



**USAID**  
FROM THE AMERICAN PEOPLE

world relief

# SCOPE SUCCESS STORY

## KENYA



Sophia Melita, a Community Health Assistant, encouraging Care Group volunteers with health seeking behavior.

USAID/World Relief: Photos by Adrian Simiyu, World Relief Care Group Coordinator.

### NAME AND ROLE

Sophia Melita, Community Health Assistant, and Damaris Mwinya, Care Group Volunteer

### LOCATION

Kajiado West Sub-County, Kenya

### SUMMARY

SCOPE’s Care Groups are working to address behaviour change through family planning conversations with women of reproductive age in Kenya.

[WORLDRELIEF.ORG/SCOPE](https://www.worldrelief.org/scope)

## CARE GROUPS INCREASE ACCESS TO HEALTHCARE IN KAJIADO COUNTY

Care Groups in Kajiado County have seen immediate positive impact from their training on maternal and newborn health. Following the launch of the SCOPE RMNCH project in late 2019, Care Groups were introduced to the community of Kenya Marble Quarry. This community is located in the valley region of Kajiado County, a spacious region with a mild, dry climate, surrounded by rolling green hills. With a population of around 2,638, this region had reported a low utilization of health services by women and children under age five. Inadequate access to health information had caused decreased demand for healthcare.

*“SCOPE RMNCH has enabled us as a community unit to realize behavior change in health seeking behavior among the women of reproductive health and children under five years.”*

- Sophia Melita, Community Health Assistant

As part of SCOPE’s community health strategy, five Community Health Volunteers formed a total of 25 Care Groups in the area. These Care Groups deliver health messages to mothers in the community on a biweekly basis via a cascade model. A cascade training provides a built-in multiplying effect as each trained volunteer carries the messages home to 10-15 members of her community. Consequently, in a relatively short time period, this social behavior change communication has resulted in a tremendous increase in uptake of health services as noted at the local health care facility. A recent example of this rise in health seeking behavior is Damaris Mwinya, a young mother who sought access to family planning

services and received these services through her local health facility.

### CARE GROUPS IMPROVE MATERNAL ACCESS TO FAMILY PLANNING SERVICES



Damaris Mwinya, a Care Group volunteer who was linked to KMQ health facility after learning about of child spacing at a Care Group meeting.

Damaris Mwinya is a Care Group volunteer in an Inkiwanjani village Care Group led by Miriam Sankale. During the group's biweekly meeting, Damaris learned about the importance of child spacing. When she expressed her desire to wait to expand her family, Miriam referred her to KMQ dispensary for counselling. Damaris consulted with her husband, Jeremiah, and received her preferred family planning method option. Damaris, who is currently raising a family of four, can move forward with less concern over the possibility of an unplanned pregnancy. She now feels empowered to nurture her children through their early

developmental stages and remain active in her community.

### CARE GROUPS CREATE A CASCADING EFFECT

The impact on Damaris is just one small example of the far-reaching potential of Care Groups in Kajiado County. Over the course of the project, Care Groups learn about maternal health, essential newborn care, family planning, prevention of childhood illnesses, and prevention of COVID-19. As Care Group trainings continue throughout the project, and each trained Care Group volunteer shares the learnings throughout their community, health seeking behavior in the region will continue to rise.



Care Group supervisors Florence Maina and Sophia Melita sharing albendazole (an anti-parasitic) tablets to Care Group Volunteers.

*This story is written by Adrian Simiyu (World Relief Care Group Coordinator), Florence Maina (World Relief Care Group Supervisor), and Elizabeth Cooper (SCOPE Communications Intern).*