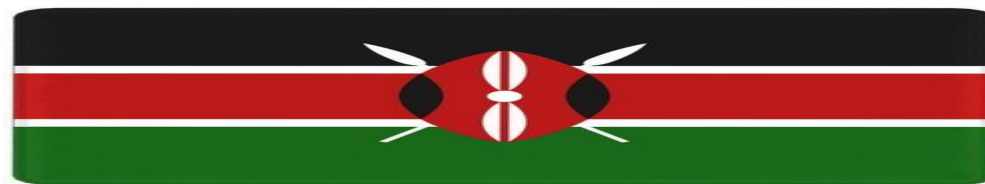


EMPOWERING OLDER PERSONS WHO NEED
SUPPORT AND CARE.

AT GLOBAL AGEING CONFERENCE
GLASGOW- SCOTLAND- 6th to 8th SEP.2023



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SYNONYMS FOR OLDER PERSONS

- Retiree,
- Pensioner,
- Retired Person,
- Patriarch,
- Senior,
- Elderly Person,
- Old timer,
- Old fogey,
- Golden ager.etc.

-WHAT ROLES DO THEY HOLD ?

-WHY EMPOWER THEM ?

-WHAT IS THE PROBLEM STATEMENT ?

-FOR WHAT BENEFIT ?

-WHO TO DO IT ?

-HOW TO DO IT ?

GUIDING PRINCIPLES FOR THE WELL BEING OF OLDER PERSONS.

- 1.-Dignity,
- 2.-Equity and social justice,
- 3.-Inclusiveness,
- 4.-Equality,
- 5.-Human rights,
- 6.-Social protection,
- 7.- Public participation.

-THE SUPPORT AND CARE FOR OLDER PERSONS

- Comes in many **forms**.
- Changes** with time.
- Differs** with individual preferences
- Boast** their:
 - Respect
 - Recognition
 - Dignity.

AREAS THEY NEED SUPPORT AND CARE

- 1.-Physical,
- 2.-Psychological,
- 3.-Emotional,
- 4.-Social,
- 5.-Professional,
- 6.-Environmental,
- 7.-Spiritual,
- 8.-Financial.

EMPOWERMENT DEFINED

- It is having the opportunity:
to *learn, discuss, decide and act on decisions*
for themselves.
- Empowerment enhances:
sense of well-being and health, for the
individual, family, community and society.
- Grow through what you go through.

OLDER PERSONS

- They should remain integrated in society, to formulate and implement of policies that affect their well-being, share knowledge and skills with young.
- They should seek and develop opportunities to serve the the community as **volunteers** as per their interests and capabilities.
- They should be supported to form movements or associations of older persons.

According to Erik Erikson's hypothesis, Older persons covers 6th to 8th stages of Human development onwards:

1-Infancy

2-Toddlerhood

3-Preschool years

4-Early school years

5-Adolescence


6- Young adulthood.

7- Middle adulthood.

8- Late adulthood.

AGEING

- It is natural part of life.
- It bring emotions to self and others.
- It is relative, you determine it.
- It is complicated process.
- Its experiences are not the same.
- By familiarizing with it you can offer help.
- Some fear losing control and autonomy
- The final decades are complex and challenging
- Ageism, result in negative perception.



Aging is not lost
youth but a new
stage of opportunity
and strength.

Betty Friedan

BrainyQuote®

FOUR OLD AGE PERIODS:

-Begins @60 until end of life

1.-Young-old (60-75yrs),

2.-Old-old (75-85yrs),

3.-The oldest-old (85-99yrs),

4.- centenarians (100+yrs).

1. SELF-SUFFICIENCY-(Young-old)

-This **first stage** one is entirely self-reliant.

-They live independently, don't have any serious difficulties.

- The common struggle in life is transitions after retirement.

-They need plenty of emotional support and **quality time**.

2. INTERDEPENDENCE (Old – Old)

- They can still live alone, but need some degree of care and home modification measures etc.
- A slight cognitive decline and memory loss, they need regular check-ups.
- Stress, anxiety, and depression are common and difficult to accept.
- Emotional support is more important than ever they are not open to their feelings.

3. DEPENDENCE (Oldest -Old)

- At this stage, the senior can no longer live on their own safely.
- Cognitive decline, physical health problems, need significant home modifications and support.
- They may need a home health aide to assist them.
- Seniors move into skilled nursing facilities.

4. CRISIS MANAGEMENT (Centerians)

- They need immediate medical support.
- They receive extensive professional care at home.
- Other times, they requires memory care due to dementia.
- A sudden medical emergency can occur.
- Regular connection with family continues to be important at this stage as they adjust.

5. END OF LIFE

- End of life , need not to be **negative**.
- Accepting the end of life can be profoundly **difficult and spiritual**.
- Complex and painful **medical decisions**, can cause severe emotional turmoil.
- Loved ones cherish and appreciate the **legacy**.

“ The **DEATH** of
an elderly man is like
a burning library. ”

Ivorian Proverb

A photograph of a sunset over the ocean. The sky is a warm, golden yellow, and the water is a deep blue with gentle waves. The quote is centered in the middle of the image.

No elderly person should be like an
“exile” in our families. The elderly
are a treasure for our society.

Pope Francis

“ quote fancy

HEART FAILURE
Kidney Failure
LOW LIBIDO
LOSING TEETH
Wrinkles
Slow Metabolism
GRAY HAIR
Hypertension
Cataracts
Osteitis
TB
Osteoporosis
Glaucoma
LOSS
Depression
HEARING AIDS
HEART DISEASE
Alzheimer's disease
losing bone density



ELDERLY PROBLEMS

1-The loss of a loved one.

2-Experiencing isolation.

3.-Absence of routine .

4.-A financial downturn,

5.-Increased free time:

- 6.-Limited source of income,
- 7.-Increasing medical expenses,
- 8.-All round inflation,
- 9.-lack of sustainable source of income,
- 10-unstable concentration.

11.-Diagnosed with several ailments,

12.-Difficulty in coping with challenges,

13.-Signs of insufficient sleeping,

14.-Grieving,

15-Poor appetite,

N:B

- All above leads to dependence, insecurity and distress within the family.
- Such a situation, steals the dignity, independence.
- Hence social support, protection and care remain most challenging issue.

*Respect your elders and
the world will respect you.*

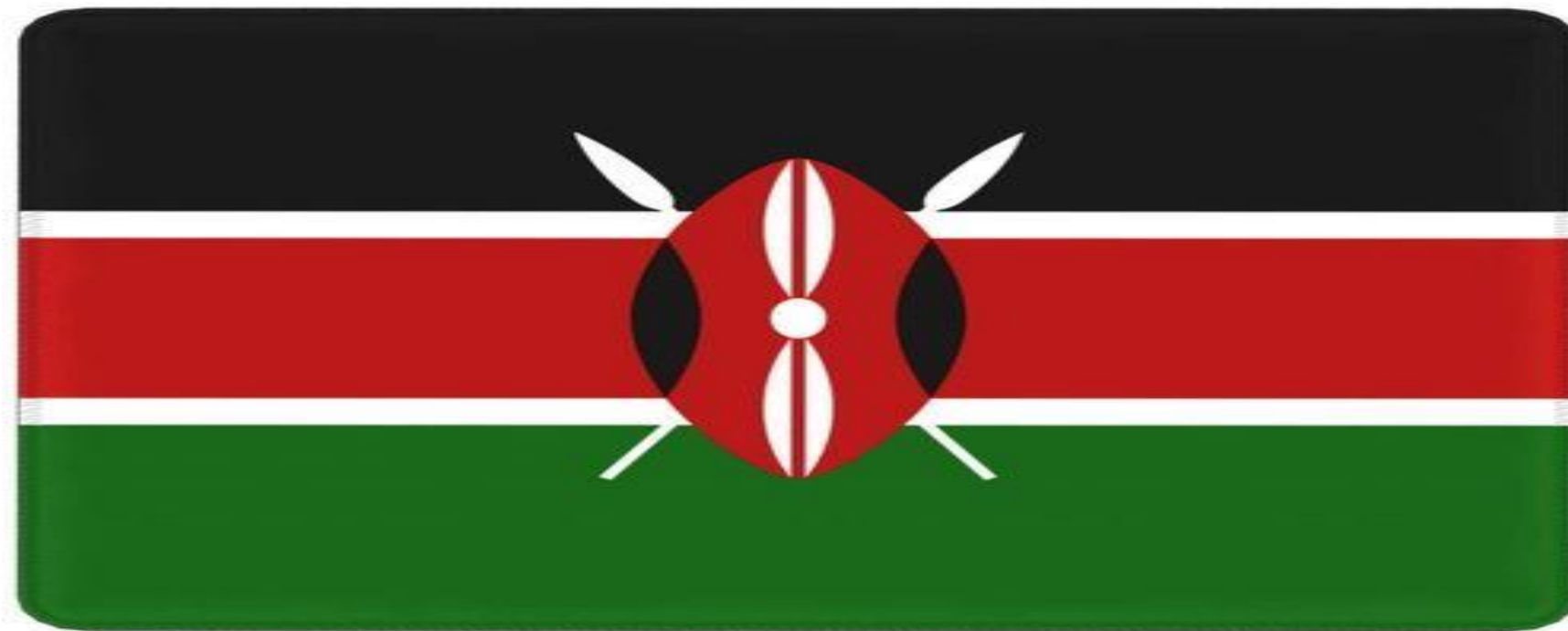
@therandomvibez

OLDER PERSONS HAVE RIGHTS AND PRINCIPLES THAT PROTECT THEM.

-They are grounded in human rights that cut across, internationally, Regionally and Locally.



THE SOCIAL SERVICES FOR THE ELDERLY IN KENYA



-Kenya being a member of the U.N and A.U has domesticated these international and regional instruments.

- Parliament in February 2009 enacted the National Policy on Older Persons and Ageing to provide a **comprehensive framework** for guiding issues of older persons.

-The Kenyan government through the **Constitution (2010)** underscores its commitment in addressing the rights, and protection of this **segment of population**.

-The **Bill of Rights, Under Article 57,**

*The Constitution obligates the State to take **measures to ensure Older Persons'** participation, personal development, dignity, respect and protection from abuse; and together with the family, the obligation **to provide care and reasonable assistance** to Older Persons.*

Other legal frameworks that cater for the concerns of **Older Persons** include:

1.-The National Hospital Insurance Fund (NHIF) Act.

2.- Pensions Act.

3.-The National Social Security Fund (NSSF) Act.

4. Inua Jamii Cash Transfer Program.(Vision 2030)

-The overall goal of these policies, Principles and rights is:

To provide an **environment** that recognizes, empowers, and facilitates older Persons to **participate** in the society and enjoy their rights, freedoms and live in **dignity**.



MINISTRY OF LABOUR AND SOCIAL PROTECTION

STATE DEPARTMENT FOR SOCIAL
PROTECTION AND SENIOR CITIZEN AFFAIRS

CURRENT SITUATION IN KENYA.

-131 HOMES for the aged contrywide, only one owned by govt.

-733,000 BENEFICIARIES of inua jamii out of 2.9 m (5.7% of the population), target by **current** govt.900,000 beneficiaries.

-Family promoting and protection POLICY MANUAL is before parliament.

-Adult Education- provides functional literacy

- Older persons are distinct participants in economic growth.
- The number is increasing drastically.
- There is increased longevity in life.
- They retire with wealth of knowledge.
- Their rights must be: *Recognized, Respected, Protected and Promoted*

- They are included in Social protection programs :
Cash for elderly, P.W.S.Ds,O.V.C.
- They are considered in Pilot economic programs by world bank (seed capital).
- The manual for establishment of home for the aged is in place.
- There is national policy on older persons .

SIX OBJECTIVES for department of social protection and senior citizens affairs.

- a) **Facilitate the provision of reasonable care and assistance** to Older Persons by family and the state;
- b) **Promote collaboration and partnerships** among key stakeholders for the effective implementation of this policy;
- c) **Promote the participation** of Older Persons in development processes.

- d) Enhance and facilitate Older Persons to pursue their personal development;
- e) Create a favourable environment that enables Older Persons to live in dignity;
- f) Protect the Older Persons from abuse

RIGHT FOR OLDER PERSONS

'As we age our rights don't'

Desmond Tutu.

Rights of Elders

1. Right to Life
2. Right to Liberty
3. Right to security
4. Right to healthcare
5. Right to an adequate standard of living
6. Right to non-discrimination
7. Right to participation
8. Right to be free from torture or cruel, inhuman or degrading treatment



“Do not regret
growing older.
It's a privilege
denied to
many.”

(Unknown)



A pretty face gets old, a nice body
will change, But a good woman will
always be a good woman.,,



“You are never too old
to set another goal
or to dream
a new dream”



SPECIFIC NEEDS FOR OLDER PERSONS THAT NEED TO BE ATTENDED/ PROTECTED.

As they are central to system of care and support.

1- Dignity

2-Quality of life,

3-Physical independence,

4-Mobility,

5-Nutrition,

6-Dementia care,

7-Financial planning,

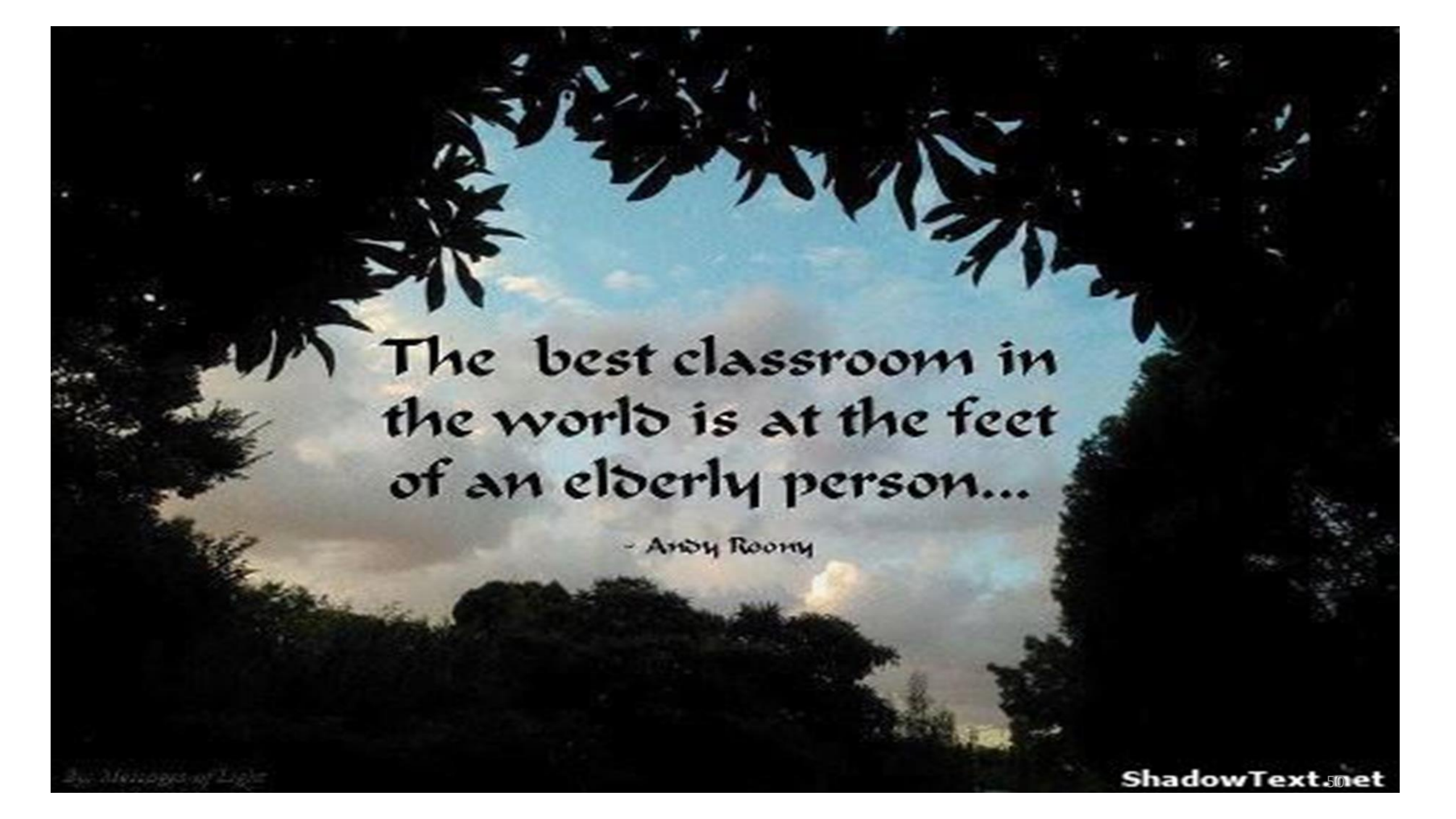
8-Recognition

9 Family/community networks,

10-Identity,

11-Social roles,

12-Relationships and communication.

The image features a quote centered on a background of a cloudy sky. The sky is framed by dark silhouettes of tree branches and leaves at the top and sides. The quote is written in a black, serif font. Below the quote, the author's name is written in a smaller, simpler font.

The best classroom in
the world is at the feet
of an elderly person...

- Andy Rooney

SUPPORT/ CARE THAT EMPOWERS OLDER PERSONS



NINE INITIATIVES/ ROLES

BY

OLDER PERSONS

IN

EMPOWERING THEMSELVES

1. SOCIAL CAPITAL INVESTMENT

- Having friends and other people, **to turn to.**
- Prior, during and post **retirement life** social network is very important.
- No one who is an **island.**
- Family support is **a key element.**

Social networks :(Has deep impact).

- 1.-Regulate the effects of **emotional distress**
- 2.-Promote **health benefits**.
- 3.-Enhance **self-esteem**
- 4.- increase ability to cope with **stressful situations**
- 5-Contribute to psychological and physical **wellness**

6-Reduce **loneliness**, (relationships is critical)

7-Encourage healthy **lifestyle behaviours**

8- Reduce **physical symptoms**.

9-Support adherence to **treatment plans**.

10-**Improves** memory and longevity.

11-**Encourages** healthy behaviours.

12-Builds people up during times of stress.

13-As you get older, it's important you develop relationships.

14-Play an important role in your overall well-being.

15 –Decline in some aspects due to retirement ,
`the deaths of friends and loved ones moving

2.-PHYSICAL EXERCISE

-Lessens the risk of diseases.

-Improve brain health.

-Help manage **weight**.

-Strengthen bones and muscles

3. REFRAME GETTING OLDER

- One of the key ways to feel empowered is to reframe the way one **feel about your own ageing**
- Ageing is not a **negative thing**.
- Embrace evolving older version of self, celebrate birthdays and value your contribution to society.
- See the beauty in slowing down in your later years and honour the gifts that come with age and experience.

4. STAY ACTIVE

- The more you can keep doing what you enjoy, the better you feel satisfied.
- As you age be **creative** and seek to make **modifications** instead of **cancelling** activities
- Maintaining **fulfilling activities** enhances confidence levels.

5. STAY INVOLVED IN DECISION-MAKING

Making choices is a basic human right, and you deserve to enjoy the same as everybody else.

-Some decisions may require **some assistance**, but be included in the decision-making process.

-Kindly remind them of their **right to decide**.

-Regardless of what stage of life you are in, you still need and **deserve choice**.

6. BUILDING EXISTING NETWORKS:

- Connect** with your networks, ask for help.
- Remember that **reaching out** takes strength.
- Take care of **important relationships** you already have.

7.SETTING BOUNDARIES

- One of the most empowering things you can do at any age, is to set boundaries around your needs and desires.
- Boundaries are **personal parameters or limits.**
- You **need to feel safe** physically, emotionally and mentally.

8. BUILD STRONG COMMUNITIES



- The feeling of connectedness – Play great impact
- They are important source of belongness..
- They are essential ingredient for fulfilling life.
- Communities exist in many forms, formal & informal.

9.SPIRITUAL ACTIVITIES

A.-VOLUNTEERING:

Providing your time and efforts to a worthy cause can generate many positive emotions rooted in your spiritual core.

B.-SPENDING TIME WITH NATURE:

The world is full of **natural wonders**—big and small—that can help you sustain an inspiring enchantment with life.

C.-MEDITATING:

meditation can increase your self-awareness as well as your ability to accept aspects of life

D.-PARTICIPATING IN PRAYER GROUPS:

Praying with other people provides a great opportunity for social engagement. It can also help you stay encouraged and hopeful.

E.-SHARING STORIES:

Talking about good memories with other people can help you feel more grounded and interconnected.

F.-PLAYING OR LISTENING TO MUSIC:

Music has the power to make you feel more in tune with the world, it draws people into the present moment and renew your spirit.

G. GETTING A MASSAGE:

Human touch and physical pleasure can strip away your worries and immerse you deeply in the present moment.

H. DANCING:

Moving in rhythm to stirring music can make you feel one with the universe. Dancing with others bring unity.

I. YOGA:

The practice of yoga help you achieve a higher state of consciousness since it requires strong attention of happenings of current moment.

M. Reading or writing:

-Reading the thoughts of good writers can open new pathways for your spiritual core. Writing down your own words-can enable you to learn more about yourself,

N. Arts and crafts:

-Making something that has **never existed** before can generate an energizing sense of harmony and offer the chance to experience meditative and transcendent acts of creation

NINE INITIATIVES/ ROLES

BY

CARE GIVERS

IN

EMPOWERING OLDER PERSONS.

1. CHOOSE EMPOWERING WORDS

- Avoid **disempowering language** Instead use inclusive language.
- Be mindful of the way you **speak** to and **address** an older person.

2. SPENDING TIME WITH SIGNIFICANT PERSON

- Boost quality of life.
- Improve memory.
- Increase communication.
- Boost confidence.

3. MATERIAL SUPPORT/PRACTICAL HELP

-Material support includes any tangible, material aid or service to them.

Older persons can also do the same :

- Helping a neighbour,
- Helping needy,
- Helping another friend etc.

4. INFORMATIONAL SUPPORT

-It is any advice, opinion, suggestions or facts that can help a person **overcome a challenge**.

E.g., a **Facebook group** that offers guidance about what to expect from chemotherapy treatments may provide informational for undergoing a cancer diagnosis.etc.

5. ESTEEM SUPPORT

- It is shown in expressions of **confidence or encouragement**.
- Someone may point out the **strengths** one may have and not utilizing.
- Life **coaches and therapists** leads clients to believe in themselves more.

6. EMOTIONAL SUPPORT

- It isn't necessarily about **finding solutions**, It's really about empathy, trust, caring, hope and love.
- Close **family and friends** often reciprocate emotional support to each other.
- Listening to another person can provide a sense of **solidarity and connection**.

7. TANGIBLE SUPPORT

-This includes taking on responsibilities for someone else so they deal with a problem.

Taking an active stance to help someone manage a problem they're experiencing.

- Help you brainstorm solutions , or deal with the issue at hand.

8. INFORMAL GROUPS PLAY IMPORTANT



- 1.-Family members,
- 2.-Carpools;
- 3.-Study groups;
- 4.-Neighbours;
- 5.-Hobby-focused clubs;

6.-Professional development groups,

7.-Employee resource groups,

8.-Volunteer groups;

9.-Alumni networks

10.-Coworking spaces;

9. OTHER PRACTICAL SUPPORT AND CARE

1.-Pastoral visit.

2.- Involvement in religious activities..

3.-Engage in Mentorship and coaching program

4.- Offering **Post retirement** jobs and tasks.

5.-Being available for them when need be.

PARTING SHOT

When older persons' rights and entitlements related to social , economic , political and cultural spheres are protected , families and society are able to benefit from potential and talents of older persons.