

SENIOR CITIZEN WELFARE PROGRAM

2 ZERO HUNGER



3 GOOD HEALTH AND WELL-BEING



The Sustainable Development Goals (SDGs) cannot be achieved leaving anyone behind, and empowering senior citizens is as important as ensuring their welfare. Our heart's conviction toward inclusive development and social dignity of the elderly. Rural Reconstruction Foundation aims to recognize them with moral duty. In the community, the elderly people are most vulnerable and burden of the family as they are unable to contribute any financial support. Moreover, they become dependent of the other family member and loose respect and gradually fall in many frustrations. To address these challenges and ensure welfare of elderly people, RRF has put some specific programs. RRF started implementing Senior Citizen Welfare Program from January 2016 in Sharsha and Jhikorgacha Upazilla of Jashore district. Any people above the age of 60 in the designated area are considered as member of this program irrespective of religion, gender, race, and socio-economic status. RRF is implementing this program with its own fund. From March-2022, a new elderly club has started work in Khladanga of Jashore Sadar Upazill.

Today's these older people were once a young people, they created the next generation. Today's colorful world is their creation.

Services

- Free medicine and Weekly Health Camp by MBBS doctor
- Special Eye Camp
- Daily Snacks
- Yearly Picnic and Sports
- Festival New Cloth distribution
- Big screen Television
- The Daily Newspaper and Magazine
- Indoor game events
- Relaxation and sleeping arrangement during the day
- Special Gift / Aid distribution based on situations.

Highlights



Ongoing from 2016

Funded by RRF

Jashore District (Sadar,
Jikargacha and Sharsha Upazilla)



Number of Elderly
Club so far



Total Budget
1899000 BDT



446 Member
(M-137, F-306)



No of staff 4



Impact of the Program

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- Free medicine, including medical care, were arranged for the elderly members
- Many elders are not well treated in the family so they can pass a good time in the club.
- Healthy snacks and tea were provided in two times in every single day by maintaining nutrition.
- Source of entertainment- different type of games ludo, carom, chase is available.
- They can enjoy watching TV in the club which most of them have not in their house.
- Individuals connect with others over enjoyable, shared experiences. By having a social life, older adults can continue learning and keeping their minds active. Through club activities, seniors can engage in conversations with peers and establish new relationships.
- Present given on religious occasions.
- Monthly medical checkup by MBBS Doctor for their health.
- Some member does not have electricity at their home, so they come and take rest which helps them to relax in summer season.



Challenges

- Sometimes after arranging medical camp by MBBS Doctor could not get expected number of members for checkup.
- Club members must do chores in their own houses some of them especially female members can't come in the morning time.
- Some members come from very far from the club so they can't come regularly.

Members' Talk



Sona Van
Age: 63 Years
Member of Sarathi Elderly Club

Mrs. Sona Van is a member of Dipto elderly club from last year. In her speech she urged that "She enjoys to spend her time with her peer group at the elderly club every day where she can have sancks and tea every day with her fellow club members. She can watch Tv and have quality time which she can't do at home. She expressed that the feels very calm and happy to be a member of this club."

Activities Brief

Daily Snacks

Normally different types of meals are given to the elderly people in every single weekday. Puri, Singara, Biscuit, loaf, egg, seasonal fruit etc. are given alongside black tea.



Special Care

- Walking stick give to those elderly members who can't walk properly without support. We provided stick to the elderly members of Dipto Eldrly Club Shimulia Jashroe according to Doctor's advice.
- Distributed blanket among elderly people.
- Distributed winter care box including mastered oil, Vaseline,cream etc.

New club

A new club named 'SAROTHI' in Kholadanga, Jasore Sadar was inaugurated on 24th March 2022.



Amusement

- Different types of indoor games such as ludo, carom, chase is available in all our four clubs.
- Member Watches Television.
- Read Daily Newspaper
- Chit chat with their peer groups.

Festival Gifts

- On occasion of Eid-UI-Fitr gifts were distributed.
- On Occasion of Durga puja gifts were distributed.
- On Christmas day gifts were distributed among all club members.



Day Observation

We observed the national days and other occasion to share happiness with them. Following days were celebrated over the years:

- International Mother Language Day
- National Mourning Day
- Victory Day
- Independence Day.

On these days rally, healthy snacks, discussion meeting done by the members.

Healthcare Services

- Medical Camp
- Weekly health check-up
- MBBS Doctor visit once in a month
- Diabetic camp
- Gyno Camp
- Free Medicine Distribution

