

Long term Care in Tanzania: Guiding Questions- Focus area IX session of the OEWG

- 1) In Tanzania there is no proper legal definition for older persons long term care, rather there is policy framework provided for older persons long term care. Further, there are government directives and policy for provision of free services and care to older person who are from 60 years and above. The types of support and services covered include:
 - i. **Free medical services.** All orderly person who were not employed are given special identity cards to enable them receive free medical services in government hospitals only, through the Community Health Fund-CHF. This goes hand in hand with *every district council setting a budget to guarantee older people's membership in Community health Fund. Further, the government has introduced a cadre of community based health workers to deal with health issues of older person.* Retired older employees receive **free medical service and care** through National Health Insurance Fund (NHIF) in any registered hospital. In all cases there is a special desk in all government hospitals to deal with health issues of older person.
 - ii. **The home based care services.** Here some older people are given free home based service like shelter, food and clothes. The home based services are owned by the state (example: Njolo in Kilimanjaro, Nunge in Dar es Salaam, Sukumahela in Singida region) others are owned by either NGOs or CBOs (example Kolandoto in Shinyanga Region). The home based services are not enough to cater for the number of older people who are 5.6% of the whole population of Tanzania.
 - iii. **Special desks** at the Ministry of Health, Social Welfare Older people and Children Head Quarter and in all District Councils dealing with issues and challenges facing older people.
 - iv. Through the Tanzania social Action Fund (TASAF) older person **receive services that assist them in getting food, shelter and clothes.** *TASAF which will operate until 2022 in Tanzania Mainland and Zanzibar is serving a total number of 5,093,693 people of whom 330,804 (199,119 men and 131,685 are women) are older person.*
 - v. *Provision of monthly pensions to retired older employees*
 - vi. *House tax exemption to older people who own shelters on non profit bases*
- 2)
 - i. long distance to reach health service and in some cases the government hospitals (where they receive health services) have no medicine.
 - ii. Some older people are bedridden at home with no helper as they are living alone.
- 3) Measures taken including the launching and emphasizing the National campaign of **“Older people first”** (kampeni ya mzee kwanza). Meanwhile measures which are necessary to ensure long term care and sustainable should be addressed from the policy level by introducing a comprehensive long term care system for older people using the existing Home based Care (HBC) workers or introducing special clinics for age care.
- 4) The long-term care system should go hand in hand with provision of nutrition food, medical care and recreational services. But more important it should include; preventing diseases through early screening and intervention; strengthening community support system; fostering family relationship and bonds and creating and strengthening community care givers' skills and knowledge.

- 5) In our country we do not have palliative care services. Therefore we do not have legal and policy framework for that as of current.
- 6) No information on this.
- 7) The palliative care services are not accessible to all older persons. The services can be provided to when an older person is sick and admitted in hospital or if the family members can provide that service at home. However since not all family members are knowledgeable about the service, they do not provide adequate and standard support.
- 8) No information
- 9) The provision of health and home based services is good practice. A lesson can be learnt from Zanzibar which provide social pension to all older persons with amount of Tsh 20,000/= per month per one older person.

Autonomy and Independence:

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1. No clear definition of autonomy and independence of older person in legal and policy framework in relation to long-term care. However as per National Constitution of 1977 Article 17, 18 and 19 and National Ageing Policy of 2003 an older person has the right to be respected and preserve his/her dignity
2. No information
3. There are number of issues and challenges to older people with regard to autonomy and challenge. Though no data available, challenge may include limited access to health services due to long distance from home to hospital, bedridden at home with no helper or trained person to provide for long term service. And in most cases no autonomy and independence on the services.
4. Establishment of older people's council to some of the District council in the country. The councils aimed at discussing matters pertaining to older people's rights including autonomy and independence and their contribution to the national development.
5.
 - i. Through the court system
 - ii. Through the Commission for Human Rights and Good Governance which investigates all matters pertaining to violation of human rights and contravention of principles of good governance to all people including older person. The violations include non paying of terminal benefits, non timely payment of pension and monthly pensions to mention a few.

NB: The respecting and protecting the right to autonomy and independence of older people is limited since there is no legal or policy framework to guide its operationalization

6. Non-state actors and others are playing a great role in respecting and promoting the rights to autonomy and independence of older person. These Actors are providing awareness (through seminars, meetings, workshops and training, brochures and posters, Radio, TV and social media program) to the public on the need to promote, respect the rights to autonomy and independence of older person. Examples of such Actors include: HelpAge International Tanzania and SAWATA