

Meru County

Proposal of people living with NCDs for inclusion in the county budget 2022/2023



To the County Clerk  
County Assembly of Meru  
p. o. Box  
Meru

**Re: Proposal of PLWNCDs for inclusion in the County Annual Development Plan**

As members of people living with non-communicable diseases, we wish to submit our proposal or asks to the county government of Meru for inclusion or consideration in the ADP plan. The requests have been developed by people living with different conditions like hypertension and diabetes which also trigger other NCDs like mental illnesses, diabetes wounds, liver failure, stroke etc. if not properly managed. It is at the backdrop of this that we request the county government to include/consider our proposal in the county budgeting henceforth. Some of the main challenges we experience are;

**1. NCD Care and management**

For us to live fulfilled lives, we need continuous care and management. often times we do not receive this care and ultimately are not able to manage our conditions properly causing us to further strain our already constrained family income. We would therefore request to

- i. *Have drugs at our facilities.* When there are no drugs at the local health facilities, we are forced to buy and since our conditions are life long, it is not sustainable and therefore end up missing on doctors' prescriptions and appointments threatening our already weakened health and wellbeing.
- ii. *Standalone NCD services.* We are requesting that the county government allocates us NCD specific rooms in all the health facilities (like it is the case with HIV condition). This is because of the long ques at the facility putting in mind that those with diabetes will have visited the facility on an empty stomach (fasting depending on the type of blood test required during the visit).

iii. *Limited Health Care Providers at the health facilities*

Due to increased community screening, new cases of NCDs are being identified. This is putting a constrain on the quality of services we receive. We are therefore requesting that the county government provides us with additional health care providers to ease the burden at the local facilities for better service delivery. We would also ask the county government to train more health care workers on NCD management and control.

iv. *Capacity building to caregivers*

Majority of us with NCDs are elderly and depend on caregivers for care and management. These conditions require some basic knowledge on diet, drug intake timings, signs and symptoms, clinic/drug adherence etc. We are requesting the county government to train our caregivers so that they can be able to offer quality services especially to the elderly patients.

v. *Food supplements*

Well being is paramount for proper management and control of NCDs. we are requesting the county government and its partners to provide food supplements to enhance our health especially to the elderly and those not able to work due to the underlying conditions.

*Vi Distance between health facilities*

Due to vastness in some areas and the poor economic status of most of the PLWNCDs, we request the county government to consider additional health facilities in such areas to enable us have ease of access. Poverty and ill health limits our ability to afford to pay for drugs, transport and food that we direly need.

**2. Income generating activities**

While most of the people living with NCDs are elderly, it is important that we engage in income generating activities for sustainability and also for psychosocial support. We request the county government to engage us through providing trainings and financial and in-kind support in our support groups so that we can synergize and engage in income generating activities to empower our economic muscle and avoid total reliance on family members and the community.

**3. Policies and policy makers**

We request the county government through the policy makers to implement NCD policies that will help us access and receive total quality care and management of NCDs even as we advocate for prevention and control of the same.

**4. NCD Prevention and control**

We finally request that the county government allocates more NCD budget to equip the health facilities with necessary equipments for measurement, more human resources (Health Care Providers) within these facilities and community health volunteers, centralized NCD services in the facilities, continuous training to PLWNCDs and caregivers and, media sensitization and community outreaches to create more awareness on NCD prevention, care and management.

Thank you.

Signed by;

Name	Community	ID/No.	Signature
SUSAN K. NGONDOKI	Coordinator Munisipal Sub-county.	3746813	[Signature]