

SENIOR CITIZEN WELFARE

Salute to your Dream



The Rural Reconstruction Foundation (RRF) is committed to fostering an inclusive society that values and upholds the dignity of senior citizens, ensuring no one is left behind in the pursuit of sustainable development. Through its Senior Citizen Welfare Program, RRF offers a range of support services to address the challenges faced by the elderly population in rural areas. The Senior Citizen Welfare Program operates four elderly clubs across Jhikorgacha and Sharsha Upazilas in the Jashore district, all independently funded by RRF. Additionally, RRF's Senior Citizen Welfare Program is designed to support individuals aged 60 and above, regardless of religion, gender, race, or socio-economic status, in a compassionate and inclusive manner. Independently funded, this program underscores RRF's dedication to improving the quality of life for elderly members of the community.

KEY OBJECTIVES

- Provide comprehensive healthcare services and wellness activities to improve the quality of life for seniors.
- Reduce isolation by creating safe spaces for elderly individuals to interact and engage in community activities.
- Serve all seniors without discrimination, honoring their contributions and ensuring their social dignity.
- Offer recreational, educational, and creative activities to foster continuous engagement and personal development.
- Ensure that elderly citizens receive essentials like food, clothing, and entertainment, particularly during cultural

KEY 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.

FACT & FIGURE

Sl.	Fact	Figure
1	Name of the program	Senior Citizen Welfare Program
2	Duration	From 2016 till to date
3	Supported By	Rural Reconstruction Foundation
4	No. of members in FY:2023-24	412 (male – 113, female – 299)
5	No. of staff	05
6	Name of Elderly club FY:2023-24	04 clubs (Dipto-1, Dipto-2, Sarothi, Lighthouse)
7	Working Location	Jashore District (Jashore Sadar, Sharsha, Jhikargacha upazilla)

ACTIVITIES & ACHIVEMENTS FY: 2023-24

- **Daily Snacks:** Daily nutritious snacks to support the physical well-being of club members.
- **Leisure and Entertainment:** Access to big-screen TVs, daily newspapers, and magazines for entertainment and information.
- **Indoor Games** like chess, ludo, carrom, and to create a welcoming environment.



- **Relaxation Facilities:** The Senior Citizen Welfare Program prioritizes creating a supportive environment where members can relax and recharge during the day.
- This atmosphere of relaxation is complemented by opportunities for **chatting and gossiping**, allowing members to engage in friendly conversations connections with one another.

- **Festival clothes Distribution:** All 412 members of the 4 elderly clubs of RRF received festival gifts tailored to their religious celebrations, including Eid-ul-Fitr, Durga Puja, and Christmas.



- In **96 health camps**, our senior citizen club members received essential health services and check-ups conducted by qualified MBBS doctors.
- **Free medicines** such as vitamin, calcium, iron, zinc, saline, antacid etc.) based on their needs were also provided to the members of the clubs throughout the year.

SPECIAL FEATURES

Throughout the year, based on the specific needs of our members, a total of 25 walking sticks were distributed to them.



IMPACT AND COMMUNITY RESPONSE

The Senior Citizen Welfare Program has positively impacted the lives of elderly individuals in the Jhikorgacha, Sharsha, and Jashore Sadar regions by providing them with a platform for socialization, recreation, and access to essential services. Community feedback reflects a high level of appreciation for the program, as it has enhanced the physical, emotional, and social well-being of its members. By providing holistic care and an inclusive environment, the program not only addresses the practical needs of the elderly but also respects and upholds their dignity.

CHALLENGES IN IMPLEMENTING

Although RRF independently funds the program, the cost of sustaining regular activities, medical services, and resources for a growing number of elderly members can be challenging. Due to a lack of specialized medical equipment and facilities, more complex health conditions may not be adequately addressed in weekly camps. The program relies on RRF staff and volunteers, and the demand for trained personnel to manage activities, health camps, and club operations continues to grow.

PARTICIPANTS REFLECTION

Chichilia Biswas, lives in shimulia, Jhikargacha, Jashore sadar is widow and mother of two adult children often felt isolated and struggled with health concerns. She explained that, The Elderly Club transformed my routine, providing companionship, improving my physical and mental health, and giving me a renewed sense of purpose. Through monthly health camps and routine checkups organized by the club, I could manage my diabetes and blood pressure under regular medical supervision. Now I feel more socially connected and physically fit, with my days filled with joy and engagement. She describes the club as “a lifeline that helped her rediscover happiness in my golden years.”



Name: Chichilia Biswas
Husband: Late Mongla Biswas
Age: 75
Member of Dipto-1 Club