

Action Hope Malawi

P.O Box 20, Namadzi, Malawi.
Cell: +265 999278780/ 888566666
Email: info@actionhopemw.org
actionhopemalawi@gmail.com
[https:// www.actionhopemw.org](https://www.actionhopemw.org)
"Improving quality of life"



Abiti Taulo: A Life of Strength in Sitima Village



Image 1: Action Hope Malawi's MEAL officer chatting with Abiti Taulo

A Century of Strength

At 95 years old, Abiti Taulo, born in 1931, lives in Sitima Village under Sub TA Kamwendo in TA Mlumbe, Zomba District. For nearly a century, she has witnessed families grow, traditions evolve, and her community transform before her eyes. When we sat beside her, listening to her speak, we felt the weight of history carried in her soft but steady voice. Her eyes reflected both wisdom and endurance — the quiet resilience of a woman who has survived life's many seasons.

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However, in 2008, her life changed drastically when she stopped walking. What was once a life of independence slowly became one of dependence. Since then, she has relied entirely on others for mobility and daily survival.



Image 2: AHM's MEAL officer, Sitima Village Child Protection worker & Abiti Taulo having a conversation.

Daily Struggles and Family Support

Abiti Taulo currently lives in a house that is in poor condition, with surroundings that clearly reflect the hardships she endures. Her compound is rocky and uneven, making movement extremely difficult. Due to her limited mobility, accessing food and other basic necessities has become a daily struggle. She

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depends heavily on her granddaughter, Esther Njoka, who has lovingly taken on the responsibility of caring for her.

As we interacted with her alongside Mr. Duncan, the Sitima Village Child Protection Worker, we saw firsthand the challenges she faces. Yet even in hardship, she continues to endure with remarkable quiet strength.



Image 3: Abiti Taulo outside her house

A Community Steps In

Recognizing her urgent need for mobility support, Action Hope Malawi, led by the Executive Director Sammy Aaron, took the initiative to secure a wheelchair for Abiti Taulo. Through the generosity of a well-wisher, a wheelchair was donated and successfully delivered to her. The handover ceremony was

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attended by Village Head Sitima, relatives of Abiti Taulo, the Sitima Child Protection Worker, and other community members. It was a moment of unity and compassion — a reminder that no one should feel forgotten.

As we officially presented the wheelchair, we could see relief and gratitude in her eyes. Sitting in her new wheelchair for the first time, she expressed her appreciation:

"I never thought people would still remember me at this age. I am thankful that you came to see me."

Her words were simple, yet deeply moving. Other items, including a blanket, food supplies, and sanitary items, were also presented to Abiti Taulo.



Image 4: Abiti Taulo on her new wheelchair donated by a well-wisher through Action Hope Malawi

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Voices of Leadership and Partnership

During the event, the Executive Director of Action Hope Malawi reminded everyone:

"We are all growing old, and it is our duty to support one another."

His message resonated strongly within the gathering — emphasizing that caring for the elderly is not charity, but responsibility.



Image 5: Action Hope Malawi's Executive Director with Abiti Taulo

The local leader, Village Head Sitima, suggested the establishment of a community fund dedicated to supporting elderly people in the area, ensuring that cases like Abiti Taulo's are addressed collectively and sustainably.

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Mr. Duncan, the Child Protection Worker, commended the strong working relationship between the community and Action Hope Malawi, highlighting how collaboration continues to bring meaningful change to vulnerable individuals.



Image 6: Village Head Sitima speaking to the gathering.

A Story of Dignity and Resilience

Abiti Taulo's story is not just about vulnerability — it is about resilience, love, and the power of community care. At 95, she may no longer walk, but her journey speaks volumes.

Through this intervention, we did not only deliver a wheelchair; we delivered dignity, comfort, and reassurance that she has not been forgotten.

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Her life reminds us that the elderly deserve protection, compassion, and sustained support, especially after spending decades contributing to their families and communities.



Image 7: Other community members present during the handover event.

As we left her home, we carried with us more than just the satisfaction of completing a task — we carried a renewed commitment to stand with the elderly, ensuring that their final years are lived with dignity and hope.