

Collaborating with stakeholders for sustainable outcomes

Carers Worldwide

27 September 2018

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UK Aid Direct [Community Partnership](#) project:

Project title: Improving the physical and mental health, promoting social inclusion and increasing the household income of 1,500 carers of mentally ill individuals in Nepal.

Organisation name: [Carers Worldwide](#)

In partnership with: local NGO, LEADS Nepal

Project dates: July 2014 – June 2017

Project location: Baglung and Myagdi districts, Western region, Nepal

Who are unpaid carers?

A carer is an individual of any age who cares for, or nurses, a relative, friend or partner. They need help due to:

- physical or mental ill health
- disability
- old age
- frailty
- substance misuse or any other cause

In many countries, carers are invisible, isolated and vulnerable.



The issues and problems facing carers

Can include:

- a loss of employment
- a reduction in earnings
- a loss of education (in the case of children and young people)
- poor health
- a reduction in social contacts
- a reduction in opportunities to participate in family and socio-cultural activities.

Carers Worldwide works:

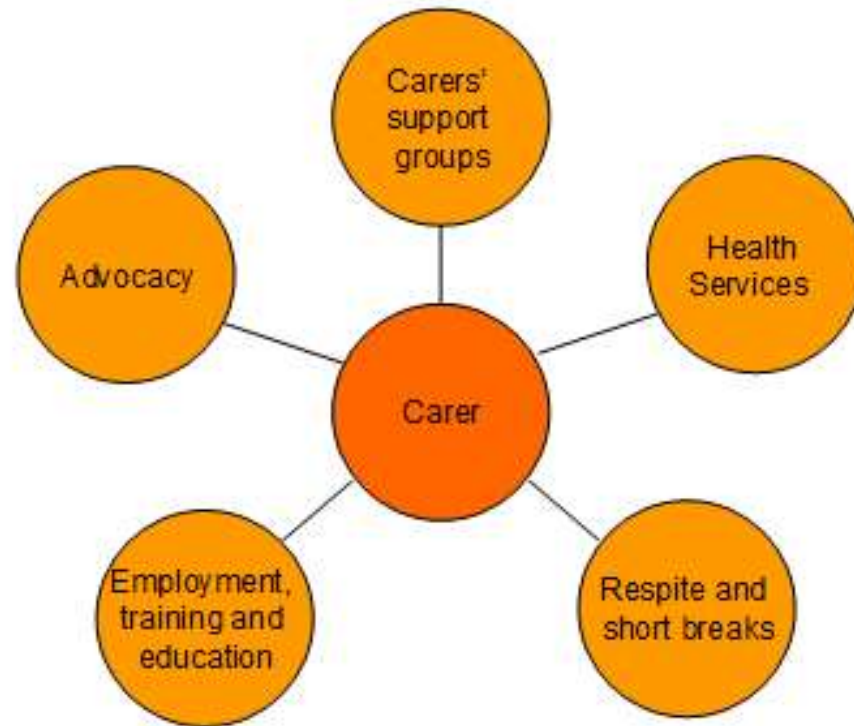


- exclusively and strategically to raise awareness of the needs of unpaid family carers in low and middle income countries
- in partnership with 9 local non-governmental organisations (NGOs) across India, Nepal and Bangladesh.

Our work serves as a catalyst

- to bring about **systemic change** in the work of stakeholders so they recognise and respond to the needs of carers in the developing world
- to **facilitate the provision of support** for individual carers and their families in the developing world so it brings them better health, wellbeing and economic security.





Carers Worldwide model ensures positive change for carers

Project outcome

- carers of people with mental illness and epilepsy (PWMIE),
- their households and
- PWMIE in Baglung and Myagdi districts have

an increased income, social inclusion and improved access to medical and education services.



Outcome indicators:

- i. number of carers and carer households lifted above poverty line
- ii. number of agreements and MoUs signed (with village authorities) to fund resources for child carer clubs and revolving funds for carer groups
- iii. number of carers with regular access to counselling and medical services and no longer experiencing physical or mental ill-health
- iv. number of carers better able to express themselves in meetings with local government authorities
- v. number of carers accessing respite care
- vi. number of child carers reintegrated into school

Project outputs and local government involvement

Output	Government involvement
Strengthened medical and counselling facilities for carers	<ul style="list-style-type: none"> • training of and ongoing support from, government doctors and primary health centre staff • training of and ongoing support from female community health volunteers (FCHVs)
60 carers mutual support groups formed and operational Two Carers Associations formed and registered	<ul style="list-style-type: none"> • support from FCHVs for group facilitation • financial support from Village Development Committees • support from local registration authorities for advice and registration • ongoing support for Carers Association activities from relevant government departments (e.g. Woman and Child, Livelihoods)
Alternative care and respite arrangements for carers set up and working	<ul style="list-style-type: none"> • potential involvement for facilitating access to physical space and sourcing community volunteers

Output	Government involvement
Carers have access to livelihoods and skills training opportunities	<ul style="list-style-type: none"> • integrate carers into existing livelihoods and income generation based training programmes provided by local government • access market access and business support programmes provided by local government • loan and other financial support programmes
Support in place to enable child carers to attend school regularly	<ul style="list-style-type: none"> • training of and ongoing support from government school teachers • training of and ongoing support from FCHVs to identify child carers, support families and facilitate child carer clubs • financial support from Village Development Committees
Capacity strengthened to promote needs of carers and advocate for policy change	<ul style="list-style-type: none"> • specific training of health and education staff and community volunteers • involvement of district level officers in seminars, carers celebrations and other awareness raising and information sharing activities

Advice for engaging with local government

- partner with a local organisation
- involve local stakeholders - including government - in the design process
- be persistent and ongoing
- be clear in your messaging
- identify where priorities coincide
- seize opportunities
- develop the community and beneficiary voice – from consultation and as the project progresses

Challenges of engaging with local government

- securing engagement
- consistency
- changes of personnel
- differing agendas
- translating verbal agreements into action

Results

Output	Government involvement	Unexpected benefits
Strengthened medical and counselling facilities for carers	<ul style="list-style-type: none"> • 140 government doctors and primary health centre staff trained • 1005 carers reporting improved access to healthcare and no longer experiencing ill-health • 333 female community health volunteers (FCHVs) trained as barefoot counsellors • 810 carers accessing counselling 	<ul style="list-style-type: none"> • 4675 carers and family members supported by FCHVs to access healthcare
60 carers mutual support groups formed and operational Two Carers Associations (CAs) formed and registered	<ul style="list-style-type: none"> • 191 FCHVs trained as group facilitators (covering 57 groups with 870 members) • financial support accessed from 9 VDCs for groups • local authorities in both districts provided advice for the Carers Associations and registration took place • ongoing support for CA activities from relevant gov't departments (e.g. Woman & Child, Livelihoods) 	<ul style="list-style-type: none"> • FCHVs facilitated inclusion into gov't programmes and women's SHGs • local authorities supported formation of two Carers Co-operatives • gov't departments identify the CAs and co-operatives as partners for programme implementation

Output	Government involvement	Unexpected benefits
Alternative care and respite arrangements for carers set up and working	<ul style="list-style-type: none"> • 10 community caring centres established using public spaces such as rooms in government schools 	
Carers have access to livelihoods and skills training opportunities	<ul style="list-style-type: none"> • 994 carers attended livelihoods and income generation training programmes organised by gov't • 84 carers attended marketing and business support programmes organised by gov't • 295 carers accessed loan and other financial support facilities 	<ul style="list-style-type: none"> • through attending gov't organised training, carers were prioritised for further support • the close links formed between LEADS / Cas / Carers Co-operatives and local gov't depts has led to LEADS / Cas / Carers Co-operatives being used as central points for training programmes

Output	Government involvement	Unexpected benefits
Support in place to enable child carers to attend school regularly	<ul style="list-style-type: none"> • 153 government school teachers trained and providing ongoing support for child carers • 227 FCHVs trained to identify child carers, support families and facilitate child carer clubs • 57 child carer clubs set up and being hosted in government school supporting 285 child carers • financial support for child carer clubs secured from 6 Village Development Committees 	
Capacity strengthened to promote needs of carers and advocate for policy change	<ul style="list-style-type: none"> • 626 health and education staff and community volunteers trained to work with carers and facilitate their access to services • almost 100 government officials participated in 5 seminars and workshops on carers' needs 	<ul style="list-style-type: none"> • government officials and MPs were so interested in the project that they promoted and participated in annual Carers Day events

Long term benefits

- promoting sustainability of project results e.g. registration and recognition of CAs + Carers co-ops
- integration of carer involvement into Livelihoods Department annual plan
- recognition by authorities at village and district level
(important to work at all appropriate levels - consult and involve - in project plans)
- financial support

Long term benefits (continued)

- expertise embedded in local communities
in particular with carers trained and empowered to
advocate on their own behalf as a group
- reaching “critical mass”
- changes in policy and practice

Recommendations

- identify partners who have strong links with local government
- build understanding and capacity of existing partners
- identify appropriate government departments and officials
- identify the benefits for those departments
- identify other relevant stakeholders e.g. other local NGOs, local training providers, local/regional/state networks

Recommendations (continued)

- consult and co-produce
- be prepared for challenges
- be flexible and open to unexpected developments
- publicise results and encourage them to do the same
- aim high!

Any questions?

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