

TC ABSTRACT

I. Basic project data

▪ Country:	Uruguay
▪ TC Name:	Supporting the Quality of Life of the Vulnerable Senior Citizens in the Metropolitan Area of Uruguay
▪ TC Number:	UR-T1121
▪ Team Leader/Members:	Rita Sório (SPH/CUR), Team Leader; Juan José Taccone (CSC/CUR); Virginia Moreira (CSC/CUR); Hiroshi Tsutsui (CSC/CUR); Martha Guerra (SCL/SPH); and Guillermo Eschoyez (LEG/SGO)
▪ Indicate if: Operational Support, Client Support, or Research & Dissemination.	Client Support
▪ Reference to Request: (IDB docs #)	#38903361
▪ Date of TC Abstract:	July 2014
▪ Beneficiary:	Vulnerable senior citizens in the Metropolitan Area of Uruguay
▪ Executing Agency and contact name	The Astur Foundation José María Puppo, Director General
▪ IDB Funding Requested:	US\$850,000
▪ Local counterpart funding, if any:	US\$388,800
▪ Disbursement period:	24 months
▪ Required start date:	2014
▪ Types of consultants:	Firms and individual consultants
▪ Prepared by Unit:	SPH/CUR
▪ Unit of Disbursement Responsibility:	CSC/CUR
▪ Included in Country Strategy (y/n); ▪ TC included in CPD (y/n):	This project is aligned with the strategic objective of “to improve living conditions for the urban population”.
▪ GCI-9 Sector Priority:	(a) Social Policy for Equity and Productivity

II. Objective and Justification

2.1 The situation of elder care in Uruguay is significant as it is one of the countries in Latin America with a notably high percentage of senior citizens. According to figures from The United Nations Economic Commission for Latin America and the Caribbean (ECLAC)¹, Uruguay had the second highest aging index² in 2010 after Cuba among the 20 Latin-language speaking countries in the region. Census statistics show the increasing percentage of the elderly population from 1963 to 2011 as follows: The population older than 65 years of age in 1963 was 7.6%³; in 1975 it increased to 9.8%; in 1985 11.2%; in 1996 to 12.8%; in 2004 to 13.4%, and in 2011 to 14.1%⁴. It is estimated that in 2040 the number of citizens older than 65 will be larger than the number of citizens below

¹ Retrieved July 2nd, 2014 from http://www.eclac.cl/celade/proyecciones/basedatos_BD.htm

² The ageing index is calculated as the number of persons 60 years old or over per hundred persons under age 15.

³ *El Envejecimiento de la Población Uruguaya y la Transición Estructural de las Edades* (Cabella and Pellegrino, 2010, p. 13)

⁴ See Nathan (2013, p. 29) in *Detrás de los Tres Millones: La población uruguaya luego del Censo 2011*

the age of 15.⁵ Data from the most recent census (2011) shows that women are a majority among the senior citizens aged 65 years and above (60.3%).

- 2.2 The main goal of this project and its components is to extend and improve the quality of life of the most vulnerable sector of the country's senior citizens. This will be done by training caregivers and engaging in a variety of activities that will keep the elderly active. This project attempts to address the current conditions of the most vulnerable senior citizens, dividing it in two sectors: (i) **dependent senior citizens** in need of a caregiver; and (ii) **independent senior citizens** who can care for themselves. In both cases, the project will focus on those individuals that require most attention, joining forces with the State and the civil society.
- 2.3 The project will be implemented in the most financially challenged areas in the Metropolitan Area of the country, where most of the vulnerable senior citizens live. Based on the studies previously done by Astur Foundation, the project will be executed in 2 "Homes for the Elderly" and 5 "Housing Projects" located in the cities of Santa Lucía, Santa Rosa, Pando, and San Jacinto in the Department of Canelones, and Rincón de la Bolsa (Ciudad del Plata) in the Department of San José.⁶

III. Description of activities and outputs

- 3.1 In order to improve the quality life of senior citizens, the project aims to:
 - a) **Component I. Train caregivers for the senior citizens in need of care:**
- 3.2 Based on previous experiences of the Astur Foundation, the goal is to organize eight courses for caregivers with 30 participants per course during the two years of project execution. A total of 240 caregivers will be trained during this period. The methodology initiates with the revision and adaptation of the courses' curricula, which will be validated by the organisms of the National Care System (SNC, Sistema Nacional de Cuidados). Subsequently a negotiation with the NGOs and the Bank of Social Assistance (BPS, Banco de Prevision Social) regarding the facilities and other materials for the course will take place. Once the location is decided, a diffusion plan, a call, and a selection of the participants to attend the courses will follow. The attendance criteria require no more than 20% of absences.
 - b) **Component II. Increase the number of active years for senior citizens in order to achieve a better quality of life for each individual, while lowering social costs:**
- 3.3 In this component, three activities related to Active Aging will be performed during the project implementation in two "Homes for the Elderly" and five "Housing Projects" located in the cities of Santa Lucía, Santa Rosa, Pando, and San Jacinto in the Department of Canelones, and Rincón de la Bolsa (Ciudad del Plata) in the Department of San José:
 - i) Sports and recreation as a way of social inclusion of senior citizens, promoting physical activities and healthy habits from a comprehensive perspective: Active Aging is encouraged among the elderly through the practice of physical activities and recreation sports, which will

⁵ *Demografía de Una Sociedad en Transición: La población uruguaya a inicios del siglo XXI* (Varela, 2008, p. 23).

⁶ The Housing Projects are small groups of buildings for the citizens retired through the BPS, while the Homes for the Elderly are centers where the dependent and financially vulnerable senior citizens are taken care of.

contribute to their overall well-being. Additionally, healthy lifestyle choices and habits are encouraged to improve psychomotricity, group integration is enhanced, and practice of sports, recreation and good use of free-time are motivated.

- ii) Intergenerational relationship: The project will promote the introduction of senior citizens to new technologies, enhancing the intergenerational relationship between youngsters and elder adults. This activity encourages younger individuals to accompany, help and teach the elderly to properly use the new technological tools and devices such as internet, social networks, etc.
- iii) Vegetable gardens and floriculture: The implementation of activities related to vegetable gardens and floriculture will consist in the coordination of the NGOs involved in the subject and in obtaining suitable pieces of land from the BPS to develop this activity. It has been demonstrated that this form of activity helps improve the elder adults' self-esteem and social and motor skills while they exercise.

IV. Budget

4.1 The total cost to develop this TC is US\$1,238,800 according to the following:

Activity/Component	IDB/Fund Funding	Counterpart Funding	Total Funding
Component I: Quality in Care			
Component Coordinator	54,600		54,600
Workshops / training - instructors/ specialists	66,000		66,000
Workshops / training - per diem participants	52,800		52,800
Materials for training workshops	20,000		20,000
Academic Coordinator		72,000	72,000
Academic supervisor	17,600		17,600
Local travel expenses instructor	32,000		32,000
Instructor training / methodology / materials		168,000	168,000
Subtotal Component I	243,000	240,000	483,000
Component II. Active Aging			
Diagnostics - global framework	12,200		12,200
Baseline generation consultancy	24,400		24,400
Motivation plan consultancy	24,400		24,400
Local program coordinator	108,000		108,000
Physical activity program	96,000		96,000
Inter-generational activities	96,000		96,000
Orchards & floriculture program	96,000		96,000
Subtotal Component II	457,000		457,000
Component III. Audit, Evaluation, and Project Management			
Financial audit	10,000		10,000
Evaluation (base line and follow up)	20,000		20,000
Project General Director		96,000	96,000
Financial & bookkeeping	72,000		72,000
Project general assistant	48,000		48,000
Other personnel		48,000	48,000
Monitoring cost		3,600	3,600
Office supplies		1,200	1,200
Subtotal Component III	150,000	148,800	298,800
TOTAL	850,000	388,800	1,238,800

V. Executing agency and execution structure

- 5.1 The Astur Foundation was legally registered in Uruguay as a non-profit organization on April 8th, 2010 at the Ministry of Education and Culture (Book 2010 No. 52) and the competent authorities. Since then it has been working on activities related to the improvement of the quality of life of senior citizens, conducting various studies and surveys regarding the quality of their lives and implementing courses for the caregivers of elder adults.

VI. Project Risks and issues

- 6.1 This project involves complicated coordination between state agencies and civil society organizations. Therefore, this intervention should take it as a platform to generate social and political consensus for a National Care System that ensures access to elderly care according to their needs.
- 6.2 Since the dialogue on the subject was recently initiated in the country, this intervention could be considered as a mere experience, and not as an input to the National Care System.

VII. Environmental and Social Classification

- 7.1 As a social project, it is recommended to be classified as “C”.