



RELIEF FOR 500 ELDERLY WOMEN

Globalgiving Project by:
Equitable Medicaid and Clinical Research Ltd/Gte

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EXECUTIVE SUMMARY



Nigeria faces a growing crisis among elderly women – many are widowed, pensionless, and living in extreme poverty. EMCR proposes targeted relief for 500 elderly women aged 60+ through:

- Monthly nutritious food baskets
- Medical outreach & essential medicines
- Hygiene supply distribution
- Livelihood starter kits

Total Funding Requested: US\$47,000

BACKGROUND: POVERTY & VULNERABILITY



Widespread Poverty

Over 40% of Nigerians live below the poverty line (World Bank), with elderly women among the most severely affected and least supported.

No Safety Net

Most elderly women have no pension, no stable income, and are often widowed – left entirely dependent on family or uncertain charity to survive.

Health & Isolation

Chronic illnesses go untreated, social isolation is common, and many survive on one meal per day with no access to healthcare or community support.



PROBLEM STATEMENT - DAILY STRUGGLES



Rising food prices make
nutrition unaffordable
Untreated chronic illnesses:
hypertension, diabetes, arthritis
Many survive on one meal per
day or rely on uncertain charity

PROJECT GOAL & OBJECTIVES

Goal: Improve the health, nutrition, dignity, and economic stability of 500 elderly women in Nigeria. EMCR will deliver targeted support through the following key objectives:

FOOD AID

HEALTHCARE

NUTRITION

HYGIENE

LIVELIHOOD





WHO WILL BENEFIT?

Direct Beneficiaries:

- 500 elderly women aged 60+
- Widows without income or support
- Women living with disabilities
- Rural and displaced elderly women
- Grandmothers caring for vulnerable children

Indirect Beneficiaries:

Families, caregivers, and communities surrounding the 500 women will also experience reduced hardship and improved wellbeing.

PROJECT ACTIVITIES OVERVIEW

- Food Assistance: monthly nutritious food baskets •
- Medical Outreach: consultations, screenings & health education
- Essential Medicines: pain relief, chronic illness meds & vitamins
- Hygiene Support: soap, toothpaste & sanitary supplies
- Livelihood Support: farming inputs & small business tools
- Monitoring: home visits, feedback & reporting



FOOD AID & MEDICAL OUTREACH

Food baskets include rice, beans, garri, cooking oil, salt, and seasoning – distributed monthly to 500 elderly women. Medical outreach covers blood pressure checks, blood sugar screening, and malaria testing. Health education sessions are held on-site, with referrals to local clinics for women needing further care.



HYGIENE & LIVELIHOOD KITS

Hygiene supplies distributed include soap, toothpaste, detergent, and sanitary items to promote health and dignity. Livelihood starter kits – farming seeds, poultry inputs, and small business tools – empower selected beneficiaries to generate income and achieve greater independence.



EXPECTED RESULTS & IMPACT



Monthly Support Delivered

500 elderly women receive food baskets and essential medicines every month, ensuring consistent nutrition and health care throughout the project period.

Hunger & Illness Reduced

Malnutrition and hunger significantly reduced among beneficiaries. Improved management of chronic illnesses including hypertension, diabetes, and arthritis through regular medical outreach.

Economic Empowerment

Selected beneficiaries begin income-generating activities with livelihood starter kits, reducing financial pressure on families and restoring dignity and independence to elderly women.

SUSTAINABILITY PLAN



Livelihood support generates ongoing income for beneficiaries
Community volunteer networks sustain care for elderly women
Partnerships with local health facilities ensure continued access to care

MONITORING & EVALUATION

Tracking success through measurable indicators and regular reporting ensures accountability and transparency throughout the project lifecycle.

500 FOOD
SUPPORTS

500 MEDICAL
SCREENINGS

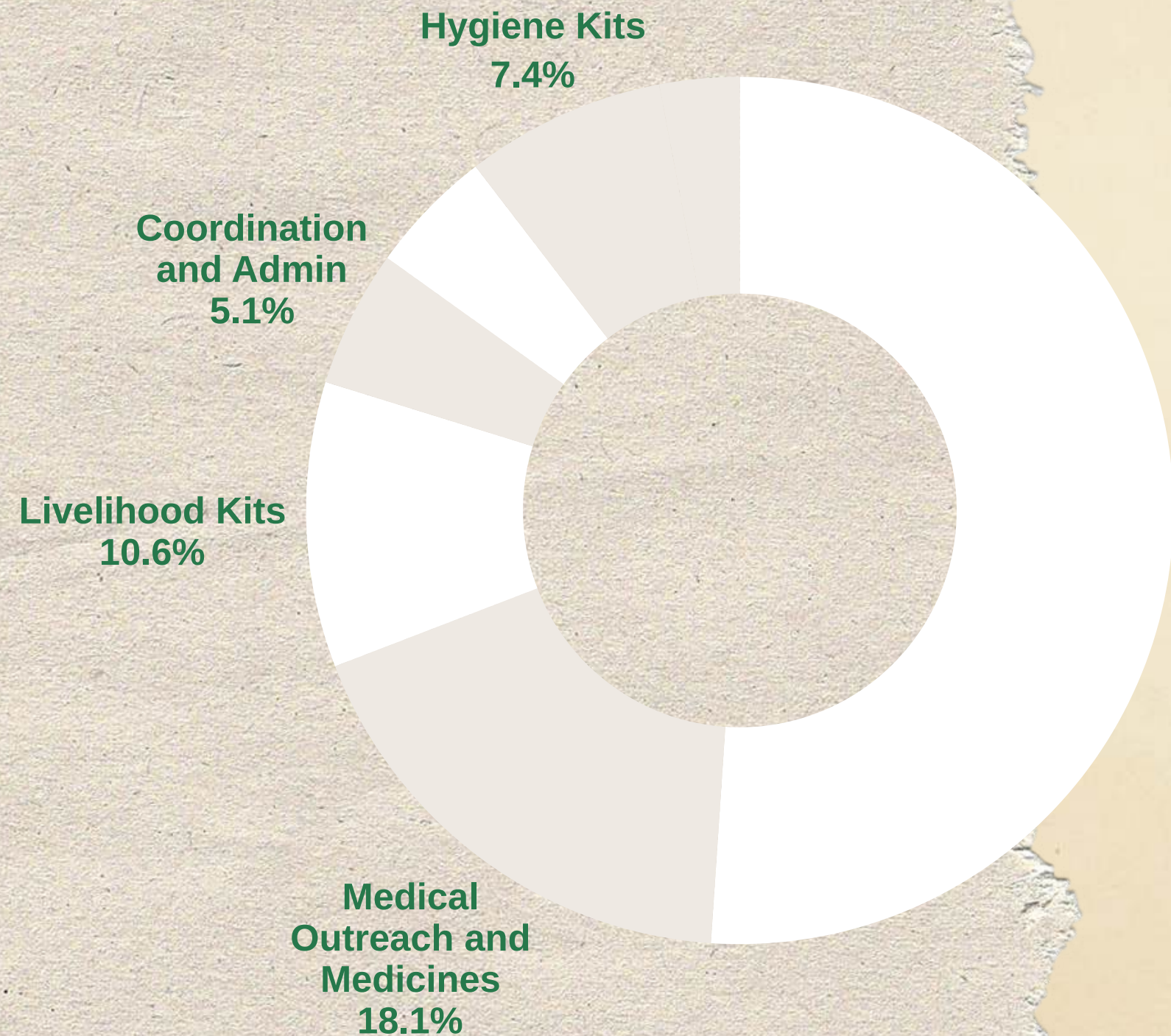
500 MEDICINE
KITS

500 HYGIENE
KITS

100 LIVELIHOOD
KITS



BUDGET BREAKDOWN



Food Assistance
51.1%

Total Budget: US\$47,000

- Food Assistance: \$24,000 (51%)
- Medical Outreach & Medicines: \$8,500 (18%)
- Livelihood Kits: \$5,000 (11%)
- Coordination & Admin: \$2,400 (5%)
- Transport & Logistics: \$2,200 (5%)
- Hygiene Kits: \$3,500 (7%)
- Monitoring & Evaluation: \$1,400 (3%)



ABOUT EMCR: WHO WE ARE

Equitable Medicaid and Clinical Research is a women-led non-profit organization that focuses on providing equal access to healthcare for economically disadvantaged populations, especially in rural and underserved communities, regardless of background, income levels, or geographical location.



BE THE CHANGE THEY NEED!

Partner with EMCR to restore dignity, health,
and hope to 500 elderly women in Nigeria.
Your support changes lives!