

# **Ageing: A challenge and an opportunity for the countries of Eastern Europe, Caucasus and Central Asia**

What is the bottom up approach and how can it be used in review and appraisal of MIPAA/RIS?

# **What is the bottom up approach and how can it be implemented in MIPAA/RIS review and appraisal ?**

- **Overview:**
- The bottom up participatory approach
- Implementation using UNDESA guidelines for review and appraisal
- Exercises and examples of participatory methods
- Example of participatory review from Tajikistan
- Conclusion: questions and answers

# **The significance of the bottom up approach for review and appraisal**

- Adds legitimacy to the MIPAA & RIS
- Encourages partnerships between government & civil society
- Recognises and builds upon the capacity of older people
- Facilitates good governance and a rights based approach in social policy development

## What is the bottom up approach?

- uses participatory methodologies to include marginalized older people (seeks out those without a voice)
- brings together a range of stakeholders in a process of analysis (shared learning)
- recognizes complexity and diversity (older people are not a uniform group)
- pays attention to power relations (& structural causes of exclusion)
- is oriented towards empowerment and action (not extraction of data)
- provides in depth analysis which is context specific (complementing representative statistical and survey data)

# Dual function of bottom up / participatory approach

- methodology for in-depth monitoring and impact assessment

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- process of engagement of older people in policy development

= an entry point for ongoing participation in all stages of policy development

# Surveys and participatory approaches

Complementary - not an 'either / or' option

Participatory approaches can:

- Provide information not accessible through traditional methods (e.g. impact of services, barriers to access, how people make choices)
- Raise awareness, build consensus and commitment
- Build capacity to engage in policy development

# **UNDESA GUIDELINES FOR REVIEW AND APPRAISAL OF MIPAA: BOTTOM-UP PARTICIPATORY APPROACH**

## **Steps in implementation of bottom up review and appraisal:**

- 1. Identify stakeholders
- 2. Review national policies and define priorities for review
- 3. Carry out bottom up review and appraisal
- 4. Distill and analyse information at national, regional & global level

# Step 1: Identifying stakeholders

- primary stakeholders: older people
- catalyst and facilitator to manage review and appraisal
- government stakeholders and UN agencies
- Civil society and private sector
- Media



# **EXERCISE**

**Identifying groups of older people**

# Identifying groups of older people

- national structures of older people's groups / pensioners associations
- NGOs at community level or working with older people
- Are there marginalized / remote regions that are not included?

## **Step 2: Review national policies and define priorities for review**

- Look at policies specifically addressing ageing issues  
*What issues do they address? What RIS/MIPAA objectives?*
- Look at ageing within national priority policy frameworks  
*Do they address age issues? What RIS/MIPAA objectives?*
- Define gaps and priorities for bottom up/participatory review and appraisal

## **Step 3: Carry out participatory review and appraisal**

- define broad theme of review and appraisal
- identify older people's groups, facilitators and review team
- select sites for review exercise – include remote areas
- arrange training for team – develop 'field guide'
- team carry out participatory review
- team feedback to community and verify information
- team write site report
- facilitator put together site reports into one report
- ongoing advocacy and awareness raising
- feed into national / regional RIS/MIPAA review and appraisal

## **Step 3: Carry out participatory review and appraisal**

Focal point on ageing with national coordinating body:

- define broad theme of review and appraisal
- identify older people's groups, facilitators and review team
- select sites for review exercise – include remote areas

## **Step 3: Carry out participatory review and appraisal**

Focal points, review team and facilitator:

- arrange training for team – develop ‘field guide’
- team carry out participatory review
- team feedback to community and verify information
- team write site report
- facilitator put together site reports into one report

## **Step 3: Carry out participatory review and appraisal**

All stakeholders:

- ongoing advocacy and awareness raising
- feed into national / regional RIS/MIPAA review and appraisal

# **EXERCISE**

**Identifying facilitators for bottom up  
review and appraisal**



# Identifying facilitators for bottom up review and appraisal

- local or international NGOs working with communities
- research institutions with community based research agenda
- Do you need help?

# Participatory review and appraisal: key features

- Deliberate inclusion e.g. of older people
- Combination of methods, no single blueprint
- cumulative learning – the outcome is unpredictable
- group learning and on the spot analysis

# Participatory review and appraisal: methodological features

- Well known qualitative methods – interviews and observation  
plus emphasis on **visual** techniques rather than verbal  
e.g. mapping, venn diagrams, ranking exercises
- Triangulation: learning from different sources, methods, locations, types of information (cross-checking for reliability and accuracy)
- Feedback and verification

# **EXERCISE**

**The use of visual methods**

# Visual methods

- enable people to participate as equals especially those who don't read or write
- allow people to represent complex things simply and in their own way
- provide focus for discussion
- facilitate analysis, comparison and sharing of views
- Flexible – new information can be added

# **EXERCISE**

**Income sources and spending patterns**

# **Example from Tajikistan**

**Tajik older people's action:  
Situational analysis in Sugd, Duchanbe &  
Khatlon.**

**June 2006**

**(HelpAge International and partners in Tajikistan)**

# Older people in Tajikistan

## Focus of review:

- Social protection and pensions (RIS commitment 4)
- Access to health care (RIS commitment 7)

## Background:

- 64% of the population live below int. poverty line of US\$2.15 per day
- People aged 65 and over have higher probability of being poor
- Of those, older people living alone are more likely to be poor



## Older people in Tajikistan: key findings

- pension system functions, older people have documents & draw pension regularly
- pension income too low (the majority get US\$ 3 per month)
- Households rely on social and family networks, remittances, humanitarian aid, sale of assets, home grown produce
- In rural areas main strategies: home grown produce and exchange of goods and services
- In Dushanbe main strategy: sale of assets
- Most older people cannot afford health services
- Reducing food intake is a major survival strategy

## Older people in Tajikistan: location and partners

Provinces	<b>Sugd</b>	<b>Dushanbe</b>	<b>Khatlon</b>
Environment	Rural	Capital city	Rural
Partner organisations	Assoc of Scientific & Technical Intelligentsia	National Volunteer Centre	National Volunteer Centre
Number of researchers	11	10	10

## Older people in Tajikistan: Elements of study

Households	Community members	Individual older people	Key informants
31 researchers lived a local household for 6 days	Groups (5-7) of older men and women	Older people	Local leaders, local and national govt. officials
Participant observation	Participatory group exercises	Semi structured interviews	Semi structures interviews
Living conditions Daily routine Life histories	Mapping Seasonal calendar Needs ranking	Pensions Income Education Health	Perceptions of situation of older people

# Implementing participatory review and appraisal

- Access older people in comparative situations
- Identify good facilitators
- Design according to budget and time

## continuum

- Group discussions <-----> Range of participatory exercises

# QUESTIONS /ANSWERS

e.g.

What do you anticipate will be the key problem in implementing a participatory review and appraisal in your country?

**THANK YOU!**