

## SERVICES

Maskan is providing safe, secure, comfortable accommodation and care by highly trained & professional attendants 24/7. Residents of Maskan are enjoying a home away from home with following services:

1. Food
2. Health Care
3. Livelihood
4. Clothing
5. Religious Freedom

At Maskan, we strongly believe in equality. We have robust systems in place to ensure that Maskan will open its doors to people of all religion, cast & race.

At MASKAN (Phase 1) has the capacity to provide residence and care to 50 Senior citizens. This capacity will be further increased in the Phase 2 and Phase 3 of the project.

Maskan is providing following facilities to all the residents:

- a. Breakfast, Lunch, dinner and tea twice a day
- b. Free Laundry facility
- c. Entertainment & Newspaper
- d. Clothing and toiletries as per need
- e. Prayer room for religious practices
- f. Social activities
- g. Health care
- h. Burial service in absence of family



**SHADE Trust**  
YOU HOPE - WE SERVE

**HELP US  
TO HELP OTHERS**



**OFFICE ADDRESS**  
📍 Wahid Chowk, Malkay Kalan,  
Marala Road, Sialkot.  
☎ +92-309-1738425  
☎ +92-52-4362296  
🌐 [www.shadetrust.com.pk](http://www.shadetrust.com.pk)



**Join Hands with SHADE  
for a Noble Cause**

## AGEING IN PAKISTAN A CHALLENGE

The elderly population is rising globally and similar trends are being observed not only in Asia but also in Pakistan. We are a developing country facing several challenges in the form of political instability, lack of economic growth, low savings of the elderly, weak pension system, makes life challenging for the elderly. Pakistan's demographic trends show that between 1990 till 2021, the population aged 60+ years increased by 75.1%.

WHO report at present, in Pakistan 4.2% of the total population is over 65 years of age with the strong likelihood of doubling this percentage by 2025. Similarly, the current life expectancy of 65.99 years at birth will reach about 72 years by 2023.

Other emerging social and cultural transformations of declining traditional family values and extended family systems does not only further compromise the status of the older people but also pose significant health and socio-economic implications on the country as a whole.

There are some medical and psychosocial aspects exclusive to the older population; however, the predominant health conditions increasingly suffered by the elderly relate to the higher disease burden musculoskeletal problems,

disabilities and cancers; along with significant infectious diseases and their sequelae. There is no widespread practice of health insurance coverage, hence, population relies on out of pocket expenditure for the treatment of all ailments.

In Pakistan, 20 % of the total population is affected by diabetes, 29% due to cardio-vascular diseases and 29% due to cancers that occur among old people above 60 years.

There is an immediate need to recognize and take comprehensive timely action to address population ageing through systematic integrated health care and social services complemented with continued family support, love and respect.

## MASKAN

Given the growing problem in Pakistan, SHADE TRUST has initiated an Old Age Home program for Senior Citizens of Sialkot. Maskan is serving 4 Million population of District Sialkot.

## OBJECTIVES

Our objective is to patronize the needs of the older people who are facing challenging circumstances.

