Uplifting the Quality of the Lives of Elderly people

Remember your Contribution with the highest Gratitude

It's not enough to just be alive. Good quality of life is especially important for older adults who are dealing with chronic health conditions and major life changes.



Uplifting the Quality of the Lives of the Elderly People Programme'— a program to support elderly people to access social safety net services, financial benefits, and primary healthcare services. This initiative is taken forward for the benefit of the country's aging population. Rural Reconstruction foundation in partnership with Palli Karma Shayak Foundation (PKSF) is implementing this program in line with the government's policy from July 2017 in 1 union of Khulna and from May 2018 in 3 unions of Chudanga District. From a special fund of PKSF. Funding for the program is being mobilized from the 'Special Fund' and 'Programmes-Support Fund' of PKSF and RRF together. This program's basic aim to help in reducing miseries of the elderly people through the program.

Program Highlights



Ongoing from 2018



Total Budget 31,09,520 BDT



no. of staff



Funded by PKSF & RRF



4 union of Khulna & Chuadanga District



Number of project participants: 5088 Male: 2641, Female: 2447



Elderly social center

3



Key Activities:

- Establishing social centers for the elderly people in every Union,
- Providing old age allowances and assistive materials (walking sticks, commodes, blankets warm cloths, wheelchairs, umbrellas etc);
- Provision of Special Savings and Pension Fund;
- Recognizing the contribution for society made by the elderly persons'
- Awarding children for looking after their parents,
- Providing appropriate credit and IGAs-based training facilities to poor elderly people,
- Offering physiotherapy services & geriatric nursing to the elderly by organizing training for the Physiotherapy Aide.
- Rehabilitation of poor and distressed elderly in the community



Recognizing award to the Best Senior Citizen

There is an important contribution in various developmental activities including education, health, and agriculture in the area and has contributed to the establishment of public opinion against dowry, child marriage, sexual harassment and drugs and has gained a reputation as a successful entrepreneur in the area, through which many of the seniors have been given employment Such veterans are awarded the Best Elderly Award. In this fiscal year total, 20 people received the Best elderly Award in 4 unions



Flderly Golden Initiative for IGA

Through this initiative, one senior person per union permanently involved in income-generating activities providing financial and other overall support for setting up and running tea stalls.



Wheelchair Distribution

Under the Senior Citizens' Quality of Life Development Program, wheelchairs are provided to the poor, helpless, physically fragile, and deprived senior citizens of the Union who cannot move at all without a wheelchair, but whose families do not have the means to purchase a wheelchair. In the current financial year, the number of chairs provided has increased to 12 indigent senior citizens in 4 unions.



Old age Allowance



To cover the basic needs of the elder people, the provision of Old Age Allowance has been made for the underprivileged elderly people. With this allowance, many elderly people are being able to buy necessary medicines and avail treatment for their old aged complications. RRF has provided TK 14,43,500 BDT (monthly BDT 500/- per person) as an Old Age allowance to 100 elderly people up to June 2022.

Cultural & Sports

Under this program, annual sports and cultural activities were organized for senior citizens from the current financial year to keep them mentally and physically healthy through recreation and physical exercise at the field level under the program of improving the quality of life of the elderly population.



Elderly Social Centre



The social center is used to meet up the recreational as well as social needs of the elderly people. In Andulbaria, Hasadah and Raipur there are three 'Social Centers for elderly People' running. The land of the social center is being arranged through donations from local people. There are different types of recreational arrangements for elderly people: indoor games, television, newspapers, Carom, Luddu, etc., Elderly people use to come and spent time with their peer group



- Through this program social values and culture are uplifting. The children of the union take care of their parents as much as they can, even in the face of financial hardship, and take care of their elderly parents to a desirable level.
- The elderly people have been provided leadership and communication skill development training to increase their negotiation skills.
- Quality of life is important to seniors because it gives them a reason to keep **going, rather than just giving up and accepting their fate**. Cultural & sports programs are organized every year. In general healthcare, an old age allowance is given. SO elderly people are involved with all these activities which help them live a quality life at this age.
- There are different types of recreational arrangement for the elderly people: indoor games, television, newspapers, Carom, Luddu etc. Elderly people use to come and discuss various issues at the centre. This centre is being used as a platform of unity of the elderly people.



- Bangladesh is an overpopulated country. As a fact, it is difficult to serve all the community people at one time. a limited number of elderly people are getting all these facilities not all the people in the community.
- Support in Critical health condition, diagnosis, and emergency health care support our resource and fund is limited.



Achievement 2021-22

S1.	Programs	Andulbaria		Hasadah		Raipur		Godaipur	
No		FY 21- 22	So Far	FY 21- 22	So Far	FY 21- 22	So Far	FY 21-22	So Far
1	Number of elderlies in union	1370	1405	1474	1474	809	809	1380	1380
2	Elderly ward meeting	36	201	36	297	36	156	36	302
3	Elderly union meeting(person)	3	24	2	23	1	21	0	34
4	Best Elderly award(person)	5	22	5	17	5	17	0	13
5	Best Child award	5	16	5	11	5	11	0	13
6	Old age Allowance Given(taka)	32000	20265 00	939	3701	472000	21404 00	13500 0	1196 000
7	Funeral expenditure given (person)	5	22	11	26	3	8	22	86
8	Funeral expenditure given (Taka)	10000	44000	22000	5200 0	6000	16000	44000	1720 00
9	Blanket distribution	0	130	0	130	0	130	0	330
10	Shawl Distribution	0	50	0	50	0	50	0	100
11	Umbrellal Distribution	0	20	0	20	0	20	0	40
12	Wheel chair Distribution	3	7	3	7	3	7	0	5
13	Comod Chair Distribution	0	20	0	20	0	20	0	27
14	Walking stick Distribution	0	50	0	50	0	50	0	70
15	Opening of Elderly social centre	0	1	0	1	0	1	0	0
16	Annual Sports & Cultural program	1	1	1	1	1	1	0	1
17	Elderly Golden initiative (Tea Stall)	1	1	1	1	1	1	1	1