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Haidari, Basit Ali and Khan, Hafiz T.A. ORCID logoORCID: <https://orcid.org/0000-0002-1817-3730>  
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# Quality of Life of elderly retired people in the Region of Taif City, Kingdom of Saudi Arabia (KSA)

**Basit Haidari**

College of Nursing, Midwifery & Healthcare

University of West London, UK

**Hafiz T.A. Khan, Professor of Public Health & Statistics**

University of West London, UK

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Basit Haidari  
CEO  
Konsultex Limited

Medical & Research language  
instructor  
**(Institute of Public Administration,  
KSA)**

Konsultex\_UK Training &  
Development

Wall Street Institute

Joy Valley

**Director MECAP**  
Middle East Centre on  
Ageing Population  
[www.meageing.com](http://www.meageing.com)



# Life of elderly population in Taif, Saudi Arabia: *Challenges, Expectations, and Quality of Life (QoL)*

## ▶ **Outline of Talk:**

- ▶ 1. Key problems / challenges that elderly face after their retirement in Taif and other cities.
- ▶ 2. Identify the need or expectations of elderly population.
- ▶ 3. Investigate the QoL of elderly after their retirement.

# Demography of Taif City in KSA

## ▶ Total population

Total population of KSA is 34.1 million in 2021 (mid-year), according to estimates by the General Authority for Statistics-2022)

The population of Taif Governorate is 1,750,00 people. There are 38 administrative centres in the Taif Governorate including 2200 rural villages (Taif Chambers of Commers, 2022).

## ▶ Geography

Taif (which lies south east of Jeddah and the Holy City of Makkah) stands 1,800 meters above sea-level on the eastern slopes of the Al-Sarawat & Al Hada mountains.

## ▶ Climate

Taif is situated in the mountains above Makkah and Jeddah at about 5,600 ft. Its summer climate (85 degrees F to 95 degrees F with low humidity). The elevation of Taif makes climate far cooler and pleasanter than Jeddah or Makkah and without the uncomfortable humidity. Many families from both Jeddah and Riyadh maintain houses in Taif as an escape from the uncomfortable summers.

# Ageing population of Taif

- ▶ Majority of elderly population (aged 65+ years) in Taif are comprised of retirees from Taif city and retirees from other cities who originally belong to Taif.
- ▶ There has been challenge for elderly population in Taif to be part of the society.
- ▶ Elderly population returning back to Taif may face many life challenges due to rapid change of demographics and growing city.

# Research Hypothesis

*People who have permanently lived and retired in Taif may find it easy to integrate in social activities and have better QoL than those who were away in other cities for employment purposes.*

# QoL in Taif

- ▶ WHO defines QoL as State of complete physical, mental and social wellbeing (WHO, 2022).
- ▶ QoL in Taif is considered as reliable compared to the other cities of the world and some of the cities around the KSA.

# Challenges

- ▶ **The biggest challenge Elderly population face in city of Taif is integration with newly emerging and growing young population.**
- ▶ **We need to assess if they are having good QoL life or compromising with usual day to day activities.**
- ▶ **The Question here to ask is that if Elderly population enjoys QoL by living with their family members in city of Taif or by travelling to the bigger cities within Kingdom for better work opportunities.**

# How we identified the issue

- ▶ The study assessed the challenges faced by the elderly population of Taif by Semi-Structured interview:
- ▶ The study identified the challenges faced by the elderly population in terms of their daily activities.
- ▶ The integration of people who return back to Taif after their retirement as well as elderly population already living in Taif.
- ▶ The study explored into how QoL can be improved for the elderly population after their retirement

# The target population for the study

- ▶ The study attempts to recruit 20 elderly participants in city of Taif mainly targeting retirees. The sample selection approach is random for 2 groups.
- ▶ The 1<sup>st</sup> group selected was retired individuals in city of Taif.
- ▶ The 2<sup>nd</sup> group selected was retired individuals in other cities of KSA belong to Taif.

# Survey

- ▶ We conducted survey and asked questions to the participants about their daily activities after retirement.
- ▶ The survey identified daily routine habits related to QoL for these retired elderly population based in city of Taif.

# Method:

- ▶ Data are collected via semi-structured interview of 20 people aged 65 years
- ▶ Survey was translated in Arabic
- ▶ The survey has asked questions around participants' characteristics, their daily activities after retirement, health and wellbeing.
- ▶ The geographical boundary for conducting the survey in city of Taif.
- ▶ Time Frame given was week

# Measurement of QoL

- ▶ The survey design is based on questionnaire:
- ▶ Looking into cognitive ability
- ▶ Assessing Physical functioning
- ▶ Depression
- ▶ Comorbidities
- ▶ Social Functioning and loneliness (relationships and family)
- ▶ Spiritual well-being

# Results

- ▶ Questionnaire consisting of 15 questions about daily activities was handed out to 20 participants
- ▶ Only 6 participants responded
- ▶ These respondents worked and retired in Taif
- ▶ There was no response from 2nd group of participants who worked and retired outside Taif.

# Conclusion

- ▶ The conclusion is drawn on assessment of elderly populations need and how community is meeting their demands.
- ▶ Community integration activities & volunteering events
- ▶ Organising community learning activities.
- ▶ Community forums on integration between young and elderly population.
- ▶ Further study is needed as there's gap to identify QoL of retirees returning back to Taif.

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