

# Annual report 2025



**15 years**  
of activity



# Content

Message from the Executive director

Get to know us

Areas of intervention

## Health

Towards health equity through social accountability

Medico-social home care

CASMED Rehabilitation center

Social service "Mobile Team"

"Health Ambassadors" Initiative

Mental health without barriers

Psychological support for refugees and local communities

## Social support

Humanitarian assistance for refugees and host families

Prevention and response to violence and PSEA

Promoting active, positive and healthy ageing

„Grandma and Grandpa Fest” – an event dedicated to active and positive ageing

Promoting intergenerational dialogue and social cohesion

## Education

Vocational training programmes and tailored training sessions for community needs

University of the Third Age

## Development

Supporting participatory democracy and civic engagement mechanisms

Launch of the Dondușeni Intergenerational Centre

Financial report

Our partners



# Message from the Executive director



The year 2025 marked a milestone of maturity for AO “CASMED”: 15 years of activity — 15 years of growing alongside communities, learning from people’s real needs, and transforming support into better, more accessible services, closer to those who need them most. This anniversary was not only a moment of recognition for the work accomplished, but also a renewed responsibility to continue with the same commitment, consistency and care.

Throughout 2025, we strengthened our interventions in health, social support, education and community development, with a continued focus on service quality and tangible impact on people’s lives. While remaining firmly committed to supporting older people and individuals in vulnerable situations, we increasingly expanded our services to children, young people, families, refugees and other community members. We addressed emerging challenges through integrated services and context-responsive solutions.

We prioritised access to care and rehabilitation, psychosocial support and prevention, promoting a person-centred approach rooted in dignity and autonomy. In parallel, education and capacity-building remained central to our work: we invested in training for older people, continuous learning for adults, and initiatives that strengthen skills and collaboration among local stakeholders. At the same time, we actively encouraged participation and intergenerational dialogue, contributing to more cohesive, inclusive and resilient communities.

Looking ahead, we are committed to continuing to innovate, strengthening partnerships and developing services that respond promptly and effectively to people’s needs. None of these achievements would have been possible without the dedication of our team, the generosity of our partners and the trust of our beneficiaries. I extend my sincere thanks to everyone who has contributed to our mission — staff, volunteers, donors and partners alike. Your support continues to inspire and motivate us to move forward.

**"CASMED" NGO at 15 years of activity:  
promotional film**

**Natalia Postolachi**  
**Executive director**

# Get to know us

## Who we are

The Public Association “CASMED” is an independent, non-governmental, non-profit organisation established in December 2010. Our mission is to support older people and other vulnerable groups through the design and implementation of social, educational and health programmes that respond to real community needs.

## What we do

AO “CASMED” works with people of all ages — children, young people, adults and older persons — to promote healthier, more active and fulfilling lives. We deliver social, medical, psychological, educational and humanitarian services in communities where the need is greatest. By creating opportunities for active ageing, recovery and social inclusion, we ensure that every individual is treated with dignity, feels heard and receives meaningful support. We collaborate closely with public authorities and local and international partners to improve quality of life and strengthen community resilience.

## Why we do it

We believe in communities where every person, regardless of age, social background or life experience, has equal access to quality services and opportunities for personal development. We are convinced that timely, close-to-home support reduces isolation, strengthens autonomy and fosters social cohesion. Our goal is to act as a centre of excellence and a trusted partner for professionals and institutions working at community level, contributing to a more dignified and inclusive society built on respect, understanding and solidarity.



Health



Social  
services



Education



Development





# Area of intervention





# Health



# Towards health equity through social accountability

In 2025, “CASMED” NGO actively fostered patient engagement in the improvement of health services by promoting open dialogue, transparent information-sharing and meaningful participation in health-related decision-making processes.



## Patients' Forum

### Third Edition

brought together over 100 representatives of patient groups, public authorities and medical institutions, strengthening dialogue and social accountability in the health sector.

The 2025 Patient Forum Resolution, which includes key recommendations for decision-makers and reflects patients' priorities, was validated as a strategic document. It can be accessed [here](#).



## The theatre play

„Friendship Meadow: Courage and Well-Being” engaged over 8,000 children, parents and teachers, providing a distinctive educational experience that helped foster awareness of personal hygiene and health from an early age.



## Platform

[www.voceapacientului.md](http://www.voceapacientului.md)

CASMED developed a demo version of the „voceapacientului” platform to strengthen patient involvement in the assessment of health services. The platform offers a safe and confidential space for patients to provide balanced feedback, including both positive insights and constructive criticism, on the medical services they receive.



## The “It's my right to be healthy” campaign

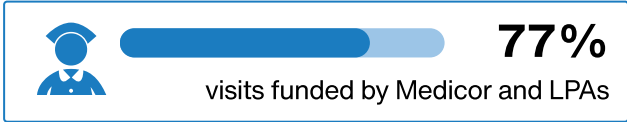
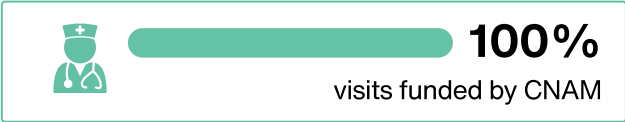
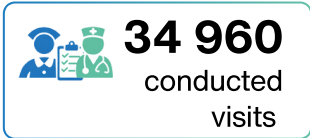
empowered over 700 adolescents aged 15–19 by increasing their knowledge of health rights, prevention, routine medical check-ups and the importance of adopting healthy behaviours.





# Medico-social home care

In 2025, “CASMED” NGO further expanded its home-based care services, acknowledging their essential role in preserving the quality of life of people in vulnerable situations. Through personalised, ongoing support and tailored home visits, the organisation ensured that beneficiaries received appropriate care in the comfort and dignity of their own homes.







At 60, Anatolie G. from the village of Bilicenii Vechi, Sîngerei district, lives with a complex range of health challenges: diabetes, hypertension, and severe joint disease. Having already undergone double knee replacements, he is now preparing for further surgery on his hips.

The pain is often debilitating, particularly with the changing weather, and his mobility remains severely restricted.

Since he began receiving home-based medical care, Anatolie says his life has changed for the better. During every visit, the nurse monitors his blood pressure and glucose levels, guides him through tailored mobility exercises, and—depending on his condition—provides physiotherapy or massage to help alleviate his pain.

“I feel so much better after the nurse’s visits. It means the world to know that someone truly cares for you,” Anatolie says.

At 78, Eftenia G., from the village of Sofia, Drochia district, spends most of her days in solitude and isolation. As age takes its toll and her strength wanes, simple tasks—doing the food shopping, keeping the house clean, or even preparing a meal—have become increasingly a struggle.

Through local home-care services, Mrs Eftenia receives more than just practical help; she finds vital emotional support. Along with assistance with her household chores and errands, she now has someone to knock on her door, listen to her stories, and offer a kind word.

“When someone comes to visit, it’s as if my loneliness just fades away,” she says, visibly moved.



*Click to explore Mrs. Eftenia's narrative:*



# CASMED Rehabilitation Center

The CASMED Rehabilitation Centre remained a cornerstone of community support, providing high-quality rehabilitation services and reaching a substantial number of people in need.



**610**  
clients  
deserved



**7 860**  
rehabilitation sessions  
tailored to each client's needs



**20+**  
types of services  
provided to the clients

## Massage

- ✓ Therapeutic massage
- ✓ Maintenance and relaxation massage
- ✓ Paediatric massage
- ✓ Hydromassage

## Physiotherapy

- ✓ Kinesiotherapy
- ✓ Manual therapy
- ✓ Cryotherapy
- ✓ Magnetotherapy
- ✓ Darsonval therapy
- ✓ Biopton lamp therapy
- ✓ MOBILE 2 COMBO
- ✓ SONOPULSE
- ✓ T-CARE (TECAR therapy)
- ✓ Shockwave therapy
- ✓ Deep Oscillation
- ✓ BIOMAG

## Children's care

- ✓ Speech therapy
- ✓ Sensory therapy
- ✓ Occupational therapy

## Other services

- ✓ Psychological counselling





# "Mobile Team" social service

In 2025, AO "CASMED" provided people with disabilities in Rîșcani District with access to integrated medical, psychological and social services delivered directly in their homes, helping to improve quality of life, strengthen autonomy and prevent social isolation and institutionalisation.



**25**

**children, young people and persons with disabilities**

(aged 0–25) received specialised home-based services delivered through the "Mobile Team" social service.



**1 400+**

**home visits and interventions**

were delivered by a multidisciplinary team — including a case manager, psychologist, speech therapist, nurse/physiotherapist and driver — contributing to improved mobility and greater autonomy among beneficiaries.



*This support means a great deal to me, because it is difficult for me to move around. The Mobile Team comes to our home and supports my child through psychological counselling, massage and physiotherapy. Even though we have only recently started, we can already see progress — Timofei is more active, more confident and more independent, and with the psychologist's help, he has started to speak*

**Aliona Turcanu**

Timofei's mother, a beneficiary from Rîșcani





# "Health Ambassadors" Initiative

In 2025, "CASMED" NGO enhanced communities' capacity to prevent health-related challenges by providing accurate and accessible information, increasing engagement with medical services, reducing misinformation, and fostering a local culture of prevention and shared responsibility for health.



**78**

**active members from 17 localities** from communities in northern Moldova were trained as Health Ambassadors, empowering them to promote health awareness and well-being at local level.



**80**

**training workshops** were delivered to prepare Health Ambassadors on healthy lifestyles, balanced nutrition, physical activity, the importance of regular medical check-ups and mental health among older people.



**130**

**seniors and adults**

received personalised information, delivered through the involvement of Health Ambassadors, on health rights, the role of the family doctor and the importance of prevention, contributing to reduced confusion and misinformation about access to medical services.



**12 935**

**home visits and consultations**

were carried out by Health Ambassadors to support vulnerable individuals in accessing medical services, offering assistance with appointment scheduling, clarifying medical guidance and helping to reduce hesitation and mistrust towards the healthcare system.



# Mental health without barriers

In 2025, “CASMED” NGO shifted mental health from a taboo to an openly addressed topic within communities in Edineț District, helping to reduce social isolation, enhance the emotional well-being of older people and strengthen community capacity to provide sustainable support for older persons.



**420**

**senior citizens**

benefited from continuous support aimed at managing loneliness, anxiety and age-related stress.



**190+**

**group psycho-emotional support sessions**

were organised to support emotional well-being.



**80+**

**thematic information and awareness-raising activities**

promoted active ageing, stress reduction and access to psychological support.



**110+**

**home visits**

provided individualised psycho-emotional support, helping to reduce the risk of social isolation and the worsening of depressive symptoms.



**18**

**trained community facilitators.**



**8**

**localities in Edineț District involved.**



**6.000**

**informational leaflets**

were distributed to raise awareness of mental health and specialised support services.





# Psychological support for refugees and local communities

"CASMED" NGO delivered vital psychological support services to refugees and local residents, assisting them in managing trauma and emotional difficulties.



**993**

**refugees**

**(749 women and 244 men)**

benefited from individual and group counselling sessions.



**61**

**refugees and local community members**

took part in **8** psycho-education sessions.



**218**

**refugees with specific needs**

received medical rehabilitation services.

**1 700**

**individual and group counselling sessions**

were delivered across three projects.

**20**

**specialist** were trained in burnout prevention.

**5**

**informational sessions** on gender-based violence



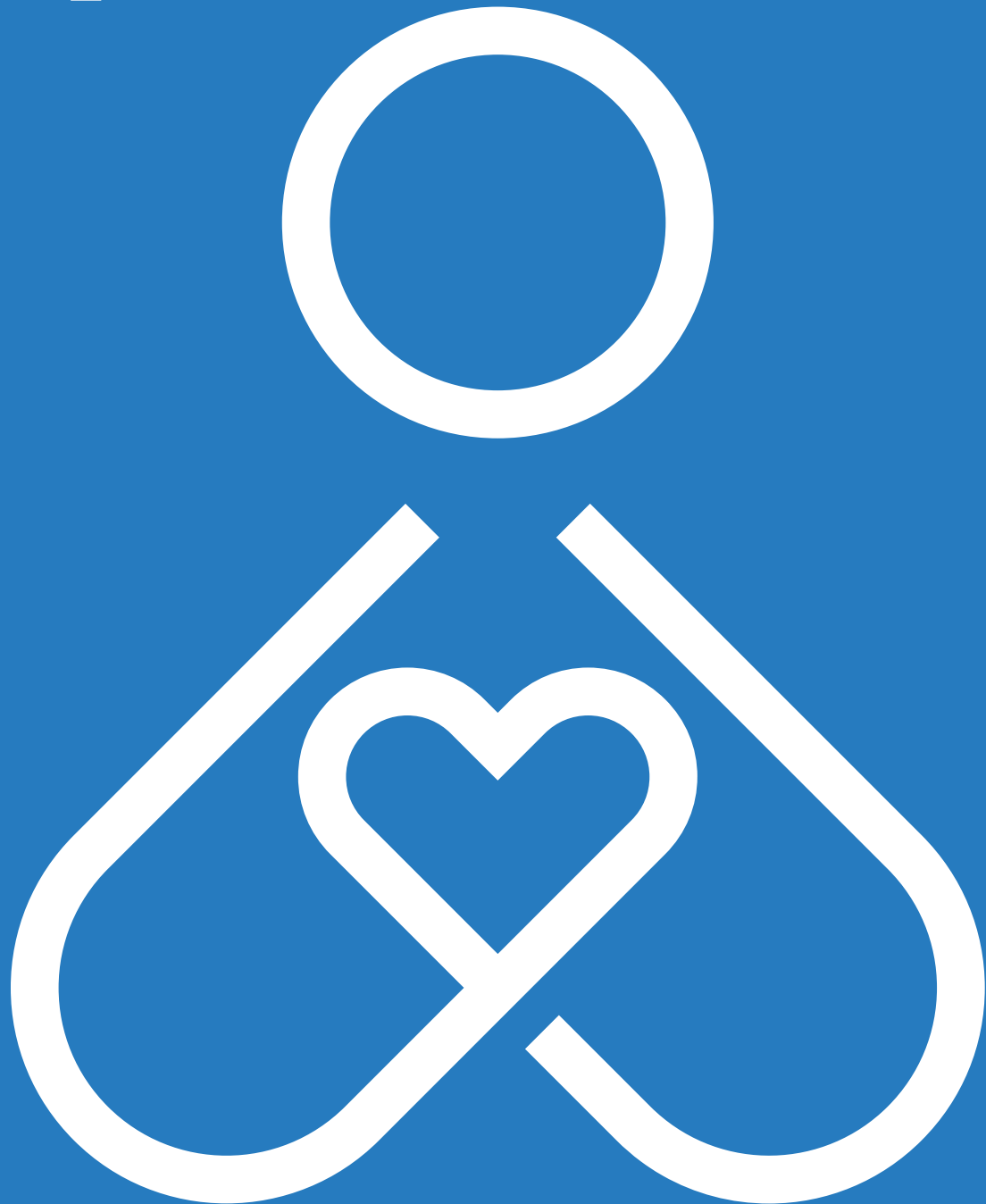
**50**

**female survivors of GBV or individuals at risk** received psychosocial support.





# Social support



# Humanitarian assistance for refugees and host families

In 2025, „CASMED” NGO continued to address the urgent needs of Ukrainian refugees and host families in Moldova, providing immediate, tangible humanitarian aid to those affected by the crisis.



**1.324**

**Ukrainian refugees and  
members of host families**

received food vouchers, each with a value of **2,000 MDL**, for the acquisition of food and non-food items from the Linella supermarkets .



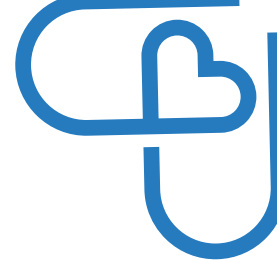
**15** districts

Humanitarian assistance was expanded geographically to cover 15 districts in northern and central Moldova, reaching refugees across 15 administrative-territorial units and ensuring wide coverage in communities with high vulnerability.





# Prevention and response to violence and PSEA



„CASMED” NGO actively tackled gender-based violence by spearheading an awareness campaign and delivering vital support services. Through training sessions and interactive community outreach, the association raised awareness and helped foster a safer environment for all.



## **16** days of activism against gender-based violence

were marked by a hybrid-format awareness-raising campaign.



## **150** people from 11 localities

including specialists, social workers, community leaders and local community members — gained knowledge on the early signs of abuse and PSEA reporting procedures, helping to reduce the risk of tolerance and underreporting of violence.



## **10** training workshops

strengthened participants' capacity to identify and address risk situations related to gender-based violence and PSEA.



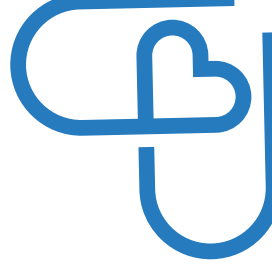
## **30.000+** social media views

highlighted the success of the campaign's digital component, facilitating the dissemination of key messages on the prevention and reporting of gender-based violence and PSEA.





# Promoting active, positive and healthy ageing



“CASMED” NGO has continued to transform perceptions of ageing by advancing an active, positive and healthy approach to later life. Through a range of innovative initiatives and diversified programmes, the organisation has created meaningful opportunities for older people to sustain their vitality, develop new skills and remain actively engaged in community life.



**1 000+**

**older people**

took part in gymnastics, dance, cycling, bowling, and outdoor competitions — promoting fitness, joy, and connection.

These activities improved physical health, mood, and confidence, reducing loneliness and helping seniors stay independent and socially engaged.

Creative workshops — toy-making, crafts, cooking, and weaving — help older adults regain confidence, stimulate memory, and stay socially connected and fulfilled.





# „Grandma and Grandpa Fest” – an event dedicated to active and positive ageing

In 2025, “CASMED” NGO promoted the active participation of older people in cultural and community life through the organisation of the “Grandma and Grandpa Fest” Festival— a hybrid event that combined tradition with digital technology and created spaces for expression, intergenerational dialogue and public visibility for seniors.



## Online component

public visibility and creative expression for older people

- ✓ 4,000+ participants
- ✓ 2 competitions, 4 exhibitions (including international participation)
- ✓ 500+ creative works produced by older participant
- ✓ 300,000+ online views



## Final event

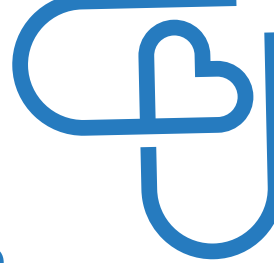
spaces for intergenerational interaction and dialogue

- ✓ 10,000+ participants and guests
- ✓ artistic programme: competitions, fairs, creative workshops
- ✓ Dedicated areas: health, children, photo, relaxation





# Promoting intergenerational dialogue and social cohesion



In 2025, “CASMED” NGO delivered a range of initiatives to promote intergenerational dialogue and social cohesion, with a focus on strengthening relationships between older and younger generations. These activities created dedicated spaces for interaction, learning and the exchange of experience, fostering solidarity, mutual understanding and active participation in community life.

**1 187** participants



**526** older people  
**304** young people  
**192** refugees  
(young people and older persons)

**6**

involved localities

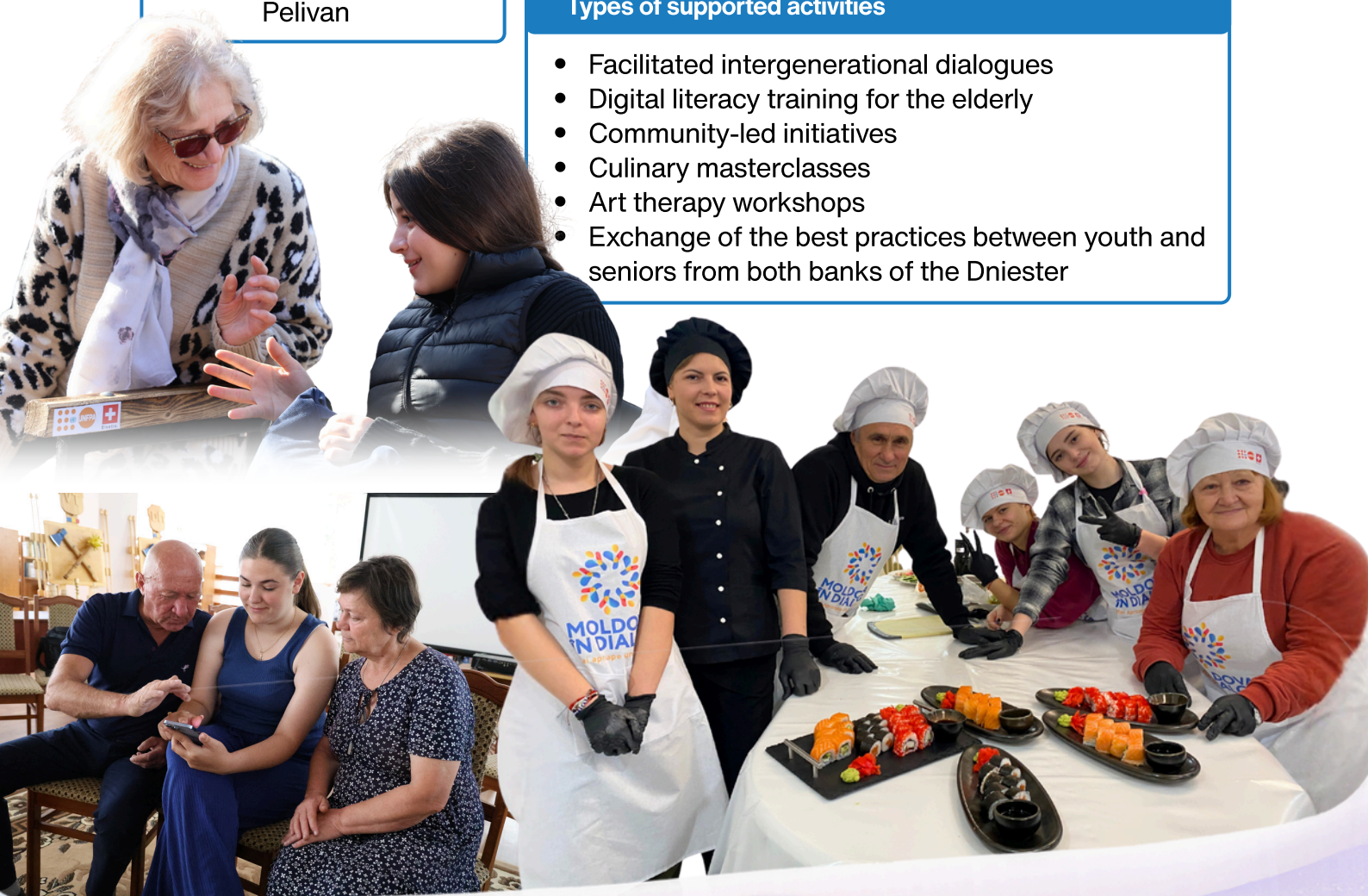


Dondușeni  
Ocnîța  
Tiraspol  
Dubăsari  
Rîbnița  
Pelivan



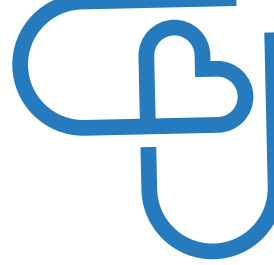
## Types of supported activities

- Facilitated intergenerational dialogues
- Digital literacy training for the elderly
- Community-led initiatives
- Culinary masterclasses
- Art therapy workshops
- Exchange of the best practices between youth and seniors from both banks of the Dniester





# Fostering intergenerational dialogue and social cohesion



**6** supported community initiatives



**Dondușeni –**  
„Spiriduș” Puppet Theatre



**Dubasari –**  
Playback Theatre



**Ocnîța –** „Intergenerational  
Outdoor Community Space”



**Pelivan –** „Jewellery of  
Memories” Workshop

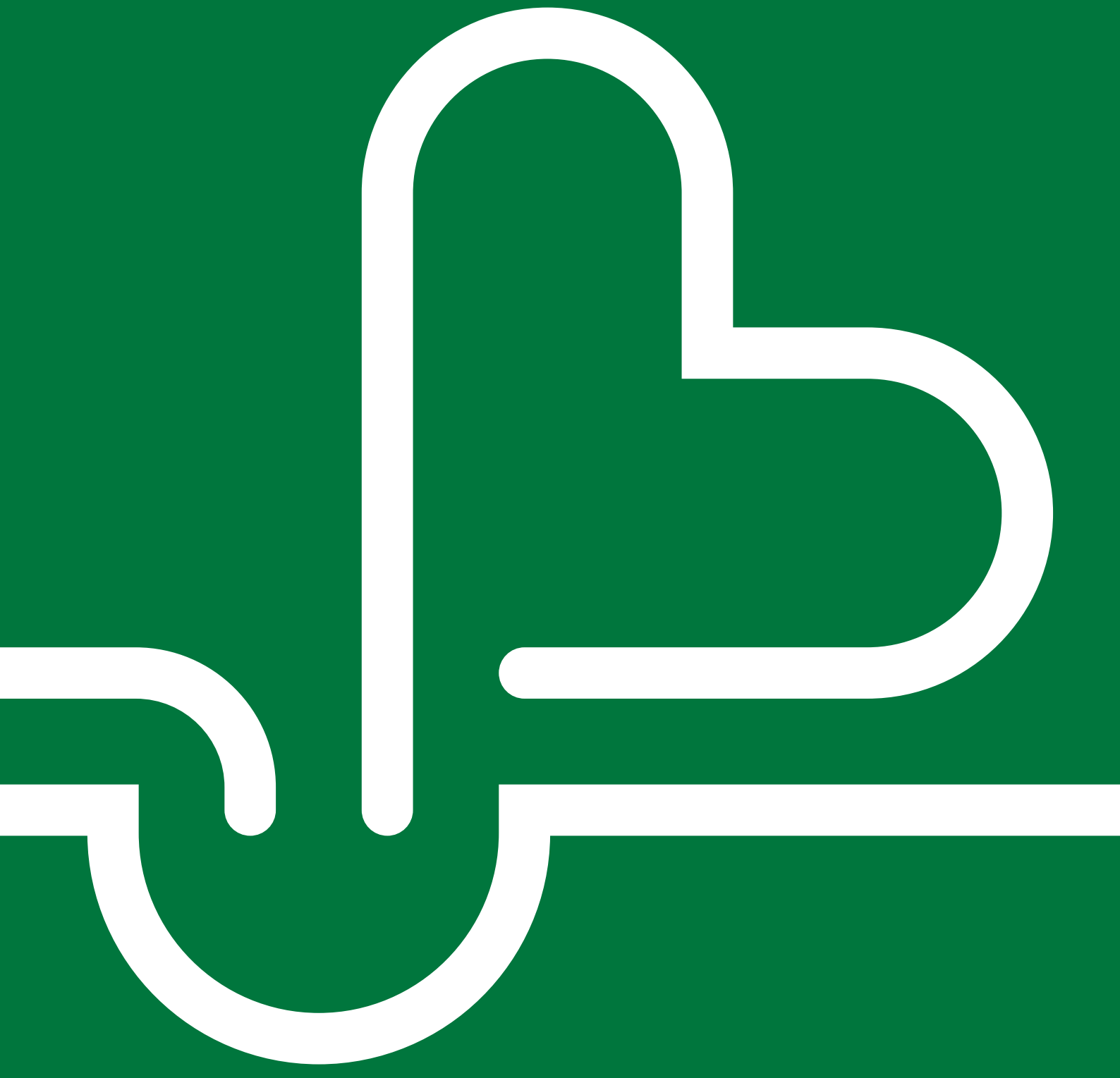


**Rîbnița –** „Intergenerational  
Dialogue” Journalism School



**Tiraspol –** „The Power of  
Connection” Practical Workshops

# Education





# Micro-credentials and training sessions tailored to community needs

Through SRL “PROMEDLINK”, “CASMED” NGO delivered adult vocational training programmes tailored to the needs of the community, aimed at strengthening professional competences and enhancing participants’ employment prospects. In parallel, the organisation continued to invest in community development by providing training initiatives that promote social inclusion and digital empowerment.

## Entry-Level Massage Course



9

people

gained professional massage skills, equipping them for entry into the labour market.



## Training sessions



250+

people

enhanced their skills through expert knowledge transfer, training, and mentoring, leading to higher quality services and improved beneficiary safety.





# University of the Third Age



In 2025, „CASMED” NGO continued to expand the University of the Third Age (U3A) programme, dedicated to promoting active ageing, social participation, and lifelong learning for seniors. The initiative provided a structured framework for continuous education, socialisation, and community engagement, offering seniors access to personal development, digital literacy, and knowledge sharing. These efforts aimed to strengthen their autonomy, confidence, and active role within society.

## **Class of 2024 - 2025**

### **U3A Balti - Edition I**

- ✓ October 2024 - May 2025
- ✓ 65 graduates

Module:

- ✓ Digital skills development
- ✓ English for seniors



## **"U3A - nearer to you" Falesti**

- ✓ June 2025 - October 2025
- ✓ 67 graduates

Module:

- ✓ Self-awareness and personal rediscovery
- ✓ Digital skills development
- ✓ Healthy lifestyle and well-being

## **Class of 2025-2026**

### **Balti, Chisinau and Cahul**

- ✓ October 2025 - May 2026
- ✓ 162 seniors enrolled

Module:

- ✓ Digital skills development
- ✓ English for seniors
- ✓ Well-being and communication
- ✓ Healthy longevity





# Development



# Supporting participatory democracy and civic engagement mechanisms



In 2025, “CASMED” NGO strengthened older people’s participation in decision-making through representative structures, capacity-building and dialogue with public authorities.



## The Active Seniors Network of Moldova (RSAM)

was legally registered and operates under a participatory governance framework that enables older people to organise collectively and actively engage in decision-making processes at both local and national levels. The network brings together **26 senior groups** as active members.



**30+**

**older leaders**

across 10 districts were empowered as community facilitators, bridging the gap between citizens and local government





# Launch of the Dondușeni Intergenerational Centre



In 2025, „CASMED” NGO promoted intergenerational dialogue by launching the Intergenerational Centre in Dondușeni. This community hub is dedicated to social inclusion and civic engagement, strengthening the bonds between young people and the elderly.



1

## **functional intergenerational center**

was officially inaugurated in Dondușeni in September 2025. It is the first of its kind in northern Moldova and the second nationwide, established to foster intergenerational dialogue and social cohesion.



115

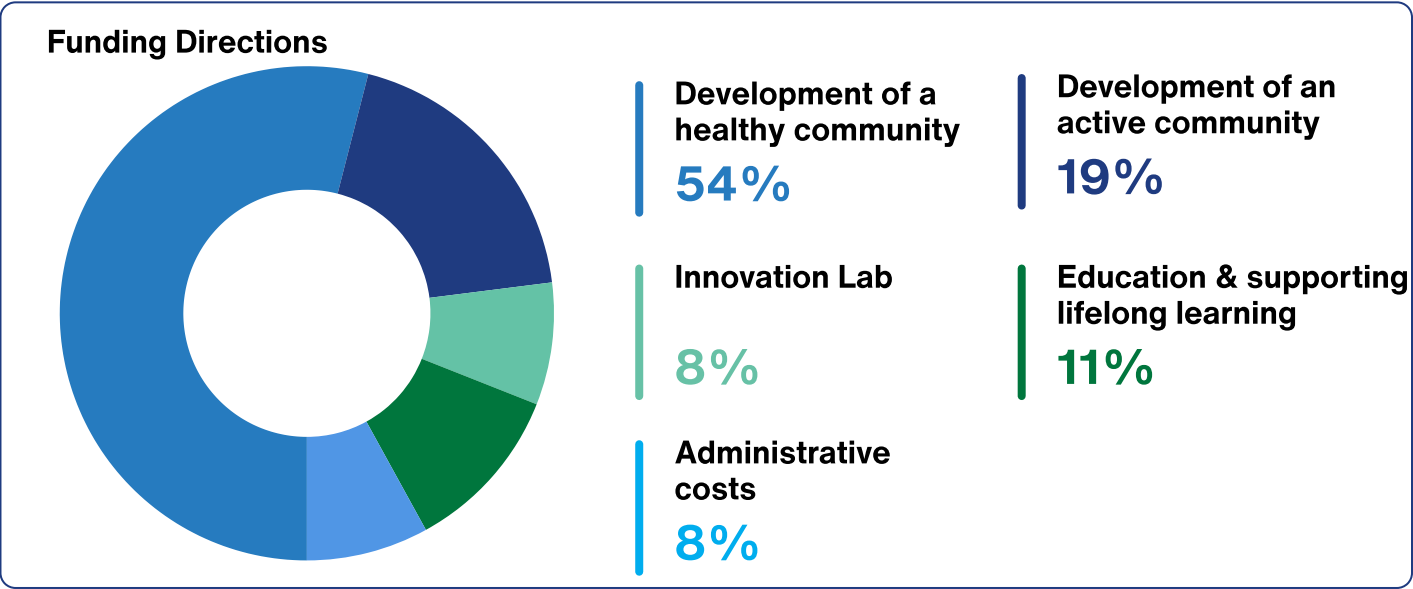
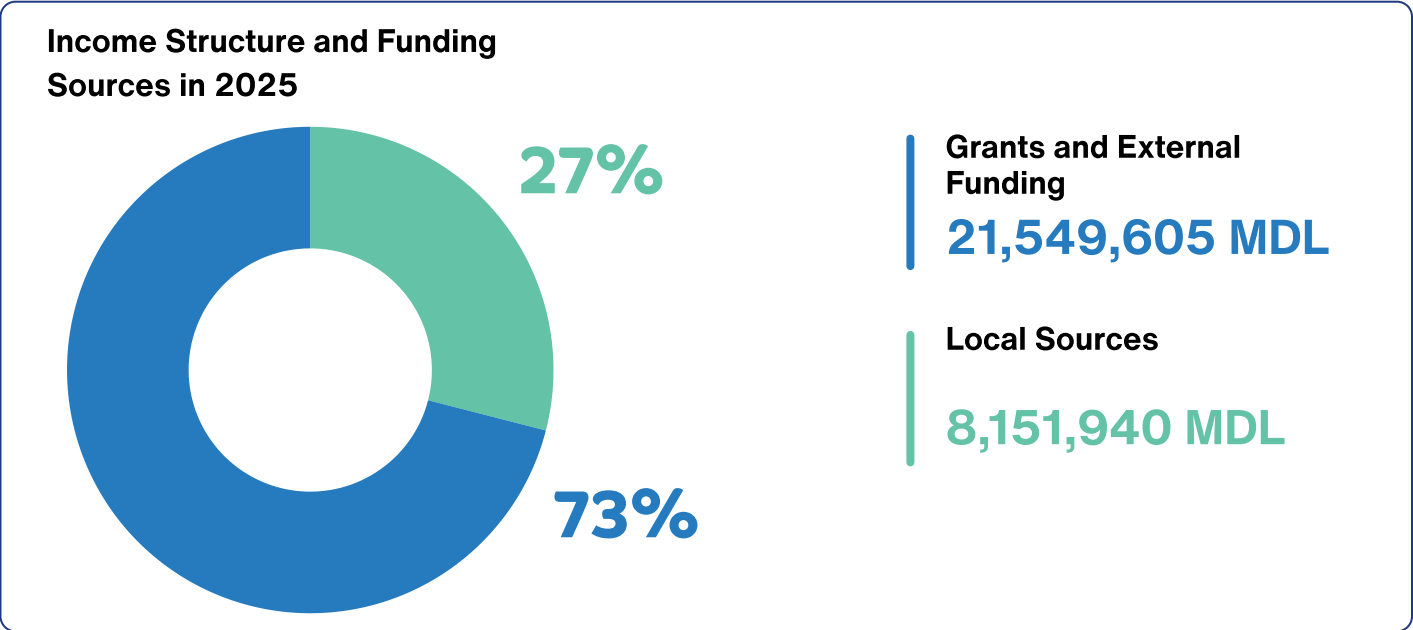
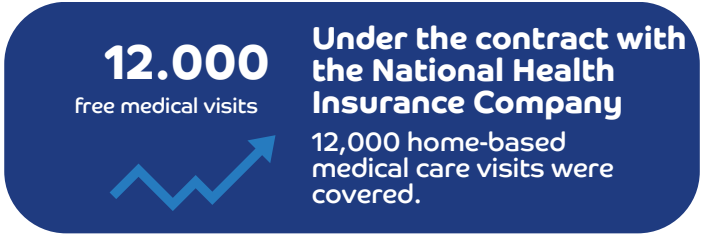
## **direct beneficiaries engaged**

100 seniors and 15 young people were directly engaged in the Centre's activities, benefiting from a safe space for interaction, learning, and civic involvement.



# Budget

## Executive Budget





# Our partners

The “CASMED” NGO team firmly believes that lasting change is achieved through collaboration. The results attained in 2025 were made possible by the support and close cooperation of committed donors and partners – including governments and international cooperation agencies, global and local organisations, the National Health Insurance Company (CNAM) and other public institutions, social assistance agencies, ministries and local authorities, cultural and educational institutions, universities and private-sector partners. We are bound by a common vision: an inclusive, resilient, and equitable society where every individual—regardless of age—enjoys dignity, health, and genuine growth opportunities.

We thank you for your honest partnership, your openness to dialogue, and for every shared idea.

We deeply appreciate your contribution to transforming initiatives into concrete impact for communities across the country.



MINISTERUL MUNCII  
ȘI PROTECȚIEI SOCIALE  
AL REPUBLICII MOLDOVA



MINISTERUL SĂNĂTĂȚII  
AL REPUBLICII MOLDOVA



MINISTRY OF EDUCATION  
AND RESEARCH OF THE  
REPUBLIC OF MOLDOVA



Elveția.



UKaid  
from the British people



Finanțat de  
Uniunea Europeană



NCA  
actalliance



CZECH  
AID



german  
humanitarian  
assistance  
DEUTSCHE HUMANITÄRE HILFE



World Health  
Organization

Swiss Red Cross



HEKS  
EPER  
Bread for all.



CNAM  
COMPANIA NAȚIONALĂ  
DE ASIGURĂRI ÎN MEDICINĂ

HIAS



People  
in Need



JOHANNITER

medicor foundation  
Liechtenstein



Primăria mun. Bălți



DGAMS



est. 1957



MENSANA

PROIECTUL MOLDO-ELVEȚIAN  
SUPPORT PENTRU REFORMA SERVICIILOR  
DE SĂNĂTATE MENTALĂ ÎN MOLDOVA



alda  
European Association  
For Local Democracy



FUNDATIA EST-EUROPEANA  
MOLDOVA



Agencia Teritorială  
de Asistență Socială  
NORD-NORD-VEST

Agencia Teritorială  
de Asistență Socială  
NORD-VEST

Agencia Teritorială  
de Asistență Socială  
NORD-EST

Agencia Teritorială  
de Asistență Socială  
CENTRU-EST

moldcell<sup>co</sup>  
FOUNDATION



DRAXLMAIER

otpbank

linella  
Alături zi de zi

salut  
Farmacia  
prețurilor  
mici



CORES  
Platforma pentru Cooperare  
Regională în Sănătate

Homecare  
Asociația Obștească



AFAD  
ASOCIAȚIA PENTRU FORMARE  
ANTREPRENORIALĂ ȘI DEZVOLTARE



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