

# GERIATRIC RESPITE CARE FOUNDATION-UGANDA

## *Strategic plan 2025*

### Status of Older Persons in Uganda

Uganda is experiencing a steady increase in its population of older persons. According to the Uganda Bureau of Statistics (UBOS) Census Report 2024, there are approximately 2.3 million older Ugandans, representing 5% of the total population of 45.9 million. This number is expected to grow significantly due to improvement in life expectancy and healthier access.

**Who we are:** Geriatric Respite Care Foundation Uganda (GRCF-U) is registered age care Foundation, established with a vision supporting and caring for older persons to live in a secure and dignified inclusive environment that fights violence and ageism for Healthy, Active and Positive Ageing.

**Mission Statement:** “To influence policy makers adopt Geriatrics, Palliative care for older Persons, Dementia care, training careers and providing access to safe high quality community based healthcare as well as expanding existing services that are integrated into the communities of Uganda”.

**Strategic Goal:** Creating communities where everyone looks forward to growing older with high quality of life, dignity, respect, independence and having quite mature people at the Centre of decision of their care with better age care experiences.

**What do you do?:** GRCF-U give a voice to older persons at every stage of their age care journey through four thematic areas: -

- ❖ Advocacy seeking to influence policy makers to adopt policies to ensure availability of Geriatrics, Palliative and Dementia care as well as rights of older persons.
- ❖ Education and Training programs to equip the public, family caregivers and professional caregivers with strategies to meet the growing demand of age – friendly caregivers that can apply skills to enrich lives of older persons.
- ❖ Provide Community Long Term Care (LTC) aiming to keep older persons in their own homes to meet their individual preferences that fit with financial needs.

**“Let the old live and Leave with Dignity”**

*Please contact us on*

P.O. Box 2882 Kampala Uganda | Tel: +256 772 522 138, +256 756 159 128, +256 776 404 520 | Email:geriatricrespitufug@gmail.com

# GERIATRIC RESPITE CARE FOUNDATION-UGANDA

## *Strategic plan 2025*

- ❖ Community Engagement with Age-friendly initiatives such as access to WASH programs, food and Nutrition programs, Digital health Services and fitness for life to reduce on isolation / loneness.

### *Our Focus areas 2025-2027*

Despite older persons increasing numbers and immense contributions to the society including wealth creation, agricultural productivity, child care (especially for orphans) and preservation of cultural heritage, older Ugandans face numeracy challenges. There is limited access to geriatrics as there are almost no geriatric specialists in the country and access to the exiting health services is a still a challenge to majority of older persons, 44.6% are poor and live in poor households living below US\$1.90 a day, which means there is an avoidable suffering and pain countrywide due to the absence of Geriatrics, Palliative Care for older persons, Dementia care services, Long Term Care Systems for older persons, Advocacy programs, Education and Training of careers, supporting older persons. There is no active participation in all areas such as digital and physical activities, Water, Sanitation and Hygiene to improve well-being and reduce unnecessary suffering that currently leads to lack of respect / Elder abuse among the youth. To meet the high quality lives, with dignity and respect, GRCF-U is prioritizing on the following areas come this year 2025-2027.

### *Priorities*

*Priority 1. GRCF-U would like for your support to:* **Save Older Persons with Water and Sanitation Program**

#### **Community Age-friendly initiatives**

We will do:

- Continue providing water purifiers to older persons to access safe drinkable water in Kampala and Wakiso districts
- Continue upgrading pit latrines to improve life style of older persons who can't squat on pit latrines.
- Educate older persons on Sanitation and Hygiene.

***"Let the old live and Leave with Dignity"***

*Please contact us on*

P.O. Box 2882 Kampala Uganda | Tel: +256 772 522 138, +256 756 159 128, +256 776 404 520 | Email:geriatricrespitufug@gmail.com

# GERIATRIC RESPITE CARE FOUNDATION-UGANDA

## Strategic plan 2025

Main activities	What we want to achieve / Results	Budget USD	Timeframe
<ul style="list-style-type: none"> <li>Boast the upgrade of pit latrines to improve life style of older persons who can't squat on pit latrines.</li> <li>Boast the provision of Water Purifiers to older persons to access safe drinkable water.</li> <li>Sensitize older persons on personal hygiene and Care programs</li> </ul>	<ul style="list-style-type: none"> <li>Improve sanitation conditions by reducing on the use of buckets as toilets in homes with poor hygiene among older Ugandans</li> <li>To reduce on the low pit latrine coverage, which are also not age - friendly as older persons have squatting problems.</li> <li>Provide access to safe drinking water to older persons and their families especially the grandchildren.</li> <li>Hygiene practices and routines in older person's homes</li> </ul>	\$3000	Run between August- 2025 – May 2026

Priority 2. GRCF-U would like for your support for: **Digital Health Care for Self-Management**

### Community Long Term Care

We will:

- Organize older persons meeting to understand the types of medical technology devices that can be used to support and improve their quality of life given proper guidance.
- Mobilize 24 older persons to participate in a semi- structured interview regarding their perception of using medical digital devices for health with an emphasis to understand the effectiveness of technology for self- management while at home.
- Buy and distribute medical devices to family careers and older persons to live as independently as possible.

**"Let the old live and Leave with Dignity"**

Please contact us on

P.O. Box 2882 Kampala Uganda | Tel: +256 772 522 138, +256 756 159 128, +256 776 404 520 | Email:geriatricrespitufug@gmail.com

# GERIATRIC RESPITE CARE FOUNDATION-UGANDA

## Strategic plan 2025

<ul style="list-style-type: none"> <li>• Give and train Long Term Care providers/ the Community Geriatric Health Advocates on the use of medical digital devices to support the isolated and the frail to monitor the effectiveness of the devices</li> <li>• Enroll and train new community caregivers to deliver high quality of care to older persons who need it.</li> </ul>			
Main Activities	What we want to achieve / Results	Budget USD	Timeframe
<ul style="list-style-type: none"> <li>• Organize meeting of older persons to understand how technology through self – management can reduce Non –Communicable Diseases (NCDs) that account for 75% of all death of older persons in Uganda.</li> <li>• Organize a semi- structured interview on the perception of older persons using Digital for health at home.</li> <li>• Buy and distribute medical digital devices / Health Kit to both older persons and caregivers</li> <li>• Train family caregivers as Community Health Advocates on proper use of medical digital devices and care.</li> </ul>	<ul style="list-style-type: none"> <li>• Unlock and change the stereotype older persons have over digital health devices so that they monitor their health independently at home.</li> <li>• An interview transcripts results report analyzed in-depth thematic causes of either positive or negative attitude on the use of medical digital devices.</li> <li>• Reduce death of older persons with NCDs</li> <li>• Having a knowledgeable group of people in communities supporting older persons who can record, refer or advise to change their attitude towards technologies, since it's convenient to access health care and safety provided by the technology.</li> <li>• Communities with age-friendly caregivers</li> </ul>	\$3500	April 2025 – January 2026

**“Let the old live and Leave with Dignity”**

*Please contact us on*

P.O. Box 2882 Kampala Uganda | Tel: +256 772 522 138, +256 756 159 128, +256 776 404 520 | Email:geriatricrespitefug@gmail.com

# GERIATRIC RESPITE CARE FOUNDATION-UGANDA

## Strategic plan 2025

Priority 3. GRCF-U would like for your support of: **Come out and Play for Healthy Ageing**

**To mark this year's 2025 UN International Day for Older Persons IDOP**

**Community age-friendly initiative**

We will:

Promote physical activities that maintain the well-being and physical fitness of older persons and young people as a source of relaxation, exercise, and joy while leading many towards healthy and active lifestyles as well as helping our Nation Uganda make progress in the workforce for development.

Main activities	What we want to achieve / Results	Budget USD	Timeframe
<ul style="list-style-type: none"><li>Mobilize small groups of older men and women with their grandchildren and equipment that inspires older persons to be playful, do exercise on daily basis for healthy ageing.</li><li>Transport them to and from their communities to the sports ground /event to socialize, have fun a week before we mark 2026 year's IDOP</li><li>Develop playground equipment and acts for older persons</li><li>Organize Sports Day / Event for both older men and women as well as giving awards.</li></ul>	<ul style="list-style-type: none"><li>To cuts down on stress, anxiety, isolation, loneliness and depression. As well as promoting social interaction with intergeneration.</li><li>An indirect promotion of older persons health to increase the continuation of participation, independence, recovering from illness more quickly, reduce the risk of getting a chronic disease, and preventing falls in addition, hence meeting the Sustainable Development Goals (SDGs), Madrid Action Plan on Ageing (MIPPA), Decade of healthy Ageing 2020-2030 and to Leave No One Behind.</li></ul>	\$4000	Jan - Nov 2026

**"Let the old live and Leave with Dignity"**

*Please contact us on*

P.O. Box 2882 Kampala Uganda | Tel: +256 772 522 138, +256 756 159 128, +256 776 404 520 | Email:geriatricrespitufug@gmail.com

# GERIATRIC RESPITE CARE FOUNDATION-UGANDA

## Strategic plan 2025

	<ul style="list-style-type: none"> <li>Owning a playground, equipment, exercises and games for older persons in Uganda.</li> </ul>		
<p><b>Priority 4. GRCF-U would like for your support to: Hold a 2 days 1<sup>st</sup> Gerontology and Geriatric Conference</b></p> <p style="text-align: center;"><b><u>Advocacy</u></b></p> <p>We will:</p> <ul style="list-style-type: none"> <li>Seek influence of policy makers to adopt policies to ensure availability of Geriatrics, Palliative care for older person and Dementia care as well as calling the government of Uganda to take action for good and quality Long Term Care to assist older persons and family members.</li> <li>Raise massive awareness on the rights of older persons, ageism and age discrimination to the general public</li> <li>Create strategies of meeting the growing demand of age-friendly caregivers to the ageing population. Will be key a priority through the conference</li> </ul>			
Main activity	What we want to achieve / Results	Budget USD	Timeframe
<ul style="list-style-type: none"> <li>Develop a conference website</li> <li>Avail conference information such as</li> <li>Conference theme, tracks/ thematic areas for discussion.</li> <li>Mode of conference delivery</li> <li>Important dates and mode of registration to delegates</li> <li>Attending the conference</li> </ul>	<ul style="list-style-type: none"> <li>To provide an opportunity to showcase scientific and program work carried out by different individuals and age care organization and institutions in Uganda /East Africa</li> <li>To share strategies for standardization of ageing issues especially, geriatrics and Long Term Care across Uganda</li> <li>To document resources available for Gerontology, Geriatrics, Palliative and</li> </ul>	\$8,000	January 2026- Sept 2027

**"Let the old live and Leave with Dignity"**

*Please contact us on*

P.O. Box 2882 Kampala Uganda | Tel: +256 772 522 138, +256 756 159 128, +256 776 404 520 | Email:geriatricrespitufug@gmail.com

# GERIATRIC RESPITE CARE FOUNDATION-UGANDA

## *Strategic plan 2025*

	<p>Dementia care, research, and trainings in Uganda.</p> <ul style="list-style-type: none"><li>• To identify gaps and priorities for improved access to age care in our communities</li><li>• To promote collaborative work on Geriatrics, Palliative and Dementia care among participating national, regional and international institutions</li></ul>		
--	---	--	--

### **ABBREVIATIONS**

- ❖ NCDs : Non Communicable Diseases
- ❖ GRCF-U: Geriatric Respite Care Foundation Uganda
- ❖ CLTC: Community Long Term Care
- ❖ SDGs: Sustainable Development Goals
- ❖ MIPPA: Madrid Action Plan on Ageing
- ❖ UNIDOP: United Nations International Day of Older Persons
- ❖ WASH: Water Sanitation and Hygiene
- ❖ UBOS: Uganda Bureau of Statistics

***“Let the old live and Leave with Dignity”***

*Please contact us on*

P.O. Box 2882 Kampala Uganda | Tel: +256 772 522 138, +256 756 159 128, +256 776 404 520 | Email:geriatricrespitufug@gmail.com