

# ELDERLY HEALTH CHECK-UP PROJECT

*Bringing Healthcare Closer to Older Persons in Rural Malawi*

Implementing Organization: Elderly Assistance Network (EAN)

Location: Chileka, Blantyre District, Malawi

Duration: 12 Months

Budget: USD 30,000

## 1. PROJECT OVERVIEW

Across rural Malawi, older adults face major barriers to healthcare. Many live with untreated conditions like hypertension, diabetes, arthritis, and fractures. Distance, mobility challenges, and poverty leave them isolated and in pain.

The Elderly Health Check-Up Project delivers mobile healthcare services directly to elders in their homes. A team of nurses, physiotherapists, and caregivers travels to rural villages in Chileka to provide check-ups, physiotherapy, caregiver training, and hygiene support.

This project restores dignity, reduces preventable illness, and promotes healthy aging for hundreds of elders.



Nurse checking an elder's blood pressure

## 2. PROJECT GOAL AND OBJECTIVES

Overall Goal: To improve access to essential healthcare and promote healthy aging among 600 older persons in rural Chileka by the end of 2025.

Specific Objectives:

- Conduct monthly mobile health check-ups and home visits for 600 elders in 20 villages.
- Train 150 family caregivers on home-based care, hygiene, and exercise.
- Provide physiotherapy and mobility rehabilitation for 100 elders with arthritis, fractures, or stroke complications.
- Distribute hygiene packs and adult diapers to 200 vulnerable elders.
- Promote awareness and rights of older persons through community health campaigns.

## 3. CORE ACTIVITIES

- Monthly mobile clinics (BP, sugar, temperature, wound care)
- Home visits for bedridden elders
- Caregiver training workshops
- Physiotherapy and mobility support
- Distribution of adult diapers, walking aids, and hygiene kits
- Community sensitization via radio and outreach events
- Referral of serious cases to local health facilities



Physiotherapist trains a caregiver on how to care for fractured elder

## 4. EXPECTED IMPACT

- ✓ 600 elders receive continuous health monitoring and care.
- ✓ 150 caregivers empowered with knowledge and practical skills.
- ✓ Reduced preventable illness and disability among older persons.
- ✓ Improved dignity, physical mobility, and community inclusion.
- ✓ Increased public awareness and advocacy for elder rights.

## 5. PROJECT BUDGET SUMMARY (USD 30,000)

Category	Description	Estimated Cost (USD)
Medical supplies & screening kits	BP machines, glucose strips, test kits, gloves	5,500
Physiotherapy & assistive materials	Walking aids, adult diapers, mats	4,800
Transport & field operations	Fuel, vehicle maintenance, outreach logistics	5,000
Caregiver & community training	Materials, refreshments, facilitators	3,500
Personnel & volunteer stipends	Nurses, physiotherapists, data collectors	5,200
Awareness & communication	Posters, radio, community meetings	1,500
Monitoring & evaluation	Data collection, reporting	2,000
Administrative & coordination	Office operations, printing	1,500
Contingency (5%)	Unforeseen costs	1,000

Total Budget: USD 30,000

## 6. SUSTAINABILITY & PARTNERSHIPS

The project builds community ownership by training caregivers and engaging local health workers. Partnerships with local clinics, social welfare offices, and volunteers ensure services continue beyond the project period. Data collected will support advocacy for a permanent Elderly Health Clinic in Chileka to serve as a model for rural elderly care in Malawi.



Outreach team dressing an elder's wound

## 7. LOCATION OF CHILEKA

Chileka is a town located in the Blantyre District of Malawi's Southern Region, approximately 16 kilometers north of the commercial capital, Blantyre. It is most widely known for being the site of the Chileka International Airport, a key transportation hub for the region. Despite its proximity to a major urban center, the Chileka community, like many peri-urban areas in Malawi, faces significant challenges. These include limited access to consistent clean water, sanitation facilities, and quality healthcare services, with prevalent health issues often revolving around infectious diseases, maternal health, and child malnutrition. The area's significance for outreach programs stems from this juxtaposition of strategic location and unmet community needs, making it a critical point for interventions aimed at improving public health and socio-economic conditions for its residents. Outreach efforts here are vital as they can leverage the relative accessibility provided by the airport and major roads to deliver services to a population that


might otherwise be underserved, thereby contributing to the broader development goals of the Blantyre District.


Malawi Government. (2018). *Malawi Population and Housing Census Main Report*. National Statistical Office.


The World Bank. (2020). *Malawi - Water and Sanitation Project*.

## **8. CONTACT INFORMATION**

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“Restoring dignity, one elder at a time.”