

HelpAge Canada

age helps

Annual Report 2013

HelpAge International



Co-founder of HelpAge International,
Hilton Humanitarian Prize 2012 recipient

Reaching out to the vulnerable and isolated ones

During 2013-2014, HelpAge Canada's outreach actions have one thing in common: they target isolated older persons who are vulnerable and who often are unnoticed. We reach out to those who are close to us, as well as those who live in remote corners of other countries and from whom we rarely hear from. Together with donors, volunteers, and HelpAge partners, we work to ensure that thousands of older women and men who are isolated and vulnerable receive basic care and attention.

We help in a variety of ways — by restoring eyesight, by providing shelter, food, medication and basic necessities such as dentures, hearing aids, etc. We also reach out to older residents in Nunavut and older persons of marginalized ethnic groups in Central Africa. Thirty years ago, we co-founded the HelpAge International network, which is now present in 65 countries. Today, we continue to prioritize our international action but also plan to do more in combatting social isolation for the growing population of older persons in Canada. Here and across the world, those older men and women who are most vulnerable need the assurance that society will support them in their efforts to remain independent contributing members of their communities.



At the Foyer St-Etienne home in Les Cayes, in Southern Haiti, Alisena Merand benefits from our sponsorship program and receives a lot of care.



In Nunavut, Martha and Paul Kanayok (73 and 71 years old) took advantage of an outing organized by a local partner, the Pulaarvik Kablu Friendship Center, in Rankin Inlet. They tasted tuktu (caribou) and tariumuk (Arctic char). Photo Jessie Baxter.

Isolated but not abandoned

Year after year, tropical storms severely hit Haiti—the poorest country in the Americas. At the end of 2012, in Fond Jean Noel, a remote community in the South-East of the country, a large number of homes were partially or totally

destroyed by Hurricane Sandy. Thanks to the donation of an Albertan couple, we have collaborated on a project with HelpAge International which has repaired or reconstructed 100 houses owned by



Until we built her a small house, in May 2013, Julesina Jeudy was living in this hut.



The new houses built by HelpAge International (100 in Fond Jean Noel, 400 more in other locations) will resist future tropical storms.

impoverished older persons. The best feature: these new houses have been built to withstand future tropical storms.

In the Democratic Republic of

Congo, we will begin building homes in the fall of 2013 for the older Twa (Pygmies) who are currently living on the ground in small huts made of branches.

Donations that are wide-reaching

More than 700 regular donors allow us to sponsor 911 vulnerable older persons in India, Sri Lanka, the Philippines, Kenya, the Democratic Republic of Congo, Dominica, Grenada, Jamaica and Haiti. Their monthly contributions help our local partners offer the most disadvantaged older persons food, medications, shelter, basic needs and caring attention. To reach a greater number of neglected older persons we have expanded our sponsorship program to include the Twas residing in Congo, a marginalized and discriminated minority, and retired advocates, women who have risked their lives to promote peace and defend the rights of others who find themselves without support in old age.



Born in 1927, Mary Kuttikattukunnel was abandoned by her husband right after her marriage. She spent her life doing household chores. Now she lives in a home run by the St-Vincent-de-Paul Society in India. Her health is declining with time, but the sisters take good care of her and Mary stays serene.



During her latest monitoring mission to India and Sri Lanka, volunteer Susan Richards visited 17 homes and 370 current and future sponsored persons.

Bequests

HelpAge Canada needs your support in planning for the future. Planning a gift in your will can help us continue our work to empower older persons.



Remarkable success of micro-businesses in Kenya: Now older persons want to live longer.

The older persons who launched six micro-businesses with the support of HelpAge Canada in 2012 are transforming the lives of everyone around them. Our Kenyan partner, Ahero Joot Social Services, helped them set up six businesses, each one registered with the government and each one with a bank account. Each group has their specialization such as buying and selling fish, maize, cattle, mats or second-hand clothing. An important goal was to not only improve the living conditions of the participants, but also to support other older persons too frail to work, as well as orphans.

In July 2013 the six groups gathered and discussed the results they have obtained so far. They all show a positive balance but the success goes far beyond the numbers. Seventy orphans are fed every day; 55 attend elementary school, 15 others secondary school, and one even attends university in Nairobi! In addition, 10 frail older persons are fed and 6 of them have



Sr. Paul giving an appreciative and congratulatory speech to the micro-group members for their remarkable achievements.

seen their houses repaired. The person most happy about these results is Sister Paul Anastasia, the Director of Joot. "We lack the words to express our gratitude to HelpAge Canada. We now see smiles replacing once hopeless faces and words of prosperity and integrity being easily spoken by their mouths. The elder grannies speak of living longer unlike their previous wishes for earlier death." All of this with an original investment of barely \$3,600.

The donation that keeps on giving

For many older persons recovering their lost eyesight is the most wonderful gift that they could ever wish for. Again this year, an important donation from an Albertan couple allowed us to fund 1250 cataract surgeries for people who are poor and live in areas where these services are not offered. These projects were carried out by HelpAge India (750 surgeries) and HelpAge International in Haiti (500).



Marginalized groups and discrimination



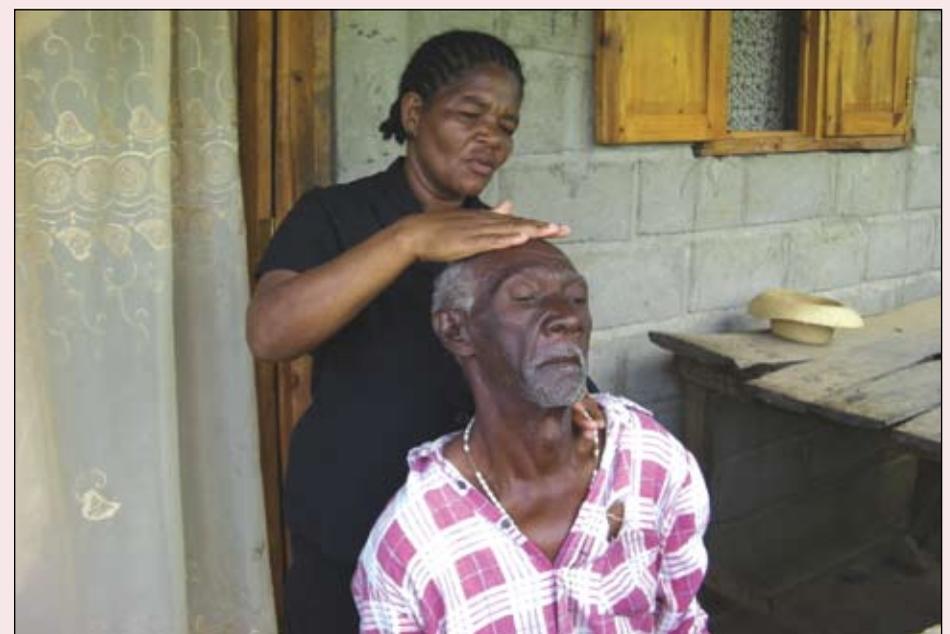
HelpAge Canada pays special attention to older persons belonging to marginalized groups, such as the Twas (Pygmies), in the Democratic Republic of Congo. Older Twas often live in huts made of branches. Like many minority groups around the world, Pygmies suffer from poverty, discrimination and their rights are often denied. Also in Congo, we support retired peace and rights advocates who find themselves without any source of income once they become too old to continue working.

Physiotherapy at home

Physiotherapy can radically change the lives of older persons. Often, unfortunately, these services are offered only in urban locations. At Carice, in the inaccessible mountains of northeastern Haiti, two people trained by Canadian physiotherapist Michel Noël de Tilly visit older persons at home and help them regain their mobility. In Cap-Haitien, nearly 60 homeless older persons visit a convent for treatment and also receive a meal. Year after year, a

Canadian physiotherapist trains locals in physiotherapy care. To develop their skills further they have set up an association which is supported by HelpAge.

In the remote town of Carice, "Miss Mona", as she is known by all, a courageous mother of 12 children, is trained in physiotherapy and now visits older persons and gives them back their mobility.



----- Bequests ----- Please contact us for more information: 1 800 648-1111 ----- www.helpagecanada.ca -----

Collectively, we will combat social isolation of older persons

There has been an increase of 14.85% of older persons 65+ between 2005 and 2011 and this combined with the fact that they are living longer, often presents a variety of risk factors which can lead to isolation. It is important to remember that it is not just one factor but a combination of personal, situational and social factors that places an older person at risk. An isolated older person is one who has little or no meaningful support and contact. There is often no one to spend time with, no one to discuss concerns with, and no one who can help when there are



We must do everything in our power to ensure that no senior is left isolated.

problems. From research we know that 10% of our older persons are isolated and are most vulnerable to falling through cracks in the

medical and social system. The system can be complicated and hard to navigate, especially for older persons who don't have anyone to advocate for them. In many situations, they are discovered only when showing up at hospital emergency or worse, committing suicide when there is no hope for the future.

By their very nature, individual non-profit and public services are fragmented and dispersed, with each organization typically serving a limited population with specific interventions. Funders then measure success at the

organizational level, not for the broader community. To be sure, these efforts are critical to the lives and well-being of our older persons in those communities and are important "pockets of success" to demonstrate that progress is possible. But overall, these approaches are not resulting in significant change at a community-wide level, which is frustrating to all: taxpayers, funders, policy makers, providers and the beneficiaries themselves. We need to stop working in silos, change our mindset and take a collective impact approach. Together we can develop innovative local and national strategies to reach out to our isolated older persons and have significant positive impact on their lives.

Nunavut: "one voice" for older persons

The Nunavuumi Inutuqait Katujjiqatigiingit/Nunavut Seniors' Society was incorporated on February 15, 2013. Nunavut's first organization to speak as "one voice" for the interests of older persons is the result of a HelpAge initiative and collaboration with local Inuit and non-Inuit older persons. Through a series of

community meetings across Nunavut we learned that the concerns of older persons are numerous—the remoteness of their communities and services, physical or financial abuse, overcrowded homes, linguistic and cultural barriers with the youth, loneliness and isolation amongst others. The Society

is independent and HelpAge is assisting it with its beginnings — researching priorities and financial opportunities with the federal and Nunavut governments. Knowing the gravity of these problems, government authorities have reacted very positively to the creation of this organization.

The importance of spirituality

Addressing the importance of spirituality as one ages – a person will increase their life span by seven years if their spiritual needs are being met, comparable to increased life span of a non-smoker.

Our Faith Links project is a collaboration of a diverse group of faith communities reaching out to isolated older persons through sharing their current programs and initiating new ones in their local neighbourhoods.



Pierretta Innuksuk, Margaret Ubluriak Kappi (66) and Emilia Nokkitok (68) during an outing in the tundra. Photo Jessie Baxter.

Interested in holding a fundraising event for HelpAge Canada?

Contact us.

1 800 648-1111

info@helpagecanada.ca

Sharing stories

Older persons have many memories to share. HelpAge visits residences to meet with people and to hear their stories before they are lost to the passage of time. These meetings provide the occasion to talk about the work of HelpAge in Canada and internationally and to allow people to get involved or ask more questions. For more information, please contact us at 1 800 648-1111 or info@helpagecanada.ca.



"Even in residences, seniors can feel socially isolated. Our group has successfully helped them to open up and express themselves. All of the treasures that we have heard through the testimonials are incredible." - Natalie Fraser, Director of the theatre group Spect-ACT-ular at HelpAge.

Extraordinary Interaction

At the end of 2013, HelpAge's theatre group of amateur comedians called Spect-ACT-ular, held its 110th performance in Ottawa. Since its beginning, 20 people recruited by our Director Natalie Fraser visit older persons across the city, whether at residences, clubs, shopping centres, etc. and interact with them to address questions related to aging. With their skits, imitations, and stories, they openly and happily address topics of concern for older persons.

Bringing together older persons from around the world

In Quebec City, HelpAge volunteers guided by Mrs Agathe Gagné-Collard carry out activities which allow older persons born outside of Canada to discover the capital region while socializing. Haitian night, Mexican night, visits to the Musée du Québec or the Musée de Charlevoix... there were approximately 60 people who took part in six different activities.



The wisdom of older people, the energy of youth

With federal funding of \$25,000 through New Horizons for Seniors, we united more than 100 older persons with youth from primary, secondary, and college levels in the Ottawa region. They have exchanged and shared their life stories and experiences. For everyone, this has been extremely enriching. We continue to propose activities of this type in residences to maintain intergenerational relationships to combat agism and stereotyping amongst the generations.



Intergenerational activities always attract a lot of interest on the part of both younger and older persons.

Business partnerships

Business support can make a big difference for HelpAge Canada by bringing in income or reducing its costs. If you own a business and want to help, please contact us.

Summer time experience

"My experience at HelpAge Canada was incredible in so many ways. The most important thing I learnt is that the best and most rewarding kind of work is the work you do for others. The people at HelpAge, both employees and volunteers, are so motivated and passionate about what they do it is truly inspiring. I feel privileged to have been a part of HelpAge Canada."



Aliya Sharif, an intern who helped us with marketing and communications during the Summer.

In numbers



HelpAge Canada

People sponsored through HelpAge across the world: 911

Canadian donors who sponsor a grandparent: 705

Countries where our Sponsorship Program operates in: 9

HelpAge Partner organizations for Sponsorships: 26

Sponsored grandparents in Haiti: 234

Sponsored grandparents in India: 224

Sponsored grandparents in Kenya: 165

Sponsored grandparents in Jamaica: 111

Sponsored grandparents in Sri Lanka: 75

Sponsored grandparents in Dominica: 70

Sponsored grandparents in the Philippines: 21

Sponsored grandparents in Grenada: 8

Sponsored grandparents in the Democratic Republic of Congo: 3

Current and soon-to-be sponsored persons met by volunteer Susan Richards during her monitoring visit in India and Sri Lanka: 370

Cataract surgeries performed in India and Haiti thanks to a donation from an Alberta couple: 1,250

Older persons brought together through the activities held by the Quebec City HelpAge group: 160

Number of performances done by the volunteer theatre group Spect-ACT-cular between

August 2011 and December 2013: 110

Volunteers at the HelpAge Canada office: 5

Regular employees at the HelpAge Canada office: 5

Number of years HelpAge Canada has been established: 38



HelpAge Canada Financial Data (\$) *

Percentage of revenue used for HelpAge administration as of March 31, 2013: 3.8%

Percentage of revenue used for fundraising as of March 31, 2013: 4.9%

Revenues as of March 31, 2013: 1,225,837

Expenditures as of March 31, 2013: 769,935

* Financial statements for 2013 were prepared and verified by the accounting firm Collins Barrow.

Reports available at: www.helpagecanada.ca



HelpAge International and its world-wide network

Years remaining before the number of people aged 60 and over will exceed 1 Billion: 9

Percentage of emergency humanitarian aid projects that specifically target older people: 1 %

Tropical storm-resistant houses built in Haiti by HelpAge International in 2013: 500

Older persons who had access to health care or social services in 2012 through the HelpAge network: 350,000

Older persons who received emergency preparedness assistance or recovery aid: 250,000

Senior Associations who took action to defend their rights: 4,100

Number of years HelpAge International has been established: 30

Number of affiliated groups: 100 +

Number of countries: 65

From Nunavut to DR Congo

Jack Panozzo
Chairperson

From Nunavut to the Congo (DRC) to Haiti, via Sri Lanka, HelpAge Canada is reaching out to older persons who find themselves isolated and marginalized in their communities. An alarming trend that has only grown over the past decade, isolated older persons have joined the ranks of the most vulnerable in our society. At a time when social relationships with friends and family are most important, many older persons are becoming more isolated and put at risk through declining health, more chronic disabilities, lack of available or accessible transportation and high levels of poverty. This year, HelpAge Canada has begun to develop a long-term plan to address this situation not only in countries outside our own but right here at home. HelpAge wants to become a means through which organizations and groups working with isolated older persons can exchange ideas and develop collective actions.

At the same time as we move forward on reaching out to isolated older persons, the work of HAC is



continuing in developing countries in the global South through HelpAge Canada's traditional sponsorship program, helping vulnerable older persons living in marginalized and uncared for communities, whether in Kenya, India or Jamaica. These are only a few of the ways HelpAge continues to do outreach to communities here in Canada and worldwide.

The HelpAge Canada Board of Directors continues to work to ensure the organization, its governance and its fundraising capabilities are better than ever in order to continue to respond to challenges faced each year.

Reaching out and more

Jacques Bertrand
Executive Director



This annual report clearly illustrates that, in Canada as well as in other countries, reaching out to vulnerable and neglected older persons is a priority for HelpAge. There are a few key words that guide our actions. Traditionally, we have always focused on helping individual people in need of assistance, with our sponsorship program, which we are strengthening, but we also know that many older persons are still perfectly capable of changing their community if given the means; the success of our micro-business program is a wonderful example of this. Justice and rights are also another consideration, and it has led us to support retired advocates in Africa and to spark the creation of the Nunavut Seniors Society, so that older persons can discuss the problems they face and claim their rights speaking with one voice. Working together is also a key part of our strategy. In Canada, many groups are doing remarkable work for isolated older persons and we

are beginning to work with several of them to develop a country-wide program to act collectively to address the social isolation of older Canadians. We are also proud to be a co-founding member of HelpAge International,

a global leader on aging that just released the first Global Agewatch Index – available on our web site. Together with some of our key partners in various countries we are expanding our current projects to set up Mobile Health Teams that will provide eye care, physiotherapy or basic medical care to older persons who do not have the capacity to go where these services exist or simply cannot afford them.

While HelpAge remains a small organization, with a regular staff of five, all of this is made possible thanks to our partner organizations, our volunteers and, above all, by the donors who share the same passion for older persons.

Thank you so much to all of you.

Jacques Bertrand
bertrand@helpagecanada.ca

New Team Member

Stéphanie Lapensée is responsible for Resource Development and Communications. She has a solid background in on-the-ground work, awareness campaigns, special events and fundraising. Her work has taken her to Afghanistan, Colombia, Darfur and several other locations hit by emergencies. *"Having been raised by my grandmother and my mother, the fight for the rights and the recognition of the needs of older persons here in Canada and abroad, so that they can live life to the fullest, is a very personal engagement."*



Collaborations

Thank you to everyone who contributed to the production of this 2013 annual report.

Layout : Lynda Wegner – Fresh Image

Translation : Breeann Noyes

Also : Jessie Baxter, Beth Gordon, Stéphanie Lapensée, Halimatou Maiga, Marjorie Milloy, Aliya Sharif

Coordination : Jacques Bertrand

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