



Cast me not away in the time of age: forsake me not when my strength fails - Psalm 71:8

RAMALLAH ELDERLY DAY CARE CENTER

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Why this project exists

The story is told of an old man who is planting a sapling by the side of the road. A stranger passes by and asks, "Old man, why are you planting that tree? It will be many years before it grows large enough to bear fruit or provide shade." The old man replies, "The fruit that I eat and the shade that I sit under were provided by those who came before me. As my ancestors planted for me, so do I plant for my children and my children's children."

As the socio-pastoral organization of the Catholic Church in the Holy Land, Caritas Jerusalem and its partners have respected the Bible's words to care for the elderly

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I. Project Vision

The vision of this project is to contribute to the improvement of quality of life of Palestinian elderly in Ramallah through a well-integrated program answering their:

- social needs
- physical needs
- medical needs
- emotional well being

by providing:

- healthy food
- health care & medicine
- social assistance
- psycho-social events
- entertainment
- social gatherings
- a safe place to turn in a time of need
- hope and the knowledge that they are not forgotten

to give them a better sense of belonging amongst themselves and their community.

II. Historical Background

Since 1990, Caritas Jerusalem has been operating an Elderly Day Care Center in Ramallah. It is one of the few programs in

the West Bank in favor of the elderly. This center has become one of the most important social services for the senior citizens in the Ramallah district and it serves a community of over 65 needy and lonely elderly.

The elderly center not only provides a secure and clean environment for the elderly, but also organizes activities offering a chance for young men and women to get acquainted with the special needs of the community seniors. This center focuses on improving the quality of life of the elderly by offering a program that addresses their social, medical, physical and emotional needs.

Caritas Jerusalem is the sole supporter of this center and relies on grants and donations as well as local community support and contributions from private individuals to operate the center. Past support for the work of the center has come from Caritas member as well as Church affiliated organizations and groups.



Elderly receiving a gift for the Holidays.

III. The work of the Center

The center has two-track program. It is open five days per week to undertake our outreach work, social assistance, psycho-social work and home visitations.

The center is also open three days per week where the Center's staff brings the elderly beneficiaries to the center for social activities, a hot meal, communal activities and follow up and monitoring with the



Our center works to make sure the elderly do not feel forgotten.

beneficiaries on their daily life situations.

The center takes special care to remember special days such as:

- √ Annual holidays
- √ Birthdays

We also arrange:

- √ Special outings for the elderly people to experience special events or community meals
- √ Medical checkups by a qualified nurse
- √ Psycho-social counseling (individual & group)



We create jobs for the unemployed giving them dignified work opposed to handouts while helping some of our elderly citizens who need assistance at home.

- √ In home care assistance for the home bound
- √ Periodic home visitations by volunteers working in the center
- √ Assistance to address any urgent need that an elderly person might have like obtaining a special medicine, running errands, assistance to obtain any needed service which is beyond their ability due to age or infirmity

A staff of eleven including a nurse, social worker, nutritionist and three home care assistants work to reach out to those needy elderly in the Ramallah district who have little or no support system.



Holiday parties help the elderly celebrate with the joy that should be present at these special times of year.

IV. Meet our beneficiaries

The center serves 65 elderly citizens in the region of Ramallah. Of these 55, regularly attend the center's activities. The remaining beneficiaries participate in the program through out home outreach program where our staff and volunteers directly reach out to these chronically ill, homebound senior citizens with direct assistance.



An important aspect of this project is letting the elderly know that they are not forgotten. We make a special effort on those days when lonely elderly people might feel forgotten like birthdays, holidays, Mother's Day or other special days.



While the elderly face many obstacles for living in the best of circumstances, in Palestine, with the poor economic and political situation, many elderly especially the sick face huge problems just to live. With little governmental support, those who are in need of any specialized in home care due to a fall or an illness often have no one to fall back on. Through our elderly program, we work with paid staff and volunteers to help these vulnerable people. The woman pictured above is chronically ill and needs help just to conduct her daily life. We provide her that helping hand.



Many of the elderly are very poor and live in residences which are not only not healthy, but are also very old. With hard economic times, they often are not able to upgrade their homes to be warmer, more sanitary or to provide them a better life in dignity. Through our elderly care center, we work to help those vulnerable elderly citizens whose residences are in need of repair or maintenance and through this process we help unemployed bread winners to earn a living while helping our elderly.



The holidays are a special time for all and we work to ensure that our elderly citizens have the opportunity to share the joy that holiday times should bring.