

ADDIS ABABA UNIVERSITY

SCHOOL OF SOCIAL WORK

**OPPORTUNITIES AND CHALLENGES OF OLDER PEOPLE'S ASSOCIATIONS
(OPAs) IN KOLFE KERANIYO SUB-CITY**

**BY;
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This is to certify that the thesis prepared by Abnet Aregawi, entitled "*Opportunities and Challenges of Older People's Associations (OPAs) in Kolfe Keraniyo Sub-city*" submitted in partial fulfillment of the requirements for the degree of Masters of Social Work complies with the regulations of the University and meets the accepted standards with respect to originality and quality.

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ACRONYMS

ACHPR	African Commission on Human and Peoples' Rights
AU	African Union
BoLSA	Bureau of Labour and Social Affairs
CEDAW	Convention on the Elimination of All Forms of Discrimination Against Women
CESCR	Committee on Economic, Social and Cultural Right
COC	Corrosion of Conformity?
CRPD	Convention on the Rights of Persons with Disabilities
CSA	Central Statistical Agency
EENEB	Equinet European Network of Equality Bodies
EEPNA	Ethiopian Elders and Pensioners National Association
FDRE	Federal Democratic Republic of Ethiopia
FGD	Focus group discussion
GTP	Growth and Transformation Plan
HIV/AIDS	Human Immunodeficiency Virus / Acquired Immunodeficiency Syndrome
ISW	Irish Social Worker
ICCPR	International Covenant on Civil and Political Rights
ICESCR	International Covenant on Economic, Social and Cultural Rights
IGA	Income Generating Activity
ICMW	International Convention on Migrant Workers
MIPPA	Madrid International Plan of Action on Ageing
MoFED	Ministry of Finance and Economic Development
MoLSA	Ministry of Labor and Social Affairs

NGOs	Non-Governmental Organizations
NPOAOP	National Plan of Action on Older Persons
OAU	Organization of African Unity
OCM	Older Citizen Monitoring
OP	Older Persons
OPA	Older Person Association
PwDs	Persons with Disabilities
TVET	Technical and Vocational Education Training
UDHR	Universal Declaration of Human Rights
UN	United Nation
UNFPA	United Nations Population Fund, formerly the United Nations Fund for Population Activities
UNGA	United Nation General Assembly
UNHCR	United Nations High Commissioner for Refugees
VIPAA	Vienna International Plan of Action and Ageing
WHO	World Health Organization

Abstract

Older people in Ethiopia face numerous discrimination and stereotypes. In Addis Ababa, there are no sufficient data on the type of older people association's opportunities and challenge. Creating an awareness of the problem is essential to provide an adequate assistance for the older people associations or to follow up planed intervention methods. To increase understanding of the issues, a phenomenological qualitative study was conducted based on the data collected from 13 study participants concerning Kolfe Keraniyo sub-city older people associations and by exploring National and International legal frameworks concerning the rights of older people. Data was collected using an open-ended interview and focus group discussion; and it was analyzed simultaneously with interpretive analysis. The findings of this study generally revealed that there are opportunities in Kolfe Keraniyo sub-city older person associations individually: capacity building trainings, assistance for abused older people, care and support for the unable. Socially: experience sharing among older people themselves and younger generation. Economically: networking for income generating activities. And, politically: pushing the government to construct a multi-functional institution which is expected to commence soon. Regarding the challenges, that problem in implementing the rights of older people mainly related with lack of physical and financial availability, low provision of different service with facilities, lack of community awareness on the rights of older persons and involvement in older people associations were identified. Thus, utilizing experiences of OPAs in other countries as a seed for empowering older persons in Ethiopia is recommended. In addition to governmental, societal and professional attention for OPAs is inevitable.

Keywords: *Ethiopian older persons, older people's association, older person's rights; and Advocacy*

CHAPTER ONE

INTRODUCTION

1.1. Background

Increasing longevity is one of humanity's greatest achievements that should be celebrated and embraced, not to mention opportunities that a socially and economically active, secure and healthy ageing population offers to society and to a country at large (HelpAge, 2012). According to World Population Prospects: the 2015 Revision (United Nations, 2015), the world population aged 60 and above is 901 million with the annual growth rate of 3.26 percent. Furthermore, the HelpAge (2012) study stated that one in nine persons in the world aged 60 years or over are projected to increase to one in five by 2050. As for Africa's population of older people compared to other regions of the world, it is growing faster at a rate of 2.27% (United Nations, 2011). Regarding Ethiopia, out of the total population of 73,750,932, the number of older persons aged 60 and above is 3.3 million and growing (CSA, 2007).

According to Dychtwald (1990), "Active life" is defined as the remaining number of years before people has to function well in their daily chores or necessary activities such as bathing and/or dressing. Active ageing, according to WHO is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age (WHO, 2002). It is further explained as not just the capability to be physically active or to participate in the work force but it is to continue involvement in social, economic, cultural, spiritual and civic affairs (WHO, 2002). Families, peers, communities and nations at large can be benefited from older people who retire from work and those who are ill or live with disabilities as they can remain active. The implications for older people and for society may be much more negative if the added years are dominated by declines in physical and mental capacities (WHO, 2015). Thus,

it is a responsibility of the society and states to formulate the appropriate public health schemes to lead OP in a healthy and productive path to the rest of their lives.

OP abuse is a serious problem across the globe, but it is still under-acknowledged and largely under reported (HelpAge, 2002). Abuse can take different forms as there are many reasons why it takes place. HelpAge (2002) found out studies have identified the following forms of elder abuse drawing on older people's own definitions: **Physical violence:** beating, pushing, pinching or any act that causes physical injury, psychological or emotional insults, jokes, threats or indifference, affecting a person's mental wellbeing, neglect and abandonment insufficient care or attention to meet the person's nutritional, health, hygiene or emotional needs; **Sexual:** any sexual act against the person's will, from suggestive words or actions to forced sex; **Economic or financial:** robbery, theft, illegally taking assets and property cultural being forbidden to speak the person's own language or wear traditional dress; and **Structural or institutional:** lack of social security systems and fair pensions to allow a reasonable quality of life, difficulty accessing government services because of mistreatment and harassment by government officers, age discriminatory policies and practice (HelpAge, 2002).

According to the International Council on Social Welfare (2010):

Older persons living alone are at greater risk of experiencing social isolation and economic deprivation, and may therefore require special support. Because of higher survivorship and lower propensities to remarry, older women are much less likely than older men to be currently married, and older women are also more likely to live alone. Globally, 80 per cent of men aged 60 years or over but under half of women in that age group are living with a spouse. An estimated 19 per cent of older women live alone, whereas just nine per cent of older men do (p.7).

Understanding ageing from the view points from the above different literatures gives an aggregate conclusion of considering ageing as a socially constructed factor affecting the equal enjoyment of rights by OP.

Older people around the world has been gathering and forming associations in order to protect themselves from discriminations and stereotypes from the society. One of the names of this association is called Older People's Associations (OPAs) which is defined as community based organization by older people (HelpAge, 2011). OPAs rationale is improving, providing, facilitating and delivering methods to create better living standard for OP themselves (HelpAge, 2011). The primary purpose of OPA is to improve the dignity and quality life of older people, encourage and motivate older people to help each other by providing a forum to discuss their problems, develop solutions and celebrate important events and encourage and promote community support for vulnerable older people (HelpAge, 2013). OPAs vary in their size and focus of work depending on the context of their communities, and every OPA is unique as the members decide its purposes, objectives and participation in activities (HelpAge, 2007).

Elder discrimination and stereotyping is a concern of diverse fields such as social work profession that promotes social change, solve human relationship problems, empower and liberate people to enhance wellbeing (ISW, 2002). Social work utilizes theories of human behavior and social system as human right and social justice are the fundamentals for social work practice (ISW, 2002). Other professions such as sociology, anthropology, psychology, law and human rights; and public health are among other professions that are responsible to promote the rights of vulnerable elders, and maintain their autonomy and safety through education, research and practice (Bomba, 2006).

In accordance with the above introductory facts, this study focused on the practice of OPAs in Kolfe Keraniyo sub-city. Accordingly, opportunities and challenges of OPAs of the sub-cities in their advocacy for older people's rights were studied. Furthermore, the national and international legal and policy frameworks concerning OP are explored.

1.2.Statement of the problem

While the number of older people is increasing; they face discrimination and inequality, denied access to and enjoyment of resources including jobs and incomes, education, health and access to power and decision making that lead to poverty (EENEB, 2001). OP encounters stereotypes as out of date, confused or senile that takes away the power to involve in decision making concerning their needs. This in turn affects priority and is often not given due consideration resulting hindrance from their access to relationships of care, love, solidarity and respect (Todd, 2005).

Older population in developing countries has a higher speed of growth than in developed countries and is expected to increase dramatically over the next few decades (United Nations, 2011). In Africa, there has been a marked change in attitudes towards the elderly with the advent of modernization, urbanization, and migration. The elderly have been largely ignored or excluded (Rwezaura, 1989). Thus, the issue of elderly has become an urgent priority given that Africa has one of the fastest growing rates in the world scale (UNFPA, 2008).

Regarding Ethiopian older people, the study made by HelpAge and Cordaid (2011) 83 percent of Ethiopia's population reside rurally but migrate to urban areas for work, family support and medical care. Thus OP are increasingly coming to city centers to become beggars and face difficulty to survive. Generally, Ethiopia's OP are vulnerable to poverty, limited access

to social and health services, food insecurity and limited options for livelihoods basic needs (HelpAge, 2011).

Similarly, older persons in Ethiopia remain economically productive as long as they are physically and mentally able and household requirements demand their contribution. Kifle's (2002) research also noted that in the earliest regimes (during Haileselassie regime and before) was a better time for the elderly. As older people were duly respected and esteemed as important members of the society since they had command over land and other economic properties (Kifle,2002).

As clearly put by the comment of literatures above, Ethiopian OP are facing multiple challenge starting from their homes, and society at large. Their needs are scaling up and provisions of their basic needs are not met. Thus OP in Ethiopia need aid and assistance to have a better standard of living including involvement in the decision making process on issues affecting them.

Even though researches has been conducted in the area of different issues concerning elders, available studies such as, (Eskedar, 2015; Tewodros, 2016; Tigist, 2015; and Segniwork, 2014) are inclined in investigating the case of elders in institutional homes. Hana (2015) studied the right to access to health care for elderly people: the case of Addis Ababa, Gulele Sub-city. Generally, very little attention has been given to empowerment of older persons and OPA is not addressed as one of the advocators for the right to health for OP.

Getinet (2015) has conducted a study on aging and retirement among Ethiopian elderly. The study examines retirement adjustment of the elderly and the extent to which adjustment was influenced by social, psychological and contextual factors. However, the study does not show

OPAs that OP could join to get their voice heard; rights protected and also have not given attention on his study OP's who are not pensioners.

Additionally, a study was made by HelpAge (2013) to provide comprehensive information on vulnerabilities and coping mechanisms of older people in Oromia, Amhara and Southern Nations, Nationalities and Peoples' Regional States. OPAs in the 3 regions are taken as a source of data to explore the challenges of older people. However, OPAs in Addis Ababa have not been study topics as far as the knowledge of the researcher is concerned. Therefore, the seriousness of this problem had initiated me to conduct this study.

1.3.Operational Definitions

For the purpose of this study, the following terms are defined as follows:

Ethiopian legal documents: Nationally enacted legal documents as well as human right instruments ratified by Ethiopia concerning the rights of older people.

Older People/ persons or Elderly: According to UN definition, older persons are those people whose age is 60 years and over.

Rights: Older persons right to independence, participation, care, self-fulfillment and dignity to meet the needs resulting from ageism.

Advocacy: Promotion and protection of rights, freedoms and dignity of older people by developing support system wherever ageing poses a challenge for an individual or group. Its aim is to address both individual and systemic issues and respond effectively to the challenges that arise as older people's needs, abilities and places of care change.

1.4.Objectives of the study

1.4.1. General objective

The general objective of this study is to gain insights on opportunities and challenges of OPAs in Kolfe Keraniyo sub-city and explore the effects of legal frameworks on the rights of older people.

1.4.2. Specific objectives

More specifically, the objectives of this study are:

- To identify opportunities OPAs provide for OP.
- To understand the challenges OPAs in Kolfe Keraniyo face in their advocacy process.
- To explore legal documents and international human right instruments ratified by Ethiopia concerning the right of Older People.

1.5.Research Questions

- What are the opportunities OP obtain from OPAs Kolfe Keraniyo Sub-city?
- What challenges OPAs in Kolfe Keraniyo Sub-city face in their advocacy on the rights of Older People?
- What effects do the National and International human right documents have on the rights of Older People?

1.6.Significance of the study

Older People are the knowledge sources of any civilization as they are a bridge from the past and could be a learning guideline for a better future. With age, we all get wiser and experience is the undeniable force for the coming generation not to make the same mistakes over and over again. Despite the fact that Ethiopian cultures give a respectful courtesy towards the elderly, they are not getting attention to live a peaceful and graceful life. Not to mention unfair

treatment in many feature of life and the society is not utilizing the potential of elders in the many aspects of developmental schemes accordance to their rights. Notwithstanding Independence, Participation, Care, Self-fulfillment and Dignity are among those human rights for OP, they are still sidelined from the participation of programs that would benefit them and are abused and discriminated. Accordingly, denying the rights of older people adversely affects their overall livelihood. In this regard, there is a practical and visible problem in identifying documentation on OPAs, what problems exist in challenging the practicability of the right of older persons and what can be improved to minimize the challenges.

Therefore, this study will promote the evaluation and taking action on the existing or future programs set for OPAs in Kolfe Keraniyo as they are the closest systems created for every household at Woreda level. Foremost, it will provide detailed exploration in policy and legal frameworks with specific guidelines where the rights of OP reside. Additionally, the study will give due attention to older person's rights to empowerment since justice has to be appreciated for those vulnerable parts of the society. This study also serves as advocacy tool for awareness creation among older people and the society at large.

The study demonstrated relevant exemplary experiences of OPAs that used mechanisms to advocate the right of older persons in countries with similar if not the same socio-economic background with Ethiopia so that our policy makers, law enforcers, NGOs, and the community at large would be able to gain knowledge of how to assist OPAs to address older persons right in a country level. In addition, it is the researcher's belief that the study could probably be an input for further researches.

1.7.Scope of the Study

The concept of the right for older persons is broad. As a result this study is delimited with investigating the experiences of OPAs in particular case of Kolfe Keraniyo sub-city. Kolfe Keraniyo OPA has been chosen by the researcher for the reason that it is the first OPA in Ethiopia and to study its long standing advocacy process for the rights of OP.

1.8.Limitation of the study

There are a number of limitations to this study. Thus, the rest of nine sub-cities of Addis Ababa are not covered not to mention regional OPAs. Therefore, the study faces less coverage and no broader generalization can be made. The other limitation is availability of literatures in OPAs as it is a recent experience for Ethiopia therefore most of the literature reviewed will be from the HelpAge International organization that is engaged on older persons' rights and also the assisting NGO for Older People's Association in Ethiopia.

CHAPTER TWO

REVIEW OF LITERATURE

2.1. Understanding Ageing and Older People Rights

Understanding ageing is concerned with a chronological definition of old age which is dependent on the cultural, economical and over all developmental stage of the society (Tewodros, 2016).

Biological, physiological, emotional and functional issues have been used to define ageing:

Biological aging is concerned with changes occurring in the structure and functions of the human body; physiological aging is concerned with individual and behavioral changes; emotional aging describes changes in one's attitude and lifestyle dependent on one's self-perception of being old; and finally functional aging is the comparison of individuals of the same age group in terms of those within the group being unable to maintain their functions in society (Ayranci & Ozdag, 2004, cited in Segniwork, 2014, p.11).

Additional meaning of old age is:

Being old as a social construct is commonly related to a change of social roles and activities, i.e., becoming a grandparent, someone who has grey hair, and in the case of women, who can no longer have children or someone who became a pensioner. Older persons themselves describe old age as a point at which functional, mental and physical capacity is weakening and people are more exposed to disease or disabilities (UNFPA, 2012, cited in Hana, 2015, p. 11)

As we can understand from the above understandings and meaning of Ageing and OP, the perception among society is negative as if there is an exception to the rule of ageing and it is something that only few people face. In spite of the importance of OP in the society, all the

pessimism of ageing has led to abuse, discrimination, to adverse effect of depression, unworthiness and fear by OP.

OP's encounter discrimination and is among the vulnerable part of the society due to their age and perception of the society towards ageing. Therefore, laws to govern the action of individuals or people and to minimize if not eradicate discrimination based on age, gender, race, color, religion, language, and political and social views were created. Thus, older person's right as human right was recognized at the international level for discussion since the inception of United Nations (Amare, 2010). "All human beings are born free and equal in dignity and rights", this statement is made in Article 1 of Universal Declaration on Human rights of 1945, which is the first international human right instrument (Armaye, 2011). It is widely believed that human rights are those rights human beings are entitled for the simple reason that they are human beings regardless of race, color, religion, language, gender, political or other opinions and other status.

In 1971, the General Assembly asked the Secretary-General to prepare a comprehensive report on the elderly and to suggest guidelines for the national and international action (Amare, 2010). Following the decision of the General Assembly in 1978 for holding a World Conference on Ageing, the Vienna International Plan of Action and Ageing (VIPAA) was formulated at the first world assembly on ageing, which was held in Vienna in 1982, it was the first international instrument on ageing, guiding thinking, and the formulation of policies and programs on ageing (Marthe F & Simon B, 2012).

Additionally, General Assembly on December 16, 1991 adopted 18 principles, which are organized into five clusters, namely-independence, participation, care, self-fulfillment, and dignity of the older persons (United Nations, 2002). Moreover, in 1992, the U.N. General Assembly adopted the proclamation to observe the year 1999 as the International Year of the

Older Persons; and the Assembly has declared “1st October” as the International Day for the Elderly, later changed as the International Day of the Older Persons (HelpAge, 2012).

Later on, the General Assembly conducted World Conferences on aged people to address the rights of OP. Among them Second Global Conference conducted in the year 2002 at Madrid adopting a Plan of Action with three important Priority areas to rights relating to older people (EENEB, 2011). These areas are: older persons and development; advancing health and well-being into old age; and ensuring enabling and supportive environments.

In addition to conducting world conferences on elderly people, it has entrusted the work to the economic and social council to work in close association with other organs and the various states to adopt policies in the promotion and protection of the rights of elderly persons (Miller, 2010). A number of other working groups, special commissions also constituted, to monitor and to continuously evolve various issues relating to elderly people and to assist the nation-states in policymaking (Miller, 2010).

African Union (AU) adopted the policy framework and plan of action on aging in 2002 at the regional level after MIPPA, which was developed in collaboration with HelpAge International (Getinet, 2015). The plan was to help member states design, implement, monitor and evaluate national policies and programs to meet individual and collective needs of older people.

When we come to Ethiopia, The Ministry of Labor and Social Affairs (MoLSA), by the authority and responsibility vested on it, developed national plan of action on older persons (2006 – 2015), a 10-year plan of action in June 2006. This plan sets out two main priority directions: developmental and humanitarian aspects of aging based on the underlying principles

of the United Nations, AU policy, and the development strategies and constitution of the country (MOLSA, 2006).

2.2. Older People in Ethiopia

According to National Plan of Action on Older Persons (NPOAOP) (2006- 2015), OP in Ethiopia are people with the age of 60 and above considering chronological, functional and retirement age. United Nation (2010) stated that life expectancy in developed countries is high and the age of retirement from active public economic activity is 65 years, thus OP are defined as persons aged 65 years and above. In developing countries on the other hand, life expectancy is lower and the age of retirement is 60 years, thus OP are considered as persons aged 60 years and above (United Nation, 2010).

OP in Ethiopia use to be respected, heard, loved and family, relatives and the community at large was their support system for whatever need they may have (HelpAge, 2009). Moreover, OP are also recognized for their wealth of experience and for their important roles of moral values, leadership in religious institutions, traditional medicine experts, and traditional birth attendance expertise, for their role as chairpersons of social courts and community affairs, mediators of conflicts, literacy skill educators and marriage counselors and mediators (HelpAge, 2009). Currently, this has taken a turn where only OP with means and money are the ones who are respected; get support and involved in the decisive issues of concern (HelpAge, 2013). Urbanization and modernization are the adding factors for diminishing the traditional culture of inter-generational solidarity and support (HelpAge, 2013).

Not to mention the impact of HIV pandemic combined with heightened economic stress has resulted in changed family structures across the country as loss of middle generations has created family structures where almost half of Ethiopia's orphaned children are raised by

grandparents putting too much pressure on OP (HelpAge, 2011). There is also a growing concern of OP vulnerability towards HIV/ AIDS, the number of those aged 50 and over living with HIV are rapidly increasing (HelpAge, 2014).

2.3. Older People's Associations (OPAs)

In the study conducted by HelpAge (2012) participants stated that OPAs were very effective because they have knowledge of frail members in their community, as well as providing social support through group activities. Both the home care programme and the expansion of OPAs were viewed by participants as additional practices that will benefit communities, meet the demand for more caregivers and reduce the costs associated with care giving for governments and societies (HelpAge, 2012).

The benefits of utilizing the wisdom of older people to society is frequently ignored and neglected. That's where Older people's associations (OPAs) steps in by regularly working in intergenerational activities that build relations between generations and support knowledge of ageing concerns among the younger adults and youth (Sabdono, 2010). Other community programmes, whether through OPAs or other local NGOs, were also critical to supporting mutual understanding, trust and commitment toward the broader community's development (HelpAge, 2012). Part of this mutual understanding is that there will be differences of views and perspectives among generations. However, the essential aspect is providing a voice to all the generations that can then support a compromise and provide an agreed course of action for the overall community which is much more effective than non-participation of key members of the community (HelpAge, 2012).

Utilizing the model of OPAs is a powerful resource in providing self-help care, home care, community resource engagement and social business. OPAs utilize the unique resources

and skills of older people to provide effective social support, facilitate activities and deliver services for its members and community at large. According to Sabdono, (2010), older people tend to remain in their communities, providing continuity to the association and its activities, thus contributing to the sustainability of the organization and their contribution as care givers, advisers, mediators, mentors and breadwinners is invaluable, but frequently unrecognized. Cultivating and nurturing such capacities through OPAs has proven to be a decisive contribution to development, theory and practice (Sabdono, 2010).

OPAs play a big role in providing information on older people's rights, laws, policies and services. Older people, local government officers and service providers often lacked this information as it had not filtered down from central government or been provided in appropriate formats and language (HelpAge, 2016). OPA provides in some cases special training to older people to take account of different skills, experiences and literacy levels. Inclusion is also one of the OPAs agenda to involve older people from a wide range of social and economic backgrounds. Furthermore, income-generation projects alongside citizen monitoring activities helped OPAs' poorer members get involved (HelpAge, 2016). According to HelpAge, (2016) governmental and civil society organizations are involved in OPAs to create awareness and better understanding of the rights of OP by the government and fill in knowledge gaps through sharing experiences.

Figure 1: According to HelpAge (2015), the multifunctional OPA is put in this diagram:



2.4. Advocacy for Older People

Disadvantaged OP mostly feel distant from people in power, they don't feel well equipped in information and feel confident to speak about issues concerning themselves even when influential people are speaking about OP rights and needs (HelpAge, 2007). On the other hand, there are few OP who hold important positions and are able to have an impact and get their agenda across with their impressive public speech skill because they have access to information, good contact with decision makers and formal meetings, speaking to the media, negotiating and working with big organizations (HelpAge, 2007).

In order to carry out a successful advocacy, those carrying out advocacy need to be well equipped with accurate information concerning OP. Thus decision makers, donors, the public, older people themselves, NGOs and other appropriate parties need to get first-hand information from OP and get the information across the experts, professionals, politicians, government officials, health and community workers and the press and others as its crucial for advocating on

their behalf (Scottish Independent Advocacy Alliance, 2014). Furthermore, increasing awareness will empower older people to take on their own issues in a more receptive, supportive and informed environment (Scottish Independent Advocacy Alliance, 2014).

Older People mostly do not have enough information on what they can claim as of right and what obligations a society, government and NGOs has towards them that put them accountable (Dunning, 2005). They don't even have awareness that they have a right to clean water or a better quality of living and it's up to concerned NGOs to carry out their role to increase OP awareness on resources or means available to them, social support and opportunities that are at their disposal to independency (Dunning, 2005). Methods used to increase awareness among older people include self-help groups, media, seminars and panel discussions, and intergenerational projects involving schools as it is important for ageing to be on the agenda of other organizations and governments (Scottish Independent Advocacy Alliance, 2014).

Inclusion of OP in programs benefits them in strengthening their self-help reliance, be a great motivation and confidence: one of the ways to do this is to organize an experience sharing symposiums between OP and other successful vulnerable groups of the society (Dunning, 2005). Another way is advocacy efforts towards organizations to include OP in their agenda, e.g. organizations whose main focus are women but not OP could be motivated to include older women and hospitals that provides healthcare to a wide group of beneficiaries currently not including OP could be convinced of the significance of integrating older people into their existing work and Policymakers, government leaders, key decision makers (including donors) could initiate including OP in their agenda (Dunning, 2005).

The level of influence and participation of OP especially those vulnerable in policy process and discussion, and increased involvement and influence in policy making can show the

outcome and impact of policies for OP (Dunning, 2005). These impacts include if transportation, adequate food, health services, and income security of older people are met (Dunning, 2005).

Thus in order to influence the policy making decisions, OP must be empowered by organizing themselves, address their own issues, and strengthening their voice and this is a primary and decisive responsibility of NGOs (Scottish Independent Advocacy Alliance, 2014). Feeling an important part of community, sense of confidence and self-worth is foundation for OP's to take responsibility for them, regain decision making roles, develop their capacity to respond to their own needs and provide support to each other (Scottish Independent Advocacy Alliance, 2014). For that reason, organizing OP in to associations or SHGs is an important step to empower and be a bridge to support them meets their basic needs.

Networking and building coalition is a key to enhance associations for policy involvement, thus an advocacy can take a place at local community level, or at the provincial/ state or national level (HelpAge, 2007). Once NGOs have identified other groups, organizations and agencies that could or should be working with older people, the next step is to determine how these groups can work together and equip OP on leadership and opportunities for building coalitions and networks between all concerned groups and act as a catalyst for involvement of the coalition in advocacy and policy making (HelpAge, 2007).

With broader policies including other groups besides older people, it is important to make sure that both the service providers and older people know of their right to the benefit or service, and that they have information and access (Dunning, 2005). Policy evaluation is important for noting reasons for successes and failures and examining policy strategies and in order to do that OP should be asked about policies and their input is valued (Dunning, 2005).

2.5. Experiences of OPAs of Other Countries

OPAs work closely with local authorities and with a wide range of community members, enabling them to make a positive contribution in the following areas in different OPAs from different countries.

Tanzania: OPAs monitored local health services and influenced community structure to promote age-friendly health services in 2012-15, by gathering information about older people's experience of health facilities and Questions were included whether they had to pay for treatment, whether drugs were available, and if they could access HIV services/ counseling, testing and anti-retroviral therapy (HelpAge, 2016). Furthermore, OPAs monitoring groups in district-level plans selected into planning and budgeting and owing to decentralized decision making in Tanzania, Local Government Associations (the next step up from district level) allocates funding for drugs for non-communicable diseases, geriatric health units and health services (HelpAge, 2016). The OCM support and advocacy also contributed to the execution of older people's identity cards (entitling them to free health services); consulting rooms for older people in health clinics specific service windows and; and better access to voluntary counseling and testing and anti-retroviral therapy (HelpAge, 2016).

In **Cambodia**, OPA members have been trained in new skills suited to their physical capacity such as livestock raising, or establishing food stalls and small shops. Additionally, business skills training have helped participants quadruple their profits since the project start up (HelpAge, 2009). To allow for a more equitable development process, disadvantaged stakeholders need to be empowered to increase their level of knowledge, influence and control over their own livelihoods, including development initiatives affecting them (HelpAge, 2009).

Another mention of OPAs advocacy result is **Bolivia** by which with no other insurance to receive free healthcare an improvement in the implementation of the national Older People's Health Insurance Scheme which entitles Bolivians over 60 years of age (HelpAge, 2016). This was produced by improving public awareness of the older people's health insurance scheme and increasing the number of older people registered to receive it. OPAs with the monitoring groups boost the recruitment of municipal government staff with knowledge of indigenous culture and languages, leading to greater inclusion of marginalized groups from 2008-11 (HelpAge, 2016).

In **India**, more confident older persons who expressed higher levels of self-esteem, self-confidence and improved psychosocial health all of which provide to older persons being able to and interested in go on board on livelihoods actions with an improved level of well-being and prospect of potential success just by being members of OPAs (HelpAge, 2011).

2.6. Theoretical Framework

Understanding society is mainly done in two ways. One is to begin with observations about society, and then to try to interpret those observations identifying patterns, trends and relationships for the information (Mullard & Spicker, 1998). The second main way is to theorize about society, suggesting ideals and then seeing to what extent the social world can be interpreted in those terms. These methods are not really different; they are two sides of the same coin (Mullard & Spicker, 1998). In this section the researcher tries to state the social work theoretical frameworks relevant for this study.

2.6.1. Community-based approach

According to UNHCR (2008) a community-based approach is a method where it can help communities' effort to prevent social problems and to deal directly with those that do arise, instead of external actors step in and assume these responsibilities. It supports persons of concern

in reestablishing familiar cultural patterns and support structures in the community. Furthermore, the goals of the community based approach are to Reinforce the dignity and self-esteem of people of concern and to empower all the actors to work together to support the different members of the community in exercising and enjoying their human rights (UNHCR, 2008).

Therefore, community based approach talks about the acts of cooperation, coordination, and collaboration and interaction between community members to come up with a system that will benefit them and support themselves in cases of exploitation and abuse that may happen to them. In this regard OPA members come up together to stand up for their rights and be the main actors of advocacy and change agent in their community by forming the association by themselves and play a major role to protect their rights as part of the society.

Furthermore, “Community development is the process of developing active and sustainable communities based on social justice and mutual respect. It is about shifting power structures to remove the barriers that prevent people from participating in the issues that affect their lives” (quoted in Dhamotharan, 2009).

Community based approach focuses on community engagement with public bodies, effective consultation, better partnership working, and improving services and so on. Good community development work carried out in ways, which challenge disadvantage and tackle inequalities (Frank & Anne, 1999). It involves changing the relationships between ordinary people and people in positions of power. It is not simply about listening to the loudest voices, or doing things the way they have always been done. It is an approach to achieving social change (Frank & Anne, 1999). It is based on the idea that disadvantage and social injustice cannot be tackled by top-down solutions alone (Frank & Anne, 1999). Additionally, the primary outcome of community based approach is improved quality of life, effective community development

results in mutual benefit and shared responsibility among community members and recognizes the connection between social, cultural, environmental and economic matters; the diversity of interests within a community; and its relationship to building capacity (Community Development Alliance in Scotland, 2008).

According to HelpAge (2012), older people's associations (OPAs) play a major role in support and care creation for older people in their community: by gathering volunteers, promoting day care center for OP who don't have family members to look after them, train health care professionals on how to treat OP at home, advocating the community to psychologically and spiritually support its elders and vital for supporting and caring for older people in their communities, creating community-based care and provide health services for those who are unable to go to hospitals, and advocating social pension for the poor.

A deeper form of integrated community development blends both the process of bringing collective social change and justice and improving productivity and improving livelihoods. In addition of working with communities to strengthen their capacities to identify their needs, opportunities, rights, and responsibilities; plan, organize, and take collective action; and evaluate the efficiency and outcomes of their actions to tackling inequalities and moving toward the vision created by the community (Dhamotharan, 2009). In the annual report prepared by HelpAge (2014-2015) it is stated that OPAs work toward creating opportunities for OP to participate in income generating activities by giving proper training with the help of concerned governmental bodies, to improve existing social pension and cash transfer and make sure the existing schemes are being properly implemented, support and assist the government to better understand the situation of OP living in general.

2.6.2. Empowerment Theory

Empowerment means to enhance the capacity of an individual or group to make purposive choices and to transform those choices into desired actions and outcomes. It was first given prominence by the World Bank in its World Development Report, 2000–2001.

Empowerment is a complex issue. According to Zimmerman (2000), empowerment may be viewed on different levels: individual, organizational or community and these levels are closely linked. In empowered communities, empowered organizations exist, and an empowered organization is reliant on the empowerment levels of its members. This study focuses on community empowerment as is understood either as a process or as an outcome. Thus, the various levels at which empowerment processes must occur are the individual (acquiring education), the local community or social group (organization with others for similar goals), and then at a larger systemic societal level (networking with other organizations to accomplish larger institutional and systemic changes) (Zimmerman, 2000).

Cowger (1994) also distinguished between personal empowerment (individual self-determination), social empowerment (the array of societal resources and opportunities available for individuals to utilize), and collective empowerment at the community level where organized networking opportunities are created). The World Health Organization (Wallerstein, 2006) concurs that empowerment can and must occur at multiple strata – personal, local community, and broader organizational levels as well. This same multi-leveled approach can be found in another theoretical approach to the concept of empowerment. Clark (1989) Empowerment means claiming proactive authority and engagement at the personal individual level, the local social level, and the broader interdependent systemic levels. A closer analysis of each of these levels will reveal some of the continuing challenges to creating true empowerment across these strata.

According to HelpAge (2012) Empowering Older People is bringing about tangible improvements through familiarity with the policy environment, actively examining whether or not there is accountability by policy makers to the older population and by mobilizing community resources for self-help and community investment. Additionally empowerment of older people by older people means an advocacy results and confers status.

To summarize the above reviewed literatures, connection of OP and OPAs are made. It is reviewed in detail concerning understanding of ageing and OP as a social construct idea affecting OP in the world. Furthermore, the literature review embraces the vulnerability of Ethiopian older people and their current situation. Also, the review includes the general overview of OPAs and their multi-faceted benefits and advocacy of older people on how it should be carried out. Additionally, experiences of OPAs in other countries and some other relevant social work theoretical frameworks have been also reviewed. All the above reviewed literatures set out to supplement this study and in order to search appropriate solutions.

Therefore, home-grown experience of OPAs is also important. Hence, the next chapters will deal with the methods based up on the reviewed literatures and findings of this study.

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CHAPTER THREE

METHODOLOGY

3.1. Research design

This research employs phenomenological qualitative research design. According to Creswell (2007), a qualitative research is to find out how people feel or what they think about a particular area under discussion or association. This type of research is helpful to dig deeper in to the truth and give us a detailed understanding of it (Walliman, 2011). Phenomenological studies examine human experiences through the descriptions provided by the people involved. These experiences are called lived experiences (Donalek, 2004). The goal of phenomenological studies is to describe the meaning that experiences hold for each subject. This type of research is used to study areas in which there is little knowledge (Donalek, 2004). In phenomenological research, respondents are asked to describe their experiences as they perceive them.

Therefore the researcher uses phenomological qualitative research design in order to better understand and have detailed information about the topic of the study. It helps the researcher understand what opportunities OP obtain from the study site OPAs. Additionally, it will help the researchch identify what barriers are faced by OPAs in Kolfe Keraniyo sub-city on their advocacy process concerning rights and protections specified in the international and national legal frameworks concerning OP.

This research is exploratory and descriptive in nature given that the type of the study is to study and describe the opportunities and challenges of Kolfe Keraniyo OPAs for OP and to explore the type of legal instruments existed internationally and nationally on the rights of older people to fully understand the opportunities and challenges of these OPAs. As stated by Kothari

(2004), the main characteristic of descriptive research is that the researcher has no control over the variables rather only describe and report what has happened or what is happening.

3.2. Participant Selection and Procedures

The participants for the study are selected by purposive sampling technique in order to recruit and secure adequate and reliable data. As a result Judgmental or Purposive sampling technique is selected. According to Kothari (2004), this sampling technique helps to identify participants based on predefined criteria relevant to the topic at hand. Purposive sampling technique involves the use of the researcher's knowledge of the population in terms of research goals (Kruger and Neuman (2006).

The purpose of this study is to identify the opportunities and challenges of OPAs in Kolfe Keraniyo sub-city. Thus, 4 categories of participants were placed in order to triangulate the sources of data by using a non-probability sampling technique. The 1st category is OP's that are members of the OPAs. This is done to understand the experiences of OP in the OPAs and describe the opportunities and challenges of OPAs and OP. The selection criteria for this category include both genders, more than 5 years of experiences in the OPAs and who are able; and willing to attend the focus group discussion to provide relevant information that was held in Kolfe Keraniyo sub-city Woreda 9 compound. The 2nd category is Key informants from OPAs Kolfe Keraniyo sub-city head office and Addis Ababa OPA head office to enrich the data. 3rd category is from governmental offices that are MoLSA, BoLSA and Kolfe Keraniyo sub-city administration working on issues concerning OP and OPAs to determine the law and practice compatibility. The 4th category is non-governmental institutions working closely on issues concerning OP and OPAs that are HelpAge international and EPPNA to further explore the experiences of OPAs in Kolfe Keraniyo sub-city.

After setting the criteria's to select the participant the next step was go to the appropriate authorities to collect the data. To get the FGD discussants I went to Kolfe Keraniyo sub-city head office to get list of members in the OPAs with 5 and more years of experiences. Due to documentation problems it was hard to get that specified categories of OP members so I only got phone members of those with frequent contact and participation in the OPAs. Afterwards, the researcher contacted the participants and found 6 FGD participants who gave consents to participate in the study. For the Key informants that are from Kolfe Keraniyo OPAs head; and Addis Ababa's Kolfe Keraniyo head offices, MoLSA, BoLSA, Kolfe Keraniyo sub-city administration, HelpAge and EPPNA the researcher went directly to the offices and directed to the appropriate officers handling my research area of concern.

The expected sample size for this study was 17-19 participants. Yet, only 13 participants were involved in the study because of data saturation and willingness to participate on the study. Out of this number 8 participants were interviewed (2 from OPAs and 6 from governmental and non-governmental institutions) and the remaining 6 participants were included in the focus group discussion, in addition to 1 interviewed participant.

Kolfe Keraniyo OPAs are considered to be a study site purposefully due to the fact that these OPAs are the first OPAs in Ethiopia and has better years of experience than the other OPAs in Addis Ababa sub-cities.

3.3. Methods of Data Collection

This study incorporates primary and secondary sources of data. The primary sources of data were semi-structured interview and focus group discussion. A semi-structured interview is a method of collecting data where a flexible interview guides a single interviewer who uses active listening and probing to allow for detailed and understanding (Forrester, 2010). Morgan (2007)

defines focus group as “a research technique that collects data through group interaction on a topic determined by the researcher”. It consists of small groups of people who are brought together to explore perception and ideas about a specific issue. These methods helped the researcher to obtain deep information about the issue through giving flexibility to elucidate unclear questions during interviews and FGD. Moreover, the researcher also referred to different books and policy and legal documents in order to supplement the study with secondary data.

Open-ended interview and FGD guides were framed based on the literatures used and research questions of this study. The sections of the interview and FGD guides consists the background of study participants and questions about opportunities and challenges concerning Rights of OP, inclusiveness, awareness creation and suitable environment for OPAs. Furthermore, the questions include implementation of such rights for OP and OPAs by governmental and others groups of the society.

3.4. Data Analysis

After collecting the data, the next step is data analysis that will help us improve our understandings and advance our knowledge. As described by Bernard (2000), interpretive phenomenological analysis is a process by which the researcher continually interprets any raw data to understand their meaning and their directives. Therefore, interpretive phenomenological data analysis method is used in this study with which data analysis were simultaneously done during data collection. In most types of research studies, the process of data analysis involves preparing the data for analysis, analyzing the data and interpreting the data (Marczyk, DeMatteo, & Festinger, 2005).

The perception of participants in the researchable area are indentified, data was recorded in notes and interviews and FGD by audio record then analyses were made by systematically

organizing, integrating, and examining. As we do this, we search for patterns and relationships among the specific details (Neuman, 2014).

To start with, I listened to the tape-recorded interviews and FGD repeatedly and transcribed them in Amharic verbatim, and then translated each one into English. Then, I re-read all of the transcribed texts and field notes, and listened to the audio-recording to fully comprehend and get closer to the data. The next procedure was the initial noting or what involved focusing on the texts, recording and identifying significant statements related to the participant's experience and making margin notes or coding for specific themes using descriptive words. The other important step was developing the emerging themes. After this, eliminating repetitive and overlapping statement was done. Afterwards classifying significant statements into meaningful units, and clustering them into larger themes. Larger categories with new codes related to the objectives of the study and the research questions were done. These larger categories contain 5 themes: OPAs in Kolfe Keraniyo, opportunities, awareness of Op concerning their rights, Challenges and international; and national legal framework on the rights of OP. The sub-themes are formed based on the collectiveness nature of the data's under the main themes.

After analyzing the data obtained from each of the 13 participants separately, they were then synthesized or clustered in line with the themes to describe, interpret, and present them in an aggregated form. In the final step of data presentation, findings of the study are presented, described and interpreted exhaustively in chapter (Chapter 4) along with discussion part of the study. In Chapter 5, conclusion, social work implication and Recommendations are presented respectively.

Credibility is concerned with the feasibility of the research project, the appropriateness of the research design and methodology, the selection of research participants, and inclusion of their views in the study (Jensen, 2008). Therefore, this study is made in accordance of methodological procedures, sources of data, and the linkage between the views of research participants and the researchers' interpretation. Identifying and describing categories of interview responses, providing a thick description of the data and settings, member checking, and getting feedback from my research supervisor were procedures that were employed to enhance the credibility of the study.

3.5. Ethical considerations

Throughout the research, the researcher upheld and respected the participants' right to privacy, anonymity, fair treatment and to protection from discomfort and harm (Neuman, 2003).

The researcher has provided a formal letter from School of Social Work from Addis Ababa University, to approach different offices and OPA leaders. The privacy of participants was abided by the rule of confidentiality. Audio-tape recording was made after obtaining the consent of the participants and notes being taken during the interviews and the FGD. Before starting the interview or the FGD, the purpose of the discussion was clearly explained to make sure that the participants and discussants understand the topic to be addressed. Both the interviews and FGD was held in Amharic and at convenient times for the participants.

In order to insure confidentiality, the participants were not required to write or tell their names. Furthermore, the researcher assured participants that their responses for the interview and focus group discussion are used only for the intended purpose and after completing the research, the researcher wiped out the participants' responses as no more required. Regarding anonymity, the name of participants is changed to random names.

CHAPTER FOUR

RESULTS AND DISCUSSION

Demographic Characteristics of Participants

Participants who were selected for this study are members of OPAs in Kolfe Keraniyo, leaders from OPAs of Addis Ababa head office; and Kolfe Keraniyo OPA administration, government officials, and from non-governmental institutions. The total numbers of participants both in interview and focus group discussion was 13. Among this number 8 of them were participated on the face to face interview out of which 2 persons are older people leaders and members of OPAs in Kolfe Keraniyo OPAs; and Addis Ababa OPA head office respectively. 1 of the interviewee Abera from the Kolfe Keraniyo sub-city OPA head office was also a participant in the focus group discussion based on the availability in the sample frame.

The rest 6 people among those interviewed are not members of OPA and are government officials selected purposefully from MoLSA, BoLSA, and Kolfe Keraniyo sub-city administration. In addition, officials from non-governmental institutions from HelpAge international and EEPNA were selected for the interview as well.

Participants involved in FGD were 6 including members of OPAs in Kolfe Keraniyo sub-city. 1 of them was female and the rest were male. Demographic representation on participants of the study is depicted below in the following table.

Table 1: Summary of Key Informants from OPA

No	Gender	Age	Length of Membership	Educational Background
In the OPAs				
Belay	Male	75	7 Years	TVET dropout
Abera*	Male	71	7 Years	College dropout

Table 2: Summary of participants involved in the FGD among members of OPA at Kolfe Keraniyo sub-city

No	Gender	Age	Length of Membership	Educational Background
			In the OPAs	
Abera*	Male	75	7 Years	College dropout
Tsehay	Female	63	7 Years	Certificate
Zenebe	Male	70	7 Years	Diploma
Haile	Male	79	7 Years	Grade 4
Belete	Male	70	7 Years	Diploma
Gebre	Male	69	7 Years	Grade 5

Table 3: Summary of Informants from different concerned parties

No.	Participants	Gender	Age	Qualification	Position	Experience
Hiwot	EEPNA	Female	21-30	Degree	Advocacy communication & Gender Officer	3 Years
Kidist	HelpAge	Female	41-45	Masters	Senior Program Officer	10 Years
Henok	HelpAge	Male	41-45	Masters	Senior Program Officer	9 Years
Zena	MoLSA	Male	31- 35	Degree	Policy and Program Higher Officer	2 Years
Hagos	BoLSA	Male	50-55	Degree	Civic Associations strengthening & community sub process	29 Years

Zelege Kolfe Keraniyo Male 50-55 Degree Social problems and Protection 27 Years
sub-city Administration Department Head

4. Findings of the study

4.1. OPAs in Kolfe Keraniyo sub-city

According to Belay (President for Federal OPAs of Addis Ababa and Deputy President of EEPNA), Older People's Association (OPA) is one of the advocators for the rights of OP in Ethiopia and is an important association as they are established by OP themselves. In Ethiopia, the inception of OPA was initiated on the year of 2007 G.C in Kolfe Keraniyo sub-city, they were known as Civic Associations at the time. This association's gather OP from 10 previously known as Kebele's of the sub-city by which currently known as Woreda's and became 15, to celebrate older persons day on each year of October One. They finally realized celebrating a one day of OP is not really adequate to raise issues concerning OP, thus OPA was established on October 27 of the year 2007. They reached out to other sub-cities and with collaboration of HelpAge International, Addis Ababa OPA was established on August 19, 2011 and later registered as an Ethiopian resident association on Monday January 16, 2012 in accordance with the civil service organization proclamation no. 621/2009. Currently the members of OPAs in Addis Ababa are 21,130 OP aged 60 and above in all of 117 Woreda's of the ten Sub-cities. Regional states are going strong at it with exceptional great work in Amhara Region.

Addis Ababa city OPA head office is located in Arada sub-city, in front of Cathedral School in the compound of BoLSA. It is composed of the general assembly, executive director, auditor, financial officer, treasurer and other 2 staff members. Addis Ababa city OPA is under the management of EEPNA.

OPAs in Ethiopia were established basing article 41(5) and Social Protections Policy's right to association by OP according to Abera. The purposes of OPAs are to protect, promote OP's right and interest through advocacy. They aspire at changing the socially constructed perception of OP as unable, non-functional and worthless throughout the past generation. Thus OPAs advocate for OP recognition on their valuable experiences, knowledge and their ability to be productive part of the society in social, economical and political arenas of the country. According to OPAs, there are 3 categories of OP: well to do OP who can contribute for a country let alone themselves, medium income OP who have some savings and even if they are unable to help others, they are able to take care of themselves and no-income OP who need other people's assistance to survive. The non-incomers are urged by the association to join institutional homes.

Furthermore the Association creates opportunities in Socio economic and political involvement for those who are able to work and involve in development schemes and for those who are unable, the OPA provides social support while they are at home. It is the belief of OPAs, that putting OP in institutionalized homes will exclude them from their societal ties and put them in unfamiliar setting which will cause unhappiness and unworthiness to OP. To that effect, Basic needs are tried to be provided by working with the society, governmental bodies and NGOs.

Objectives of OPAs in Ethiopia are as stated in the memorandum of the association: initiating voluntary OP to join OPAs; creating awareness about the rights and benefits of OP; and build network with the city Addis Ababa, National, and International organizations that are working on the subject matter of OP so that the organizations will assist and build capacity to OP who are able to work, provide care and support for those who have health problems and with no one to care for them.

Abera stated that Kolfe Keraniyo sub-city OPAs are under the Addis Ababa OPA. These OPAs has 440 female and 966 male members total number of 1406 with in all of the 15 Woreda's of the sub-city. There is 1 representative for all of the Woreda's OPAs that meets with the leader of the sub-city twice a month. When the OPAs were established in 2007, the commencing members were going door to door in their Woreda's to let OP know the existence of the association, its agenda, what it tries to achieve and what OP can benefit if they become members. Thus those who want to be members has to contribute 2 birr monthly for their membership and out of which 1 birr goes to the Kolfe Keraniyo sub-city OPA office expenses and the other 1 birr goes for expenses to be used for the Woreda's OPA administration.

4.2. Opportunities of OPAs in Kolfe Keraniyo Sub-city

This section will deal with the 1st research questions and attempts to show the opportunities of OPAs for OP. OPAs at Woreda level have benefits for their members individually, socially, economically and politically. This is done with the help of the Woreda, sub-city administrations, BoLSA, MoLSA, HelpAge and other concerned governmental and NGOs. These concerned parties provide financial and technical aid for OPAs when they want to hold a meeting and prepare an advocacy programs.

Individually: If someone is abused physically, mentally or financially and if the association is aware of that fact, it will let the appropriate body such as police be involved and follow up on the case. Additionally OPAs of Kolfe Keraniyo with the cooperation of governmental bureaus get capacity building trainings such as in HIV/AIDS awareness creation. Ato Haile, the FGD male discussant stated:

I lost two of my children to HIV/AIDS years ago and I am now raising their children.

After I join the OPAs, I had trainings on the disease and now I have a better understanding of the diseases and its impacts on the family.

Furthermore, according to all the discussant, OP's who are interested to be enrolled at different TVET trainings, the OPAs of Kolfe Keraniyo with the assistance of Winget TVET College can attend in the college.

Abera outlined, "We also receive organizational system and leadership trainings facilitated by the OPAs to strengthen OP capacity and gear us for our change movement to alter the society's perception that OP are not functional and important part of the growth and transformation part of a country".

According to Tsehay:

As we have OPA's at Woreda level, in case our neighbors are unable to take care of themselves, we bring the issue to the OPAs and try to find a solution for their problems. Thus with the assistance of the society, NGO's and governmental organs those OP who need help will get an assistance. There are some OP who need an everyday care and support and we will try to find them an institution that will take them in due to the seriousness of their inability to take care of themselves and lack of support in their homes.

Socially: OPA in Kolfe Keraniyo also organize an experience sharing programs where a respected and knowledgeable OP share their experience to the young community to give a better view on issues that the young generation may face in their journey and make the best decision towards their destination. According to all discussants:

We OP value Education as the main improvement in social, economical and political wellbeing and prosperous future for every aspect of growth in a country and we are more concerned with the young generation to make a good decision in their journey of life.

Thus, with the help of the Woreda, we gather the youngsters for a meeting and share our experiences.

The discussants have a firm stand on education as they believe it will shape the way of thinking and shaping reality for the greatness of a nation.

Economically: OPAs with support of concerned parties provide an opportunity for OP engage in IGA in different areas of micro finance engagements. According to Haile and agreed by the other discussants:

Those of us who want to engage in different areas of IGA, we work in textile factory, in cafeterias, in flower plantations, with poultry, baking and selling injera, in butcheries and local community grain mill with the appropriate trainings given by the concerned parties working with OPAs. We believe that if OP has our own stable income, our confidence in life will be intact.

Thus it's the OPAs mission to help OP to access their inner potential and experience to be independent and become productive.

Politically: OPAs are working in main stream and networking towards governmental executive bodies to incorporate OP and give focus on OP rights in their agenda as OP's were not given attention in the previous systems. All of the FGD participants agree that:

After the inception of OPA in Kolfe Keraniyo, due attention has been given to OP and a lot of NGOs has come to surface since our advocacy. Furthermore, BoLSA has prepared to construct a research institute for OP and is waiting for the final checkups to commence

the construction process. Among others; a hospital, library, recreational center, care and support center for the OP who are unable have the means to take care of themselves. It is considered to be the standardized in Africa in its quality and service.

Thus Kolfe Keraniyo OP among others will be beneficial by the institute and it is the result of a hard work of OP associations that brought up this start.

4.3. Awareness of OP concerning their rights

All of the participants have stated that, most OP in OPAs has knowledge about OP rights and human rights in general. All believe that it differs from the exposure of that OP: women who are illiterate and without the right support system do not have information of their rights and demand protection over that. Mainly the male members as most of them were civil servants; have the exposure through meetings, media and different types of discussions among themselves. Furthermore, those who have awareness about the rights of OP are not committed or willing to participate in the advocacy of their rights in different arenas and be an agent in creating awareness for other OP.

4.4. Challenges of OPAs in Kolfe Keraniyo

FGD and interview participants were asked about the problems exist in OPAs in Kolfe Keraniyo that challenges OPAs to advocate the rights of OP.

4.4.1. Challenges regarding OP in OPAs

One of the challenges that exist among members of OPAs is a perception that OPAs are one of NGO's that provide financial support and economical assistance and once they know what the OPA stands for they tend to walk away, they have a need based concern and do not want to work with the OPAs for their rights but rather they have an interest on more charitable help.

Kidist stated:

This is the main reason why Associations cease to exist and function because member's interest and what the association stands for are not matching and should take an example of effective advocacy by PwDs association by which they are pioneers in advocating their rights and taking their issues up to House of people's representatives.

Its further stated that some OP who have lower economic status want economic assistance and those who are among the upper economic status tend to want nothing to do with associations as they believe they are not affected by problems due to ageism.

According to Abera another challenge by OP is:

OP abused either economically, verbally or physically by family members, neighbors, tenants and other people even if we are working with police and government to provide lawyers for them most of them doesn't have legal documents in their hands be it stolen or lost. So it is difficult for them to base their litigation. So we are trying to organize trainings and awareness creation for OP on how to keep their documents in a safe place with the help of justice body.

Belete in the FGD further explains, usually we OP don't get out much from our house and if we face troubles or abuse we tend to leave it to God or go to church to cry about it. Most of us don't try to seek justice and don't have the information on where to go to complain.

Additionally, considering our age we fear as we are threatened if we tell anyone that we would be in a harm's way, we would feel unsafe and become hopeless. Even some of the police officers don't treat us fairly.

Insufficiency of budget is one of the challenges by OPAs raised by all of the participants. Since most members of the OPAs are not economically strong, they find it difficult to advocate

efficiently on their rights as every movement has a potential expense. The agenda of OPAs has also been raised as an issue. Henok from HelpAge pointed out that:

It's questionable if OPAs really stand for OP in general or if it's only concerned with issues concerning pensioners. We believe that OPAs are not reaching every household to bring members and create awareness about the association and agenda at hand.

4.4.2. Challenges regarding the Society

In relation with the community's involvement in OPAs of Kolfe Keraniyo, all of the participants agree that as much as Ethiopian's care and support is our unique figure, now a day's its decreasing due to urbanization and having no time for others. Kidist stated that:

Especially those who have been domestic workers, beggars, and Sex-workers as they get older, they face unbearable living situation. They had to live near church areas with nothing to cover their head to sleep, no money to afford a meal more than one per day and unable to even get clean water to drink. As they were young the works they are involved in was not sufficient and are they are unable to save so their later life as OP is more heartbreaking.

It's placed under strong stand by the discussants and key informants that

We OP are from generations that are war heroes and they are untouchable and passed through a lot of rough time. Thus our strong spirits should not be crushed by the society in any means. We have to feel confident and self-fulfilled regardless of our economic status.

Additional remark of Belete states that:

Members of the society who are pensioner OP, who use to be civil servants can contribute a great deal as an advocator as they are more educated and have an experience

in office system. But most of the influential OP who could be the voice for the voiceless are not participating believing that they are in a better life and they have worked hard throughout their life and they just need their privacy and rest though they could have been a great asset to the Association and could be efficient advocates.

Another challenge raised in OPA by all the participants is, less participation of women in the association. Most women are not interested to join the association as they have faced abuse and numerous challenges as a woman in the society, that made them be more quite in OPAs. Kidist from HelpAge believes that it's their failure that they are unable to move OP in to participating for their right and let their voices heard. Though they have tried to bring influential elders from the society and known artists to be representative for OP and lead the advocacy program by presenting their case to society, appropriate organs of the government and other parties that are working for OP.

As Haile and Belete stated:

Though there is an agreement on the lesser commitment of the community in participating in OPAs to reach its goal, few of the young generation, hair salons and hotels are among those who organize a program for holidays by preparing a meal and collect clothes from their community; go door to door to give assistance in Kolfe Keraniyo sub-city. Some young people are even members of the OPA and are giving assistance in awareness creation since year 2013. Additionally Idir's give assistance to OP in case of sickness and funeral arrangements if someone dies in a family but sustainability is a question. Moreover the society's perception is not encouraging.

The discussants and Key informants stated that getting in transportation by line or without physical altercation as a crowd of transport users don't give priority for OP is becoming a

difficult issue. The society has lost its respect for OP. Belay, an interviewee from Addis Ababa OPA head office stated that:

We are trying to raise an issue on the homeless OP begging and society's culture in giving cents. The society need to be educated to come up with a specified and centralized fund that everyone could contribute from cents to as much in to that one fund so that it would bring a sustainable solution to a lot of problems for OP rather that spreading the culture of begging and increase the level of unemployment. This cent charity for beggars will not change the life of that OP or nor the contributor.

4.4.3. Challenges regarding the legal frameworks

Zena, Hagos and Zeleke, interviewees from the governmental bodies stated that the current action plan for OP is one of the legal instruments that Ethiopia formulated in order to get OP questions as an issue and there are number of governmental offices that should incorporate OP in their plans. As stated by the 3 above mentioned interviewee:

The practicability is not that much noticed and there is no specific legal consequence on the sector bodies stated in the action plan, if they are not holding their end of responsibility.

Henok an interviewee from HelpAge international point that even there is a gap in the constitution as OP do not get the attention that other vulnerable groups of the society has such as children and women. OP are mentioned in article 41(5) and stated that the government will allocate resources within available means and it's not enough. Hagos from BoLSA stated that even when laws are passed, every level of the governmental bodies is not informed of such rules and it creates an information gap on the concerned bodies of the government.

4.4.4. Challenges regarding Governmental bodies

According to Kidist, one of the opportunities in OPAs is the current productive safety net program that benefits 10 million people in all of the states of the Ethiopia and 20% of the 10 million people economically unable including OP is sought to get permanent support. It's an interesting program but it's been 10 years now and it didn't live up to its expectation and promise so MoLSA has taken the task to its mandate now. Additionally, Kidist stated that there is also Urban Development Safety-net program by BoLSA which 16% of its support goes to the vulnerable parts of society including OP who needs care and support and its hoped to be effective in implementing its plan once commenced. As Kidist put it, the problem mostly lays in the implementation of the safety-nets.

Health wise, OP are facing a lot of age related illness which it becomes hard with no steady income and proper care as pointed out by all participants.

OP face a lot of challenges as they get older in Ethiopia, one of which is there is no social security service in our country. Hiwot from EEPNA discussed:

Only pensioners who use to be civil servants are beneficiaries of pension grants from government. But the reality is that 85% of the population lives in rural parts of the country whose work is mostly agriculture and don't have enough savings so as they get older it will be hard for them to cover costs for their basic necessities.

Another issue raised by the discussants is that after become a recognized association, OPAs does not have an office or any facilities available to them. As pointed out by Gebre, Belete, Haile and Zenebe:

There is also an issue by OP that after we get our training and get COC results, as we were promised by the government that we will get a place to work and a budget to start

business is not being fulfilled. As much as we are demanding, getting no sufficient answer is becoming tiresome and exhausting for OP in the OPAs. At one point we have been told that there is a place to work but each of the OP who wanted to work in that area were told to pay 5000 birr for rent and we were shocked and mortified since we were known to have nothing to support ourselves. we only have the ability and willingness to engage in economical activities. Then, we were told the Woreda or the sub-city will try to find people from the community or business owners who are willing to make financial contribution. Furthermore stated that 2 machineries for local community grain mill were given to them but no financial support or a place to undertake the business was provided.

Tsehay added that there are OP's who have the capacity to work even if they reach the age of 60 and are retired as drivers or security guards so the government has to find them an employment opportunity. Additionally:

I am a retiree and am so happy that I am involving in the advocacy process of OP's rights in OPAs and provide assistance to those needy OP. But not having an office for Woreda's OPAs is bringing a challenge as it is hard to meet potential donors or contributors and it's putting the credibility of OPAs in question with no proper office and a situated address. We are even collecting the monthly contribution by meeting on the neighborhood streets.

Concerning health the free health care system has been granted but it is only focused on the diagnosis part but it is not considering the medicine and treatment follow-ups. Belay added that, it's really tough for OP to afford any of expenses to take care of their health.

An issue of increment of employee turnover rate is also a big concern in governmental offices thus finding an experienced workforce is becoming a challenge as stated by all of the participants of this study.

4.4.5. Challenges regarding NGOs, Media and Others

According to Hiwot from EPPNA:

By law we are obliged to get 90 percent budget from local and 10 from outside the country NGOs that put stress on the association to assist OPAs in the country. In addition the education system needs to teach about issues concerning OP.

As per all the participants

Shortage of enough NGOs that are working with OPAs in Kolfe Keraniyo is also an issue and it is something to consider empowering OPAs in Kolfe Keraniyo as they need assistance in their advocacy. Media also should give an attention in advocating OP's rights but they are rather focused more on football and other entertainment issues.

4.5. International and National Legal frameworks on Rights of Older Persons

This section will attempt to answer the research question on what national documents including those international instruments ratified and assented by Ethiopia say about the right of OP. This is done through document analysis technique and discusses different literatures available on the rights of OP that are relevant to this study..

4.5.1. International Human Right Instruments for older persons

Older people's right to adequate standard of living and be part of the social service and social security in cases of incapability and livelihood shortcomings is discussed in Article 25(1) of UDHR (1948) as:

“Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, and housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control (UDHR, 1948).”

International Covenant on Civil and Political rights (ICCPR) includes many articles that are directly pertinent to the lives and well-being of older persons. Under article 1 of the covenant, the right to self-determination with the ability to pursue their economic, social, and cultural development is discussed (ICCPR, 1966). Additionally, under article 16 everyone has the right to recognition before the law; and article 26, is about equal protection entitlement by OP (ICCPR, 1966).

International Covenant on Economic, Social and Cultural Rights (ICESCR) gives people a broad range of economic, social, and cultural rights. Including the right to work in article 6 and the right to the highest attainable standard of physical and mental health, and the right to take part in cultural life under article 7 (ICESCR, 1966). The Convention also obliges state parties to recognize the right of everyone to social security including social insurance (ICESCR, 1966).

Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) under Article 11(1-e) refers to women in old age not to be discriminated with men in cases of social security and paid leave during employment (CEDAW, 1979). State parties shall take all necessary measures to eliminate discrimination against women in the field of employment in order to ensure equality of men and women. The cases of retirement, unemployment, sickness, invalidity, old age and other incapacity to work, as well as the right to paid leave are issues connected to social security (CEDAW, 1979).

The CRPD obliges states to combat stereotypes and prejudices relating to persons with disabilities, including those based on age. Elderly people could also benefit from the articles on accessibility, independent living, and personal mobility and on habitation (CRPD, 2006).

United Nations Principles for Older Persons

The Vienna International Plan of Action on Aging (VIPAA) that was adopted in 1982 World Assembly on Aging in Vienna focused on methods to assist and protect the OP and was later implemented through the five principles of independence, participation, care, self-fulfillment, and dignity by the United Nations Principles for Older Persons by General Assembly resolution 46/91 of 16 December 1991 (Miller, 2010).

United Nations Principles for Older Persons are made considering the UDHR, ICCPR and ICESCR, capability of OP to be part of the ongoing activities of society, the stereotypes and discrimination by age being scientifically disproved, for the purpose of policies by countries and to create a universal standard. It is merely applicable by countries to their programs however they see fit, it is rather declaratory than binding (UNGA, 1991).

Independence

Under the principle of Independence (UNGA, 1991) we find:

1. Older persons should have access to adequate food, water, shelter, clothing and health care through the provision of income, family and community support and self-help.
2. Older persons should have the opportunity to work or to have access to other income-generating opportunities.
3. Older persons should be able to participate in determining when and at what pace withdrawal from the labour force takes place.

4. Older persons should have access to appropriate educational and training programmes.
5. Older persons should be able to live in environments that are safe and adaptable to personal preferences and changing capacities.
6. Older persons should be able to reside at home for as long as possible.

These principles basically talks about the right of OP to standard living, to be independent and free to decide on the issues that best fit them in areas of occupation and income generating activities, be better at what they do by getting proper assistance from authorities in areas of education and training. Additionally their right to enjoy life and live in their familiar place of residence has to be protected.

In the General comment of CESCR, (1995) the committee gave this great attention as the access to adequate food, water, shelter, clothing, and health care is stated in article 11 Of the covenant. Article 6 of the ICESCR gives right to everyone to have equal opportunity to work and compete by which OP are recognized to enjoy the right this covenant sets equally (CESCR, 1995). Recommendation 29 encourages Governments and non-governmental organizations to create social services to support the whole family when there are elderly people at home and to implement measures for those who would want to reside at home in recommendations 19 and 24 Of the VIPAA (CESCR, 1995).

Participation

Under the principle of participation (UNGA, 1991) we find:

7. Older persons should remain integrated in society, participate actively in the formulation and implementation of policies that directly affect their well-being and share their knowledge and skills with younger generations.

8. Older persons should be able to seek and develop opportunities for service to the community and to serve as volunteers in positions appropriate to their interests and capabilities.

9. Older persons should be able to form movements or associations of older persons.

The comment of ICESCR also recognizes OP to participate in the policy making that affects them and involve in the societal integration as the right to be included in cultural life and to enjoy the benefits of scientific progress and its application is included in article 15 of the ICESCR (CESCR, 1995). In the regard of forming movements or associations by older persons, the Committee notes that the Global target No.1 adopted by General assembly in 1992 about establishment of national support infrastructures to promote policies and programmes on ageing in national and international development plans and programmes has to be in light of older person need to form movements or associations (CESCR, 1995).

Care

Under the principle of care (UNGA, 1991) we find:

10. Older persons should benefit from family and community care and protection in accordance with each society's system of cultural values.

11. Older persons should have access to health care to help them to maintain or regain the optimum level of physical, mental and emotional well-being and to prevent or delay the onset of illness.

12. Older persons should have access to social and legal services to enhance their autonomy, protection and care.

13. Older persons should be able to utilize appropriate levels of institutional care providing protection, rehabilitation and social and mental stimulation in a humane and secure environment.

14. Older persons should be able to enjoy human rights and fundamental freedoms when residing in any shelter, care or treatment facility, including full respect for their dignity, beliefs, needs and privacy and for the right to make decisions about their care and the quality of their lives.

Article 10 of the ICESCR gives protection to everyone and places an obligation to state to make the best effort to support in accordance with each society's system of cultural values thus applicable to OP (CESCR, 1995). Also the comment addresses in accordance with article 12, paragraph 1, of the ICESCR, with recommendations 1 to 17 of the Vienna International Plan of Action on Ageing, States parties should take necessary steps to make sure their health policy works to take care of OP physical and mental health, the committee also give regard to social services to OP in article 10 of the ICESCR.

Self-fulfillment

Under the principle of self-fulfillment (UNGA, 1991) we find:

15. Older persons should be able to pursue opportunities for the full development of their potential.

16. Older persons should have access to the educational, cultural, spiritual and recreational resources of society.

OP should have access education and culture by the right granted under article 13-15 of ICESCR (CESCR, 1995).

Dignity

Under the principle of dignity (UNGA, 1991) we find:

17. Older persons should be able to live in dignity and security and be free of exploitation and physical or mental abuse.

18. Older persons should be treated fairly regardless of age, gender, racial or ethnic background, disability or other status, and be valued independently of their economic contribution.

Although discrimination based on age is not explicitly put in the international conventions, the committee stated that may have happened due to age was not a problem to discriminate at the time the convention was formulate, also gave a reason that “other status” which is put as one of the grounds for no discrimination could mean or include age CESCR (1995).

4.5.2 African Union Human Rights Instrument on Elderly People

Article 16 and 18 of African Charter on Human and Peoples’ Rights deals with the basic, specific right of OP to special measures of shelter and security according to their needs, both physical and moral (OAU, 1981). In 2002 Head of states’ Social Policy Framework and Plan of Action on Ageing was endorsed by AU. Additionally a draft protocol for OP is a work in progress (ACHPR, 2013).

4.5.3. Ethiopia’s National Frameworks on Older People

The Federal Democratic Republic of Ethiopia (FDRE) Constitution makes all international human rights instruments ratified by Ethiopia an integral part of the law of the land (FDRE constitution, 1995). It further recognizes that human rights and freedoms, emanating from the nature of mankind, are inviolable and inalienable and thus shall be respected (FDRE

constitution, 1995). The constitution further states that the fundamental rights and freedoms specified in the constitution shall be interpreted in a manner conforming to the principle of the UDHR, international covenants on human rights, and international instruments adopted by Ethiopia (FDRE constitution, 1995).

OP right has been given consideration under article 41(5) of the FDRE Constitution “the state shall, with available means, allocate resources to provide rehabilitation and assistance to the physically and the mentally disabled, the aged, and the children who are left without parents or guardian” (FDRE Constitution, 1995).

Additionally, under Growth and Transformation Plan (GTP) of Ethiopia OP are recognized under its social welfare program with the main strategic trend is to protect the rights and form opportunities to participate in social, economic and political affairs of the country (MoFED, 2010). The main goal of GTP is promoting the economic and social development of the country (MoFED, 2010).

Under National social protection policy as a part of the social policy framework, its main agenda is to reduce poverty, vulnerability and exclusion, social and economic risk of citizens by taking actions through formal or informal mechanisms to ascertain accessibility and equitability in the growth and transformation path of the country (MOLSA, 2014). As part of the vulnerable target groups OP who have no care and support are given due emphasis in the policy (MOLSA, 2014).

(NPAOP), the National Plan of Action on Older People (2007-2016) is one of the most important frameworks that recognize the rights of elderly people in the country. It was developed in line with the UN Principles for Older persons, the Madrid International Plan of Action on Aging and the AU Policy Framework and Plan of Action (MOLSA, 2006). Its main goal is

strengthen services to Elderly by participation of the community, support OP to utilize their expertise in bridging about development, include OP in the poverty reduction strategies and development schemes and create a system where governmental and non-governmental organizations to involve in the implementation of the policy program (MOLSA, 2006). Issues such as OP health education on prevention, health care service, rural and urban community and extended family system to support OP, to better understanding of rights of OP and enabling OP exercise their rights, on living and environmental living situations, to work on plan where all OP will be benefited from social security schemes, education and employment by changing the negative attitude of the society towards OP and their ability to participate in income generating activities, HIV/ AIDS awareness creation towards OP, Equality of Older women to men, on food and nutrition for OP and at last protection of life and property (MOLSA, 2006).

Last but not least there is የአረጋውያን የልማትና የሰው ጥ ፓኬጅ (Older Person's developmental and transformation package) by BoLSA (2008 EC), that based its package from the NPAOP and is prepared for OP of Addis Ababa. The package states the governmental sector offices that are going to be part of the execution of the package. Education, finance and economic development, Health, youth and children, and transport sector offices are some of the mentioned bodies in the package (BoLSA, 2008EC).

Ethiopia's legal frameworks have given due respect to the issues and needs of OP and how organs of the government and the community at large can be an agent to advocate the rights of Older People. The legal frameworks are coherent with the United Nations Principles for Older Person so the next section will deal with the contents of the principles.

5. Discussion

This section integrates the findings of the study with the relevant literatures and theoretical frameworks in addition to other countries OPAs experience.

The finding on the OPAs opportunities has shown that OP could benefit from joining OPAs. These benefits are individually: members are given an opportunity in getting some training especially concerning HIV/AIDS; it's shown in the literature review part of the study that vulnerability of OP to HIV/ AIDS is increasing in a rapid pace in Ethiopia according to a study by HelpAge (2014). Additionally the impact of the disease is shown by Haile, one of the discussants who is 78 years of age that he lost 2 of his children and is now taking care of the grandchildren. Older People in Ethiopia still are affected by HIV/ AIDS and its aftermath and the government has to strengthen back again on the awareness creation that seem to be forgotten these days.

One of the opportunities stated by the participants of this study concerning OPAs in Kolfe Keraniyo sub-city is that members are getting TVETs from Winget TVET College. Trainings are important for OP in order for them to engage in IGAs thus it will equip them with the essential knowledge. Thus OPAs are providing a service by acting as a bridge between the college and as OPAs purpose is set on (HelpAge, 2011) as community based organization by older people has the purpose of improving, providing, facilitating and delivering methods to create better living standard for OP themselves.

Another benefit that OP got from OPAs in this study's finding is assistance for OP's who are abused by family members or their community members and getting them the help they need such as Police. This is mentioned as primary purpose of OPAs which is the dignity and quality life of older people, encourage and motivate older people to help each other by providing a

forum to discuss their problems, develop solutions and celebrate important events and encourage and promote community support for vulnerable older people by (HelpAge, 2013). In relation to this community- based approach fits to the OPAs as Dhamotharan (2009), puts as community development can be achieved by associations that work together with other agencies that give assistance for those systems created for purpose of cooperation, coordination, collaboration and interaction between community members.

Social opportunities from OPAs in the findings of this study are creating a forum between OP and young generations will play great role for putting OP in important role which involvement of OP in current situations and discuss issues which will in turn empower them. Economically OP's in OPAs of this study area are given a chance to engage in the IGA that they are interested to engage in. According to many studies used in the literature review part of this study, OPAs are playing a great role in motivating OP to be part of the development of Ethiopia and is bringing them to be independent and self-sufficient. OP from Kolfe Keraniyo believe that their advocacy and existence of the association has brought change in the areas of their involvement in the policy making and pushing on issues concerning them in different arenas that they are exposed to.

To conclude as far as the opportunities created for member of OPAs are concerned it's a good start and is appreciated by the researcher. But Kolfe Keraniyo sub-city total population number is 428,895 and people aged 50 and above are 31,572. People aged 60 and above represent 3.48 percent of the Kolfe Keranyio population by which 14, 926 (HelpAge, 2014). Out of 14, 926 OP aged 60+ above only 1406 OP aged 60+ above are members of OPAs in that sub-city. Thus, it's the duty of the OPAs in Kolfe Keraniyo to create awareness about themselves so that more OP and the society would be part of the advocacy on the rights of OP.

The finding of this study concerning awareness of OP shows that awareness of OP rights depends on their exposure and OPAs should prepare more awareness creation programs. On the other hand some discussant were aware of the fact that there is no convention for the rights of OP and have an understanding that it affects the states obligation to provide OP the rights that they are given on other general Conventions. One of the literatures used in this study by Dhamotharan (2009) explains community based approach to be more effective when communities try to identify their needs, opportunities, rights, and responsibilities by planning, organizing and taking action to evaluate their action and outcome to tackle inequalities and moving to toward the vision created. Additionally, the government holds a greater role of disseminating the laws and legal frameworks concerning rights. As stated by Dunning (2005), it is important to make sure that both the service providers and older people know of their right to the benefit or service, and that they have information and access. Policy evaluation is important for noting reasons for successes and failures and examining policy strategies and in order to do that OP should be asked about policies and that their input is valued.

Challenges pointed out in this study by the participants of the study are numerous. Most OP's expect OPAs to be charitable association and when OPAs objectives are explained to the OP they don't want to be part of it. This is due to the social, economic and educational status of most OP. According to Cowger (1994) personal empowerment (individual self-determination), social empowerment (the array of societal resources and opportunities available for individuals to utilize), and collective empowerment at the community level where organized networking opportunities should be created in order to fully empower OP and change their attitude towards dependency and doubt on one self. Thus this is the responsibility of the OPAs, society, government and non-governmental bodies of Ethiopia.

Society's involvement in OPAs should be advocated more as the finding of this study is showing that it is not as it is supposed to be and only few young people are showing initiation to be part of the movement to protect and promote the rights of OP. As it is discussed in detail that Ageism in a system where they are not recognized or empowered would be difficult and it's a fact that everyone ages so it should be neglected.

The participants stated that OPAs budget is minimum and don't even have offices to be located at Woreda level. Bangladesh's experience could be an example where there is transparency on the social allowance at community level and social allowance budget has increased and in Tanzania it's mentioned in the literature review that OPAs has influenced the district level plans filtered in to planning and budgeting and owing to decentralized decision making in Tanzania.

The 1995 FDRE constitution, the supreme law of the land, although the constitution doesn't state the detailed provisions about the rights of OP in a separate section, there is enough general provisions to that effect. Article 41(5) of FDRE constitution places the state to allocate with available means to allocate resources to provide rehabilitation and assistance to OP. But as the finding on the impact of OPAs, they have stated that the 15 Woreda's of Kolfe Keraniyo sub-city couldn't get a 1 room office from Woreda's buildings so that their advocacy process could be better. Article 25 of the constitution states that everyone is equal in the eyes of the law, thus no discrimination is allowed based on age. They are guaranteed equal and effective protection by the law. On article 41(4) the state is obliged to allocate available resources for the provision of public health, education, and other social services by which OP are right holders of such services. In relation to with environmental laws, OP have the right to live in a clean and healthy environment under article 92 (1) of FDRE constitution. Regarding the scope of application of Art

41 and 44, the constitution states that it has to be interpreted in accordance with the principles of UDHR and International covenants on human rights and international instruments adopted by Ethiopia (Art 13 (2) of FDRE constitution). These rules are not in favor of OPAs or OP since most of the international principles on OP right Ethiopia has ratified are soft laws by which the state can just do below its capacity and claim that the international OP right instruments are only recommendations for states to apply within the resources available.

When we come to the specific Ethiopian legal frameworks concerning National Plan of Action for OP (2007-2016), the intention and the objectives of the Plan are flawless and inclusive of all the issues rose by OP and are there for the protection of OP and their rights. Other governmental policies ad strategies were taken in to consideration and given due attention in the implementation process such as: Poverty reduction and sustainable development program; HIV/ AIDS strategy; Millennium developmental goal; Developmental social welfare policy; population policy; Education and training policy; Health policy; and Women's policy. In Addis Ababa's Older People developmental and change package of 2008, in addition to the contents of the National Plan of Action for OP (2007-2016), it has included stakeholders and organs of different of sector obligations into including OP in their relative specialty areas including sector bureau of: Labor and Social affairs; Health; HIV/ AIDS prevention and protection; Education; Urban development and construction; Transportation are among the 27 Sector bureaus. These bodies are given obligation to put OP in their agendas. BoLSA is the authority given a mandate to follow up on the application of such responsibilities but there is a challenge on what will be the consequence of failing to oblige with responsibility and still the bureau with house of representative is working on the abiding rule on how to handle such breach of law on failing to perform their responsibilities. Again this is a stress for OPAs and OP as they don't know who

they can go to when a Sector organ is denying them the rights that these two plans of actions are granting them.

The discussants also claim that even if there is provision of health care that's free but it is only for normal checkups that doesn't require laboratory or X-rays and that sort. They have a concern that the expense to get diagnosed and treatment is unaffordable as most of the members of OPAs in Kolfe Keraniyo sub-city are not economically fit to incur such costs. Additionally they raised that they were asked to pay health insurance from their pension two times and the program just stopped after that. In Bolivia, OPAs helped improve the implementation of National Older health insurance scheme which entitles Bolivians over 60 years of age – and with no other insurance – to receive free healthcare; improved public awareness of the older people's health insurance scheme, increased the number of older people registered to receive it, and helped boost the recruitment of municipal government staff with knowledge of indigenous culture and languages, leading to greater inclusion of marginalized groups; and collaborate with other international NGOs. In Tanzania OPAs monitored local health services and influenced community structures to promote age-friendly health services. Monitors collected information about older people's experience of health facilities. Questions included whether they had to pay for treatment, whether drugs were available, and if they could access HIV services/ counseling, testing and anti-retroviral therapy.

The government involvement in the OPA is very limited, and not enough attention is given to OP like other groups like children, women, and PwDs and this can be recognized in the fact that the rest have their own convention international wise but not OP. Nationally, there is no binding rule as to what happens to a state if violated which conventions possess. This has brought a difficulty to put a state accountable for the shortage of its involvement in OPAs and

OP in general. Concerning governments promise for the OP who has completed their trainings, a system it has to be responsible and has to provide a system that could hold accountable those who are lagging and put a lot of bureaucracy overload that bring a challenge to OP.

5.4. International and National Legal frameworks on Rights of Older People

There are many international instruments that recognize specific rights of all persons and are clearly applicable to OP as citizens of signatory states. These instruments are binding in nature and state parties are obliged to obey them. These include the Universal Declaration of Human Rights (UDHR), International Covenant on Civil and Political Rights ("ICCPR") and the International Covenant on Economic Social and Cultural Rights ("ICESCR"), as well as regional human rights conventions (Diego Rodriguez-Pinzón Claudia Marti, 2003). Moreover, there are some international treaties that recognize the rights of special groups of persons that also older people share the rights by being human beings. These include the Convention on the Elimination of All Forms of Discrimination against Women, the Convention on the Protection of the Rights of Migrant Workers and the Members of their Families, the Convention on the Rights of Persons with Disabilities, the Convention relating to the Status of Refugees Instruments have taken the form of treaties, agreements, conventions, and protocols. These instruments bind the contracting states to negotiated terms, agreed to by ratification or accession. However, none of these instruments explicitly refers to age as a prohibited ground for discrimination.

The soft laws concerning OP are documents that deal with ageing from a development point of view. In general, on an international level, "soft law" usually refers to non-binding law (i.e. international agreements, declarations, guidelines or other formal sources that are non-binding and/or do not include enforcement measures) or general legal principles or moral values which serve as broad guidelines (Miller, 2010).

These International Plan of Action puts primary responsibility on national governments to put the Plan into action by developing and implementing policies to ensure economic and social protection for OP, promoting and ensuring their good health, and making services and housing available and accessible (Miller, 2010). In general, the goal of the International Plan of Action is to eliminate neglect, abuse, and violence toward older people by state party though they are not legally binding and they are recommendations on how a state can incorporate policies towards OP.

It is indeed challenging to deal with OP rights when they are not put in a comprehensive legal document but is fragmented in generic human right laws and determine clarifications if OP are included in the specific laws bestowed up on other specific groups. Advocacy is already hampered by various factors, including limited access of OP to information, political power, and decision-makers let alone the non-binding effect of soft laws.

As stated above there is no specific binding law for older people and there are groups that argue for and against and a convention for older people. Those who argue for a separate convention on the rights of OP argue that in terms of combating age discrimination, a convention would assist to; obligate ratifying states to adopt non-discriminatory legal frameworks; draw consideration to the multiple discriminations that OP experience; lay down the basis for advocacy, public awareness and education on the rights of OP; reinforce societies' responses to the challenges of demographic change and improve intergenerational unity (Hana, 2015).

Those who argue against to a convention raise five main points: that universalism ensures in the binding laws made according to all including OP, that soft law protections are well-built enough to protect the rights of OP, that a further convention would be too costly and are lengthy with the overload on the existing committees that make sure the applicability of the binding laws,

some countries will only sign a convention for show and groups will be affected by it and that it will create a isolation of OP if given a specific convention and will be treated unfairly and separately from the society (Marthe, F & Simon, B, 2012. The General comment of CESCR on The united nation principles for older person has clearly stated that even if the principles are regarded as soft laws with no legal binding effect they should not be treated no less since the ICESCR which is a binding law for signatory countries has stated the principles one way or the other in its content and as OP are human beings, states should not take the principles of older persons lightly.

At the end of the day, what makes a law or a rule binding or not is the states willingness to address the problem of the society with due respect and integrity with one another to have a bright and prosperous future.

CHAPTER FIVE

CONCLUSION, IMPLICATIONS FOR SOCIAL WORK AND RECOMMENDATIONS

5.1. Conclusion

This study mainly deals with exploring on opportunities and challenges of OPAs in Kolfe Keraniyo sub-city of Addis Ababa. To that effect, this study also puts the awareness of OP concerning their right in question and sets out to find the effects of OPAs in awareness creation. Additionally it investigates the Rights of OP in instruments and figure out how the legal frameworks are promoting and affecting OP. Kolfe Keraniyo OPAs are the study site of this research due to its pioneer in advocating OP rights by OP in Ethiopia. Thus this study uses appropriate literatures relevant to rights of OP, OPAs, OPAs experiences of other countries, advocacy for OP rights and; community based approach and empowerment theory frameworks as to best understand the role of OPAs in advocating OP rights and what assistance and support is needed to empower OP. This study employs qualitative method of research design to have a deeper understanding of OPAs practice in the eyes of OP in OPAs of the study site and concerned parties working with these OPAs.

Concerning the practice of the OPAs in Kolfe Keraniyo is concerned, the findings of this study show that the OPAs have opportunities for members individually where members are given different trainings concerning HIV/AIDS, TVET trainings at Winget TVET College, other technical trainings such as leadership, assistance for abused OP to help them get their cases to police and for those OP who don't have any assistance and have health issues, members of the OPAs visit them and try to get them institutional care since OPAs are associations formed in every 117 Woreda's of Addis Ababa's 10 sub-cities. The social benefit of being a member in OPAs is programs created to transfer and share their experiences to younger generation and

experience sharing among OP themselves. Economically, the OPAs at Kolfe Keraniyo are actors as a bridge between NGOs and governmental programs by networking OP to be able to get trainings on different types of IGAs. Additionally the findings of this study show that OPAs contribute a lot for different NGOs working on issues concerning OP and BoLSA's plan to construct an institution with multi-functional services for OP has their involvement and advocacy. Regarding awareness of OP about their rights, the study findings show that those with an exposure to OP awareness creation programs have better knowledge of their rights but the association has duty to inform a significant number of OP their rights and claims.

The result of this study revealed that the OP rights are enshrined in different documents both nationally enacted and those international human right documents ratified by Ethiopia. All documents advocate for inclusion as well as the realization of the rights to Independence, Participation, Care, Self-fulfillment and Dignity. However, documents such as the FDRE constitution does not give sufficient emphasis for the overall inclusion of OP in different sectors of governmental bodies. Therefore, it was difficult to imagine a separate provision discussing the right of OP in it. However, according to the FDRE Constitution, the human rights agreements ratified by Ethiopia are part of the law of the land and every fundamental rights in the constitution are made to be interpreted in a manner conforming to the principle of UDHR which ICESCR is one of its segment which gives UDHR a legally binding effect. The national plan of action on older persons and Addis Ababa's older persons developmental and change package still lack enforcing mechanism since the specific international OP right instruments have soft nature in them by which a state is recommended to carry out the necessary steps to ensure the inclusion of OP in its agenda but it has given the states to do that with available resources and can claim that they have done their best as the reality could show otherwise.

The participants of this study mention numerous challenges causing the OPAs in Kolfe Keraniyo not to perform or go in line with the association's objectives of initiating OP to join OPAs, awareness creation on the rights of OP and linking OP to NGOs or governmental bodies to provide assistance be it technical training, opportunities in IGAs or financial support for the OPAs and their members. Societies cooperation, influential OP's involvement, first-hand information about situations about OP, governmental and non-governmental bodies involvement is crucial to empower OP and this was discussed with the literatures reviewed in light of the findings.

5.2. Implications for Social Work

The above presented findings and discussions have many implications for future research, social work practice, policy formulation and social work education.

Implication for Social work practice

From the findings of this study, OPAs are one of the associations that promote and advocate the rights of OP by OP widely at Woreda level of every sub-city in Addis Ababa. They believe that anyone can make a better life if properly guided and can be change agent among the community. Empowerment is the key following community based approach that seeks and focuses on strength and community participation for social change. Rather than spoon feeding and focusing on the aftermath of a social dysfunction, they focus on the prevention and mobilizing knowledge through meeting, technical assistance through appropriate organs and social learning. Thus findings of this study have many implications for Social Work practice.

Social Work as a multi-faceted profession can provide an overview of theories for direct social work practice and a framework for integrating the use of theory with central social work principles and values and can be practiced in assisting OPAs by involving in awareness creation

on the situation of OP in the country. This study suggests that social workers should be particularly mindful of using appropriate theories in order to explain, describe and understand certain situation by which it will ultimately will make it easier for OP apply the effective solution and orienting the nature of their approaches of problems and members in compatibility with other theories and approaches. Social work can be an asset for OPAs on agency referral to those engaging on specific area of need and contribute for policy formation that best benefit OP. The findings of this study stated that OPAs in Kolfe Keraniyo believe that anyone can make better situation for themselves if properly guided to empower OP.

Since its stated in the findings of the study that major challenges in OPAs are gender inequity, poverty, governmental and societal participation. In addition to no mechanism from the government to ensure OP for the proper implementation of their rights in different sector organs of the government, the social work treatment/empowerment should be the holistic bio-psycho-social-spiritual approach and the treatment the OP obtains should be one which considers their individual bio-psycho-social-spiritual background.

OPAs psycho-social economical and spiritual empowerment has many implications for social work practice in as social work deals with empowerment in many levels of a community.

Implication on policy and programs

Social Work profession has many tools to improve OPAs advocacy progress as it is equipped with role of advocating on policy levels for vulnerable parts of the society. Thus, this study is a tool for better advocacy process. By following the proper method of advocacy process starting at OPAs mission, goal, objective of their campaign, and campaign planning finding out human, financial and communication resource and assets. Additionally, setting up allies and opponents, preparing strategies and tactics of the campaign, education, community based

solutions and evaluating their advocacy. Therefore, this can be strengthened by social workers involvement.

Implication for future Research

This study can be a basis for further studies on areas of concern as OP challenges has become a major societal problem. Further researches should focus on studying OPAs in the Addis Ababa level or regional state level and what interventions should fit the practice of OPAs and OP. Furthermore, researches can be conducted in areas of the challenges and what caused the challenges and what can be done to alleviate such challenges. Additionally, research findings from different vantage points regarding OP have to be disseminated by universities and other parties responsible for researches to concerned parties so that it would be a resource to come up with better approaches to deal with OP versatile challenges.

Implication for Social Work Education

As was stated by participants of this study, social work department has incorporated OP in its courses by which, is a great start. Thus, this paper can serve as a learning tool as it clearly state the experience of Kolfe Keraniyo OPAs and draw attention on discussions on what causes the problems and what solutions can be applied for OPAs. And push other levels of education and departments to include OP in their curricula. And many professions can be a hand for OPAs to maximize the potential of OP in solving their own problems.

Therefore Social workers and other professions can contribute to OPA as ageing is a future reality for all than for few.

Recommendations

Even if there is no convention currently for the rights of OP, we should not forget our elders should enjoy the equal rights as any human being stated by international and national human right instruments. Legal abidingness of a law or rule shouldn't be a pre-requisite for a state/ country for proper treatment of its nation but rather its determination to bring about change in perception of its subjects and governmental agencies to involve OP in the developmental goal of a country. BoLSA also has to place an accountability rules to protect the rights of OP to be integrated in different governmental sectors.

In addition, Education is the key to altering perception and changing the attitude of a nation; if a country does its best on educating its citizen then prevalence of being dependant and only seeking charity could be minimized if not eradicated. Thus we must work on changing the need perception to asset based approach to produce efficient, self-reliant and self-fulfilled citizen for the best interest of all.

Furthermore, most empowerment schemes concerning OP in Ethiopia has put a focus on the area of economic empowerment by participating OP in income generating activities (IGAs). As much as it has undeniable benefit to OP, other areas of OP rights and working on solving social problems they face in everyday life and political issues concerning protecting their rights to health, suitable residence, education, legal protection against any abuse they may face shouldn't be forgotten or ignored. Independence, Participation, Care, Self-fulfillment and Dignity are one parcel of OP rights, one cannot be treated differently than the other and none is less than the other.

Moreover, there is no skilled man power in OPAs other than OP, there should be a participation from other groups of a society in OPAs who could come up with different point of

view and a better take on how to move forward on bring change. OPAs need advocates from many professions as OP who are aged 60 and above have naturally limited physical strength that the young generation could fill in.

Another recommendation is for the government to revise its programs, to put aside a budget for OPA to motivate and provide the necessary assistance to empower OP in our country. As part and parcel of a nation, OP has to be given equal opportunity to be involved in the social, economical and political development of a state as their contribution best fit. Regarding facilitating for OP IGAs is concerned, bodies responsible for the execution of promises and grants placed for OP who fulfill the requirements set to commence their businesses has to be held responsible and accountable for not addressing the issue with due diligence.

Last but not least, hence the issue of OP doesn't only have to be left on NGOs to be dealt with, the society at large have to work together to bring better future for everyone.

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APPENDICES

Appendix I: Interview Guide for Different Public and Non-Governmental Institutions

Dear participant;

This interview is designed to investigate the opportunities and challenges of Older People's Associations (OPAs) in Kolfe Keraniyo Sub-city. The interview is purely for academic purpose and you are assured that your response will be treated with utmost confidentiality.

Thank you for your participation and cooperation!

General Background

Date of interview_____

Socio-Demographic information

Gender _____

Age _____

Educational Level_____

Occupation_____

To Government Administrative Office

To MoLSA

1. What do you think is the perception of OP in Ethiopia?
2. What Legal and Policy Frameworks Advocate for the rights of older people in Ethiopia?
What role does your office play in this regard?
3. How do you evaluate the governmental systems concerning OP?
4. As a lead agency what measures did your institution took so as to make the National Plan of Action on older persons effective?
5. Do you have any special consideration to the needs and interests of Older People?

6. What do you think is the benefit of OPAs?
7. What are the roles and responsibilities of this office towards OPAs?

To BoLSA

1. What do you think is the perception of OP in Ethiopia?
2. What Legal and Policy Frameworks Advocate for the rights of older people in Ethiopia?
What role does your office play in this regard?
3. How do you evaluate the governmental systems concerning OP?
4. Do you have any special consideration to the needs and interests of Older People?
5. What role des your office play concerning the National Plan of Action on older persons?
6. What do you think is the benefit of OPA?
7. What are the roles and responsibilities of this office towards OPAs?

To Kolfe Keraniyo Sub-city administration

1. What do you think is the perception of OP in Ethiopia?
2. What Legal and Policy Frameworks Advocate for the rights of older people in Ethiopia?
What role does your office play in this regard?
3. How do you evaluate the governmental systems concerning OP?
4. What role does your office play concerning the National Plan of Action on older persons
in Kolfe Keraniyo sub-city?
5. Do you have any special consideration to the needs and interests of Older People?
6. What do you think is the benefit of OPAs in Kolfe Keraniyo sub-city?
7. What are the roles and responsibilities of this office and Woreda's towards OPAs?
8. Do you think older persons are aware of their rights in Kolfe Keraniyo sub-city?
9. What is the contribution of the community in the OPAs in Kolfe Keraniyo sub-city?

10. What are the challenges faced by OPAs in Kolfe Keraniyo sub-city?

To HelpAge International

1. What do you think is the perception of OP in Ethiopia?
2. What do you think is the benefit of OPA?
3. What are the roles and responsibilities of your office towards OPAs?
4. How do you think the legal and Policy Frameworks Advocate for the rights of older people in Ethiopia? What gaps do exist in the legal frameworks?
5. How do you evaluate the governmental systems concerning OP?
6. Do you think older persons are aware of their rights?
7. What do you think of the participations of OP in OPAs?
8. What are the participations of the community in the OPAs?
9. What are the challenges faced by OPAs?

To EEPNA

1. What do you think is the perception of OP in Ethiopia?
2. What do you think is the benefit of OPA?
3. What are the roles and responsibilities of your office towards OPAs?
4. How do you think the legal and Policy Frameworks Advocate for the rights of older people in Ethiopia? What gaps do exist in the legal frameworks?
5. How do you evaluate the governmental systems concerning OP?
6. What do you think of the participations of OP in OPAs?
7. Do you think older persons are aware of their rights?
8. What is the contribution of the community in the OPAs?
9. What are the challenges faced by OPAs?

To Key Informants from Addis Ababa OPA head office and Kolfe Keraniyo OPAs leader

1. What do you think is the perception of OP in Ethiopia?
2. When and how did OPAs in Kolfe Keraniyo establish?
3. What are the objectives of OPAs?
4. What is the benefit and impact of OPAs for OP in Kolfe Keraniyo sub-city?
5. What are the roles and responsibilities of your office towards OPAs?
6. How do you think the legal and Policy Frameworks Advocate for the rights of older people in Ethiopia? What gaps do exist in the legal frameworks?
7. What do you think of the participations of OP in OPAs?
8. Do you think older persons are aware of their rights?
9. How do you evaluate the governmental systems concerning OP?
10. What are the contribution of NGOs and other concerned groups to OPAs in Kolfe Keraniyo sub-city?
11. What is the contribution of the community in the OPAs?
12. What are the challenges faced by OPAs?

Appendix II: Focus Group Discussion Guide

Consent form to participate in FGD

Dear participant;

This FGD is designed to investigate the opportunities and challenges of Older People's Associations (OPAs) in Kolfe Keraniyo Sub-city. The interview is purely for academic purpose and you are assured that your response will be treated with utmost confidentiality.

Thank you for your participation and cooperation!

General Background

Date of discussion_____

Socio-Demographic information

Gender _____

Age _____

Educational background_____

Years of membership in the OPAs_____

Guiding questions

1. What do you know about the right of older persons?
2. What do you think is the benefit of OPAs?
3. How do you explain advocacy of those rights in OPAs?
4. What modifications & changes are made to meet the special needs of Older persons by OPAs?
5. How do you describe the participation of older persons in OPAs?
6. How do you explain awareness level of older people and the community on the right of older persons?

7. What challenges do older persons face individually, socially, economically and politically?
8. What do you suggest to ensure the rights of OP rights to be treated and appreciated?

Appendix III: Consent form

Addis Ababa University

School of Social Work

Audio recording consent form for interviewees and Discussants

I, undersigned, voluntarily agree to be recorded while being interviewed. I understand that my identity and privacy will not be revealed by the researcher; that the information I provide will be kept confidential, and that it will be used only for the purpose of the study titled “Opportunities and Challenges of Older People’s Associations (OPAs) in Kolfe Keraniyo Sub-City”. In addition, I understand that the audio recording will be destroyed as soon as the resulting transcription has been verified.

Participant’s Name: _____

Participant’s Signature: _____ Date _____

Researcher’s Name: _____

Researcher’s Signature: _____ Date _____