From Policy to Practice: Changunarayan Municipality's Journey Towards an Age-Friendly City through SAHARA Project

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Changunarayan Municipality in Glance

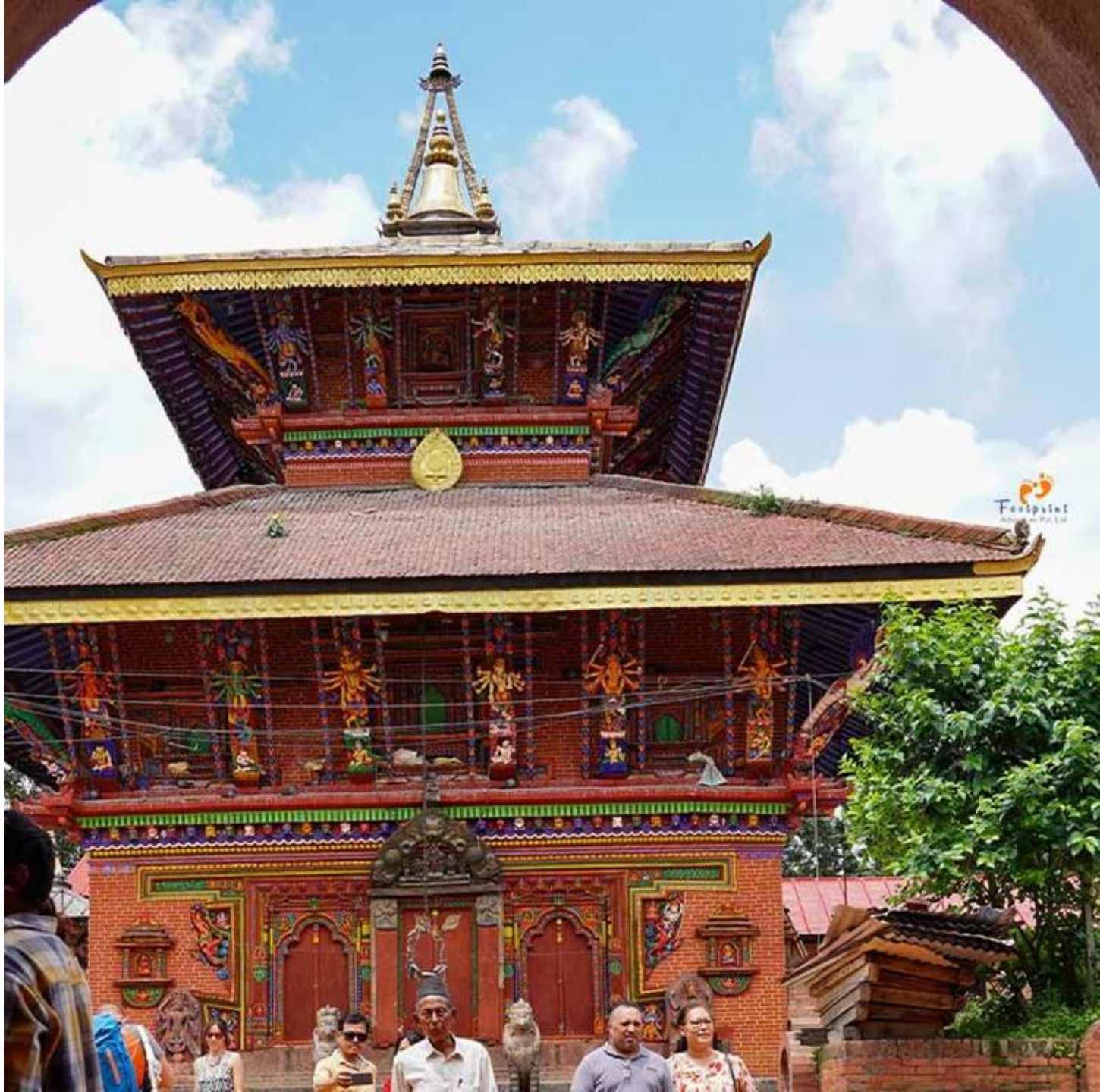
Named by : Changunarayan Temple (4th century, lichhavi dynasty)

Location : North east of Bhaktapur District

Area : 62.98 square kilometer

Population : 88,083

Senior citizen : 9 percent



Why Healthy Ageing Became a Priority to Changunarayan

- Nepal is ageing rapidly. Around one in ten people are already aged 60+, and the share is projected to approach one in five by 2050.
- Health needs are changing. Non-communicable diseases, frailty and mental and social well-being are increasingly important for older people.
- Traditional support is under pressure. Urbanization and migration can reduce day-to-day family







Age-friendly City Baseline Assessment

Journey towards an Age-Friendly Municipality

1. Partnership Development

Collaboration among:

- Changunarayan Municipality
- Nepal Red Cross Society
- Swiss Red Cross
- Senior Citizen Organizations

- **2. Initiation of Healthy Ageing Program**

Implementation of the **SAHARA Project** *(Shared Action for Healthy, Active and Respectful Ageing)*



Formation/Reformation of Jestha Nagarik Milan Chautari (Senior Citizen's Club) in all wards of Municipality

- All 9 Senior citizen club are functional.
- Clubs has their SOP's and annual plan



Community Engagement – Putting Older People at the Centre

Meaningful Participation of Older People

Major approaches:

- Strengthening Senior Citizen Organizations
- Engaging older people in program design and implementation
- Promoting intergenerational dialogue
- Recognizing traditional knowledge and experience of older persons and skills handover



Functional Ability Assessment of Older People's Club

- Clubs has their self functionality assessment tool.
- Quarterly implementation of self assessment tool by each club.
- Functionality of the clubs measured on the basis of 14 indicators.



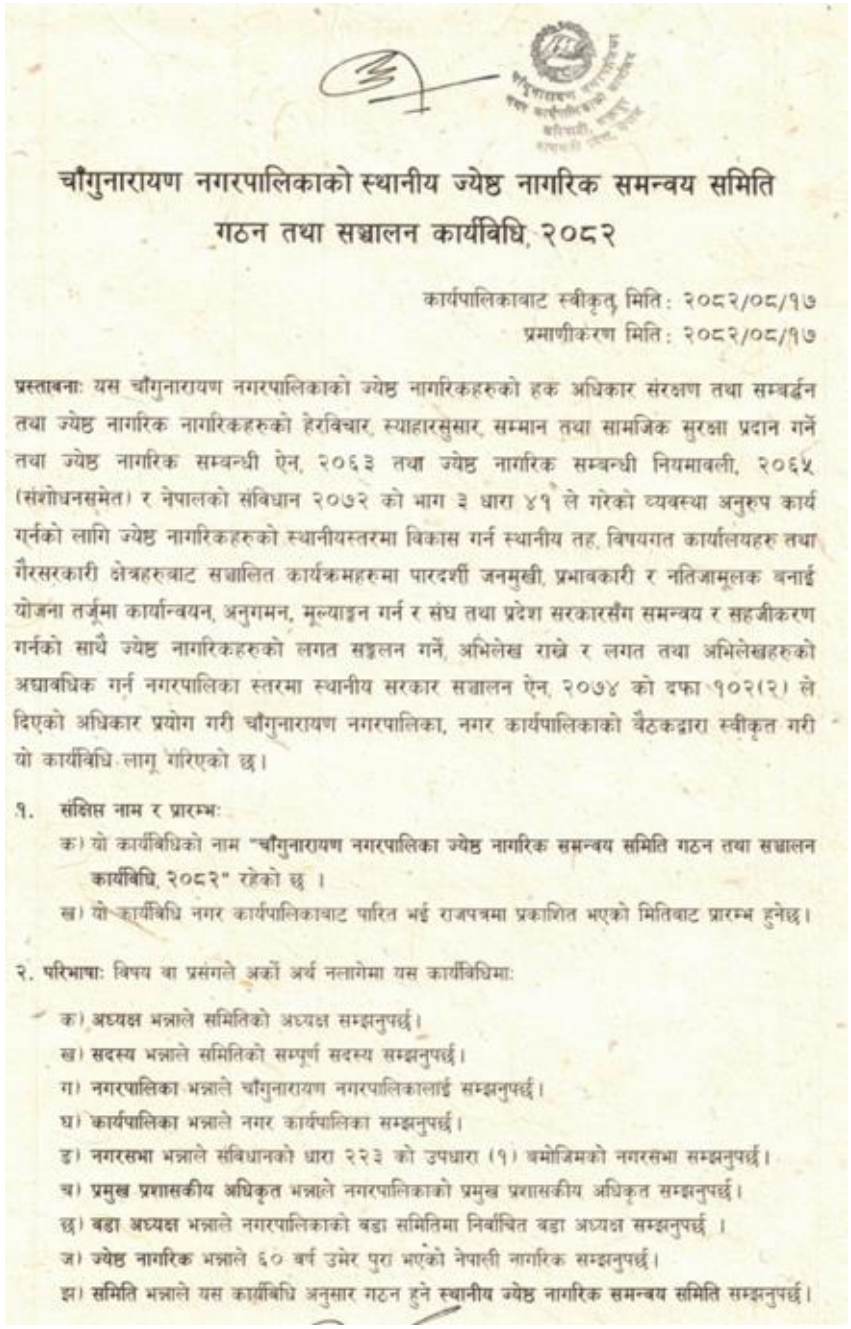
Policy – Institutionalizing Age-Friendly Approaches

- Senior citizen club formation and operation guideline 2022
- Senior citizen municipal level coordination committee formation guideline 2026
- Gender equality disability and social inclusion in DRR strategic action plan 2025
- Relief distribution guideline 2024

Changunarayan Municipality promoted age-friendly development through:

Local Government Leadership

- Integration of older people's concerns into municipal planning
- Allocation of resources for senior citizen program
- Coordination with community organizations and development partners
- Promotion of inclusive policies and program



चौंगुनारायण नगरपालिकाको स्थानीय ज्येष्ठ नागरिक समन्वय समिति गठन तथा सञ्चालन कार्यविधि, २०८२

कार्यपालिकाबाट स्वीकृत मिति: २०८२/०८/१७
प्रमाणीकरण मिति: २०८२/०८/१७

प्रस्तावना: यस चौंगुनारायण नगरपालिकाको ज्येष्ठ नागरिकहरुको हक अधिकार संरक्षण तथा सम्वर्द्धन तथा ज्येष्ठ नागरिक नागरिकहरुको हेरविचार, स्याहारसुसार, सम्मान तथा सामाजिक सुरक्षा प्रदान गर्ने तथा ज्येष्ठ नागरिक सम्बन्धी ऐन, २०६३ तथा ज्येष्ठ नागरिक सम्बन्धी नियमावली, २०६५ (संशोधनसमेत) र नेपालको संविधान २०७२ को भाग ३ धारा ४१ ले गरेको व्यवस्था अनुरुप कार्य गर्नको लागि ज्येष्ठ नागरिकहरुको स्थानीयस्तरमा विकास गर्न स्थानीय तह, विषयगत कार्यालयहरु तथा गैरसरकारी क्षेत्रहरुबाट सञ्चालित कार्यक्रमहरुमा पारदर्शी जनमुखी, प्रभावकारी र नतिजामूलक बनाई योजना तर्जुमा कार्यान्वयन, अनुगमन, मूल्याङ्कन गर्न र संघ तथा प्रदेश सरकारसँग समन्वय र सहजीकरण गर्नको साथै ज्येष्ठ नागरिकहरुको लगत सङ्कलन गर्ने, अभिलेख राख्ने र लगत तथा अभिलेखहरुको अद्यावधिक गर्न नगरपालिका स्तरमा स्थानीय सरकार सञ्चालन ऐन, २०७४ को दफा १०२(२) ले दिएको अधिकार प्रयोग गरी चौंगुनारायण नगरपालिका, नगर कार्यपालिकाको बैठकद्वारा स्वीकृत गरी यो कार्यविधि लागू गरिएको छ।

१. संक्षिप्त नाम र प्रारम्भ:
क) यो कार्यविधिको नाम "चौंगुनारायण नगरपालिका ज्येष्ठ नागरिक समन्वय समिति गठन तथा सञ्चालन कार्यविधि, २०८२" रहेको छ ।
ख) यो कार्यविधि नगर कार्यपालिकाबाट पारित भई राजपत्रमा प्रकाशित भएको मितिबाट प्रारम्भ हुनेछ।

२. परिभाषा: विषय वा प्रसंगले अर्को अर्थ नलागेमा यस कार्यविधिमा:
क) अध्यक्ष भन्नाले समितिको अध्यक्ष सम्झनुपर्छ।
ख) सदस्य भन्नाले समितिको सम्पूर्ण सदस्य सम्झनुपर्छ।
ग) नगरपालिका भन्नाले चौंगुनारायण नगरपालिकालाई सम्झनुपर्छ।
घ) कार्यपालिका भन्नाले नगर कार्यपालिका सम्झनुपर्छ।
ङ) नगरसभा भन्नाले संविधानको धारा २२३ को उपधारा (१) बमोजिमको नगरसभा सम्झनुपर्छ।
च) प्रमुख प्रशासकीय अधिकृत भन्नाले नगरपालिकाको प्रमुख प्रशासकीय अधिकृत सम्झनुपर्छ।
छ) वडा अध्यक्ष भन्नाले नगरपालिकाको वडा समितिमा निर्वाचित वडा अध्यक्ष सम्झनुपर्छ ।
ज) ज्येष्ठ नागरिक भन्नाले ६० वर्ष उमेर पुरा भएको नेपाली नागरिक सम्झनुपर्छ।
झ) समिति भन्नाले यस कार्यविधि अनुसार गठन हुने स्थानीय ज्येष्ठ नागरिक समन्वय समिति सम्झनुपर्छ।

Nepal's First Municipality in the WHO Global Network for Age-friendly Cities and Communities

A growing urban municipality committed to inclusive and resilient development

- Recognized the need to address:
  - Increasing ageing population
  - Social isolation among older persons
  - Health and wellbeing concerns
  - Disaster and climate-related vulnerabilities

Significance:

- Demonstrated local government commitment to healthy ageing
- Created a pathway for institutionalizing age-friendly approaches in Nepal
- Implemented SAHARA project with technical and financial support from Red Cross

WHAT SAHARA CHANGES



- **Local ownership, not dependency.**

Municipalities lead implementation and currently contribute around 60% of project resources, while Red Cross support accounts for around 40%. Healthy ageing is built into municipal plans and budgets.

- **Better access to health and social protection.**

The model links older people with NCD services, home visits, geriatric care, health insurance, allowances, transport support and other entitlements.

- **Community spaces that reduce isolation.**

Senior Citizen Clubs and Coordination Committees provide places for yoga, health education, social activities, digital literacy, mutual support and intergenerational exchange.

- **Policy and service change that can last.**

SAHARA supports age-friendly guidelines, local curriculum, inclusive public facilities, disaster preparedness and stronger participation of older people in local decisions.

SAHARA does not create a parallel service system. It helps local government and the Nepal Red Cross make existing health, social and community systems more age-friendly - and finance them locally.



Key Challenges
Limited and uneven participation of older people, particularly the most vulnerable and homebound older people.
Limited resources and competing priorities within local government.
Coordination among multiple stakeholders and sectors required continuous effort.
Limited awareness and understanding of healthy ageing and age-friendly approaches at community level.
Continuity of activities after external project support remains a concern.

Lessons Learned

Community ownership and active participation of older people are essential for sustainability.

Integrating healthy ageing into **municipal plans, policies and budgets** increases sustainability.

Multi-sectoral coordination among municipality, NRCS, OPAs, health institutions and communities is critical.

Regular awareness, advocacy and capacity-building are needed to translate policies into practice.

Projects should develop an **exit and sustainability strategy from the beginning**.

Strong partnerships and **municipal institutionalization** are key to sustaining project achievements.




नेपाल रेडक्रस सोसाइटी
भक्तपुर जिल्ला शाखा
२०२४
Shared Action for Healthy, Active and Respectful Ageing
(SAHARA)
eCBHFA Behaviour Change Intervention Training
Date : 24 December to 26 December 2024
Venue : Ratnagiri Resort, Changunarayan
Organized By :
SAHARA project
Changunarayan Municipality and
Nepal Red Cross Society Bhaktapur





Thank You