

PhD research proposal: Understanding the meanings and Anticipation of Long Term Care among Older Adults and their Families in an Urban Slum in Nairobi, Kenya

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Introduction

The number of older adults in urban slums in Kenya is growing rapidly, coupled with a rise in chronic illness<sup>1,2,3</sup> and functional limitations<sup>4</sup> among this population. This could introduce future need for long term care (LTC) with the responsibility likely to fall on proximate family members, often female, whose typically constrained social and economic circumstances could be further strained<sup>5</sup>.

However, evidence on existing care arrangements does not reflect actors' or collective knowledges and conceptions of what LTC means for different groups in urban slum settings in Africa.

The present study (linked to the wider Care Economy Africa project of the Perivoli Africa Research Centre at the University of Bristol) will explore conceptions of LTC that will provide a framework for contextualizing how older adults and their families constitute their anticipation of LTC futures.

Objectives

The specific objectives of the research are to:

- a) Elucidate older adults and their families' understandings of LTC
- b) Explore the nature, patterns and extent of anticipation of LTC among older adults and their families
- c) Pinpoint potential implications of study findings for policy, practice and research for Kenya and slum settings in Africa broadly

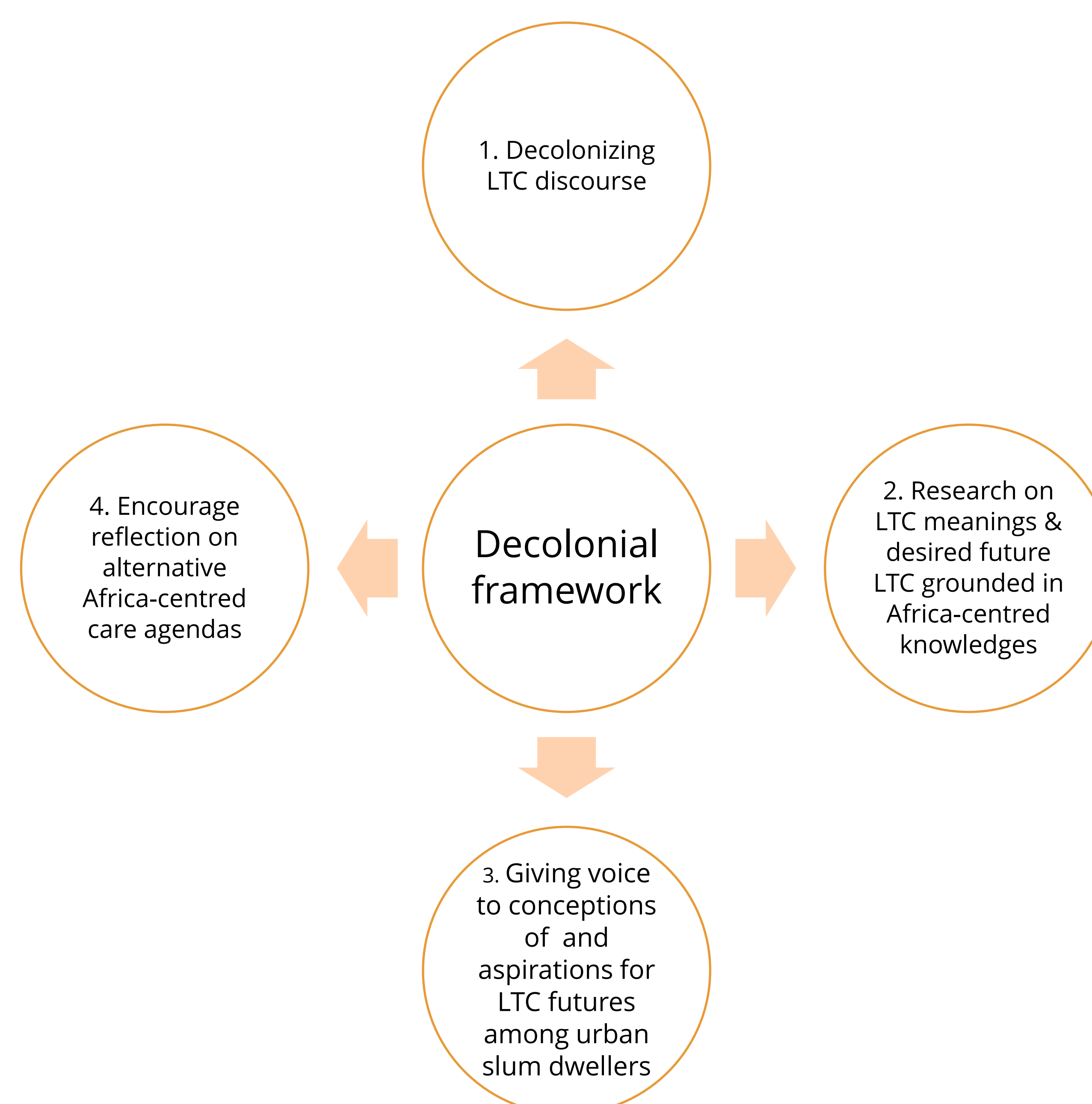
Research questions

Overarching question: *How do older adults, who are not yet receiving care, and their families in urban slums in Nairobi, Kenya understand and anticipate LTC?*

Key research questions:

- 1. How do older adults and their families conceive of and understand LTC?
- 2. How do older adults and their families anticipate LTC?
- 3. What implications arise from study findings –for policy, research and practice?

Theoretical framework



Expected outcomes

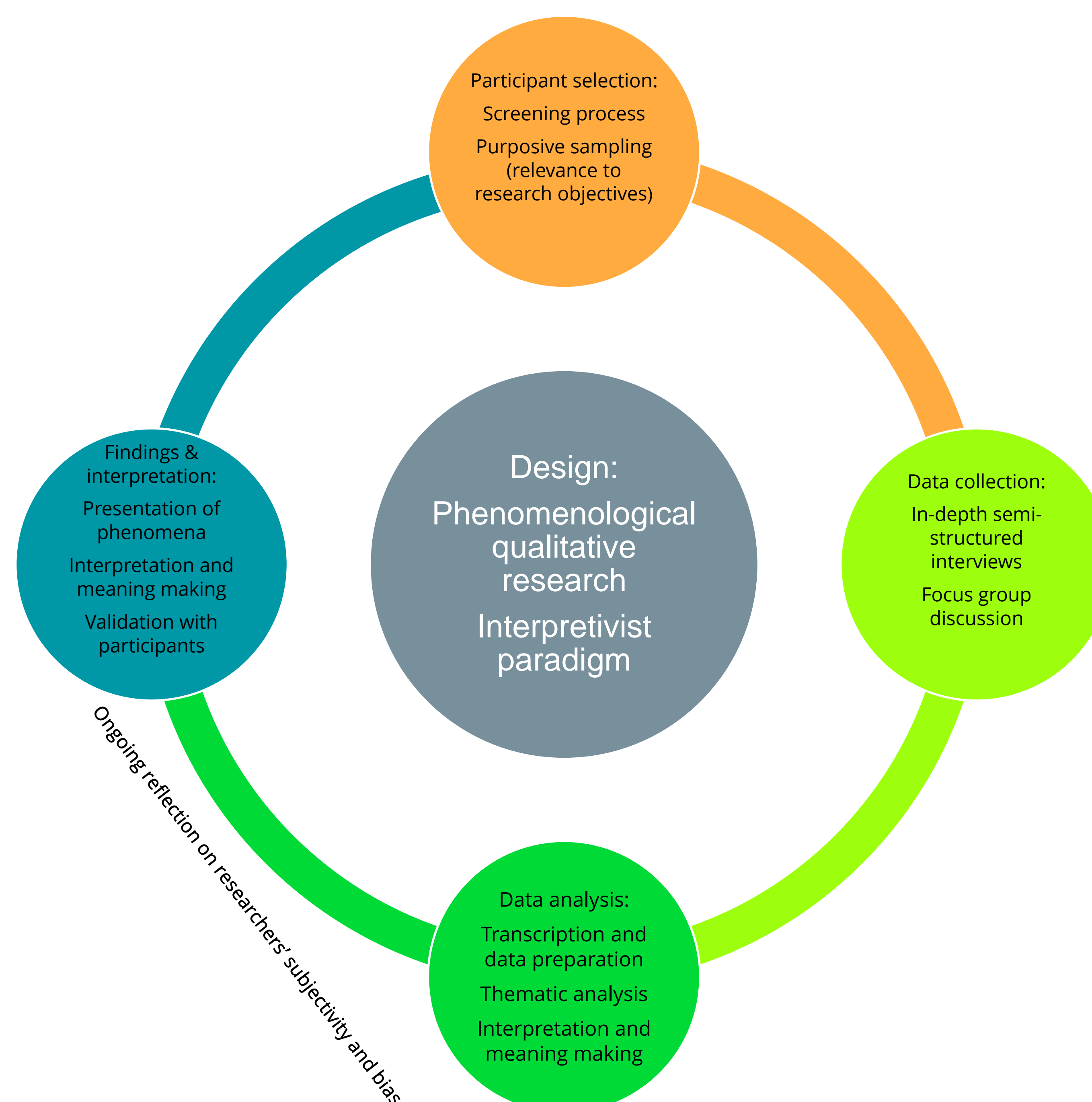
Study outcomes are anticipated on three levels:

- a) Generate a better understanding of individual and collective conceptions of LTC and aspirations for care futures and contribute to academic discourse on LTC.
- b) Contribute to the wider Care Economy Africa project's objective to articulate an alternative Africa-centred change agenda for future LTC in Kenya.
- c) Related to (b) above, stimulate critical debate and reflection on required LTC futures among key constituencies in Kenya and Africa broadly.

Timelines

Activity	2023	2024		
	Sep-Dec	Jan-Feb	Mar	Apr-Aug
Ethics approval				
Proposal refinement				
Screening exercise				
Formative qualitative				
Main investigation				

Methodology



References

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Acknowledgements



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