



HelpAge

Tanzania

**Championing
Health & Care**

Health & Care for Better Living

Health is an important component of wellbeing, a healthy older person (physically, mentally, and socially) is more likely to enjoy better quality of life. Healthy Ageing is of paramount importance in enabling an older person to enjoy a better quality of life and address issues concerning other elements of wellbeing i.e., demand for enhanced dignity and his voice to be heard.

Efforts focus towards enabling older people and those with disabilities to have improved access to available, acceptable and quality health and care services which provide health promotion, prevention, treatment, rehabilitation, improved functionality and palliative care. Efforts are also directed to address the multiple and intersecting forms of discrimination that people with disability face when accessing health systems and services.

This is achieved through the collaborative efforts with Government Ministries, institutions, and other stakeholders, internal and external in facilitating the implementation of: - universal health coverage, UN Decade of Healthy Ageing, long-term care and support systems and the National Strategy for the provision of health services to older people, consolidating and rolling out gains attained in implementing previous health projects, capacity building of implementing partners and beneficiaries.

In collaboration with Central and Local Governments together with implementing partners we support the improvement of knowledge and skills of health care providers, community-based health institutions and community members to improve their capacity to address the rising burden of NCDs, epidemics and pandemics, geriatric conditions and SRH needs among older people and those with disabilities. We initiate and organise dialogue, sharing of best practices, learning and information sharing through established channels. The above undertakings are supported by internal and external funding partners. The Memorandum of Understanding entered with the Government Ministries also facilitate these endeavours.

We plan to continue scaling up the implementation of best practices attained while implementing health projects in other areas of the country including Zanzibar where we have the mandate to operate to other parts of the country. We plan to identify more areas of focus so that we are able to facilitate the improvement of health status and therefore the wellbeing of older people and those living with disabilities.

Our Achievements in Health

In health we have attained the following achievements:

- Supported the development of the National Strategy for the provision of Health Services to older people, together with its implementation Guidelines.
- Inclusion of people aged 50 years and above in the National Guidelines for the management of HIV/AIDS and STIs.
- Supported Ministry to review the training curriculum for mid-level nurses to include Care for older people (Geriatric) which is in use now.
- Establishment of Active Ageing Clubs in project areas which continue existing long after projects have ended. These Clubs facilitate older people to come together, participate in physical exercises, socialise and engage in income generating activities.
- Contributed to raising the number of older people accepting to be vaccinated with COVID-19 Vaccines together with raising the awareness among older people and the communities at large on the importance of vaccination against COVID-19.
- Influencing local leadership to be committed to addressing older peoples' issues.
- Establishment of Older People monitoring Groups. These are members of the Older Peoples Forums established from Village, Ward and Council. They monitor and report on health and care services provided to older people in their respective levels.
- Supporting the streamlined outreach health services which now are spreading in the country. Before outreach health services were provided only to children under five years and pregnant women. Now outreach services are also provided to older people, the majority of which live in rural areas.
- Raising the knowledge and skills among 740 primary health workers to enable them to provide age sensitive health and care services to older people and those with disabilities. Trained PHC workers now provide age sensitive health and care services.
- Assessment and provision of much needed Medical Equipment to six Council Hospitals – Buhigwe, Kakonko, Kasulu Town Council, Kasulu District Council, Kibondo district Council, Uvinza District Council and 1 Regional hospital - Kigoma Regional Referral Hospital.
- Training of Community based health workers – providers of home based care services.

Working Upcountry

- **Tanga Region:** Korogwe, and Handeni Districts
- **Mwanza Region:** Magu and Kwimba Districts
- **Kagera Region:** Karagwe and Muleba districts
- **Kigoma Region:** Kasulu, Kibondo, Kakonko, Buhigwe,
- **Pwani Region:** Kibaha
- **Morogoro Region:** Urban & Rural, Mvomero, Gairo, Kilombero, Ulanga, Kilosa and Malinyi.

Our Work in Pictures



An older person being assisted to go to see the Doctor in Magu District Mwanza region 2020

Blood being taken from an older woman to check her blood sugar in Magu district in Mwanza region 2020.



An older person being measured for her blood pressure in one of Streamlined Outreach health services in Magu District in 2021.



Older people exercising during one of the Active Ageing Clubs activities in Chekelei Village in Korogwe District 2022



Vision

A world in which all older people fulfil their potential to lead dignified, active healthy and secure lives.

Mission

Ensure older people in Tanzania have equal access to resources and services as provided in the various policies and legislative frameworks by seeking the mainstreaming of ageing issues into the development agenda of the country, thereby alleviating intergenerational poverty that affects older people and their dependants.

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