



## Observatoire de la Gouvernance et des Droits Humains en RDC

### PROJECT: THE DIGNITY AND RIGHTS OF OLDER PEOPLE IN THE DRC



#### Context and Justification

Older people in the DRC are a vulnerable and often marginalized population, living in precarious conditions with limited access to healthcare, basic resources, and social support. Many suffer from chronic illnesses, malnutrition, and a lack of proper care. In the cities of Bukavu and Goma, the situation is exacerbated by insecurity and a lack of community awareness of the rights of older people.

In the DRC, older people are generally a vulnerable group, and little has been done to address their specific needs or to recognize their unique capacities and contributions. Humanitarian interventions often fail to consider the particular needs of older people and sometimes use discriminatory systems against them, weakening their ability to earn a living independently.

Moreover, the public's lack of awareness and information regarding the contributions, circumstances, problems, or needs of older people creates negative stereotypes associated with aging. Despite increasing awareness of the issues faced by older adults, these stereotypes and assumptions persist, heightening the "invisibility" and marginal position of older people. In emergency situations, where service delivery

and resource allocation can be unequal, this invisibility often leaves older people without access to essential survival resources.

Ensuring equal access for older people requires raising awareness among service providers about the specific issues and obstacles that older people face. This means including older people in the planning and provision of services and strengthening their ability to live independently once the emergency has passed. Effective interventions address both the well-being and rehabilitation of older people, meeting their needs in the context of their families and communities.

This project aims to strengthen the dignity and respect for the rights of older people in the DRC by providing access to healthcare services, livelihood opportunities, and raising community awareness of their importance and social inclusion.

### **Project Objectives**

- 1.Improve access to health care: Offer free medical consultations and distribute essential medicines for the elderly, who often do not have the financial means to treat themselves.
- 2.Strengthen economic autonomy: By initiating income-generating activities adapted to the elderly, the aim is to offer them means of subsistence, which will allow them to be financially independent and regain a valued place in society.
- 3.Raise awareness in the community: Inform and educate the community, especially families, on the rights and place of the elderly to promote their respect and inclusion.
- 4.Create a support network: Form a group of local volunteers to provide regular assistance to the elderly, especially in cases of urgent need, in order to break the isolation of these people and create a supportive environment.

### **Project Activities**

#### **1. Mobile Health Clinics and Medicines Provision**

Description:

Organize quarterly medical consultations within the community to enable older people to receive basic care. The consultations will include a general health check-up, checks for chronic diseases (hypertension, diabetes, etc.), and prevention advice.

Set up a distribution of essential medicines, particularly for common ailments among older people, ensuring that each beneficiary receives the necessary treatments according to their state of health. This, in collaboration with local health centers.

Ensure follow-up of the most critical cases by referring older people to local health structures for more in-depth care if necessary.

Expected results:

Approximately 200 older people will benefit from consultations and medicines each quarter.

Improvement of the overall health of beneficiaries through regular medical follow-ups.

## **2. Income Generating Activities Workshops**

Description:

Organize practical training to introduce older people to suitable economic activities, such as crafts (weaving, sewing), small-scale urban agriculture (growing vegetables, medicinal plants) or selling craft products.

Provide a starter kit including the basic tools and materials needed to start the activities. For example, seeds for growing, thread and fabrics for crafts, etc.

Offer ongoing monitoring and supervision to help older people maintain and develop their business, with practical advice on managing resources and selling products on local markets.

Expected results:

100 older people will have stable sources of income, allowing them to meet their basic needs.

Strengthening their financial autonomy and contribution to the local economy.

## **3. Awareness and Promotion Campaigns for the Rights of Older Persons**

Description:

Set up awareness sessions in collaboration with community leaders to explain the importance of respecting the rights of older persons and raise awareness in the community about their inclusion.

Disseminate messages on the rights of older persons through posters, brochures, and radio campaigns. These messages will address themes such as the dignity of older persons, the risks of mistreatment, and the importance of their well-being.

Organize educational workshops for young people and families to promote the place of older persons and encourage a respectful environment, showing the positive impact of their integration into the community.

Expected results:

Better understanding of the rights of older persons within the community.

Reduction in cases of mistreatment or discrimination against older persons and promotion of greater social inclusion.

#### **4. Establishment of a Community Support Network**

Description:

Recruit and train local volunteers, particularly among young people and family members of older people, to provide regular support and assistance to older people.

Set up a dedicated telephone line for older people or their families to report urgent needs, such as health problems, abandonment situations, or cases of abuse.

Organize regular visits by volunteers to isolated older people to offer them emotional support, company, and small daily assistance (help with shopping, listening, etc.).

Expected results:

Establishment of a solidarity network promoting intergenerational mutual aid and breaking the isolation of older people.

Rapid intervention in the event of an emergency or special need for beneficiaries.

#### **Detailed Budget**

##### **Activity Amount (40.000 USD)**

##### **1. Mobile Health Clinics**

- Medical consultations (4 sessions/year) 6,000
- Essential medicines and supplies 5,000
- Transport and logistics for teams 1,500

##### **2. Income Generating Activities**

- Training in crafts/agriculture 3,000
- Starter kits for 50 elderly people 7,000
- Technical monitoring and supervision 1,500

##### **3. Awareness and Promotion of Rights**

- Awareness campaigns (posters, radios) 2,500
- Community workshops 1,500

##### **4. Community Support Network**

- Volunteer training 2,000
- Support line (telephone costs) 500

- Transport for regular visits 1,000

5. Administrative and coordination costs

- Coordinators' salaries (12 months) 5 000

- Communication and project management 1,500

- Other costs (unforeseen, supplies) 1,000

**TOTAL 40,000**