

## **DECLARATION**

I, Moses Changala, do hereby declare that this Thesis represents my own independent work, except where I have indicated my indebtedness to other sources. I further declare that it has not been previously submitted for a degree at the University of Zambia or any other University.

Signed:.....Date:.....

Supervisor's signature:.....Date.....

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## CERTIFICATE OF APPROVAL

This Thesis of **Moses Changala** is approved as a fulfilling of the requirements for the award of the degree of **Doctor of Philosophy in Adult Education** of the University of Zambia.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

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## **ABSTRACT**

The study sought to examine the care provided to the aged in old people's homes in Zambia and implications for Adult Education programmes. The objectives of the study were to establish factors that led to the aged moving to old people's homes in Zambia, assess services provided to the aged in old people's homes in Zambia, identify challenges faced by the aged in old people's homes in Zambia, ascertain challenges faced by caregivers in old people's homes in Zambia and establish the extent to which adult education programmes were provided in old people's homes in Zambia.

The study was carried out in all 9 old people's homes in the country. Activity and continuity theories provided the theoretical framework for the study. The study used the descriptive survey research design. The sample for the study was 201 respondents, consisting of 165 aged persons in old people's homes, 17 caregivers, 3 officers in the Social Welfare, Planning and Training units of the Ministry of Community Development, Mother and Child Health headquartes, 5 Provincial Social Welfare Officers, 8 District Social Welfare Officers, the Chairperson of the Parliamentary Committee on Health, Community Development and Social Welfare of the National Assembly of Zambia and 2 officers from the Senior Citizens Association of Zambia.

Data was collected using questionnaires, interview schedules and an observation checklist. The study used descriptive or summary statistics to analyse numerical data. The Statistical Package for the Social Sciences (SPSS) Version 20 was used to process descriptive statistics and present data using frequency tables, percentages and graphs. Non-numerical data was analysed thematically by identifying common themes and presented using key concepts and narrations.

The study established that the major factors that contributed to the aged moving to old people's homes in Zambia included lack of family members, abandonment related to illness and old age, destitution, harassment and disability. The main services provided to the aged in old people's homes included food, shelter, health care, clothing, entertainment, religious and spiritual support and counselling. The study revealed that from the perspective of most of the aged, the care provided in old people's homes was generally adequate. However, from the perspective of caregivers, provincial and district social welfare officers as well as observations by the researcher, the care provided was generally inadequate.

The study also revealed that the main challenges faced by the aged in old people's homes included inadequate shelter, boredom due to lack of creative activities, lack of medical facilities for the aged in old people's homes, poor sanitation, lack of electricity, lack of food variety and lack of pocket money. The study further revealed that challenges faced by caregivers included inadequate and erratic funding, low staffing levels, lack of training opportunities for caregivers, absence of a national policy on ageing, lack of transport, lack of Information Communication Technology (ICT) facilities and high demand for admission of the aged to old people's homes. The study also established that there were very few adult education programmes provided to the aged in old people's homes and the training of caregivers was not given priority.

The study concluded that factors that led to the aged moving to old people's homes and projections on population ageing from previous studies were an indicator that the phenomenon of old people's homes in Zambia is likely to continue. It also concluded that although old people's homes were offering important services to the needy elderly and demonstrated some capacity to deliver them, the care provided to them was generally inadequate due to absence or lack of certain provisions, such as creative activities and education, coupled with challenges faced both by the aged and caregivers. The implications for adult education programmes were that since the findings of the study indicated that lack of activity and idling were much of a concern to most of the aged in old people's homes and caregivers, there was need to provide appropriate creative and educational programmes to the aged in order to keep them active, intellectually stimulated and more productive as well as prioritise training for caregivers.

Arising from the findings, the study made the following recommendations: the government and other sponsoring agencies should increase funding to old people's homes to enable them deliver adequate care to the aged in terms of food variety, shelter, medical services, entertainment and counselling; the Ministry of Community Development, Mother and Church Health, in partnership with nongovernmental organisations, Civil Society, churches and volunteer organisations should ensure that adult education programmes are among the main services provided in all old people's homes; government and partner agencies should ensure that caregivers are trained in forms of adult education which deal with aspects such as ageing, adult development and elderly care; and in order to enhance the operations of old people's homes and improve the provision of care through appropriate guidelines and regulations, parliament should expedite ratification of the national policy on ageing and give it a legal framework.

## **DEDICATION**

To my lovely wife, Nambula Georgina Ndopu Changala, for always being there for me even when the going got tough as I undertook this study. Thank you for your endless support and understanding.

To my wonderful children, Moses Bwalya Changala, Nalishebo Agness Changala and Margaret Mulenga Changala, for enduring my frequent absence from home as I traversed the country in search of data for this study. May the Good Lord richly bless and give you wisdom and inspiration to personally, academically and professionally excel and lead better lives than I have done.

## **ACKNOWLEDGEMENTS**

Gerontology in Zambia is a young a field, initiated at the University of Zambia by the late Professor Martin M. Kamwengo whose works I drew upon heavily in this Thesis. I, therefore, wish to heartily acknowledge his great works and inspiration.

I express my sincere gratitude to my supervisors, Dr. Emmy H. Mbozi and Dr. Sophie Kasonde-Ng'andu for their guidance, support and inspiration throughout the study. Without their input and encouragement, this work would not have become a reality.

I thank the University of Zambia, my employer, for granting me a Special Research Fellowship to enable me pursue studies as well as financial support to enable me undertake field work and related activities. Special thanks go to my School, the School of Education and my department, the Department of Adult Education and Extension Studies for supporting me throughout my studies, starting from the admission process, application for the Special Research Fellowship up to completion of my study programme. I am also grateful to Mr. V. H. Chisumpa for his insights, encouragement and comments, especially during the early stages of my studies, Dr. D. Ndhlovu for inspiring and encouraging me and Dr. A. Akakandelwa for assisting me with data analysis and urging me to soldier on when I seemed to tire and despair.

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## **LIST OF ACRONYMS**

CBOs	Community Based Organisations
CSO	Central Statistical Office
FBOs	Faith-Based Organisations
FSP	Food Security Pack
GRZ	Government of the Republic of Zambia
HIV/AIDS	Human Immune Virus/Acquired Immune Deficiency Syndrome
ICTs	Information Communication Technologies
IMF	International Monetary Fund
MCDSS	Ministry of Community Development and Social Services
MCDMCH	Ministry of Community Development, Mother and Child Health
MIPAA	Madrid International Plan of Action on Ageing
NGOs	Non-Governmental Organisations
NIACE	National Institute of Adult Continuing Education
PWAS	Public Welfare Assistance Scheme
SCAZ	Senior Citizens Association of Zambia
SCTS	Social Cash Transfer Scheme
UN	United Nations
UNFPA	United Nations Population Fund
UNHCR	United Nations High Commission for Refugees
UNICEF	United Nations Children's Fund
UNZA	University of Zambia
WHO	World Health Organisation