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# **EMPOWER TO ENRICH THE ELDERLY PROGRAM: A CASE OF VULNERABLE OLDER ADULTS IN NIGERIA**




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# AGEING

- The process of ageing involves the combination of biological, psychological, and social factors
- The rising proportion of older adults and increase in life expectancy, have increased interest in maintaining and promoting cognitive health in later years.



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- An important aspect of healthy ageing is the promotion of good mental health and wellbeing; staying healthy and having a sense of purpose.
  - Older people want to contribute to society with their skills and knowledge they have gained over a lifetime of experience.
  - On contrary in developing countries, they are often considered as burden to the family and society.



# RESEARCH QUESTION

- Does social and economic inclusion of older adults contribute to cognitive and mental wellbeing?



# AIM

- To empower older adults in the community to improve cognition, mental and physical wellbeing.
- To drive campaign on risk reduction program in the community.



# METHODOLOGY

- 20 older adults were selected purposively in Oje community and environs in Ibadan, Oyo state for this study.
- Participants included community-dwelling men and women with mean age ranging from 60 – 81 years.
- Period of data collection: March-September 2021.
- Low-income earners.
- These older adults were interviewed to find out which area they would want to be empowered.



# METHODOLOGY

- They were engaged in meaningful activities such as trading of different household items, which included selling of raw food items, fruits, kerosene, edible food items, bottled water and drinks.
- Also, vocational activities such as carpentry, farming, recycling of waste polythene nylon.
- Assistance were rendered in the area of purchase, profit making and social engagements.
- They were monitored over a period of three months for effective and result based outcome.

# RESULTS



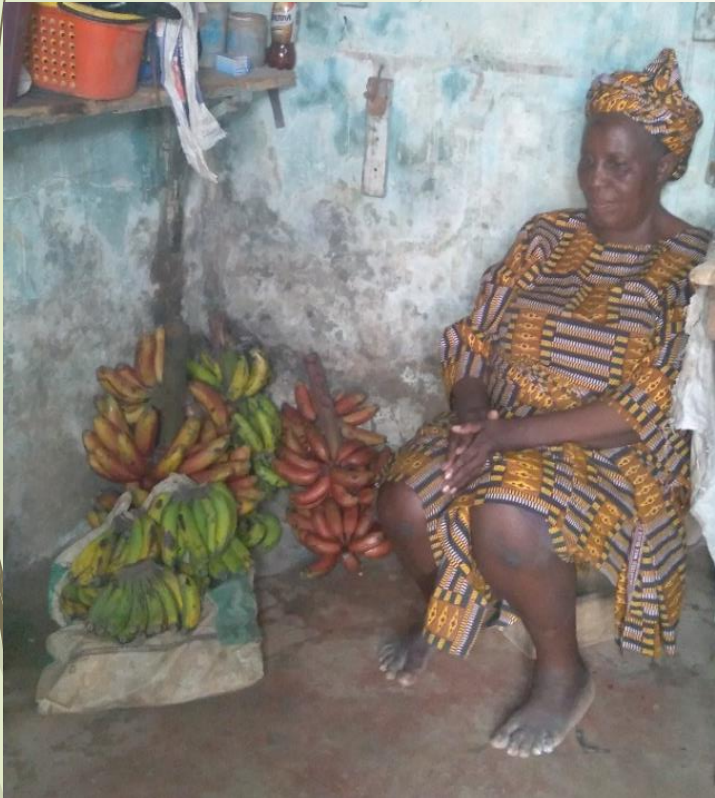
- Mr Adeyanju is a visually impaired elderly person (diagnosed of glaucoma)
- His health condition stunted the growth of his business (recycling of waste Polythene nylon)
- During the study, he was identified and empowered financially to manage the business.
- He gets 30 – 50 bags of waste polythene nylon monthly to be washed and grinded into raw material and sold to people with the assistance of his wife and children
- He has evidences of being financially independent, a degree of comfort and having a sense of belonging in the community.



- Mr Bashiru Kadelu engages in carpentry work as a source livelihood
- Lack of financial funds hindered him from expanding his business.
- He was identified in the community and empowered financially to expand his carpentry business
- He has been able to make wooden furniture like benches, and tables for sale and also sell nails
- He has been able to get more patronage from old and new customers in the community and improve his standard of living.



- Mrs Fadeke and Mrs Makinde engage in trading of household items such as bottled water, drinks, rice, beans, salt, groundnut etc.
- Insufficient funds hindered them from expanding their businesses
- They were identified in the community and empowered financially to expand their businesses
- They have been able to sell to young and old in their neighborhood.
- Mrs Makinde stated that the business has kept her active both physically and mentally as she can interact well with the younger population, while Mrs Fadeke has been able to meet up with customers demand for bottled water and drinks.



- Mrs Kadelu and Mr Oyetunde engage in trading of fruits, recycled bottles and Kerosene in the community.
- They were identified in the community and empowered financially to expand their businesses.
- Mrs Kadelu has expanded her customer reach as she has been able to sell at her religious center.
- Mr Oyetunde on the other hand is financially independent and his standard of living has improved greatly.



# IMPACT OF THE PROGRAM ON THEIR COGNITION

- Improved their thinking ability and being able to process information with speed.
- Improve their analytical skills when interacting with their customers.
- Improve their physical activity and movement.
- Overall improvement in their physical, social and mental wellbeing.



# CONCLUSION

- Empowering the older adults can make them more productive, improve their physical, social and mental wellbeing as well as making them relevant to the society



# RECOMMENDATION

- Empowerment-based programs should be provided for older adults in the society to ensure they feel safe, supported and optimistic about life.



**THANK YOU**