

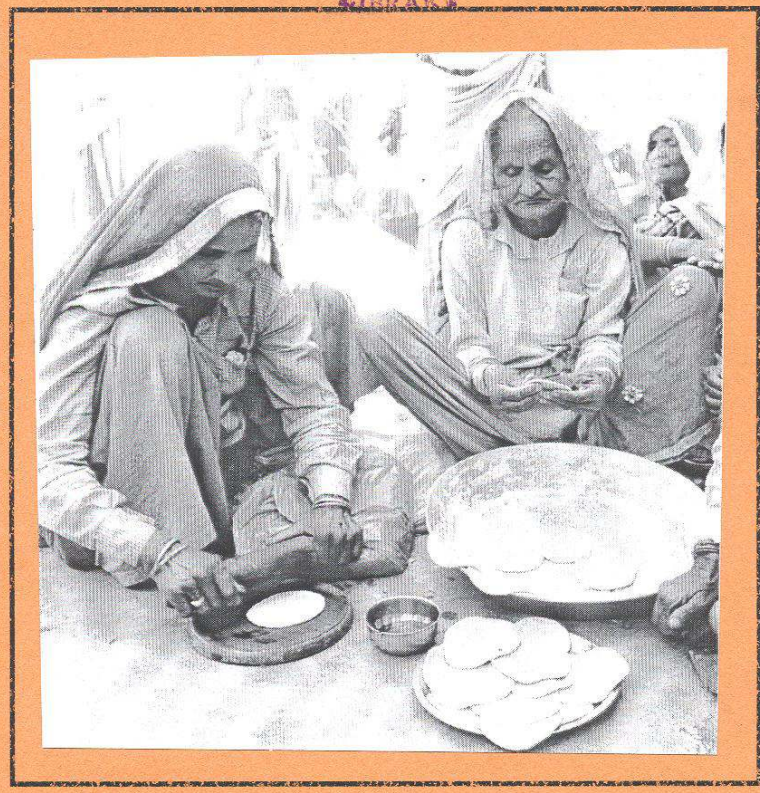
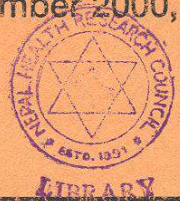
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Older People in Nepal

Nepal Participatory Action Network and
HelpAge International

18 - 21 September 2000, Dhulikhel, Nepal

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**HelpAge
International**

Leading global action on ageing

Facilitators' Objectives for the Workshop

95

By the end of this workshop we expect to have:

- gained insight on personal attitudes towards ageing
- discussed perceptions of ageing in Nepal
- shared information on global ageing
- looked at the significance of participatory approaches for working with older people
- discussed the framework for the planned research on ageing in Nepal



**Provisional Workshop Timetable
18 to 21 September 2000**

	<i>time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
am		Introductions and getting started	Looking at the policy environment	Exploring participation and power	Planning for the research Objectives/indicators
	break				
am		Exploring attitudes towards ageing	Global ageing and research strategy	Exploring participation and power	Planning for the research
	lunch				
pm		Images of ageing in Nepal	Linking research and action	Overview of research framework	Site selection
	break				
pm		Images of ageing in Nepal	Linking research and action	Overview of research framework	timetabling

Facts and Figures on Global Ageing

A global demographic revolution is underway

The proportion of the world's population over 60 is increasing more rapidly than in any other era

1950: 200 million over 60

2000: 550 million

2050: 1.2 billion

The speed of change is without precedent

France: 115 years (1865-1980) to increase the proportion of its older population from 7% to 14%

Japan: 26 years (1970-96)

Jamaica: 15 years (2015-2030)

Most of the world's older people live in developing countries

60% of the world's over 60s live in developing countries. This will be 70% by 2025.

Each month the net balance of peoples over 60 years increases by 1.2 million. 80% of this increase occurs in the developing world

By 2020 Cuba, Argentina, Sri Lanka and Thailand will have higher proportions of over-65s than the USA has today.

The ageing world is an increasingly female world

Women outlive men in nearly all countries, rich and poor

Older women are increasingly likely to be widows. In 1990 there were 21.5 million windows in China, greater than the combined total of the European Union.

Women in developing countries often enter old age with chronic illness, the result of lifelong undernutrition, multiple pregnancies etc

The ageing world is a world of work Especially in developing countries

In most countries the majority of older people have no access to social security

The majority of older people therefore continue to do paid and unpaid work

The majority of older people live and work in rural areas

Older people are consistently among the poorest

Lifetime underemployment & erratic income mean that they have been unable to accumulate savings

Their cash incomes and material assets are typically significantly lower than those of younger age groups

Family support remains crucially important to older people

The majority live in their own homes, connected to families and communities

BUT

Rapid urbanisation and migration for work are stretching family and community resources

Falling fertility % rising longevity mean that care of older dependent parents will

HAI Research and Policy Development Strategy

1. The Situation of Older People

POVERTY experienced by older people is reinforced by SOCIAL EXCLUSION and the denial of rights; this is particularly unjust in the light of significant CONTRIBUTIONS that older people make

Poverty - older people are disproportionately represented amongst the poorest and this trend will increase. Yet there is little interest in their particular experience of poverty or in exploring policy interventions that might mitigate their poverty. Public policy continues to support the position that it does not pay to invest in older people.

Social exclusion - older people face specific barriers to overcoming poverty that are rooted in structural inequalities and reinforced by age discrimination

Contributions - despite their poverty and social exclusion, older people do provide support to their families and communities. This essential component of the survival and well being of the community is also an essential element of older people's ability to access support. We need to look at the ways in which the contributions they make and their ability to access support are interdependent, and how these contributions can be strengthened.

2. HelpAge International's Research

Areas of focus - Documentation of the poverty experienced by older people, including their perceptions of vulnerability and well being. Detailed exploration of the real, complex and diverse livelihood strategies employed by older people and identification of the potential sources of support. The contributions of older people must be emphasised in order to persuade policy makers of the value of including older people in policy development. HAI has undertaken this research, often in partnership with governments of countries in Africa, Asia, and the Caribbean.

Methodology - HAI is committed to the development of participatory methods to generate qualitative information with older people and using secondary source material to provide contextual information. The rationale for emphasising participatory methods stems from the belief that policies and practices are only effective when they are designed by those whom they are intended to benefit. Deep rooted practices of excluding older people are challenged by continually ensuring that older people participate alongside identified secondary stakeholders. A complimentary objective of our research has therefore been to develop a model for inclusion of older people in the research process and in advocacy and policy development outcomes.

3. Key Findings to Date

Social support and income security

Research in Cambodia, Tanzania, Ghana and South Africa indicates that economic security and social support are equally important to older people in achieving or maintaining their desired interdependency within society. Social support is derived from relationships within the family and community and may include shelter, food and assistance with accessing health care. Older people strive to ensure a measure of economic security through agricultural or small scale enterprise activities such as trading or craft work. Despite the presence of a universal means tested old age pension in South Africa, our research supports a growing body of evidence that security for poorer older people is by no means guaranteed. Indeed the pressure to stretch this one source of regular income in poorer households often places older people's security at risk. Policy needs to address both social and economic dimensions of security.

Contributions and Support

There is a relationship between the contributions that older people make and their ability to access other forms of support. For older people the ability to contribute to the household and community is an essential component of their livelihood strategies since it enhances their ability to access support that they are unable to provide for themselves, such as medical expenses or transport. While these contributions are often not consciously recognised they form a vital element in the achievement of interdependency and inclusion of older people within the community. Across the board, older people express their desire for opportunities to remain economically and socially active, and their preferred source of support is from their children. In situations of endemic family poverty and lack of opportunity, older people's perceived ability to seek support is impaired, as in the example from research in Cambodia where older women hid poor health from their families for fear of imposing a financial burden upon them.¹

Institutional Exclusion and Discrimination

Research in Ghana and South Africa² found that exclusion on the basis of age is evident within important public institutions. In Ghana health, political and financial institutions operate age and gender neutral policies which effectively exclude poorer older people, especially women, from political participation and access to health and financial services. Throughout the world adequate health care is prioritised by older people as critical for survival yet health services are perceived to be the most difficult to access. Negative attitudes of health staff towards older people are universally mentioned and in South Africa are perceived as a real barrier. Older people are largely denied access to credit and loan facilities of public and non government institutions due to lack of information and rigid criteria for participation.

¹ HelpAge International & MSALVA (1998) "The Situation of Older People in Cambodia" HAI Phnom Penh

² HelpAge International & HelpAge Ghana (1999) "The Contributions of Older People to Development: The Ghana Study" HAI

HelpAge International South Africa (1999) "The Contribution of Older People to Development: The South Africa Study" HAI

Gender

Our research in all countries³ confirms that gender based divisions of labour and sources of income and support continue into old age. Detailed research in Ghana and South Africa indicates that men appear to be less able to maintain economic interdependence as opportunities for income generation and other contributions to the household become more limited with age than those of older women. In Ghana more socially accepted opportunities exist for older women to diversify in times of hardship and with age, for example by cultivating new crops for consumption and doorstep trading. Older men tend to shift from economic to social livelihood sources, including financial support from their wives, at an earlier stage. While this implies that older women are able to maintain economic interdependence for longer than men, those in poor health and with physical disabilities are highly vulnerable. The ability of older women to maintain economic contributions provides a significant source of security for older men.

4. Key Policy Implications

- Older people must be included and targeted within the context of national poverty reduction strategies. Policies should be based on understanding of the relationship between the contributions they make, their capacity to access support and the structural constraints they face. Policies should support indigenous networks and strengthen social capital.
- Labour market and services should be planned on the basis of social and economic assessment of the contributions that older people make in order to reward and support these contributions. For example, the value of child care and care of children with AIDS should be recognised and appropriately supported in the context of loss of social support or loss of ability to undertake income earning activities.
- Age and gender affirmative policies should be introduced in major institutions in order to facilitate access to services and to increase the representation of poorer older people in key social, economic, educational and political institutions. There is a need for more flexible criteria for access to services such as pensions, credit training and health (based on need rather than proof of chronological age) to avoid discrimination against the poorest. Central to these policies is facilitating access to appropriate information on legal rights and services available.
- Investment in appropriate and accessible health care is critical for older people to maintain their responsibilities and contributions to their communities. Greater awareness of the different health needs of older women and men and services that address these should inform the development of training programmes for health staff at all levels. Flexible payment systems or health insurance schemes should be considered to enable the poorest to access health care at times when their resources are lowest and which often correspond to the times when their needs are greatest.

³ Including: Forrester K, HelpAge International Tanzania (1998) "The Situation of Older People in Tanzania" HAI Tanzania

5. Future Research

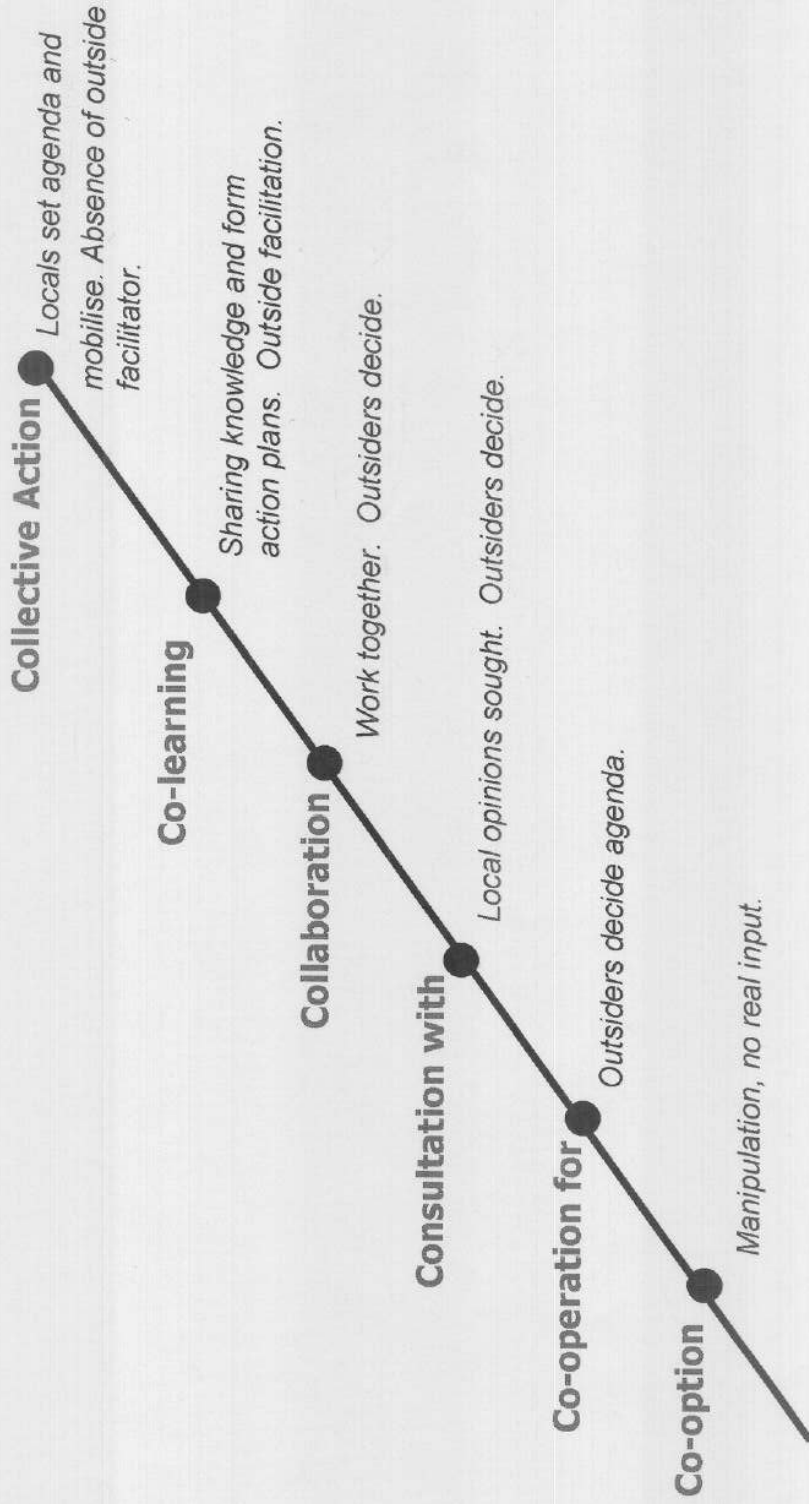
All HAI's future research will continue to involve older people as active participants and will be linked to developing policy processes as a result. Emphasis will be placed on more detailed analysis of poverty, social exclusion and capital, and the impact of existing models of public social security schemes on older people and their communities. In the field of ageing very little is known about the processes that make a particular issue a policy concern or about the factors that enable policy to translate into practical change and this will be an area of further research. HelpAge International is uniquely placed to ensure that the voices of older people are prominent in our research findings and are heard by key practitioners and policy activists. A framework for policy oriented research has been developed through our work to date and this will be disseminated and up-dated in the light of experience.

Exercise: Statements About Older People

- A good development project will benefit the whole community which will automatically include older people.
- Poor older people are particularly disadvantaged, so they should be specially helped.
- The best way to help older people is to lobby the government to provide a good pension.
- We must prioritise improving access to health for older people if they are to continue to be economically active.
- All development projects for older people must include income generating activities.
- True development for older people would enable them to have power to make meaningful choices and changes in their lives.
- When there is a serious situation you can't afford the time to stop and think about ageism.
- Our aim should be to eliminate the inequality experienced by older women.
- It is important to help the people most in need, not just older people.
- If older people had more education they could become more economically self-sufficient.

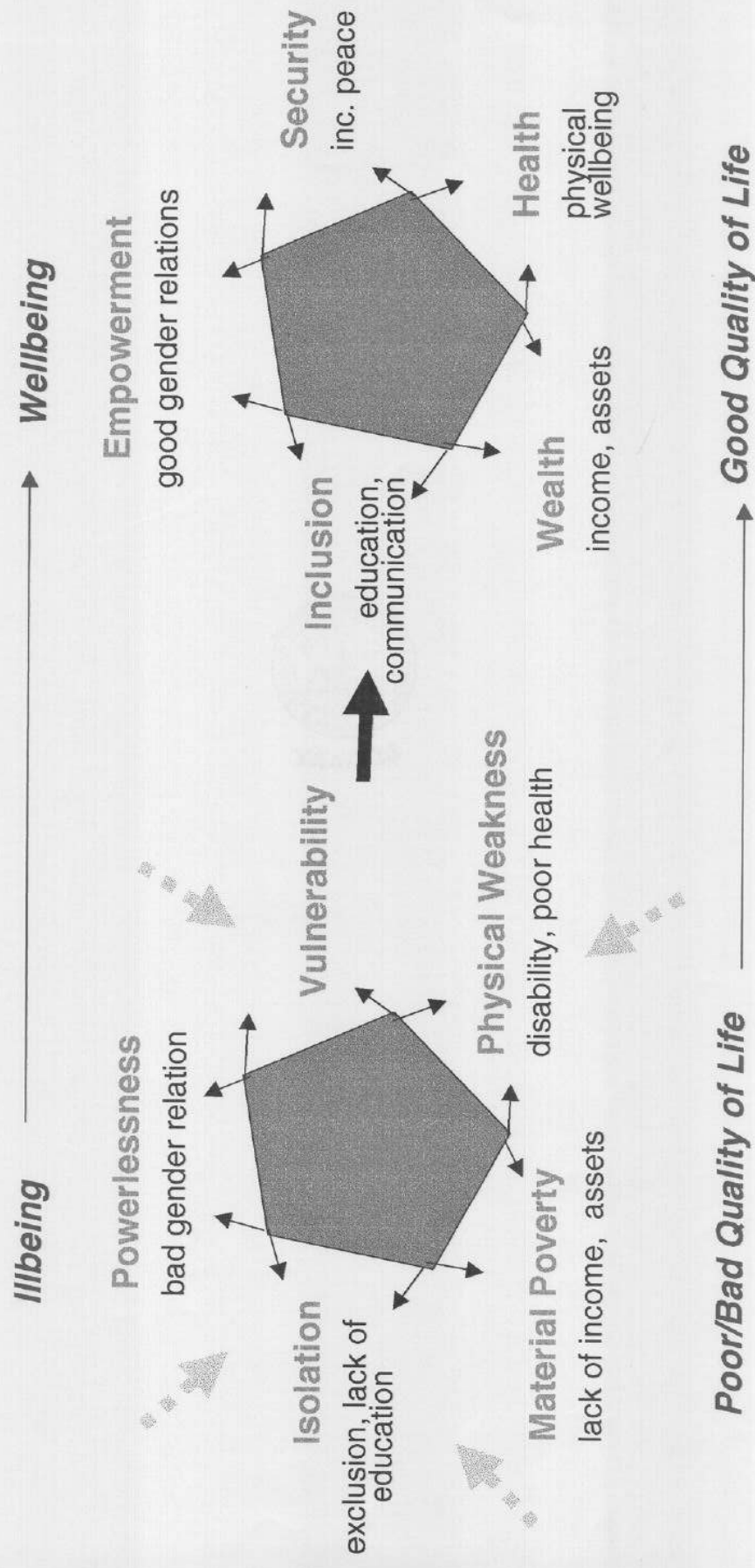
Modes of Participation

EMPOWERED



POWERLESS

Development = Good Change, The Personal Level



 = Intervention
 = Something like the experience of living and being

Research Activity Framework

Preparation

Stakeholder identification

Recruitment of lead researcher and facilitator ✓

Agree objectives of study ✓

Site selection

Stakeholder awareness raising (steering group, advisory group)

Selection of research team

Site visits

Implementation

Training for research team

Develop research field guide *rem*

Research activities in each site

Site reports and local level feedback/discussion

Synthesis workshop

Draft final report writing

Summary and dissemination of draft report

Steering and Advisory group, stakeholder review of report

Dissemination, Advocacy and Policy Development

Media work

National dissemination workshop

Production and dissemination of report for Policy and Advocacy

Planning follow up activities:

e.g. impact studies with older people

programmes for advocacy capacity building

policy review processes

regional and international development agenda forums (poverty, rights)

Blank Stakeholder Analysis Chart

Date:

Participants:

Stakeholder	Design and Funding	Preparation and Planning	Implementation	Dissemination Advocacy and Policy Work
PRIMARY Older People (define)				
SECONDARY				
National Government Departments				
Local Government DDCs VDCs				

Example of a Semi Structures Interview Checklist for use with key stakeholders in government, NGOs, INGOs and Business

This discussion is expected to last 40 minutes to one hour.

1. Issues of ageing

We are interested to hear from you what you feel are the main issues and problems facing older people, particularly poor older people in Nepal today.

- how do you define older persons in Nepal
- what aspects of Nepalese society make life better for older people
- what are the conditions that make life most difficult for older people
- which groups of older people do you feel are the most disadvantaged in Nepal today and why

2. Current and future policies

We would like to know about current policies and practices affecting older people in Nepal today, and your views on these

- what do you feel are the main policies addressing issues facing older people and how do older people benefit
- which policies or practices affect older people negatively and how
- what are the main current policy issues concerning older people
- what do you feel are the priority areas for policy to address with regard to older people in future

3. Current and future services

We would be grateful for your views on services available to older people

- what are the main services used by older people, what services do you feel they gain from most, how do they use these services
- what do you feel are the barriers for older people benefiting from this provision
- which services do you feel should be developed or changes to benefit the most disadvantaged older people
- what new services do you feel should be developed in future to meet the needs of older people

4. Contribution to this research

Please would you tell us what kinds of research you feel would assist in the development of policy and services for older people in Nepal today

- in which areas is more information needed, what kinds of information
- what would be the key objectives and outcomes

Indicators

Indicators are important because without them it is difficult to know whether you are progressing successfully towards your goal or whether your project has had any real impact. Indicators are the signs or markers that measure progress.

Indicators can be used simply to track what is being done and how. These are called 'PROCESS INDICATORS', which tend to focus on inputs and outputs, monitoring the use of resources and recording the activities being carried out.

A second, and more important, type of indicator shows whether the project is having any effect. These are called 'IMPACT INDICATORS'. These show whether any changes taken place as a result of the project activities.

Indicators can be quantitative or qualitative.

QUANTITATIVE INDICATORS measure change that can be expressed numerically - how much? how many? how often? For example:

Total numbers (of older people involved in a project)

- A rate (a decrease in the incidence of glaucoma in older people)
- A ratio (20% of those receiving credit for IGP are older people)
- A percentage (75% of housebound older people now receive home care support)

QUALITATIVE INDICATORS measure value or worth in non-numeric terms, and are concerned with views, experiences and reasons etc. They stress observations and interpretations about changes in situations, behaviour, feelings and attitudes. For example, older people have improved self-esteem through greater participation in community activities.

Indicators need to be VERIFIABLE (provable), otherwise there is no objective way of measuring progress. For example, the fact that older people feel more confident about participating in meetings is a qualitative indicator of increased organisational capacity. However, it must be provable, and this may mean doing a qualitative analysis or survey and then expressing this in quantitative terms e.g. "80% of older people surveyed said that they felt more confident about participating in meetings".

It is important to identify HOW indicators will be measured.

- What sort of information is required?
- How will the information be used?
- How can it be collected with the least possible trouble?
- Who will collect it?
- Who will analyse it?

Keeping records from the start of the project is the most common way to gather information, preferably as part of the ongoing administrative processes. But care should be taken to concentrate only on the most significant factors, to avoid a long list of measurements which can become too time-consuming or costly. Other common methods for collecting information include:

- Case studies
- Recorded observations
- Recording and analysis of key incidents
- Questionnaires and surveys
- One-on-one interviews

HelpAge International

Mission

HelpAge International is a global network of not-for-profit organisations working with and for disadvantaged older people to achieve a lasting improvement in the quality of their lives.

Vision

HelpAge International's aim is for a world in which local and national governments, donors and communities recognise the needs, values and rights of older people and actively include them in their planning and programmes, and older people are enabled to participate in the political and social processes that determine priorities.

HelpAge International is a development agency founded in 1983. It works via a network of development, research, community based and social service organisations that share a common mission to improve the lives of disadvantaged older people. HAI's approach combines support for partners and members, direct programme implementation, research and advocacy. Through its membership HAI has established a presence in areas ranging from remote rural villages to some of the poorest slums in Asia, Latin America, Africa, eastern and central Europe and the Caribbean. HAI currently works with over 200 partners in 70 countries targeting the most vulnerable older people. The head office is in London, with regional centres in Africa, Asia, the Caribbean and Latin America.

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