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RAM-OP (Rapid Assessment Method-Older People)- Innovation for humanitarian and development workers

The rapid assessment method for older people (RAM-OP) is a quick, simple, low-cost tool that allows humanitarian and development workers to obtain valuable information on older people specific needs, including their nutritional status, health and well-being, activities of daily living, disability, access to water and sanitation through a house to house survey. The simplicity of methodology will make it valuable and sustainable tool for local people in different parts of the world. This is unique and the only currently tested, available free of charge methodology that focuses on people aged 60 and over. Developed by HelpAge International in collaboration with Valid International and Brixton Health, and with funding from Humanitarian Innovation Fund, the method is so quick because it requires a sample size of just 192 (regardless of the size of the population to survey) and the process can be achieved in just around two weeks, including training and data collection, entry and analysis. Older people (generally defined as people aged 60 years and older) are a vulnerable group for malnutrition, health, water and sanitation in humanitarian and developmental contexts. For instance, due to their age related to oral health they have specific nutritional needs, such as easily digestible and palatable food adapted to those with chewing problems, which is dense in nutrients. Due to the low visibility of older people (limited mobility) they are often neglected and receive only small portion of humanitarian aid. In famine and displacement situations where populations are dependent on food distributions, older people often find the general ration inappropriate to their tastes and needs, and have difficulties accessing the distributions, or have difficulties transporting rations home.

Biography

Juma Khudonazarov has been working with many health organizations globally and is currently responsible for Health and Nutrition section of Humanitarian Team at HelpAge International, based in London. With great passion in improving the health and wellbeing of people, ample knowledge of both emergency and development projects, he participated in many research projects. He is very interested in health projects related to aging population, mental health and nutrition, HIV, MDR TB and Malaria. He has organized three international conferences including 2016 International Conference on Management of Substance Misuse in Primary Care in Central Asia.

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