

**INSTITUTE OF SOCIAL MINISTRY
TANGAZA COLLEGE**

CATHOLIC UNIVERSITY OF EASTERN AFRICA

**THE CHALLENGES AND PROBLEMS FACING
THE ELDERLY IN CONTEMPORARY KENYA**



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TUTOR: DR. MARY N. GETUI

DATE: 31 MARCH 2001

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***FULL SCALE PROJECT; SUBMITTED IN PARTIAL FULFILLMENT OF THE
AWARD OF BACHELOR OF ARTS DEGREE IN SCIENCES AND PRAXIS OF
HUMAN DEVELOPMENT (FACULTY OF ARTS AND SOCIAL SCIENCES –
CUEA).***

DATE: 31 MARCH 2001

NAIROBI – KENYA.

STUDENT'S DECLARATION

I hereby declare that this is my original work achieved through my personal reading, research and reflection. It has not been submitted to any other college. All information from different sources has been duly acknowledged.

Signed: Joseph M. Wamazwa.....

Name of Student: JOSEPH M. WAMAZWA.....

Date: 31/3/2021.....

Signed:.....

Name of Supervisor:

Date:.....

DEDICATION

I dedicate this work to my beloved mother Agnes Nasike

And

My friend Walter Spamuse.

ACKNOWLEDGEMENT

I take this opportunity to thank my supervisor Dr. Mary N. Getui who sacrificed her time to guide me in this study. Without her good input, it would not have been possible to come up with this kind of work. I also thank my community (IMC) for having given me an opportunity to study Social Ministry. I extend my gratitude to my two research assistants who helped me to collect the data in the field and Help Age International staff who accessed some information on old age for me. Last but not least, I thank all my teachers who contributed in one way or another for completion of this course. May God bless them and accompany them always in their endeavours.

LIST OF ABBREVIATIONS

LE- Laborem Exercens

WCC- World Council Of Churches

HIV- Human Immunodeficiency Virus

GN- Genesis

EX- Exodus

MT- Matthew

LK- Luke

COR- Corinthians

RM- Romans

TIM- Timothy

PH- Philippians

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CHAPTER ONE

1.0 GENERAL INTRODUCTION

1.2 Introduction

Old age is inescapable if one's life is long. In the African setting as you mature in years, you become a reservoir of wisdom. Your next of kin will come to you for advice. In fact they would like to hear from you what you might say on many things pertaining to the family lineage, clan or the village as a whole. This comes to be realised of course if your life is exemplary. It is therefore not an accident for African people to have a proverb that says, 'Old is gold.' This sounds appealing and that is why the elderly were not despised in traditional Africa unless one was involved in unacceptable practices such as witchcraft.

However, things have changed. To praise the elderly people today as a unifying factor in the community and to associate them with wisdom is downgraded as sacrilege. A certain dignified person in one of the top universities in Nairobi astonished many people, when he claimed that wisdom of the elderly is no longer functional due to modern education.¹ Just to answer him before going too far, let us think about the so-called industrialised countries. They are rich and literacy is almost 100 percent. But when you turn on the other side of the coin, you see that promotion of wars in other countries, breakdown of family cohesiveness and the lust to accumulate is the order of the day in their backyard. Now, is this wisdom? The wisdom we talk about is that which comes from the inside of a person for the common good of all. It is inherent. It permeates all spheres of life to bring about justice and peace. This is the wisdom that we derive from our elderly friends.

Affluence is becoming the most honoured and adored commodity in the world.

¹ Tangaza College, During A Defence Of A Long Essay, April 24th 1999.

Definitely, Africa is not spared because this new culture is catching up very fast. The social and economic trends are not elderly friendly. Physical changes such as wrinkles on the face due to aging are not admired either. Therefore, there is a need to adequately put in place checks and balances to respond to these circumstances competently. Chapter one highlights the problem at hand. Chapter two is literature review. Chapter three explains the methodology used in carrying out the research. Chapter four is about data analysis that attempts to articulate the current situation on the ground. Chapter five contains the discussions and recommendations. Finally, chapter six presents a project proposal that may be useful to counteract this sprouting phenomenon.

1.2 Background of the Problem

We are in the age where human life expectancy is going up rapidly even in the less industrialised nations like Kenya. Life expectancy in many industrialised countries is above 75 years. Here in Kenya, it is 59 years for men and 63 years for women.² The reason behind this phenomenon is largely due to the improvement of medical care and income. United Nations project that by the year 2025, older population will be 101 million from 22.9 million in 1980 in Africa.³ This could appear good news in that the people are living longer to enjoy the gift of life given by God. However, this is posing serious problems that may directly or indirectly affect the elderly group. This is because the social economic situation is worsening and makes us to wonder what is the future of this country, as money economy takes over. The social systems that protected the elderly like extended family are fading away and individualism is

² The New Encyclopaedia Britannica, Vol. 6, 15 Edition, (U S A , 1998), 806.

³ United Nations Publications, The Elderly And Family In Developing Countries, (New York: United Nations, Room DC 2- 853, 1996), 257.

taking the lead in social life. Besides that the country is stumbling with international debts from Bretton Wood institutions as well as with internal borrowing from local commercial banks because of mismanagement of the economy. As a result, many projects started just become white elephants and important policies that affect the people are not honoured. For instance, in 1971 a policy was promulgated to help the older persons in the families but nothing so far has been implemented.

The latest aggressor is that 'animal' called retrenchment. It is retrenchment spree. The people are now being retrenched in many private organisations and in the public sector. They are being retired with little compensation in the pretext of reducing the government expenditure on salaries so that the economy may improve. This will bring serious problems of maintaining the elderly people by retrenched benefactors. In addition, the retrenched elderly people may find it difficult to survive in this economic turmoil where by the employment was only their source of income and they have not invested enough in other ventures like business enterprises. Hence, it may be catastrophic if the people of Kenya and their leaders do not band together to find reasonable solutions to minimise this situation.

1.3 Statement of the Problem

The problem we would like to address here is that the elderly people in our society are being devalued and marginalized as family structure changes. The mechanisms that are in place such as retirement benefits for those employed and the mushrooming of homes for the frail elderly are not making considerable impact to arrest the situation. The institutionalized homes for the aged are considered as for the destitutes and thus, a honorable elderly person would not feel good to be taken there. Furthermore they de-link the old from the family, further the costs involved are exorbitant, which a developing country like Kenya may not be able to accommodate. We have to put at the back of our minds that the roles, priorities and

even the needs of the elderly people are dynamic and relate to the environment around them. This means that any alteration in the social structure like kinship without a reasonable replacement, make the elderly feel out of place. Therefore, as we experience social economic changes, the necessities of the elderly people should not be overlooked. We need to give them hope to live the next hour particularly those who are downtrodden in our society. We need to put in place some measures to control the situation such as community/customary social system to promote kinship structure where the elderly people may find life fulfilling. The increase of life expectancy is a positive thing. But it may be a hollow gain if the quality of life for the elderly is not so good. The better quality of life is that the people should get reasonable basic requirements and enjoy socioeconomic and spiritual life moderately to enhance wholistic development.

1.4 Research Questions

The fundamental questions that we address in this study are four:

- Who are the elderly?
- What are the causes of the marginalization of the elderly people in our society?
- Are the measures being undertaken addressing the problems effectively?
- Which projects are viable for the elderly people?

1.5 Objectives of the Study

In this study we aim at;

- Helping the writer and others who would like to engage in elderly care activities to know how to deal with the elderly people.
- Creating awareness about the plight of the elderly in our society.
- Establishing reasonable and timely measures that can be put in place to help the elderly

people in our society.

1.6 Assumptions

- The problems of the elderly are emerging due to decline of African traditional customs and beliefs.
- The economic and social structures in the society are at the disadvantage of the elderly people.
- The homes for the aged are not the absolute solutions for the elderly in African society.
- If the elderly people are empowered they may make useful contribution in the society.

1.7 Justification of the Study

This study is viable in that the old age scenario is becoming a social concern in developing countries like Kenya. This study brings together what other researchers have brought forward and the insights of the writer to establish why it is a worrying scenario. This study will analyze what should be done to enhance good living conditions for the elderly people in the African environment.

1.8 Definition of Terms

AGING: It is a life process characterized by advancement in years. It begins at a time when female and male eggs unite during coitus. After nine months in the womb of a woman, this life is produced. It continues to undergo a series of physiological changes with the passage of time. The end result is old age whereby the physiological aspect deteriorates and death becomes inevitable.

ELDERLY/OLD AGE: Many people understand these words in different ways according to their environment. In western countries, it means when one is less productive and frail. It is also measured in years. For instance, one who is 65 years is said to be old. The universal

definition of this term is when one is 60 years and above. Here in Kenya it is based on mandatory retirement age, which is 55 years.

1.9 Conclusion

This chapter has introduced the subject matter of old age. It has been articulated that it is worth dealing with in our society since it is becoming a social question. Thus, this old age phenomenon should not be left hanging without investigations, leading to coming up with modalities of solving it. The next chapter is literature review that discusses some areas envisaged to be affecting the welfare of the elderly people in contemporary Kenya.

CHAPTER TWO

2.0 LITERATURE REVIEW

2.1 Introduction

Changes in family structure are making inroads due to the influence of foreign cultures such as individualism. Migration and urbanisation across the world are also disrupting the extended family that played a profound role in protecting the elderly against marginalization. On the other hand, economic hardships are also not sparing many families and thus making it difficult to provide support for all members in the family circles. Policies like Structural Adjustment Programmes (SAPS) have reduced the chances of access to free social services. The impact of AIDS (Acquired Immune Deficiency Syndrome) in many families is something to address. These among others are affecting the older persons in one-way or another. This chapter examines these changes and how they are making the older persons vulnerable in their backyard. The chapter also highlights the role of the church and the government in the lives of the elderly in this context of social economic hardships. The factors covered in this chapter apply basically to Sagana Parish in Murang'a Diocese.

2.2 Migration, Urbanisation and Modernisation as Challenges for the Elderly

In pre-colonial African society, families lessened the older persons loneliness, sense of uselessness by offering them love and tender care. The elderly reciprocated this by caring for grandchildren, assisting in the household chores and in the garden if cultivators with a lot of ease. Moreover the elders were seen to be formulators and instructors of the people in wisdom. That is why they acted as judges and counsellors. Above all they officiated religious ceremonies and also were well versed with traditional medicine. However the advent of modernisation combined with urbanisation and industrialisation are making a great impact on traditional family structures. Tount notes that:

*Modernisation with the increased physical and social mobility is shifting people from the traditional pattern of family and clan settings. New factors of social stratification based on new forms of political leaderships, modern up to date skills, education, occupation and income have taken precedence over traditional ones*⁴...

For that matter the nuclear family that consists of a father, mother and children is embraced. The problem is that this nuclear family does not accommodate the grandparents. Thus these elderly parents particularly the frail and very old may be abandoned in isolated housing. Such elderly people encounter loneliness and lead poor quality life. Although some children may stay with their ailing parents amicably and serve them well, this may not be for long as the demands of the ailing elderly man or woman become prolonged and heavy.

It can also be pointed out that the attitude toward the elderly is changing owing to the current civilisation. Grey hair is now not respected as it used to be. Instead the society is focussing on material things rather than who you are as a person in the community. Thus the more you produce the more you are valued in the society. The elderly people who cannot measure up to this standard are regarded as powerless and useless who are just there to exploit others. In fact a slogan has been formulated in which the aged are called *useless eaters*. It means that they are just there to consume without contributing something. It is even worse in that some elderly people are also responsible for this negative attitude. They are not role models. They encourage young people to value people according to their status in terms of what one has wealth wise.

Notwithstanding, modern education together with the influence of the media are devaluing the wisdom of the elders. Intellectual wisdom of schools command high attention from the public. The elders who may have never seen the door of the classroom are not taken

⁴ Cf. Kent Tount, Aging In developing Countries (London: Oxford University Press, 1989), 38.

seriously, and are even rebuked or looked down by the young in the society of having outdated approaches in today's life. This habit is more pronounced especially in the urban setting but also in rural areas as those from towns and schools carry the influence to that environment. We do say that modern education is noble but it should not be used to enslave the old in our society. Instead, it should bring about some mechanism on how to co-exist with the elderly persons. Nevertheless, in years to come we are going to have learned and educated elderly people in the society than previous years as literacy rate goes up. Such learned elderly people in the society should consolidate their efforts together to find ways of improving the conditions of the elderly by convincing policy makers to consider the needs of the elderly in the government budget. For instance forming elderly peoples associations to lobby for this consideration may be the point of departure. Hence they should not seek for themselves but they should cultivate that culture of society centeredness.

It is worthwhile again to stress that migration and urbanisation jointly contribute very much to the detriment of the welfare of the elderly people. They are destabilizing instigators of the traditional African values that have managed to sustain the elderly people over years. Apt observes that: *young people with some education move in large numbers from rural areas to towns and cities in search for opportunities for earning a good income.*⁵ We agree with this observation because it was estimated in 1999 that about 500 new immigrants flocked in to Nairobi City every day either to seek employment or to visit their next of kin.⁶ This figure may be higher this time. Therefore some young people come presumably to enjoy life because they believe that life in the villages is boring with no social amenities. Apt also observes that:

Migration creates emotional distance between family members particularly between the old and the young. While most migrants in

⁵ Cf. Nana Apt, *Aging In Africa* (WHO: Geneva, 1997), 3.

⁶ News Bulletin At 9:00 PM, Kenya Television Net Work (Nairobi) 20, Nov.1999.

*Africa attempt to do the best of their ability to fulfil their filial duties to parents left behind, many older people suffer material hardships as well as physical and social deficits due to the absence of young generation.*⁷

This is absolutely right. Most young people go to search for employment in urban areas to support themselves and their parents, which may not be forthcoming. Thus they find it difficult to send some little money back home or to visit their parents. These parents wait anxiously that their sons and daughters will uplift them financially in vain. Though some try their level best with little funds available to support their parents in the countryside, it is the exception rather than the rule. On the other hand, many wish to stay with their parents at their working place so that they may provide necessary support for their love, their pride and social standing but are unable. This is owing to housing problems, which is a problem in urban places in many developing countries like Kenya.⁸ The houses for the common people in towns are congested and small, that may not be elderly friendly putting in mind that, as per African tradition a grown up person is not supposed to stay in the same living room with his/her parents. The solution is to be lonely in the up country, and to await remittances.

We cannot forget to point out that the urban environment is also leading some people to waste their lives and resources in the life of debauchery. When they are old they have no place to go. Kinoti writes: *a good number are yesterday prostitutes or male loafers on whom life has turned sour. But the majority are poor on whom fortune has never smiled and does not intend in old age.*⁹ It follows that going back to their home villages is a nightmare because the community would not accept them. They are seen as outcasts in cultural limbo, urban dwarfs

⁷ Cf. Apt, 1997, 9.

⁸ Susanne S. Paul And James A. Paul, Humanity Comes Of Age: The New Context For Ministry With The Elderly (Geneva: WCC Publications, 1994), 49-51.

⁹ Cf. Hannah W. Kinoti, "Growing Old In Africa, ' New Challenges Of The Church In Africa" In Pastoral Care In Africa Christianity, Eds, H. W. Kinoti And Douglas Wanjohi Waruta (Nairobi: Action Publisher, 1994), 183.

in a state of oblivion and defecting traitors.¹⁰ Thus they become urban destitutes with no cordial link from where they came from. In fact some have no children or in case they have, these children may be even more miserable than they are. This upheaval, which is becoming rampant, needs a critical examination. The people in this category need our service. We need to give them hope so that they may spend their last days in peace. We believe that institutionalised home fits well for them to be together and share their joys and sufferings. In fact as the number of street children is increasing at an alarming rate, we expect to encounter many older destitutes in urban areas. This is a wrong signal that calls for a mechanism to address this problem, especially it is an uphill task for the government of Kenya to find good policies to address such manifestations.

2.3 Poverty

Poverty is also one of the major problems that affect the welfare of the elderly people in developing nations like Kenya, where the statistics indicate that 47% of the total population is below poverty line. According to United Nations (UN), poverty is; *Hunger, malnutrition, illiteracy, homelessness, unsafe environments, inadequate health care and education and social discrimination.*¹¹ Basing on this definition, it means that nearly a half of the population of Kenya is living in misery. In such situations the elderly in many families are abandoned and abused. They are seen as an extra burden. Therefore, many people prioritise their children at the expense of their grandparents in service delivery. Poverty is being accelerated by many factors. To begin with is the rapid increase of the population, thanks to decrease of mortality rate. The arable land available cannot accommodate this increasing population, hence

¹⁰ Tount, 46.

¹¹ Cf. Emmanuel Mwendwa, "The Face Of Poverty," In East African Standard (Nairobi) Wednesday July 30 1999, 21.

occasioning a situation where by some people become landless. Even the smallholder subsistence families in the rural areas are not able to produce enough for their daily livelihood. This is due to change of climate time to time and infertility of the soil because of over-cultivation, thus aggravating poverty levels in many families.¹²

Unemployment and underemployment are also contributing enormously to high rate of poverty. Many people especially the young seek employment in urban areas so as to assist their family members but their dreams are not being realised. The competition in job seeking is too high. Therefore many end up being underpaid by many employers who capitalise on this phenomenon of lack of employment. Again with this situation their parents continue to suffer. The little they get cannot satisfy their needs.

Economic recession, which has been characterised by bad structures, poor governance and corruption are also to blame for the skyrocketing of the poverty rate. SAPS have made the cost of living to be too high. Now there is cost of sharing of services the government is obliged to give freely such as health and education, which most elderly cannot afford.¹³ Mismanagement of funds and corruption is the order of the day in the public sector. Finance meant for the welfare of the people in social development projects usually finds its way to the pockets of a few misguided elements.¹⁴ Therefore development projects are thwarted. All in all, these have caused a great damage to the economy. The sufferers as expected are poor families with their elderly parents.

The level of poverty among the elderly people is also the aftermath of lack of education in early years. This means that they have not been able to get employment or run income-generating activities professionally. Therefore, they may not have something to invest in as a

¹² Ibid., 20.

¹³ Judith Bahemuka And Others, *The Poverty Situation In Kenya, Poverty Revisited*, Analysis And Strategies In Kenya (Nairobi: Ruaraka Printing Press LTD, 1998), 20-35.

¹⁴ Ibid.

preparation for old age. With the above scenarios poverty for older people contributes to poor quality of food, housing and poor health.

A lot of effort has been put to alleviate poverty but, unfortunately, developing policies touching on the lives of the elderly are ignored. For instance, The Poverty Eradication Program that has been launched in this country does not address the problems of the elderly persons as a separate entity. It is recommended that such a strategy should include the needs of the elderly persons as one of vulnerable groups in the society.

2.4 Work

All the people are to work in whatever field, manual or intellectual. As Getui writes:

*Work is a basic requirement for people of all ages. It serves many purposes such as giving economic independence, social status, satisfaction of living and contributing to productive living, satisfies the ego and contributes to the continuance of life itself.*¹⁵

Nevertheless, age discrimination as concerns employment is evident today. The elderly who are still energetic are now sidelined. The society considers them as spent forces who cannot work competently as the young ones. This is evidently reflected when there is advertisement in local newspapers for jobs where by many firms put the age limit of not exceeding 40 years. This is contrary to UN principle for older person on work which state that: *Old people should be treated fairly regardless of age, gender, racial or ethnic background, disability or other status and valued independently of their economic contribution.*¹⁶ By denying them a chance to work, they lack economic standing. Thus they continue to remain in a state of poverty and begging. But we have to remember that experience in work goes with years. Therefore, there

¹⁵ Mary Getui, "Aging" In Caring And Sharing: Pastoral counselling In The African Perspective Ed., Douglas Wanjohi Waruta (Nairobi: Atia, 1995), 241.

¹⁶ Cf. Katrina Payne, "UN Principle On Older Work," In Older Women In Development, Help Age International, ed., Anne Marrie Sharman (London: St James Wark, 1995), 5.

should be no speculation that in advanced years you cannot do something. However we have to admit that in advanced age you cease to do strenuous work. Needless to say, the work that is now readily available is heavy and arduous like working in quarries. This needs young people who are energetic. Thus the elderly are apparently left out.

The business atmosphere of to day does not also allow old people to do business. It is very competitive. Marketing their products is difficult for those who are not energetic as nowadays mobility is inevitable in business sector. Thus they generate little amount in their small businesses despite the efforts they may invest. Furthermore, those who want to venture in business especially in the agricultural sector, lack adequate income because they are unable to raise capital or collateral to borrow money from lending institutions. It has been said that most credit loan schemes are sceptical about lending out their money to the elderly persons. The argument is that old persons may not be able to repay the loans because they are near the end of their lives.¹⁷ This is discrimination of the highest order due to the fact that an elderly person who wants a loan to do business means that he/she is capable of doing it, even better than those that they believe that are of upper hand. In fact one could be older but living longer than the young.

2.5 Retirement.

The question of employment brings up that of retirement. Here in Kenya, the mandatory retirement age is 55 years except in special cases like for some university lecturers and chief justice who retire at the age of 75 and 74 respectively.¹⁸ Moreover the government has SAPS that involve retrenchment of civil service. World Bank (WB) and International Monetary Fund (IMF) imposed these policies on African countries since 1980 as a corrective

¹⁷ Help Age International: The Aging And development Report, A Summary,9.

¹⁸ Aging In Africa, In New people Magazine, No. 62 (Nairobi) Sep- Oct. 1999, 18.

measure of imbalances between nation and government income and spending.¹⁹ Although their objectives are sound, they affect retrenched workers. The retrenched workers especially those who are young, find it difficult to cater for their needs and those of their parents especially when the employment was only their security.

Retirement from work denies older persons their dignity particularly when one is still strong. Dignity is a virtue that everyone should enjoy in his or her lifetime. With retirement, the elderly are considered not only old but also useless.²⁰ This stereotyped mentality of seeing the elderly as less productive does not augur well for them. It intensifies isolation and one feels rejected and unwanted.²¹ With retirement loss of status and friends is evident. For instance, if one was holding a high position in a company or in the civil service, respect that was attributed to him/her diminishes when he/she quits that position. He feels empty and broken. This could lead to early death due to the frustration and embarrassment.²² This is devastating and calls for early psychological preparation for those who are anticipating retirement.

Retirement from waged work may also promote poverty especially for low earners whose income may not allow them to invest. This is happening to many low-income earners in Kenya especially teachers, nurses and junior officer's in the public and private sectors. They find that mandatory retirement age reaches without having something tangible to depend on. And as longevity of life expectancy is expected, they languish in poverty as if they were never employed. Additionally, as many people are marrying while they are a bit older, they may encounter hardships of raising their families. On the other hand, some that could have lived a

¹⁹ Peter Gibbon And Adebayo O. Olukoshi, Structural Adjustment And Economic Change In Sub-Sahara Africa, Research Report No. 102 (Nairobi) 1998, 57-58.

²⁰ Getui, 235.

²¹ Ibid.

²² Mark X. Xavier, Research On Dying Retirees, Igara , Busa District, 1999, 2.

good live are misusing their retirement benefits in unjustified activities such as over drinking, engaging in promiscuous sex and even acquiring a new wife,²³ thus bringing many quarrels and disagreement in the family, even leading to fights that may cost one's life. It means that they use their leisure in the wrong way. In the long run they face bankruptcy.

Retirement does not only dehumanise individual persons but it also affects national income.²⁴ When many elderly are out of the spectrum of work assuming that they are not productive as young, national out put is affected. They are experienced people who could work for the society without having power syndrome. Their talents could be enriched to come up with strategies of improving our economy.

We cannot absolutely conclude that retirement is only a problem. It has also merits that are laudable. When senior citizens retire, they give a chance to young people to find a place in careers with limited openings.²⁵ Here in Kenya, nearly 9000 young people plus are on job market every year after completion of their studies in various faculties. If our older citizens do not relinquish their positions, where will the young get a place to earn a living? Hence it is paramount to relinquish some places for them. If not, we shall be training people who will not find jobs and resort to burglary. Retirement for our elderly is also for their betterment. After working for a long period of years, one should at least rest to enjoy his/her fruits in relaxation to promote positive aging. He/she should concentrate his/her energies in business and being a resource person in the community. Additionally retirement in the form of retrenchment also is affecting the young personnel who will find it difficult to cater for themselves and their elderly parents. Therefore it is something that should be examined by the policy makers to see how

²³ Xavier, 3.

²⁴ Michael Bruno And Estella Fame, Averting The Old Age Crisis: Policies To Protect The Old And Promote Growth (New York: Oxform University Press, 1994), 324 -330.

²⁴ Ibid.

²⁵ Ibid.

these roadblocks may be addressed.

2.6 Social Security.

Social security policies are crucial for the retired and the elderly. This is to protect them from abuse and neglect by their relatives and from financial constraints. In the developed countries this has been in place where by the states caters for medication and financial problems for the elderly. In less industrialised countries like Kenya it is something that needs attention. Casually, it has been acknowledged that retirement and aging is a serious problem affecting the entire society. Unfortunately we do not have policies and laws that deal with this scenario. What we can boast of is that the government formulated a parliamentary sessional paper in 1971 to provide social welfare for older persons. In this paper, the following were highlighted:

- Assistance to the aged by the government shall be dealt with.
- Family responsibility with regard to the aged shall be encouraged and
- Integrating the aged with the families shall be fostered.²⁶

This was to be steered by the Ministry of Social Services. However, it has never been put into practice. This example shows clearly how ineffective we are as concerns implementing the policies put across by ourselves. Therefore our government should be quick to work extra time so that this policy is reviewed and acted upon before it is too late. Otherwise, everything will continue falling apart as our traditional values that protected the elderly erode. In fact Ochido notes that:

In Kenya, particularly among the Kikuyu, old people are coping up with the breakdown of the traditional support system by holding onto the economic leverage which they posses by virtue of their custody of

²⁶ Philip M. Mbiti, Rural Sociology And Rural Development: Its Application In Kenya (Nairobi: Kenya Literature Bureau, 1974), 225-227.

*family land and property, by refusing to devolve these assets to their children they are able to ensure that they are respected and treated well by the latter.*²⁷

Thus the government should enact laws to protect the interest of the elderly and make sure that they are executed so that the elderly are not left at the mercy of their children.

2.7 Health and Nutrition

The great success in medical advancement is one of the reasons, which is promoting the astronomical population of elderly persons. However, eliminating major infectious diseases like malaria should not make us to conclude that the degenerative disease of aging may similarly be overcome. Diseases associated with old age like cancer, heart disease, strokes and alzheimer's and hypertension are obvious challenges for the aged. It is traditionally believed that when an older person is sick, it is due to old age. And so, no effort is made to take the sick person for medication. Even some elderly people may refuse to be taken to the hospital because they presume that they have reached the end of their lives. But they are human beings whose welfare must be addressed because: *If older people receive health education and receive medical attention whenever it is necessary, they are less likely to develop serious medical conditions and complications, which are difficult and expensive to treat.*²⁸

Unfortunately many elderly people have no access to the medication especially in rural areas. And in case there is, the question of poverty comes in. Many cannot afford it because it is very expensive thus may die from the diseases that are often treatable. Above all we do not have specialised clinics to address diseases like Alzheimer, which can make the elderly persons feel useless and unwanted in the family. It is therefore important that the government trains doctors in these specialised fields and establish generic units in strategic areas like in each district to

²⁷ Cf. Henry O. Ochido, Changing Roles Of Grandparents In The New Millennium, A Guest Lecture," (Nairobi) 108.

²⁸ Help Age International, "Health Aging, 'Facts About Older persons,'" (Nairobi) 1999, 1.

address these diseases.

Nutritional deficit among other concerns could contribute to poor health of older people, making them weaker and thus preventing them from participating actively in many activities such as those that involve income generation.²⁹ These could even lead to malnutrition and chronic disease such as osteoporosis. This disease is said to be affecting 7-10% of the total population of elderly people in Kenya.³⁰ There are many factors that contribute to the malnutrition in old age. These include physiological changes such as loss of teeth that may not allow the elderly people to chew the tough food. Psychological factors such as eating habits over years as well as social and economic factors contribute dearly to under nutrition among the older people. Old people need health care and food like anybody else. Therefore, health programs whether started by the state or private sector should include special services for the elderly that are affordable. The elderly should be helped and encouraged to eat well balanced diet foods with an obvious reason of maintaining their bodies to remain active in the society.

2.8 The Aftermath of AIDS / HIV on the Elderly

AIDS/ HIV is now called a 'Mad dog'. It has no age barrier and its devastation is enormous since it was first diagnosed in early 1980s. By the year 2000, 33.4 million people were HIV positive worldwide, 24 million being in Africa. It is estimated that about 11,000 people are infected each day. Thus it has become a tragedy of devastating proportion in the world. Here in Kenya, it is estimated that about 2.2 million were HIV positive by the budget time in June 2000 and the figure is expected to rise. In fact about 500 people die of AIDS

²⁹ Help Age International: Aging Issues In Africa A Summary, (Nairobi) 8.

³⁰ Onyango Ayoki, "It Is Aging Women's Nightmare," In East African Standard : Midweek Magazine (Nairobi) Wednesday January 31, 2001, VIII.

related symptoms each day here in Kenya.³¹ Mupedziswa addresses the impact of AIDS scourge on older persons in two categories. That is older people as affected and infected. They are affected in two ways. Firstly, AIDS takes away their children at a prime time when they could provide for their basic needs and emotional support. Thus the elderly are left alone to take charge of themselves even at a time of frailty. Secondly, the older persons in the families face the daunting task of principal breadwinners of their grandchildren and their children battling with the disease.³² Financial support the elderly could rely on diminishes as their sons and daughters succumb to the disease. This burdens the older persons that have little resources to take care of both parties, which requires intensive caring. They have to provide medical care and school fees for children.

As infected, it means that older people also contract the virus. This is either through sexual contact, rape, or when caring for the infected next of kin due to lack of knowledge about protective measures.³³ We agree with Mupedziswa that the elderly are also at high risk of contracting the virus. According to our observations, some wealthy elderly people engage in promiscuous sex especially with the young women with false imagination that they will 'look' young. Additionally alcoholism may also tempt the old people to do the same. Above all wife inheritance is another danger for the elderly who want to inherit at this time of AIDS scourge in those ethnic communities that practice it such as Luo and Luyia. Therefore AIDS scourge is a challenge and a burden for the elderly people as well. This is our responsibility as people of Kenya, to be a healing community that should effectively change our behaviour. We have to show love to those affected by the menace by visiting their families. However a long-term

³¹ Brown Lester, "The Horror Of Aids," In *Daily Nation* (Nairobi) Friday December 1 2000, 8.

³² Roderick Mupedziswa, *Impact Of AIDS On Older: The Case Study Of Sub-Saharan Africa* (Nairobi: Help Age International, 2000), 71.

³³ *Ibid.*, 72.

solution is to carry out an extensive awareness about this deadly disease in our community and church gatherings. Anyhow, AIDS is one of the factors why the elderly should be empowered economically to sustain themselves and their families.

2.9 Natural Disasters

When natural disasters strike, older people are the most affected. By the natural catastrophes, we are thinking of drought and floods that are common occurrences in Kenya. First of all these disasters may destroy the property and even hinder the old from engaging in economic activities. Relief food is always given to children and lactating mothers while the elderly are not addressed. Political leaders use these disasters to abuse and misuse the elderly persons. When we have famine, they use food as a bait to solicit votes from them. The development programmes have not been a priority in such affected areas like in northern part of Kenya where the drought is a perpetual problem. Beside floods and drought, cattle rustling and banditry are the dark side of the history in those regions. The elderly people who have livestock as their only property and source of income are robbed every day. This is because the government has not been keen in keeping security, as it should be in those areas. We hereby say that it should take this issue seriously and solve it once and for all.

2.10 Women

With improvement of medical science, women life expectancy is put at ten percent greater than men.³⁴ However, the fact that women may live longer than men do is not advantageous for them. They bear many problems as a consequence of their trivialisation in the African society that affects them in advanced age. Some of the disadvantages faced by African women articulated by Apt are:

³⁴ Apt, 9.

- Working in the household tasks without remuneration until they are physically and mentally incapacitated.
- Working harder to survive than men after their child bearing time or when widowed. But men may marry young wives who could take care of them.
- In paternal settings, men are preferred over women in allocation of resources.
- In some families, education of women is considered unnecessary and thus it is not taken seriously.³⁵

The above disadvantages are heavy and may adversely affect the well being of a woman in old age. These should be addressed by the government and social pressure groups to bring about equity in sharing opportunities and resources where applicable to improve the living standards of women in our society. All in all, the impoverishment of our nation means the backsliding of good living conditions of women. This is because women are the majority as we have said and nearly do all responsibilities in the households. Thus, there is a need to recognise the contribution of women in the social and economic life so that they may be empowered in all spheres of life to remain productive and thus gaining a rightful place in the society.

2.11 Support Systems

Family support is somewhat still working as a social security for older people. The contribution of family members comes largely through direct services such household chores, companionship, cooking, grooming and nursing. However, social economic changes are undermining this structure. Now the family unit is finding it difficult to cater for the older people in it. Furthermore, modern civilisation is weakening customary caring of and sharing with the elderly as many young people settle elsewhere far from their ancestral lands.

³⁵ Ibid., 9-12.

Responding to the needs of the elderly, many Non Governmental Organisations (NGOs) have been established to deal with the old age phenomena. Those that operate in Kenya are two. Help Age International (HAI) and Help Age Kenya (HAK). The former is an international organisation that coordinates old age activists in the world. It has a branch in Kenya that monitors the activities in Kenya. The later is the brainchild of HAI. It is in partnership with HAI. The activities of these organisations are:

- To support homes for the aged and day care centres with financial and human resources
- Advocacy and awareness of the needs of the elderly in the society.
- Help the elderly caught by natural disaster or ethnic conflict with security and material support.
- Carry out research to a fuller understanding of the problems and needs of the people in old age.
- Coordinate a grand programme based in United Kingdom that sponsors old age activities in Kenya.

These are noble institutions, which have been launched at a right moment when the issue of old age is becoming a social concern. Hence, they should be supported fully by all people from all walks of life to help them discharge their duties more appropriately. However, they should strive to see how the elderly people might be accommodated in the community system welfare.

Separately, homes for the aged have been erected and are serving the purpose of providing a conducive environment for older persons to live in. They provide food, shelter and clothing for them. Nevertheless, this does not replace the moral support a family can give in that the culture demands that the elderly are to stay with their relations as an asset for the education they impart to the young. In the family environment they find life more fulfilling than in the institutionalised homes. The homes are seen as for the destitutes who have no family

ties. An ailing elderly will opt to die miserably in his hut rather than be taken to these homes if his children decline to help him. This shows that they have not been accepted fully as an alternative home for the elders when the family cannot manage.

We cannot forget to mention two organisations that may be considered as social security for the elderly. These are National Social Security Fund (NSSF) and National Hospital Insurance Fund (NHIF). The former deals with retirement benefits for those who were formally employed. This means that those who work in the private sector such as in small-scale businesses and agriculture are not catered for. However the remittances from this institution does not guarantee for old age in that it is too little to up keep someone till the end of his/her life. Furthermore it takes time for one to receive his/her dues because of bureaucratic barriers. Thus it is not an institution to rely on. The NHIF covers medical bills for only its contributors who are mostly salaried people. This also brings some difficulties when it is the time to pay hospital bills because of bureaucratic complexity. In fact it only covers 50% of the total cost incurred.³⁶ Therefore we cannot say that it is serving the people well. Hence we need good organisations that may tackle the issue of the elderly persons competently in this area.

2.12 The Role of the Church

The church has a profound role to fight against the marginalization, stigmatisation and abandonment of the elderly people in the society. This is because as Samita puts it:

Historically and traditionally, by their very nature and mission, churches are community centred and service oriented, preaching and practising love, compassion and care for the disadvantaged and underprivileged in the

³⁶ Wasuma Owino, "Revamping's Health Care Financing And Delivery For 21st Century," In Kenya Strategic Policies For The 21st Century, eds., Peter Kimuyu And Others (Nairobi: Institute Of Policy Analysis And Research, 1998), 241.

*society.*³⁷

Therefore the church should not relax her efforts in offering the services that promote human dignity, especially for the disadvantaged members in the community. The elderly being the target in this respect, the church should ensure that their spiritual, social and economic needs are addressed adequately. Those who work in the institutionalised homes under the umbrella of the church should make sure that love for the frail and abandoned elderly is cherished in all activities that they do for them.

The responsibility of the family to care for their elderly relation is articulated in the scriptures, (Ex. 20:12, Sir 3). Jesus, the founder of the church recommended that there should be support for the parents by their children, (Mt. 15: 1-9). Pope John Paul II while addressing the elderly in 1999, expressed that respecting our parents has three-fold responsibility namely welcoming them, helping them and making use of their qualities.³⁸ Therefore, the church being a mother and teacher has an obligation to teach the youth as well as the affluent people to make use of the elderly people. The church should teach the people that getting blessings is accompanied by sharing with others, especially the marginalized. The church should emulate the spirit of the early church of cooperation in supporting the less fortunate members in their community (1Tim. 5:3-16, Acts 6:1-6). In Small Christian Communities **Agape** rule should be the point of reference.

Work has a divine source in that when God created human beings and the universe, He commanded them to continue creating (Gen. 1. 28-30). Thus work justifies our fundamental existence on earth. Work can be in whichever field, manual or intellectual. In this regard, age should not matter if one is capable of working to advanced age. This is because through work a human person earns his/her bread and the improvement of the society technologically,

³⁷ Cf. Zacharia W. Samita, "Churches And Aids In Kenya," In Theology Of Reconstruction, Eds., Mary N. Getui and Emmanuel A. Obeng (Nairobi: Action Publisher, 1999), 177.

³⁸ Pope, John Paul II, "Letter To The Elderly," In *L'osservatore Romano*, No. 44 (1615) (Vatican City) 3 Nov. 1999), 4.

culturally and morally is realised (LE. 22). Thus the misconception about old age, for instance that the elderly are no longer active or productive should be rejected. The church being among the few institutions that has responsibility to minister to the old should use African values in educating the congregation against this misconception. In traditional Africa the elderly performed duties such as traditional healing, counselling, livestock tending with ease, pride and nobility. They can do many others even to day. In the church, they may lead small groups in prayer, preaching, visiting the sick or lawn tending with incentives. In the secular environment, they may work as part time teachers, counsellors and advisers in legal matters because they have experience and wisdom.

Old age should not be viewed as a disease but rather as natural and inevitable. Thus it is the duty of the church to recognise the problems of the elderly and give them hope. Specifically, eschatological part of it should be looked into. Jesus understood that at a certain moment, you might be disillusioned. Hence He gives some directions on how to deal with the anxieties (Lk. 12: 22-31, Mt. 6:25-34). In these passages, Jesus says that the people should not worry too much because God knows everything and everything is under his control. The primary thing is to focus on the kingdom. St Paul also confirms this point when he provides some insights about suffering and death (Rm. 6:4, 2 Cor. 1:5, Ph. 3:10). Though not directly addressing the elderly people, suffering and death are issues that haunt the persons encountering old age. These issues can be turned into a marvellous opportunity for reconciliation with God and other people. This reconciliation is a reinforcement that may help the elderly people to get integrated in the community so that these shortcomings may not deter them from being constructive and creative. In addition, the elderly people should be encouraged to see to it that they have achieved a lot for the society and death will only be an occasion to rest in the paradise and change of life in our Christian way of viewing life.

Social ministers who are social agents of the church should advocate programmes for

the elderly that foster self-reliance, integration in the family and in the community. These programs should not be patronising but should be geared towards recognising and uplifting human dignity.

2.13 Conclusion

We have argued that the impact of migration, urbanisation and modernisation on family structure have interfered with the care of the old persons in many families. These changes cannot be reversed, as movement of people from one place to another in search for new settlements becomes the order of the day. Notwithstanding, new ways of looking at things is being emulated as people from different background interact. What is needed is to see how the old may be accommodated in this environment but not to condemn these trends, which are inevitable anyway. We also singled out that poverty in the country is also contributing to the abuse and abandonment of the elderly in poor families, who cannot make ends meet. This is the heart of the matter that should be looked into. It was discussed that retirement for the elderly people has negative effects to them. Among other concerns are reduced income and loss of dignity. The chapter also highlighted the impact of AIDS on older persons where by it was confirmed that AIDS scourge is burdening the elderly in terms of caring for infected children and the bereaved grandchildren. It was also confirmed that the elderly persons are at risk of contracting AIDS, which may bring serious complications in the family. As women are the majority in the society, we highlighted some areas that should be looked at to up lift them economically and socially. Additionally we mentioned some institutions that are dealing with the old age phenomena and concluded that though they are answering the problems of old age, something more should be done. We ended up by arguing that the church as one of the few organisations that directly deal with the people at the grassroots, should target the old in her agenda. The next chapter explains how the research was carried out in the field.

CHAPTER THREE

3.0 RESEARCH METHODOLOGY

3.1 Introduction

This chapter presents the research methodology used in data collection. It describes where the research was carried out, techniques, research instruments, methods of data collection and analysis.

3.2 Site Description

The research was carried out in Sagana Parish. This parish is in Murang'a diocese under the auspice of Consolata Missionaries (IMC). It has got sixteen outstations. Other religious groups are Pentecostals, small sects and Muslims who are mainly in Sagana and Kagio townships.

The climate of the area is tropical with equatorial rainfall pattern. The place is covered with black cotton and clay soil in different parts. Cultivation is the major economic activity in the area and beans and maize are the main crops grown. Other crops are cotton, tobacco, sunflower, rice and bananas. Horticulture is emerging as potential activity by the economically well off residents. There are about 20,000 thousand people in the area. Some are migrants who reside there because of work.

3.3 Research Design

Three questionnaires were formulated for different categories of individuals. These are the elderly people in the area, and the community in general (see appendix one and two). In total 160 questionnaires were distributed in which 130 were returned. Besides these, interview method was used. Those interviewed were 100. The questionnaires in appendix one and two acted as guidelines. This was necessary due to the fact that the understanding of old age was

expected to vary according to the literacy levels and for verification of the information in the questionnaires. In addition the researcher used non-participant observation technique to collect the data. This is where by a checklist was prepared on which to record data on various activities and events such as social and economic activities done by the elderly people in the area, (see appendix four). All the above were designed with the intention of cross checking the answers so that the researcher may have a better understanding of the reality of the problems of the aged.

3.4 The Sample

In order to have an objective feedback the population sample was drawn from 16 outstations. Eight elderly respondents were interviewed in each outstation, likewise six people from the general public. However the parish centre had more respondents on the basis of majority. The parish team comprising four sisters and four priests were also invited to make a joint observation on the challenges of the elderly people in the area. Social workers in the Ministry of Social Services were also to address the same (see appendix three). Therefore the respondents were the elderly people, the general public, a parish team and social workers.

3.5 Data Collection

For secondary data, the researcher derived the information needed from commentaries, books, journals, magazines and newspapers. This has been used in the previous chapters extensively. The sources of the above written material were from Tangaza, Catholic University Of Eastern Africa and Allamano House libraries together with HAI Resource Centre.

And for primary data, the main methods used for data collection were questionnaires and interviews. All of them were open and closed ended questions. The researcher employed two research assistants who had the task of distributing the questionnaires and collecting them.

The researcher also employed face-to-face conversations and observations that proved useful.

3.6 Data Analysis

After the data had been collected the actual information analysis started. The collected information was collated and analysed using frequency distribution tables as aid in illustrating the feedback. From this feedback, the researcher unearthed some concepts for explaining the elderly situation and the answers for the assumptions and research questions.

3.7 Limitations

Distance from the research site played a role in limiting the researcher to reach many respondents. In addition to this, some of the respondents were suspicious and thus, were hesitant to answer some questions because they thought that the researcher was a government investigator who might victimise them. Furthermore language barrier was also a problem, which prevented the researcher to interview directly some the respondents especially the elderly people. Nevertheless his assistants helped him in that they were explaining everything in the local dialect (kikuyu).

3.8 Conclusion

This chapter has described how the field research was executed. That is; where the research was carried out, the instruments used, the selected sample and the difficulties encountered while carrying out the research. The next chapter presents the out come.

CHAPTER FOUR

4.0 DATA ANALYSIS

4.1 Introduction

This chapter is about data analysis and interpretation. It highlights the characteristics of the respondents and investigates the challenges and problems facing the elderly people in Sagana parish. The chapter also deals with the source of income of the elderly and viable activities that these old persons may play active role in them to enhance their welfare among other concerns.

4.2 Background Characteristics of the Respondents

The tables below show the respondents that answered the questionnaires and those that were interviewed. The first and the second table indicate the main target group of respondents by sex and marital status. These are elderly people. The third table indicates the number of respondents by age as a community of Sagana parish in general.

Table one: Distribution of Respondents by Sex

Sex	No. Of respondents	%
Men	62	48
Female	68	52
Total	130	100

The main target group are both elderly men and women. The elderly women outnumber the elderly men with a small margin of 52% over 48%. Therefore there is an equilibrium that may produce comprehensive outcome.

Table two: Distribution of Respondents by Marital Status

Marital status	No. Of respondents	%
Single	5	4
Widow	21	16
Widower	9	7
Married	95	73
Total	130	100

The majority of elderly people in Sagana parish are couples living together. Even so widows are more than widowers with 16% as compared to 7%. Those who are alone are few.

Table three: Distribution of Respondents by Age

Age	No. Of respondents	%
70 +	14	6
55 – 70	117	50
30 – 55	55	23
15 – 30	45	20
Total	230	100

The target group of elderly people above 70 years are few with only 6% and above 55 years are the majority with 50%. This shows that most of the elderly persons in that area are between this age bracket. Other target group is reasonably represented as shown in the table.

4.3: Definition of the Elderly Person

The definition of old age has brought forward many controversies especially for the policy makers in many parts of the world and even people we meet on the streets. Therefore it

was considered vital to get a clear perception of the people referred to as old from the ground so that it may be established who are to be targeted in that area. The following table shows the results

Table four: Distribution of Respondents About the Definition of an Elderly Person

An elderly person is	No. Of Respondents	%
70 years and above	30	13
Impaired physically	10	4
60 years and above	40	17
Old in age	35	15
Has grandchildren	20	9
Aged physically and psychologically	37	16
Purely dependent	18	8
Inactive and need help	30	13
Total	230	100

Not all factors highlighted above by the respondents determine old age but may be as a consequence. However it can be reasoned out that the understanding of old age is associated with the advance in years. This brings about physical and psychological deterioration of a human person leading to dependence. From the above table the research question one has been answered. That, the elderly person should be aged in years. However, this does not mean that only age determines one to be considered as an old person because people are different and age according to the environment they are in. Therefore, a person in advanced years without physical disability may work without many difficulties.

4.4 Problems and Challenges Facing the Elderly People in Sagana Parish

In literature review, it was justified that the elderly community in Kenya is encountering social and economic difficulties. Here, we present what are envisaged to be the problems they face as a result of these social and economic ups and downs. The respondents have been divided into old male and female and other members of the community for easier identification of which problems that hurt the elderly most and which sex in particular. These are indicated in the following tables.

4.4.1 Challenges and Problems Expressed by the Elderly

Table five: Distribution of Respondents on Challenges and Problems by the Elderly Men.

Problem/challenge	No of respondents	%
Lack of food	15	24
Lack of income	10	16
Disrespect from children	8	13
Health problems	6	10
Lack of land	4	6
Loneliness	5	8
Lack of good shelter	6	10
Burden of grand children	8	13
Total	62	100

The majority of elderly men in Sagana parish do not have adequate food. Out of 62 respondents, 24% point out that food security is a problem. This could be as a result of lack of income and land to cultivate food crops as indicated in the table. Lack of income means one will not be able to feed himself and definitely health problems and burden of caring for children will arise. The elderly men also claim that they are not being respected by their adult

children in their families such as not listening to their advice. They face harassment in connection with the sharing of property. This could be land. The children want to sell it but the elderly resist because they believe that the land belongs to the clan and thus cannot be sold. These quarrels could make the children abandon their ailing parents by not supporting them materially.

Table six: Challenges and Problems Viewed by the Elderly Women

Challenges/problems	No of respondents	%
Lack of food	11	16
Low income	14	21
Burden of grandchildren	15	22
Disrespect	3	4
Lack of proper clothing	4	6
Health problems	5	7
Loneliness	2	3
Lack of good shelter	4	6
No answer	10	12
Total	68	100

The elderly women face the challenge of caring for their grandchildren. 22% out of 68 respondents face this challenge. This challenge comes about because of single parenthood where by their daughters may have given birth to children out of wedlock or AIDS scourge that may have taken the primary breadwinner of the children. The elderly women also encounter food shortage and low income, which may make the living standard even harder as indicated in the above table.

Comparing the above two tables, you find the elderly men experience shortage of basic

needs more than their female counterparts. However these needs are very crucial for every elderly person. Another big difference is that the elderly women face the burden of taking care of grandchildren. This makes them to work extra hard to fulfil this obligation.

4.4.2 Challenges and Problems as per the General Public

Table seven: Distribution of Challenges and Problems Facing the Elderly as Seen by the Community of Sagana

Challenges	No. of respondents	%
Lack of food	20	20
Loneliness	4	4
Drunkenness	6	6
Lack of shelter	7	7
Health problems	10	10
Lack of land	7	7
Disrespect	4	4
Burden of grandchildren	10	10
Lack of clothing	5	5
Lack of income	14	14
No answer	13	13
Total	100	100

The general public see the main problem of the elderly people in Sagana parish as lack of food. This is 20% out of 100 respondents encountered. The next challenge they point out is health problems. This could be as a result of not eating well balanced diet and not regularly. The burden of grandchildren is also stressed.

4.4.2 Challenges as Seen by the Parish Team

The parish team (four sisters and four priests) was asked to highlight the problems the elderly people encounter together with their causes. This is because they work in the area and in most cases they come across the elderly people that seek some assistance from the parish. Therefore it was considered wise for them to give some feedback on this issue. The following table shows the outcome.

Table eight: Distribution of Problems and Challenges as Viewed by the Sagana Parish Team

Problem	Causes	Rank
Poverty	Drought Laziness Lack of Planning Misuse of resources Lack of resources	1
Loneliness	Children migrated Widowed Mental illness	2
Poor health	Negligence Poor hygiene Lack of food Ignorance	3

From the above table, poverty among the elderly people is ranked first, loneliness second and poor health third. Poverty is caused by drought in that in most cases the place experiences a long spell of drought every year thus affecting the planting of food crops. Misuse of resources occasions poverty because some elderly people may have sold their property when they were still young and when they are old, they have nothing to depend on. On the other hand lack of resources in terms of capital and expertise bring about poverty in that they are unable to start something that can generate income. Sickness and lack of planning are also contributing to poor quality life. Therefore, it means that the elderly people need to be

supported to learn how to reduce the vices mentioned above such as lack of proper planning. Loneliness is also seen to be affecting the elderly people. This is due to migration where by young people in the families move far away in search of green pastures. Thus the old encounter loneliness because there is no one to interact with. Poor health is also considered a challenge in the area. This is attributed to the negligence, living in unhygienic environment, lack of enough food and ignorance. Ignorance and negligence on the part of the elderly persons means that they do not care about their health. They believe that they are about to die. Hence no need for medical attention. Lack of food means that the elderly people particularly men, do not get enough to eat. They are given little or not at all in their families, thus making them vulnerable to sicknesses.

4. 2.3 Challenges Viewed by the Social Workers.

The social worker in the Ministry of Culture and Social Services who work in the area were asked to state what the elderly men and men encounter as per their experience in the place. The table below shows the result.

Table nine: Challenges and Problems Expressed by the Social Workers

Problem	Rank
Poverty	1
Health problems	2
Lack of respect	3
Drunkenness	4

Poverty is seen as the main challenge for the elderly people at this time of money economy. Health problems that may be apparent for the elderly people if precautions are not taken are also cited. Lack of respect by the young generation due to the influence of foreign cultures is blamed for this development. Above all, drunkenness among the elderly is

something that was never present in the African environment is a problem for them. This may be because of the disappointments of the current life and thus resort to over drinking for consolation.

4.5 Social Activities

It was proper to find out what the old were engaging in as a way of helping them to remain socially productive and the results are as below.

Table ten: Distribution of Respondents on Social Activities Seen by the Elderly Men and Women

Social activity	No. of respondents	%
Prayer groups	M 3	2.3
	W 18	14
Rotational contribution	M 0	0
	W 6	5
Catholic Association	M 5	9
	W 20	15
Choir	M 2	2
	W 3	2.3
Clan Meetings	M 20	15
	W 0	0
Visiting market place	M 10	8
	W 3	2.3
None	M 30	23
	W 13	10
Total	130	100

KEY: M- Men, W- Women.

The elderly women participate in social activities more than the elderly men. Prayer groups, catholic association, merry go round (rotational contribution) and choir are associated with women. While clan meetings and visiting market places are associated with the men. From this observation, we can conclude that these activities help the elderly women to find life fulfilling than their male counterparts. Men also need to be encouraged to be active participants in any social event at their reach to help them feel at home. Meeting on important occasions like clan

conferences is not enough though noble. However the above social activities may not be influential to make the society aware of the existence of elderly people.

4.6 Source of Income

The questions about income were posed to the elderly to establish if they had enough income to sustain themselves economically. There was a dichotomy between elderly men and women to see to it who among the two has sustainable income and vice versa. This was to help the researcher to draw a clear and viable conclusion about the group that should be targeted most.

Table eleven: Distribution of Respondents by Source of Income (elderly men).

Source of income	No of respondents	%
Livestock keeping	13	21
Planting of food crops	19	31
Remittances (children)	10	16
Wage from manual labour	6	10
None	14	23
Total	62	100

From the table above, we learn that some of the elderly men have a source of income, which come from their work. 31% and 21% acquire their livelihood from planting of crops and animal rearing. 16% survive on remittances from their children while 10% from wages. Even so 23% do not have any source of income and thus survive on handouts from well-wishers. This may be due to frailty and lack of proper utilisation of land.

Table twelve: Distribution of Respondents by Source of Income (elderly women).

Source of income	No. Of Respondents	%
Planting food crops	20	29
Weaving and knitting	14	20
Selling fruits	10	15
Wages from manual labour	9	13
Money from children	15	23
Total	68	100

As concerns women, the data reveals that women participate more in the income generating activities than men. Out of 68 of those who answered this question, 29% do farming, 20% practice weaving and 15% engage in trading in fruits and vegetables. 23% are catered for by their children. Now comparing these two tables, you find that elderly women are catered for more by their children than elderly men. This could indicate that children are more inclined in supporting their mothers than their fathers as concerns basic assistance.

Table thirteen: Distribution of Elderly Respondents about the Sustainability of their Source of Income (both elderly men and women).

Response	No. Of Respondents	%
Yes	90	69
No	30	23
No answer	10	8
Total	130	100

The majority of elderly people agree that their source of income is insufficient to sustain their needs. 69% of the total number interviewed asserts this point. This could be

because of old age, lack of capital and large families. Therefore it is important that helping the elderly people in economic activities, the above factors should be put into consideration.

4.7 Income Generating Activities (IGA)

The elderly people are not just to stay idle but they are entitled to do some work to up lift their economic standing. In addition this will help them remain physically and socially active in the society. Therefore, they were asked to mention economic activities that may be convenient for them. Above all, the community around was also to suggest the activities that might be helpful for the benefit of the elderly people and the community at large. The feedback is as illustrated below.

Table fourteen: Responses from the Elderly Men

Income generating activity	No. Of respondents	%
Small scale farming	14	23
Poultry keeping	10	16
Livestock rearing	12	19
Selling household goods	8	13
None	10	16
No answer	8	13
Total	62	100

There is willingness by the elderly men to start income generating activity and in fact doing the activities that need a lot of energy and concentration. The notable one is small-scale farming and livestock rearing as indicated above. However 16% are not for the idea due to lack of energy.

Table fifteen: Responses from the Elderly Women

Income generating activity	No. of respondents	%
Knitting and weaving	30	44
Selling house hold goods	7	10
Small scale farming	15	22
Selling fruits and vegetables	10	15
No answer	6	9
Total	68	100

The elderly women are also for engaging themselves in productive work that may generate income. 44% of the total respondents prefer to do weaving and knitting traditional baskets while 22% see farming as the best for them. The women also see venturing into small businesses of selling household goods and operating groceries as convenient. Hence the elderly people should not be regarded as spent forces because the feedback suggests that they are willing to work and in fact doing work that needs a lot of energy as indicated in the above two tables.

Table sixteen: Distribution of Respondents as per Community as Regards to the Income Generating Activities

Income generating activity	No. Of respondents	%
Knitting and weaving	17	18
Small scale Farming	14	14
Herbal clinic	12	12
Advisory centres	7	7
Self help groups	19	20
Selling fruit/vegetables	15	15

None	13	13
Total	97	100

The community of Sagana is for the idea of helping the elderly to remain active in economic and social life. Self-help groups are favoured which may take place in the form of others activities mentioned above. Nevertheless 13% want the society to help the elderly people with basic needs through charitable ways because they have worked hard for the society in their hey days and it is the duty of the society to reciprocate. This is a good sign that portrays that a section of the public may support old age activities in the area.

4.8 The Responsibility of the Society on the Elderly People's Welfare

The 21st century is an era that is experiencing the percolation of individualism as well as other new cultures that measure people as per their riches. These changes demonstrate that the aging persons without financial standing may find it difficult to live. With these reasons, the researcher wanted to know what they expect from this changing world and the answers are as follows.

Table seventeen: Distribution of Respondents by Expectation from the Society

Expectations	No. Of respondents	%
Food	35	30
Moral support	28	22
Medical care	24	18
Information	17	13
Respect	21	16
No answer	6	4
Total	130	100

The elderly people expect a lot from the society. 30% of those interviewed want the society to assist them with food. They profoundly also expect to be supported morally at this last stage of life and being attended to medically. As senior members of the society they yearn for respect as well as being informed of what is happening in the world. It means that the elderly people expect the society to pay a tribute to them due to the fact that they have done a lot for the society. They should be recognised and honoured as part and parcel of the society.

4.9 Retirement

Retirement from official work or from self-employment due to reduced physiological ability may affect a person negatively or positively. The question about retirement was to investigate this impact.

Table eighteen: Distribution of Respondents on the Impact of Retirement

Impact	No. Of Respondents	%
Reduced income	24	18
Increased leisure time	15	12
Affected family budget	24	18
Time to start self employment	15	12
Uselessness	30	23
No answer	10	8
None	12	9
Total	130	100

Retirement from active work by the elderly seems to reduce the income they were earning. The consequence is that the family budget is affected. This may bring financial problems when the elderly person in the family is the only one who is a breadwinner. Furthermore, the statistics

point out that 23% feel uselessness owing to inability to work as they used to. Some 12% of the respondents consider that retirement is also good because it gives the elderly ample time to start small businesses.

4.10 Homes for the Aged

In developed countries there are institutions for the aged as it was articulated before. They are publicly or privately owned. These are nursing homes, adult nursing homes, home for the aged and adult care homes. Homes for the aged are now being launched in developing countries like here in Kenya. An example is St. Mary's Village home for the aged in Sagana where the research was carried out. Thus, the researcher wanted to know if they are better refuge for the elderly in particular reference to the above mentioned home so that they may be encouraged, discouraged or other alternatives taken. The feelings about these homes by the aged are as below.

Table nineteen: Distribution of Respondents on the Attitude towards Homes for the Aged (Elderly from the general public).

Feelings	No. Of respondents	%
Disrespect for the aged	30	23
Feel rejected	35	27
Important for destitutes	40	30
Provide basic needs	25	19
Total	130	100

There is a general consensus that homes for the aged have no place in African environment. From the above table, the in-mates are depicted as those who have no people to

look after them. These are preferably their next of kin such as their children. It is considered as a disservice for one to take his/her old parent in these homes. Thus, it is a manifestation of one rejecting his parents as of no value. Even so 19% of the elderly respondents do recognise that these homes provide basic needs, which an elderly person from poor background may not have access to.

Table twenty: Distribution of Responses of the Elderly People in the St Mary's Home.

Feelings	No of respondents	%
Provide basic needs	15	42
Companionship	7	19
Feel rejected	8	22
Same type of food	6	17
Total	36	100

The residents were not left out. They were interviewed about their feelings of the home that caters for their needs day in day out. Out of 36 who responded, 42% do recognise St. Mary's Home as good owing to providing basic needs for them while 19% companionship. 22% feel rejected because the circumstances forced them to be there. 17% complain about the services they get. The notable one is about food.

4.11 Conclusion

This chapter has presented data interpretation where it was revealed that poverty is one of the major challenges for older persons, which brings about inadequate provision of basic needs. It was also revealed that the elderly people are eager to engage in social economic activities, which is a good sign. These findings and others are discussed and summarised in the next chapter.

CHAPTER FIVE

5.0 RESULTS AND DISCUSSIONS

5.1 Introduction

This chapter points out the findings from the field that was outlined in data analysis. In this chapter once again the research questions and assumptions will be revisited to see if they have been answered. The project proposal in the next chapter will be based on the findings in this chapter.

5.2 Economic and Social Implications

The analysis reveal that the challenges and problems facing elderly people are based on economic and social trends prevailing in this country, that make it difficult for the old persons to enjoy physiological needs. These needs include food, clothing, good shelter and medical care. Lack of food security is the dominating factor. The elderly men and women highlighted this point, which was also echoed by the parish team, social workers and the general public. Therefore the situation is not so good and this is the aftermath of poverty. The issue of poverty does not come by itself but it has some causes. Some that were pointed out are drought, which leads to crop failure and low income. These affect economic standing in the household. However another major cause, which was not mentioned but discussed in the review is economic recession that had affected the growth of economy in the country at large. In addition to this is poor governance whereby those in public sector embezzle funds meant for development. Such funds could be invested in development programs like irrigation to evade the problem of drought so that the people may use water for irrigation. In this way they may realise food security.

5.3 The Elderly's Potential

The notion that the elderly cannot do productive work such as income generating activities should be discarded. From the field research it was disclosed that they do work and actually get their source of income from their labour to sustain themselves and their next of kin. Thus they are protagonist in the household economy. They enhance this in a variety of occupations such as farming and other small-scale enterprises. Furthermore the elderly people are eager to participate even more in these activities (refer to table 12 and 13). Hence the assumption on the economic contribution of the elderly has been proved right. What is needed therefore is to organise them and equip them with skills and capital to actualise their talents and ability to remain productive till the end of their lives and the improvement of the economy in the society at large. Besides this, the research question on the viable projects for the elderly has also been answered. It can be reasoned out that the elderly prefer projects related to their traditional background. In this case farming and weaving baskets is the typical lifestyle of the Kikuyu people. Therefore any project for the elderly people in that area should be on this line.

5.4 Gender Concerns

In the field research it was deciphered that providing the needs for the elderly person in the family circles is based on gender. This is to say that elderly females are catered for by their children more than their male counterparts. This may be because of maternal inclination. It can be justified by the fact that most men agreed that lack of food or being given little and at inappropriate time is a normal occurrence in their families. One old man said:

My wife and my boys are in league to make sure that I die soon so that they may inherit this land and sell it. This is because they deny me food. When a neighbour tries to intervene by giving me something to eat they complain that 'who is he to support me' since they are there. This is a clear indication

*of wishing me early death.*³⁹

This habit is pronounced in the adult boys. For girls, the elderly men are happy with them because they help them occasionally when they pay homage from their married places. Thus the assumption that the elderly people are finding it hard to live in the family due to disintegration of traditional values has been proved right. Education is needed for the families to co-exist with their parents amicably. The children have to know that it is their responsibility to care for their parents. On the other hand girls in the families should be empowered with education because it seems that they are the ones who care for their parents well. Separately there should be impartiality in helping the elderly people in starting their income generating projects. The elderly men should not be relegated to the periphery. Instead they should be uplifted and organised to take charge of their lives.

5.5 Homes for the Aged

The elderly people see these kinds of homes as intruders. Despite the fact that St. Mary's Village is housing the elderly people who are catered for as concerns basic needs, the elderly people seem not to appreciate it. Especially when they have people who can take charge of them. With this the assumption on the homes has been adequately proved right. Thus these homes are not to be a lasting solution because the elderly themselves do not want them. If they do not feel secure, what is the need of constructing them? Hence a better option needs to be adopted on how to address their problems in their family environment. In the family circle, they may feel secure and find life fulfilling than in the institutionalised homes. Even so, these homes should not be abandoned because they provide services that the elderly man or woman from a poor background cannot afford. In addition, they are equally important for a frail elderly person who has no one to take charge. With these observations, they should be for

³⁹ John Mwangi, Interview By Author 10th Feb. 2001. Sagana.

a last resort when no other openings are forthcoming.

5.6 Social Activities

The elderly people are handicapped as far as social activities are concerned in that area. The research revealed that prayers groups, merry go round (rotational contribution), clan meetings and catholic association are the only activities they participate in. In such activities, women participate in them more than men save for clan meetings. However these are not enough. Forming associations may help them to be together and more united to discuss many things that touch their lives and thus they may be recognized as people of focus. Such associations may be to start advisory centers, get together in celebrations and rotational assistance financially and materially.

GENERAL CONCLUSION AND RECOMMENDATIONS

The challenges and problems facing the elderly people in Kenya have been discussed at length in the previous chapters. They were evaluated, reevaluated and some recommendations were made as the study developed. Therefore it is worthwhile to give other recommendations, which on the overall should be taken into account. These are the following:

- The government needs to adopt the strategy to encourage the participation of the private sector in provision of social services for the needy elderly people in Kenya. This is by giving grants for varieties of services such as food and medical care.
- To pressurize the government to work out modalities on how to implement United Nations Principles for Older Persons. These principles are independence, participation, care, self-fulfillment and restoration of dignity for the elderly people.
- The church to promote partnership with secular movements that deal with old age activities in terms of the material and the spiritual goods in that *one finger does not kill a louse*. In the same line the church and other organizations such as HAI and HAK need to incorporate old persons in the management of the activities of the aged. This may carry more weight in articulating the needs of elderly people.
- The media to be the focal point in expressing the needs and problems facing the elderly. For this to be more spread, there is a need to encourage the elderly to be disclosing what happens in their backyard to the media.
- To consider the elderly people in community development initiatives so as to contribute where necessary with some incentives to boost their ego and their income.

We conclude by saying that we are not time barred to compromise with what is affecting the elderly people in Kenya. The findings reveal that the elderly people are active and yearn to remain so. It is therefore the duty of the families, government and

other groups who have interest in old age activities to support the elderly fully. The project proposal in the next chapter may make a difference in the lives of many elderly people. We call upon all the people from all walks of life to value human life and not profits to support such projects where necessary.

CHAPTER SIX

6.0 PROJECT PROPOSAL

6.1 Introduction

Having perused in the literature and data analysis about the subject of the elderly people, we hereby present a project proposal that may enhance the well being of the people encountering old age in Sagana parish. This chapter deals with the project overview that highlights the background of the project, statement of the problem, goal, objectives, and assumptions. It points out strengths, weaknesses, opportunities and threats. It also presents management structure, project activities and work breakdown structure and project budget.

6. 2 Project Name

The name of the project will be **Centre for the Welfare of the Elderly**. Its utility name will be **CEWE – SAGANA**. The project will be an outreach programme that will target the elderly people in Sagana area to establish their needs so that they may be dealt with in their own homes. Therefore, it will have only an office, a resource centre and store/show room.

6.3 Project Overview

6.3.1 Project Background

Sagana Parish is in Murang'a diocese under the management of Consolata Missionaries. It is a long Nairobi - Nyeri highway. It has a population of about 20,000 people. The place is becoming urbanised day in day out with two townships namely, Sagana and Kagio becoming major centres of business. Therefore competition for survival is high. The place is usually dry which makes it difficult for farmers to get good yields and thus prompting the elderly people to seek some assistance in the parish. Beside this there is a home for the elderly that was established in 1974. By now there are about 40 elderly persons who are not only from

Sagana but also from other parts of Central province.

6.3. 2 Statement of the Problem

The needs of the elderly persons are many characterised by economic, spiritual and social needs. Hence they should be empowered to see to it that they manage these aspects themselves. As we try to create institutionalised homes, the elderly feel that they should be with their families. Thus other alternatives must be put in place.

6.3.3 Justification of the Project Proposal

The project will operate as from January 2002 to December 2004. Therefore, by the end of this period, this project would have made some significant contributions towards the achievement of the goal and the objectives set. The elderly people need to be together to see to it that their lives are for better and their needs are catered for according to their wishes within their homes. This is the ideal of this project.

6.3.4 Project Goal

The main goal of this project is social, economic and spiritual empowerment of the elderly people in Sagana parish so they may better their lives and accept themselves as people who can go extra mile despite their vanishing strength.

6.3.5 Objectives

- To create awareness and advocacy about the needs and roles of the older people in the family and in the community.
- To help the elderly people start income generating activities.
- To instil self-acceptance and actualisation in the elderly people.
- To provide basic needs to the most needy elderly people.

6.3.6 Basic Assumptions

- The elderly will manage their welfare well.

- The community around will appreciate the centre.
- The elderly will have stable health conditions.
- By the year 2004, the project will have achieved its goal and objectives.

6.3.7 SWOT Analysis

Strengths

- Strong financial and material backing from NGOs (HAI and HAK) and from IMC.
- There is an existing premises and room for expansion.
- Support services from Sagana dispensary and St. Mary's Village home for the aged.

Weaknesses

- Lack of personnel.
- The elderly people who are frail may not benefit much from active activities such as weaving and farming.
- Breakdown of family structure.

Opportunities

- Training of personnel.
- Creating awareness.
- Skills and talents from the elderly.

Threats

- Political interferences.
- Drought.
- High level of poverty.
- Criminal activities.

Risks

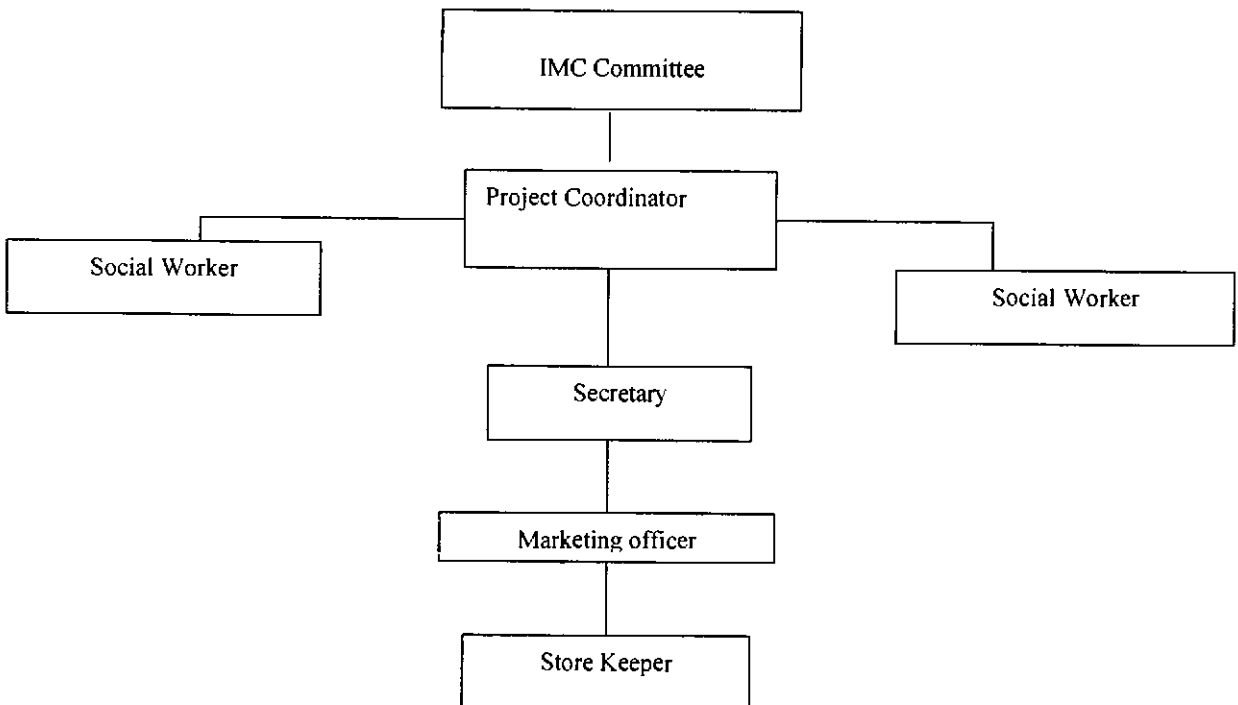
- It might lead to some young people to neglect their parents because they may see that

there is a place where all the needs of the elderly may be addressed. Awareness and advocacy shall be intensified to minimise this risk.

6.3.8 Project Management Structure

The project will be under the management of Consolata Missionaries, steered by a committee of six members. Under this committee will be the project manager who will be coordinating all the activities in the project to see to it that they are efficiently and effectively accomplished. He will duly be answerable to the committee. He will also seek donors in collaboration with the above-mentioned committee. The project manager will be assisted by two social workers, a secretary, marketing officer and storekeeper in discharging the services. The role of a marketing officer in this project will be marketing products produced by the elderly people. These include publicity, packaging and search for actual customers of the products produced by the elderly people.

Organisation Chart



6.3.9 Project Activities

These will include education, provision of basic needs, monitoring income generating activities and organising social events.

6.3.9.1 Education

The locus with this education will be to create awareness about the needs and roles of older people in Sagana parish. This will take the form of seminars that will be conducted in Small Christians Communities (SCC) and in other religious gatherings such as those of Pentecostals and Muslims. Home visits and visitation of the schools in the environs will also be a target. Some of the topics to be covered will be:

- The importance of appreciating the elderly people in the community and in the household.
- Good nutrition for the aging and proper hygienic measures.
- Awareness about the project.
- Invitation of the elderly people to join the project.
- Lobbying for support of old age activities in terms of financial and material contributions.

Above all, the resource centre will be established where by the written information about the elderly people will be stocked for interested persons.

6.3.9.2 Provision of Basic Needs.

This will be a special scheme for the old persons who are dearly in need of basic needs such as food, clothing, shelter and medical care. They will be identified by the social workers in their homes to see how they may be assisted. Therefore some funds will be put aside for this purpose. The community will also be asked to contribute where possible. However, there will be an arrangement in liaison with Sagana dispensary to examine the elderly people for early

signs of disease so as to take necessary steps. Doctors and nurses from other institutions will be invited to help in examining the elderly people at a reasonable fee. The project management shall arrange in advance the transport for these doctors and nurses.

6.3.9.3 Social Events

These activities will be for members of the groups. However other elderly people who are not members are welcome. The aim of these social events is to enhance a positive self-image in the elderly people so that they may actualise themselves. These activities will play an active role in sensitising the community that the elderly persons have potentiality in many things. Some of the activities will be excursions, picnics, sports, drama and community festivals. They will be arranged according to the opportunity available. The community will also be invited to attend some activities such as community festivals. Above all the elderly in each group will be encouraged to practice religious observances such as recollections.

6.3.9.4 Income Generating Activities (IGA)

This will be the last activity to be implemented. There are many activities that were proposed but the project will concentrate on two. These are weaving/ knitting and small scale farming for reasons of manageability and viability. Therefore the project will run a micro finance programme that will provide capital in terms of cash and material.

The project will encourage elderly women to form groups in each outstation. They will elect leaders who will be coordinating them and then informing the project management on the developments. These groups will be provided with materials for making traditional baskets (Ciondos) and mats according to their ability and capacity in their homes. After that the financed products will be collected and brought to the centre to search for a market. This is preferably in the tourist's sites. The leaders of the groups will work closely with the project management, as a learning process so that they may work alone without much assistance from

the administration. When these products are sold, 97% of net profit will be given to the women and the remaining 3%, will be ploughed back to the project for any eventuality.

As concerns small-scale farming, the elderly people will be provided with seeds and fertilizer to plant crops at appropriate time so that they may have food security. Due to the fact that drought usually affects the area, the project will advocate for horticulture on small scale. These are tomatoes and vegetables which can be irrigated and for which the market is readily available. Both the elderly men and women will be targeted in this activity. Again they will be divided into groups according to the outstations. The loan will be recovered at 10% on each batch of sold produce without interest.

6.3.10 Work Breakdown Structure

Objectives	Activities	Work Packages	Approx Time	Approx Cost –Ksh
Awareness and advocacy	Out reach awareness	Seminar with SCC.	3 months	25,000
		Home visits	3 months	20,000
		Visits of other religious gatherings and institutions e.g Muslims and schools	2 months	10,000
	Open resource centre	Renovation of a room	20 days	10,000
		Stocking it with written material	10 days	20,000
	Organising public address	Permit	-	-
		Speakers	1 month	10,000
		Venue	4 days	15,000
		Transport	2 days	20,000
		Publicity	10 days	4,000
Basic needs	Identification the elderly people according to their needs	Forms to fill	2 months	7,000
		Forms analysis	1 month	3,000
		Buying food, clothing and building material	2 months	300,000
		Schedule for providing these needs	4 months	20,000
	Organising of health examination day	Organise the venue	5 days	15,000
		Publicity	1 month	5,000
		Consulting doctors and nurses	3 months	10,000
		Buy medicine	10 days	100,000
		Transport for elderly	3 days	30,000
		Food	4 days	40,000
Self acceptance and actualisation	Organise social events (Excursions Picnics Music parties Community and public celebrations)	Get to together to celebrate this events	2 months	30,000
Self reliance	Weaving and Knitting	Buying material	3 months	95,000
		Material distribution	1 months	5,000
		Monitoring	6 months	15,000
		Search for a market	2 months	20,000
	Horticulture	Animation on horticulture	1 months	20,000
		Seed distribution	20 days	80,000
		Buying of 4 water pumps	3 days	60,000
		Follow ups	3 month	6,000
		Search for a market	3 months	14,000
Totals			36 months	1,009,000

Note: Some of the activities will be contacted concurrently. Therefore 36 months do not reflect the total number, but shows the months this project will take.

6.3.11 Budget Proposal

**For CEWE- Sagana At Sagana Parish In Murang'a Diocese As From 2002 To 2004, @
Cost Of 3,412,200 Ksh. Current Exchange \$ @ 78 Ksh.**

Particulars	Year One	Year Two	Year Three	Total
Office costs				
Renovation	10,000			10,000
Tables	8,000			8,000
Shelves	7,000			7,000
Chairs	6,000			6,000
Computer	50,000			50,000
Stationery	8,000			8,000
Staffing				
Project manager @ 15000	180,000	180,000	180,000	540,000
2 Social workers @ 10000	240,000	240,000	240,000	720,000
Marketing officer @ 8000	96,000	96,000	96,000	288,000
Secretary @ 9000	108,000	108,000	108,000	324,000
Advocacy and awareness cost				
Seminars	15,000	5,000	5,000	25,000
Visitations	12,000	10,000	8,000	30,000
Social events				
Get together	10,000	20,000	40,000	70,000
Self reliance costs				
Weaving and knitting	50,000	80,000	20,000	150,000
Horticulture	100,000	40,000	40,000	180,000
Basic needs				
Clothing	5,000	5,000		10,000
Shelter		20,000	20,000	40,000
Food	15,000	20,000	5,000	40,000
Health Day	70,000	65,000	65,000	200,000
Local contributions				
House @ 10000	120,000	120,000	120,000	360,000
Labour	8,000	5,000	10,000	23,000
Membership (100 × 130)	13,000			13,000
Sub totals	1,131,000	1,014,000	957,000	3,102,000
Contingencies 10%	113,100	101,400	95,700	310,200
Grand Total	1,244,100	1,115,400	1,052,700	3,412,200

BUDGETARY NOTE

Local contribution is 396,000 KSH.

Money from donor is 3,016,200 KSH.

6.3 Conclusion

This project is oriented towards enhancing the active participation of the elderly people in the economic, social and spiritual development of themselves and that of the society. It is to engineer a powerful self-affirmation of these people in the affairs that concern them as discussed in this study. It is therefore envisaged that at the closing of the project in December 2004, the elderly people in Sagana parish would have learned a lot to be capable to do things by themselves and appreciated by the society.

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APPENDIX ONE

TANGAZA COLLEGE- CATHOLIC UNIVERSITY OF EASTERN AFRICA

Please, answer the following questions. They are just for academic purpose in above named college. Thank you for your cooperation.

Questionnaire for the elderly

Background Information

1. (a) Name of the elderly

(b) Sex..... Age.....Religion.....

2. Do you have children If yes how many, if not why.

.....
.....

3. What is your relationship with them? Circle one.

EXCELLENT GOOD FAIR BAD

4. Do they cater for your basic needs? If yes how often and if no why.

.....
.....

5. Do you get enough food every day? If yes who prepares it and if no why?

Challenges and problems

6. What are your immediate needs and problems?

1.....2.....3.....
4.....5.....6

7. From the above, which is the main one?

.....

Social Economic Activities

8. What is your main source of income?

.....

9. Do you have land? If yes, how do you utilise it? If not why?

.....
.....

10. Are you involved in any social activities? If yes which ones and if no why?

.....
.....

11. State one income generating activity you think is good for you.

.....

12. What is the impact of retirement in your life? Tick one.

Reduced income Uselessness Time to start other business Other

13 Do you get any public assistance? If yes, in what form and if no why?

.....
.....

Health

14. Do you have any health complications? Circle one.

NO YES

15. Do you seek health assistance?

NO YES

16. Do you have problems of seeking health care assistance?

.....
.....

Homes for the Aged

17. What are your feelings about homes for the aged?

.....
.....

Other Questions

18. Who is an elderly person?

.....

18. As an elder, how do you expect to be helped in the society?

.....
.....

19. Any other general comments as concerns the aging question.

.....

APPENDIX TWO

TANGAZA COLLEGE- CATHOLIC UNIVERSITY OF EASTERN AFRICA

Please, answer the following questions. They are for academic purpose in above named college. Thank you for your cooperation.

Questionnaire for the general public

Name of the respondent..... Age.....

1. Who is an elderly person?

.....
.....

2. What are the problems that the elderly face in Sagana area?

.....
.....
.....
.....

3. From the above, which is the major one?

.....

4. How can they be helped to rid themselves of these problems?

.....
.....

5. What are the socio-economic activities the elderly can get involved in to uplift their living standards.

.....
.....
.....

6. Among the above, which activity is the best for them?

.....

7. Are you afraid to become old? Explain.

.....

8. Are you ready to give financial help for the project of the elderly people in this area? If yes how and if no why?.....

APPENDIX THREE

TANGAZA COLLEGE- CATHOLIC UNIVERSITY OF EASTERN AFRICA

Please, answer the following questions. They are for academic purpose in above named college. Thank you for your cooperation.

For the social workers/ parish team

1. What activities do you have for the elderly?

.....
.....
.....

2. Do you have funds for the elderly?

.....
.....
.....
.....

3. What is the main opportunity for the elderly people?

.....
.....
.....

4. What are the major causes that contribute to poor living conditions for the elderly in this area?

.....
.....

5. What are the challenges and problems facing the elderly people in this area?

.....
.....

6. Among the above, which challenge /problem is the most serious?

.....
.....

APPENDIX FOUR

CHECK LIST

1. Name of the outstation.....

2. Economic activities in the area

(a).....

(b).....

(c).....

(d).....

3. The activities the elderly people are directly involved in.

(a).....

(b).....

(c).....

(d).....

4. Social activities in the area.

(a).....

(b).....

(c).....

(d).....

5. The social activities that the elderly are involved in.

(a).....

(b).....

(c).....

(d).....

6. Other observations.

.....
.....
.....