



Hope for  
Our Sisters, Inc.

## PROGRAM OVERVIEW

Hope for Our Sisters seeks to eradicate fistula by way of a three-pronged, cyclical approach — prevention, treatment, and empowerment.





## Prevention

Hope for Our Sisters invests in prevention. Our most ambitious goal is to keep obstetric and traumatic fistula from ever occurring.

### Fistula Prevention & Awareness Sessions

Community gatherings for women, men, and local health workers to learn about fistula prevention and awareness. Using written materials, demonstrations, drama, and explanations, our partners teach how fistulas develop and how prenatal care, proper nutrition, and assisted delivery can impact prevention.

### Ultrasound Empowerment Program

Ultrasounds for pregnant women in rural areas to determine the health of their babies and potential need for assisted deliveries. Husbands are invited to attend.

### Sustainable Medical Care

Funding the education of African-born medical students who will return to their home countries to provide fistula and/or maternal care.

### Maternal Health Funds

Available funds to cover the cost of emergency maternal care when the woman and/or her family cannot pay for the care received.



## Treatment

Hope for Our Sisters funds restorative surgeries to provide women with fistula the opportunity to heal and pursue their lives to the fullest.

### Fistula Repair Surgery

Restorative fistula repair surgeries, before and after surgery care, and

extended post-surgical rehabilitation and physiotherapy when needed.



## Empowerment

Hope for Our Sisters invests in women by supporting the development of each woman's untapped potential to live, lead, and contribute.

### Aftercare Program

Teaching income-generating skills (sewing), life skills (literacy), and/or Fistula Ambassador curriculum to women healing from fistula repair surgery with the hope of equipping them to provide for their families and communities and/or assist with fistula awareness efforts.

### Sexual Gender-Based Violence Groups

Funding solidarity groups to provide our sisters with community, story-sharing skills, and encouragement to help change their culture one step at a time.

### Rehabilitation & Empowerment Program

Partnering with selected women who are unable to give birth by helping them assess their best income-generating opportunity, providing start-up materials, and monitoring their progress as they seek to contribute to their family and community.