

KARIKA

Executive Summary

Advancing Healthy Ageing, Human Rights, and Social Protection for Older Persons in Kenya

Who We Are

KARIKA (Kenyan Aged people Require Information, Knowledge & Advancement) is a community-based organization established in **2003** to improve the lives of vulnerable older persons through integrated health, nutrition, social protection, economic empowerment, and human rights programming.

Based in **Dagoretti South, Nairobi**, KARIKA was founded in response to the growing needs of older adults living in informal urban settlements who face poverty, food insecurity, chronic illness, elder abuse, social isolation, and limited access to public services. Over the past two decades, KARIKA has grown from a grassroots self-help initiative into a nationally recognized organization working across **more than 15 counties** through community networks, strategic partnerships, and policy advocacy.

Our work is grounded in the belief that older persons should live with dignity, independence, security, and full enjoyment of their human rights.

Our Approach

KARIKA delivers an integrated model of healthy ageing that combines direct community services with systems-level advocacy. Rather than addressing individual challenges in isolation, we work across five interconnected areas:

Human Rights and Advocacy

- Protecting older persons from abuse, neglect, and land disinheritance.
- Supporting legal assistance and community justice.
- Advocating for stronger national legislation and international protections for older persons.

Health, Nutrition, and Community Care

- Daily feeding and nutrition support.
- Home-based care and medical outreach.
- Psychosocial support, chronic disease management, and emergency assistance for vulnerable older adults.

Economic Empowerment

- Older Persons Associations and community savings groups.

- Table banking and microfinance.
- Age-friendly livelihood training, including small enterprise development and income-generating activities.

Digital Inclusion and Intergenerational Learning

- Computer literacy training for older adults.
- Intergenerational mentorship connecting youth and older persons.
- Digital storytelling and lifelong learning opportunities.

Policy and Systems Strengthening

- Supporting implementation of Kenya's National Policy on Ageing.
- Contributing to national and international advocacy for the rights of older persons.
- Facilitating access to government social protection programs, including the Inua Jamii cash transfer.

Our Impact

For more than twenty years, KARIKA has strengthened the wellbeing of older persons by:

- Building community-based support networks across more than 15 counties.
- Delivering nutrition, health, and emergency assistance to vulnerable older adults.
- Expanding access to livelihoods and financial inclusion through community savings and enterprise development.
- Reducing social isolation through peer support and intergenerational engagement.
- Supporting legal protection and advocacy for older persons facing abuse and discrimination.
- Partnering with government and development agencies to improve access to social protection services.

Partnerships and Organizational Strength

KARIKA is governed by a **9-member Board of Directors** and supported by a dedicated secretariat, community volunteers, and technical partners. The organization maintains safeguarding, procurement, financial accountability, and anti-fraud policies to ensure responsible stewardship of donor resources.

Our partnerships include:

- HelpAge International
- Global Alliance for the Rights of Older People (GAROP)
- World Vision
- Age International
- French Development Agency (AFD)
- ICT4D.at
- University of Nairobi

- Kenyatta University

These collaborations strengthen research, service delivery, policy engagement, and innovation while ensuring that local action contributes to national and global healthy ageing agendas.

Strategic Priorities

KARIKA is seeking strategic investment to expand evidence-based, community-driven solutions for Kenya's rapidly growing older population. Priority areas include:

- Scaling integrated health, nutrition, and home-based care.
 - Expanding legal protection and advocacy for older persons.
 - Increasing access to economic empowerment and financial inclusion.
 - Strengthening digital inclusion and lifelong learning.
 - Building resilient community systems that promote healthy, dignified, and independent ageing.
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Why KARIKA?

As Kenya's population ages, the demand for comprehensive services that protect the rights, health, and wellbeing of older persons continues to grow. KARIKA offers more than two decades of trusted community leadership, strong governance, and an integrated model that combines humanitarian response with long-term systems change.

Investment in KARIKA is an investment in healthier ageing, stronger communities, and a more inclusive future where older persons are recognized as active contributors to society rather than passive recipients of care.