Population Aging in Sub-Saharan Africa

Marta Assunção, RN, MGScD, PhD Student at the Catholic University of Portugal, ISSM, Luanda, Angola
Susana Pinto, RN, MNSc, PhD Student at the Catholic University of Portugal, ISSM, Luanda, Angola
Helena José, RN, PhD, ISSM (Luanda); UICISA (Portugal)

Abstract

State of the problem: In developing countries, the percentage of elderly population increases at a very fast rate, causing them to have little time to react to the phenomenon of aging and to implement political, social and economic strategies in this area. By 2050, the world's population aged 60 or over, is expected to total 2 billion, with a trend towards the increase in the number of people over the age of 80[1], there being a need to provide answers to these people. The purpose of this study was to know the social and health responses to the elderly in sub-Saharan Africa. Methodology & Theoretical: Integrative literature review in scientific databases such as CINAHL, EBSCO, MEDLINE / PubMed, Cochrane.

Findings: In sub-Saharan Africa, there is a lack of skilled, specialized health care for the elderly, which is attributed to the shortage of doctors and other health professionals[2]. There is a low supply of facilities for the elderly, such as homes, day centers and rehabilitation centers, and most of the existing ones are basic and use rudimentary equipment. There are, however, models of care for the elderly, namely in Ghana, Kenya, South Africa and Tanzania and in Mauritius, Seychelles and South Africa, long-term care is in place[3]. The costs of this type of care in the context under analysis are diverse, from free to expensive, varying with the country. Concerning the perception of the elderly, this has been changing and, recently, negative attitudes have appeared, namely stigmatization (especially of women)[2]. Conclusion & Significance: The provision of social and health care for the elderly is rudimentary, in large sub-Saharan Africa, and it is necessary to intervene in this area to ensure adequate economic, political and social intervention.

Image

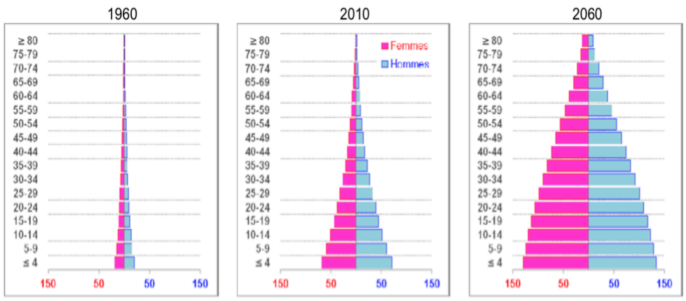


Figure 1. Age pyramid of sub-Saharan Africa (population by five-year age group, in millions of people). 2060 pyramid is estimated according to the United Nations' medium scenario. Source: A. Chevalier, M. Le Goff, *Panorama du CEPII*, N°2014-A-03-July 2014.

Recent Publications (if any)

1. World Health Organization. (2018) World Health Statistics 2018. Monitoring Health for the Sustainable Development Goals. World Health Organization.
2. Essuman, A, Agyemang, A, Mate-Kole, C (2018) Long-term Care for Older Adults in Africa: Whither Now? JAMDA, 19, 728-730.
3. World Health Organization. (2017). Towards Long-Term Care Systems in Sub-Saharan Africa: WHO Series on Long-Term Care. Geneva: World Health Organization.



Biography

Marta (Regina Soares) Assunção she's a Nurse, Master in Social Gerontology, completed her Master by the University of Algarve in 2011. She is PhD Student in Nursing at the Institute of Health Sciences, Universidade Católica Portuguesa in Porto. She is Professor at the Multiperfil Polytechnic University, Luanda. His research on the elderly with HIV / AIDS obtained a research award from the Portuguese Nurses' Order, which was published in book form.

Email: martaassuncao@icloud.com
Contact number: +244932195995
Linkedin Profile: https://www.linkedin.com/in/marta-assunção-759554a2/
Facebook Profile: https://www.facebook.com/marta.assuncao?ref=bookmarks

Notes/Comments: