

1. **Project Title:**

SHARING AND SUPPORTING PROGRAM FOR DESTITUTE OLD WOMEN LIVING IN BELOW POVERTY LINE AREAS

2. **Project Objectives, Measurement and Benefits to Individuals & Community***

Vision: To provide due care on the lives of the helpless and destitute and old Aged persons in the society, and those Aged persons neglected by the family, and those do not get proper care due to poverty, so that they will get Nutritious Food for their families.

Goal: To Ensure nutritious meals for the old age women and their families.

Purpose of the project: To Ensure access of 50 poor helpless and destitute and Old Aged Women in Kurnool to provide basic needs like Food Groceries Distribution Program for 50 Old Aged women for a period of 1year.

Specific Objectives:

1. To provide Food Groceries like Rice, Yellow Split Peas, Black Gram, Green Gram, Broken Wheat, Pearl Millet to the needy 50 Old Age women.
2. To ensure adequate Food Groceries for the targeted the Old Aged women.
3. Grocery Distribution programs strengthen the Nutrition safety for Old age women.
4. To distribute Nutritious of Grocery's for facilities for 50 old age women.
5. Risk of Food Insecurity among Old aged women will be removed.
6. Old Aged women will get healthy diets and current Grocery support is sufficient to provide for adequate nutrition.
7. Improving accessibility with food grocery assistance program will alleviate barriers to food security of old aged women.

3. **Project Summary**

With the rapidly increasing number of aged compounded by disintegration of joint families and ever increasing influence of modernization and new life styles, the care of elderly has emerged as an important issue in India. Providing care for the aged has never been a problem in India where a value based joint family system was dominant.

However, with a growing trend towards nuclear family set-up, and increasing education, urbanization and industrialization, the vulnerability of elderly is rapidly increasing. The coping capacities of the younger and elder family members are now being challenged under various circumstances resulting in neglect and abuse of elderly in many ways, both within the family and outside.

In view of the above the Society proposed to organize Grocery Distribution program for 50 Old Aged Women in rural and below poverty line areas. In this program 25 Kgs of Rice, 2 Kgs of Yellow Split Peas, 2 kgs of Black Gram, 2 Kgs of Green Gram, 2 Kgs of Broken Wheat, 2 Kgs of Pearl Millet and 2 Kgs of Sugar and 2 Liters of sunflower oil will be distributed.

4. **Theme -**

FOOD GRAOCERIES DISTRIBUTION PROGRAM FOR 50 OLD AGED WOMEN

5. **Second theme-**

DISTRIBUTE NUTRITIOUS GRAOCERIES TO THE 50 OLD AGE WOMEN

6. **Project Location**

10 Villages in Kurnool Rural of Kurnool District in Andhra Pradesh State

7. **Detailed Project Description**

There is generalized and pronounced lacking of health, nutrition services for the destitute Old Aged women in Kurnool. The Old aged women often have to earn money engaging themselves into adult economic activities to look after young babies even they were weak and Old to support themselves and their families. A study of **SES** suggests that less than 30% of the destitute Old Aged women in Kurnool can take 2 adequate major meals regularly. **SES** also conducted a rapid anthropometric study which found prevalence of malnutrition among 62% of the studied poor helpless and destitute Old Aged Women.

In view of the above fact the Society proposed to organize Grocery Distribution program for 50 Old Aged Women in rural and below poverty line areas.

8. **Additional Information**

The Organization has decided to Provide Grocery to 50 poor Old Aged Women who are in need. Project Area Kurnool Taluk in Kurnool District in Andhra Pradesh State comprises of 20 villages having a population of about 1 Lakh. Our recent survey in the village found that about 62% of the old age people are not getting Nutritious food for their life. The new generation youths looking for employee prospects migrate to the nearby cities and towns. As explained earlier they leave their old parents in the village itself. About 28% of the population is the elder people. We intend to choose 5 abandoned old aged women from these villages. We will provide Groceries to 50 old age women in 5th day of every month for a period of 1 Year.

9. **What is the Issue, Problem, or Challenge ?**

1. Social and Psychological Problems of Old Aged:-

The position and status of senior citizen have been seriously undermined by factors such as changing values, growing individualism and rising aspirations for consumer goods as a result of the impact of education, urbanization, westernization and Industrialization, lesser number of children due to acceptance of small family norm and hence greater vulnerability in the matter of dependence, migration of younger members to cities for alternative source of livelihood, acute paucity of accommodation in urban areas and the exorbitant rents which act as a strong disincentive for bringing old parents to live with the children. Participation of women in employment in cities in white collar jobs leaving the old, unattended during day time creating stress situations of prompting the younger generation to press for separate residences so that they will not be burdened with problems, complexities of modern life and living which discount the value of the traditional systems and places a lateral transmission of knowledge in contrast to vertical transmission from the older generation, thereby devaluing the knowledge and experience of the old. The last pace of social change accentuates the intergenerational differences in values and life styles. Larger investments on the education than in the past and upbringing of children, which together with the inflationary pressures causes disproportionately greater hardships to the old.

2. Economic conditions of Old Aged:-

In India majority of older persons face financial hardship in old age as most of them are not in a position to earn their livelihood. Their savings, if any, are not enough to meet their day to day, particularly the medical expenses. Many a times their family members and relatives exploit them due to their vulnerability. Exhaustive data collected over the years by Agewell Helplines across the country show that in India more than About 65 per cent of the aged had to depend on others for their day-to-day maintenance. Less than 20% of elderly women but majority of elderly men were economically independent.

Financial status of older persons is directly linked with their financial independence. With the increasing nuclearization of family, particularly in the urban settings, more and more older persons tend to be choosing to live on their own and want to utilize their net-worth value to the maximum. The growing individualistic and materialistic considerations among the younger generations due to academic and professional pursuits, the older persons are eventually finding less attached with the younger member of family

10. How will this project solve the problem?

Many of the Old Aged Women are suffering without nutritious food in their homes. Destitute Old Aged women facing lots of problems for their food. Even their children was not taking care about their parents.

Grocery : The family or care givers of the poor helpless and destitute an Old Aged persons or Old Aged person himself/herself cannot afford adequate foods for his/her proper nutrition. Because they could not work in the field, an Old Aged person do not get Groceries as per their need. Therefore, the poor helpless and destitute Old Aged persons who will be given Nutritious Food in free of cost.

In view of above facts, the organization proposed to conduct Grocery Distribution Program for Old Aged Women in Kurnool rural of Kurnool District in Andhra Pradesh. In this program 25 Kgs of Rice, 2 Kgs of Yellow Split Peas, 2 kgs of Black Gram, 2 Kgs of Green Gram, 2 Kgs of Broken Wheat, 2 Kgs of Pearl Millet and 2 Kgs of Sugar

and 2 Liters of sunflower oil will be distributed. With this distribution program Old Aged women will get nutritious Food for their lifes.

11. Potential long term impact :

1. The poor helpless and destitute old aged women will get adequate meals.
2. Old age women will have self confidence and feel less isolated
3. Old age women are better respected at home by family members.
4. The scheme will improve the quality of life of the Old Aged Women by providing basic amenities like food groceries.
5. Families of the Old Age Women will get Nutritious Food.