

Eldercare Cameroon Collaboration

Ways to be Engaged with Eldercare Cameroon via Community Development Volunteers for Technical Assistance (CDVTA)

Contact WD International to:

- Review and understand the background, history and mission of CDVTA
- Gain an understanding of the realistic nature of the rhythm of life and needs in the villages
- Understand the various opportunities for participation
- Develop a specific plan for your engagement
- Launch the project/activity

NOTE: You may go directly to the Global Ageing Network to make your tax deductible donation via <http://globalageing.org/eldercare-cameroon-collaboration>. There is a place where you can write in the project/activity you would like to support.

Option 1: Become a Village Partner (this demonstrates full commitment to the work of CDVTA)

Provide basic financial support of \$10,000 (annually) to CDVTA to support the work in general (It's Never 2 Late, iN2L, and WD International can help you with ideas on ways to raise these funds). It is critical to understand that if funds are not available to maintain the basic expenses of CDVTA (supporting staff wages, operational expenses, etc.), the work cannot be sustained.

Every group becoming a village partner will have a customized plan with interactions such as:

- ✓ A list of projects/needs to support, specific to your adopted village
- ✓ Quarterly interactions (calls/zoom/etc.) to interact with CDVTA Executive Director and the field facilitator, for your adopted village. This will help you better understand the current activities and needs in the village, etc.
- ✓ Quarterly interactions with the leaders in the village (field staff, volunteers and Club leaders) via live or recorded webinar, to get more deeply connected and acquainted with life in the village.
- ✓ Quarterly updates on the progress, on the specific parts of your project
- ✓ Invitation for one representative from your group to participate in the Eldercare Cameroon Advisory Team (ECAT) facilitated by IN2L/WD International.
- ✓ Invitation to include your groups logo/link on the CDVTA website
- ✓ Other items may be added per your request

After committing to become a village partner, we will work with you and CDVTA staff to develop a customized plan to maximize your experience. The needs and cost for the various activities/items vary including larger items/activities like:

- Bringing electricity to a village (this brings electricity to one site in the village, then individual households tap into the one site)
(approx. \$15,000)
- Bringing potable, community water to a village
(approx. \$15,000)
- Building latrines to promote good hygiene (and safety). Elders are in unsafe situations just going to the toilet after dark as they do not have lighting and many of the current toilets are not safe to access, etc.
(\$10,000: \$8,000 to build 5-hole latrine + \$2,000 for training, sanitation/hygiene, cleaning/maintaining and quarterly monitoring for one year)
- Building small bridges and road network links to save hours of walking and gain access to other villages and services. Elders participate by supplying local materials like stones, etc.
(\$5,000-\$10,000 depending on size, infrastructure, etc.)
- Sustaining the community nurse for two more years. Funds are being raised for the first year.
(\$7,500 year one; \$8,000 year two; \$8,500 year three: includes funding for her travel)

AND/OR smaller items like:

- Helping with infrastructure and supporting roofs that do not leak
\$500 for individual home (this partially funds the need as the people will provide labor and supportive materials)
- A machine that grinds maize to provide Elders more food options
\$1,500
- Farm and garden tools like cutlasses, hoes, watering cans, sprayers, rain boots, etc. and farm and garden seeds
\$2,500 for a club – approximately 50 Elders/farmers;
- Blankets (evenings get very cold in the mountains and many Elders do not get back to the villages from their work until after sundown). These are on an individual basis for the most frail, needy Elders in the coldest areas.
\$1,250 (50 blankets)
- Lanterns (for safety around the village at night including going to the latrine; for grandchildren to have light to study)
\$2,000 (50 gas storm lanterns that use kerosene). They have explored solar lanterns however solar lanterns have not held up well, etc.
- Basic medical supplies including supplies for the community nurse to have on hand at the Dorothy York Senior Center as well as supplies for field staff to leave with Elders. Bandages, diabetes kits, etc.
\$750 (covers a variety of items depending on the current need)

Note: Depending on the item/activity chosen, a portion of these financial commitments support staff to administer and implement these activities, not just the purchase of items. CDVTA has typical procurement policies where they obtain 3 bids for projects and choose the one that best meets the specific need.

Option 2: Adopt a Specific Activity

Provides basic financial support for a specific item/activity that directly supports the quality of life for Elders in the villages (similar items as bulleted above but not necessarily connected to a specific village). After your commitment to an item or activity, we will work with you to develop a plan to maximize your experience.

Option 3: Adopt Educational Advancement

The administrative staff, field staff, volunteers and Elder Club leaders all need various forms of education, so they can maximize their efforts. After your commitment to education, we will work with you to develop a plan to maximize your experience. Educational needs include:

- Awareness raising regarding dementia and mental health issues
\$1,000 pays for developing/preparing materials and bringing together volunteers to train them to do their jobs including supporting Elders in the villages by checking on them, engaging them, educating them on maintaining good health, etc.
- Volunteer education on connecting and sustaining Elder engagement
\$1,000 pays for developing/preparing materials and bringing together volunteers to train them to do their jobs including supporting Elders in the villages by checking on them, engaging them, educating them on maintaining good health, sanitation, hygiene, etc.
- Support a school teacher for one year (9 months). Elders want their grandchildren to be in school and receive a good education. Many schools do not have enough teachers, so families in the villages try to raise funds to pay for teachers. Some schools only have a head teacher.
\$1,800 pays for a teacher for a year (9 months)

- Teach Elders how to make medical soap, body lotion, ointments and wash powder to improve hygiene. Also, the products can be sold which generates income (as they can sell these items at the markets in the villages). This includes training, clean bottles for ointment's, etc.
\$1,500 (to serve one Elder Club; approximately 50 Elders)
- Teach Elders how to grow and use medical plants/herbs to relieve pain from minor ailments to improve their health.
\$1,000 (to serve one Elder Club; approximately 50 Elders)

Additional Background about CDVTA

Community Development Volunteers for Technical Assistance (CDVTA) is Cameroon's leading organization serving elders in the North West English-speaking part of the country. It has a proven record of excellence for 20 years of elder-driven work. CDVTA has been intentional in supporting Elder rights and providing assistance in improving Elder livelihoods through community-based initiatives.

CDVTA currently reaches approximately 74,500 individuals through 324 Elder (Old People) Clubs, over 450 volunteers and 129 villages in NW Cameroon. Currently CDVTA has 9 staff (the community nurse who starts March 1, 2018 will bring them to 10 staff).

A village may have several Elder (Old People) Clubs. An average club consists of 50 members or more and 2 volunteers. Clubs are located geographically in villages so Elders living close to each other develop relationships and do not have to travel far to meet. Before the clubs were developed, Elders were isolated and lonely. Now they come together to support each other, sing and dance, participate in the various projects and oversee activities via their clubs.

CDVTA volunteers who provide assistance in personal hygiene and household chores of Elders and work with several hundred Elder clubs. They are responsible for paying for their own uniforms (which is important to them to both have a uniform and to pay for it themselves). Criteria to become a volunteer includes being at least 30 years old (most volunteers are actually Elders), living in the village in which you are a volunteer, speaking the language of the village, being a respected member of the community and ultimately being elected by the village Elderly committee.

Elder clubs were developed for older people to come together to socialize and combat loneliness. Livelihood projects include organic gardening and farming, goat rearing, beekeeping, etc. Field staff work with volunteers and Elder clubs to monitor health and activities as well as teach younger people how to care for their Elders. Elder club leaders and the volunteers take significant ownership of activities and once they receive education and some monitoring from CDVTA field staff, they maintain their own activities. This is truly an example of person-centered, community-based services.

Another project includes planting trees to fight and control climate change in their areas. Thousands of Elders have been assisted with obtaining identification documents, so they can register and vote making their voices heard. They have participated in the formulation of policies that promote their rights. See more at www.cdvta.org.

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OR You may go directly to the Global Ageing Network to make your tax deductible donation via <http://globalageing.org/eldercare-cameroon-collaboration>.