



Supporting Seniors: Catholic sisters provide sustainable, long-term care for Africa's elderly

Educated nuns in Africa are becoming multigenerational change multipliers by providing support to the most senior members of their communities.

Did you know that life expectancy in sub-Saharan Africa has risen by 20 years since 1960?

This is both good news... and bad news. The good news is that people are living longer than ever before and enjoying a higher quality of life. The bad news is that a growing elderly population requires unique care that may not be readily available.



Alumnae of ASEC's SLDI and HESA programs obtain the skills and credentials needed to advocate for the most vulnerable and persecuted individuals in the communities they serve.

ASEC's **Sisters Leadership Development Initiative (SLDI)** program provides sisters with technology, administration and finance training through one month workshops over three years. Through SLDI, sisters gain the practical skills and confidence to build strong networks and take up leadership roles in their congregations and communities.

ASEC's **Higher Education for Sisters in Africa (HESA)** program provides opportunities for sisters to access diploma, undergraduate and master's level education. HESA is delivered through partnerships with higher education institutions in Africa and online in the USA.

Provide education to sisters serving the elderly

Sisters across Africa are serving the elderly, poor, destitute, disabled and neglected people of God without discrimination. By donating to the education of a sister, you are providing the tools she needs to succeed in her ministry work. Make a donation to ASEC today.

Donate: asec-sldi.org/donate



Catholic sisters from ASEC's Sisters Leadership Development Initiative (SLDI) and Higher Education for Sisters in Africa (HESA) programs are stepping in where there are shortfalls in caring for the elderly.



In Lesotho, HESA student **Sr. Albertina** (above) completed her fieldwork experience at the Reitumetse Old Age Home. She says that the experience has affirmed her passion for social work.

Sr. Theresia serves at the Saint Marguerite D'Youville Old Age Home. She says the skills she gained from ASEC's SLDI program have given her the skills she needs to effectively manage the home.

In Uganda, three ASEC program alumnae have used their training and education at Mapeera Bakateyamba Home for the Elderly and Sick.

- **Sr. Regina** is an SLDI alumna who is serves as the home's Administrator.
- **Sr. Betty** is using the skills she learned in SLDI to run the St. Francis clinic, which serves the home's residents and the local community.
- HESA alumna **Sr. Josephine** studied nursing and previously served at Mapeera Home. She now uses her skills at a nearby orphanage.

Read more: asec-sldi.org/seniors