

Female Caregivers: Bujumbura, Burundi

Esther

“I am the caregiver of my husband, who lives with a disability. But that is not my only identity. I am a mother, a leader, and someone who takes pride in her role as a community mobilizer with IRC [International Rescue Committee]. I have learned many things over the past year, but the biggest lesson I have learned is that the key to everything is empowerment. Empowerment is what has allowed us, as women, as caregivers, to better advocate for our family members and ourselves. We know what it is that is best for our families. We know that there is a certain way to encourage other people to better understand our situation. Now, we are more confident in ensuring that the needs for of husbands, parents, siblings and children with disabilities have their needs met and that we, as caregivers, are respected, not exploited in that process.”



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