



# #ProudofAid

A review of 2015/16

## We're Age International

Age International is the only charity in the UK dedicated to the needs and rights of older people in developing countries.

We're here to help older people in developing countries improve their income, escape poverty, receive the right kind of healthcare, survive emergencies, and have their contributions to families and communities recognised and valued.

This is because the world's population is getting older and we want to change the world for older people.

Our vision is of a world in which women and men everywhere can lead dignified, healthy and secure lives as they grow older.

We are working towards a world in which all people in later life can say:

- 'I am given the help and information I want in emergencies'
- 'I have the income I need, and enjoy the best possible health and care'
- 'My voice is heard by decision-makers'
- 'I am safe and secure, free from all forms of discrimination, violence and abuse'

Age International aims to change the world for older people

[www.ageinternational.org.uk](http://www.ageinternational.org.uk)

It is a subsidiary charity of Age UK [www.ageuk.org.uk](http://www.ageuk.org.uk)

And the UK member of the HelpAge global network [www.helpage.org](http://www.helpage.org)



Cover photo

© Judith Escribano, Age International

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## From the Chairman and Director

In a year that began with the terrible earthquake in Nepal, we were pleased to be able to respond, thanks to the generosity of our supporters, and the success of the Disasters Emergency Committee (DEC) appeal, of which we were a part. You can read more about this, and our other humanitarian and longer-term development work, plus our policy and influencing work in the pages that follow.

The fact that older people and ageing were specifically included in the Sustainable Development Goals (SDGs), adopted by the United Nations General Assembly in September 2015, was one of our highlights of the year, and was the result of several years of hard work by organisations including Age International. The UK Government's subsequent pledge to 'leave no one behind' in the implementation of the SDGs, which included older people and age discrimination, shows how an understanding of global ageing and development is growing among decision-makers.

We hope you will find this record of our work interesting. You will read about some of our achievements and how we go about our work. You will see how closely we collaborate with others: we benefit from the considerable support and expertise of Age UK, of which we are a subsidiary, and we are proud to be the UK member of a global network, HelpAge, responding to the challenges of global ageing and addressing the particular needs of older people in some of the world's poorest countries.

We are greatly encouraged with what we have achieved in the last year. Yet we recognise that there is so much more to be done. Our achievements give us energy to redouble our efforts to ensure that the needs and rights of older people are properly included, so that no older person is left behind.

**Dianne Jeffrey, CBE DL**  
Chairman

**Chris Roles**  
Managing Director



## Why we are here

# 928m

There are 928 million older people in the world. That is 13per cent of the world's population

# 2/3

Of the 44 million people living with dementia, 2 out of 3 live in low and middle income countries

# 25%

Only 1 in 4 older people in low and middle income countries receive a pension

# 26m

Each year, natural disasters affect more than 26 million people in later life

# 0

There is no UN convention on the rights of older people

# 21%

By 2050, more than 1 in 5 people in the world will be aged 60 or over



**From left to right**  
© Glyn Riley, HelpAge  
© Peter Caton, HelpAge



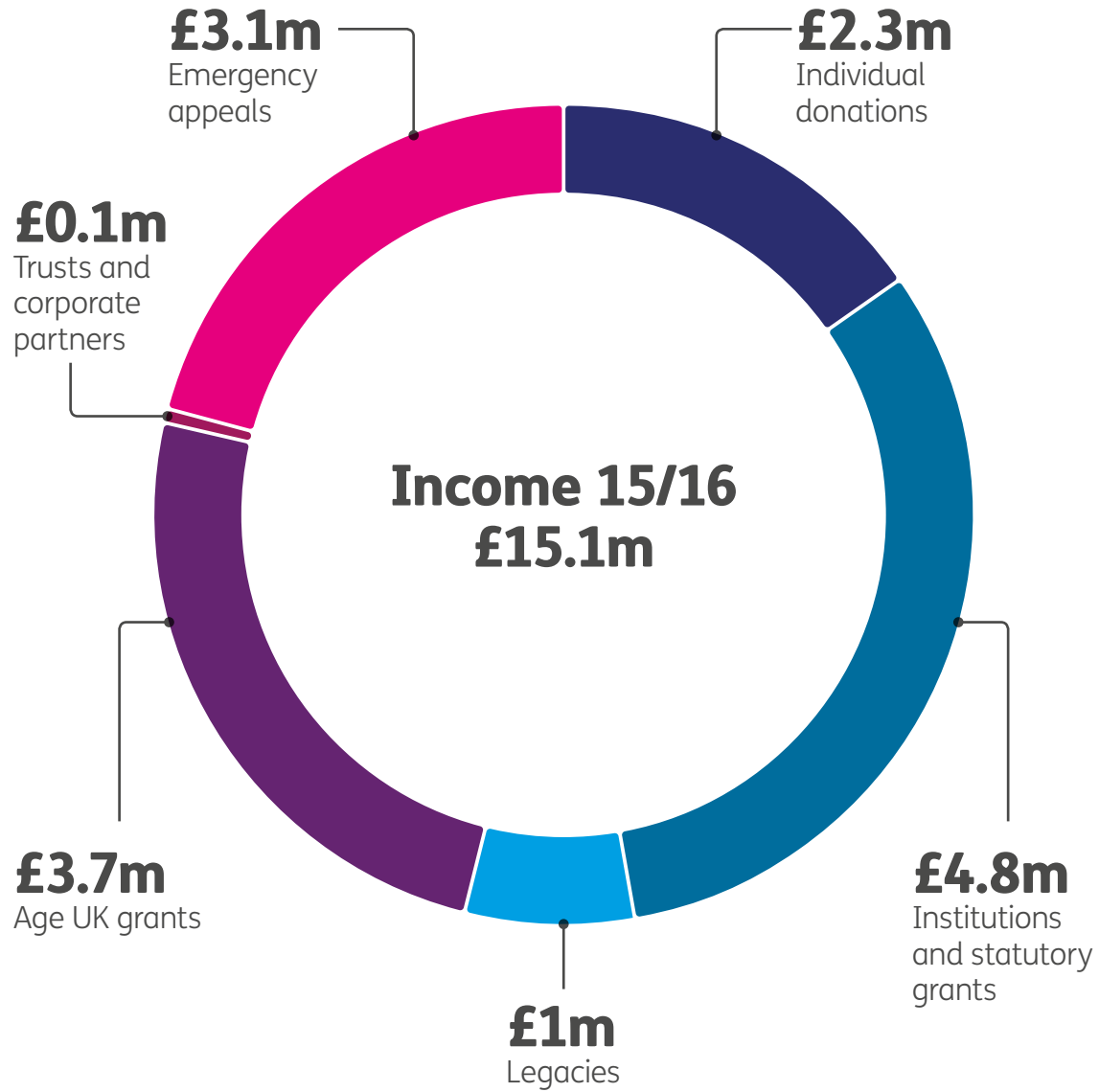
## How we help

- We provide emergency relief
- We support long-term development programmes
- We advocate and influence
- We research and evaluate
- We support the HelpAge global network

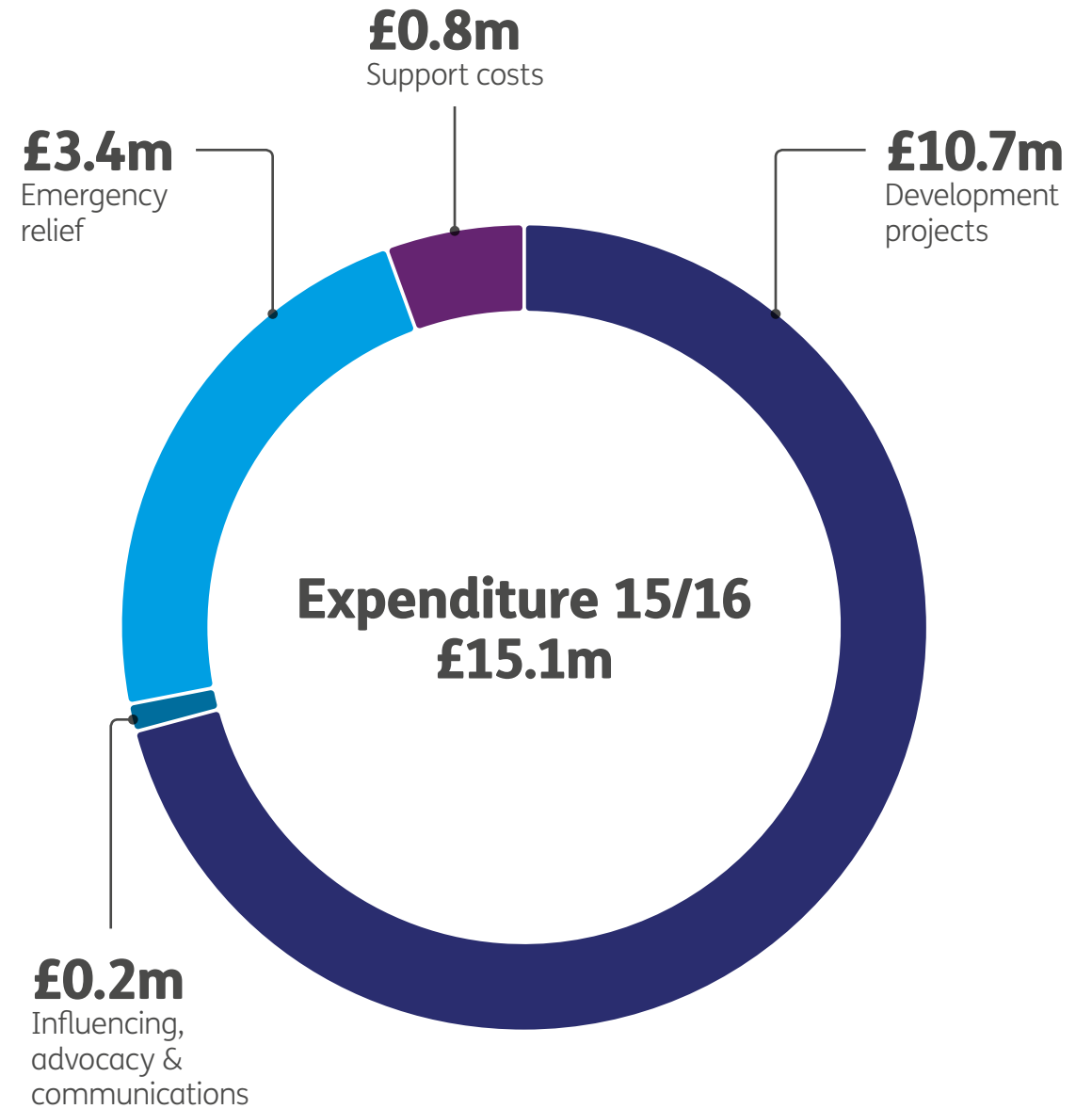
## Our priorities

- We will respond to emergencies
- We will reduce poverty
- We will improve health
- We will protect and promote rights

## How we raised our money



## How we spent our money



## Our achievements in 2015/16

We'd like to share the words of some of the people with whom we work, so they can tell you about some of our achievements.



We've changed the attitude of [health] staff towards older people. We've mobilised older people to stand up for their rights. And they demand those rights!

**Lourenco**, 56, healthcare volunteer, Mozambique



Your untiring dedication to Wagay has guaranteed her a daily meal, home-based care, hygiene products and clothing. You are Wagay's lifeline and I forward my utmost respect and appreciation for your support.

**Erna**, Senior Communications Officer, Ethiopia



[Rahul, the health worker] is like a son to me... he's helping to prolong my life. I live alone. If I were not visited, I don't know what would happen. When Rahul comes I feel happy.

**Domingu**, 75, Mozambique



I feel safer and more confident since doing the rights training. I know what measures to take [against allegations of witchcraft]. I know how to feel and act in a dignified manner.

**Ernestina**, 68, Tanzania



If the Older People's Association did not exist, life wouldn't be so good. I'd just have to get on with my household tasks, without having any opportunity to rest or meet other people.

**Kanchi**, 71, Nepal



Thank you for ensuring we can keep helping older people: people like Roberto, a born leader; people with enormous hearts; people who deserve to live a later life with dignity.

**Angela**, Communications Officer, Colombia



I want to be strong like this stick. I'm so happy to get this [walking stick] – tonight I'll say a prayer for all the people in the UK, that their life will be strong like this stick.

**Daw Mya**, 81, Myanmar



Life would be very difficult if I had not had my cataracts removed. I wouldn't be able to farm and that is very important for us. I would not be able to do a single thing.

**Karimjabu**, 75, Zanzibar



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## Tackling the Nepal earthquake

On 25 April 2015, Nepal was hit by a devastating earthquake. Disaster struck again on 12 May with a second earthquake. More than 8,900 people were killed, over 22,500 were injured and half a million houses were destroyed.

Age International raised over £550k from its supporters. We also participated in the DEC appeal which raised a total of £85m. We partnered with HelpAge to help older people affected by the earthquake.

We provided shelter to 2,126 older people; cash grants for shelter construction to 1,362; and unconditional cash transfers to 4,000. We also set up health camps to screen older people for malnutrition; provided eye tests for 4,404; and distributed glasses to 1,598.

After the initial emergency stage, we continued to support shelter and health activities. We also carried out work to protect communities against future disasters and to help older people rebuild their livelihoods. We established the Age and Disability Task Force Network, bringing ageing and disability to the attention of other aid agencies and the Nepali government.

We gave Bir and Tarka blankets, a solar lamp, rice, materials for temporary shelter and some money so they could buy what they needed. "After the earthquake, there was a storm. My husband fell over and had to be hospitalised," Tarka explains. "The money paid for my husband's medicine and hospital fees. It saved his life!"

# 85k

We provided emergency relief to 85,000 older people in 11 countries in 2015/16



*Tarka and Bir outside their home*

© Lydia Humphrey  
Age International

## Delivering Better Health in Africa

Thanks to support from the UK Government's Department for International Development (DFID), a three year health programme is benefitting over 360,000 older people in Ethiopia, Mozambique, Tanzania and Zimbabwe. The programme is already having an impact at both community and national levels.

During 2015/16, over 1,750 health workers were trained on age-appropriate health and HIV services, surpassing targets set for the entire project life. In addition, 1,306 care workers were trained to conduct home visits and provide community care. This led to better links between health workers and health facilities, helping older people and ensuring that they received relevant, appropriate care.

Valdemiso, a Health Activist, says "I was trained to work on chronic illnesses and with older people. I learnt about dementia and depression, malaria, HIV, arthritis, blood pressure and signs of stroke."

Now, he visits 15 older people in his community, including 80 year old Carolina who is showing signs of dementia. Valdemiso makes sure the older people he visits are taking their medicines; and can get to the hospital if they need to. He also works to raise awareness of HIV in his community. Valdemiso says, "Older people need more support. I wanted to be able to help; I like doing good."

# 612k

Thanks to our support, 612,000 older people in 28 countries benefited from health and care projects



*Health Activist, Valdemiso, takes care of 80 year old Carolina*

© Amy Heritage  
Age International





## Leaving no one behind

We helped ensure that no one was left behind in the UN's Sustainable Development Goals (SDGs) by promoting the needs and rights of older people around the world. As a result of lobbying by ourselves and sister agencies, such as HelpAge, older people and ageing are reflected in 15 out of the 17 goals.

This is a major achievement: the previous goals – the Millennium Development Goals (MDGs) which ran from 2000 to 2015 – did not mention older people or ageing a single time.

We also developed a strong working relationship with the UK Government's negotiating team which meant that older people and ageing were embedded in the Government's approach to the SDGs. The UK Prime Minister launched the Government's 'Leave No One Beyond Charter' in New York when the SDGs were agreed.

Working with HelpAge and the Stakeholder Group on Ageing, we also helped to remove upper-age caps on SDG indicators for measuring violence against older women and the impact of non-communicable diseases (NCDs). This creates a significant opportunity to encourage governments and UN agencies to capture better data on older people.

We are working to ensure that the UK Government implements its commitments to older people within the SDGs, which includes improving data and achieving the aspirations of 'Leave No One Behind'.

# 8,367

We supported 8,367 Older People's Associations (OPAs) with 392,000 members in 31 countries to voice their needs and demand their rights



*Paul leaves his shack in a slum in Nairobi Kenya*

© Benedicte Desrus  
HelpAge



# Pressing for a UN Convention

Age International worked closely with Age UK and HelpAge to build a broader base of support for a UN convention on the rights of older people.

We continued to work with relevant government departments, especially the Foreign & Commonwealth Office (FCO), to build greater understanding of the need for a convention. We are developing a strong base of support for a convention within Parliament that would promote and protect the rights of people in later life.

We carried out research and gathered evidence on the benefits of a convention and with Age UK, we produced a publication 'A UN convention on the rights of older people: time for the UK to lead'. The report makes the case for why the UK Government needs to be at the forefront of discussions that are leading to the creation of a convention.

In order for a convention to be considered by the UN, support is necessary from at least 130 countries. Currently only 34 countries are on board, so much work remains to be done. Age International is working as part of a wider group of organisations – including HelpAge, the International Federation on Ageing and Age Platform Europe – to develop a global campaign that would enable the voices of older people asking for a convention to be heard more clearly and for more countries to come on board.

# 1.67m

more older people received a social pension in 2015/16, totalling £715m, including growth in 13 countries





## Rebuilding livelihoods in Sierra Leone

We continued working with our partner, Restless Development, to ensure the needs of older people were met in the aftermath of the 2014 Ebola outbreak.

During the Ebola crisis, many people felt isolated and struggled to provide for themselves and their families. We, therefore, established an inclusion programme and a livelihoods recovery programme.

By establishing Older People's Associations (OPAs) in local communities in Sierra Leone, older people can access loans and training to help them set up a small business to support themselves and their families.

Volunteer Peer Educators (VPEs) were recruited and trained to deliver small business training to 1,200 older people. One of the older women who received the training, Isata, says 'Now that I am in this group, I am happier. I am included, not isolated or excluded.'

Sixty Older People's Associations (OPAs) have been formed to support the livelihoods work by running Village Savings and Loan Associations (VSLAs). The VSLAs provide simple savings and loan facilities in a community that does not have easy access to formal financial services.

An inclusion and advocacy strategy is helping to ensure that older people's needs are prioritised by the Government of Sierra Leone and international NGO Ebola recovery policies and practices. This means more older people will be reached and assisted.

# 92K

older people in 24 countries benefited from community-based income and food security projects



*Jumisa applied for a loan to help support himself and his grandchildren*

© Alice Foggitt  
Age International

## Creating polytunnels in Kyrgyzstan

We secured a £498k grant from the Big Lottery Fund (BLF) for a three-year sustainable livelihoods project in Kyrgyzstan and Tajikistan.

The project is improving the livelihoods of 500 vulnerable households in twenty rural villages by engaging older people in improved, resilient horticultural and livestock activities. 180 polytunnels, in which to grow vegetables for the community, were also set up. This activity will lead to improved food production and nutrition and help reduce poverty in the longer term.

All 134,420 members of the 20 communities have benefitted from the programme as well, because they have been given access to information and legal advice in order to achieve their rights and have better access to pensions and entitlements.

Shukurbekova, 64, is happy to be growing and selling vegetables, “It will be an additional income but most importantly, it means that we can do some farming together”, she says. “My pension is 5,250 Soms (£58), but I spend most of it on the medicine I need. I am lucky to have children who support us but there are so many older people who face challenges every day. These people have to try and make their small pension last for a month. They have to choose between buying food, having gas or electricity at home, or buying medicine.”

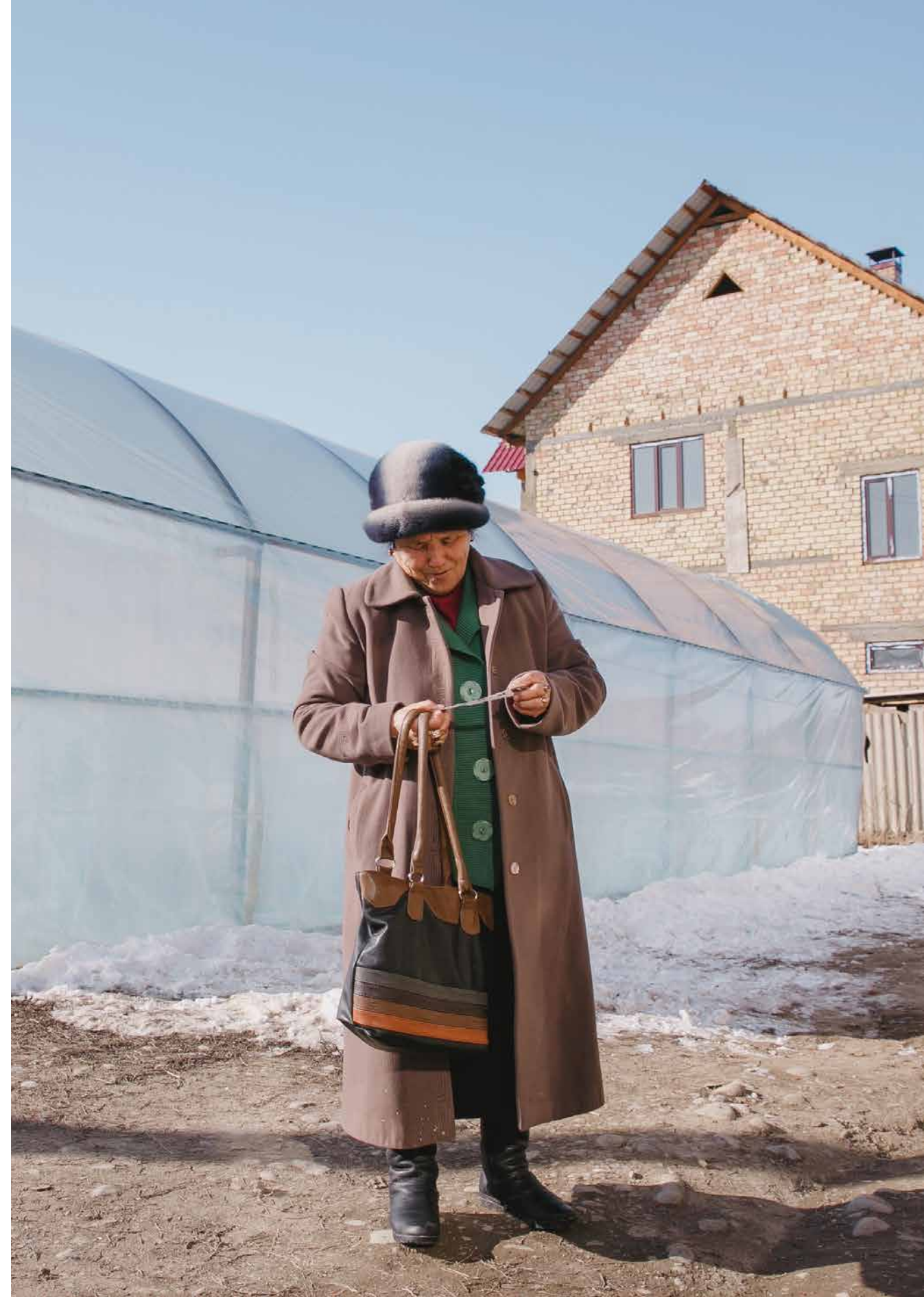
# 620k

more older people benefited from the implementation of government policies and schemes to help older people's income and food security



*Shukurbekova stands outside one of the community polytunnels*

© Malik Alymkulov  
HelpAge





## Taking the Philippines from disaster to development

After Typhoon Haiyan in the Philippines in 2013, we concluded our three year emergency response and recovery programme with our local partner, the Coalition of Services for the Elderly (COSE). We helped older people to re-establish their livelihoods; build new shelters; and obtain lost ID cards in order to improve their access to essential services such as healthcare and social benefits.

We helped 320 older people to recover their livelihoods by providing training on growing vegetables using organic fertilisers; making organic fertiliser and using vermiculture; raising poultry and livestock, food processing and handicrafts. A further 1,120 older people received grants to start small businesses.

In order to ensure that people in later life were aware of their rights and entitlements, we supported weekly radio broadcasts, including features and panel discussions led by older people themselves. Over 16,000 older people were reached in Cebu, West Leyte and East Leyte.

Paulita, a 68 year old widow, lost her home in the typhoon when two coconut trees smashed through the roof. She went to a nearby school to get shelter. We trained a number of farmers how to do carpentry and provided them with tools and shelter materials to help others. They built a new home for Paulita, who says “I’m very thankful for this house because I have no husband to support me.”

# 40k

We ensured over 40,000 older people in 15 countries were engaged in disaster risk reduction projects



*Paulita outside her new home in Ormoc*

© Sara Guy  
Age International

## Championing ageing and development in Parliament

Age International has been working hard to secure cross-party support for ageing and development within the UK Government.

As well as holding regular meetings with Peers and MPs, we attended the Labour, Conservative and Liberal Democrat party conferences in autumn 2015. We also organised events in Parliament to raise awareness of specific issues with Parliamentarians, including a joint event with Leonard Cheshire Disability on the SDGs and a joint reception for Scottish Parliamentarians, co-hosted with Age Scotland and Age UK.

We supported the development of the World Health Organisation's 'World Report on Ageing and Health' and hosted its UK launch at the Royal Society. The report shows that governments all over the world need to adapt their policies and programmes to ensure they meet the health and care needs of all their populations throughout their life.

We were asked to present our flagship publication 'Facing the Facts: the truth about ageing and development' at the OECD Forum, with participants including Prime Ministers, Ministers, private sector and civil society leaders, academics and researchers.

# 7,486

government and other agency staff in 25 countries were trained on the needs of older people



*Despite having a disability and being 70 years old, Joseph still runs a food stall to support his 100 year old mother and nine children*

© Frederic Coubert  
HelpAge





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## Setting up pop-up surgeries in Myanmar

Our healthcare work takes a two-pronged approach and nowhere is this more evident than in Myanmar (Burma).

At a national level, we support HelpAge to work with the government to train health staff in the needs of older people and on non-communicable diseases (NCDs). Meanwhile, at a local level we help to provide healthcare to vulnerable older people in remote rural areas and urban slums.

This year, we supported an EU-funded project focusing on strengthening public health capacity in order to help the Myanmar Government to respond better to NCDs and to build the capacity of the University of Public Health. The project supported the publication of the most up-to-date information regarding the incidence of NCDs in Myanmar. It also helped the Department of Health to roll out a package of essential NCD interventions for primary health care that will bring much-needed awareness, medicines and diagnostic support across the country.

At a local level, we support OPAs to run temporary health clinics in areas with limited or no access to health care. A health professional – trained in the needs of older people – goes to the house of an OPA member to set up a pop-up surgery in his or her living room. Older people are then treated for free. We also provide training to home care volunteers; medicines to treat NCDs; and glasses, hearing aids and mobility aids for distribution.

# 840k

older people benefitted from the implementation of government policies and schemes to help older people's health and care in 19 countries



*A doctor treats an older person at a pop-up surgery*

© Hereward Holland  
Age International

## Being an active member of the HelpAge global network

Together with the World Health Organisation (WHO), we supported research on the impact of OPAs in South East Asia by commissioning the Oxford Institute of Population Ageing to carry out a multi-country study that draws on the lessons and experience of our work in Cambodia, China, Myanmar and Vietnam. It seeks to better understand the impact that OPAs have on the well-being of their participants and the wider community. The study will be published in 2016 to an international policy-making audience.

We also contributed to the development of a piece of work on the economics of ageing in this same region. We chaired an expert group bringing together senior figures from the World Bank, the Asian Development Bank, the United Nations Development Programme (UNDP) and the WHO.

As part of the HelpAge EU network, we helped produce a joint paper on ageing and gender inequality which has been disseminated widely to our networks and policy makers across the EU. The briefing paper was written to influence the development and implementation of the new EU Gender Action Plan and strengthen awareness that older women and men must be taken into account in EU development assistance. The paper addresses key areas such as discrimination and the need for better data.

# 808k

Thanks to Age International and the HelpAge global network, essential livelihoods and health services were provided to 808,000 older people and their families and communities in 33 developing countries



*This OPA in Myanmar distributes glasses and mobility aids to members*

© Hereward Holland  
Age International



# Thank you

We would like to thank the following companies, trusts, foundations and institutional donors for their support:

Age UK	Legal and General
Big Lottery Fund (BLF)	Prudential
Common Humanitarian Fund (CHF)	The Beatrice Laing Trust
Darfur Community Peace and Stability Fund	The D G Charitable Settlement
Disasters Emergency Committee (DEC)	The Will Charitable Trust
European Commission (EC)	UK Aid
Just Retirement Solutions	UNHCR
Kennedys Law	UNOCHA
	UNOPS/LIFT

We would also like to thank the generous supporters of our Sponsor a Grandparent programmes; those who bought gifts from our ethical gifts online catalogue, Cows n Things; those who donated to our emergency appeals; and those who supported our appeal for grandparents caring for grandchildren orphaned by AIDS.

## Thank you. You make our achievements possible.

## We'd love your support



**Write to your MP** Please let the UK Government know that older people count in development. Write to your MP to let them know you would like the Government to do more to help older people in developing countries. For further information, please write to [contact@ageinternational.org.uk](mailto:contact@ageinternational.org.uk)



**Sponsor a Grandparent** For just a few pennies a day, you could provide support for an older person. You will receive regular updates from the grandparent you sponsor and see how your gifts change lives. Find out more at [www.ageinternational.org.uk/grandparent](http://www.ageinternational.org.uk/grandparent)



**Raise funds for us** You could organise a fundraising event or set up a Just Giving page. For ideas, please visit our Just Giving page [www.justgiving.com/ageinternational](http://www.justgiving.com/ageinternational) or to receive fundraising materials, email [fundraising@ageinternational.org.uk](mailto:fundraising@ageinternational.org.uk)



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**Become our partner** If you're a company looking for a Charity of the Year partnership; if you're a trust looking to make a difference; if you're an individual who'd like to support our invaluable work, we'd love to hear from you. Write to us at [fundraising@ageinternational.org.uk](mailto:fundraising@ageinternational.org.uk)



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Age International is the only UK charity focusing on the needs and rights of older people in developing countries. It is a charitable subsidiary of Age UK and a member of the HelpAge global network and the Disasters Emergency Committee (DEC).

We support older people in developing countries by improving livelihoods, health and healthcare; providing age-friendly emergency relief; and by challenging attitudes, influencing decision-makers and changing policies.

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