



Government of Nepal
Ministry of Women, Children & Social Welfare

Disability and Senior Citizen related Act, Law Action

Ramshahpath, Kathmandu

Unofficial Translation of National Plan of Action for Senior Citizens 2062 (2005) Part 1

1. Background of National Action Plan:

The experience, skills, knowledge and capacity of senior citizens has to be mainstreamed into national development in addition to providing them essential services, facilities and preservation of their rights in the planned way. The situation is emerged to work in line with perspective concept to ensure the social and economic justice to senior citizens.

It is necessary to appropriately respect the senior citizens by preserving their rights and benefit in accordance with special provision for women, children, senior citizens and people with disabilities in the constitution of Nepal.

A contemporary structural changes have been observed gradually with pace of the development. Joint family culture is under extinction. There is decreasing trend in the respect, service and facilities expected from the family. It is big challenge for us to maintain and preserve the social customs and norms to prevent downing further.

It is also important to act with caution towards possible effect of continuous development in the global economy, science and technology to the Nepalese society.

It is also necessary to implement in the phased manner the international and regional resolutions, declaration, commitments and actions, especially *United Nations Principles for Older Persons 1991*, *Macau Plan of Action on Ageing 1998*, *Madrid International Plan of Action on Ageing 2002* through national action plan contextualizing with our nation.

Government of Nepal has developed this Senior Citizen National Action Plan to effectively implement the programs in co-ordinated and integrated manner among governmental, non-governmental and autonomous agencies in line with senior citizen policy and work plan.

2. Present/ Current Situation

The population share of senior citizen (age 60 and over) is 8.14 % in Nepal. Some arrangement has been initiated to some extent in protectionist welfare, though optimum levels of social security, facilities, capacity utilization etc are not materialized. Following activities are implemented according to policies adopted in 9th, 10th, and 11th periodic plans;

- Senior Citizen Medical Treatment Program is in place in 30 districts
- Institutional support grant is made available to old care centres, day care centres for institutional strengthening and operation.
- Geriatric care management trainings for organizations and individuals working in the field of geriatric care in all five regions.

- Policy and counselling is done through High Level Welfare Committee for Senior Citizens and District Welfare Committee for Senior Citizens.
- Pilot old care centres in all five regions with government grant
- Establishment of Welfare Fund for Senior Citizens
- Initiation of activities to implement Senior Citizen Policy and working strategy.
- Record updating of senior citizens for social security allowances

3. Existing Issues and problem related this area

Despite various activities conducted in the favor of senior citizens, efforts are not satisfactory to comply with existing national plan and policies, global and regional resolutions and commitments. Following challenges and problems are realized in this area of work;

- Lack of adequate resources to address the demand of increasing population of senior citizens
- Transition to unitary to nuclear family in high poverty incidence scenario of the society.
- Increasing psycho-social problem to senior citizens due to lack of adequate service providers to address health, care, security and rehabilitation.
- Inability to attract private sector in this area of work.
- Lack of appropriate institutional mechanism and co-ordination for program implementation.
- Non-existence of governmental and constitutional commission for perspective plan, policy and regulations for effective implementation of senior citizens care programs.
- Lack of appropriate program for utilizing experience, skills and knowledge of senior citizens
- Less development of positive attitudes in the communities towards senior citizens.
- Inadequate institutional and sustainable development of appropriate old care centres, day care centres and clubs.

4. Importance and rationale of National Action Plan

Issues of senior citizens should be integral part of development agenda. Old age issues should be realized as national resources and humanitarian issue rather than a problem. Senior citizens should not be classified according to their homogeneity and age group but should be viewed on the basis of their needs and situation like skill and eligibility to work, semi-skilled, unable to work, women, difficult conditions and conflict affected etc.

In the course of service, protection and providing opportunities to the senior citizens scientific approaches are not initiated but adopted through traditional way of thinking like mercy, kind and imposed care. This action plan is developed to address following needs in the context of changing global and national situation;

- Effective implementation of program as per United Nations declaration and national policy
- Human rights protection for senior citizens
- To work for systematic, co-ordinated, result oriented and planned development of senior citizens
- To establish institutional mobilization, responsibility, roles and accountability for effective implementation of programs.

5. Potential risks and obstacles to implementation of the action plan

This action plan has aimed at making life easy and respectful to senior citizens in line with global declarations and national policy based subjects and area in perspective way. Though comprehending, following risks and constraints are assumed during implantation of this action plan.

- Unavailability of adequate resources timely.
- Inability in formulation of act, rules, policy and plan
- Lack of programs on health, security, income generation, awareness etc
- Less public participation in program implementation mechanism and security system due to conflict
- Less priority to the program due to low political commitment
- Adverse effect in implementation of the action plan due to inactiveness of program implementing agencies, lack in policy harmonization, social perception towards respect and protection of senior citizens, availability of skilled personnel, political instability.

6. Long Term Concept

Make the life of the senior citizens comfortable, secure and respectful and utilize their knowledge, skill and experience in national development.

7. Thematic areas of Action Plan

a. Economic aspects

- To make available economic security on the basis of socio-economic status of senior citizens and explore feasibility of additional facilities
- Simplify the processes on distribution of monthly allowances for senior citizens
- Arrangement of cost sharing of senior citizens allowances by local bodies while developing local level planning
- Conduct feasibility study on integrating national pension plan into social insurance system and implement
- Conduct study on involving senior citizens of labor force participation age in income generating activities on the basis of their capacity

b. Social security

- Establish and operate "senior citizen counselling service centre"
- Develop minimum standards to assist in establishment and operation of old care centres and establish pilot old care centres in all five regions
- Establish day care centres, operate and strengthen for senior citizens
- Establish and operate of senior citizen welfare fund at national and district level to function appropriate social security and service activities
- Motivate institutions and private sector to operate paid old care centers.
- Continue the custom of respect to the senior citizen in the societies.
- Motivate service providers to manage concessions on transportation and other services to the senior citizen
- Make awareness on positive perception, respect, dignity and responsiveness towards senior citizen

- To make provisions for rehabilitation and reunification to maintain dignity and self-security of senior citizen in crisis and emergency situation

c. Health and Nutrition

- Manage concessional medical treatment services through government and private hospitals, clinics, mobile camps including health centers.
- Establish geriatric wards and train human resources in all hospitals gradually.
- Manage and operate programs on expansion of service and access and awareness including study of nutrition status of the senior citizens
- Provide special health care and conduct study of nutrition status targeted to female senior citizen

d. Participation and engagement

- Formation, operation and strengthening of Senior Citizen Co-ordination Committee to associate and co-ordinate central and local level activities for senior citizen.
- Make provisions for affiliation to the concerned work for employees retired by age on their interest
- Regular supervision and monitoring of the institutions working for senior citizens to maintain work standardization and co-ordination
- Arrangement of flexi time in favor of senior citizens working in employment and service sector
- Conduction of targeted programs to establish inter generation society
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e. Education and recreation

- Motivate service providers to make special discounts for senior citizens on recreation and other specified areas.
- Establish senior citizen's club and develop as forum for spiritual speech, recreational and philosophical activities and making advocacy for themselves.
- Arrangement of including gerontology subjects into curriculum of higher studies.
- Include the subjects in study materials related to senior citizens and their respect in academic institutions. Develop and expand the senior citizens volunteer program.

f. Reform in legal system

- Conduct study and amend the act and regulation related to rights and welfare of the senior citizens and formulate laws for concessions and facilities.
- Make special facilities for senior citizens in prison and promote their involvement in prison management providing them feasible facilities based on their age.

g. Miscellaneous

- Collect and update database on senior citizens in local bodies.
- Give attention to increasing rate of elder populations while formulating perspective plan in all the sectors

- Provide subsidies to the organizations and private sectors who provide discount, concessions and reservation for senior citizens in health care, transportation, recreation and other services.
- Promote and attract private sectors to work on senior citizen related activities and strengthen such institutions.
- Adopt senior citizen friendly and easy universal structural design while constructing public place, road, building and conduct awareness programs for policy arrangements and reform.

8. Strategies

The programs mentioned in this action plan are targeted mainly to senior citizen's right protection, dignity, security and development of all sectors. The act law, policy, awareness, capacity building, improvement in economic condition, participation, health and nutrition, basic facilities and services related targeted programs will be conducted for optimum development of those societies. The mentioned activities are not possible to carry out through five years action plan but needs co-ordination and collaboration of government, non-government organizations, local bodies, UN agencies, civil society and private sector. The economic and other contribution from all parties will be mainstreamed and mobilized to conduct mentioned activities.

Following resource mobilization and strategy adoption will be done to implement the plan of action for development of senior citizens.

- Day care centres will be operated for institutional and family rehabilitation to ensure the security of the senior citizens.
- A mechanism and system will be built to provide basic services (health, caring, concession in service sector, facilities etc).
- Arrangement for required act, rules, national plan of actions, network to ensure rights of the senior citizens.
- A participative system will be developed to utilize the knowledge, skill, experience in the diverse sectors of national development (policy formulation, counselling, income generation, skill transfer)
- Conduct programs on for honoring and service through including in school curriculum and promotions.
- Promote joint families.

9. Implementation arrangement, monitoring, review and evaluation

a. Implementation arrangement

The action plan will be co-ordinated by Senior Citizen Welfare Co-ordination Committee, central level ministries, line agencies for implementation. Related ministries and their sub-ordinate agencies will implement at district and village level through institutional co-ordination with NGOs related to senior citizens.

b. Monitoring and Evaluation arrangement

The monitoring and evaluation of implementation status of this action plan will be done mainly by Ministry of Women, Children and Social Welfare and Central Senior Citizen Welfare Committee. The agencies involved in the implementation of this action plan and supporting agencies will also be responsible for monitoring, co-ordination and evaluation of implementation status.

C) Mid-term evaluation of the implementation status of the action plan will be done through group/committees comprised of all stakeholders in 2 years and six months of commencement. The evaluation mechanism will be participated by human rights institutions, free observers, senior citizens and their representative institutions and experts.

D) Mid-term evaluation can make recommendation to revise policy and strategies of action plan on the basis of the monitoring and evaluation of real implementation status.

E) All the ministries and agencies specified for implementation of the programs should send progress report to the Ministry of Women, Children and Social Welfare.

Part- 2
National Action Plan Matrix related to Senior Citizen
Amendment 2069 (201-3/14)

SN	Program	Implementing Agency	Assistance Agency	Monitoring Indicator	Time Period
1	A. <u>Economic aspect:</u> Formulate the policy and process to link social welfare incentive accordance with economic and social condition and inflation	Ministry of Women, Children and Social Welfare	<ul style="list-style-type: none"> • National Planning Commission • Ministry of Law, Justice and Parliamentary Affairs • Ministry of Finance • National Senior Citizens Federation 	<ul style="list-style-type: none"> • Assessment Process • Implementation process 	End of 2070 BS
2	<ul style="list-style-type: none"> • Monitor the compliance of policy in Social welfare incentive distribution and recommend for effective implementation and monitoring 	<ul style="list-style-type: none"> • Ministry of Federal Affairs and Local Development • Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> • Ministry of Women, Children and Social Welfare • National Senior Citizens Federation • Donor Agencies 	<ul style="list-style-type: none"> • Study Report 	End of 2070 BS
3	To make provision of 5 percent matching fund for social welfare incentive from local level resources in the planning	<ul style="list-style-type: none"> • Ministry of Federal Affairs and Local Development • Local agencies 	<ul style="list-style-type: none"> • National Planning Commission 	<ul style="list-style-type: none"> • Local resources 	Each Fiscal year
4	Develop implementation proposal for national pension plan in the context of social insurance system	<ul style="list-style-type: none"> • Ministry of Federal Affairs and Local Development • Ministry of Finance 	<ul style="list-style-type: none"> • Ministry of Women, Children and Social Welfare • Ministry of General Administration 	<ul style="list-style-type: none"> • Study Report 	End of 2070 BS
5	Publish the disaggregated data of Senior Citizen's economic, social, human right and health status	<ul style="list-style-type: none"> • Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> • Centre Bureau of Statistics • NGOs 	<ul style="list-style-type: none"> • Annual Report 	End of 2070 BS
6	To make involvement of Senior Citizen based on their knowledge and skills on income generation program in regional level and expand throughout the country	<ul style="list-style-type: none"> • Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> • Ministry of Federal Affairs and Local Development • Ministry of Industry • FNCCI • Local agencies • Financial Institution • Small and local industries • National Senior Citizens Federation 	<ul style="list-style-type: none"> • The number of Senior Citizens participated • Progress Report 	Since 2071/72 continue
7	To make legislation for free medical and accident coverage through insurance policy	<ul style="list-style-type: none"> • Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> • National Planning Commission • Ministry of Health • Ministry of Home Affairs • Insurance Companies • Nepal law service 	<ul style="list-style-type: none"> • Legal and policy provisions 	Since 2071/72 continue

			commission		
8	To make legislation for will system in property right replacing current property division	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare Ministry of Law, Justice and Parliamentary Affairs 	<ul style="list-style-type: none"> National Planning Commission Nepal law service commission Ministry of Land reform and management 	<ul style="list-style-type: none"> Endorsement of act and rules 	Since 2071/72 continue
9	Make legal provision for 50% discount on the basis of ID cards in air, land, water and rail transports	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare Ministry of Law, Justice and Parliamentary Affairs 	<ul style="list-style-type: none"> National Planning Commission Nepal law service commission Ministry of culture, Tourism and civil aviation Ministry of Home Affairs Local agencies and service provide agencies 	<ul style="list-style-type: none"> Endorsement of act and rules 	Within 2071/72
10	B. Social Security Training and counselling in all 75 district covering at least 100 families per district for the development of senior citizen's social security system	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> Local bodies National Senior Citizens Federation 	<ul style="list-style-type: none"> No of family who received counselling Technical report 	Since 2071/72 continue
11	Establishing and operating of day care centers for senior citizen's recreational and awareness related activities in metropolitans, municipality, VDCs. Besides this, manage and operate the model care center for differently abled and helpless in each five development region.	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> National Planning Commission Ministry of Federal Affairs and Local Development Ministry of Finance Local agencies National Senior Citizens Federation Concern Body 	<ul style="list-style-type: none"> Number Service standards Number of service taker 	Since 2071/72 continue
12	Provide financial grant in every fiscal year to the private sector day care and old care centers which are operating as per the standard protocol	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> National Planning Commission Ministry of Finance Local agencies Concern Body 	<ul style="list-style-type: none"> Economy equality No of agencies Financial assistant amount Standard determination 	Since 2071/72 continue
13	Manage fund for the rights and benefit, honors and security of senior citizens, by establishing national level Senior Citizens Welfare Fund	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> Ministry of Finance National Senior Citizens Federation Concern Body FNCCI 	<ul style="list-style-type: none"> Fund establishment Operating fund Progress report 	Since 2071/72 continue

14	Establish the constitutional National Senior Citizens Commission to manage, policy formulation, implementation, monitoring and evaluation for programs aimed at making senior citizens Honored, managed and respectful.	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> Ministry of Finance National Planning Commission Ministry of Law, Justice and Parliamentary Affairs National Senior Citizens Federation Donor Agencies 	<ul style="list-style-type: none"> Establishment of commission 	Within 2070
15	Carry out promotional activities in each district to make public awareness through meetings, trainings, and audio-visual media to reduce the inter-generational differences	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Ministry of Information and Communication Social Welfare Council Medium of Public and Private Communication 	<ul style="list-style-type: none"> Number of Training and Meetings 	Since 2071/72 continue
16	C. Health and Nutrition Establish the geriatric ward in public and private hospitals and provide special training for health workers involved in the health services and treatment of the senior citizens.	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> Ministry of Health Nepal Medical Association WHO National Senior Citizens Federation Donor agencies 	<ul style="list-style-type: none"> Number of Training Establishment of hospital 	Initiates 2070/71 and complete within 10 years
17	Provision of availability of spectacles, wheel chairs, other supporting aide to the senior citizen free of cost. Also operate health mobile camps in all districts.	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> Ministry of Health Social Welfare Council Donor agency Private sector 	<ul style="list-style-type: none"> Number of donate material receive 	Since 2070/7 continue
18	Arrangement of volunteer and health workers for health and nutrition of senior citizens and conduct training and workshop on awareness to the senior citizens in all 75 districts	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> Ministry of Health National Senior Citizens Federation Concern body Donor Agency 	<ul style="list-style-type: none"> Number of participants 	Since 2071/72 continue
19	D. Participation/Engagement Arrange senior citizens knowledge, skill and experience to integrate in the national policy	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> National Planning Commission Ministry of Law, Justice and Parliamentary Affairs Ministry of Finance Government of Nepal 	<ul style="list-style-type: none"> Policy arrangement Number of participation 	Since 2071/72 continue
20	E. Education aspect Integrate gerontology curriculum right from the school level	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare Ministry of Education 	<ul style="list-style-type: none"> Ministry of Education Universities Higher secondary education council Curriculum development centre 	<ul style="list-style-type: none"> Inclusion into curriculum 	Since 2071/72 continue

21	Establish a college of Gerontology for teaching and learning on senior citizen	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> Ministry of Education Universities Higher secondary education council Curriculum development centre 	<ul style="list-style-type: none"> Number of Admitted students 	Fiscal Year 071/072
22	Approach and coordinate with international agencies to manage scholarship for the gerontology students.	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare Ministry of Education 	<ul style="list-style-type: none"> Ministry of Education Embassies Donor Agencies 	<ul style="list-style-type: none"> Scholarship 	Since 2071/72 continue
23	Provision of Free of Cost learning for Senior Citizens on their wish in all teaching institutions	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare Ministry of Education 	<ul style="list-style-type: none"> Education Institutions 	<ul style="list-style-type: none"> Number of admitted senior citizens 	Since 2071/72 continue
24	F. Recreation Arrangement of recreational activity such as speech, sports, film and pilgrimage by Day care & old care centers and local club for senior citizen.	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> Day Care Centers Old Care Centers Ministry of sports and youth National Senior Citizens Federation 	<ul style="list-style-type: none"> Number 	Since 2071/72 continue
25	G. Legal provision Update, revise and amend legal provision contemporarily related to the right of Senior Citizen	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare Ministry of Law, Justice and Parliamentary Affairs 	<ul style="list-style-type: none"> Ministry of Home Affairs Ministry of Federal Affairs and Local Development Law Reform Commission Local bodies 	<ul style="list-style-type: none"> Review of act and rule Draft of the revised law 	Since 2070/71 continue
26	Make arrangement for rewarding to the family who looks after the Senior Citizen with dignity and security as per standard	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> National Senior Citizens Federation Local bodies 	<ul style="list-style-type: none"> Number Standards 	Since 2070/71 continue
27	H. Miscellaneous Regular collection, updating and dissemination of data base on outstanding and exemplary works on diverse sectors in social life.	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare Ministry of Federal Affairs and Local Development 	<ul style="list-style-type: none"> Ministry of Education Ministry of Sports and Youth Affairs Ministry of Information and Communication Social Welfare Council Local bodies NGOs/ INGOs 	<ul style="list-style-type: none"> Establishment of MIS Situation/ status of IEC materials 	Since 2070/71 continue
28	Take into account the increasing percentage of Senior Citizen in long term perspective planning in all sector	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare National Planning Commission 	<ul style="list-style-type: none"> Concern Ministries Universities 	<ul style="list-style-type: none"> Number and type of plans for Senior Citizens 	Since 2070/71 continue

29	Reward the institution and community serving the senior citizens by monitoring and evaluation of the work performance.	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> Concern Ministries Social Welfare Council NGOs/ INGOs 	<ul style="list-style-type: none"> Monitoring and Evaluation Report Performance level of Institution Number of rewarded institutions 	Since 2070/71 continue
30	Review the implementation status of the national plan of action	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> Concern Ministries National Human Rights Commission Social Welfare Council INGOs UN Agencies 	<ul style="list-style-type: none"> Progress report 	Since 2070/71 continue
31	Build and upgrade universal design of public places, building, transportation and physical environment considering accessibility to the senior citizen.	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare Ministry of Physical Planning Infrastructure and Transport 	<ul style="list-style-type: none"> Concern Ministries Ministry of Federal Affairs and Local Development INGOs Local bodies 	<ul style="list-style-type: none"> Accessible public physical infrastructure built 	Since 2070/71 continue
32	Develop capacity of National Senior Citizens Federation and other stakeholders	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> Ministry of Finance Social Welfare Council Donor Agencies INGOs 	<ul style="list-style-type: none"> Number of strengthened organization and their capacity 	Since 2070/71 continue
33	Set the standards to evaluate individuals/ institutions working for Senior Citizen	<ul style="list-style-type: none"> Ministry of Women, Children and Social Welfare 	<ul style="list-style-type: none"> Social Welfare Council National Senior Citizens Federation 	<ul style="list-style-type: none"> 	Since 2070/71 continue