



Vision

A future where the aged live with dignity, wellbeing, and purpose, supported by sustainable, compassionate, and collaborative care systems.

Mission

To strengthen Catholic congregations in Kenya to provide holistic, dignified, and sustainable care for aged members in Kenya.



"Stand up in the presence of the aged, show respect for the elderly and revere your God. I am the LORD"
(Leviticus 19:32)



CONTACT US

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HOURS:
MON-FRI 9:00AM – 5:00PM



The Care for Aging Sisters Association in Kenya (CASAK) is a collaborative initiative of religious women congregations committed to strengthening compassionate, sustainable care for aging Sisters and the People of God in Kenya.





Changing the way we live, age and care for older people.

By learning

- ✓ How to understand the brain aging process
- ✓ How to promote Physical, emotional and psychological wellbeing
- ✓ How to identify Geriatric issues
- ✓ How to observe and critically assess a client
- ✓ How to communicate and understand verbal and non-verbal communications
- ✓ How to safely move and handle clients
- ✓ How to be compassionate and patient
- ✓ How to manage stress
- ✓ How The legal and ethical issues related to aging

Community awareness

We engage with congregations to enhance awareness and sensitivity towards our elderly members.

Facility monitoring

We carry out regular assessments to our infirmaries and check that they offer high standards of care and comfort.

Infrastructure development

We assess infrastructure ensure safe and nurturing environment for elderly care.

Training in Geriatric Care Management

Dementia Care is challenging but not helpless. Specialized dementia care training transforms caregiving from “coping with symptoms” to “accompanying a person with dignity, skills and compassion”. Care givers learn how to handle stress and plan self-care.



Compassionate care is at the heart of CASAK

We nurture environments where the aged feel valued, supported, and loved.

We collaborate, work together through shared effort among members and learning institutions, and shared resources to deliver quality care.

We believe in compassionate care bringing healing and hope to those who suffer.

We uphold the dignity of every person, regardless of age, condition, or infirmity.

We practice ethical care with honesty, transparency, and accountability in all we do.

Join us and build your caregiving knowledge and skills today.

<https://careforagingsisterskenya.org/learn/>

