

Theme: Reimagining Elder Care in Kenya With Geriatrics

Executive Summary

AgeWatch Africa proposes to transform an underutilized elder care home in Kisumu County, Western Kenya, into a fully functional Geriatric Health, Palliative, and Rehabilitation Center. The upgraded center will deliver affordable, holistic, and culturally sensitive healthcare for older adults—integrating medical, palliative, rehabilitative, dementia, mental health, nutritional, and counseling services. Aligned with Kenya’s national health policies and the WHO Decade of Healthy Ageing (2021–2030), this initiative aims to restore dignity, promote healthy aging, and establish a replicable model for geriatric care across Kenya.

Context and Problem Statement

Older persons in Kenya including Western Kenya face multiple barriers to healthcare, including:

- Limited access to specialized geriatric, palliative, and rehabilitative care services.
- Cultural beliefs that equate institutional care with family neglect.
- A lack of trained caregivers and low community awareness of dementia and chronic illness management.

An elder care home built to address this gap currently lies underutilized. Yet, the number of older adults suffering from chronic pain, cancer, stroke, mobility impairments, and dementia continues to rise. The WHO Decade of Healthy Ageing Progress Report (2021–2023) emphasizes that older adults in low- and middle-income countries remain underserved in both curative and palliative care—a challenge that Western Kenya urgently needs to address.

Proposed Solution

AgeWatch Africa will revitalize the existing facility into a Geriatric Health, Palliative, and Rehabilitation Center, offering both charitable and subsidized services. The center will integrate preventive, therapeutic, rehabilitative, and supportive care, responding to the diverse health and psychosocial needs of older adults.

Key Service Areas

- Comprehensive Health Screenings & Physiotherapy: Routine checkups, chronic disease management, and mobility restoration.
- Nutrition & Mental Health Counseling: Promoting balanced diets and emotional well-being.
- Family Education & Support Programs: To reduce stigma, enhance home-based caregiving, and foster community acceptance.
- Caregiver & Community Health Worker Training: Building local expertise in geriatric, palliative, and dementia care.
- Mobile Outreach Clinics: Bringing essential health and counseling services to homebound elders.
- Palliative Care Unit: Providing compassionate pain management, emotional, and spiritual support for elders with terminal or chronic illnesses.

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- Rehabilitation Unit: Offering physiotherapy, occupational therapy, and mobility support to enhance functional independence.
- Dementia Unit: Delivering cognitive assessments, memory therapy, safe living spaces, and caregiver guidance for older adults with dementia and Alzheimer's disease.

By leveraging the existing infrastructure, only minor renovations and licensing are required—ensuring rapid, cost-effective implementation with maximum community impact.

Expected Impact

Short-Term Outcomes (Year 1–2)

- Establishment of a fully licensed Geriatric Health, Palliative, and Rehabilitation Center.
- Provision of integrated health, rehabilitation, and palliative services to at least 1,000 older persons annually.
- Training of 50 caregivers and community health workers in geriatric, dementia, and end-of-life care.
- Launch of public education campaigns on healthy aging and dementia awareness.

Medium -Term Outcomes (3–5 Years)

- Sustained access to affordable, multidisciplinary elder care in Western Kenya.
- Improved physical, mental, and emotional well-being among older adults.
- Strengthened family and community understanding of dementia and palliative support.
- Establishment of a replicable geriatric and palliative care model for rural and peri-urban areas in Kenya.

Sustainability and Partnerships

Partnerships will include:

- County Government of Kisumu – for policy alignment and local health infrastructure.
- Regional hospitals and medical training institutions – for specialist support and continuous professional education.
- Faith-based and community organizations – for cultural mediation and outreach.

Revenue streams will include affordable service fees, donations, and annual fundraising events, ensuring sustainability beyond the initial setup phase.

Funding Requirements

Funds raised through the GivingTuesday campaign and other sources will support:

Budget Area	Estimated Cost (USD)	Purpose
Licensing & Registration	\$5,000	Legal setup and accreditation
Medical, Physiotherapy & Palliative Equipment	\$20,000	Diagnostic, pain management, and rehabilitation tools

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Staff Training & Certification	\$10,000	Training in geriatric, dementia, and palliative care
Community Awareness & Outreach	\$5,000	Public education and caregiver support programs
Facility Renovation & Dementia-Friendly Design	\$10,000	Adaptations for safety and accessibility
Total Estimated Budget: \$50,000		

Conclusion

This expanded initiative represents a transformational model for elder care in Africa—uniting geriatric, palliative, rehabilitation, and dementia services under one roof. By integrating medical care with compassion, training, and community education, AgeWatch Africa will empower older persons to age with dignity, comfort, and purpose—setting a new benchmark for elder care in Kenya.

“Every older person deserves to age with dignity, health, and respect. Together, we can make this a reality for Western Kenya.”

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