



BUTAMBALA ELDERLY BASELINE VISITS

**AN ASSESSMENT OF THE LIVING CONDITIONS AND THE
NEEDS OF ELDERLY PEOPLE IN BUTAMBALA**

AUGUST 2018

2018

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Introduction

In August 2018, through the Sub-County Chief of Kibibi and the Vice chairperson LC1, Synergy Elderly Care identified and visited some of the elderly people in Kibibi Butambala District. The visits were intended to assess the living conditions of the elderly in the community and also create a rapport between them and the organization as well as the community leaders. The visitation was carried out within the areas of Kibibi Town and Ssenge where the elderly people were met on the advice and directions of the Vice chairperson. On meeting the elderly we had time to discuss with them on a number of issues through conversations and we also managed to provide them with some life needs like sugar, soap, milk, bread and among others. A total of 10 elderly people were visited and their needs documented.

Highlights for some of the elderly visited.

Kawooya Samuel Kibibi trading center at the market.

Kawooya sells vegetables in Kibibi trading center, but his income cannot sustain his basic needs like clothing, food, water medicine, and rent. He pays a monthly rent of 30,000ugx. He is weak when observed from his physical appearance, he can still move though with support of a walking stick and he would need assistance.

He needs support in form of clothes, beddings, food (bread and milk) and other basic needs of life. And he would also need a caretaker or an assistant who would clean for him the house and wash for him and prepares meals for him. He also has pain in the back and the bones but he has no access to any medication and he doesn't know what the cause of the pain is, so he would need some medical assistance.



Miriam Mirembe Kibibi town (83+)

Miriam Mirembe has lived in Kibibi for so many years, but she was left helpless after her husband died in the 80s. She has always had hope from the government to help her but nothing she has received. She had a daughter who used to take her to the hospital and also provide her with some support but she got an accident and she doesn't work anymore, she is left with only Maureen Kamambaka 16years of age who takes care of her. At home Miriam says she has a grandson who she takes care of.

Her most pressing needs are the education of her grandson, food and physical mobility. She would like to move and attend village ceremonies and sometimes she misses burial ceremonies of fellow citizens because of the difficulty in walking. The contacts provided are for the vice chairman.



Leocardia Mbalindah Kibibi Ssenge Butambala (100+)

Leocardia lives in Ssenge Butambala after Kibibi town, she lives next to his son but she says she does much of the things by herself. She has lived in the house for more than 30years, according to her she fell down and her legs got problems so she estimates the time when she has been inside the house with the time when the NRM government came to power (1986). She has a grandson Kangave Vicent who makes bricks as his source of income.



She misses sunshine and there is no way she can get out and she doesn't want to burden her grandson who is always on his works. The most pressing need with her is food and beddings.



Tereza Nsanji Kibibi Ssenge Butambala (78)

Tereza's house is a few meters from her son's home, by the time we visited her, she had got a fracture with her leg. The son is a farmer whose income was not disclosed. She feels she still needs more extra assistance in getting enough food and drinks. Some of the work at her home is done by the grandchildren who live at her son's place. They bring her food and then leave; she sleeps in the house alone. The most pressing need with her is food and something to cover her (she always feels cold).



Namyalo Aisha Kibibi Ssenge Butambala (90+)

She spends most of her time seated because she cannot move, her eyes cannot see well. She lives in a house with other people members (extended family). She has a caretaker Najjemba Aisha who is a subsistence farmer. She can move but with support of the walking stick. The major challenge Namyalo is having is the eye sight and she wish she can recover her sight; she says she talks to people without recognizing who they are. And also she thinks if she gets good food, nothing else she needs apart from regaining her sight and getting good food.



Summary of findings from the elderly visits.

Below are some of the most common concerns and needs of the elderly interviewed;

1. **Lack of sufficient food.** Majority of the elderly informed us that they don't have enough food and on many occasions they eat once a day. Sometimes neighbors offered food as and when it was possible for them. Some of the elderly could cook for themselves but had to depend on donations from people for the food to cook, while a big number of them were even too weak to cook.
2. **Neglect from their family.** Many elderly people were found alone in their houses, or living with very young children below 18 years. While some of them had lost their children, quite many had also just been abandoned by their children.

3. **Lack of basic needs.** These included clothes, beddings and medication. Majority were having a challenge of back pain and pain from broken limbs. These did not have access to health care, partly because of lack of funds to access care, but for a big number of them, this was also due to lack of comfortable and convenient means of transport to the health centres, while many could not walk even short distances.
Many elderly people suffered from the coldness that sometimes at night and during rainy seasons without sufficient beddings to cover themselves.
4. Other concerns included boredom, poor housing facilities sanitation and hygiene related challenges.

We also managed to get their contacts or caretakers contacts to keep following them up and checking on their conditions as well as establishing a data base.

Way forward

Our aim is to work with the elderly people in Uganda and support them to age gracefully and successfully and supporting families in taking care of their aged parents and grandparents, without compromising their traditional, and social-cultural values. We are doing our best to ensure that we provide better services to the senior citizens of our communities. We have taken various steps to ensure that we get enough support to this work. Proposals have been written to different donors, fundraising is being done within the members and well-wishers.

Synergy elderly care will provide both direct services to meet the temporal needs of the elderly, as well as lobbying and advocating for the needs of the elderly at the various levels including village, sub-county, district and national levels. Below is our workplan for the first five months of operation in Butambala District.

Synergy Elderly Care Workplan August – December 2019

	Jan	Feb.	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
RESOURCES MOBILISATION AND INSTITUTIONAL CAPACITY BUILDING												
Activity: Identify, and conduct a meeting/training with community volunteers to support the elderly in Butambala												
Activity: Establish MOU with Butambala District												
Program area 1. LOBBYING AND ADVOCACY												
Activity. Attend Local, district, and National meetings												
Activity. Participate (in)/organise the National Day celebrations for the Elderly												
Program area 2: HYGIENE AND SANITATION												
Activity 2.1: Conduct home cleaning services with the elderly												
Activity 2.2: Training caretakers in care needs of the elderly												
Program area 4: NUTRITION AND HEALTH FOR THE ELDERLY												
Activity 4.1: Advocacy meetings with 2 health Centers- towards better health care for the elderly												
Program area 5: RESEARCH AND EDUCATION												
Activity 3.1: Training of care takers in basic Care for the Elderly												

Activity 3.2: Train at least 10 Elderly people in will making and Memory book writing													
Activity 3.3 Training churches in spiritual and physical care for the elderly													