

Home-based care strategies provided by family members that give life satisfaction to the elderly in Bunia city, Democratic Republic of Congo.

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ABSTRACT :

Introduction: Home-based care has been widely recognized but very few studies have been done on the effects it has on life satisfaction of the elderly in sub-Saharan Africa, particularly DR Congo. An effective home-based care has the potential to impact the health system together with the recipients of the care and their families.

Methods: Mixed-method approach was used in this study which integrated both qualitative and quantitative methods. 23 elderly people from 87 and above were sampled for the IN interview and 2 FGDs were carried out with 7 participants each.

Results: Majority of the respondents were satisfied with living with their families who were able to take care of them and share their ideas. However, one of the major problems they faced were lack of basic needs like food and shelter. The elderly people are also getting limited appreciation from their family members because they have limited support from the government.

Conclusion: Home-based care is an important aspect in the life satisfaction of the elderly. Life satisfaction of the elderly was linked to emotional, financial, spiritual, social and physical support from family members despite the medical conditions and harsh economic situation.

Keywords: Elderly people, family members, Home-based care, Life satisfaction

1. INTRODUCTION

With increase in populations, the number of people aged 65 years and over is constantly increasing and life expectancy is rising with better medical care and technology (Ho et al., 2016). However, this is not without raising a certain number of questions in terms of support for the elderly. An increase in the number of elderly people increases the number of dependent elderly people and their desire, at the very least, to be aged at home. However, this wish can only be fulfilled if home assistance and support services are available to the elderly (Saharou et al., 2012).

The shift in the age structure of the population of Africa is likely to have extensive consequences and this calls for policy formulation and adjustments to meet this change. An increase in the elderly population means that health services need to be improved to support and cater for their needs. Contrary to the popular assumption that the elderly is a burden to the society, in the African setting, they play an important role in shaping and molding their children to access education and healthcare and they are often the caregivers of the younger family members, especially those that are orphaned or abandoned.

Other than that, they also play an important role in the economic setting as they usually take up small scale farming activities in the rural areas due to urbanization and migration to the urban areas by the younger people. (Pillay & Mahana, 2013).

However, their physical and economic capabilities largely depend on their physical capacity because when their health deteriorates and they require care in return, the family members will need to take up the role

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