DOI: https://doi.org/10.68064/jshe.2024.3qjf4ndd

Investigation On Caregivers and The Aged Perceptions towards the Establishment of Elderly Homes in Nasarawa State

Osabo, P & Kembe, E.M

Abstract

Advancements in literacy and improved technology have led to greater longevity and increasing trends of the elderly population, hence, increasing the need for caregiving, which seems difficult for the immediate family members due to urbanization, industrialization and attendant migration of youths from rural to urban areas, therefore, the need for elderly external support to meet up with the great demand. The study assessed the perception of the caregivers and the aged towards the establishment of elderly homes. Three research objectives and one null hypothesis were formulated for the study. The study adopted a descriptive survey and research and development design. A sample size of one hundred and ninety (190) respondents was selected from a population of twenty-seven thousand six hundred and eighty-eight (27,688) of aged and caregivers. Multistage sampling techniques were used to select respondents in the study area. The instrument used for data collection was a structured questionnaire titled "Perception for Homes for the elderly (PHFE)". Data was analyzed using Statistical Package for Social Science (SPSS) version 20. The result shows that the majority (2.78) of the participants positively support establishing an elderly home in Nasarawa State. The respondents perceived elderly homes as important in society (3.16) and revealed that elderly homes will reduce elderly death (2.70) and stress (2.8) and the majority (2.84) of the caregivers revealed preference for elderly homes to traditional ways of caring for the elderly people (3.2). In addition, guideline on a suitable functional elderly home was developed and validated to serve for the establishment of the home. In conclusion, there is a gradual change in the long-term traditional role of children being the major caregivers to the aged, as most caregivers are in urgent need of an alternative support system for the elderly parent, therefore it's imperative to adopt the proposed guidelines developed and validated by the respondents (elderly and caregivers) to meet up with this The study recommends that the government should incorporate the establishment of elderly homes as a means of a welfare scheme for the elderly in Nasarawa state.

Keywords: **Elderly Home, Elderly Care, Aging Process, Home and Family Care**

Introduction

The world is currently experiencing an increasing transition of the elderly population due to civilization, advancement in technology, and literacy. This demographic transition implies that elderly care will become an increasingly demanding task among family members who are rarely available to care for the elderly parents, consequently, necessitating the need for an alternative caregiving option. According to UN report, 22% of the world's population will be 60 years and above, with more than 63% of the aged being Africans. Coelho-Filho et al (2023) estimated the total population of 442 million people aged 60 years and above in the world, representing 7% of the world's

population. This growing trend of the elderly was reported by Osakwe-Ogo, (2019) that those aged 65 years and above in Nigeria make up about 3.1 percent of the total population which was put at 5.9 million total populations.

Ageing is the accumulation of changes in a person over time. Osabo et al (2023) defined ageing as a natural lifelong inevitable psychological and biological process of human development which takes its root from birth and culminates in death. Ageing involves a multidimensional process of physical, psychological and social changes. These changes occur due to the decline in the overall function of the body, resulting to worsening chronic diseases. These diseases affect the various life activities of the aged, and thus necessitate the need for caregiving to the aged. Imudia et al (2023) revealed that caregiving to the elderly consist of physical, emotional, and psychological care. Caregivers are responsible for fulfilling filial obligations to the aged such as provision of food, shelter, clothing, drugs, and other necessities ranging from assistance with essential routine activities like bathing, dressing, and shopping, housing and medical care.

Elderly care has been proven to be highly demanding and time consuming that requires support, However, in Nigeria, specifically Nasarawa state, elderly care is solely an affair of the family as it is the traditional role of children to support their parents in old age. This practice is gradually becoming weak due to modernization, urbanization, industrialization and attendant migration of youths from rural to urban areas, and also the process of development which has brought with it rapid change in social behaviors with adverse implication for the care and wellbeing of the elderly persons (Osabo et al.,2023). The extended family has been weakened by the combined forces of economic hardship, wage, labor, occupational and geographical mobility to an extent, ageing parents are abandoned and neglected to cater for themselves (Ene et al 2022). Imudia et al (2023) reported that there has been an increasing report of neglect and elderly abuse due to the high rate of geographical mobility of family members who are unable to properly care for their elderly parents. Family values and empathy towards the elderly are gradually being replaced by materialism and abandonment which account for insecurity as well as increased physical and psychological abuse or neglect of the elderly. The adult children who are meant to care and cater for the elderly are found to be too busy and sometimes ignore the need and attention necessary for the aged parents despite the confronting health challenges identified with this age group. Consequently, the elderly suffer from poor practices in utilizing the health services during crises due to the absence of caregivers. If left by themselves, the aged suffer from the risk of infection, poor immune system, skin problems, difficulty in activities and fatigue resulting to higher complications or death among the aged (Osabo et al.,2023).

A lot of caregivers' wish to provide adequate care for elderly people but the current change in lifestyle, work mobility, hardship and economic challenges have made it difficult to properly care for the aged especially as there are no elderly homes to support them. This is different from what is practiced in developed nations. Elderly care is often being provided by the State as part of social security services for seniors found in nursing homes or charitable institutions. Africans seem to have negative perception towards the adoption of elderly home because of their family cultural caregiving practices. Most African culture hold strong cultural obligation to take care of the elderly as enshrined in the norms and values of the society. It is generally believed in Nigeria that placing an elderly person in a home amount to abandonment with perceived consequences for the perpetrators. More so, Nzima et al (2020) revealed that the elderly person will place a curse on the children and other family members that support institutionalization. For this reason, elderly persons are left at home with little or no care in some cases. This also cut across the perception of the caregivers towards elderly home as revealed by Nzima et al, (2020) that family caregivers experience both grief and guilt after placing the elderly parent in

elderly home and this guilt persists over time. Ibiezugbe, (2020), indicated that most caregivers are insecure of the quality of care provided in the elderly home, insinuating that elderly abuse may occur where the aged may be dehumanized. However, some States like Lagos, Ibadan, Rivers, Cross River and Abuja have adopted institutionalization, and this covers services such as assisted living, adult day care, nursing home, home care and hospital care. The care of the elderly varies from few hours daily to full time support. Most of the homes run 24- hour service, with caregivers, medical team and non-medical team to render quality services to the elderly (Osabo et al 2023).

Institutionalization has been proven to deliver better outcome, yield lower costs and reduce admission to hospital, however, none of these institutions exist in Nasarawa State despite the growing trend of the ageing population and the attendant migration of adult children who are supposed to serve as caregivers. It is therefore against this background that this study intends to assess the perception of the public on establishment of elderly home in Nasarawa State thereby developing a guideline that will serve as a template for the establishment of old people's home in the state.

Objectives of the Study

The main objective of the study is to assess the general perception of the people towards establishment of elderly home in Nasarawa state.

Specifically, the objectives of the study are to:

1. Identify the perception of caregivers and the aged towards the establishment of old people's homes in Nasarawa State.
2. Draw up guidelines on the establishment of a functional old people's home in Nasarawa State
3. Validate the developed guidelines on the establishment of old people's home in Nasarawa State.

Research Hypothesis

One null hypothesis was formulated to guide the study:

H_{o1}: There is no significant difference in the perception of the elderly and caregivers towards establishment of old people's home.

Methodology

Research Design

The study adopted descriptive survey research and research and development design to analyze data on the perception of the people towards establishment of elderly home in Nasarawa state.

Population of the Study

The population of the study comprises of twenty-seven thousand, six hundred and seventy-four (27,674) elderly and caregivers (relatives, children or spouse above 20years of age).

Sample and Sampling Technique

Multistage sampling techniques was adopted to select a sample size. Firstly, respondents were selected from the three geo-political zones of the state; namely southern, northern and western zones. Secondly, local governments were randomly selected from each of the zones which comprises of Awe, Keana and Obi from South, Nasarawa Eggon and Akwanga from North, Keffi, Kokona and Karu from West. A sample size of one hundred and ninety (190) respondents was adopted.

Method of Data Collection

Data was collected through administration of the questionnaire with the support of two trained research assistants. A Questionnaire with a title "Perception for Homes for The Elderly (PHFE)" was used for data collection. One hundred and ninety (190) questionnaires were distributed, only one hundred and eighty-six (186) questionnaires were viable to be used for the study. Data collection lasted for eight weeks. Items on the questionnaire include a four-point Scale of preference.

Method of Data Analysis.

The data for the study was analyzed using descriptive statistics of mean and standard deviation for all research questions. Criterion mean value of 2.50 was considered

acceptance level while a fall below the mean value was considered unacceptable based on the four (4) point scale preference. Hypothesis was tested at 0.05 level of significance using t-test inferential statistics and the data was computed with the aid of statistical package for social science (SPSS) version 20.

Results and Discussion

The result on Table 1 Presents responses on the perception of the aged towards establishment of elderly home. Ten items were presented. Seven (7) items were agreed, and three items were disagreed with the mean range of 2.50-3.22. The result revealed that the elderly have positive perception towards the establishment of elderly home in Nasarawa State with an accumulative mean of 2.65.

Table 1: Responses on the Perception of the Aged towards the Establishment of Elderly Homes in Nasarawa state

S/N	Items	Mean	Std	Decision
1	Elderly home is very important in our society	3.16	.753	Agreed
2	It is more convenient to keep elders in nursing home	2.64	.754	Agreed
3	Elderly home is acceptable in our culture	2.30	.739	Disagree
4	Elderly home reduces stress for family members who care for the aged	2.88	.689	Agreed
5	I personally prefer elderly home to traditional way of caring for the aged	2.37	.756	Disagree
6	Keeping aged in the home signifies neglect of the aged	2.32	.737	Disagree
7	Keeping a good elderly home reduce elderly death	2.70	.803	Agreed
8	I personally prefer the aged to be cared for by the family relations	3.22	.789	Agreed
9	Elderly home is the solution to elderly neglect in the society	2.87	.823	Agreed
10	There is no difference between keeping an elderly person in elderly persons home and home care by family	2.13	.969	Disagree
	Cumulative mean		2.65	

Table 2 presents the average mean and standard deviation response on caregivers' perception towards the establishment of elderly home. Eight (8) items had the mean range of 2.50- 3.21 while two items had the mean value of below 2.5 with the accumulative mean of 2.78. This implies that caregivers have positive perception towards the establishment of elderly home in Nasarawa State.

Table 2: Responses on the Perception of Caregivers towards Establishment of Elderly Homes

S/N	Items	Mean	Std	Decision
1	Elderly home is very important in our society.	3.22	.81006	Agreed
2	It is convenient to keep elders in nursing home.	2.84	..80467	Agreed
3	Elderly home is acceptable in our culture.	2.19	.69131	Disagreed
4	Elderly people's home reduces relation stress of caring for the aged.	2.91	.74480	Agreed
5	I personally prefer elderly home to traditional way of caring for the aged.	2.84	.90786	Agreed
6	Keeping aged in the home signifies neglect.	2.31	.79836	Disagreed
7	Keeping a good elderly home can reduce elderly death.	2.92	.83487	Agreed
8	I personally prefer aged being cared for by family members.	3.07	. 72816	Agreed
9	Elderly home is the solution to elderly neglect.	2.89	.83384	Agreed
10	There is no difference between keeping an elderly person in elderly home to keeping the elderly within the reach of the relations.	2.66	. 90637	Agreed
11	Mean Cumulative 2.78			

Table 3: Presents the developed items necessary for the establishment of elderly home in Nasarawa State. Majority (57) of the items were significant with the mean range of 2.6-3.8 and only two items were insignificant with the mean range below 2.5. This implies that the developed guidelines are suitable and acceptable by the elderly and caregivers in Nasarawa State.

Table 3a: Mean and Standard Deviation Values on the Validation of the Developed Guidelines on the Establishment of Old People's Home in Nasarawa State

S/N	Items	Mean	S.dev	Decision
1	Interactive service	3.25	.63867	Significant
2	Long term service	3.15	.48936	Significant
3	Day care service	2.90	.64072	Significant
4	Home service	3.00	.64889	Significant
5	Respite service	2.85	.74516	Significant
	Activities			
1.	Exercise	3.47	.61178	Significant
2	Religion activities.	3.55	.51042	Significant
3	Games	2.90	.71818	Significant
4	Health checks	3.80	.41039	Significant
5	Music and Handicraft	3.05	.88704	Significant
6	Movie	2.70	.92338	Significant
7	Interactive time	3.25	.63867	Significant
8	Hairdressing	3.20	.76777	Significant
9	Festive celebrations	2.65	.98809	Significant
10	Mealtime	3.60	.59824	Significant

Table 3b: Mean and Standard Deviation Values on the Validation of the Developed Guidelines on the Establishment of Old People's Home in Nasarawa State

S/N	Items	Mean	S.dev	Decision
	(Location and Facilities)			
1	Around major hospital	2.60	.82078	Significant
2	independent rooms	2.80	.69585	Significant
3	dormitory suites.	2.20	1.05631	Insignificant
4	Bungalow for couples.	2.65	.98809	Significant
5	Private bedroom and bathroom in each structure.	2.80	.69585	Significant
6	The central social area of the room can be shared with others	2.45	.88704	Insignificant
7	Assembly Hall, recreational, religion hospital, psychological centers and administrative block must be included in the structure	2.85	.93330	Significant
8	Caregivers' rooms attached to all rooms of the home.	2.75	.85070	Significant
	Infrastructures in the Home			
1	Different suites.	2.65	.87509	Significant
2	Furniture, arts and personal mementos in each room	2.85	.74516	Significant
3	Rug carpet in the sitting and bedrooms.	3.00	.72548	Significant
4	Slanting floor for easy wheelchair movement for each suite.	2.85	.98809	Significant
5	Rough tiles in the bathroom.	3.05	.94451	Significant
6	Rich contrasting colours for visual interest in all the furniture.	3.15	.58714	Significant
	Safety Features			
1	E-call systems in bathrooms and bedrooms.	3.20	.69585	Significant
2	Perimeter doors systems that securely monitor resident.	2.95	.68633	Significant
3	Furniture with rounded edges in each room.	2.90	.91191	Significant
4	Mid-point and end of corridor seating for rest and conversation areas.	3.20	.52315	Significant
5	Innovation handrails along corridors to serve as additional support and stability.	3.15	.81273	Significant
6	A standing Ambulance	3.00	.88192	Significant

Table 3c: Acceptability of the Features of The Developed Guidelines for the Establishment of Old People's Home in Nasarawa State

	Nutrition/Diet			
1	Low fat,	3.60	.59824	Significant
2	Low sodium	3.45	.60481	Significant
3	High fiber	3.45	.51042	Significant
4	High calcium choices	3.40	.59824	Significant
5	Local seasonal ingredients	3.40	.59824	Significant
6	Daily healthy snacks	3.25	.63867	Significant
7	Selection of classic favorites, regional dishes	3.10	.64072	Significant
8	Attention to each resident's doctors prescribed dietary plans.	3.65	.48936	Significant
	Service Plan			
1	Monitoring and safety	3.60	.50262	Significant
2	All laundry and linen services	3.45	.51042	Significant
3	Three healthy home cooked meals	3.40	.50262	Significant
4	Medication management	3.55	.51042	Significant
5	Assistance with dressing , grooming and bathing	3.50	.51299	Significant
6	Morbidity and transferring	3.20	.52315	Significant
7	Socialization and activities	3.20	.61559	Significant
	Staffing			
1	Registered nurses available at least four	3.20	.69585	Significant
2	Physiotherapy	3.10	.78807	Significant
3	Health care assistance	3.45	.51042	Significant
4	Kitchen staff	3.30	.65695	Significant
5	Laundry worker	3.25	.55012	Significant
6	Security	3.50	.51299	Significant
7	Administrators	2.95	.88704	Significant
8	Driver	3.45	.60481	Significant

Table 4 presents t- test analysis result on the perception of caregivers and the aged towards the establishment of old people's home. The p-value=0.010 which is less than 0.05. Therefore, the null hypothesis was rejected, meaning that there is significant difference in the perception of caregivers and aged towards the establishment of elderly home.

Table 4: T-test Analysis on Elderly and Caregivers Perception towards the Establishment of Elderly People's Home in Nasarawa State

Perception	N	X	SD	Df	Cal. T-value	Sig
Caregivers	80	38.7	8.45	380	0.05	0.10
Elderly	80	34.1	8.01			

Discussion

In assessing the aged and caregivers' perceptions towards the establishment of elderly home, the finding in this study indicated that majority (2.78) of the respondents had positive perception towards the establishment of elderly home. The finding also indicated that the respondents agreed to elderly home been convenient for the elderly, reduces elderly death as well as caregivers' stress. However, they disagreed to the option of keeping elderly in a home to signifies neglect of the elderly. This might be due to the respondents' educational level and occupational status, as majority of the respondents were educated and workers in different organization who seems busy. This finding is in accordance with the study of Gracieux, (2021) which showed that

caregivers preferred their elderly parents to be nursed in institutions because of the care facilities as the best living arrangement for their parents. However, the finding of the study is contrary to Ekoh, (2020), Ene et al (2022), and Nzima (2020) reported a feeling of quilt among caregivers towards keeping the elderly parents in an institution.

The result of this study indicates that elderly home is gradually integrating into the culture as stated by Ene et al (2022) that there has been a fundamental change in attitude and perception towards the elderly in Nigeria compared to the past years due to an increasing changing. This change seems to be more progressive among the caregivers than the aged as the hypothesis tested indicates a significant difference in the perception of the elderly people and caregivers towards the establishment of elderly home. The result can be explained by the findings of Gracieux, (2021)., Ibiezugbe (2020) and Imudia et al (2023), that the need for an alternative support of elderly care is mostly desired by the caregivers than the elderly due to the difficulty in balancing elderly care with other needs, therefore preferred their elderly parents to be nurse in institutions than their homes. The need for the establishment of elderly home is to help curtail elderly neglect, abuse and abandonment. To provide physical, social, emotional and mental needs of the elderly that can help to alleviate feelings of loneliness, boredom, solitude and improve quality of life of older people. It's to this effect that the study developed and validated the appropriate guidelines for the establishment of a functional old people's home in Nasarawa state which was statistically tested to determine the level of suitability. The guidelines suggest the proper structure, requirements, activities, and services to be rendered to the elderly in the home that will promote health, psychological, physical and emotional wellbeing of the elderly for the purpose of longevity, good health comfort ability and satisfaction.

Conclusion and Recommendations

In conclusion, there is a gradual change in the long-term traditional role of children being the major caregivers to the aged, as most caregivers are in urgent need of an alternative support system for the elderly parent, therefore it's imperative to adopt the proposed guidelines developed and validated by the respondents (elderly and caregivers) to meet up with this need. The following recommendations are made:

1. The government should incorporate the establishment of elderly home as a means of social security scheme for the elderly in Nasarawa state.
2. Change of perception by the people of Nasarawa state and Nigeria on the establishment of old people's home can be achieved by proper sensitization by the National Orientation Agencies and community leaders.
3. The developed guidelines is frame work of baseline needs and necessary features required for the establishment of elderly home and this can be moderated but architects and relevant bodies.

References

Coelho-Filho, J., Oriá, R., Giacomin, K., Brito, G, Santos, M., Aran, V., & Neto, V. (2023). Healthy living and active aging in Latin America and the Caribbean countries: biological, demographic, and epidemiological challenges. In *Aging*. 3(2) 113-157.

Ekoh, P. C., Agbawodikeizu, P. U., Ejimkararonye, C., George, E. O., Ezulike, C. D., & Nnebe, I. (2020). COVID-19 in rural Nigeria: Diminishing social support for older people in Nigeria. *Gerontology and Geriatric Medicine*, *6*: 20-36

Ene, J., Agwu, P., Ekoh, P., & Okoye, U. (2022). Is filial care for older adults in Nigeria threatened? Examining concerns from adult offspring providing care. *Journal of Aging Studies*, *63*, 101078.

Gracieux, J. R. (2021). *Nursing Home Nurse Turnover and the Association to Workload, Absenteeism, and Number of Beds* (Doctoral dissertation, Walden University).

Ibiezugbe, M. (2020). Public Perception of The Utilization of Old People's Homes as a Social Support for the Elderly in Edo State, Nigeria. *Icheke Journal of the Faculty of Humanities*; 37-254.

Imudia, B. O., & Ukponahiusi, O. (2023). Social work intervention strategies for victims of abused elderly in Ukhun Communities, Edo State, Nigeria. *Kampala International University journal of humanities*, *8*(2), 15-24.

Nzima, D., & Maharaj, P. (2020). Long-term care for the elderly in sub-Saharan Africa: an analysis of existing models. In *Health and care in old age in Africa*. Routledge. 41-66

Osabo,P. & Kembe, E. (2023). Attitude of Caregivers towards Aged in Nasarawa State. *Journal of the Society for Human Ecologist of Nigeria*.5,247-253

Osakwe-Ogo, W. (2019). Impact of Care-Homes on the Psychological and Social State of Elderly Residents of Care Homes in Nigeria. *British Journal of Education*, 7(11),21-28.