

## CASAK'S ROLE IN CREATING A GLOBAL IMPACT ON SUSTAINABLE DEVELOPMENT

The **Care for Aging Sisters Association Kenya, CASAK's** model of care is not just about aging, it is about **dignity, service, sustainability, and justice**. By integrating spiritual values with professional practice, CASAK is a faith-based driver of **transformative and inclusive development** that touches lives and shapes systems, with global implications.

**CASAK** is therefore, uniquely positioned to contribute to global sustainable development by championing the dignity, health, and well-being of elderly and their caregivers. Through a values-based and service-oriented approach, CASAK addresses critical gaps in care, education, and equity that align with the [United Nations Sustainable Development Goals \(SDGs\)](#).

### Promoting Good Health and Well-being (SDG 3)

CASAK improves the health outcomes of aging by:

- Providing **health and nutrition services** for both preventive and curative care.
- Training caregivers in **geriatric and palliative care**, ensuring compassionate and competent support.
- Encouraging lifestyle changes for **healthy aging**, including mental, emotional, and spiritual wellness.

#### 1. Promoting Good Health and Well-being (SDG 3)

CASAK improves the health outcomes of aging members by:

- Providing **telehealth and nutrition services** for both preventive and curative care.
- Training caregivers in **geriatric and palliative care**, ensuring compassionate and competent support.
- Encouraging lifestyle changes for **healthy aging**, including mental, emotional, and spiritual wellness.

#### 2. Quality Education and Lifelong Learning (SDG 4)

Through its Geriatric Care Management Training and mentorship programs, CASAK:

- Equips religious and lay caregivers with **professional skills**.
- Develops **training materials and workshops** on aging, spirituality, and sustainable caregiving.

- Fosters **intergenerational learning**, engaging the young and community members in the aging process.

### 3. Gender Equality and Empowerment (SDG 5)

CASAK strengthens the role of women religious by:

- **Empowering elderly members** to continue contributing to church and society through wisdom and mentorship.
- Advocating for **recognition and care** of aging especially of the women in religious life.
- Promoting **inclusive policies** that protect vulnerable older women.

### 4. Reduced Inequalities (SDG 10)

By advocating for aged and supporting marginalized caregivers, CASAK:

- Works to **reduce disparities** in access to healthcare, social protection, and education among members.
- Ensures **inclusive elder care services**, irrespective of congregation size or location.
- Engages in **policy advocacy** for age-friendly systems within the church and society.

### 5. Sustainable Communities and Institutions (SDG 11 & 16)

CASAK contributes to resilient systems by:

- Supporting the **development of congregational care plans** and **inter-congregational collaboration**.
- Encouraging **ethical leadership** and accountability in elder care.
- Promoting **human-centered systems change**, rooted in compassion, subsidiarity, and justice.

### 6. Partnerships for the Goals (SDG 17)

CASAK believes that sustainable impact is a collective responsibility. Therefore, it:

- Builds strong **local and global partnerships** with church institutions, donors, academic bodies, and health professionals.
- Participates in **knowledge exchange platforms** for elderly care.
- Leverages its network for **policy dialogue, resource sharing, and advocacy**.

## Gender Equality and Empowerment (SDG 5)

CASAK strengthens the role of women religious by:

- **Empowering elderly** to continue contributing to church and society through wisdom and mentorship.
- Advocating for **recognition and care** of aging women in the society.
- Promoting **inclusive policies** that protect vulnerable older women.

