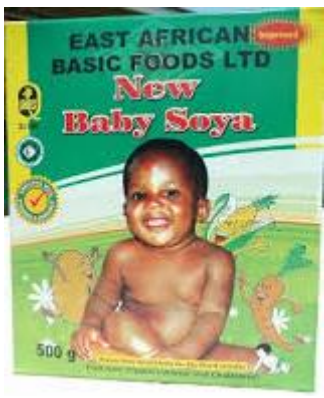


## EAST AFRICAN BASIC FOODS SUPPORTS OLDER PERSONS IN WAKISO DISTRICT



*'He who is kind to the poor lends to the LORD, and he will reward them for what they have done'. Proverbs 19:17*

OCTOBER 2020



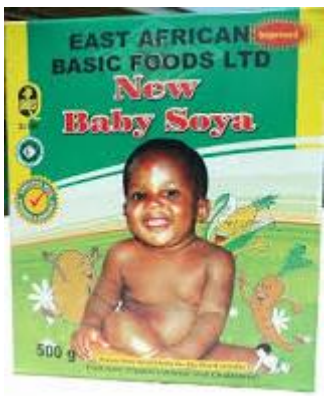
Synergy Elderly Care with support from East African Basic Foods extended enormous support to 50 elderly people in Nakabugo village in Wakiso district. For the first time in this village, up to 50 older persons from this village gathered together to celebrate and mark the International Day for Older persons, a day celebrated every 1<sup>st</sup> October globally.

These were mobilised by a team of volunteers including members of the Village Health Team of Nakabugo and the staff of Synergy Elderly Care, a Non-Governmental Organisation, working with and for older persons.

The event was aimed at bringing together older persons, break the isolation brought about by COVID-19 prevention measures as well as starting to organise themselves to benefit from the available government programs and other programs for older persons in the country.

While observing COVID-19 related Standard Operating Procedures during the celebration, older persons were given information concerning COVID-19 and how their underlying health conditions make them more vulnerable and predispose them to COVID and its effects. They were trained on the common illnesses that affect older persons, possible preventive measure,





how to avoid or delay old age disabilities as well as possible remedies.

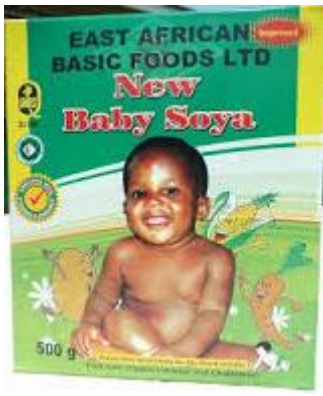
Through the discussions, older persons expressed concerns on ongoing government initiatives specifically the process of National registration, the Social Assistance Grant Empowerment (SAGE) program among others. The Community Development Officer of Wakiso Sub County Mr. Joel Lukwago and an official from NIRA, Mr. Arthur Katongole who is also a resident of Nakabugo Village, helped to clarify the requirements for older persons to get their national IDs and finally be able to access the SAGE grant. It was upsetting that some of them had been deceived that



they had to pay someone money for them to get their IDs and to be included on a so-called SAGE list of beneficiaries. The officials pledged their support to older persons in a special way and to ensure that they will follow up and support those who have had challenges in the above processes.

From the above discussions, older persons of Nakabugo village agreed to form smaller self-help groups to access government benefits and resources, as well as have a common voice to address issues that affect them. Synergy Elderly Care and the team of VHTs present pledged to continue supporting these older persons to form self-help groups, get support and be able to support each other.

There is a great need for more initiatives as these that aim at bringing older persons together, reduce loneliness and isolation, as well as empowering them and strengthen their voice to influence decisions that greatly affect their lives.



## SPECIAL THANKS

Synergy Elderly Care would like to extend our sincere thanks and appreciation to East African Basic Foods for their support. Each person was able to take home at least 2 kilos of Soy Booster.

In addition, other items mobilised and donated included; Bread, sugar, soap and an exercise book to be used for hospital visits.

The event was concluded with a cake cutting that was led by Ms Zakaliya Namubiru aged 88

