

VOICE OF SENIOR CITIZENS

Photo credit: Ania Blazejewska



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Ageing Nepal
PROUD TO BE OLD



VOICE OF SENIOR CITIZENS

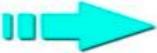
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AGEING IN NEPALI PRESS, DECEMBER 1-31, 2012

DEVELOPMENT

An attempt to withdraw from responsibilities

Gporkhapatra

Kathmandu, December 2, 2012

The old age home located at the Pashupati Temple area is the only elderly home of its kind fully run by the government providing shelter to 230 abandoned senior citizens above the age of 65. The Under-secretary of the Ministry of Women Children and Social Welfare (MoWCSW) Mr. Suresh Shrestha has informed that the existing home was environmentally unfriendly and narrow and that, the government has decided to shift the elderly shelters to a new home proposed to be constructed near Ram Mandir Temple across the Bagmati River. It has also been declared that government has prepared itself to withdraw from managerial and operational responsibilities to transfer them to the private sector. The decision was made to minimize the growing irregularities and resource corruption. Government has also proposed to run senior citizens old age homes in five development regions under the management and supervision of private sector. Likewise, old age homes that are under operation in Dhankuta, Kathmandu, Pokhara, Banke, Kanchanpur, Tanahu, Syangja and Gulmi are annually being assisted with a sum of Nepalese Rs 1million (11,428.57 US\$) totaling the number of beneficiaries to 575.

SOCIAL SUPPORT

Elderly felicitated

During the month of December 2012, 3 programs have been organised to felicitate senior citizens as given in the table below:

S.N.	No. of elders felicitated	Age	Sex	Address	By whom	Where	When December(2012)\occasion	Source
1	230	60+	NA	Pashupati OAH	Students of KMC School	Kathmandu	9 th	AP
2	NA	60+	NA	Ram Janaki OAH	Raktamala Reporting Club	Sunsari	23 rd	SP
3	NA	NA	NA	Sudhama OAH	Yagya Prasad Subedi	Bardiya	29 th , Annual Ceremony of OAH	GP

Note: AP= Annapurna Post, GP= Gorkhapatra, NA= Not Available, SP=Samacharpatra, OAH=Old Age Home

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Reconciliation after 32 years

Annapurna Post

Kathmandu, December 18, 2012

Mr. Chandra Prasad Upadhy (86) and Ms. Bhairabi Pant (85), residents of Nalang in Dhading are cousins. They came to Supreme Court as opposing parties because of financial conflict ongoing between them. Both of them cannot walk without the help of stick. Their unsolved case, which was first filed in 2008 at the District Court of Dhading, was referred to compromising department of the Supreme Court. However, the negotiation attempt between them was unsuccessful and their conflict remained unsolved. After 32 years of prolonged conflict, reconciliation between two has finally been possible.

Water source donated to OAH

Gorkhapatra

Ramechhap, December 19, 2012

A local senior citizen Mr. Kedar Prasad Ghimire donated his own private land which was the source of water supply to Sahara Old Age Home at Manthali in Ramechhap district. Mr. Ghimire was touched by the fact when he came to know that lack of water had obstructed the ongoing construction work of the OAH. President of the home Mr. Krishna Prasad Dhungel said that the significant contribution made by Ghimire had solved their problem.

Support provided

A total of 4 OAHs received support in the month of December 2012. Details are as follows:

S.N.	Supporter	To whom	Reason	What	How much	When	Where	Source
1	Mina Karmacharya	OAH	Support to elder	Land	Rs 2,200,000	23 rd (in Memory of her husband)	Pokhara	AP
2	Shyam Manandhar President of Raktamala club	OAH	Support	Consumable goods	NA	23 rd	Sunsari	SP
3	Min Prasad Gurung	Mother Home	Social Support	Money	Rs.20,025	26 th (84 th Birthday of Min Prasad Gurung)	Kathmandu	AP
4	Lil Bahadur Gurung	Mother Home	Support	Money	Rs.25,500	28 th	Kathmandu	KD

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SOCIAL SECURITY

VDC secretaries found involved in fraud

Annapurna Post

Itahari, December 10, 2012

Secretaries of Village Development Committees (VDCs) of Sunsari district have been found using fake data for forging Social Security Allowances (SSA) meant for the senior citizens including that of single women, people with disability and endangered ethnic groups. The secretaries were found to have already misappropriated the allowances in the name of dead persons, migrants and persons who missed to collect their amount in time. After several public complaints, District Development Committee (DDC) investigated the cases and the ongoing malpractice was revealed at last.

OAA donated

Annapurna Post

Kathmandu, December 16, 2012

Mr. Dibya Mani Dixit (age 72) of Chandol and Min Bahadur Shrestha (age 70) of Bagbazar donated their OAA to Mr. Prem Sagar Karmacharya, President of Blood Donation Community. The amount donated as remarked by Mr. Radha Krishna Tandukar, Secretary of the Community, was an example of encouragement to continue such welfare activities in the coming days.

Sunsari district misusing Social Security Allowance

Annapurna Post

Itahari, December 28, 2012

An investigation made by DDC of Sunsari district declared that a sum of rupees 8,300,000 was misused every year in the district. The evidence was presented at the district level press-meet exposing the responsible five VDCs namely, Mahendranagar, Bharouli, Bishnupaduka, Pakli and Dumraha.

Distribution of Social Security Allowance

Annapurna Post

Kavre, December 30, 2012

District Development Committee (DDC) of Kavre distributed Rs 5,000,000 in the form of Social Security Allowances (SSA) within four months. Altogether 25,801 people were benefited, wherein 1348 were senior citizens of 70 (years) or above and 170 Dalit of 60 (years) or above. They have been receiving Rs 500 monthly in the form of SSA as specified by the government.

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HEALTH

Inflow of patients in local hospitals

Gorkhapatra

Kathmandu, December 28, 2012

The number of patients has unexpectedly increased by 50 percent in many hospitals unlike the past. It has been felt that the change has been brought about by the changing climatic conditions affecting the children and the elderly, the most vulnerable groups.

ADVOCACY

Who love their parents most?

Annapurna Post

Kathmandu, December 21, 2012

Sankalpa Nepal released its report on status of human rights of the senior citizens in Nepal in an interaction program organized in Kathmandu. The report is based on the study conducted in different parts of Nepal. Participants of the program included political leaders, representatives from the concerned governmental and non-governmental bodies and other stake holders. Some of the key findings presented in the program include: elderly in rural area, particularly in the Tharu community, getting much respect from their offspring as compared to others in the urban area; most of the OAH residents are from well- to- do families; almost (80%) of the elderly stay with their own offspring, 3% stays with their daughters and the rest of 17% stays at home as the family head. The study revealed that 23% of the OAHs are being partially or fully supported by government while 38% are supported by religious organizations, 12% from the help centers and 15% from cooperatives.

Mass awareness necessary

Gorkhapatra

Kathmandu, December 22, 2012

Sankalpa Nepal, an NGO organised a programme in Kathmandu on social security and human rights of the senior citizens. Majority of participants in the programme mentioned that people need to have positive attitude towards senior citizens, demanding for mass awareness. All the government and concerned bodies need to focus on building mass awareness campaign about ageing issues.

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ACTIVE AGEING

Elderly saved the culture

Annapurna Post

Rajbiraj, December 7, 2012

A 77 year old Mr. Mo Oli Pamariya, resident of Rajbiraj says that, his love for music and culture is inseparable from his life. Despite his poor eyesight, he keeps on singing Badhiya and playing Dholaki (a musical instrument). Badhiya is a popular folk song of Mithila community, which is very commonly performed during marriage, birth and other ceremonies. Mr. Mo started this profession when he was five years of age.

His is getting support from his 11 year old grandson since his eyes got serious injury close to blindness. He has covered many parts of Nepal and India performing the art and believes that his way of performance is the true process of saving Nepali culture and tradition.

Elderly committed to the preservation of traditional culture

Gorkhapatra

Palpa, December 27, 2012

The elderly community of Palpa district has keenly shown their interest and took initiation in protecting the traditional cultural songs as opposed to the growing distortions. This was to attract the interest of young generation in preventing the traditional culture deeply rooted in the Nepali folk-hearts to which youths have shown less interest. From time to time the elderly of the district have been organizing various such programmes including the religious activities.

In the context of such programmes, the Chairman of the Community Mr. Brahmashekhar Bajracharya (76 years) gave emphasis on the importance of traditional songs that have historical and cultural importance. Accordingly, Deputy Chairman Mr. Krishna Shakya also focused on the initiation in saving the folk-culture related to Maithili, Newari and Hindu communities.

RIGHTS

Citizenship at the age of 70s

Kantipur

Sindhupalchowk, December 13, 2012

The mother of five children Mrs. Sandoma Sherpa was enthralled with happiness when she received the citizenship certificate at the age of 70, which she never had dreamt of being legally certified as the Nepalese citizen-her national identity. She got her certificate through mobile camp organised by CDO of Sindupalchowk district. Before that as her husband remained sick for years, she had no hope for acquiring it. About 182 residents were provided with citizenship certificate. All the villagers were pleased to welcome The Chief District Officer in their village.

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ELDER ABUSE

Conflict between grandfather and grandson

Samacharpatra

Sarlahi, December 11, 2012

A severe conflict grew to a maximum height between Phoolbabu Mikranim (grandfather) and Dilshad Ahmed (grandson) on issues of property concern. Luckily, their conflict ended with general injuries. As reported by Sub-inspector Mr. Ram Prasad Shrestha, they were caught and taken to nearby clinic for treatment. They were the residents of Bhadasar-6, Sarlahi district.

Mother-in-law dashed to death

Nepalsamacharpatra

Siraha, December 11, 2012

60 year old Panchi Devi Mukhiya, a resident of Lagadigoath-4, Siraha district was dashed to death by her daughter-in-law. They had a fight over a family marriage affair, as the villagers reported. Offender has been taken into police custody.

Woman fed with urine and stool

Nepal Samacharpatra

Kavre, December 31, 2012

78 year old Ms. Setimaya Mizar, a resident of Mahadevsthan-3, Kavre district, has been blamed for practising witchcraft by her own family members and neighbours. She was fed with urine and stool and expelled from the village. Then, she started begging in the streets of Kathmandu.

Having been reported about the case, Village Paralegal Committee brought Setimaya and protected her in their rescue home. After 3 months, she was returned to her marital home. However, she could not reunite in the family, her daughter-in-law looted all her Social Security Allowance and again she was conditioned to beg for help. Sympathizing over the pathetic situation, the committee brought her back under their supervision, according to Ms. Ambika Hamal, Secretary of the Committee.

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NEGLECT

Unattended death

Altogether 19 elderly died of various reasons in the months of December 2012. Details are given below. (Source: Ageing Nepal)

S.N.	Name	Age	Sex	Place	When	Cause
1.	Dhana Thapa	66	M	Bardiya	7 th	Drowning
2.	Dharta Gurung	65	M	Magdi	7 th	Drowning
3.	Unidentified	60	M	Kathmandu	7 th	Unidentified
4.	Tekha Kumal	71	M	Jajarkot	10 th	Fell off
5.	Nandaram Daagi	60	M	Surkhet	12 th	Unidentified
6.	Bhim Prasad Wagla	70	M	Kavre	19 th	Drowning
7.	Unidentified	60	M	Banke	22 nd	Unidentified
8.	Unidentified	65	M	Kanchanpur	23 rd	Unidentified
9.	Surendra Bahadur Kafle	60	M	Jhapa	25 th	Drowning
10.	Thulo Kancha Pariyar	70	M	Bhaktapur	27 th	Fell off
11.	Unidentified	60	M	Nabwalparasi	29 th	Unidentified
12.	Ham maya Bhandari	72	F	Jhapa	30 th	Burnt
13.	Kancha Lama	60	M	Lalitpur	30 th	Fell off Tree
14.	Man Bahadur Chaudhari	60	M	Dang	30 th	Fell off roof
15.	Aitaashova Rai	75	F	Morang	30 th	Unidentified

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ELDERS IN CRIME

A total of 5 senior citizens were found dead in different parts of the country. Details are tabled below: (Source: AN=Ageing Nepal)

S.N	Name	Age	Sex	Address	Crime Involve	Date	Source
1	Kanaiya Giri	65	Male	Parsha	Cannabis (marijuana) trafficking	5 th	AN
2	Chhatra Bahadur Rooka	60	Male	Sunsari	Attempt to murder	5 th	AN
3	Maagi Devi	70	Female	Parsa	Cannabis (marijuana) trafficking	20 th	AN
4	Tika Ram Desa	60	Male	Banke	Attempt to murder	21 st	AN
5	Til Bahadur Rai	71	Male	Morang	Murder	26 th	AN

CLIMATE

Death of elderly due to cold

Altogether 9 elderly died of cold in the month of December 2012. Details are given below:

S.N	Name	Age	Age	Where	When	Source
1.	Geelabidevi Sanyasi	82	F	Mohatari	19 th	AN
2.	Mishri Yadav	75	M	Mohatari	29 th	AN
3.	Ram Breksha Paswan	80	M	Bardibash	27 th	GP
4.	Tulsi Chaudhari	60	M	Rautahat	27 th	AP
5.	Sano Devi Mahara	70	F	Siraha	30 th	AP
6.	Unidentified	Unidentified	M	Damauli	30 th	GP
7.	Fakani Mandel	67	F	Siraha	30 th	AP
8.	Laxmi Devi Mandel	72	F	Siraha	30 th	AP
9.	Mithila Mandel	60	F	Siraha	30 th	AP
10.	Kaeli Devi Mandel	70	F	Siraha	30 th	AP
11.	Takman Singh	72	M	Rautahat	31 st	AP

Note: AN= Aging Nepal, AP=Annapurnapost, GP=Gorkhapatra

MISSING

Elderly missing

Kantipur Daily

Nawalparasi, December 21, 2012

Resident of Gallamandi Mr. Ram Harak Kahar, 75, has been missing from his place of residence. The case has been reported to the District Police Office by Mr. Dhurba Kahar, son of Mr. Ram when he could not get any information from his relatives. He filed the case demanding for an immediate search.

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OPINION

Growing migration burdening load to elderly

Nepal Samacharpatra

Siraha, December 9, 2012

Phiroj Siddiki

Job opportunity plays vital role in an individual's life and the lack of it in ones own native land leads to a forceful migration in search of a job in an alien land. Youths from the village and town have been migrating to foreign countries in search of job. Since a large number of people are out-going, a vacuum has been created leaving not only their parents behind, but also the some total responsibilities. The parents, who need their children to look after them during old age instead, have to look after their household, fields and other family matters. Similar are the stories in Siraha says Phiroj Siddiki.

Popularising the issues of Senior Citizens

Gorkhapatra

Narad Gautam, December 29, 2012

Agro-Economist and a noted satirist Mr. Krishna Murari Gautam, who goes by the pen name of Chattyang Master, is being increasingly recognized as an expert working on ageing issues of Nepal. As an expert on the subject, he has written & published many books in Nepali on various aspects of senior citizens, for example, Introduction to old age, Dementia, Life of Elderly in Nepali Society, Managing Old Age and so on, the only sets available on ageing issues. Ageing Nepal – an NGO founded by Mr. Gautam ventures to create awareness on issues posing threat to living a dignified life of which they have rightful claim. The objective is also to influence the government policies and programs that recognize the specific needs of ageing populations. So more of the journalists should start including the issue of senior citizens in their work.

Population ageing can no longer be ignored. Globally, the proportion of older persons is growing at a faster rate than the general population. This reflects tremendous and welcome advances in health and overall quality of life in societies across the world. But the social and economic implications of this phenomenon are profound, extending far beyond the individual older person and the immediate family, touching broader society and the global community in unprecedented ways. On the positive side, population ageing has opened up new markets and brought us more experienced workers, a growing cadre of custodians of culture, and caregivers of grandchildren.

UN, The Sectary-General, Ban Ki-moon

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BANGLADESH

Senior citizens urge united struggle against sectarian violence

New Age Bangladesh

December 23, 2012

Intellectuals and politicians on Sunday called on the people and stakeholders concerned to wage united struggle against any kind of sectarian violence. At the daylong National Conference against Sectarianism convened by 15 senior citizens at Mahanagar Natyamancha in the capital, they demanded an expeditious trial of the war crimes. The conference adopted a declaration that demanded implementing the four basic principles of the constitution — democracy, nationalism, secularism and socialism — in every sphere of national life. Read more: <http://newagebd.com/detail.php?date=2012-12-24&nid=34412#.UO5hQnnkhS8>

Senior citizens need added medi-aids

The New Nation

Masum Billah

The problems faced by the elderly citizens of the country have been increasing gradually with their far reaching consequences. The world is aging fast and so is Bangladesh. Unlike developing nations Bangladesh increasingly faces difficulties supporting her older population. 6.5 percent people of our total population are old. In most developing countries the elderly live at the bottom of the elderly socio-economic strata. Older women, in particular, confront harsh conditions. Women usually take care of their children and family, an activity that puts them in a disadvantaged position when older. Many people in the developing world hold informal jobs or work without ways in rural area. As an Asian country Bangladesh has a long culture and religious tradition of looking after the elderly and it is expected that families and communities will care for their own elderly members. But rapid socio-economic and demographic transitions, mass poverty, changing social and religious values, influence of western culture and other factors, have broken down the traditional extended family and community care system. Read more: <http://thenewnationbd.com/newsdetails.aspx?newsid=45474>

Bangladesh: Cold Wave

Relief Web, December 2012

A cold wave struck the northern districts of the sub-Himalayan regions of Bangladesh, claiming more than 72 lives since mid-December 2012. The number of pneumonia and diarrhoeal patients, mostly older population and children, continues to increase. The cold wave has also caused crop and other natural resource losses, which will have a longer term negative impact on the economic situation of the country. The communities in the north were already affected by seasonal flood three times in 2012 and are now left with limited financial resources to purchase any materials to deal with the cold.

(IFRC, 4 Jan 2013). Read more: <http://reliefweb.int/disaster/cw-2013-000001-bgd>

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CHINA

Lawmakers back plan to fast-track old age payments

December 7, 2012

Lawmakers on Friday endorsed funding to open new posts to handle the proposed old age living allowance, a move that would likely make over-due payments to 290,000 senior citizens available by April next year. The move saw the end of a 29-hour series of discussions held by the Legislative Council finance committee which had met seven times since October.

The twist came as the government withdrew a previous funding request at Friday's meeting and submitted a new request for some HK\$23 million in funding for the creation of about 90 posts in the Social Welfare Department to prepare for the launch of the old age living allowance as early as next April. The committee endorsed the funding requests, with a vote of 24-3. Three abstained.

Read more: <http://www.scmp.com/news/hong-kong/article/1100158/lawmakers-back-plans-fast-track-old-age-allowance-payments>

Mental Abilities in Older People Retained and Even Improved by Aerobic Exercise

Senior journal

December 13, 2012

New research has found that older people can retain and even improve certain mental abilities through aerobic exercise, including mental tasks associated with driving. Particular aspects of cognitive function such as task switching, selective attention and working memory among others, all appear to benefit from aerobic exercise.

Studies in older adults reviewed by the researchers consistently found that fitter individuals scored better in mental tests than their unfit peers. In addition, intervention studies found scores in mental tests improved in participants who were assigned to an aerobic exercise regimen compared to those assigned to stretch and tone classes.

Read more: http://seniorjournal.com/NEWS/Fitness/2012/20121213-Mental_Abilities_in_Older_People.htm

Family members should visit relatives: China

A F P

Beijing, December 29, 2012

China has passed a new law stipulating that family members should pay regular visit to their elderly relatives, According to the government's official website. The ruling, approved by China's Nationals People's Congress on Friday, is part of a package of amendments to the protection of rights and interests of the Elderly legislation and will come into force on July 1, 2013.

Read more: <http://timesofindia.indiatimes.com/world/china/China-law-says-family-members-must-visit-elderly-relatives/articleshow/17805432.cms>

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INDIA

Big Pharma plans to tap healthy ageing business

Times of India

Mumbai, December 10, 2012

Faced with shrinking pipelines and few blockbuster drugs, companies are drawing up fresh strategies to tap new segments and grow revenues. Big Pharma is now chasing research and development to fulfill unmet medical needs and tackle diseases of particular demographics, in terms of age or gender, as against channelizing it into specific therapy areas. The next big healthcare challenge is to identify and support age-related diseases and their prevention.

While Sanofi recently set up a separate division that is driving research on drugs meant for the elderly, Pfizer has readied a pipeline specifically catering to 'healthy ageing', or ageing well. Read more: <http://timesofindia.indiatimes.com/business/india-business/Big-Pharma-plans-to-tap-healthy-ageing-business/articleshow/17550603.cms>

Indians living longer, but not healthy in twilight years

Times of India

New Delhi, December 14, 2012

Now, Indians may be living longer than what they used to four decades ago. Be that as it may, the number of years they stay healthy is much lesser.

While an average Indian male's life span was 63.2 years in 2010, he actually stayed healthy only till 54.6 years. Hence, an average Indian male spent the last nine years of his life suffering from poor health. When it comes to an average Indian female, though she is expected to live till 67.5 years, she is likely to be healthy till 57.1 years spending over a decade, or 10.4 years in poor health. There is only a slight increase in the number of years being spent by an average Indian now in poor health compared to 1990, when a man used to spend 8.2 years and a woman 9.5 years not in fine fettle.

Read more: <http://timesofindia.indiatimes.com/business/india-business>

Challenges for India's ageing population

BBC News

December 17, 2012

The challenges and opportunities presented by India's burgeoning youth are much talked about, but often overlooked is how the country's population is also ageing. With 1.2bn people, India is second in size only to China. And according to a recent report by a UN agency, India is sitting on a social time-bomb.

Read more: <http://www.bbc.co.uk/news/business-20729149>

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PAKISTAN

Lack of legislation on rights of elderly people regretted

LAHORE: The HelpAge International, an international NGO that helps older people to claim their rights, challenge discrimination and overcome poverty, has asked the Punjab government to provide social security and all such services relating to economic, boarding, lodging and legal protection to all senior citizens (age 60 or above) so that they could lead a dignified, secure, active and healthy life.

At a day-long Provincial Consultation Workshop for Senior Citizen Bill and Policy 2012 on Monday at a local hotel, HelpAge International Senior Advocacy and Communication Officer Waqas A Qureshi informed the participants that the older people were facing number of problems including discrimination, health, poverty and protection of rights and this vulnerability (of older people) becomes double in disaster situations.

Read more: http://www.dailytimes.com.pk/default.asp?page=2012%5C12%5C18%5Cstory_18-12-2012_pg13_1

World's first old people's home for the transgender

December 29, 2012

Traditionally elderly people in Indonesia are cared for their families but that's not the case for the countries more than three million strong transgender community. They are often rejected by their family who are ashamed of them. Many elderly transgenders who use to survive as prostitutes end up begging on the streets. But now perhaps the world's first old people's home for transgender is being built on the outskirts of the capital Jakarta. Rebecca Henschke meets the extraordinary women behind the project....Yulianus Rettoblaut.

Read more: <http://www.asiacalling.kbr68h.com/en/news/indonesia/3063-worlds-first-old-peoples-home-for-the-transgender>

Speakers stress protection of older people's rights

ISLAMABAD: Speakers at a seminar said that given the old age vulnerabilities, it is high time for the government to introduce national social protection floor that integrates income security needs of the older people. They said this during a national seminar 'Protection of Older People', jointly organised by HelpAge International and Research Society of International Law (RSIL) on Tuesday. Speaking on the occasion, HelpAge International Pakistan Programme Country Director Ajeeba K Aslam said that the objective of the seminar was to highlight the vulnerabilities and needs and rights of older people, especially those related to income security, mainstream through collective civil society action. She said that many of the economies, smaller than Pakistan, like Nepal and Bangladesh, have introduced new enabling legislation as follow up of Madrid International Plan of Action on Ageing (MIPPA-2002).

Read more: http://www.dailytimes.com.pk/default.asp?page=2012%5C05%5C30%5Cstory_30-5-2012_pg7_18

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SRI LANKA

Outward Bound Training for Elders

HelpAge Sri Lanka selected 16 young old elders from Anuradhapura and Polonnaruwa area for leadership training under the TEA programme. This outward bound programme involved more team work and leadership activities which was conducted at Wijeya Holiday Resort, Kiriella. Young staff of HelpAge Sri Lanka also participated in this training programme. It is taking a note that elder participants performed better than the young in some field activities. Also elders did some adventure activities challenging the youth team members. Elders were motivated by the training who went back and started work in their respective villages.



Exercise



Toddy tapper activity



Another adventure work done by elders



Elders' team with trainers

*For further detail on HelpAge Sri Lanka, write to:
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