



Synergy
Elderly Care

ANNUAL REPORT



2023



GOMBA DISTRICT
LOCAL GOVERNMENT



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FOREWORD FROM THE CO-FOUNDER

Dear members, partners and friends of Synergy Elderly Care,

Congratulations to everyone involved in the successful past years! Through your unwavering support, we have made significant progress in enhancing the quality of life for the elderly population. Your dedication and commitment have been instrumental in ensuring that the elderly members of our community receive the attention and care they deserve. Your efforts have not gone unnoticed. The positive impact you have made on the lives of the elderly is a testament to your compassion and determination. By uplifting their spirits and addressing their practical needs, you have created an environment where they feel valued and respected.

As we move forward, may we find new ways to provide them with the support and care they deserve. Together, we can make a significant difference in their lives and create a society that truly values and cherishes its elders.

Our special thanks go to all our partners and donors, the SEC volunteers and Board members, with whom we struggle to make the lives of the elderly better.

Rehema Namaganda.

HIGHLIGHTS OF THE YEAR 2023

1. OLDER WOMEN IN GOMBA CELEBRATE THE INTERNATIONAL DAY FOR WOMEN

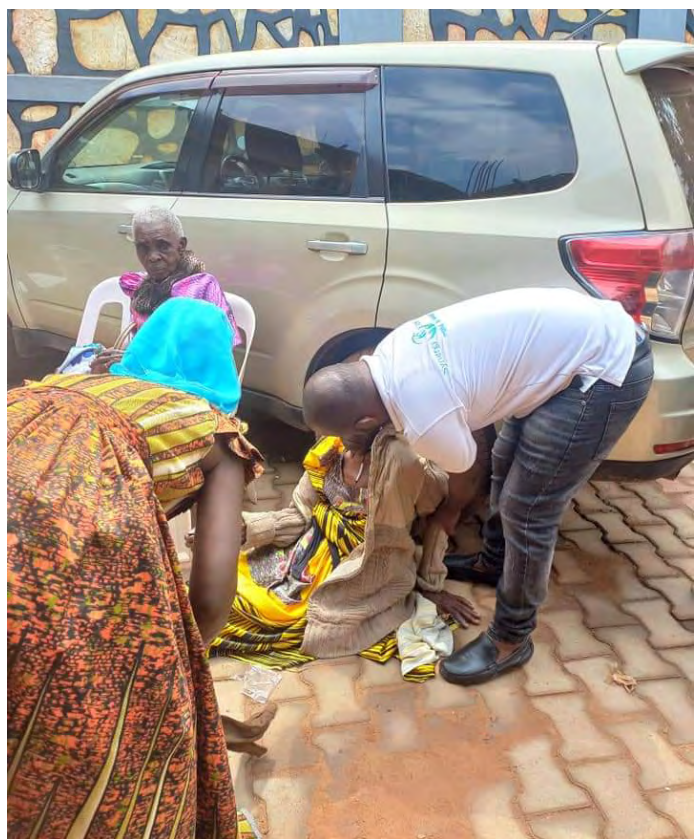
Synergy Elderly Care (SEC) in partnership with Health Promotions & Rights Watch (HPRW) to reach out to a total of 103 elderly women in commemoration of International Women’s Day on March 8, 2023. The initiative involved providing support to the elderly in Gomba through a health camp, National Identification and Registration Authority (NIRA) services, and tangible donations. This effort served as a stepping stone towards establishing a sustained partnership with the local leaders and elderly population in the Gomba region.



2. SAGE PROGRAMME WAKISO DISTRICT SUB-COUNTY

In collaboration with the Wakiso Sub-County local government, Synergy Elderly Care actively participated in and provided assistance to older individuals receiving funds through the Social Assistance Grant for the Elderly (SAGE) program. Our involvement included offering snacks, drinks, and crucial information to the elderly individuals while they patiently waited in the lengthy queues. This thoughtful assistance is instrumental in easing their waiting experience. Tragically, many elderly people in various districts across the country have faced distressing incidents, including fatalities, while waiting in prolonged queues to access funds from the SAGE program¹.

In April 2023, Synergy Elderly Care received an invitation from Wakiso Sub County to contribute support to the SAGE program. Over 50 individuals, aged 80 and above, accompanied by their caretakers, assembled to receive the much-needed financial assistance.



¹ <https://dailyexpress.co.ug/2022/03/19/man-collapses-dead-in-queue-to-receive-sage-money/>

3. HOW ACCESS TO WATER INCREASED ACCESS TO CARE

Ensuring access to water is a vital objective within the Health thematic area of Synergy Elderly Care, especially considering that proximity to water remains a luxury for numerous elderly individuals in Uganda. In the year 2023, SEC undertook the construction of a 1000-liter rainwater harvesting tank for Nalumansi Molly, a 78-year-old resident of Bukasa village in Wakiso District.

The original small and rusted water drum posed a threat to Nalumansi’s already fragile health. The installation of the water tank not only addressed the immediate need for water but also had broader positive impacts. Remarkably, Nalumansi chose to share water with neighbors who, in return, assisted her with laundry chores.

Furthermore, the water tank became a source of additional income for Nalumansi. During rainy seasons, she began selling water, diversifying her income stream. This shift in livelihood resulted in an increase from an estimated 1000 shillings per day, earned from the original sale of sugarcane, to 3000 shillings per day solely from selling water. The project not only addressed a fundamental need but also fostered community cooperation and enhanced the economic well-being of the elderly beneficiary.



Nalumansi’s water harvesting drum before



“I am so happy. I cannot believe that I now have water in my compound. I just get out of my door and I open a tap” said Nalumansi during a monitoring visit by SEC staff.

Nalumansi’s new water tank

4. CELEBRATING THE INTERNATIONAL DAY FOR OLDER PERSONS ON THE 1ST OCTOBER 2023

To mark the International Day for Older Persons, Synergy Elderly Care engaged with 100 elderly individuals across 7 sub-counties of Butambala district on October 1, 2023. Aligned with the international theme of “Healthy Aging: A Call for Action,” the atmosphere during the celebration in Butambala District was truly heartening.

Observing the elderly citizens of the district immerse themselves in the event and benefit from various complimentary medical services brought us immense joy. In the spirit of unity, the older persons gathered together to share a meal, providing a poignant demonstration of the strength of community as they engaged in conversations and exchanged stories.

The day took on an even more touching dimension as the elders expressed their happiness through dancing, showcasing their best moves to the beats of their favorite tunes.



As a culmination of the festivities, we concluded the day by presenting each elder with a thoughtful hamper, symbolizing our commitment to supporting and honoring the elderly community.



5. HOME VISITS

In collaboration with the Butambala district, Synergy Elderly Care (SEC) organized a community outreach initiative in the villages of Gombe, Kamugombwa, Katabira, Kikunyu, Kiyembe, and Ssaza sub-counties. The primary objective was to celebrate the International Day for Older Persons with a focus on 30 elderly households who faced challenges attending the central venue due to mobility issues. This community outreach effort sought to ensure that every elderly individual, regardless of physical limitations, could partake in the commemoration of this special day.



A subsequent community outreach was executed in Magogo village, located in Wakiso district, successfully reaching a total of 10 elderly households. In addition to the distribution of physical relief items, these outreach endeavors serve a dual purpose, acting as needs assessments to discern the specific requirements of older individuals within the community, as well as identifying opportunities to provide meaningful support.

Among the 40 households visited during this initiative, it was noted that 9 elderly individuals lived alone, 11 encountered challenges related to mobility, and 3 were living with sensory disabilities. These findings underscore the diverse and unique needs of the elderly population, reinforcing the importance of tailored and comprehensive support initiatives.



6. ESTABLISHMENT OF SEC BUKADDE MAGEZI NAKABUGO OLDER PERSONS' GROUP.

As part of a comprehensive strategy to enhance accessibility to services, alleviate loneliness, and foster social connections, Synergy Elderly Care (SEC) is actively organizing elderly individuals into smaller groups across all the districts where our operations are based. The inaugural group, SEC Bukadde Magezi, has been established in Nakabugo village, Wakiso District, representing a significant step towards achieving these objectives. The group currently comprises 20 older persons who convene every Wednesday.

SEC Bukadde Magezi has chosen to engage in the grinding and selling of nuts, along with the production of hibiscus juice. Notably, at its inception, the group could only process 2 kilograms in a single sitting. However, within a span of four months, this capacity has remarkably increased to 20 kilograms per week, marking substantial progress.

Furthermore, a notable development is that one of the group members has generously offered his land for the group's use, allowing for the cultivation of vegetables both for sale and personal consumption. This collaborative effort signifies not only the economic empowerment of the group but also a harmonious synergy towards sustainable activities that benefit the elderly community.



7. BASELINE SURVEY FINDINGS IN NAKABUGO-WAKISO DISTRICT.

In our six years of operation, we've recognized the sporadic and unreliable nature of responding to the needs of elderly individuals. This approach, while well-intentioned, has proven unsystematic, making it challenging for SEC and its partners to systematically address the unique requirements of older people and trace the outcomes of our efforts.

In response to this realization, SEC conducted a rapid baseline survey in Nakabugo village, Wakiso district, to assess the current status of older persons in the community. The survey delved into critical areas such as health, livelihood, water and sanitation (WASH), food security, and nutrition. The findings underscore the vulnerability of elderly individuals in this area, particularly in terms of poor health, low incomes, and food scarcity, signaling an urgent need to:

- i. Enhance access to healthcare for elderly individuals.
- ii. Explore innovative solutions to improve their living arrangements.
- iii. Improve nutrition and health by leveraging available space and time among them, through the establishment of vegetable gardens.

The baseline survey represents a crucial initial stride in systematically tackling the recognized challenges, aiming to guarantee a more focused and sustainable enhancement of the well-being of the elderly population in Nakabugo. Future interventions in this area will be guided by these insightful findings, ensuring that our efforts are precisely tailored to address the specific needs identified during the survey.

A comprehensive baseline report will soon be made available on our website, (<https://synergyelderlycare.org/>) . This detailed report will provide in-depth insights into our findings, strategies, and initiatives aimed at addressing the needs of the elderly population, fostering transparency, and keeping our stakeholders informed.

8. SEC IN MEDIA ADVOCACY

Synergy Elderly Care actively participates in media advocacy, urging both the government and the community to enhance the quality of care for the elderly. Our perspectives have been featured across a range of media outlets, such as Kabozi Kubiiri Radio Station 87.9FM, Bukedde, and New Vision newspapers².



Bannakyewa bawadde Gv't amagezi ku ndwadde z'abakadde

Oct 19, 2023

OMUBAKA wa Pulezidenti e Butambala Hajji Sulaiman Lubwama avuddeyo akoowodde abakadde obutesamba pulojekiti za gavumenti avuddeyo akoowodde abakadde obutesamba pulojekiti za gavumenti nga PDM neezo ezikwata ku bakadde wabula bafeeyo balabe nga baziganyulwamu okusobola okweyimirizaawo.



² <https://newvisionapp.page.link/9jvg>

Wano akuliira ekitongole kya Synergy Elderly Care Frank Bavuma weyasinzidde n'asaba gavumenti wakiri eteekewo ennaku ez'etongodde mu malwaliro gaazo okukola ku nsonga z'endwadde ezitawaanya abakadde kuba ebiseera bingi basulibwa bbali.

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Bino Lubwama yabyogeredde mu kukuza olunaku lwa bakadde e Butambala n'akinogaanya nga abakadde bwebali empagi eyamaanyi eri eggwanga nga bano bayambako okulambika emigigi emito naddala abavubuka mu byenkulaakulana ne mpisa okulaba nga bazimba eggwanga okusigala nga lyeyagaza.



9. PARTICIPATION IN LOCAL GOVERNMENT ENGAGEMENTS

As a proactive measure to foster networking and partnerships, Synergy Elderly Care actively participates in planning meetings at both sub-county and district levels. In the year 2023, SEC took part in a pivotal meeting focused on deliberating Wakiso sub-county priorities for the upcoming period of 2024/2025. During this meeting, Synergy Elderly Care received commendation for its commendable efforts in Wakiso district, particularly in providing support to older persons.

The attendees expressed appreciation for the positive impact SEC has made towards the well-being of older individuals in the district. Additionally, SEC was specifically acknowledged for its involvement and contributions to the Social Assistance Grant for the Elderly (SAGE) program.

This recognition and ongoing collaboration underscore the vital role that Synergy Elderly Care plays in addressing the needs of the elderly and contributing to community well-being.



LOOKING AHEAD

In the upcoming year, Synergy Elderly Care is eagerly anticipating the opportunity to extend support to as many elderly individuals in need as possible. The planned activities include:

1. Conducting numerous outreach initiatives in the form of health camps, addressing common and simple illnesses prevalent among the elderly. This not only enhances their overall health but also ensures quick access to healthcare services.
2. Engaging in advocacy efforts to lobby for the establishment of elderly clinics within government health centers in various communities. This initiative aims to create specialized and easily accessible healthcare facilities tailored to the unique needs of the elderly.
3. Commemorating the International Days for Older Persons in 2024, highlighting the significance of these events and recognizing the valuable contributions of older individuals to our society.
4. Supporting the formation of additional groups of elderly people, with the goal of improving access to essential services and fostering a sense of community among older individuals.
5. Conducting baseline surveys in the districts of Butambala and Gomba, enabling a thorough understanding of the specific needs and challenges faced by the elderly in these areas. This data will inform future targeted interventions.

These initiatives underscore Synergy Elderly Care's commitment to enhancing the well-being of the elderly, promoting their health, and addressing their unique needs through strategic and impactful programs.