



# Mission Cape Town, SA

SEPTEMBER 6<sup>TH</sup> - 13<sup>TH</sup>, 2025



# Introduction

This September 2025, **CommonAge**, in partnership with the **International Federation on Ageing (IFA)**, proudly supported the participation of **10** outstanding **bursary recipients** from across Africa and Asia at the 16th Global Conference on Ageing in Cape Town, South Africa. These emerging leaders in ageing, health, and social development brought fresh perspectives, lived experiences, and innovative ideas to the global stage, contributing to the conference theme, **“Rights Matter: Advancing Equality for Older People.”**

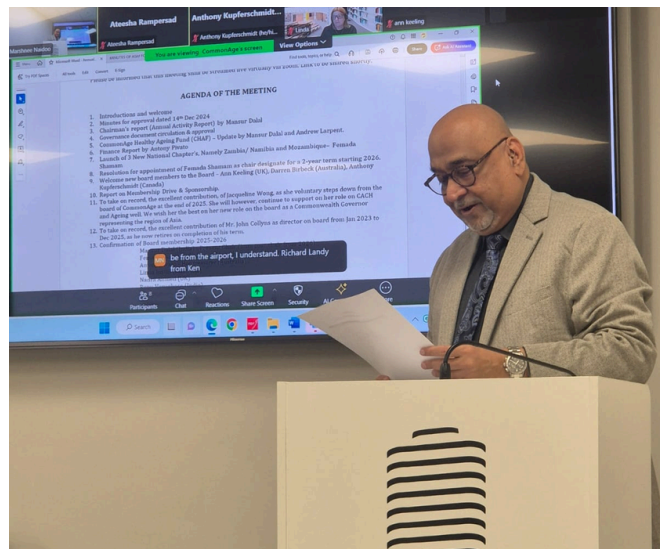
Ahead of the conference, CommonAge held its **Annual General Meeting on 8 September**, bringing together members from across the Commonwealth to reflect on the year’s milestones, strengthen a shared vision for ageing, and chart a bold course for the future. The highlight of the month being the Memorandum of Understanding signed between CommonAge & HelpAge International.

At the Annual General Meeting, CommonAge launched **3 new Chapters** in **Zambia, Mozambique, and Namibia**, further expanding its presence across the Commonwealth and strengthening its mission to amplify the voices of older people globally. These new Chapters brought together changemakers committed to ageing and intergenerational collaboration, advocated for the rights and inclusion of older people in their communities, and fostered cross-country partnerships that drove meaningful change.

# Annual General Meeting

The CommonAge Annual General Meeting was held on 8 September 2025 in Cape Town, this year.

The gathering brought together members from across the Commonwealth to reflect on the year's milestones, review key achievements, and strengthen a collective vision for ageing. It also provided an opportunity to share experiences, reaffirm CommonAge's mission of amplifying the voices of older people, and set a strategic direction for the year ahead.



Important approvals were taken for and the members were apprised of the new developments in the Board.

The board also took on record, the excellent contribution, of Jacqueline Wong, as she voluntarily steps down from the board of CommonAge at the end of 2025 and the excellent contribution of Mr. John Collins as director on board from Jan 2023 to Dec 2025, as he now retires on completion of his term



# Bursary Recipients



These future leaders will bring powerful voices, fresh perspectives, and innovative ideas to the global conversation on ageing. Together with CommonAge and the International Federation on Ageing (IFA), we're proud to support them in shaping the future of ageing worldwide

## **Meet our incredible bursary recipients:**

Miguel Marrengula – Mozambique

Anderson Simfukwe – Zambia

Richard Waindi – Kenya

Carmel Murugen – South Africa

Lizette Kuhn – South Africa

Dr Sriromi Maduwage – Sri Lanka

Margaret Njagi – Kenya

Diana Eтуhole Iyambo – Namibia

Kandina Mukapuli – Namibia

[Read More - HERE](#)

# CommonAge Chapter Launch

CommonAge launched three new Chapters in Zambia, Mozambique, and Namibia, expanding its presence across the Commonwealth and strengthening its mission to amplify the voices of older people globally. Each Chapter brought together changemakers passionate about ageing and intergenerational collaboration, advocated for the rights and inclusion of older people in their communities, and fostered cross-country partnerships that drove meaningful change.

## CommonAge Chapter Heads



### **Namibia – Prof. Janet (Janetta) Ananias**

A leading voice in social work and ageing in Southern Africa, she demonstrated a strong commitment to empowering older people through education, research, and advocacy.



### **Mozambique – Prof. Miguel Marrengula**

is as CEO and Founder of the MSB Home Based Health Care Unit and Integrated Elderly Care Centre in Maputo,



### **Zambia – Anderson Simfukwe**

is the Founder and Executive Director of Alzheimer's Disease and Related Dementias in Zambia (ADDIZ).

# Memorandum Of Understanding CommonAge & HelpAge International



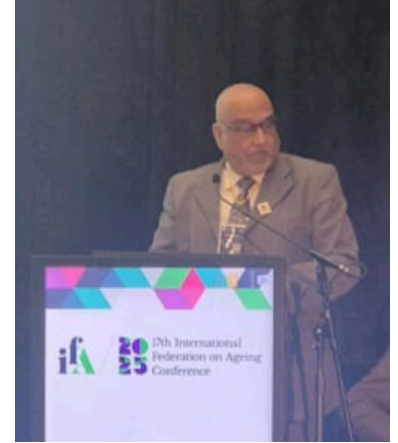
HelpAge International and the Commonwealth Association for the Ageing – CommonAge – were pleased to announce a formal strategic partnership, this Sept at Cape Town, by signing an MOU which will enable the two organisations to integrate their work for older people across the Commonwealth.



# COMMONAGE BOARD DIRECTOR'S PRESENTATIONS

**Title: Ageing In India, Presenter Mansur Dalal**

Mansur Dalal spoke about India's legal and policy framework, including the Senior Citizens Act, health and pension schemes, and Ayushman Bharat, that has improved support for older people, but awareness and coverage remain limited. Persistent gaps in access and governance call for age-friendly environments, universal health and social protection, and stronger community and public-private collaboration.



**Title: “How Might Innovations in Long-Term Care Enable Older Persons to Live with Purpose, Fulfilment, and Dignity?”**

**Panel - Allison B. Sekuler; James Mayer; Adi Rittenberg & Mansur Dalal**



The shift to technology would need to address person centered care, dignity Preservation, and meaningful resident involvement.

The bedrock should be human relationships as the foundation rather than technology as the solution. Leverage technology to create care communities where every person resident, family member, and staff- can flourish in relationship with others, by releasing the real potential of technology to enhance quality of life

## Roundtable Invitation: BRICS PLUS

Title: “ Digital Pathways for Aging Care in BRICS PLUS: Aligning Innovation, Policy, and the Care Economy”, Mansur Dalal, was invited to represent India.



### **Title: Bridging Policy, Evidence, and Practice: A Collaborative Symposium on Dementia across the Commonwealth and India -**

Authors / Presenters: Mansur Dalal; Femada Shamam; Renu Varughese; Hemanshu Jain.



This dialogue on dementia care across the Commonwealth, with a focus on India, brings together diverse perspectives on policy, evidence, and practice.

While Mansur Dalal (Chair of CommonAge) examined the scale of dementia in India, critical care disparities, and advocacy efforts toward a national dementia plan, Dr. Renu Varughese and Femada Shamam (CommonAge) highlighted findings from the Commonwealth Dementia Report, identifying prevalence trends, care systems, and policy gaps. Adding a grassroots innovation lens, Hemanshu Jain (Khyaal) demonstrated how technology can empower older adults and enhance social connectedness.





NGO Committee on Ageing -

## **Lessons from a Practitioner's Perspective: The World of Possibilities**

Femada Shamam reflected on her ethnographic journey, drawing on 25 years of experience in caring for older people. She highlighted the striking parallels between India and South Africa, both grappling with demographic shifts, urbanisation, sustainability, long-term care funding, and workforce development. Drawing global connections—from Greece's capacity-building efforts to Australia's rights-based reforms—she emphasised that, in practice, it is older women who are leading change, embodying purposeful living and fostering intergenerational reciprocity. For her, the journey was also deeply personal: travelling with colleagues reminded her of the value of “thinking partners and possibility weavers,” while reflections on her Indian ancestry reinforced lessons of resilience and community. She linked India's communal ethos with the South African philosophy of Ubuntu—“I am because we are”—as a shared spirit of solidarity and inclusion. Femada stressed that older women are not passive recipients but active agents of change who deserve a seat at the decision-making table. She called on nations and the UN to recognise longevity as a collective achievement and ensure the voices of older persons, especially women, are central to shaping inclusive and sustainable futures.

Femada Shamam also presented at the below Sessions

- **TAFTA Elder Abuse Helpline (TEAL): Conceptualization, Implementation, and Outcomes**
- **The Neighbourhood Model of Care: A Story of Community Resilience in an Ageing World**
- **Ageing Boldly: How NGOs are Building Tomorrow's Care Today**



## **Capacitating the Eldercare Workforce in Sub-Saharan Africa through International Collaboration - Presenters - Dr Renu Varughese & Carmel Murugen**



Dr. Renu Varughese, Fulbright Specialist and Director of CommonAge, alongside Carmel Murugen, Divisional Manager at Tafta and CommonAge Chapter Head for South Africa, presented a paper titled “Capacitating the Elder Care Workforce in Sub-Saharan Africa through International Collaboration.”

The paper addressed the rising care demands resulting from increased life expectancy in Africa and the resulting challenges for developing nations. It introduced the Fulbright Train-the-Trainer (TtT) Programme in eldercare as a strategic initiative to rapidly build skills and capacity in the sector. This innovative programme is a collaborative effort between CommonAge, the Fulbright Specialist Programme, and The Association for the Aged (Tafta).

# COMMONAGE COUNTRY CHAPTER PRESENTATIONS



**Miguel Marrengula** - Dynamics of aging and social protection perspective in Mozambique

**Richard Waindi** - Social Economic Empowerment in Africa, the Kenyan perspective

**Margaret Njagi** - Innovative Solutions for Elder Care in Kenya : A social Enterprise Approach

**Magen Mutepfa** - Coping with caregiving: Exploring the lived experiences of older People in Botswana.

Time to build care capacity for Ageing Care in Africa.

Prevalence and Correlates of Mild Cognitive Impairment among Botswan's older population.

**Anderson Simfukwe** - Intergenerational Relationships and Ageing: Exploring Family Dynamics and Support in Zambia"

# Gallery





**Thank you**