BUILDING CAPACITY TO CARE

JO-ANNE STEVENS-O’CONNOR
CHALLENGES FACING OLDER PEOPLE

• POVERTY
  – Pension of (A$ 160 / m)
  – Supporting - average of 5 people
AIDS

- 1 400 000 Orphans in SA
- 95% of which cared for by extended family and most of those are in grandmothers.
RESIDENTIAL CARE NOT AN OPTION:

• People still depend on the older person and their income
• Culturally unacceptable
• Too far from Home, unfamiliar community
• A foreign environment
• Too costly
COST OF CARE

• Unit cost = R 6080 / M A$ 907

• INCOME available for majority of pensioners

  Pension   R1080   A$ 160
  Subsidy   R2105   A$ 314
  R3185     A$ 474
TO BUILD CAPACITY:

A TWO PRONGED APPROACH

- Develop coping skills
- Strengthen Resilience
- Provide Home Based Care for the ill and frail.
BUILD CAPACITY: STRENGTHEN RESILIENCE

• Social clubs
BUILD
CAPACITY
STRENGTHEN
RESILIENCE

• Develop / grow earning potential
BUILD CAPACITY STRENGTHEN RESILIENCE

• Nutrition
BUILD CAPACITY:
STRENGTHEN RESILIENCE

• Food Security
BUILD CAPACITY
STRENGTHEN
RESILIENCE

• Education + Parenting skills
BUILD CAPACITY
STRENGTHEN
RESILIENCE

• Social clubs
• Earning Potential
• Food security
• Education
• Identity documents
HOW TO CARE FOR THE SICK AND FRAIL?
HOME BASED CARE

• Small groups of women from each community

• Often unemployed
• Limited education

• Voluntarily / Stipend
HOME BASED CARERS

• Check on the older person provide support
• Basic health care
  - collecting medication
  - care for the sick in their home
  - Bed bathing
  - Cleaning a wound
  - Chores eg: cleaning preparing a meal
• Educator
Caring for someone at home (basic nursing)

1. Physically

Washing
- good hygiene stops infection
- being clean helps people feel better
- sick people need help with washing
- the helper must be careful not to spread infection – they must be clean

Exercise
- people need to use their muscles as much as they can for as much as they can
- exercise keeps the body stronger to fight disease
- exercise helps people feel better about themselves
- keeping people mobile is important
ACCOUNTABILITY

• We contract with each carer each year
• Set out expectations - 8 hours /week
• Reports
• Supervision
CHALLENGES

• Home Care Kits
• Voluntary - small gratuity  R200 /m
• Walk
CHALLENGES

- Home Care Kits
- Voluntary - Gratuity – R200
- Walk
- They themselves open to infection  TB
- Ethical issues
- Open a flood gate of need beyond the capacity of the carer
- Boundaries and limits
- Care for our Carers
WHY DO THEY DO IT?

• Stipend
• Desire to develop themselves - gain some training
• A sense of confidence and hope allowing one to move away from feeling overwhelmed
• Builds a sense of community
• An anybody to a Somebody
CONCLUSION

• Building is nothing without talent skill to inhabit it.
• Talent, skill and resilience do not need buildings to flourish.
• This is Africa’s hope.

THANK YOU