

# **AGEING NEPAL**

## **PROFILE 2019**

## **INTRODUCTION**

A group of Nepali social workers with varied professional background got committed to the cause of the ageing population and together established AGEING NEPAL (AN) in August 2011.

Ageing Nepal is a not-for-profit Non-Government Organization (NGO) registered with the government of Nepal and is also affiliated to Social Welfare Council (SWC). Ageing Nepal is a member based organization operated by trustees, member representatives and professionals. It draws on its wide network of members and professionals in and out of the country for accomplishment of a task with high degree of professionalism.

## **OBJECTIVES**

- To link ageing population and societal development by treating ageing as an opportunity for development,
- To establish sustainable system of social protection to guard against poverty in old age,
- To promote healthy, active and productive ageing through promotion of volunteerism among elders in particular,
- To meet the growing demands for access to quality health care, including long-term care for the elderly,
- To promote age friendly environment,
- To work with the government and other national and international organizations for the promotion of elders' wellbeing.

## **MISSION**

- Empowerment of elders and promotion of their rights,
- Generate research based information to help policy makers and planners,
- Produce trained human resources in the field of Gerontology and Geriatrics,
- Take proactive measures against abuse and exploitation of elders,
- Work as watch-dog to safe guard the interests of ageing population.

## VISION

With a life time of hard work, senior citizens of today deserve a dignified and cared for old age, not as a charity from the younger generation but as the right of their own. As elders are the living history of a society, it is important to utilize their knowledge, skills and experience for socio-economic development. Today's youth should be able to plan for their happy old age and today's elders should get a dignified and cared for life full of happiness. It is the vision of Ageing Nepal that elders of Nepal will have such environment with facilities and services to suit their personal need, capacity and the taste.

## MAJOR AREAS OF WORK

**Awareness building:** Ageing Nepal publishes and disseminates materials for mass awareness building. It also works with state and private media; and social and professional groups.

**Consultancy services:** The available expertise and its large network of professionals make Ageing Nepal a suitable organisation for developing concept papers, project proposals, conduction of research, survey, workshop/seminar, policy formulation, programme/project planning, implementation, monitoring, evaluation and other such activities for scientific investigation that are related to ageing population and their well-being.

**Human Resource Development:** Ageing Nepal is poised to provide training for different groups namely health workers, teachers, old age home managers, care givers and other interest groups. Ageing Nepal works with academic institutions to promote research and teaching on ageing issues.

## ONGOING ACTIVITIES

- Production of monthly e-newsletter Voice of Senior Citizens
- Publication of bi-monthly Nepali magazine on ageing Jyestha Nagarik
- Collaboration with academic institutions in and outside Nepal
- Use of print and electronic media for awareness building
- Working with Nepal Government and collaboration with I/NGOs and OPAs

- Publication of awareness building materials, development of training manuals and conduct trainings
- Observance of International Days of importance such as World Elder Abuse Awareness Day (WEAAD), World Alzheimer's Day, International Day of Older Persons (IDOP) and International Human Rights Day etc.

### **MAJOR ACHIEVEMENTS IN LAST FOUR YEARS**

Ageing Nepal is thankful to the government organizations, its members and hardworking professionals who made it possible for Ageing Nepal for following achievements:

#### **In the year 2011**

- Produced monthly e-newsletter "Voice of Senior Citizens".
- Published "Briddhoupnishad" (Upanishad for Senior Citizens) in Sanskrit with translation in Nepali and English.
- Published different IEC materials such as banners, pamphlets, stickers, placards, brochures, booklets and so on. Organized TV and Radio/FM talk shows.
- Published articles in national dailies, magazines and blogs.
- Participated in Help Age International South Asia Network Partners Regional Conference in Sri Lanka.

#### **In the year 2012**

- a. Continued production of monthly e-newsletter "Voice of Senior Citizens" that is appreciatively received by more than four thousand concerned organizations and individuals across the globe. Voice of Senior Citizens is the only window available for English readers to get periodic news on the elderly of Nepal.
- b. Supported in completion of student thesis, "Effects of Migrants on Wellbeing of Ageing Population in Rural Nepal".
- c. Published New Year Calendar containing motivational message of senior citizens in Nepal in collaboration with HelpAge International Nepal and Nepal Participatory Action Network (NEPAN).
- d. Participated in capacity building workshop to support National Policy.

- e. Participated in the regional workshop on ageing in Asia and Pacific held in Bangkok, Thailand.
- f. Published training manual for health workers concerning care of elderly in collaboration with Ministry of Health and Population (MoHP).
- g. Commemorated WEAAD in collaboration with the government, International Network for Prevention of Elder Abuse (INPEA) and national NGOs.
  - Conducted orientation/sensitization programmes concerning elder abuse and ageing population in different colleges of Kathmandu Valley. 223 undergraduate students of five colleges were sensitized.
  - 80 % of the Kathmandu population was reached with stickers, pamphlets, posters and booklets with messages on elder abuse.
  - 90% of Nepal population was reached with talk shows, interviews, dramas and songs through National Radios (Nepal Radio, Sagarmatha FM, and Capital FM) and TVs (NTV and Sagarmatha TV) regarding elder abuse and neglect of older people.
  - Published articles regarding elder abuse and neglect of older people in national dailies, i.e., Gorkhapatra, Annapurna Post and Republica.
  - Produced soft copy of collection of Student Essays on Elder Abuse.
  - Many Civil Society Organizations (CSOs) like NEPAN, Sankalpa Nepal, Human Rights Alliance and National Senior Citizens Federation including National Human Rights Commission and Ministry of Women, Children and Social Welfare got committed to observe WEAAD at national level.
- h. Supported thesis of two Master's level students of University of Sheffield, concerning nutrition and depression among the elderly of Kathmandu (Pharping) area.
- i. Started publication of 50 paged bimonthly magazine "JyesthaNagarik" in Nepali with support from HelpAge International Nepal. This is the first and the only magazine of Nepal on ageing issues in national language.
- j. Celebrated the First National Festival of Senior Citizens on October 1, 2012 in coordination with Man Mohan Memorial Foundation, NEPAN and HelpAge International Nepal.
- k. Provided internship opportunity for students from Thames Int'l College, K&K Int'l College, Kathmandu Model College (KMC), National Integrated College

(NIC), Kadambari Memorial College, Bright Vision Int'l College and Mega College.

- l. Observed 64th World Human Rights Day with National Human Rights Commission (NHRC) and many other concerned organizations on 10th December.
- m. Published the first ever data bank, Year Book of Senior Citizens Nepal-2012.

### **In the year 2013**

- a. Continued production of monthly e-newsletter "Voice of Senior Citizens".
- b. Continued publishing 50 paged bimonthly magazine "JyesthaNagarik" (Senior Citizens) in Nepali language.
- c. Developed survey tools for Nepal Ageing Survey, 2013.
- d. Played vital role in making government decide to include ageing issues (gerontology) in the curriculum of secondary level education.
- e. Organized study tour for a senior government official from Bhutan.
- f. Organized study tour for Aberdeen Retracts.
- g. Collaborated with GRAVIS, India, for a regional study on Health Status of Older People in Nepal, India, Pakistan, Sri Lanka and Bangladesh.
- h. Organized different programmes in partnership with HelpAge International Nepal.
- i. Organized a five-day long Memory Training: Enhancing Memory Power in Old Age in collaboration with Czech Society for Memory Training and Brain Jogging and European, Federation of Older People (EURAG).
- j. Successfully ran the 'ADA for Rights 2013' campaign throughout the month of June with support from HelpAge International Nepal. Following are the achievements of the campaign:
  - 45,586 signatures were collected in the Petition Form by 28th of June 2013.
  - Quotes of 11 well known leaders from different facets of Nepali society were video recorded on the occasion of ADA campaign to strengthen the rights of older people through UN Convention.
  - Written quotes from 9 ADA leaders currently working on ageing issues in Nepal were obtained.
  - 100,000 copies of pamphlets were distributed throughout the country assuming that at least 50% of the recipients read one of the pamphlets handed out to them.

- 5,000 copies of ADA stickers were produced and distributed throughout the country.
  - 50 copies of ADA banners were produced and placed in various public places for public awareness.
  - Telecasting of talk shows by 4 different National TV stations, with potential of reaching out to 90% of the total population of Nepal, with the central theme of “Strengthening the Rights of Older Persons through UN Convention”.
  - Broadcasting of talk shows by 3 different National FM radios on ADA campaign for Rights 2013.
  - 30,000 people were reached twice with the objectives 'ADA campaign for Rights 2013' through the state print vernacular media, Gorkhapatra daily.
  - 15,000 people were reached thrice with the message about importance of 'ADA campaign for Rights 2013' through state owned English print media, The Rising Nepal daily.
  - 12,000 people were reached with the central theme of strengthening the rights of older people through UN convention via Samacharpatra daily, a Nepali language private print media.
  - More than 15,000 people were reached with the message of 'ADA for Rights campaign 2013' through Annapurna Post daily.
  - Coordination and collaboration with Rotary International and Scout.
  - More than 30 organizations including Ministry of Women, Children and Social Welfare (MoWCSW), and National Human Rights Commission (NHRC) were coordinated and collaborated.
  - 12 academic institutions such as schools and colleges were involved in ADA campaign.
  - More than 500 volunteers including students, social workers, OAHs staffs and residents were mobilized.
  - 11 districts of Nepal, namely, Kathmandu, Lalitpur, Bhaktapur, Kavre, Dang, Ramechhap, Baglung, Syangja, Dhading, Gorkha and Chitwan were focused on signature campaign. More than 1,000 people were distributed WEAAD ribbons.
- k. Participated in 4th session of UN Open-Ended Working Group (OEWG) on Ageing as representative of NGOs working for wellbeing of ageing population in Nepal.

- l. Coordinated with NTV and Radio Nepal to run a regular programme on different concerns of ageing population.
- m. Successfully observed World Alzheimer's Month with the following achievements:
- 30,000 people reached with the message of World Alzheimer's Month (WAM) via state print media Gorkhapatra daily,
  - 15,000 people were reached with important information regarding Alzheimer's disease and other forms of Dementia,
  - 80% of Nepal's population were reached with the information on WAM through Radio Nepal,
  - 50% of Nepal's population reached with message of WAM through Sagarmatha TV, At least 50% of Nepal's population reached with important message regarding Alzheimer's disease and WAM via Image Channel TV,
  - At least 272 young students were oriented on Alzheimer's disease and WAM,
  - At least 357 social workers/community leaders were reached with the message on WAM and Alzheimer's disease,
  - 30 national poets were oriented on Alzheimer's disease and WAM,
  - 457 health workers/nursing students received special training on Alzheimer/Dementia,
  - 4,500 individuals/organizations/institutions across the globe reached with the message on Alzheimer's and WAM through Voice of Senior Citizens,
  - At least 2,000 people were reached with message on Alzheimer's disease through pamphlets/leaflets/balloons,
  - 2,000 individuals/organizations/institutions were reached with valuable information regarding Alzheimer's disease and WAM through JyesthaNagarik Magazine.
- n. Observed 23rd International Day of Older Persons with the following achievements:
- Organized an Inter-Generation Tea Party to mark the International Day of Older Persons, 2013, October 1,
  - A short video on the ongoing struggle of older persons for their Rights was released,
  - First anniversary of JyesthaNagarik Magazine,
  - Released country Report of World Alzheimer's Month,



- Released slide on Status of Older Persons in Nepal, <http://www.ageingnepal.org.np/images/oldpeopleinnepal.pdf>
- Released Memory Training Manual,
- TV talk shows in two national televisions, namely, Nepal 1 TV and News 24 TV. It is estimated that about two hundred thousand Nepalese were reached with the message of IDOP 2013 through these TV stations,
- Talk program in four different radio/FM, namely, Sagarmatha Radio, Image News FM, Mero FM and Community Information Network (CIN) radio. It is estimated that at least 50% of Nepal population were reached with the message of IDOP 2013 through these radio/FM stations,
- o. Successfully included issues of ageing population in the manifestoes of major political parties participating in the CA election 2013.
- p. Released a video titled “A City Not for Old People”. The video depicts the plight of an elderly in Kathmandu city.
- q. Released a video on the Human Rights of older people to mark International Human Rights Day on 10 December, 2013.
- r. Futsal Tournament as a fund raising event was organized by young Non-Residential Nepali group, Nercity Ballers in Melbourne, Australia. The collected fund was donated to Ageing Nepal.
- s. Inclusion of ageing issues in the curriculum of grade 1, 4 and 5 of the private primary schools in Nepal.
- Chapter titled, “Respect for Elders” has been included in the curriculum of grade 1,
- Chapters titled, “Senior Citizens”, “Decent People” and “Grandfather’s Tricks” have been included in the curriculum of grade 4,
- Chapter titled, “Respecting Aged” has been included in the curriculum of grade 5,
- t. Inclusion of ageing issues in the curriculum of MA (Sociology).

### **In the year 2014**

- a. Continued production of monthly e-newsletter “Voice of Senior Citizens”.
- b. Continued publishing 50 paged bimonthly magazine “JyesthaNagarik” (Senior Citizens) in Nepali language.
- c. Continued partnership with HelpAge International Nepal,

- d. Established BKS Elderly Empowerment Fund worth Rs. One million donated by Mr. Bihari Krishna Shrestha.
- e. Upgraded Source Book Of Senior Citizens for Ministry of Health and Population (MoHP),
- f. Provided Internship opportunity for social work students.
- g. Produced Awareness Building Video.
- h. Sensitized general public through social networking sites, such as Facebook and Twitter.
- i. Published Year Book of Senior Citizens 2014.
- j. Prepared training manual for trainers on management of elderly citizens with financial support from Ministry of Health and Population.
- k. Observed WEAAD 2014 with the following activities:
  - Publication of pamphlets with data on reported cases of elder abuse from January 2012 – April 2014 on the observance of WEAAD 2014.
  - Radio and TV talk shows.
  - Publication of article in national daily.
- l. Publication of data book, Ageing Scenario in Nepal: From Policy to Development with financial support from HelpAge International Nepal.
- m. Published Alzheimer's month special edition of JyesthaNagarik bi-monthly magazine.
- n. Produced and distributed IEC materials (pamphlet, poster, sticker, etc.) with central message on World Alzheimer's Month 2014 in collaboration with local NGOs and GOOD Deeds (a Russia based NGO working for older persons).
- o. Observed 24th International Day of Older Persons (IDOP) with range of awareness building programmes/events together with HelpAge International Nepal and other local organizations.
- p. Observed International Day for Disaster Reduction (IDDR) in collaboration with HelpAge International Nepal, DP Net Nepal and other civil societies working on disaster risk reduction.
- q. Represented NGOs working for older persons in Nepal in the regional workshop (Workshop on Social Integration and Rights of Older Persons in the Asia-Pacific Region) held at UNESCAP, Bangkok, Thailand.
- r. Involved in Nepal Ageing Survey initiated by Ministry of Health and Population.
- s. Collaborated with University of North Dakota, USA for the student internship programme on social gerontology.

- t. Oriented and supervised the students for research
- u. Successfully completed Age Demands Action (ADA) campaign training with support from HelpAge International Nepal.

### **In the Year 2015**

- a. Continued publication of monthly e-newsletter “Voice of Senior Citizens”.
- b. Continued publishing 50 paged bimonthly magazine “JyesthaNagarik” in Nepali language.
- c. Continued partnership with HelpAge International.
- d. Published Year Book of Senior Citizens 2015.
- e. Successfully completed action/2015NEPAL Campaign.
- f. Produced a video on International Women’s Day 2015.
- g. Released report from GAROP.
- h. Participated in Thunderclap, Action for All Ages, action/2015 campaign.
- i. Observed World Elder Abuse Awareness Day (WEAAD), 2015.
- j. Participated in action/2015 June to September Campaign.
  - In July: Financing for Development (FfD) Campaign
  - In August: Youth Campaign
  - In September: Light the Way Campaign.
- k. Organized a campaign to launch GAWI-2015 on September.
- l. Observed Alzheimer’s Day in partnership with Hope Hermitage Nepal
- m. Observed International Day for Older persons (IDOP) October 1st.
- n. Started a weekly 30 minutes Radio Programme for the Senior Citizens with partial funding support of Lions Club of Sunakhari Kathmandu, BKS elderly Empowerment Fund and in collaboration with Radio Sagarmatha 102.4 MHz.
- o. Participated in Global Climate March Campaign in November.
- p. Organized a campaign for the Rights of Older People on the occasion of 67th International Human Rights Day, on 10<sup>TH</sup> December.
- q. Registered Ageing Nepal Switzerland.
- r. Enlisted as a member of GAROP (Global Alliance for Rights of Older People).
- s. Enlisted as a Network Partner of International Federation on Ageing (IFA).
- t. Established Ageing Research Fellowship Fund with support of Ageing Nepal Switzerland.

## **In the Year 2016**

- a. Continued publication of monthly e-newsletter “Voice of Senior Citizens”.
- b. Continued publishing 50 paged bimonthly magazine “JyesthaNagarik” in Nepali language.
- c. Continued partnership with HelpAge International.
- d. Published Year Book of Senior Citizens 2015.
- e. Organized 10 days “Basic Orientation Training for Caregivers on Ageing” in partnership with Hope Hermitage Nepal and Ageing Nepal Switzerland.
- f. Observed World TB Day 2016 in partnership with National Tuberculosis Center.
- g. Observed World Health Day 2016 in partnership with HelpAge International Nepal.
- h. Observed International Workers’ Day 2016 in partnership with (International Labour Organization (ILO)).
- i. Conducted a Pilot Project “Involvement of Senior Citizens in Nature Conservation” in partnership with National Trust for Nature Conservation.
- j. Running Basic Literacy Class for Older Persons in partnership with NGO Committee on Ageing, United Nations, New York.

## **In the year 2017**

- a. Continued publication of monthly e-newsletter “Voice of Senior Citizens”.
- b. Continued publishing 50 paged bimonthly magazine “JyesthaNagarik” in Nepali language.
- c. Organized Closing Ceremony of “Basic Literacy Class for Older Persons” in 5th January
- d. Continued partnership with HelpAge International.
- e. Participated to prepare report on “Entitled to the Same Rights” by HelpAge International.
- f. Observed World Health Day 2017 in partnership with HelpAge International.
- g. Inaugurated “Basic Literacy Class for Older Persons” in partnership with KarnaJayanti Foundation with support from Ageing Nepal Switzerland.
- h. Continued providing Ageing Research Fellowship for 3 Master’s Level students.
- i. Participated in Preparatory Regional Expert Meeting: Third Regional Review of the Madrid International Plan of Action on Ageing, 14 – 15 June 2017, Bangkok.

- j. Observed WEAAD 2017 in partnership with HelpAge International and other local organizations as a part of ADA Campaign.
- k. Distributed school dress in partnership with KarnaJyanti Foundation to the neo-learners of Basic Literacy Class for Older Persons, Kapan 11, Kathmandu.
- l. Organized campaign in three districts (Khotang, Okhaldunga and Kathmandu) on the occasion of International Day of Older Persons (IDOP) 2017.
- m. Completed Training for Nurses on Geriatric Care in partnership with Nurse Association of Nepal (NAAN).
- n. Started monthly Ageing Discussion Forum (ADF), a common platform for sharing knowledge on ageing issues in a regular basis.

### **In the year 2018**

- a. Continued publication of monthly e-newsletter “Voice of Senior Citizens”.
- b. Completed orientation class for a team of Nepal Red Cross in Nepalgunj with support from Swiss Red Cross.
- c. Continued Monthly Discussion Forum on Ageing (MDFA)-*a common platform for sharing knowledge on ageing issues.*
- d. Continued Basic Literacy Class in two areas of Kapan Kathmandu.
- e. Participated in 5<sup>th</sup> National Elder Abuse Conference, Sydney Australia on 19<sup>th</sup> and 20<sup>th</sup> Feb. 2018.
- f. Continued providing *Ageing Research Fellowship (ARF)* for 3 Master’s Level students.
- g. Participated a week long Fight Inequality Campaign.
- h. Observed International Women’s Day 2018.
- i. Participated in Resource Development Workshops on 15-17 May, 2018.
- j. Started Basic Literacy Class for Older Persons in Boudha Municipality ward-6.
- k. Observed World Elder Abuse Awareness Day 2018 in partnership with HelpAge International, government and local organizations.
- l. Started Basic Literacy Class for Older Persons in Gokarneshwor Municipality ward-6.
- m. Observed International Day of Older Persons 2018 in collaboration with HelpAge International and other local organization.
- n. Participated in HelpAge Asia Pacific Regional Conference on Family, Community and Society in Tehran, I.R. Iran from 23-25 October 2018.

- o. Observed Universal Health Coverage Day 2018 with support from Global Health Strategies.
- p. Facilitated Mr. Prabhat Kiran Pradhan, Founder Executive Treasurer of Alzheimer and Related Dementia Society (ADRS) Nepal and Ms. Ishwari Swar, Founder Chairperson of Senior Citizen Welfare Association Nepal to participate in “Older Activist Training Workshop” in Kigali, Rwanda from 26th -30th November 2018. The training was organized by The Global Alliance for the Rights of Older people (GAROP) with support from HelpAge International.

### **In the year 2019**

- a. Continued publication of monthly e-newsletter “Voice of Senior Citizens”.
- b. Continued Monthly Discussion Forum on Ageing (MDFA)-*a common platform for sharing knowledge on ageing issues.*
- c. Continued Ageing Research Fellowship- *a programme that supports three Master/M.Phil level students to conduct their thesis on ageing issues.*
- d. Observed International Day of Education 2019 in relation to older people.
- e. Celebrated International Women’s Day 2019.
- f. Conducted programmes in Okhaldunga and Khotang districts (i) interaction programmes for local government representatives of Manebhanjyang rural municipality, Okhaldunga district and Halesi Tuwachung municipality , Khotang district (ii) Interaction programme for representatives of social organizations (iii) started weekly radio programmes in both district.
- g. Facilitated Ms. Ishwari Swar to attend the 10<sup>th</sup> session of Open Ended Working Group on Ageing from 15 to 18 April.

## **AGEING NEPAL**

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