

MOHSIN AND FAUZIA JAFFER FOUNDATION Inc.

Dignity First Program

2026



Prologue

This initiative focuses on the distribution of dignity packs to girls in the orphanages we support. The program responds to everyday personal care needs that are often present but not always met, especially in environments where resources are limited and shared among many.

For many girls in these spaces, access to basic hygiene and personal items is not consistent. This can affect comfort, confidence and how they engage in daily activities.

The initiative was designed to provide simple and practical support that allows each girl to manage her personal care with greater ease, privacy and a sense of normalcy.



Dignity Pack

Each dignity pack includes reusable sanitary towels, underwear, a toothbrush, toothpaste, body lotion, and mosquito repellent. The items were selected to support both hygiene and personal comfort in a practical and accessible way.



Why this matters

For girls growing up in institutional care, dignity is often shaped by everyday experiences. Being able to maintain personal hygiene, manage menstrual health, and have personal items of their own plays a key role in how they feel about themselves. When these needs are met, it supports confidence, participation and overall wellbeing.



Case Report – Dignity Restoration

Kwale School For The Mentally Handicapped

The Kwale School for the Mentally Handicapped is a public special needs institution in Kwale County, Kenya, serving children with intellectual and developmental disabilities primarily at the primary level. It offers adapted academics, life skills training, and rehabilitation, focusing on independence, communication, and social development. Operating as both a day and boarding school, it serves learners from Kwale and surrounding areas despite challenges like limited resources and high demand. In essence, the school provides children with disabilities a tailored education that prepares them for more independent living.



The School supports learners with a range of intellectual and developmental conditions, including intellectual disabilities, autism, cerebral palsy (CP), Down syndrome, microcephaly, multiple disabilities, and mental challenges often accompanied by limited or no speech. The school provides a structured, supportive environment where education is adapted to each learner's abilities, focusing on functional academics, communication, social interaction, and daily living skills. Through specialized teaching approaches and the use of tailored learning aids, learners are supported to build independence, improve their cognitive and motor skills, and enhance their ability to engage with their surroundings and community.

Seen, Safe and Cared For

Case Report Dignity Restored

At the Kwale home, this initiative goes beyond providing items, it shapes how girls experience care in their daily lives. For orphaned girls facing additional challenges such as disability, personal care can be more difficult, especially when items are limited or shared, making private moments harder to manage.

Providing each girl with her own essentials brings a sense of comfort, privacy, and control. It allows them to manage their needs with greater ease and dignity, while also making it easier for caregivers to offer consistent and respectful support.

At its core, this initiative ensures that no girl is overlooked in the details of care. It is about creating an environment where every girl feels safe, supported, and valued in her everyday life.





Little Angels Children's Home

The dignity packs have made a powerful difference in our home. Items like the reusable sanitary pads underwear and basic personal care are not always easy to provide consistently, yet they are essential for the girls' comfort and confidence. Receiving these packs means that each girl now has something of her own, something she can rely on.

We have seen a change in how the girls carry themselves. There is more confidence, less discomfort, and a greater sense of ease in their daily routines. It may seem like small items, but for them, it changes how they feel about themselves.

For us as caregivers, it has also reduced the strain of trying to meet these needs with limited resources. This support has allowed us to care for the girls in a more complete way.

We truly appreciate this initiative and hope it can continue, because it is addressing a need that is often overlooked but deeply felt.

**Mercy Karuga - Home Science Teacher -
Little Angels Childrens Home**

Impact

The response was immediate and positive, with the girls expressing appreciation for items that are not always easy to access.

Caregivers noted excitement from the girls in managing daily routines, with less strain on shared resources. There was also a visible shift in confidence, as the girls appeared more comfortable and at ease once they received their individual packs.



The main challenge is sustainability. These are everyday items with exception of the reusable pads that require regular replacement, and without continued support, the impact may not be maintained. There is also a wider need across other homes where similar gaps exist.

Challenges



Way Forward

There is strong potential to make this a recurring program, with periodic distribution to ensure continuity.

Expanding the initiative to reach more homes while maintaining support for Kwale will help extend the impact.

There is also room to introduce simple guidance around personal care to further support the girls in making the most of the items provided.



This initiative highlights how simple, thoughtful support can have a lasting effect. By meeting everyday needs, it creates a more comfortable and supportive environment where girls can move through daily life with greater confidence, ease, and a sense of being cared for.

Conclusion

