

Assessing Provision of Care and Support by the Elderly to their Families in Kinondoni District- Dar Es Salaam

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Abstract:

The basis of this research study was to assess provision of care and support provided by elderly people to their families. In this study purposive sampling technique was used in selecting area of study and participants were collected through the use of systematic random sampling. Through the use of local government leaders' participants were identified and observed. Individual interviews and Focus Group Discussion were conducted so as to collect data needed for the study. Results indicate that elderly people provide psychosocial and economic support to family members. Despite the challenges that elderly people face like financial constraints, lack of social support from family members, burden of caring for their sick adult children and orphaned children, elderly people have contributed significantly in supporting and caring for their family members. Self-empowerment through entrepreneurship is being taken seriously as one of the coping methods in solving their financial problems. In conclusion elderly people provide both psychosocial and economic support when caring for their families. HIV/AIDS has put a substantial impact on the lives of elderly people, and many have suffered deeply. There is hardly little support from community and family.