



PAKISTAN AGEING REVIEW

Advancing Inclusive Development for All Generations



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EDITORIAL: A NEW CHAPTER IN INCLUSIVE DEVELOPMENT

Welcome to the first edition of the Pakistan Ageing Review.

As we introduce this inaugural quarterly newsletter of the FAID, we are initiating more than just the dissemination of updates; we are fostering a vital national conversation.

For an extended period, the issue of Ageing has been perceived primarily through a narrow perspective focused on welfare and charity. However, Pakistan is currently at a pivotal demographic juncture. While the nation continues to experience the advantages of a “youth bulge,” an equally profound but quieter trend is emerging: the increase of the older population is occurring at an unprecedented rate. By the year 2050, it is anticipated that the number of individuals aged 60 and above in Pakistan will approach nearly 45 million.

If we do not implement timely measures through strong policies and programming informed by evidence, this demographic transition may transform from a narrative of enhanced longevity into a significant socioeconomic issue. At FAID, we advocate for early and strategic intervention. Through pilot projects, we aim to gain a deeper understanding of the various challenges encountered by older individuals, from healthcare access to social protection, so that forthcoming policies are appropriately aligned with the current landscape.

The Pakistan Ageing Review is intended to be a practical tool for practitioners, policymakers, and advocates. Each issue will include policy analysis viewed through the lens of ageing, insights related to ageing and the Sustainable Development Goals, highlights of FAID’s initiatives, exemplary global practices, and a platform to amplify the voices of older individuals.

This publication encourages a collaborative approach to development among generations, acknowledging that assisting older individuals enhances the overall well-being of society. It also underscores the intersectionality of ageing, particularly the heightened difficulties experienced by older women and individuals with disabilities. Collectively, we can transform the realities associated with an ageing population into an opportunity for creating a more inclusive, dignified, and sustainable future.

Warm regards,
Syed Moez Ud Din
Chief Executive Officer

AGEING IN PAKISTAN: THE FACTS

- **Pakistan is one of 16 countries in the world where the population of older people is over 10 million.**
- **The population aged 60+ is 7% of the total population**
- **Pakistan is home to 12,944,369 older persons, including 6,158,235 older women and 6,786,134 older men, highlighting the growing need for inclusive policies and support systems for ageing populations.**

About FAID:

The Foundation for Ageing and Inclusive Development (FAID) is a national, not-for-profit organization registered with the Securities and Exchange Commission of Pakistan (SECP) under Section 42 of the Companies Act 2017 (CUI No. 0254720), reflecting its commitment to accountability, transparency, and excellence in serving marginalized and vulnerable communities across Pakistan.

VOICES FROM THE FIELD

Extending Care to Vulnerable Households

During Ramzan, rising inflation and limited incomes increased pressure on vulnerable households, particularly older people and persons with disabilities, making it difficult to afford basic food items for Sehri and Iftar.

In response, FAID provided essential food assistance to the most vulnerable families in Islamabad, ensuring dignified and timely support that helped restore both food security and a sense of care and dignity during the holy month.

Due to my health issues and very limited income, it is hard to fulfill even basic needs, especially during Ramadan. **No one had supported us before in this way.** FAID's food assistance helped us reduce our burden and observe Ramadan with dignity. **It made us feel valued and cared for in our own community. Such support is not just food, it is hope for families like ours. May FAID continue helping people like us in the future."**

(Ms. Parveen Bibi, 72 years old)
PirSohawa, Islamabad.



"I live in a village that is far and often neglected, and no organizations usually reach us. This time, FAID came at the moment I needed it the most. I have no source of income, and arranging food is very difficult for me. This food assistance felt like a blessing for my family. It not only helped me manage Sehri and Iftar but also gave me peace of mind. I am truly grateful to FAID for remembering me in such a difficult time.

This support gave me hope to continue supporting my family despite hardships. It reminds me that we are not forgotten and that help can come when it is needed the most."

(Mr. Mubarak Jan, 70 years old)
PirSohawa, Islamabad.

PROGRAMME INSIGHTS AND EVIDENCE

Piloting WHO Integrated Care of Older People (ICOPE):

Community-level evidence plays an important role in understanding the realities faced by older persons and designing effective responses. Through its field programmes, the Foundation for Ageing and Inclusive Development (FAID) continues to pilot and implement initiatives that strengthen health systems, address humanitarian needs, and promote inclusive economic opportunities.

These initiatives provide practical insights into how age-inclusive development approaches can improve the well-being and dignity of older persons, particularly in underserved communities.

Strengthening Healthy Ageing through Community-Based Care

Early identification of health risks is critical in improving the quality of life of older persons. However, in many underserved communities, access to preventive healthcare remains limited, and older individuals often seek medical attention only when conditions become severe.

To address this gap, FAID introduced a community-based screening model using the World Health Organization's Integrated Care for Older People (ICOPE) approach. Through trained community volunteers, household-level screenings were conducted to identify early signs of functional decline, including mobility limitations, sensory impairments, and other health-related risks.

A total of 102 community volunteers from 26 community organizations, including 52 women, were engaged in the process, leading to the screening of 802 older persons in District Nowshera. Individuals requiring further assessment were referred to nearby primary healthcare facilities for follow-up care.

This approach is strengthening early detection, improving referral systems, and promoting preventive care for older populations in rural settings.



Strengthening Primary Healthcare for Older Persons

Improving health outcomes for older persons requires not only early detection at the community level but also the capacity of health systems to respond effectively.

To strengthen facility-based care, FAID organized a structured training programme for 52 healthcare professionals, including doctors, Lady Health Workers, and paramedical staff in District Nowshera, KPK. The training focused on the WHO ICOPE framework and the management of non-communicable diseases, which are increasingly prevalent among older populations.

Following the training, health professionals are better equipped to conduct comprehensive assessments of referred individuals and develop individualized care plans focused on maintaining functional ability and managing chronic conditions.

This integrated model is helping bridge the gap between community screening and formal healthcare services, contributing to a more responsive and age-inclusive health system.



Community Impact Story

A Timely Visit, A Healthier Tomorrow: Abdul Islam's Journey to Care

At 71, Abdul Islam had quietly been living with hearing and mobility difficulties in his home in Camp Korona, District Nowshera. Like many older people in underserved communities, he never sought medical care: limited awareness, reduced mobility, and the absence of encouragement kept him away from health facilities.

Everything changed with a simple visit. During a routine household outreach, trained community volunteers from FAID assessed Abdul Islam using the WHO Integrated Care for Older People (ICOPE) screening tool. The screening identified early signs of functional decline, something that had gone unnoticed and unaddressed for months.

Through counselling and guidance, Abdul Islam was encouraged to seek further assessment at a nearby primary healthcare facility. For the first time, both he and his family began to understand his condition and the importance of timely care.



The visit not only raised awareness but also motivated his caregivers to take a more active role in supporting his health.

“If the volunteers had not examined my condition and guided me, I am sure I would not have visited the health facility. No one at home had encouraged me before. In the next two days, I will meet a specialist and take proper treatment,” Abdul Islam shared.

“Thanks to the volunteers’ visit, I received help before my condition became serious, and now I feel more confident about managing my health.”

Abdul Islam’s story is a powerful reminder that meaningful change often begins at the community level. Through early detection, trusted engagement, and timely referrals, such interventions not only reduce health risks but also restore confidence, strengthen family support systems, and enable older people to live healthier, more dignified lives.

Addressing Food Insecurity and Household Vulnerability

Reducing Hunger and Strengthening Household Resilience

In District Shikarpur, recurring floods, climate-related shocks, and economic hardship have significantly affected household livelihoods. Older persons, women-headed households, and persons with disabilities often face the greatest challenges in securing regular meals.



Through the Sustainable Solutions for Food Security and Hunger Crisis Mitigation (SSHCM) project, FAID provided emergency food assistance to 150 highly vulnerable households.

The programme prioritized individuals facing severe food insecurity and ensured that assistance reached those most in need. Community members from Older People's Associations played an important role in identifying beneficiaries and supporting the distribution process, helping ensure transparency and dignity.

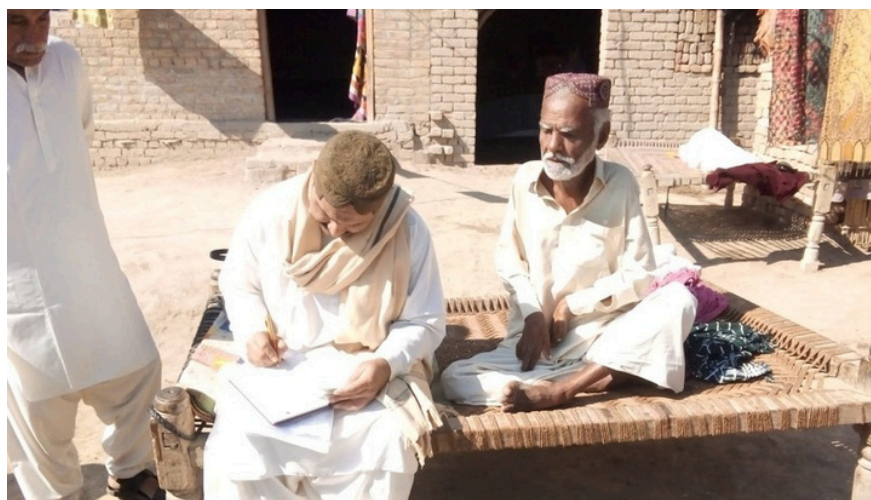
For many households, the assistance provided immediate relief while reducing financial stress during a difficult period.

Community Impact Story

Restoring Dignity at the Table: A Story of Hope and Food Security

Mohammad Esa, a 64-year-old resident of Shikarpur, lives in a household of nine and has limited mobility due to paralysis. With few opportunities to earn an income, securing daily meals had become increasingly difficult for his family.

Receiving food assistance through FAID's programme brought much-needed stability during a challenging time.



“At a time when my family was struggling for food, FAID’s support not only helped me but benefited my entire household. The quality of assistance, and the dignity with which it was provided, truly made a difference,” shared Mohammad Esa.

For Mohammad Esa, the initiative provided more than food; it restored dignity and peace of mind.

Expanding Livelihood Opportunities for Women through Vocational and Digital Skills Training

Economic vulnerability remains a key driver of household insecurity, particularly in underserved communities where women often rely on informal and unstable sources of income. In response, FAID, in partnership with WORDS under the SCHSM Project, implemented targeted skills development initiatives to strengthen women's economic participation and resilience in District Shikarpur.

Through this intervention, 60 women were enrolled in vocational training programmes in

tailoring, fashion design, and beautician skills. Alongside technical training, participants were also introduced to digital tools, including online marketing techniques and digital payment systems, enabling them to better engage with emerging income-generating opportunities.

By integrating vocational skills with digital literacy, the initiative supports women in establishing home-based micro-enterprises and exploring small-scale entrepreneurship. This combined approach contributes to strengthening household resilience, enhancing women's economic inclusion, and improving access to more sustainable livelihood pathways within vulnerable communities.



ADVOCACY & POLICY INFLUENCE

Advancing Age-Inclusive Systems in Pakistan



Strengthening policy frameworks that recognize the needs of older persons remains central to FAID’s work. In Pakistan, ageing is still emerging as a distinct policy priority, despite its growing relevance for health systems, social protection, and inclusive development.

Under the SCORE Programme, FAID conducted a four-day training titled “Testing the UHC Advocacy Guide for Older People” with participation from civil society organizations, Older People’s Associations, and community leaders engaged in promoting equitable and inclusive health systems.

The training equipped participants with practical advocacy tools to strengthen engagement with policymakers and advance the collective voice for age-inclusive Universal Health Coverage. FAID’s broader engagement in policy dialogue at national and provincial levels continues to support the development of responsive frameworks that recognize the growing importance of ageing within Pakistan’s health and social protection systems.

As one participant noted:

“This training has given us the confidence and practical tools to advocate for better health services for older people.” — Participant, Older People’s Rights Network

Advancing Age-Inclusive Universal Health Coverage through Policy Dialogue

Within the SCORE Programme, FAID implemented a structured training titled “Testing the UHC Advocacy Guide for Older People”, bringing together civil society actors, community representatives, and Older People’s Associations.

The training strengthened participants’ capacity to advocate for more responsive health systems for ageing populations and provided practical tools for engaging policymakers on key gaps in service delivery, particularly in relation to non-communicable diseases and access to primary healthcare. Participants emphasized the need to integrate ageing into Universal Health Coverage frameworks to ensure that no one is left behind in ongoing health system reforms.

In continuation of this work, FAID, in collaboration with the Buzurg Dost Network Punjab,



organized a multi-stakeholder dialogue in Lahore with policymakers, healthcare professionals, civil society actors, and older persons. The dialogue highlighted critical barriers to equitable healthcare access, including the rising burden of non-communicable diseases and financial constraints faced by vulnerable groups. Drawing on learning and global advocacy approaches from the HelpAge International network, FAID continues to promote inclusive and collaborative policy dialogue to strengthen age-responsive health systems in Pakistan.

Advancing the National Ageing Policy Through Provincial Consultations



FAID, in collaboration with the Ministry of Human Rights, is supporting the development of Pakistan's National Ageing Policy through a series of provincial consultations.

Consultations have already been conducted in Khyber Pakhtunkhwa, Balochistan, and Sindh, bringing together government departments, civil society organizations, academia, and development partners.

These consultations ensure that the national policy reflects provincial realities and the lived experiences of older people. FAID, together with MoHR and provincial partners, will continue to strengthen policy engagement through:

- Provincial consultations in Punjab and Gilgit-Baltistan

- Ongoing collaboration with government departments and civil society on policy implementation
- Building strategic partnerships to advance inclusive and rights-based advocacy

“These consultations are a critical step toward ensuring that the voices of older people are reflected in national policy and that their rights are protected across all provinces.” – FAID Policy Team

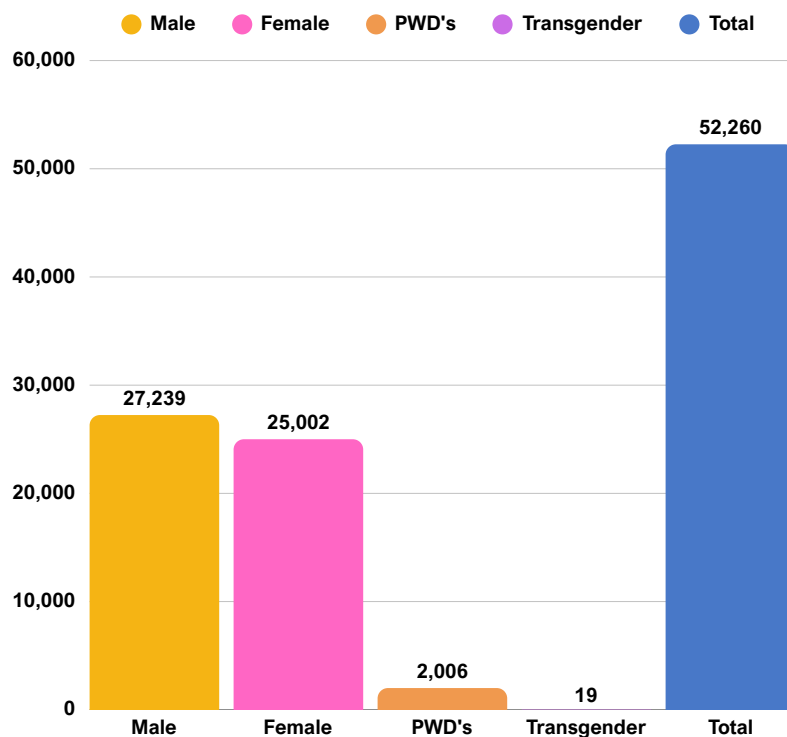
Partners in Progress

FAID works closely with government institutions and civil society partners to translate community evidence into national policy action.

Key collaborators include:

- Ministry of Human Rights
- Provincial health and social welfare departments
- Civil society organizations and research institutions
- Older People’s Associations and community networks
- The global HelpAge International network

These partnerships strengthen trust between communities and institutions while ensuring that older people’s voices inform policy development.



FAID's Beneficiaries Reach 2025/2026

LEGAL PROTECTION OF OLDER PERSONS

Legislative Progress on the Rights of Older Persons in Pakistan

Pakistan has made important progress in advancing the rights and protection of older people through provincial and national-level legislation. However, implementation and harmonization of these laws remain key to ensuring meaningful impact on the lives of older persons.

At present, key legal frameworks include:

- Khyber Pakhtunkhwa Senior Citizens Act, 2014
- Balochistan Senior Citizens Act, 2017
- Islamabad Capital Territory Senior Citizens Act, 2021
- Gilgit-Baltistan Senior Citizens legislation (under development/implementation framework)
- Punjab Senior Citizens Welfare Act, 2025/2026 (recently enacted/under advancement process)

These legal milestones reflect a growing recognition of ageing as a development and rights-based issue in Pakistan. Together, they signal an important shift towards institutional responsibility for the wellbeing, dignity, and social protection of older people.

However, the challenge now lies in strengthening implementation mechanisms, ensuring adequate resources, and translating legal commitments into accessible services at the community level. Sustained advocacy, cross-sector coordination, and inclusive policy engagement will be critical to making these frameworks effective in practice.



The “Pakistan Ageing Review” is a quarterly platform dedicated to advancing inclusive development and intergenerational solidarity as our national demographics shift. By analyzing policy frameworks and documenting pilot initiatives, we aim to transform the challenge of the emerging population into actionable opportunities for social and economic inclusion. This publication amplifies the voices of Older People and highlights the intersectional realities of gender and disability.

We invite all stakeholders, including NGOs, government departments, and private sector partners, to use this platform to showcase their initiatives, share experiences, and highlight successful interventions.

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