in slum, resettlement colonies and rural areas, focus will be on older women. More women will be reached out in comparison to older men.

**Monitoring and Evaluation**

Progress of the project will be reviewed, monitored and evaluated on a quarterly basis and report thereof will be submitted to the concerned stakeholders for necessary action and records. Reviews and monitoring report will help in course correction during the project.

**Assumptions and Risks and Steps to be undertaken to minimise the risks**

Since it is a yearlong project, rough weather condition can affect project activities adversely. Increase in the prices of medical relief material could also affect project budget in later quarters.

If desired target is not achieved in any particular quarter, it is proposed to adjust target with other quarters. To avoid fluctuation in prices of medicines, etc. we propose to purchase medicines in the first quarter. Agewell will manage storage of medicines and other material.

**Environment**

Being a social health care project, the project has no significant impact on physical environment of the society. However, it will certainly encourage sanitation in project area and help in creating an older persons friendly environment.

**Sustainability**

Beneficiaries of the project will not remain beneficiary for their lifetime, but also create awareness among other affected/needy older people even after the project is over. Older persons who will be able to get gainful engagement will be in a better financial position for years. However, there will be increased demand of physical old age support material for which financial support will be required on regular basis.

Volunteers & contributors would be encouraged to involve in the project to make the project sustainable.

After being supported from the project, older persons (both women and men) will find themselves in more comfortable & healthier stage. Their regular gainful engagements and better health condition will ensure project benefits for a longer period.

According to Census of India statistics, women have longer life expectancy than men; hence more women will get benefit out of this project.

**Agewell Foundation's Commitment towards Donors**

* Agewell Foundation will provide thank you letter along with formal Receipt of Donation and Income Tax exemption Certificate u/s 80-G.
* Agewell Foundation will provide photographs and contact details of all beneficiaries to the Donors.
* Agewell Foundation will provide feedback report to contributors.
* Agewell Foundation will publish regular updates about the project on social media

PROJECT COST (FOR A PERIOD OF ONE YEAR) \*

|  |  |  |  |
| --- | --- | --- | --- |
| **Particulars** | **Cost per units (Rs.)** | **Nos. of Beneficiaries / Nos. of Units** | **Total cost (US$)** |
|
| **Cost of Project Material** |  |  |  |
| 1. **Wheelchairs** | 60 | 100 | 6000 |
| 1. **Adult Diapers** (Monthly pack of 60 pcs.) for 25 pre-identified bedridden elderly for 12 months | 40 | 300 | 12000 |
| 1. **Walkers** | 5 | 300 | 1607 |
| 1. **Monthly Food Packets** for 25 pre-identified destitute elderly for a period of12 months | 18 | 300 | 5357 |
| **Total US$** |  |  | **24964** |
| **Other project cost to be borne by Agewell Foundation with support from local contributors** |  |  |  |
| Project Coordination, Travelling, Transportation and Administrative expenses. Etc. |  |  |  |

*\* Records (photographs, govt. issued IDs, contact details, etc.) of beneficiaries supported under this project will be maintained separately*

**About Agewell Foundation**

**Agewell Foundation**is a not-for-profit NGO which has been working for the welfare and empowerment of older persons **since 1999**. It endeavors to bring about a change in our perceptions of old age while ensuring better interaction between the generations.

Recognizing the work being done by Agewell Foundation,**Economic & Social Council** (**ECOSOC)** has granted **Special Consultative Status**to Agewell Foundation at **United Nations**.  It has also been associated with **UN-DPI**. Agewell has also been member of Working Group and Steering Committee on Social Sector for Xth, XIth and now the XIIth Five-Year-Plan of **Planning Commission** of India since 2002.

**Agewell** has set up a two-tiernetwork of **volunteers** spread across India besides successfully operating its on-going programs i.e. **Agewell Helpline for Older Persons**, **Employment Exchange for Older Persons**, Center for **Research & Advocacy** for Needs & Rights of Older Persons, **Digital Literacy Program** for Older Persons, etc. Presently Agewell interacts with older persons and other concerned people on daily basis through its volunteers’ network.

[www.agewellfoundation.org](http://www.agewellfoundation.org)