

ABA FREQUENTLY ASKED QUESTIONS (FAQs)

- a) **What is the ABA?** The Advocates' Benevolent Association is an association of Advocates whose sole objective is to help poor or distressed persons who are, in terms of priority, members of the Association and widows/widowers, children and dependents of deceased members.
- b) **What is the purpose of the ABA?** The purpose/object of the Association is to help distressed members of the Association, pay a token of last expenses of deceased members and support the education of their children up to limits set by the Board of Management of the association and to do all things as are incidental or conducive to the attainment of all or any of the foregoing objects and towards the advancements of members welfare
- c) **Who is a Member of the ABA?** Membership of the Association consists of every Advocate who is a paid up Member of the Society by virtue of S.22(b) and 23(1) of the Advocates Act and of Advocates admitted to Membership by the Board under Rule 15 of the ABA Rules. However, the Association is yet to admit new Members under Rule 15 of the ABA Rules.
- d) **How do I become a Member?** By paying the annual subscription for membership of the Association which is **KShs. 3,500/=**. However, one may at any time constitute him/herself as a Life Member on payment of **KShs. 150,000/=** in lieu of subscriptions for any current year. (This is a one-off payment.)

Annual subscriptions are payable in January each year upon payment of the annual practicing certificate. Any member who shall be in arrears and who neglects to pay such arrears shall cease to be a member. However, the Board has power to reinstate such member upon payment of the arrears or on such other terms as the Board may deem fit.

- e) **What programs does the ABA have in place?** The Association runs an **Education Assistance Policy** in which it pays the children's education from Nursery Level right through to Tertiary level subject to the approved limits by the Board. The Limits will be reviewed by the Board factoring in Inflation, Public Education Policies and Members' Feedback. The payments shall be directly to schools and a receipt as proof of payment **MUST** be received from the institution within **30 Days** of payment. No subsequent payments will be paid on behalf of a beneficiary where no receipts are received by the Board.

Students undertaking their Under Graduate Studies will be required to apply for assistance from the Higher Education Loans Board (HELB) or provide a clearance Certificate from the Higher Education Loans Board (HELB). The Association shall enforce the Government Education Policy on Age Limits of

Children. The Education support will be given to children aged between 4years and 23 years at the Time of Application. The Board shall reserve the right to determine the Support of the children who do not fall within this age parameter.

The Current Board Limits are:

Nursery	Kshs. 40, 000/=
Primary	Kshs. 55, 000/=
Secondary	Kshs. 80, 000/=
Tertiary	Kshs. 60,000/=

The Association also runs a **Last Expenses Policy**. This policy came into effect on 1st January, 2018. It is only applicable to a fully paid up member of the Association. A formal appeal must be received by the Association within thirty (30) days after demise of the advocate. The Amount is capped at **Kshs. 50, 000**.

Further, the Association has **Medical Assistance Policy** in place. The benefit came into effect on 1st January, 2018. Benefit is only applicable to a fully paid up member of the Association and the appeal requested shall only be for inpatient cases. It is a one-off payment made directly to hospitals and a receipt issued for the same. Where a member has a medical cover they shall provide evidence of Exhaustion of the said cover. The Branch chairperson of where the Advocate ordinarily practices shall provide a recommendation letter on behalf of the Member. The Amount is capped at **Kshs. 35, 000**.

The Board of Management is cognizant to the fact that our profession is competitive and demanding. Members are vulnerable to stress, anxiety, burnout, depression, divorce, substance abuse and compulsive behaviors. The reluctance of members to seek help as they are fearful, in denial, afraid of being embarrassed and concerned about their problems being known and negatively impacting on their status and reputation.

This is why the **Lawyers Assistance Program** has been put in place. The LAP as the Association thus far fondly refers to this Program is a chance to help lawyers in need of emotional, personal or career related support.

So far, the Board has the following partnerships in place under the LAP:

- i. **Hillpark Health and Fitness Centre** in based in Nairobi and Tiwi beach, Kwale County: A Ten (10) % discount on gym membership fees during peak

hours and 15(fifteen) % off peak hours. The Board is still negotiating for lower accommodation rates.

- ii. **Ashley's Kenya:** They will offer members a Fifteen (15) % discount on all their services everyday of the week except Wednesdays when the discount is Fifty (50) % in all their branches save for that at Westgate Mall. The Westgate Mall shall offer Fifty (50) % discount on all their services on Wednesdays.
 - iii. The Association has, in conjunction with **The Kenya Counseling & Psychologists Association** and with a view to assist Members developed a database of counsellors and psychologists countrywide to whom members can reach out to. A link to this database can be found on the ABA website.
- f) **How can I get in touch?** Individuals in need, or those who may know someone who might qualify for assistance can get into contact with the ABA using the e-mail address aba@lsk.or.ke or call any of these numbers: **0717-595006** or **0720-904983**