

TERMS OF REFERENCE

Exploration of Health Situation of Older Persons in Ukraine

Background about HelpAge

HelpAge International works with partners and a diverse global network of more than 170 organisations over 90 countries, supporting millions of older people to live safe, dignified, and healthy lives. Through our partnership and collaborations, we work to ensure the inclusion of older people across society and strive to deliver a just and fair world for everyone, whatever their age.

Our work is driven by our desire to deliver real impact for older people, to be inclusive, to work in partnership and to learn from our shared experience. Our 2030 strategy Ageing in a Just World sets out how we will work together to shape the future we all share. By ensuring that all our work promotes wellbeing, dignity and voice, we can be a positive influence in the lives of current and future older people.

HelpAge International is entering into an exciting phase of its evolution as we fundamentally transform what we do, how we do it and how we are organised. Driven by our commitment to the localization agenda, we are evolving the way we partner and deliver value at the country and local level. In the coming 3 years, we will localize our country offices and programmes, and develop new and diverse forms of partnerships globally. We seek to give primacy to local agents for change. To this end, we will replace all programmes delivered by HelpAge staff and resources on the ground with implementation by partners. This will apply across all our work -humanitarian and long-term development. Going forward, our value is framed around supporting, convening and thought leadership. A keyway of creating value and bringing impact is collaborating across boundaries and by bringing different perspectives, skills and talent together. We will deliver our work through agile teams and a global operating model, with regional roots, to focus on impact and maintain the relationships at the national level to help build collaborations and support others to set their own agendas.

Background about Ukraine

Ukraine has the largest percentage of older people affected by conflict in a single country in the world. One quarter of the country's population are over 60 years old. In eastern Ukraine, one in three of those needing assistance since the Russian invasion in 2014 are over 60. Many older people in Ukraine face a range of heightened and specific challenges including being more likely to have health conditions and/or disabilities affecting their morbidity, mobility, and mortality, as

compared to those who are younger. Eighty-nine per cent of Ukrainian older people have a chronic health condition, 71 per cent with multi-morbidities¹.

In Ukraine, 64% of families have been separated, compounding health challenges caused by displacement, reduced income, and altered distribution of social and family units and informal support networks.

Globally, the needs of older people are often overlooked by the humanitarian sector. In particular, the specific health and social care needs of older people with chronic or life-limiting illness, or those who are dying, are largely unexplored. Care for older people with life-limiting illness is not currently a priority amidst competing needs in the context of war, and no research exists to understand the specific palliative care experiences and needs of older people in Ukraine.

This study seeks to understand the specific health and social care needs of older people with chronic and life-limiting illness in Ukraine.

Aims and purpose

The goal of this study is to inform strategies for improving health and social care services and systems for older people with chronic and life-limiting illness in Ukraine and inform future operational research.

The study will:

1. Explore the physical, mental, social, and emotional health of older people before and during the ongoing conflict.
2. Investigate informal and formal health and social care systems for people with chronic and life-limiting illness before and during the ongoing conflict and understand how these may have changed because of war.
3. Analyse the barriers for older people with chronic and life-limiting illness in accessing essential health services.

This study will be used to inform a larger scale operational research study on palliative care in Ukraine. Outcomes and recommendations will also be used for advocacy and funding opportunities with donors and to make an influence to the ministry of health and health cluster. The purpose of research among older people is diverse and interrelated, aiming to contribute to the well-being, dignity, and quality of life of older individuals, addressing the challenges and opportunities associated with aging population and the impact of the ongoing conflict. It is anticipated that this research will generate evidence that will be used to assist healthcare practitioners, in addition to supporting HelpAge advocacy in promoting the identification of at-risk older people and ensuring their inclusion in health programme of government and cluster. In addition, the research should inform and reinforce wider communications and advocacy on older people as an

¹ Human Impact assessment, IOM, Ukraine, June 2023

overlooked and neglected population group in humanitarian crises around the world.

Research focus

The research will focus on older people in Lviv, Kharkiv and Dnipro oblast (IDPs and local citizens) with chronic and life-limiting illnesses including non-communicable diseases and communicable diseases such as HIV and TB, and people requiring palliative care. It will explore:

- The physical, mental, social, and economic status of older people.
- Barriers to accessing formal health and social care, including service gaps, and social, economic, and physical barriers.
- Informal care needs and experiences and changes to health and social support networks because of the conflict.
- Benefits of including older people in targeting of health and social care programmes
- – impact of war on mortality/morbidity, the behaviours of older people (e.g. eating habits, spending on food), and family/intergenerational dynamics.

Scope of Work

It is anticipated that the research would include the following elements:

- Desk-based research including analysis of health sector/cluster publications of Ukraine, HelpAge documents, as well as reports/documents from other organisations working in health and social care in Ukraine.
- Remote interviews with health and social care providers in Lviv oblast to develop in-depth case studies to identify key issues and opportunities for addressing the needs of older people with chronic and life-limiting illness.
- Summary of key issues and opportunities.
- Recommendations for future operational research and advocacy for HelpAge Ukraine.

Interested consultants are very welcome to propose alternative or adjusted methodologies that meet the purpose and scope of the study.

Deliverables

The final deliverable for this project will be a draft report of 20-30 pages, including Executive Summary, which is suitable for online dissemination and presentation at public events. The report should include:

- Commentary on current health and social care needs and experiences of older people with chronic and life-limiting illness in Ukraine, and barriers to health care focusing on palliative care.
- Recommendations to address the gaps, needs.

Time requirement and duration

The research write up is expected to commence by 1st of 2023 and conclude with a final report for dissemination by 28th February 2024

Management

This consultancy will report into the Deputy Country Director and supported by the health advisor, protection, and inclusion advisor part of the global team network and programme lead of HelpAge which will meet regularly with the selected consultant, including to help plan, guide and review the work.

Skills and experience required

Essential

- Primary degree(s) or equivalent professional experience in relevant field(s); focus on public health, UHC and healthcare related fields.
- Familiarity with international humanitarian response and coordination structures, with an understanding of key issues affecting older people.
- Knowledge and/or experience of humanitarian health programming.
- Experience in developing research reports, that require the ability to synthesise and present quantitative and qualitative analyses.
- Strong written communication skills, including the ability to summarise and present complex information in a simple, clear, and concise way.

Desirable

- Demonstrable in-depth knowledge of ageing and the rights and needs of older people.
- Experience and knowledge on home based/ community based palliative care.
- Experience in East Europe, knowledge of the Ukrainian context
- Ukrainian/ Russian language knowledge

How to apply

Interested candidates are invited to submit an expression of interest to jobs@helpage.org no later than 31 December 2023 (earlier submissions appreciated) and include:

- A proposal (max 2 pages) outlining the consultant's understanding of the ToR and proposed approach.
 - A financial proposal with cost estimates including daily consultancy fees, inclusive of VAT if required and any expenses.
 - Consultant CV(s)
 - References
- Links to recent written work produced by the consultant.