



MamAfrika Organization "Youth and Intergenerational Solidarity"  
Organisation non gouvernementale (ONG)

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## Elderly Care Center

### Youth and Intergenerational Solidarity MamAfrika Organization

"Youth and Intergenerational Solidarity" takes up the motto of the European Year of Active Ageing and Solidarity between Generation.

**Hosting Organization :** MamAfrika Organization (Morocco),

**Type of the Project:** Individual Volunteering under (ESC),

**Duration:** 12 months

**Number of participants:** 10

**Location 1:** Casablanca

**Location 2:** Marrakech

### Context and Objectives:

Morocco has a rapidly aging population, which has led to an increased need for elderly people. Aging populations present considerable challenges to existing infrastructure, welfare, health, and pension financing, which in turn put a strain on relationships between generations. The existence of conflicts of views, interests, and lifestyles between generations is well known; the elderly are oftentimes considered a burden and suffer loneliness and exclusion. Simultaneously, aged couples with aspects like social class, gender, disabilities, etc. compounds the problems of the elderly, creating an environment of inequality within which they -sometimes barely- survive. Enhancing the quality of life of the older generation implies working towards a holistic society that is just, equal, and sustainable across the board for all generations.

Morocco has limited access to residential homes and care homes available for elderly citizens. The majority of elderly care services in Morocco are provided by family members, who are responsible for taking care of their elderly relatives. However, the MamAfrika organization has built a partnership with elderly care centers across the region of Morocco to target marginalized



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elderly citizens who have no fixed address and resources, family ties, social isolation, and face financial hardship.

These partnerships are coordinated between the MamAfrika organization and the elderly care centers' staff to set strategic cooperation to provide more specialized care and fight against the exclusion of elderly people.

MamAfrika Organization aims to promote intergenerational support and solidarity. Working towards enhancing the quality of life of the elderly people towards a society that is fair, just, and equal, and importantly one that is sustainable across the board for all generations. There are several elderly care centers for old people in Morocco, where our volunteers help elderly people by assisting them with daily tasks such as providing them meals, medical care, rehabilitation, autonomy, clothing, and mental and physical support for senior citizens who are no longer able to live independently.

The volunteers of this project will contribute to the development of society. Accordingly, they will work on intergenerational projects or those addressing the elderly, assisting them in improving their living conditions and life options. The volunteers will gain awareness of the value and contributions of older people in society and how they are an integral part of a holistic society.

Elderly people will have interactive activities with the volunteers that help them to integrate their social skills and enhance their personal development. Our volunteers will have the opportunity to reflect on the ways and means through which different generations do and can benefit from each other and contribute to efforts at the local level aimed at creating sustainable, inclusive societies. In effect, this project will allow the participating volunteers to understand the potential for well-being throughout one's life span and will thus also take up the struggle against social exclusion.

Living in a different country and cultural setting with different ways of dealing with senior people, the volunteers will learn and identify practices possibly useful in their home countries, disseminating good practice and encouraging actions and activities committed to intergenerational solidarity. We see the elderly people in this project as bridges between generations, elderly people who can raise awareness, stimulate debate and have a real impact on



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the lives of people. disadvantaged and marginalized people, to participate in intergenerational projects or those primarily addressing elderly from disadvantaged backgrounds on two continents.

Host projects include older adults, and support elderly care centers (Morocco), The volunteers in this project will be the bridges between generations - raising awareness, stimulating debate, fighting exclusion and having a real impact on the lives of people.

### **Description of the Activity**

This project focuses on improving the quality of life of older adults for better well-being in elderly care centers. The MamAfrica Organization focuses on devising solutions and innovations that enable volunteers to promote the quality of life among elderly individuals and fight against the exclusion of elderly people. This will involve volunteers to identify the problems associated with aged people, such as seniors with physical and mental health issues, to ensure better well-being and dignity among senior citizens. Many older adults, in particular those residing in long-term elderly care centers, face health adversities, social isolation, or a decline in independence. This project addresses how life can be improved concerning the physical, mental, and social needs of elderly residents at the elderly care centers in Morocco.

MamAfrika Organization's help volunteers is to enable the elderly people to regain a balanced life that involves a combination of physical, emotional, and social support. A well-rounded approach focuses on promoting independence, health, and well-being. Here are key strategies to help them maintain balance in life.

MamAfrika Organization provides care concerning accommodation, catering, health protection, and general well-being for elderly people without family resources or support. The contribution of the volunteers of this project will help fight against the begging and homelessness of elderly people in the Moroccan cities of Casablanca, and Marrakech. Therefore, the volunteers will promote the social integration of the elderly people. Their development and the improvement of their living condition.



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This project will take place in the elderly care center where the volunteers will work closely with elderly people through social interaction and companionship. For example, the volunteer will spend time talking with elderly residents to provide companionship and reduce social isolation. MamAfrika Organization trains volunteers and encourages them to spend time talking with residents about how they live their lives, their worries, or what they like. Volunteers will enhance their learning skills on how to support elderly people in their daily tasks such as assisting residents with mobility, helping with meal times, and assisting individuals with activities of daily living, especially those with cognitive or physical impairments.

We train volunteers to assess the capability to recognize the significance of physical activity, mental stimulation, and proper nutrition for healthy aging to respond appropriately to the emotional needs of elderly residents who may feel lonely, anxious, or depressed. All these tasks will enable the volunteers to have the ability to learn how to comfort and support the residents at the elderly care center appropriately while being aware of and maintaining emotional boundaries.

**Aims and objectives:**

The aim of this project is to provide an inclusive model of care for elderly people in cooperation with our volunteers to help maximize the quality of life of an older adult, their well-being, and wellness to enhance their social engagement and eliminate loneliness.

The volunteers who participate in elderly care centers will feel productive and happy because they are given a chance to assist needy persons or be of added value to their lives. And have personal fulfillment through the implementation of this project, the volunteers will be able to give of their time and resources in the improvement of the well-being of an elderly population in Morocco. With this, volunteers will gain an appreciation of the difficulties that face the elderly in society.

Volunteers will be enriched, learn basic skills applicable to their everyday lives, and gain respect for the elderly and awareness of their needs and problems, as well as those of the caregivers. All these skills are not only beneficial to the community but also in life in general and for society.



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- **Social Interaction:** The promotion of community and alleviation of loneliness by the provision of social and recreational activities is in order.
- **Volunteer Support:** Continuous training and emotional support for volunteer is essential when offering high-intensity care.
- **Psychological Support:** Identifying and analyze the problems that older adults have to face when contacting their loved ones.
- **Fighting against excluision of elderly people:** The establishment of solutions that would develop the health, well-being, and quality of life of aged people.
- **Enabling the elderly to regain a balanced life:** We aim to improve living conditions, support better integration and, in general, fight against the exclusion of elderly people.
- **Promoting a holistic approach to care:** These include accommodation, catering, medical assistance, social assistance and physical and artistic activities.

**Tasks for Volunteers at the elderly care center:**

- Assisting the volunteers while they are in Hospital for medical control.
- Accompany while leaving the center for a half day of relaxation.
- Organising animation.
- Helping the elderly to organize their clothes.
- Organising the meals
- Others activities as proposed by the local administration or by MamAfrika Organization such preparing local, national and international activities.

**Volunteering Schedule:**

The volunteer will work full time and have two days off per week. The two days off will be decided in advance between the volunteer and the coordinator of the project.

**Holidays:** National and religious holidays in Morocco (3 weeks per year).



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**Accommodation:**

The volunteers will live in Elderly Care Center in shared premises with other volunteers. The organization will provide food for volunteers in the center during the whole period. And we highly encourage participants to get ready to be sociable and open-minded for effective and good communication.

The organization will provide extra Arabic courses for volunteers who will contribute to this project.

**1. About the Location:** Casablanca, in Arabic Dar El Baida, is the biggest city in Morocco and actually in the Maghreb region. It is the economic and business center of Morocco. Casablanca is one of the most important cities in Africa, demographically and economically, being one of the largest financial centers in the continent. Its port is one of the largest artificial ports in the world and the primary naval base of the Moroccan Navy.

Completed in 1993 after many years in construction, the Hassan II Mosque is among Africa's largest, with one of the world's tallest minarets to boot. Thanks to its location on the waterfront, and the laser atop the minaret that beams toward Mecca, it's one of Morocco's most striking buildings. It's also one of the few mosques that permit non-Muslim visitors into its halls.

Casablanca's central market is small and manageable. White-walled stalls with green clay tile roofs dotted with foliage make for all the Instagrammable backgrounds you'll ever need. Vendors sell produce, nuts and dates, and argan oil - the traditional Moroccan elixir for most everything. Linger long enough and eventually you will see the vendors line up for the call to prayer, and then join them in a quick tagine lunch, served at outdoor tables.

The Aïn-Diab coast, the seaside annex of the city, is the traditional spot for inhabitants of Casablanca going out for the evening, especially at weekends. Trendy restaurants and popular pubs abound along the seafront. Some of these establishments, with or without seawater swimming pools, have been there since the thirties, like an unusual restaurant built on piles.



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**2. About the Location:** Marrakech was founded in 1062 by Yusuf ibn Tashfin, leader of the Moroccan Almoravid empire. He is also considered one of the most prominent leaders of the country, promoting an Islamic system in the whole country, Muslim Spain and the Maghreb. Marrakech became the capital of the Almoravid dominion.

A new religious movement from the High Atlas called Almohads seized the city of Marrakech from the Almoravid in 1147 and the Almohad Caliph Abd al-Mu'min refused to enter the city because he claimed the mosques in Marrakech were not correctly orientated.

A few years later, Abd al-Mu'min commissioned the construction of two mosques, one is the renowned Koutoubia Mosque, which was inspired by al – Andalus (Andalusian) Islamic architecture. This is why it is very similar to the bell tower of the Seville Cathedral.

In 1230 al-Ma'mun of the new dynasty, the Marinids, captured Marrakech. Shortly after, his brother Abu Yusuf Yaqub forced the Almohads to retreat to the Atlas and the Marinids ruled over Marrakech during the following two centuries. During this period, the city was slightly forgotten as the dynasty moved the capital to Fez.