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Current Situation Analysis of Elderly population in a Selected Union in Bangladesh

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YPSA (Young Power in Social Action)
An Organization for Sustainable Development I Since 1985
Organization in special Consultative Status with the UN Economic and Social Council (UN-ECOSOC)

Background of the Statement

- Bangladesh, a densely populated country in South Asia, has been experiencing demographic changes over the past few decades. One of the significant shifts is the aging population, which is a global phenomenon but poses unique challenges in a developing country like Bangladesh (Ahmed & Khan, 2016).

- The elderly population in Bangladesh is growing rapidly, presenting both challenges and opportunities for the country's socio-economic development. With improvements in healthcare, sanitation, and living conditions, life expectancy has increased, leading to a larger proportion of the population reaching old age (Khan & Ahsan, 2018).

- Bangladesh has witnessed a gradual increase in its elderly population. As of 2022, approximately 7% of the total population in Bangladesh was aged 60 and above (World Bank, 2022).

- In Bangladesh, individuals aged 60 and above are considered elderly. According to recent census data, the elderly population in the selected union has been increasing steadily over the past decade, with projections indicating a further rise in the coming years (Bangladesh Bureau of Statistics, 2020).

- A significant portion of the elderly population in Bangladesh faces economic hardships. Many rely on meager pensions or support from family members, which may not be sufficient to cover their basic needs (Rahman & Chowdhury, 2018).

Background of the Statement

- Access to healthcare services remains a concern for the elderly. Limited healthcare facilities, especially in rural areas, and inadequate geriatric care training for healthcare professionals pose challenges (Khanam et al., 2019).

- Access to healthcare services and health outcomes among the elderly in the selected union vary widely. While some have access to quality healthcare, many face challenges such as limited mobility, chronic illnesses, and a lack of specialized geriatric care services (Islam & Majumder, 2019).

- Social isolation among the elderly is prevalent, particularly among those living in rural areas. Lack of mobility, limited social activities, and changing family structures contribute to this issue (Hossain & Iqbal, 2020).

- The socio-economic status of the elderly population in the selected union is diverse. Many rely on pensions, savings, or support from family members, while others continue to work in informal sectors due to financial constraints (Rahman et al., 2021).

- While Bangladesh has policies in place to support the elderly, implementation remains a challenge. Infrastructure, including elder-friendly public spaces and transportation, is often lacking (Islam et al., 2021).

Background of the Statement

- The elderly population in Bangladesh's selected union faces various challenges, including economic hardships, limited healthcare access, social isolation, and inadequate policy implementation. Addressing these issues requires a multifaceted approach involving policymakers, healthcare professionals, and communities to ensure the well-being and dignity of the elderly population (Hasan & Hossain, 2020).

- However, Bangladesh has pension policies to ensure social security on old age for retired government employees only. According to Public Service Retirement Act 1974b now the retirement age of government employee of Bangladesh is 59 years [1].

- *The National Policy for Older Persons 2013* places importance on the contributions from older people within communities, emphasizing the importance of communication and social facilities. Older people are directly involved in the process of monitoring the implementation of the policy and the successes of different programs such as education and training, poverty reduction, financial security and healthcare.

- Besides, Bangladesh introduced Program Implementation Plan for protecting old age health and ensures health care. This program aims to provide efficient and sustainable health service delivery and management system with skilled and special emphasis on the development of a sustained health system and improved and responsive efficient human resources [2].

- Moreover, recently the Parent Care Act 2013 of Bangladesh tried to ensure that the children have to take necessary steps to look after their parents for three years and provide them with maintenance [3].

Rationale of the Study

- Bangladesh is undergoing a demographic transition characterized by an increasing aging population (Ahmed & Khan, 2016). Analyzing the current situation of the elderly population in a selected union provides insights into the demographic shifts and their implications for society, the economy, and healthcare systems.

- The elderly population often faces various socio-economic challenges, including poverty, limited access to healthcare, and social isolation (Rahman & Chowdhury, 2018). A situation analysis helps identify these challenges, informing targeted interventions and policy formulations.

- Understanding the current situation of the elderly population is crucial for policymakers to develop effective policies, programs, and services tailored to their needs (Islam et al., 2021). This can contribute to enhancing the quality of life, healthcare access, and social inclusion for the elderly in the selected union.

- Conducting a situation analysis helps identify gaps in existing research and knowledge, guiding future research endeavors and academic discussions on the elderly population in Bangladesh (Hasan & Ahmed, 2022).

- Raising awareness about the challenges faced by the elderly population can promote advocacy efforts and community engagement to address their needs and rights (Hossain & Iqbal, 2020).

- A comprehensive analysis of the elderly population in a selected union can facilitate comparisons with other regions or countries, providing valuable insights into global trends and best practices in elderly care and support (Khanam et al., 2019).

Gap Analysis

- While economic challenges and healthcare access have been studied, there is a lack of comprehensive research focusing on the quality of life and overall well-being of the elderly population in the selected union (Haque & Akhter, 2022).

- Research on the impact of cultural norms, traditions, and social structures specific to the selected union on the well-being and social integration of the elderly is limited (Rahman et al., 2023).

- With the increasing role of technology in healthcare and daily life, there is a need to explore the digital divide among the elderly in the selected union, including their access to and utilization of digital technologies (Siddiquee & Ahmed, 2021).

- Studies focusing on mental health issues, psychosocial support systems, and coping mechanisms among the elderly population in the selected union are scarce (Kabir & Rahman, 2022).

- While policies for the elderly exist, there is limited research evaluating their impact, effectiveness, and implementation challenges at the union level (Hossain & Islam, 2023).

- Understanding the dynamics and quality of inter-generational relationships and support systems between the elderly and their families in the selected union is an area that requires further exploration (Hasan & Akhtar, 2020).

- While policies exist to support the elderly, there is a lack of research evaluating their effectiveness and the challenges faced during implementation at the grassroots level in the selected union (Hasan & Ahmed, 2022).

Activity for elderly people in Bangladesh

YPSA is a voluntary, nonprofit and an organization for sustainable development, established on 1985 that registered with the different department of the People's Republic of Bangladesh. YPSA has been working on Elderely issue in the rural areas of Bangladesh since 1985.

To continue the regorious work plan on Elderely issue in Bangladesh, YPSA received financial support from different national and international organization like Palli Karma-Sahayak Foundation (PKSF) one of them. Hence, under the financial support of PKSF, YPSA has been implemented different activities for Elderely issue in the rural Bangladesh. Such as

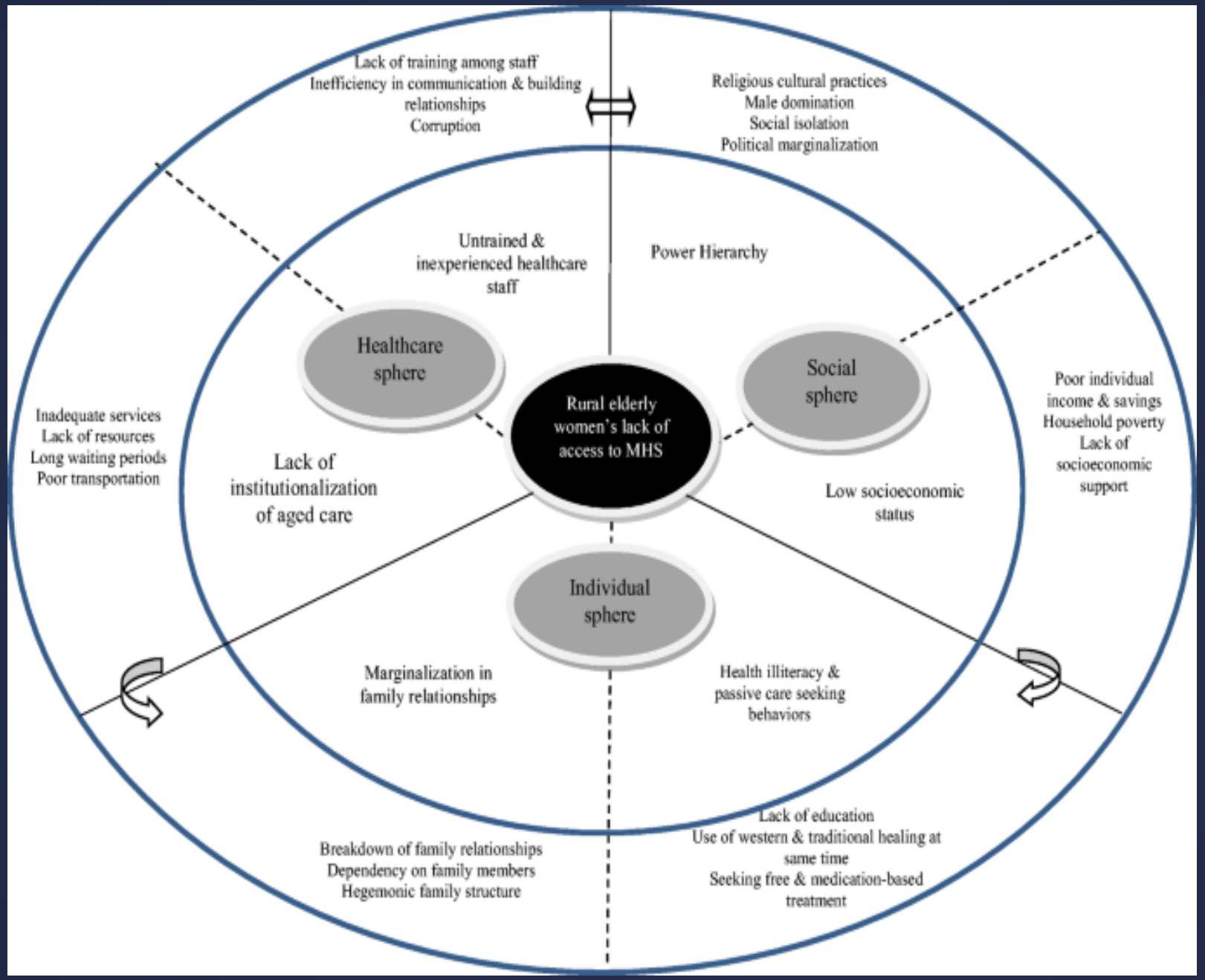
- ❑ Establishing social centres (Aging –Friendly Spaces-AFP) for the elderly people in every Union.
- ❑ Providing old age allowances and assistive materials (walking sticks, commodes, blankets warm cloths, wheel chairs, umbrellas etc).
- ❑ Provision of Special Savings and Pension Fund.
- ❑ Recognising the contribution for the society made by the elderly persons.
- ❑ Awarding children for looking after their parents.
- ❑ Providing appropriate credit and IGAs-based training facilities to the poor elderly people.
- ❑ Offering physiotherapy services & geriatric nursing to the elderly by organizing training for the Physiotherapy Aide.
- ❑ Rehabilitation of poor and distress elderly in community.

Activity for elderly people in Bangladesh

Uplifting the Quality of Lives of the Elderly people Programme is being implemented in different rural areas of Bangladesh, YPSA has been emphasized the following issue in priorities basis.
For example,

- **Committee Formation, Training And Monthly Meeting**
- **Elderly Social Centre**
- **Old Age Allowance**
- **Special Assistance**
- **Assistance to Cover Funeral Expenditure**
- **Awarding Elderly People**
- **IGA Training And Employment**
- **Health And Care Facilities**
- **Supports For Helpless & Shelterless Elder**
- **Monitoring of The Programme**
- **Upazila Workshop**
- **Publication**

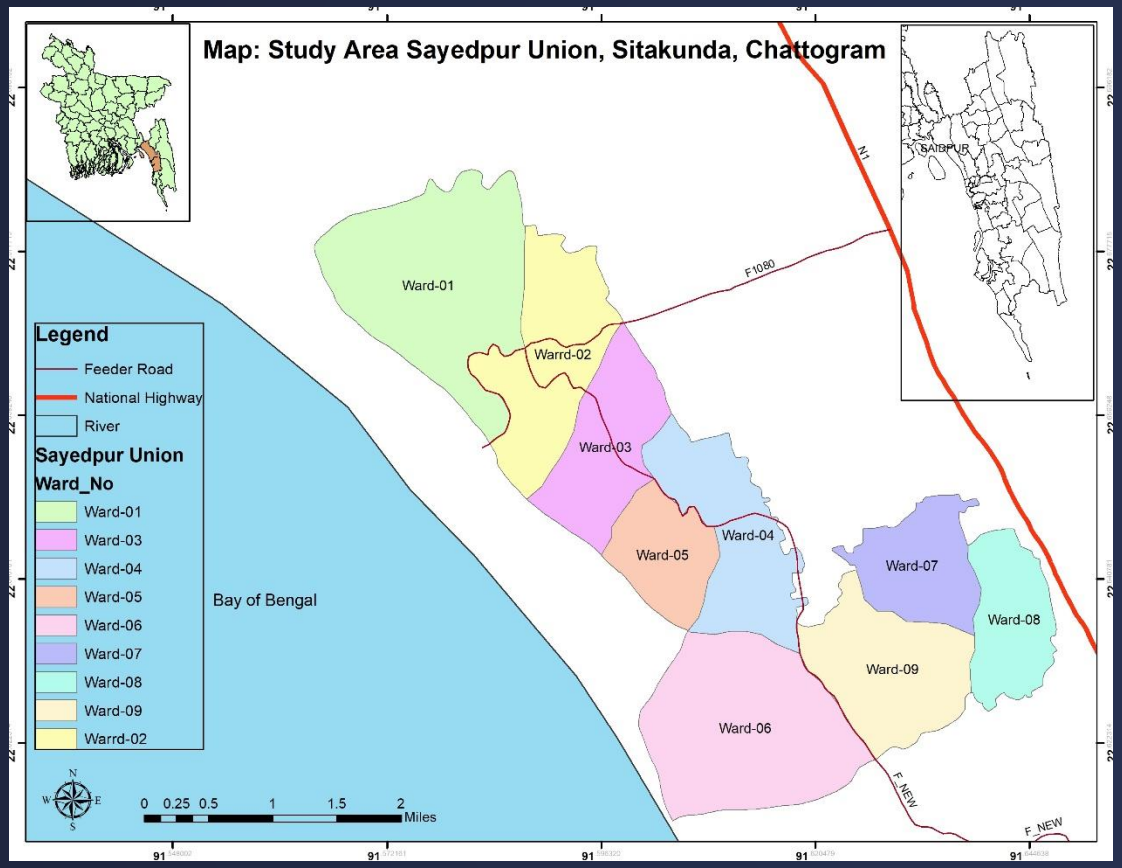
Conceptual framework on elderly rural care



Source:

Hamiduzzaman, et *al* 2021 (The World Is Not Mine – Barriers to Healthcare Access for Bangladeshi Rural Elderly Women)

GIS mapping showing healthcare services for elderly in Sitakunda

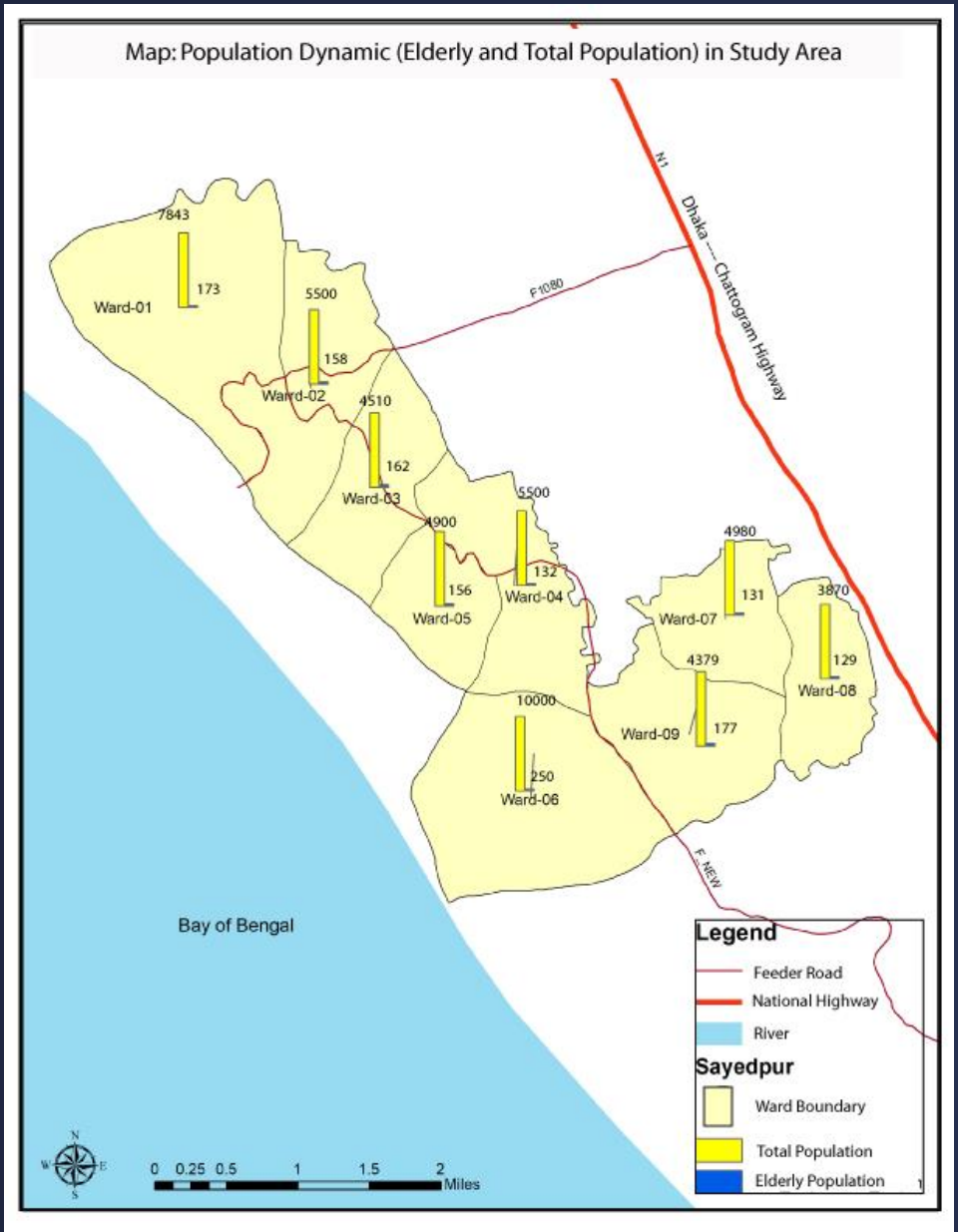


This map presented the study area along with the statistics of the total population and elderly population. Also proposed the potential place of a health care center in a union.

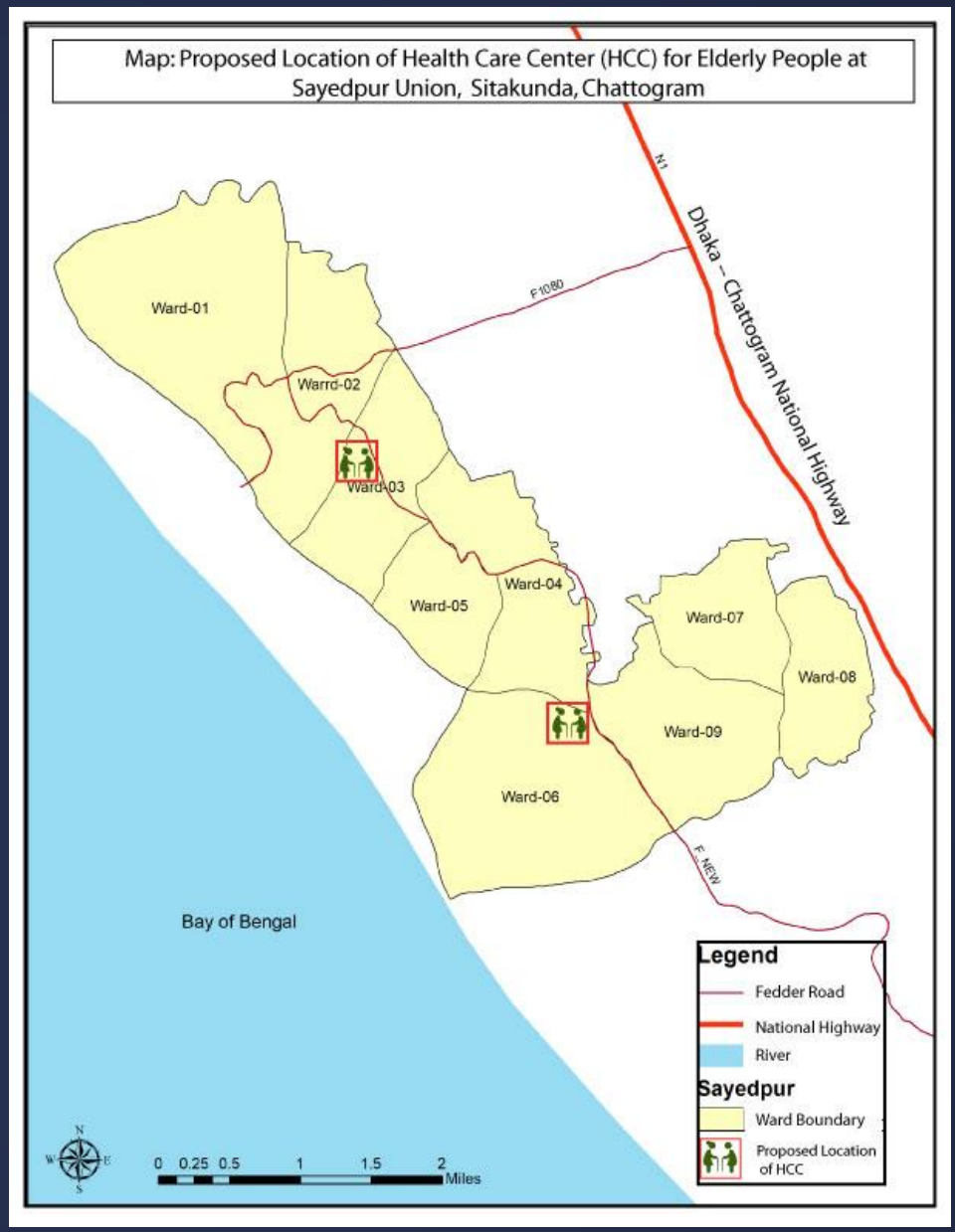
As per the Ministry of Health, People's Republic of Bangladesh and to ensure healthcare facilities for marginalized people, one community healthcare center (community clinic) has been established to cover three wards (the last administrative union in Bangladesh) in a Union (a union consists of nine wards). A registered physician has visited three times in this health care center. It is a joint partnership (private and public) approach initiative at the local level. This healthcare center provides healthcare to all aside elderly people.

Name of Ward	No. Elderly People	No of total population	Total percentage
Ward no -1	173	7843	2.2
Ward no-2	158	5500	2.9
Ward no-3	162	4510	3.6
Ward no-4	132	5500	2.4
Ward no-5	156	4900	3.2
Ward no-6	250	10000	2.5
Ward no-7	131	4980	2.6
Ward no-8	129	3870	3.3
Ward no-9	177	4379	4.0
Total Nine Words	**1468**	**51482**	**2.9**

GIS mapping showing healthcare services for elderly in Sitakunda



This map presented the study area along with the statistics of total population and elderly population.



if elderly population is less than 8% of total population then we will propose two EHCC else three EHCC

To consider the above issues and to ensure a safer life and livelihood, YPSA has decided to research the "Current situation analysis of the elderly population in a selected union in Bangladesh." Typically called the '***Sitakund Model of Elderly People***'.

Milestones of SITAKUDA Model

Milestone 1

YPSA is the first non government organization at community who provides adult allowance to the poor elderly people . The amount of allowance is 600 BDT per month

Milestone 2

After received the training on income generating activity, they are now engaging on economic activities

Milestone 3

About 200 elderly people has received the health services form aged friendly space center and physiotherapy center too

Milestone 4

Model has facilitated on forming a elder people committee. This committee is now functional and conducting regular meeting

Key Lesson Learnt of SITAKUDA Model

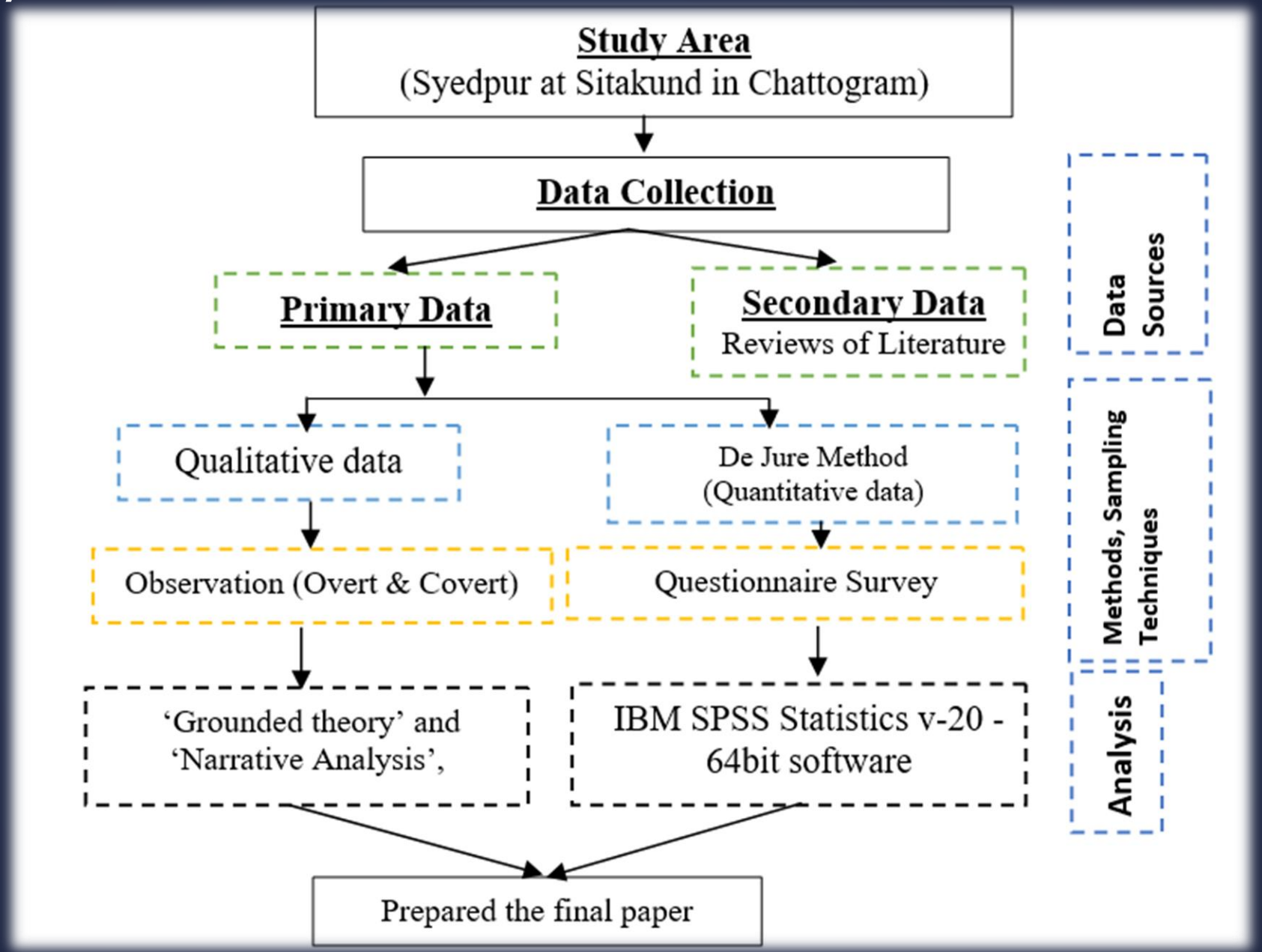
- **Elderly people could meet their basic needs through the adult allowance which is inevitable.**
- **Elderly people want to live with dignity in society and seek the cooperation of their fellows.**
- **Elderly people demand care from their fellows.**
- **Elderly people want to do something especially the IGA**

Objectives of the Study

The study focuses on different things of elderly people, namely demographic conditions of the respondent, living arrangements, care and support information, physical health condition, mental health condition, family and social engagement, abuse and exploitation, control over life and resources , social safety net, gender perspective and issues during disasters respectively. The specific objectives of the study are as follows;

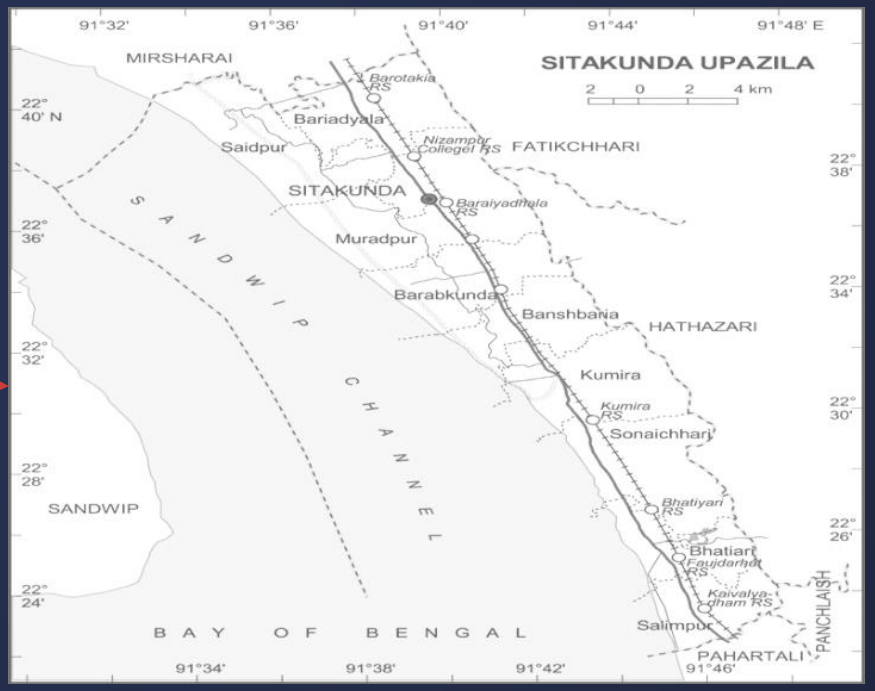
- Exploring conditions of elderly people in the study area;
- Investigating the living arrangements in the family;
- Finding out the care and support related information of their family;
- Knowing the physical health condition;
- Studying their engagement in family and in social level;
- Observing the exploitation of elderly people at family and society level;
- Exploring the elderly issue in gender perspective;
- Examining 'Dementia' of elderly people in the study area.

Methodology



Selection of the Study Area

The research will be conducted at Syedpur Union at Sitakund Upazila in Chattogram district. Geographically, this location bears a big significance as populations are mixed with ethic identities (some are native Bengali and some portion have indigenous community). The area is selected for heavy industrial hub in this region.



Methodology

The study mainly followed the quantitative survey method and qualitative method to some extent, particularly in the observation method.

Factors in study

The variable of the questionnaire has been arranged based on the study objectives and divided into eleven sections such as demographic conditions, living arrangements, care and support information, physical health condition, mental health condition, family and social engagement, abuse and exploitation, control over life and resources, social safety net, gender perspective, and issues during disasters.

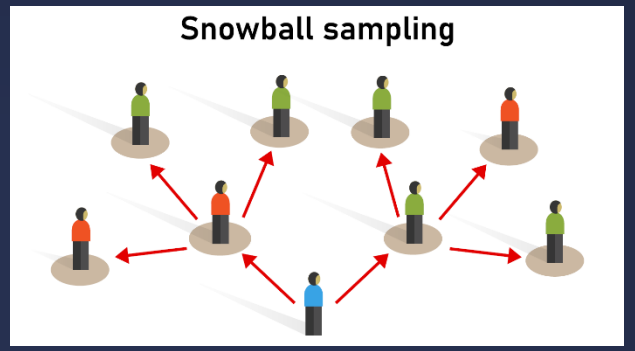
Study Population

Variably defined as an elderly or retired person, this term generally refers to someone who is at least 60 or 65 years of age. Some people consider "senior citizen". As per the provision of rule 8(1) of the National Policy on Older Persons 2013, Govt. has declared the **citizen above 60 years** are Senior citizen.

Methodology

Sampling

Snowballing sampling technique.



Statistical basis of the sample size

The study aims to enumerate the entire area through the **'De Jure'** method. Under this method, enumerators have collected information from households by visiting them very often to fill up the various schedules. However, the study excluded this elderly person from this study who was unable to give consent.

Procedures

Organizational staff (those who are well-oriented about the present study) have collected the household data through the door-to-door household survey.

Methods of data collection

Data were collected from primary sources. Primary data was collected through Observation (Overt and Covert) and Questionnaire survey.

Methodology

Pretesting

Nearly 10 or 15 questionnaires were pretested in the non-sampling area. Later, the questionnaire was submitted to 'The Bangladesh Medical Research Council (BMRC) for approval.

Data interpretation

Quantitative data were analyzed through various types of statistical tools and techniques, especially using SPSS software and qualitative data were analyzed with 'Narrative Analysis'.

Statistical Analysis

Weightage analysis has been used to measure the satisfaction, and desire levels of the respondent.

Utilization of Results

- Elderly people are the senior citizens of every country like Bangladesh.
- However, nuclear families are increasing in Bangladesh day by day and older people are left alone living separately from their family and becoming vulnerable.
- Also the number of aged population is increasing.
- Along with the majority of the people over sixty years live in the rural areas where there is lack of proper health care services, economic services and limited job opportunities.
- So, we believe that the present study will help to explore the real scenario of the lifestyle of elderly people and their demographic conditions, including living arrangements, care and support, physical health condition, mental health condition, family and social engagement, abuse and exploitation, control over life and resources, social safety net, gender perspective and issues during disasters.
- Finally, the research findings will help to the attention of policy makers, researchers, related department, research organizations and those who are working in this field.
- In addition, it will help to accelerate the sound lifestyle of elderly people through strengthening the government civilian rights and proper implementation of existing provisions of laws, rules and policies in Bangladesh.

Facilities

Basically, the research activity is self-oriented and self-exploratory. Owing to shortage of research grant, existing project staffs will monitor and supervise the whole survey procedures.

Approval / Forwarding of the Head of Department / Institute

After validation workshop or findings sharing workshop and critical review the whole research paper by own review committee, Chief Executive of YPSA will approve the research findings. After that the findings will be published on organizational web portal and shared with related bodies, departments, agencies, institutions, organizations and external and internal departments who are responsible and working on this issue. Finally, it can be published in peer reviewed journals at the national and international arena.

YPSA Works with Elderly People

Awareness-on-Diabetes-control

Eye-Camp-Registration-Male

Glass-distributed-to-OP

Disability friendly device distribution

Recreation-Female

Recognition of Elderly people

Project Activities

Monthly meeting of the old village committee

Leadership and communication training of senior leaders

Rally of International Day of the Year 2012

Deliverable aids to the elderly

Project Activities

Professor Hafiz T.A. Khan has distributed warm blankets and elderly people allowance to poor elderly people

Thanks

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