

Context

- Relentless fighting and hostilities continue to drive humanitarian needs across Ukraine. Throughout the year, Russian military attacks caused widespread destruction, killed and injured thousands, and forced millions from their homes. The economic climate is increasingly poor. Ukrainian gross domestic product (GDP) decreased by 30% in 2022. In addition, the devaluation of the Ukrainian hryvnia and inflation are driving up prices.
- Since older people have disproportionately remained in Ukraine while younger people have fled, displacement has accelerated a trend toward an older population. This is stark, especially considering that in 2021, those over 60 already comprised nearly a quarter of the Ukrainian population. HelpAge calls for significant investment in longer-term planning amidst a potentially protracted conflict. This includes reform of Ukraine's health care and pension systems, as well as the consistent construction of inclusive, accessible infrastructure, including housing. These are critical priorities and significant as Ukraine rebuilds and aligns itself with EU standards.
- Poland has taken in and supported the largest number of Ukrainian refugees of any country—approximately one million people—as of August 2023. Although refugee arrivals decreased in 2023, Ukrainians continue to arrive as the situation inside Ukraine remains volatile.
- Moldova hosts 117,000 Ukrainian refugees. The already fragile economy is stretched by the influx of newcomers. A recent [IOM assessment](#) found that more than half of Ukrainian respondents have been living in Moldova for longer than six months. Yet, only a small fraction is employed, resulting in financial strain. Older refugees face particular barriers in accessing sufficient health care and coping with the psychological shock of displacement.

Key Figures

44 million – Total Population

10 million - Total Older Population (approx.)

17.6 million – People in Need

6.2 million– Ukrainian refugees across the world

5 million – Internally displaced people

Note: We have tried to be as accurate as possible with the figures in this report. Please be aware there are risks of occasional double-counting, while at the same time, some beneficiaries may have been missed. While we aim for a unique total figure, in some cases, the same beneficiaries may receive support from different activities.

Ukraine - Program delivery since February 2022

More than **132,000**
people supported

Worked with more than
41 local organizations

- **13,227 older people experiencing isolation and immobility are being provided with home-based care** from trained HelpAge staff. This includes providing support to improve their well-being, independence, and ability to access basic goods and services. Many also receive other HelpAge assistance, including cash, hygiene kits, and winterization items.
- **3,779 older people regularly visited 13 community safe spaces** where they can access a range of free support services, including fitness classes, arts and crafts, hairdressing, cultural excursions, and a psychologist. These centers are operational in several locations in Ukraine,

including in Lviv, Ivano-Frankyivsk, and Chernivtsi regions in the west and Dnipropetrovsk, Donetsk, and Kharkiv regions in the east.

Valeryi (72) and Tetiana (68)

Valeryi and Tetiana recently celebrated their 45th wedding anniversary with their newfound community: older people from across Ukraine brought together in a HelpAge community safe space. They evacuated from the village of Nova Kakhovka just before the nearby Kakhovka dam collapse that resulted in massive flooding and devastation.

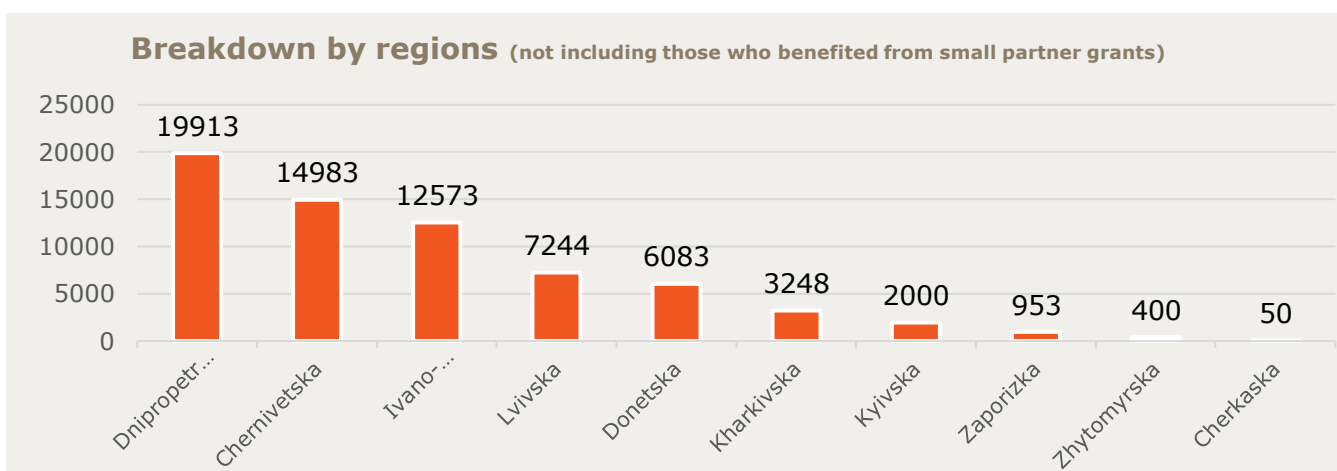
Away from home and the rest of their family, who had fled abroad, the couple find themselves grappling with the trauma of spending more than a year in a frontline town.

"No matter how much we avoid thinking about it, the things that we've been through haunt us. Luckily, there's a psychologist in the community safe space we can talk to. She has been a great help. She taught me how to care for my health," Tetiana says. "We also take fitness lessons there and go on hikes with the rest of the group."

Valeryi has found himself discovering new areas of interest: "I take computer classes. My mind works well, and I'd like to keep it that way. And learning new things helps."



- **11,744 people received multipurpose cash assistance**, which was sent through the Ukrainian post office (Ukrposhta). The one-time amount of 6,600 UAH (\$180 USD) provided enough cash to cover their basic needs for three months.
- **45,903 people (23,814 of which were aged 60+) were supported through activities including the provision of shelter, food, hygiene items, clothes, transportation, and psychosocial support.** These activities were carried out by 31 very small local organizations in Eastern and Western Ukraine, who each received two HelpAge grants—one in 2022 and a second in 2023—to support their work.
- **39,500 displaced people received food kits**, which included items such as pasta, beans, canned meat, and rice. The kits were distributed by HelpAge volunteers and partners Turbota pro Litnih v Ukraini (TLU) and Right to Protection.
- **15,949 hygiene kits** were distributed in Ukraine, which included incontinence pads, personal protective equipment, and absorbent pads.



- **6,275 people with disabilities received assistive products.** These included canes, toilet chairs, walkers, and adult diapers.
- **6,278 winterization kits** consisting of blankets and warm clothes were distributed.

Ukraine Recovery Conference

HelpAge published its briefing "[Rebuilding a society for all ages in Ukraine](#)" to coincide with the Ukraine Recovery Conference that brought together the international community to help secure Ukraine's long-term economic future. In addition, sustainable long-term reforms, namely independent and supported living for people with disabilities and older people, were the main topic of a HelpAge-organized roundtable meeting in Kyiv ahead of the conference. Local and international NGOs, local authorities, and the central government exchanged ideas on deinstitutionalization, reforms needed at the policy level, and the main barriers and opportunities in the present moment and after the war.

[Read more.](#)

Poland - Program delivery since February 2022

- **3,837 at-risk refugees received cash assistance.** Through our partnership with the Polish Center for International Aid, a local organization providing humanitarian and medical relief, we supported cash assistance programs from July 2022 to March 2023. We were also able to respond to the increases in the cost of living in the country by raising the initial disbursement from \$173 per person to \$243 in later rounds. These grants were designed to last beneficiaries for six months.
- **With our support, the Polish organization Association "E" sponsored 10 initiatives to strengthen local organizations' ability to support Ukrainian refugees.** Organizations' activities included providing psychological support, legal counseling, and physiotherapy as well as social activities and programs to help people familiarize themselves with the local community and meet residents. 1,422 individuals benefited.
- **HelpAge published a report, "[Out of that Hell, I Ended up Here](#)," about the experiences of older Ukrainian refugees in Poland** in June 2023. With the assistance of Association "E" and several local organizations, we conducted a short, qualitative research project interviewing older Ukrainians about their decisions to flee their homes, their journeys to Poland, and the experience of starting their lives anew.

Oleksandr (60)

"We came to Poland, Krakow, last year, in March. You could say that we arrived directly from the frontline, because right away, on the first day of the war, the Russian army took over our main road. Now, we rent a room in a three-room flat, with two other families.

We were very satisfied with the cash assistance received. ... I'm very grateful to the people and organizations who implemented this project. For us, it was absolutely necessary because, frankly speaking, we don't have enough to live on.

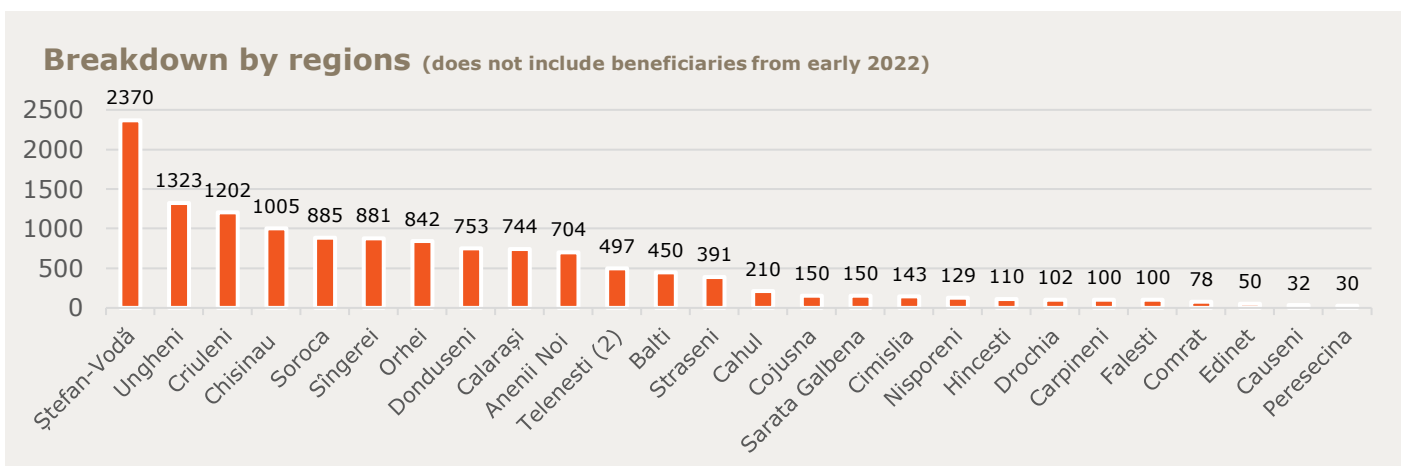
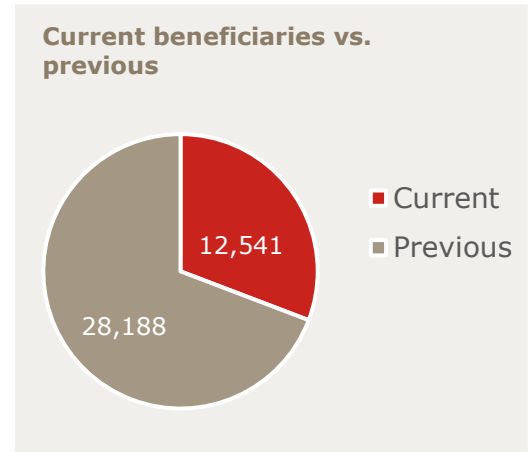
As for plans for future? Honestly, there is great nostalgia. We want to return home very much. But the question of return is uncertain. Our house was destroyed, there is nowhere to go back to, but we do want to come back."

Moldova - Program delivery since February 2022

More than **38,400**
people supported

- **11,518 refugees received food.** This includes refugees from 45 Refugee Accommodation Centers across Moldova, who have been provided with three hot meals a day.
- **2,194 refugees received a food package** that included dried fruits, nuts, canned fish, coffee, and porridge.

- **6,208 refugees received personal hygiene kits.** The content of the kits took into consideration the gender and age of refugees. They included items such as hand cream, soap, shampoo, toothpaste, shower gel, powder detergent, protective masks, wet wipes, and socks.
- **3,905 refugees were provided with a dignity pack** on arrival at the 32 collective centers, which included items such as a comb, manicure scissors, menstrual hygiene products, razor blades, deodorant, a flashlight, a bath towel, socks, hand cream, and carrying bag.
- **2,462 refugees received winterization kits.**
- **4,879 older refugees were given access to psychosocial and legal counseling and socialization services** through 13 community safe spaces.
- **2,650 older refugees received food, hygiene, or medical vouchers.**
- **902 older people received multipurpose cash assistance.**
- **909 older refugees benefited from home-based care.**
- **497 older refugees received assistive devices** such as canes, wheelchairs, crutches, shower seats, and toilet seat supports.
- **2,284 refugees were provided with gender-based violence (GBV) training.** 406 received specialized GBV support services and 605 received psychosocial counseling.



Learn More and Support

Visit our [Ukraine page](#) for the latest updates on HelpAge’s work, including testimonies from older people and our colleagues in Ukraine, Rapid Needs Assessments, and news statements.

To support our life-saving work, visit our [donation page](#).

For more information, contact Cindy Cox-Roman at ccoxroman@helpageusa.org.