



Ageing with dignity

A review of 2016/17

We're Age International

Age International is a charity 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.

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 older women and men 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 is a subsidiary charity of Age UK, the UK member of the HelpAge global network and a member of the Disasters Emergency Committee (DEC).

📷 Cover photo: Mamie in Sierra Leone

© Simon Rawles, Age International



Looking back over the last year, we have been sharing memories of older people we have met in the course of visiting our work around the world.

On a visit to Ethiopia, Chris met older people who had received goats to help replenish herds that had perished in the drought. They reflected on momentous changes that had taken place over the course of their lives – how climate change had reduced the water supply, how drought was more frequent, and how family support structures were under strain as young people moved away in search of work.

Visiting Tanzania, Dianne met older people who were struggling to pay for healthcare, whilst living with the anxiety and stress that so often accompanies poverty. In Zanzibar, Dianne saw the transformation that the introduction of the state-funded pension is making to the lives of older people – this is a great step forward, and a policy achievement in which our partners in Zanzibar had played a significant part.

We are thinking of these groups of older people as we present, here, Age International's annual report. They remind us of the extreme levels of human need among so many of the world's older people – and of our mission to respond as best we can. They remind us, too, of the experience, insight and wisdom of so many of the older people with whom we work – such an asset, yet not always appreciated. And they remind us of the need to uphold the dignity and rights of people, whatever their age, and to ensure that older people are not discriminated against or overlooked.

Age International is proud to be part of the global HelpAge network. We hope that this report demonstrates how much we have achieved together, and reminds us how much more there is to be done in the years ahead.



Dianne M Jeffrey CBE, DL
Chairman



Chris Roles
Managing Director



Why we are here

928m

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

25%

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

0

There is no UN convention on the rights of older people

75%

People over 60 account for 75 per cent of deaths from non-communicable diseases

26m

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

21%

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



What we do

- 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

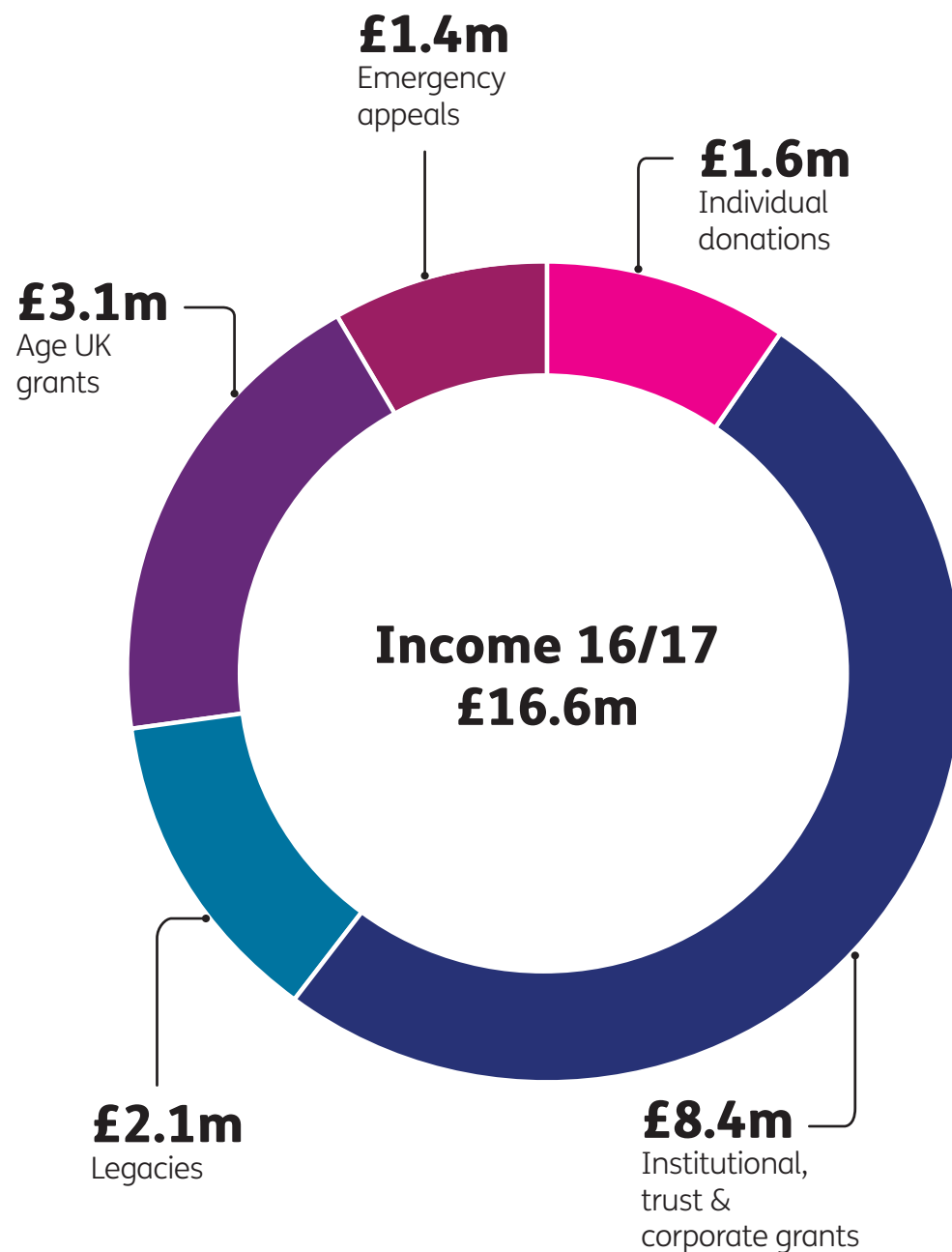
📷 From left to right

© Judith Escribano, Age International

© Andy W Langton, Age International

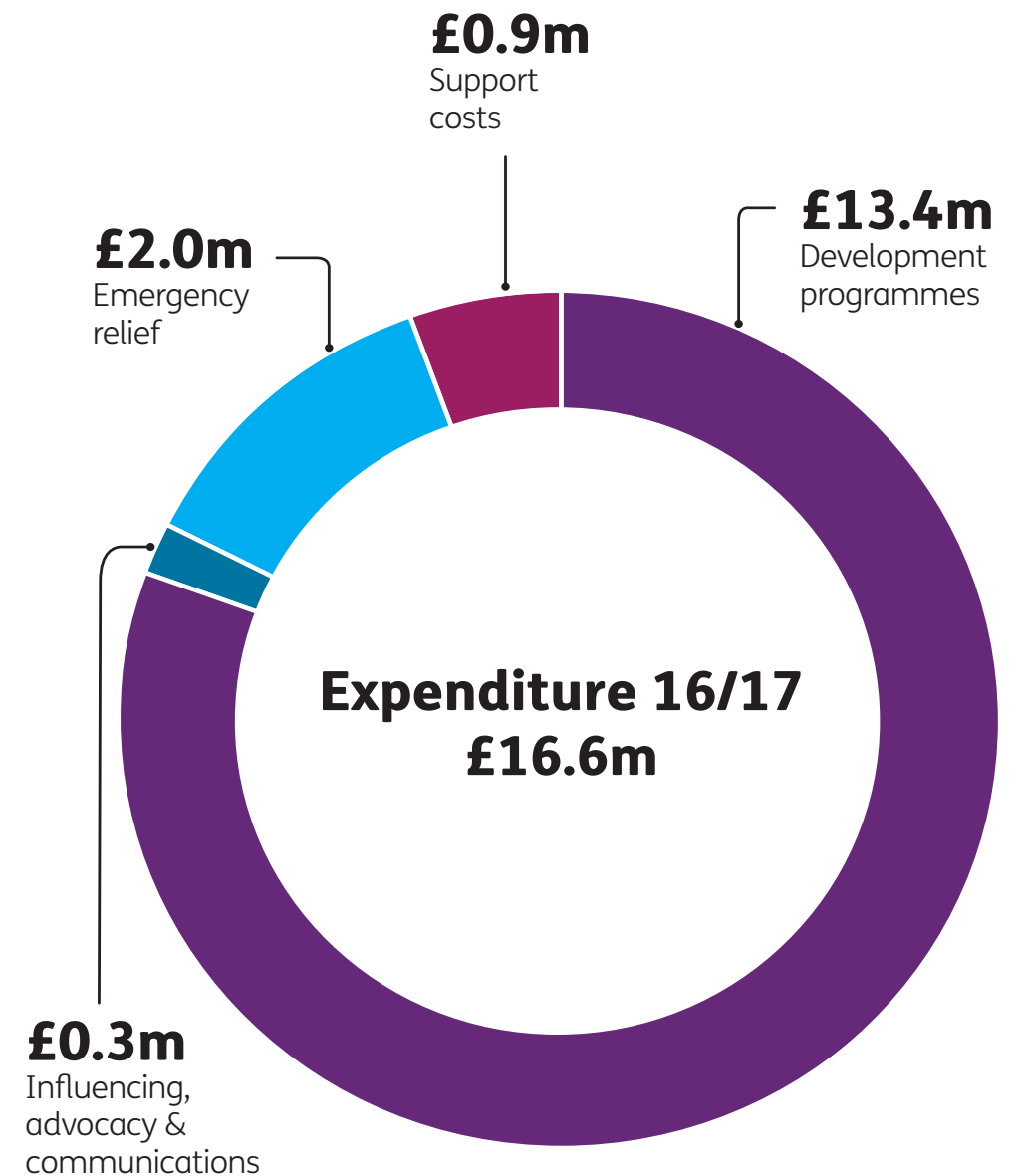
How we raised our money

Age International receives grants and donations from UK individuals, Age UK, and institutional, trust, and corporate donors.



How we spent our money

The majority of our income is spent on long-term development projects and emergency relief and disaster risk reduction work.



Support costs for 2016/17 were 5.4% of total expenditure

Our achievements in 2016/17

We'd like to share the words of some of the people with whom we work.



'My homecare volunteer visits four times a month. I'm so glad she comes – I feel stronger when she is here. I rely on her.'

Khin Ohn Cho, 79, Myanmar



'[The pension] is very important for me because I am sure of getting it no matter what. With fishing, I will sometimes come back empty handed, but with the pension I am sure I will always get it.'

Mambo Huwiss, 75, Zanzibar



'I enjoy being a volunteer [because] it makes me hopeful about living with HIV. Each time I counsel someone I give myself hope.'

Amielia, Volunteer, Mozambique



'I feel so blessed to have been helped by such caring people, and to feel love and support from people from faraway lands.'

Kul Bahadur, 80, Nepal



'I have enough income now and I am very happy to have my own business. Thank you for supporting older people and guiding them towards a happy life.'

Atta Muhammed, 60, Pakistan



'Now, I am really confident, because I know that with the scheme, I will earn money to care for my grandchildren, and to pay for their schooling.'

Theresa Monrovia, 55, Sierra Leone



'The glasses help me to see. I can walk around the village – and that's good for me because it means I can participate in community life now.'

Nyan Thein, 70, Myanmar



'I am very happy when I see older people. When they come in, we greet them, offer them a seat and they feel able to express how they feel to us [nurses]'

Naume Ngirazi, Nurse, Zimbabwe

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Tackling ageism

Ageism and age discrimination are prevalent around the world. Older people are often denied access to work, loans and healthcare, purely because of their age.

As a member of the HelpAge global network, we are part of a global movement that supports older people to stand up for their rights and put an end to ageism.

On 1 October - the International Day of Older People - we joined the United Nation's call to 'take a stand against ageism' by encouraging people and institutions everywhere to recognise and reject age discrimination, so older people across the world can live in safety and with dignity.


Age International supports older people to confront ageism and age discrimination by empowering them to stand up for their rights; as well as challenging common stereotypes about older people. We support thousands of Older People's Associations (OPAs) around the world to demand their rights with local, national and international authorities.

Fatma became the secretary of her local OPA in Pakistan; she received training on how to discuss older people's rights with local officials; and helped 60 older people to receive financial support from the government. 'Now we work together to solve our problems,' she says.

We also support Older Citizens' Monitoring Groups (OCMGs) to help monitor and evaluate policies and services to ensure that they are 'age-friendly' and take into account the needs and rights of people in later life.

403k

We supported 7,976 Older People's Associations (OPAs) with 403,000 members in 26 countries to stand up for their rights and voice their needs

 Older people in Nepal demonstrate against ageism

© Judith Escribano
Age International

Fighting famine in East Africa

In March 2017, following one of the worst droughts ever seen in the region, we launched our East Africa Crisis appeal to reach vulnerable older people in urgent need of food and water.

More than 20 million people faced starvation in East Africa. Older people were particularly vulnerable - some were left behind by families in search of water and others had to look after small children who were unable to make the journey.

We reached over 30,000 older people and their families in Ethiopia, Kenya and South Sudan. And we helped to train humanitarian staff on the needs and rights of older people so that they could reach more vulnerable people in later life.

In Ethiopia, we distributed cash transfers and vouchers to 2,400 households, and provided drought-resistant seeds to 2,000 older people so they could begin to rebuild their lives.

In Kenya, a livestock exchange scheme helped older people to sell their weak animals and use the money to buy food and water. We also gave out cash, so people could buy what they needed.

In South Sudan, we supported the formation of an Age and Disability task force to help ensure older people were prioritised by the government and by other humanitarian agencies working in the country.

276k

We provided emergency relief to 276,000 people in 13 countries in 2016/17

In Ethiopia, 89-year-old Saar receives food and seeds

© Anteneh Teshome
HelpAge Ethiopia





Better Health in Africa

Thanks to the support of the UK Government's Department for International Development (DFID), we continued to support a three-year health programme helping over 360,000 older people in Ethiopia, Mozambique, Tanzania and Zimbabwe.

Before the programme started, older people complained about not getting the healthcare they needed, due to a lack of availability, accessibility, affordability and adequacy of health services. In three of the four countries, there were no geriatricians at all, despite there being nine million older people in those four countries.

The Better Health programme is changing older people's attitudes towards the healthcare system, and the way health workers are treating older people at community and national levels.

1,768 health workers were taught about age-appropriate health and HIV services so they could provide better treatment to older people.

1,425 volunteer care workers were trained to carry out home-care visits to vulnerable older people, so they would feel less isolated.

And we produced a report on the key barriers older people face in accessing healthcare, with recommendations to help governments improve the healthcare they deliver to older people.

517k

Thanks to our support, 517,000 older people in 21 countries benefited from health and care projects



In Mozambique, Lorenzo carries out home-care visits to older people

© Amy Heritage
Age International



Towards a UN convention

Age International continues to make significant steps with our partners Age UK and HelpAge to broaden national and international support for a UN convention on the rights of older people. A convention would transform how governments across the world respond to global ageing, improving conditions for millions of people in later life.

In 2016/17, we continued to build support for a convention with the UK Government and UK parliamentarians, encouraging them to make sure that the UK is at the heart of making a UN convention a reality. We supported Baroness Anelay, the Minister of State for the Foreign & Commonwealth Office (FCO), to organise a cross-government meeting with a wide range of civil society organisations so they could understand the rights of older people and why a convention is necessary.

Working with civil society organisations from across the globe, we attended the UN Open-Ended Working Group on Ageing (OEWG) meeting in New York, where we pressed for more substantive talks to take place on what the rights of older people mean during the OEWG's next session in July 2017.

In order for a convention to be considered by the UN, support is necessary from at least 130 countries. Together with HelpAge, Age International is at the forefront of building a Global Alliance for the Rights of Older People (GAROP) to get UN member states on-board.

171k

171,000 older people were supported to prevent and respond to issues of violence and abuse



Elisha, from one of our local partners in Tanzania, attends the Open-Ended Working Group on Ageing (OEWG) in New York to speak about the importance of protecting and promoting the rights of older people

© Jemma Stovell
HelpAge International

Counting older people

In 2016/17, we continued to build a strong relationship with the UK Government to ensure that older people and ageing were embedded in its approach to the UN Sustainable Development Goals (SDGs) and its commitment to disaggregating data.

The SDGs make clear that older people are an integral part of international development, with ageing and older people reflected in 15 of the 17 goals. Improving the way we capture and analyse data about older women and men is fundamental for monitoring those goals and achieving one of the SDGs' core principles: 'Leave No One Behind'.

We helped the UK Government to produce a Data Disaggregation Action Plan, which sets out an ambitious agenda for improving the way data is gathered and analysed by age, sex and disability.

With our partner HelpAge, we supported the Department for International Development (DFID) to develop a better understanding of disaggregating data by age at two open events attended by organisations across the private, public and third sector.

Our engagement with DFID meant that we played an active role in the creation of the UN Statistical Agency Titchfield City Group on age and ageing data. The group will develop the tools to better disaggregate and analyse data by age in later life, and will encourage countries to do more to capture and understand the realities facing older people.

7,975

7,975 government and other agency staff were trained in the needs of older people



An older woman in Myanmar

© Robin Bath
Age International



Life-saving aid in Yemen

We ensured the needs of older people were not forgotten in the crisis in Yemen, one of the world's worst and least reported humanitarian emergencies.

After nearly two years of conflict, the humanitarian crisis in Yemen reached breaking point in December 2016. Over 20 million people were in need of emergency aid, including 1.68 million older people and two million people with disabilities, who were in desperate need of food, clean water and life-saving healthcare.

At least 600 health clinics closed due to damage caused by conflict, leaving older people with chronic illnesses and in need of regular medication particularly vulnerable.

In partnership with Intersos, we provided life-saving healthcare to more than 46,000 people living in conflict-affected communities and internally displaced people in three districts in Yemen. We also provided food to over 2,000 malnourished older people.

We ensured that three mobile medical units were able to transport doctors, nurses and medicine to remote areas in order to treat 50 patients a day. We also ensured that three hospitals were supplied with medication so older people with chronic illnesses - like hypertension, diabetes and cardiovascular disease - could be treated.

5.6m

5.6 million older people now benefit from better health and care thanks to government schemes and policies around the world



103-year-old Yemeni man

© Rod Waddington
CC BY





Small businesses in Pakistan

Thanks to the Big Lottery Fund (BLF), we supported work across 100 communities in Sindh Province, Pakistan, to empower older people to set up their own businesses and gain access to microcredit so they can support themselves and their families.

Older people are regularly refused loans and credit by banks, because of ageism. Many institutions believe that older people don't have skills worth investing in, forcing them to rely on loans with high interest rates or to take irregular or inappropriate work

We are helping to reduce poverty among marginalised older people by enabling them to access loans to improve their livelihoods and enhance their standing and voice within their communities.

We helped Atta start his own roof-making business by giving him a loan and business training; now his daily earnings have increased tenfold. Atta says, 'I have enough income now and I am very happy to have my own business. I am happily leading my family and am not stressed about my household expenses'.

Our work in Pakistan aims to tackle ageism and financial exclusion. We are empowering 5,000 older people in OPAs to engage in their district's decision-making and planning. As a result of OPA campaigning, the Sindh Assembly Senior Welfare Act was passed, so older people are now entitled to free health services and discounted medication.

60k

60,000 older people in 18 countries benefited from community-based income and food security projects



Atta prepares roof beds to sell at the market

© Abdul Hakeem Birohi
HelpAge Pakistan

Ebola recovery in Sierra Leone

We worked with our partners HelpAge and Restless Development to help communities in Sierra Leone to recover from the 2014 Ebola outbreak by supporting an intergenerational livelihoods recovery programme.

The aftermath of the Ebola outbreak left many communities devastated. Restrictions on movement across the country caused businesses to collapse; grandparents were left to care for orphaned grandchildren; and some people who survived the disease were excluded by their communities.

Youth volunteers delivered small business training to 1,700 older people, while older people trained younger people in industries such as fishing and community gardening. Savings and loan schemes were established within communities so that older people could set up businesses to support themselves and their communities.

An unexpected benefit of the programme was the improved relationship between younger and older people – they began to respect each other's experience and achievements and to no longer discriminate against the other group because of their age.

Theresa, a cassava cake-maker, said 'Anytime we have a meeting, the younger people come; they really admire the unity we have now and the fact that whatever we do, we do it in one voice.'

909k

Across the world, 909,000 older people were directly supported through community-based projects



Theresa harvests cassava to feed herself and her orphaned grandchildren

© Simon Rawles
Age International





East Africa's social pension

Our partner, HelpAge Tanzania, worked with the government of Zanzibar to introduce East Africa's first ever social pension. Now, anyone over the age of 70 is entitled to receive 20,000 Tanzanian shillings (£7.30) a month.

Only one in four older people living in low and middle-income countries receives a pension. Getting a pension can change an older person's life: it means they can leave a tiring job or start a new business and increase their standing in their families and communities.

We helped older people claim their pension by supporting the establishment of Older People's Associations (OPAs) across Zanzibar and spreading the word to older people about the pension. Older people were shown how to get birth certificates and ID so they could prove they were entitled to a pension, and we gave them tips on ways to invest their money, such as starting a small business.

Ernestina, an 88-year-old widow, was one of the first women to receive a pension in Zanzibar. She used the money to set up a small juice-selling business and is using the profits to send her grandchildren to school. She says 'I never expected this; I am now confident I am not a burden to anyone; I see a bright future for older people!'

Through continued campaigning, we hope that many other governments will create social pensions in their countries.

1.9m

Globally, 1.9 million more older people received a social pension in 2016/17 totaling £536m



Ernestina used her pension to set up her own business

© Kate Holt
Age International

Championing older women

In 2016/17, we pressed for women of all ages to have the right to economic empowerment and highlighted the critical role older women play in their household, in their community and in society as a whole.

Throughout their lives, women in low and middle-income countries find it difficult to get full-time jobs, formal work and pensions. As a result, women can reach later life in poverty, with little or no prospect of their situation improving. Many older women work as unpaid carers to support their families – an invisible contribution to the household economy.

Age International attended the 61st UN Commission on the Status of Women (CSW) to build awareness of the economic roles older women play. We argued that understanding older women's economic contributions as unpaid carers is essential for achieving the Sustainable Development Goal 5.4 to 'Recognise and value unpaid care and domestic work'.

We empower older women by providing them with ways to earn money; respite from care duties; and opportunities to enhance their voice within their communities. Duong Thi Man in Vietnam cares for her baby great-grandson and works on the family farm. We helped her to buy livestock and food for herself and her family. She says that without this support 'I would starve and be a burden on my family. The children would not listen to me and my situation would be much worse.'

5.4

The Sustainable Development Goal that recognises and values unpaid care and domestic work



Daw Thain Si cares for her two grandchildren so her daughter can work

© David Levene
The Guardian



Thank you

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

| | |
|--|------------------------------|
| Age UK | Evan Cornish Foundation |
| Allen & Overy | Kennedys |
| Beatrice Laing Foundation | Legal & General |
| Big Lottery Fund (BLF) | Park House Charitable Trust |
| Common Humanitarian Fund (CHF) | Prudential plc |
| Darfur Community Peace and Stability Fund | The Rhododendron Trust |
| Department for International Development (DFID) – UK Aid | Ulverscroft Charitable Trust |
| D G Charitable Settlement | UNHCR |
| Disasters Emergency Committee (DEC) | UNOCHA |
| European Commission (EC) | UNOPS-LIFT |
| | Welland Charitable Trust |
| | Will Charitable Trust |

We would also like to thank many individuals in the UK who supported our emergency appeals and our longer term programmes.

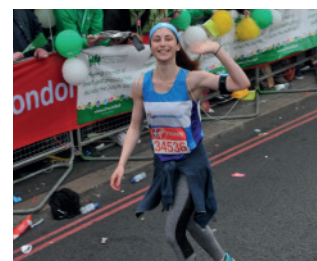
Thank you. Together, we can achieve so much with older people worldwide.

We'd love your support



Write to your MP

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 policy@ageinternational.org.uk



Raise funds for us

Organise a fundraising event or set up a Just Giving page. For inspiration, please visit www.justgiving.com/ageinternational. To receive fundraising materials, please email fundraising@ageinternational.org.uk



Tell others about our work

Like us on Facebook and follow us on Twitter (@age_int) and LinkedIn. Share our videos on YouTube. And sign up to receive emails from us at www.ageinternational.org.uk/signup



Make a donation

Whether you give a single gift, commit to a regular donation, donate to a specific appeal, or choose to leave us a legacy - you will have a tremendous impact on the lives of older people. www.ageinternational.org.uk/donate



Become our partner

Are you looking for a Charity of the Year partnership? Are you a trust looking to make difference? Would you like to support our invaluable work? If so, write to us at fundraising@ageinternational.org.uk

Age International is a charity dedicated to the needs and rights of older people in developing countries. It is a subsidiary charity of Age UK, the UK member of the HelpAge global network and a member of 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.

Age International

Tavis House
1-6 Tavistock Square
London WC1H 9NA

0800 032 0699

www.ageinternational.org.uk

contact@ageinternational.org.uk

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