

CAREGIVING PRACTICES FOR OLDER ADULTS IN AFRICA: IMPLICATION FOR TRANSFORMATIVE SOCIAL WORK PRACTICE



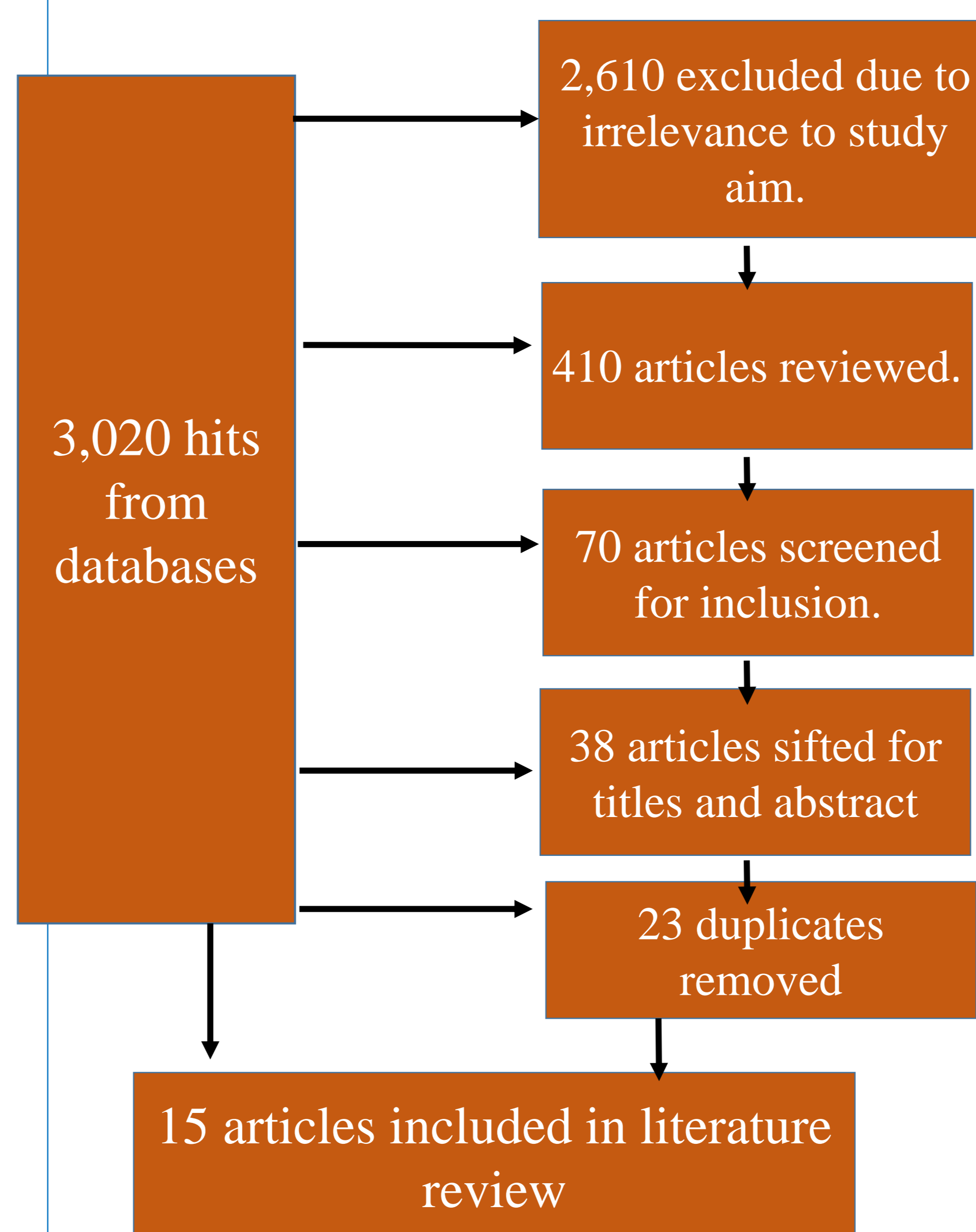
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INTRODUCTION

- Care for older adults in Africa is multi-generational (Carr & Utz 2020).
- Familial support system ensures older adults receive holistic care (Semo & Frissa 2020).
- There are shifts in caregiving practices for older adults due to urbanization and social development (Smock & Schwartz, 2020)
- The aim of the study was to examine caregiving practices for older persons in Africa.

METHODOLOGY



CONCLUSION

- A comprehensive approach to care for older adults in Africa should consider the individual experiences and needs of older adults within the community.
- Social workers should engage with older adults to understand their specific needs or challenges of caregiving.
- National policies on aging should incorporate informal caregiving strategies for older adults.
- Aging policy to promote training in gerontology Africa.

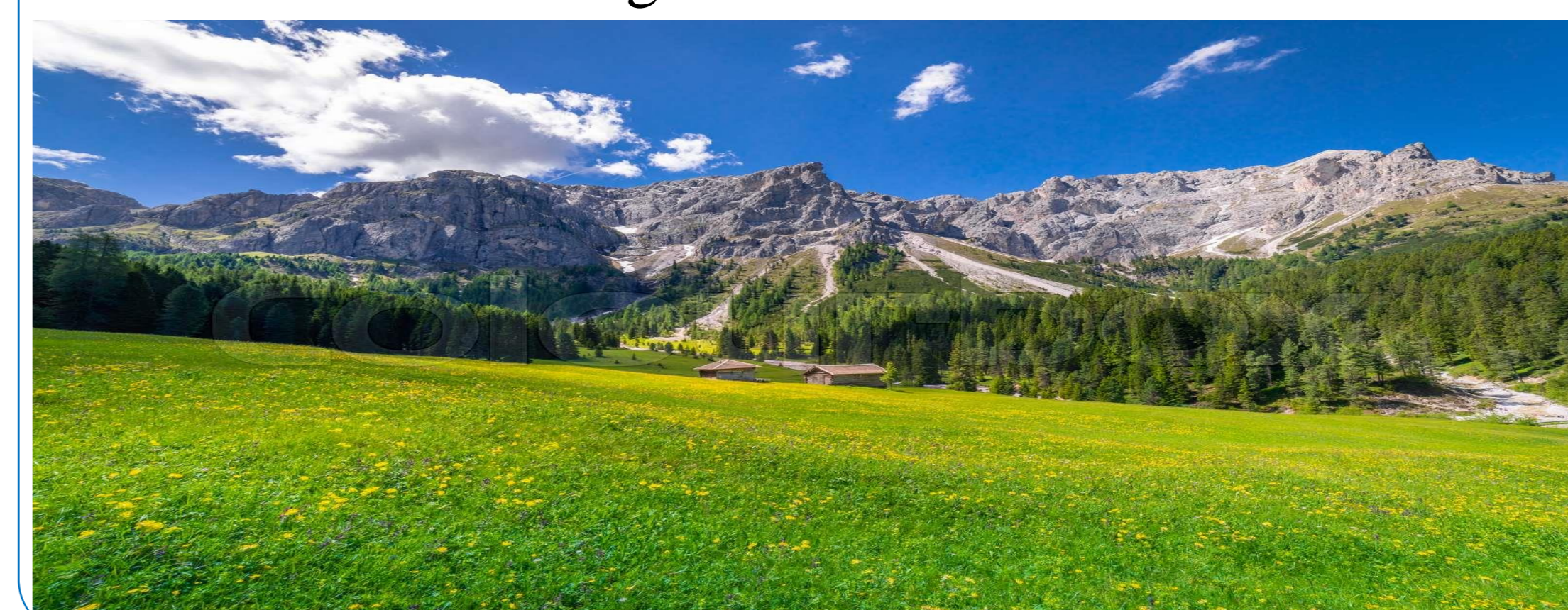


KEY REFERENCES

- Carr, D., & Utz, L. (2020). Families in later life: A decade in review. *Journal of Marriage and Family*, 82(1), 346-363.
- Semo, B. W., & Frissa, S. M. (2020). The mental health impact of the COVID-19 pandemic: implications for sub-Saharan Africa. *Psychology Research and Behavior Management*, 713-720.
- Smock, P. J., & Schwartz, C. R. (2020). The demography of families: A review of patterns and change. *Journal of Marriage and Family*, 82(1), 9-34.

TERRITORY LAND ACKNOWLEDGEMENT

The University of Calgary, located in the heart of Southern Alberta, both acknowledges and pays tribute to the traditional territories of the peoples of Treaty 7, which the Blackfoot Confederacy (comprised of the Siksika, the Piikani, and the Kainai First Nations), the Tsuut'ina First Nation, and the Stoney Nakoda) including Chiniki, Bearspaw, and Goodstoney First Nations). The City of Calgary is also home to the Métis Nation of Alberta Region 3.



RESULT

- Changing informal caregiving dynamics in African communities' impact wellbeing of older persons.
- Changing caregiving dynamics have increased the adaptability and resilience of some older adults in Africa.
- Reduced informal caregiving has led to older adults in Africa being more self-reliant, resilient and empowered.
- Social workers can play a key role in supporting families, resource identification and access in communities.
- More research is needed to understand informal caregiving approaches that promote quality aging and social wellbeing.

