

# NEWSLETTER



## Feature Article

## Welcome Message

Welcome to the first issue of Vialva Legacy Chronicles! This monthly newsletter is dedicated to addressing the evolving needs of senior citizens in Trinidad and Tobago and the Caribbean. In this issue, we explore how changing family dynamics have impacted caregiving for seniors and share how the Vialva Legacy Foundation is stepping up to bridge this gap. Join us as we honor our cultural traditions, provide modern care solutions, and build a brighter future for our seniors. Together, we can enrich and empower the lives of those who laid the foundation for us.

Warm regards,  
Ms. Bhaier Ramsingh  
Editor, Vialva Legacy Chronicles

### The State of Senior Care in Trinidad and Tobago: Navigating Changing Family Dynamics In Trinidad and Tobago

13.5% of the population is over 60 years old, a demographic that continues to grow. Historically, the extended family system provided a robust support network for seniors, but in recent decades, this model has shifted towards more nuclear family structures. This evolution has left many seniors without the consistent care they once received, highlighting a growing need for dedicated senior care services that address not just physical needs but emotional and cultural well-being.



## Vialva Legacy Chronicles – Issue 1

The Vialva Legacy Foundation seeks to honor our country's rich traditions while addressing modern caregiving challenges. Through initiatives such as a culturally respectful senior daycare facility and community-based programs, we aim to provide a haven where seniors can thrive

## Foundation Spotlight

The Vialva Legacy Foundation is proud to announce the establishment of a senior daycare center, a temporary setup that will allow us to serve the community while we work toward a permanent facility. This center will provide.

- Engaging activities that honor local traditions.
- Access to health and wellness programs.
- A space where seniors can connect and feel valued.

Additionally, we are excited to invite you to our Fundraising Event on Sunday, 13 April, 2025 Radisson Trinidad Hotel Festive Ballroom.

## Initiatives and Solutions

### Collaborating with Families and Communities

We are working on several initiatives to create a collaborative care model:  
Workshops for Family Caregivers: Providing tools and training for balancing caregiving with other responsibilities.  
Senior Engagement Programs: Incorporating local music, storytelling, and cuisine to foster connection and joy.



## Current Affairs

### Spotlight on Senior Care Policy

Did you know? The government is considering policies to improve senior citizen pensions and expand access to affordable healthcare. These developments could significantly impact the quality of life for our aging population. Stay informed and let your voice be heard in advocating for better senior care services.



## Community Engagement

### A Call for Stories

We want to hear from you! Share your experiences with senior care or how cultural traditions have shaped your family's approach to caregiving. Selected stories will be featured in future issues.

