

**ROLE OF LOCAL GOVERNMENTS IN PROMOTING THE WELFARE OF THE  
ELDERLY IN BUMBO SUB COUNTY NAMISINDWA DISTRICT**

**ELIJAH NAMUKOBE WAFULA**

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## DECLARATION

I **Wafula Elijah Namukobe of Reg no S23MUC/BSWSA/50** declares that this report is my original work and has never been presented to any other institution for award of any academic certificate or anything similar to such. I solemnly bear and stand to correct any inconsistency.

Sign

A handwritten signature in blue ink, consisting of stylized initials and a surname, positioned above a dotted line.

Name: Wafula Elijah Namukobe

**APPROVAL**

This is to certify that the research was supervised and is now ready for submission for consideration and approval.

Name: Dr Omukunyi Bernard

Supervisor

Sign.....

Date.....

8/9/2025

## **DEDICATION**

I would like to dedicate this research report to Madam Nabwire Constance whose unwavering support, encouragement, love and motivation have been instrumental in shaping my learning and growth during this research.

## **ACKNOWLEDGEMENT**

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## TABLE OF CONTENT

Contents	
DECLARATION .....	i
APPROVAL .....	ii
DEDICATION .....	iii
ACKNOWLEDGEMENT .....	iv
TABLE OF CONTENT .....	v
LIST OF ABBREVIATIONS .....	viii
LIST OF TABLE AND FIGURES .....	ix
Abstract .....	x
CHAPTER ONE .....	1
1.0 Introduction .....	1
1.1 Background .....	1
1.2 Purpose of the study .....	3
1.3 Objectives of the study .....	3
1.4 Research questions .....	3
1.5 Problem Statement .....	3
1.6 Conceptual framework .....	5
1.7 Significancy of the study .....	5
CHAPTER TWO .....	6
LITERATURE REVIEW .....	6
2.0 Introduction .....	6
2.1 Social Welfares programs for the elderly .....	6
2.2 Challenges facing Implementation of social welfare programs for elderly .....	8
2.4 Strategies to improve social welfare of the elderly .....	10
2.5 Research gap .....	12
CHAPTER THREE .....	13
METHODS AND DESIGN .....	13
3.1 Introduction .....	13
3.3 Research approach .....	13
3.5 Study Population and approach .....	14
3.5.1 Study population .....	14

3.5.2 Sample size and sample distribution .....	14
3.6 Data collection methods and instruments.....	15
3.6.1 Data collection methods.....	15
3.6.2 Data collection instruments .....	16
3.7 Quality control.....	17
3.7.1 Validity.....	17
3.7.2 Reliability .....	17
3.8 Measurement of variables. ....	17
3.9 Data management and analysis. ....	17
3.10 Ethical considerations .....	18
CHAPTER FOUR.....	20
4.0 Introduction. ....	20
4.1 Social Demographic Data of the Respondents.....	20
Demographic profile of respondents. ....	21
4.2 Health status. ....	22
4.2 The different social Welfares programs and policies for the elderly in Bumbo Sub County .....	24
Source field data 2025 .....	25
4.3 Challenges of the social welfare programs and policies in Bumbo subcouty.....	26
4.3 The possible strategies to improve the social welfare.....	28
CHAPTER FIVE .....	33
SUMMARY, CONCLUSION AND RECOMMENDATION .....	33
5.0 introduction .....	33
5.1 SUMMARY .....	33
5.1.1 Different social Welfares programs and policies for the elderly .....	33
5.1.2 Social welfare challenges facing the elderly in Bumbo Sub County .....	33
5.1.3 Strategies to improve the social welfare of elderly .....	33
5.2Conclusions .....	34
5.3 Recommendation.....	34
5.4 Areas for further research.....	34
References .....	36
Appendix 1: Questionnaire.....	39
Appendix 2: Interview guide.....	43

Appendix picture of the researcher during the interview with the elders and some of their project..... 48

## **LIST OF ABBREVIATIONS**

LG	local government
MOLG	Ministry of Local Government
SAGE	Social Assistance Grants for Empowerment
Ubos	Uganda bureau of statistics
UN	United Nations
WHO	World Health Organization

**LIST OF TABLE AND FIGURES**

Table 1 showing sample size selection ..... 14

Table 2 Social Demographic Data of the Respondents (N=100)..... 20

Table 3 showing various welfare programme for the elderly in Bombo sub county..... 24

Table 4: showing the challenges facing elderly in Bombo subcounty..... 26

Table 5: showing possible strategies to improve the social welfare ..... 28

## **Abstract**

This study examines the role of local governments in promoting the welfare of the elderly in Bumbo subcounty Namisndwa District. The main objectives were to find out the different social Welfares programs and policies for the elderly and to establish the social welfare challenges facing the elderly and to suggest the strategies to improve the social welfare of elderly. The study used a mixed method research design whereby both qualitative and quantitative research methods were used.

The findings revealed that that various social welfare programmes for elderly were available which among other includes Social Pensions, health support programme for the elderly Health Programs, Community-Based Care Initiatives are available for elderly, Livelihood Support Programs, Advocacy and Legal Frameworks, Social Security, Home and Community-Based Services it was also established that elders in Bumbo Sub County face several welfare challenges which included Limited Access to Financial Security, Inadequate Healthcare Access challenges, Food Insecurity & Malnutrition, Social Isolation & Lack of Support, Weak Legal Protection & Advocacy, Poor Livelihood Opportunities and Corruption among others.

Various strategies for improving welfare programs for elderly were suggested which included. Expand pension coverage to more elderly citizens in Uganda. Elderly people should have free or subsidized healthcare services, Community-based support groups are effective in improving the well-being of the elderly, Financial literacy programs would help elderly individuals manage their resources better, Stronger social protection policies are needed to safeguard elderly rights (e.g., against abuse or exploitation, Income-generating activities (e.g., farming, crafts) should be promoted among the elderly.

Based on the study findings, the study concluded the welfare of the elderly in Bumbo Sub County largely confirm regional trends but highlight unique distrust in formal systems. Policymakers should adapt proven models like community healthcare and transport vouchers while addressing contextual barriers (e.g., pension distrust, low financial literacy engagement

It was therefore recommended that the government should Prioritize Healthcare and Mobility as Immediate Interventions, Expand free geriatric clinics in rural areas and subsidize essential medicines. Partner with transport unions to provide discounted

## **CHAPTER ONE**

### **1.0 Introduction**

As our global population ages, the role of local governments in promoting the welfare of the elderly has never been more critical. These community leaders are at the forefront of crafting policies and programs that ensure our seniors not only live longer but thrive in their later years. From establishing accessible healthcare services and creating engaging social activities to implementing supportive housing initiatives, local governments are redefining what it means to age gracefully in our communities. By prioritizing the needs and well-being of older adults, they foster inclusive environments where seniors can remain active participants in society, enhancing the quality of life for everyone. Join us as we explore the innovative strategies and heartfelt commitments local governments are making to empower our elderly population and ensure their voices are heard and valued. Evidence shows that social protection interventions in the form of direct income support such as the senior citizen grant are inherently affordable even among low and middle-income countries.

This chapter presents the background of study, the problem statement, the study objectives, the scope of the study, the significance and the conceptual framework as follows.

### **1.1 Background**

Globally, the aging population is rapidly increasing. According to the United Nations, the number of people aged 65 and older is projected to rise from about 703 million in 2019 to 1.5 billion by 2050 (United Nations, 2019). In response to this demographic shift, many countries have recognized the importance of local governments in addressing the needs of the elderly. Local governments play a pivotal role by implementing policies that promote the welfare of seniors through: Local governments often provide healthcare services tailored to the elderly, such as mobile clinics, home healthcare, and specialized geriatric healthcare programs (Benevolenza et al., 2021).

Initiatives focusing on social interaction, mental health support, and volunteer programs can help reduce isolation among older adults, fostering community connections (Cornwell & Waite, 2009). Local governments can implement financial assistance programs including pensions, subsidized housing, and utility support to help elderly residents maintain a basic standard of living (World

Health Organization [WHO], 2015). Access to transportation is key for seniors. Local governments can establish transportation services that help elderly individuals reach medical appointments, social gatherings, and grocery stores (Feng et al., 2014). Implementing laws and policies that protect the rights of older adults against abuse, neglect, and discrimination is essential. Local governments typically enact and enforce these protections (Katz, 2020).

In many African countries, the role of local governments in supporting the elderly is particularly important due to cultural contexts where extended families traditionally cared for elderly members. However, rapid urbanization and changing family structures have placed pressure on these systems (Makoni, 2015). Local governments often collaborate with community organizations to create programs that provide support and services specifically designed for elderly citizens (United Nations Economic Commission for Africa [UNECA], 2021). In many African cultures, the elderly are respected and honored, but economic hardships can lead to vulnerabilities (Mbangula, 2020). Local governments can help maintain cultural values while adapting to the modern socio-economic landscape. There are numerous initiatives aimed at reducing poverty among the elderly, including skills training and financial literacy programs (National Institute of Statistics of Rwanda, 2016).

In Uganda, approximately 2.5% of the population is aged 60 and above, a number projected to grow (Uganda Bureau of Statistics, 2020). The local government plays a vital role in ensuring the welfare of this demographic. The Uganda National Policy for Older Persons (2009) aims to promote the rights and well-being of older people, emphasizing their participation in the development process. Local governments are critical in implementing these policies at the community level (Ministry of Gender, Labor and Social Development [MGLSD], 2009).

The Social Assistance Grants for Empowerment (SAGE) program provides financial support to elderly individuals, helping address poverty and improve their quality of life (MGLSD, 2017). Local governments manage the distribution and implementation of this support. In Uganda, local governments are involved in providing health services, including access to free treatment for older persons in government health facilities (World Health Organization, 2021). However, challenges such as staff shortages and inadequate facilities remain. Local governments often partner with NGOs to run community centers or programs that engage older adults in social activities, promoting community integration and mental well-being (Kibombo et al., 2019). Local leaders

play an important role in raising awareness about the rights and needs of the elderly, often advocating for more resources and better conditions (Aging in Africa Consortium, 2019).

## **1.2 Purpose of the study**

The purpose of study was to examine the role of local governments in promoting the welfare of the elderly in Bumbo subcounty Namisndwa District.

## **1.3 Objectives of the study**

1. To examine the different social Welfares programs and policies for the elderly in Bumbo subcounty Namisndwa District local government.
2. To establish the social welfare challenges facing the elderly in Bumbo sub county Namisndwa District local government.
3. To find out strategies to improve the social welfare of elderly in Bumbo subcounty Namisndwa District local government.

## **1.4 Research questions**

2. What are different social welfares programs for the elder in Bumbo subcounty Namisndwa District local government?
3. What are the challenges facing the elderly in Bumbo subcounty Namisndwa District local government?
4. What are the possible strategies to improve the social welfare of the in Bumbo subcounty Namisndwa District local government?

## **1.5 Problem Statement**

As populations age globally, the social welfare of the elderly has emerged as a pressing public concern, necessitating the active involvement of local governments to effectively address their unique needs. According to UN (2022), despite the growing recognition of the importance of supporting older adults, many governments face significant challenge such as cultural attitudes towards aging with recent research also underscoring the need for updated, and region-specific research in developing and implementing comprehensive policies and programs aimed at enhancing their quality of life. Who these challenges often stem from limited financial resources,

inadequate inter-agency collaboration, and fragmented service delivery systems that may overlook the diverse needs of the elderly population (World Health Organization, 2023).

In Bumbo Subcounty, like many regions in Uganda, the aging population faces significant challenges such as in accessing essential services and support systems aimed at enhancing their welfare. With a considerable portion of its residents being elderly, the local government is tasked with addressing their unique needs; however, this responsibility is often hampered by limited financial resources, inadequate infrastructure, and insufficient inter-agency collaboration (Uganda Bureau of Statistics, 2024). Despite recent efforts to include older adults in community development agendas, there remains a significant gap in understanding the specific roles that local governments in Bumbo Subcounty can play in effectively promoting the social welfare of its elderly population. The aging residents of Bumbo Subcounty encounter barriers in various dimensions, such as healthcare access, social inclusion, economic security, and safe living environments (World Health Organization, 2024). Moreover, existing programs and policies may not fully address the unique cultural and societal contexts of the elderly in this region, leading to underutilization of available services (Ministry of Gender, Labor and Social Development, 2023).

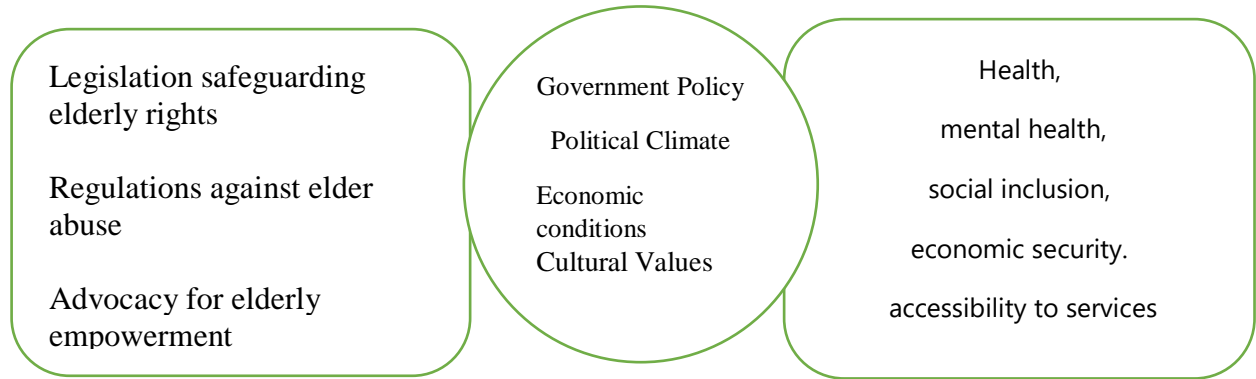
Additionally, there is a lack of clarity regarding the specific roles that local governments should play in promoting elder welfare in Bumbo subcounty including areas such as healthcare access, social inclusion, affordable housing, and community safety (United Nations, 2023). Current literature tends to focus on the responsibilities of national governments, leaving a gap in understanding how local entities can tailor their initiatives to meet the specific social and cultural contexts of their communities (Brennan, 2023).

This study explored the multifaceted roles of local governments in enhancing the social welfare of the elderly, identifying effective strategies and best practices that lead to positive outcomes.

## 1.6 Conceptual framework

### local governments

### Welfare



### Explanation of the concept

The conceptual framework above serves as a basis for understanding how local governments can effectively promote the welfare of the elderly through various interconnected programs and policies. It highlights the importance of a multi-faceted approach that includes healthcare, social support, economic assistance, transportation, and legal protections, while considering the influence of cultural, economic, and legislative contexts.

## 1.7 Significance of the study

The study may help to identify the specific needs and challenges faced by the elderly population in a community. This understanding may guide the development of more effective policies and programs tailored to their unique requirements.

To the Policy maker, the findings may lead to improved local policies and practices. By analyzing current programs and their effectiveness, local governments can identify gaps and enhance their services.

The findings of the study may serve as a tool for advocacy, helping to elevate the issues faced by the elderly and driving discussions on their rights, needs, and the importance of their well-being in society. such a study can have far-reaching implications for improving the quality of life for elderly.

## CHAPTER TWO

### LITERATURE REVIEW

#### 2.0 Introduction

This study is focuses on examining the role of local governments in promoting the welfare of the elderly. This chapter present relevant literature in line with the study objectives and the research gaps as follows:

#### 2.1 Social Welfares programs for the elderly

**Social Pensions:** Social pensions are a key welfare initiative in many African countries. Unlike traditional pensions that require prior contributions, social pensions provide cash transfers to older adults based on age and means-testing. For instance, South Africa's Old Age Grant provides a monthly payment to individuals aged 60 and older who meet income requirements, significantly alleviating poverty among seniors (Department of Social Development, South Africa, 2021). This program has had a substantial impact, as it contributes to the overall household income and allows for better health and nutrition among beneficiaries (Rosa et al., 2019).

**Health Programs:** Healthcare access varies widely across Africa, with many older adults suffering from chronic illnesses and disabilities. Countries like Kenya and Uganda have implemented targeted health programs to provide services to the elderly, including free healthcare or subsidized costs for seniors through national health insurance schemes (World Health Organization, 2022). These programs aim to ensure that older adults receive necessary medical attention, including preventive care, which is vital for maintaining their health.

**Community-Based Care Initiatives.** Community-based care initiatives are vital in many African contexts, where families traditionally bear the responsibility for elderly care. However, as urban migration increases and family structures change, additional support mechanisms are required. In countries like Zimbabwe, community organizations have emerged to provide assistance to the elderly, offering services such as meal delivery, household repairs, and companionship (Mawere et al., 2020). These initiatives foster a sense of community and help prevent social isolation among seniors.

**Livelihood Support Programs.** Many older adults in Africa continue to work after retirement age, often out of necessity. Livelihood support programs aim to empower older individuals by providing training, microfinance, and access to markets. For example, in Ghana, initiatives like the Livelihood Empowerment against Poverty (LEAP) program have included older adults in economic activities, promoting financial independence and dignity (Ghana Ministry of Gender, Children and Social Protection, 2021). Such programs not only improve individual circumstances but also contribute to community resilience.

**Advocacy and Legal Frameworks.** Advocacy for the rights of older persons has gained momentum in Africa with the establishment of legal frameworks that protect their interests. The African Union has adopted the Protocol to the African Charter on Human and Peoples' Rights on the Rights of Older Persons, which emphasizes the need for social protection policies (African Union, 2016). This protocol encourages member states to develop policies that address the needs of older adults, including access to healthcare, social security, and protection from abuse.

**Social Security,** which provides financial benefits to retirees based on their earnings history. Established in 1935, Social Security has become a critical source of income for older Americans, with about 21% of elderly beneficiaries relying on it for at least 90% of their income (Social Security Administration, 2021). This program is crucial in preventing poverty among seniors, helping to reduce the financial burden that often comes with retirement.

**Supplemental Nutrition Assistance Program (SNAP),** Nutrition is vital for maintaining health in old age, and the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, provides crucial support to low-income seniors. It helps eligible individual's access nutritious food by offering monthly benefits to purchase food items (United States Department of Agriculture, 2023). As many older adults face financial constraints, SNAP plays a significant role in enhancing food security among this population, contributing to better overall health outcomes.

**Home and Community-Based Services (HCBS)** enable seniors to receive support in their homes rather than institutional settings. These services include personal care assistance, companionship,

meal delivery, and adult day care programs (Administration for Community Living, 2022). By offering these alternatives, HCBS can improve the quality of life for seniors, allowing them to age in place with dignity and comfort.

## **2.2 Challenges facing Implementation of social welfare programs for elderly**

Implementing welfare programs for the elderly presents a range of challenges that inhibit their effectiveness and accessibility. These challenges stem from economic, social, cultural, and institutional factors that vary across the continent. Understanding these barriers is crucial for developing effective strategies to improve the welfare of older adults.

**Funding Constraints.** One of the primary challenges in implementing welfare programs is the lack of adequate funding. Many African countries face limited financial resources and competing priorities that detract from social spending on programs specifically designed for the elderly. According to the African Development Bank (2021), high levels of public debt and economic pressures limit the ability of governments to adequately finance comprehensive welfare systems. As a result, many programs are underfunded, poorly implemented, or fail to reach those most in need.

**Inadequate Infrastructure.** The basic infrastructure required for effective service delivery, including healthcare facilities, transportation networks, and social service agencies, is often lacking in many regions. Rural areas, in particular, face significant challenges due to inadequate access to health services, which hinders the elderly from utilizing welfare initiatives (World Health Organization, 2022). The lack of reliable transport options can also isolate older adults, making it difficult for them to reach essential services such as medical care, social support, and financial assistance programs.

**Limited Awareness and Access.** There is often limited awareness among both the elderly and their families regarding available welfare programs. A lack of information can lead to the underutilization of services, even when they exist. According to a study by Aboderin (2018), many elderly individuals in Africa may not be aware of their entitlements under programs like social pensions or healthcare schemes. Furthermore, bureaucratic inefficiencies and complex application procedures can discourage eligible seniors from seeking assistance.

**Social and Cultural Attitudes.** Social and cultural attitudes towards aging significantly impact the implementation of welfare programs. In many African societies, traditional beliefs about family responsibility mean that elderly care is often viewed as a family obligation rather than a societal responsibility (Mawere et al., 2020). This cultural perception can lead to a lack of governmental urgency in addressing the needs of older adults, as families may be expected to provide care without state support. Additionally, stereotypes and stigma associated with aging can undermine respect for older individuals, affecting the political will to prioritize their welfare.

**Poor Data Collection and Research.** Effective welfare programs rely on accurate data to identify needs and measure outcomes. However, many African countries struggle with poor data collection systems regarding demographics, poverty levels, and health statistics among the elderly population. The lack of comprehensive research limits the ability to design targeted and evidence-based interventions (United Nations, 2021). Reliable data is essential for assessing the impact of existing programs and informing policy decisions, yet gaps in data hinder the development of effective strategies.

**Political Instability and Governance Issues.** Political instability and weak governance structures can also impede the successful implementation of welfare programs for the elderly. Frequent changes in government, corruption, and lack of accountability may lead to inconsistent policy applications and ineffective program management (African Union, 2016). In some cases, political instability disrupts funding and logistical frameworks essential for delivering services to the elderly.

The challenges faced in implementing welfare programs for the elderly in Africa are multifaceted and deeply rooted in the continent's socio-economic and cultural context. Addressing these issues requires a concerted effort from governments, civil society, and international organizations to ensure adequate funding, improve infrastructure, raise awareness, and engage in culturally sensitive advocacy. By overcoming these obstacles, African nations can enhance the effectiveness of their welfare programs and ultimately improve the lives of older adults.

## **2.4 Strategies to improve social welfare of the elderly**

Improving social welfare programs for the elderly in Africa is essential to address the unique challenges that these demographic faces, including poverty, health issues, and social isolation. Several strategies can be employed to enhance the effectiveness and reach of these programs, ensuring that older adults receive adequate support.

**Strengthening Financial Support Programs:** One of the most effective means of improving the welfare of the elderly is through enhancing financial support programs such as social pensions. Governments should consider increasing the amount provided through social pensions and ensuring timely payments to beneficiaries (HelpAge International, 2020). Expanding coverage to include more low-income older adults can significantly reduce poverty rates among seniors, as seen in South Africa's Old Age Grant program, which has been linked to improved living conditions (Rosa et al., 2019).

**Improving Healthcare Access.** Access to healthcare is crucial for the elderly, who often face chronic conditions that require regular treatment. Expanding healthcare facilities specifically for older adults, including geriatric care units, can improve access to tailored health services (World Health Organization, 2022). Additionally, implementing mobile clinics in rural areas can address the transportation barriers that many older adults face. Governments should also invest in training healthcare professionals to better understand the needs of older patients, promoting compassionate and effective care tailored to this demographic.

**Community Engagement and Awareness Campaigns.** Increasing awareness of available welfare programs is essential to ensure that elderly individuals and their families can access these services. Governments and NGOs can undertake community engagement initiatives to educate the elderly about their rights and available support systems (Aboderin, 2018). Awareness campaigns can include workshops, informational pamphlets, and local media advertisements tailored to the needs of older adults. By fostering a better understanding of existing programs, more seniors can take advantage of the support available.

**Enhancing Infrastructure.** Investing in infrastructure is vital for the successful implementation of welfare programs. Governments should prioritize the development of transport networks and healthcare facilities to ensure that older adults can easily access services. Improving accessibility at public facilities, including adjustments like ramps and audience-friendly settings, can also make a significant difference in service delivery for seniors (United Nations, 2021). Furthermore, maintaining rural roads is critical to connecting older adults with essential services.

**Fostering Intergenerational Relationships.** Encouraging intergenerational relationships can help address the social isolation often experienced by older adults. Programs that promote interaction between young and old such as community service initiatives, mentorship programs, or shared housing arrangements can bridge the gap between generations (Mawere et al., 2020). These initiatives not only help older adults feel valued and connected but also cultivate mutual respect and understanding between different age groups.

**Policy Advocacy and Stronger Governance.** Advocacy for stronger policies and governance focused on the rights and welfare of older adults is essential. Civil society organizations play a crucial role in lobbying for the establishment and enforcement of policies that protect older individuals' rights and expand access to welfare programs (African Union, 2016). Governments should also ensure transparency and accountability in the administration of social welfare programs to build trust and efficiency.

**Incorporating Technology.** Leveraging technology can improve the delivery of welfare programs for older adults. Mobile applications and online platforms can be used to provide information about available services, facilitate access to healthcare, and streamline the application processes for financial assistance (HelpAge International, 2020). Technology training workshops can empower older adults to utilize these digital resources, ensuring that they can access essential information and support.

Enhancing welfare programs for the elderly in Africa requires a multifaceted approach that addresses financial, healthcare, infrastructural, and social needs. By strengthening existing initiatives, increasing awareness, and fostering community involvement, African nations can significantly improve the quality of life for their aging populations. Collaborative efforts among

governments, NGOs, and local communities are vital to ensuring that older adults receive the respect, care, and support they deserve.

## **2.5 Research gap**

While most studies provide general effects, local research is also important for it helps to address the pressing needs of the elderly and formulate possible interventions. Rural areas also face various challenges that differ from urban settings such as cultural attitudes towards aging with recent research also underscoring the need for updated, and region-specific research. The literature reveals the need for a deeper investigation into the effect of welfare programs on elderly welfare with limited information concerning the elderly. Much more research is needed to understand the background and unresolved effects so as to inform various policy interventions in the present welfare system.

## **CHAPTER THREE.**

### **METHODS AND DESIGN**

#### **3.1 Introduction.**

This section provides an overview of the methodology, explaining details about the different chosen methods and how they contribute to an understanding of the study. It presents the research design, the study population, the sampling techniques, data management the sources of data and ethical considerations.

#### **3.2 Research design.**

The researcher used a mixed method research design whereby both qualitative and quantitative research methods were used. A quantitative method is to be used to interpret and analyze numerical data which is in form of frequencies and percentages presented in tables and charts. On the other hand, a qualitative method is used to describe the occurrences and phenomenon of the variables and this is in form of statements and narrations. The design is chosen because it generates quick self-reports from the participants under the study (Leedy &Ormod, 2020).

#### **3.3 Research approach**

Amina (2005) recognizes that the combination of both qualitative and quantitative research approaches. These approaches involve structured techniques such as existing data analysis and providing statistical evidence. According to Sarantakos (2003), notes that, the two approaches allow researchers to collect a wider dataset, as it combines numerical data with narratives and personal experiences. Research not only quantifies the impact of various factors but also helps in understanding the underlying causes thus providing a wider view of the welfare of the elderly.

#### **3.4 Research area.**

The study was conducted in Bumbo subcounty located in Namisndwa District which is bordered by Bududa District to the north, Kenya to the east and south, Tororo District to the south-west, and Manafwa District to the west. The district headquarters at Bupoto located approximately 40 kilometers (25 mi), by road, south-east of Mbale, the largest city of in the sub-region. The area is selected due to the increasing number of elders in the subcounty. (UBOS 2024)

### 3.5 Study Population and approach.

#### 3.5.1 Study population

Mugenda and Sapsford (2003), have it that population is the entire set of individuals' events or objects having observable characteristic about which area of research findings can be made. Population in Bumbo subcounty 8785. The target population of those aged 60 + are estimated to be 900, local leaders from LCI-LCIII are 64, and religious leaders are 21, Bureaucrats 14 and 12 opinion leaders totaling up to 1010. According to sub county reports, this provides an insight into the roles of health status on elderly welfare and they also provide an opinion on the role of socio-economic factors, the study will focus on the population of 370 people included the Local council leader LC1 to LCIII the political and technical leaders, the opinion leaders the religious leaders and the civil society members.

*Table 1 showing sample size selection*

Category	Population	Sample size	Sampling Technique
Elderly	900	270	Random
Politicians	64	56	Purposive
Bureaucrats	14	14	Purposive
Religious Leader	21	19	Purposive
Opinion Leaders	12	11	Purposive
Total	1011	370	

Morgan and krejcie has it that, for larger population, like 900, the sample size is a small percentage of the population because of the law of larger numbers applies. For small population like 14, 21, and 12 you might end up needing to survey nearly the entire population, as the sample size cannot exceed the population size.

#### 3.5.2 Sample size and sample distribution

The sample size selection and determination was guided by Morgan and krejcie table which is commonly used to determine appropriate sample size needed for given population size when conducting survey or research for a given population therefore. A sample of 270~370 respondents as guided by Krejcie and Morgan (2017) is selected from a target population of 1010 to represent the whole population. Both random and non-random sampling techniques will be used.

### **Quantitative sample size**

Quantitative research often requires a representative sample that allows for statistical analysis. This involves a larger sample size where feasible.

- a. The elderly sample size of 270 out of 900 is appropriate for quantitative analysis
- b. Politician sample size of 56 out of 64 is appropriate for quantitative analysis
- c. Bureaucrats population size 14 out of 14 can be used, which is common in small population
- d. Religious leader's sample of 19 out of 21 this sample is appropriate for quantitative analysis
- e. Opinion leaders sample size of 11 out of 12, can be used, which is common in small population

### **Qualitative sample size**

Qualitative research often relies on smaller, more focused samples to gain in-depth insight. Therefore, use of smaller or particular participants are selected from the larger population

- a. elderly sample size of 270 can be adjusted between 20-30
- b. politicians sample size of 64 can be adjusted between 10-15
- c. Bureaucrats sample size of 56 can be adjusted between 5-7
- d. Religious leaders sample size of 14 can be adjusted between 5-7
- e. Opinion leaders sample size of 12 can be adjusted between 5-6

## **3.6 Data collection methods and instruments**

### **3.6.1 Data collection methods**

The researcher ensured that both qualitative and quantitative data (primary data) is collected using interviewing and a close-ended questionnaire survey method respectively. Primary data are those which are collected for the first time, and thus happen to be original in character. Whereas, secondary data which refers to already published or documented data is collected using documentation method (Creswell, 2015).

### **Individual Interview**

Interviews with the respondents were conducted by meeting them and asking them questions in line with the objectives of which the researcher records all the responses by himself. This method aided in collecting primary qualitative data (Airat, 2014).

## **Survey Method.**

A uniform self-administered open ended questionnaire encompassing background information, and questions in line with the objectives of the study. This method was used to collect primary quantitative data (Amin, 2015).

## **Documentation**

It is through this method that the researcher reviewed international, global, national and local documents and reports that are relevant to the effect of aging on elderly welfare. This was done in relation to the objectives and brings out the gaps that this study is supposed to fill; this is used in collecting secondary data.

### **3.6.2 Data collection instruments**

#### **Questionnaires**

A questionnaire is a set of objectives translated into question form intended to solicit for responses that meet the objectives of the research being undertaken. For purposes of this study the researcher designed open ended questionnaires for respondents consisting of questions and answers for easy analysis. McMillan and Schumacher (2001) recommend use of a questionnaire if the researcher knows that the respondents are in position to answer the questionnaire. This method was preferred because it enables the researcher to collect data from a large sample since these are self-administered.

#### **Interview Guide**

Interviews according to Gupta (2023) refer to conversations between two or more people whereby questions are asked to illicit facts or statements from the interviewee. Face to face interviews are carried out with the respondents to cross check the response from the questionnaire. The researcher designed unstructured interview guide to acquire data from manager because is only one and has crucial information that this study seeks to acquire through interviews. This instrument through probing enabled the researcher collect in-depth and more elaborated information for qualitative data.

### **3.7 Quality control**

According to Oso and Onen (2009), controlling quality is about ensuring acceptable levels of validity and reliability of the study through proper control of extraneous variables. The validity of the research tool was assessed by pre-testing in other words, pilot testing allows me verify whether the research question addresses all the research questions in line with the objectives of the analysis. All the items in the research tools were tested against the objectives and the variables of the study to determine their reliability by findings got. Determining of data quality control in qualitative research involved establishing of procedures for data collection, detailed protocols for conducting the interviews and make observations to ensure consistency.

#### **3.7.1 Validity**

This study involved application of research techniques and design. This implies that the results accurately reflect the events that the researcher says are measurable. To obtain correct data, the researcher made sure to approach the appropriate respondent's i.e. The elderly.

#### **3.7.2 Reliability**

Basing on the respondents included in the sample size, the researcher also tested the questionnaires for the research instruments on other different group of respondents. This was to assess the issue of efficacy and accuracy.

### **3.8 Measurement of variables.**

Mugenda (1999) says that measuring a variable provides the researcher with information concerning the opinions of different individuals. A Likert scale is used in this study. The answers were scored in the range of; 1- strongly agree, 2- Agree, 3- Strongly agree and 4- Strongly disagree.

### **3.9 Data management and analysis.**

Data analysis is the process of systematically applying statistical and /or logical techniques to describe and illustrate, condense and recap, and evaluate data (Savenye, Robinson, 2004). Data analysis helps in informing decision-making so researchers should not stop at the stage of collecting data but instead should go-ahead to do the analysis for proper understanding. After collecting all the necessary data, these data was coded and edited, analyzed and rephrased to eliminate errors and ensure consistency. It involved categorizing, discussing, classifying and summarizing of the responses to each question in coding frames, basing on the various responses. This intended to ease the tabulation work. It also helped to remove unwanted responses which

would be considered insignificant. Data collected from the field with the use of study instruments is then classified into meaningful categories.

Using both descriptive and inferential statistics, data analysis is performed, data descriptive analysis includes testing the mean, standard deviation and research parameter percentages. The data collected in this study is analyzed through the thematic analysis approach. Thematic analysis is a method of analyzing qualitative data.

### **3.10 Ethical considerations**

**Observance of confidentiality.** The participants' privacy was be properly protected. The removal of personal identical information guaranteed anonymity during data storage, analysis, and reporting. Only the researcher had access to the safely stored data. Participants were not identified in any reports or publications unless they have given their express consent to be identified.

**Informed consent.** Respondents were to get information about the study's objectives, procedures, potential risks, and expected duration during their participation. This was explained in an understandable language. Written and verbal consent was sought that is if individuals are unable to offer written consent. Elderly participants were helped to understand that their participation is completely voluntary.

**Ethical approval.** The research proposal was submitted to the faculty for assessment and approval. This was to ensure that the study conforms to ethical norms and regulations.

**Right to Privacy** participants have a right to Privacy for example a researcher should not ask children about the behavior of their parents without the consent of such parents. A researcher avoided accessing privately owned properties without getting prior permission from the owners.

**Harm to participants** when planning for research, a researcher considered potential harm to participants that might result from their participation. Such herm might be inform of physical or psychological torture.

**Knowledge of purpose** participants had a right to know the purpose of research before they participate. They were informed that the reason for this research is for academic reasons may be if considered, for policymaking.

**Voluntary participation** participants were not forced to participate in research. A researcher employed variety of techniques to attract participants to the study but they were not forced to participate. Participate were allowed to exit from the study at any time if the wish to quit.

**Plagiarism** refers to the practice of presenting someone's work and pretend as if it is yours. It was avoided through attribution ie indicating references in research work.

Anonymity, a researcher endeavored to have information collected from participants kept anonymous. This involved concealing the identity of participants so that they are not known by the public. Anonymity is observed especially when such disclosure would result into suffering social stigma by the participants.

**Competence** a researcher has chosen to carry out research in social sciences his field of speciality. De briefing after research process is complete and results are taken, a researcher may go back to the respondents and give them results. This helped to build confidence among the public and add value to the profession of research.

**Anticipated study limitations and how you hope to address these;**

The sample size. There was trouble finding a sizable and varied sample of elderly persons due to unwillingness to participate and maybe limited mobility. An attempt was made to involve a variety of participants from the similar age group.

Ethical and moral challenges. There was a thorough ethical protocol developed that includes protocols for informed consent and confidentiality. Any ethical problem that comes up throughout the process were quickly resolved.

The participants had trouble accurately recalling past experiences or events, which could lead to giving out of inaccurate in the information. To help participants remember, the researcher used precise, understandable, and simple questions.

## CHAPTER FOUR

### PRESENTATION, ANALYSIS AND INTERPRETATION AND DISCUSSION

#### 4.0 Introduction.

This chapter presents analysis and interpretation of the data collected based on the key research objectives

#### 4.1 Social Demographic Data of the Respondents

Table 2 Social Demographic Data of the Respondents (N=100)

<b>Gender</b>	<b>Frequency</b>	<b>Percentage (%)</b>
Male	38	38
Female	62	62
Total	100	100
<b>Age</b>		
65-70	40	40
71-75	30	30
76-80	17	17
80 and above	13	13
Total	100	100
<b>Occupation</b>		
Teacher	20	20
Administrator	10	10
Peasant farmer	65	65
Other	5	5
<b>Level of Education</b>		
Certificate	21	21
Diploma	10	10
Degree	2	2
Others	63	63
Total	100	100

The table summarizes the background information of 100 respondents, highlighting gender, age, occupation, and education level. Regarding gender, 54 respondents (62%) were female, and 46 (38%) were male, indicating a slight majority of female participants. This gender distribution reflects a balanced representation with a minor female predominance.

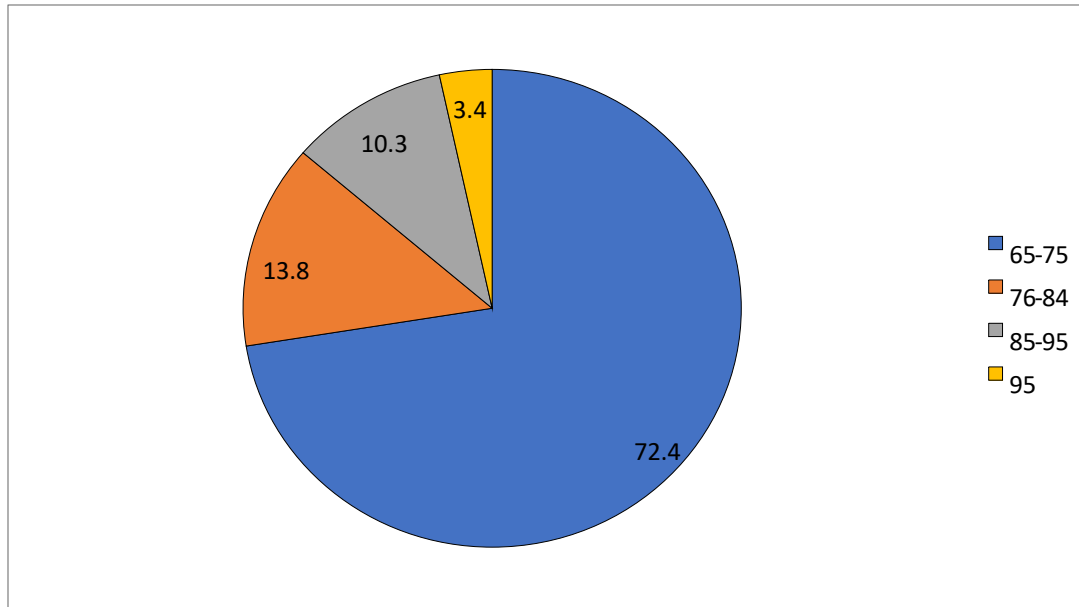
For age, the majority of respondents 40 (40%) were aged 65-70 years, followed by 25 (25%) aged 71-76, and 21 (21%) aged 77-80. The least represented age group was 40 years and above, with 14 respondents (14%). This indicates that most respondents were in their early to mid-career stages.

In terms of occupation, peasants constituted the largest group, with 65 respondents (65%), while teachers were 20, others were 5% while administrators accounted for only 10 (10%). This dominance of teachers highlights that the study primarily targeted individuals actively engaged in educational roles.

Concerning education level, half of the respondents (50 or 50%) held certificates, 32 (32%) held diplomas, and 11 (11%) had degrees. The remaining 7 respondents (7%) were classified as having "other" qualifications. This distribution reflects a workforce predominantly with foundational academic credentials.

### **Demographic profile of respondents.**

The study assessed age and living status of the respondents. This age range of respondents is presented in a pie chart form as presented in the figure below.



The respondents were asked to choose out their age group and it was revealed that majority of the respondents were aged 65-75 years of age (72.4%). The age range between 65-75 was the highest with 72.4% and lowest was 95 and above (3.4%). This implies that most of them have just made it to the elderly stage and a few make it to late stages of age. This may be a fair representation of the elderly persons in the study area. The rate of respondents that were staying alone was 23% and with a few living with grandchildren. Furthermore, 26% of the respondents were married and stay with a family. This made them a good fit for the study since it was based on the elderly population.

Similar studies show that over half (51%) of the respondents were aged 60-69 years and over 51% were married (NIH, 2018).

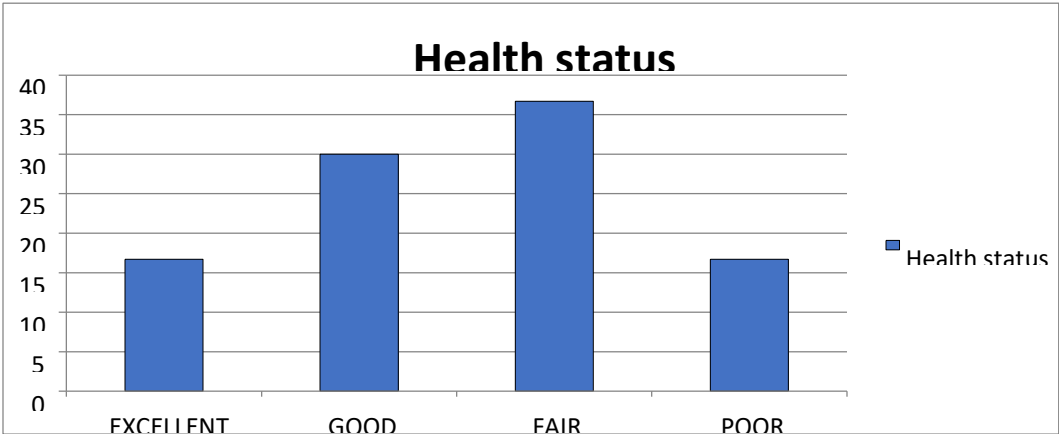
#### **4.2 Health status of the elderly .**

The researcher asked the respondents to describe their health status and the responses are presented in figure 2.

#### **Figure 2: Showing the description of healthcare.**

The findings revealed that majority of the elderly persons have a fair health status (36.7%). However, those that had a good health status were 30% with 16.7% having a poor health status. Furthermore, majority of the respondents (80%) were at least in regular contact with relatives

and community. A few of the respondents



Dents (20%) had no contact with friends and family. According to MGLSD (2020), family takes on the physical and emotional burden of caring for older persons by doing domestic chores and gardening. On the other hand men have to assume the financial care of an older person. The results indicated that at least all the respondents had been able to access some medical care despite the challenges.

According to key informants, some of the common challenges they face as they age included isolation, chronic illnesses such as dementia and high blood pressure and financial instabilities. The respondents go ahead to note that to a larger extent, most of them get supported by the community through food and medical support, opportunities and engaging the elderly in community meetings. Some quotations from respondents are “*loss of energy that limits me from getting involved in income generating activities, isolation since people don’t want to visit me, general body weakness and muscles, I can no longer see well and have pressure.*” However, they highlight challenges such as depression, stress and other health conditions, cannot meet daily activities due to body weakness, and feel lonely. More quotations include; ‘*I feel lonely and want to die, I forget a lot, aging is actually good because it’s a special gift from God that helps me mentor my grandchildren and they learn from my past mistakes.*’ The UN Decade of healthy ageing (2021-2030) aims to reduce the inequalities amongst the older people, their families and communities through making improvements in health so as to improve their way of living.

#### 4.2 The different social Welfares programs and policies for the elderly in Bumbo Sub County

The researcher investigated the welfare programme and policies available for the elderly and the findings are as in the following table:

**Table 3 showing various welfare programme for the elderly in Bombo sub county**

<b>Program</b>	<b>Strongly Agree (%)</b>	<b>Agree (%)</b>	<b>Not Sure (%)</b>	<b>Disagree (%)</b>	<b>Strongly Disagree (%)</b>	<b>Total</b>
People above 60 years receive Social Pensions	35	45	10	7	3	100
There are health support programme for the elderly Health Programs.	40	38	12	6	4	100
Community-Based Care Initiatives are available for elderly.	28	50	15	5	2	100
Livelihood Support Programs	20	35	25	15	5	100
Advocacy and Legal Frameworks	15	30	30	20	5	100
Social Security is available for people above 65 years in Bumbo subcounty	50	35	8	5	2	100
Supplemental Nutrition Assistance	45	40	10	4	1	100

Home and Community-Based Services	32	48	12	6	2	100
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Source field data 2025

As shown in the table above 35% of the respondents indicated that they strongly agree that People above 60 years receive Social Pensions, while 45 revealed that they agree that People above 60 years receive Social Pensions. 10% revealed that they were not sure that People above 60 years receive Social Pensions, 7% disagree that People above 60 years receive Social Pensions while 3 % strongly disagree that People above 60 years receive Social Pensions

As in the table above majority of the responds agree that Social Pensions (80% Approval: 35% strongly agree. This implies pensions are well-received and impactful. This finding are in line with to findings in Uganda’s Social Assistance Grants for Empowerment (SAGE) program, where cash transfers reduced poverty among elderly (UBOS, 2021).

The table further indicate that Health Programs 78% agree that there are health support programme for the elderly while 10% disagree that there are health support programme for the elderly Health Programs.) This Strong support is in line with global elderly priorities (WHO, 2023).it also matches Kenya’s Linda Mama program, where free healthcare boosted elderly well-being (KNBS, 2022).

The findings further revealed that 73% agree that Community-Based Care Initiatives are available for elderly while 7% disagree that Community-Based Care Initiatives are available for elderly. This imply high demand for localized, non-institutional care. This finding corroborate with a study by Arison Resonates with Rwanda’s Ubudehe approach, where community health workers improved elderly care (Ministry of Health, 2020). The 15% uncertainty suggests need for clearer program visibility in Bumbo subcouty.

For the case of Livelihood Support, 55% of the respondents agreed that Livelihood Support Programs for the elderly are available while 20%disagree that Livelihood Support Programs exist for the elderly lowest approval among economic programs, this finding are in Contrasts with Ethiopia’s Productive Safety

The table further indicate that as for Advocacy and Legal Frameworks 45% of the respondents agree that Advocacy and Legal Frameworks for the elderly exist while 30 % disagree that Advocacy and Legal Frameworks fir the elderly exist this finding are Similar to a study in Tanzania by (HelpAge, 2021), where legal aid programs struggled with low engagement. This could be due to Bureaucratic hurdles or lack of trust in justice systems.

In an interview with one of the elders about the welfare programme, *“He noted that there are various welfare programs in the subcounty which included parish development model (PDM), pension programme limited to the elderly and senior citizen grant”*

### 4.3 Challenges of the social welfare programs and policies in Bumbo subcounty

Table 4: showing the challenges facing elderly in Bumbo subcounty

<b>Social Welfare Challenge</b>	<b>Agree (%)</b>	<b>Not Sure (%)</b>	<b>Disagree (%)</b>	<b>Total</b>
Limited Access to Financial Security	78	15	7	100
Inadequate Healthcare Access	72	20	8	100
Food Insecurity & Malnutrition	65	25	10	100
Social Isolation & Lack of Support	60	30	10	100
Weak Legal Protection & Advocacy	55	35%	10	100
Poor Livelihood Opportunities	50	40	10	100
Corruption	85	15	10	100

**Source field data 2025**

As shown in the table above, 78% of the respondents indicate the challenge of financial insecurity, 15% were not sure and 7 % disagreed that they had financial challenges this implies need to expand pension coverage and develop alternative income-generation programs for the elderly. This aligns with World Bank (2023) findings in sub-Saharan Africa where only 30% of elderly receive pensions. The 7% disagreement may represent those with family support or informal income sources. Similar to Uganda's SAGE program evaluation showing 82% of elderly depend on social pensions for survival.

As for Inadequate Healthcare Access 72% Agree that their healthcare access problems, while 20% are uncertain and 8% disagree. This means that there is need to Prioritize mobile clinics and community health insurance schemes for elderly populations in Bumbo subcounty. This findings Matches WHO (2022) data showing 65% of African elderly face healthcare barriers. The 8% disagreement likely reflects urban respondents with better access. Comparable to findings from Kenya's Linda Mama program where rural elders reported 3x more access challenges than urban counterparts.

Regarding Food Insecurity & Malnutrition (65% Agree) findings revealed that elderly people in Bumbo experience food insecurity, with 25% uncertain and 10% disagreeing. This implies need to Implement targeted nutrition programs and subsidized meal services for vulnerable elderly. These findings corroborate with a study by UNICEF (2023) nutrition reports showing 60% of elderly in developing nations face food shortages. The 10% disagreement may represent those receiving family support. Similar to Malawi's social cash transfer program results where 70% of elderly households reported improved food security.

As for the Social Isolation & Lack of Support 60% Agree while 30% were uncertain and 10% disagreement. This Confirms HelpAge International (2023) research showing 58% of African elderly experience loneliness. The 30% uncertainty suggests stigma around admitting isolation. Comparable to South Africa's findings where community centers reduced isolation by 40%.

In the case of Weak Legal Protection & Advocacy (55% Agree) the table further indicates that Only 55% recognize legal protection gaps, with 35% uncertainty this imply Launch elder rights education programs and simplify legal aid access procedures. The highest among challenges this Mirrors UNDP (2022) justice sector analysis showing 70% of elderly unaware of their legal rights.

Similar to Tanzania's findings where only 30% could access legal aid. The high uncertainty suggests need for awareness campaigns.

Poor Livelihood Opportunities Just 50% acknowledge livelihood challenges, with 40% uncertainty - the highest rate. This Aligns with ILO (2023) data showing only 35% of elderly in developing nations have income opportunities. The extreme uncertainty suggests programs may be poorly advertised or mismatched to elderly capabilities. Similar to Ethiopia's PSNP program challenges.

Regarding Corruption, an Overwhelming 85% identify corruption as a problem, with 15% uncertain/10% disagreeing. This finding Confirms Transparency International (2023) reports ranking social welfare programs among most corrupt sectors. The 10% disagreement may represent those who haven't directly experienced corruption. Comparable to findings from Nigeria's pension system review.

During a Focus group discussion, one of the religious leaders had this to say about the challenges facing elderly.

He said” *Elders have a challenge of access to basic needs, lack of family support, they are seen as Burden to the relatives and they are living in poor health conditions*”

*The other challenges were sight issues as one of the elders narrated that she has a problem of seeing clearly which affects her mobility, she further indicted that she faces discrimination and confrontation from the family members who discriminate hers and see her as a burden*

#### 4.3 The possible strategies to improve the social welfare

Table 5: showing possible strategies to improve the social welfare

Statement	Strongly Disagree (1)(%)	Disagree (2) (%)	Neutra l (3) (%)	Agree (4) (%)	Strongly Agree (5) (%)
The government should expand pension coverage to more elderly citizens in Uganda.	10	15	20	35	20

Elderly people should have free or subsidized healthcare services.	5%	10%	15%	40%	30%
Community-based support groups are effective in improving the well-being of the elderly.	8%	12%	25%	30%	25%
Financial literacy programs would help elderly individuals manage their resources better.	15%	20%	30%	25%	10%
Stronger social protection policies are needed to safeguard elderly rights (e.g., against abuse or exploitation).	7%	13%	20%	35%	25%
Income-generating activities (e.g., farming, crafts) should be promoted among the elderly.	12%	18%	25%	30%	15%
Transport subsidies or free mobility services would significantly benefit the elderly.	5%	10%	20%	45%	20%
"Public awareness campaigns can reduce stigma and improve respect for the elderly."	10%	15%	35%	25%	15%

As shown in the table above 55 % of the respondent agreed that the government should expand pension coverage to more elderly citizens in Uganda. 25% disagreed that the government should expand pension coverage to more elderly citizens in Uganda. While 20% were neutral

As in the table above, Expanding Pension Coverage 55% of the respondent support expanding pension coverage, indicating strong demand for financial security. 25% (Disagree + Strongly Disagree) oppose it, possibly due to distrust in government systems or concerns about sustainability. 20% Neutral, suggesting a need for better public awareness about pension benefits. While majority support exists, policymakers must address skepticism through transparent pension reforms. Unlike Uganda, Lesotho and Botswana have successfully expanded pensions with high public trust (Barrientos, 2020). Uganda's challenge is building institutional credibility before scaling up

For the case of providing Subsidized Healthcare, 70% agree that government should prioritize healthcare access, reflecting urgent need. Only 15% oppose, likely due to cost concerns. This implies that Healthcare should be a top policy priority, with subsidies targeting the poorest elderly. The overwhelming support (70% agreement) for subsidized healthcare services reflects a fundamental gap in Uganda's elderly care system. This aligns with global patterns report 2022 which noted that aging populations face disproportionate healthcare challenges.

The findings further revealed that 55% of the respondents agreed that Community-Based Support Groups are needed to support elderly 20% (Disagree + Strongly Disagree) may doubt effectiveness or accessibility. This implies the need to strengthen grassroots programs while ensuring inclusivity in rural areas.

Financial Literacy Programs Only 35% believe these programs help, while 35% are skeptical. 30% Neutral, indicating low awareness or perceived irrelevance. This implies that Pilot programs with practical demonstrations (e.g., savings groups) could boost engagement.

As for Stronger Social Protection Policies 60% agreed that demand policies against abuse/exploitation. While 20% (Disagree + Strongly Disagree + Neutral) may lack awareness of rights violations. This implies that: Legal reforms and advocacy campaigns are needed to protect elderly rights.

The other suggested strategy was Income-Generating Activities where 45% agree that support livelihood programs, but 30% may see age barriers. This means that Implication: Tailor activities (e.g., low-labor farming) to physical capabilities. The moderate support (45%) for income activities matches studies in Malawi (Kowal et al., 2020) showing that frailty and chronic illness limit elders' ability to work. However, micro-entrepreneurship programs in India (Alam & Barrientos, 2021) succeeded by focusing on low-intensity crafts, suggesting Uganda could adapt similar models. Unlike Uganda, Vietnam's elderly show higher engagement in agriculture (Knodel & Teerawichitchainan, 2023), possibly due to stronger intergenerational labor support.

Transport Subsidies 65% Agree highlight mobility as critical. Only 15% oppose, likely due to cost concerns. This implies that Partner with transport providers to offer discounted fares for elderly. Transport subsidies received unexpectedly strong support (65%), revealing mobility as a crucial but often overlooked welfare factor. For rural elders especially, lack of transport can mean isolation from healthcare, markets, and social networks. The 20% neutral responses might represent elders who have become homebound and no longer view mobility as relevant to their lives. This finding suggests transport support could dramatically improve quality of life at relatively low cost.

Awareness Campaigns 40% Agree believe campaigns reduce stigma, but 35% Neutral suggest limited visibility. This implies that Use of local media (radio, community leaders) to amplify messages. The 40% agreement on awareness campaigns aligns with global aging stigma research (WHO, 2023), which finds that elders often underestimate discrimination until directly affected. Studies in Ethiopia (Girma et al., 2021) show that media campaigns alone rarely change behavior unless paired with community dialogues. In Thailand and Japan, national awareness programs successfully reduced elderly stigma (Pengpid & Peltzer, 2022), but these countries had pre-existing cultural respect for elders. Uganda may need more localized approaches.

In an interview with one of the opinion leaders, he suggested that *“the government should lower the age for senior citizen grant from the current 80 years to 65 years to increase the coverage of the elders in the subcounty”*

*Another elder also suggested that, the government should increase the SCG to at least 50,000/= per month to cover the high cost of living.*

Other members during the FGD suggested that the government should allow the retirees to continue earning the full pay to enable them leave descent life

## **CHAPTER FIVE**

### **SUMMARY, CONCLUSION AND RECOMMENDATION**

#### **5.0 introduction**

This chapter presents the summary of the study, the conclusions and recommendations based on the study objectives as follows to examine the different social Welfares programs and policies for the elderly in Bumbo sub county Namisndwa District local government. To establish the social welfare challenges facing the elderly, to find out strategies to improve the social welfare of elderly.

#### **5.1 SUMMARY**

##### **5.1.1 Different social Welfares programs and policies for the elderly**

The study established that various social welfare programmes for elderly were available which among other includes Social Pensions, health support programme for the elderly Health Programs, Community-Based Care Initiatives are available for elderly, Livelihood Support Programs, Advocacy and Legal Frameworks, Social Security, Home and Community-Based Services

##### **5.1.2 Social welfare challenges facing the elderly in Bumbo Sub County**

The study established that elders in Bumbo Sub County face several welfare challenges which included Limited Access to Financial Security, Inadequate Healthcare Access challenges, Food Insecurity & Malnutrition, Social Isolation & Lack of Support, Weak Legal Protection & Advocacy, Poor Livelihood Opportunities and Corruption among others.

##### **5.1.3 Strategies to improve the social welfare of elderly**

Various strategies for improving welfare programs for elderly were suggested which included. Expand pension coverage to more elderly citizens in Uganda. Elderly people should have free or subsidized healthcare services, Community-based support groups are effective in improving the well-being of the elderly, Financial literacy programs would help elderly individuals manage their resources better, Stronger social protection policies are needed to safeguard elderly rights (e.g., against abuse or exploitation, Income-generating activities (e.g., farming, crafts) should be promoted among the elderly, Transport subsidies or free mobility services would significantly benefit the Public awareness campaigns can reduce stigma and improve respect for the elderly and a strong fight against corruption.

## **5.2 Conclusions**

Based on the study findings, the study concluded the welfare of the elderly in Bumbo Sub County largely confirm regional trends but highlight unique distrust in formal systems. Policymakers should adapt proven models (e.g., community healthcare, transport vouchers) while addressing contextual barriers (e.g., pension distrust, low financial literacy engagement). It also concluded that Uganda's elderly population faces significant gaps in social welfare, with the most urgent needs being accessible healthcare, reliable transport, and sustainable income support. While community-based systems remain a trusted safety net, systemic challenges such as distrust in pensions, low engagement with financial literacy programs, and persistent stigma require targeted policy interventions. Without action, aging Ugandans will remain vulnerable to poverty, isolation, and preventable health crises.

## **5.3 Recommendation**

The government should Prioritize Healthcare and Mobility as Immediate Interventions, Expand free geriatric clinics in rural areas and subsidize essential medicines. Partner with transport unions to provide discounted fares for elderly travelers.

The community should Strengthen Community-Based Care with Government Backing, Fund local elderly committees to coordinate support (e.g., food aid, health checks). Train community volunteers to identify and assist at-risk elders, especially in remote areas.

Reform Pension Systems to Build Trust Launch transparent, small-scale pension pilots using mobile money for payouts. Sensitize elders about enrollment through radio campaigns and community meetings.

## **5.4 Areas for further research**

The study was unable to exhaust all the aspects relating to the welfare of the elderly due to time and resource constraints and therefore suggests the following as possible areas for future research:

A study be conducted on the Comparative analysis of outcomes between traditional family/community support systems and formal institutional care

The researcher also suggests that a study done on obstacles preventing elderly access to financial services and social protection

Further research can also be conducted on how do gender differences affect financial access for elderly women versus men?

Research can also be conducted on how can welfare programs can be adapted to address climate-related vulnerabilities?

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### **Appendix 1: Questionnaire.**

I am Wafula Elijah Namukobe a student of Uganda Christian University seeking for information, your perspective I role of local governments in promoting the welfare of the elderly in Bumbo subcounty . This questionnaire aims to gather insights that will beneficial to about the welfare of the elderly and the information will be confidential.

#### **Section A: Demographic information.**

1. Age:

What is your Age? (Tick where appropriate)

65-75

76-84

85-95

95+

2. Living status.

What is your living status?

Alone

Married

With family

With grandchildren

**3. Education level**

What is your level of education?

Never been to school

Primary

Secondary

Tertiary level

**Section B: welfare programs for the elderly**

Do you believe that the local government is doing something to improve the following welfare of elderly people in Bumbo sub county

Social Pensions:	Agree	Strongly agree	Not sure	Disagree	Strongly disagree
Health Programs:					
Community-Based Care Initiatives.					
Livelihood Support Programs.					
Advocacy and Legal Frameworks.					
Social Security,					
Supplemental Nutrition Assistance Program					
Home and Community-Based Services					

1. How do you describe your health status?

Excellent

Good

Fair

Poor

2. Do you have regular contact with relatives and community?

Yes

No

3. How often do you feel stressed or anxious?

Often

Sometimes

Rarely

Never

### **SECTION C ACTIVITIES**

What social activities do you engage in?

Cultural events

Exercise classes

Adult education

### **SECTION D PARTICIPATION**

Do you belong to any social groups? Yes or No.If yes, how has this contributed to your welfare? If no, how has this negatively affected you?

**Thank you for your participation.**

## **Appendix 2: Interview guide.**

I am Wafula Elijah Namukobe a student of Uganda Christian University seeking for information, your perspective role of local governments in promoting the welfare of the elderly in Bumbo subcounty . This questionnaire aims to gather insights that will be beneficial to about the welfare of the elderly and the information will be confidential.

In your opinion, what are the most significant challenges you face as you age?

Do you have any social welfare programs? What are they and how many?

Do you get supported by your community? In what ways?

Can you share your thoughts on aging and how it has affected your mental well-being?

What challenges have you gone through in your social groups as you age?

Can you talk about the social activities you participate in?

Do you receive any social support from friends and family?

What challenges have you faced as a result of finances?

Do you have easy access to resources and basic needs?

What kind of social support do you receive from family, friends and social groups?

**Thank you for your cooperation**

**INTERVIEWING ELDERLY IN CHESOMA PARISH**



**INTERVIEWING PENSION OFFICER IN BUMBO PARISH**



## **INTERVIEWING RELIGIOUS LEADER**



**INTERVIEWING 85 YEAR OLD WOMAN**



Appendix picture of the researcher during the interview with the elders and some of their project



**PDM PROJECT OF 70 YEAR OLDMAN IN NAAK VILLAGE**



**PWDS PROJECT IN KISEKERE PARISH**



## **65 YEAR PDM BENEFICIARIES PROJECT**



**Appedinx1: Letter for Data Collection**



UGANDA CHRISTIAN UNIVERSITY  
 A Centre of Excellence in the Heart of Africa  
 MBALE UNIVERSITY COLLEGE

Office of the Academic Registrar

To SAS  
BUMBO SUB-COUNTY

Dear Sir/Madam,

Re: Academic Research

Christian greetings!

We are honored to introduce to you Mr. Mrs./Miss WAMFULA ELUATH NAMUKOBI  
 Of Registration Number; S23/MUC/BSW/050 pursuing a Masters' Degree/Postgraduate Diploma / Bachelor's Degree SOCIAL WORK AND SOCIAL ADMINISTRATION

He/ she is required to carry out an academic research on the topic  
THE ROLE OF LOCAL GOVERNMENTS IN PROMOTING THE WELFARE OF THE ELDERLY IN BUMBO SUB-COUNTY NAMUSINDWA DISTRICT.

and thereafter produce a well bound hard cover research report (MAROON) in color for undergraduate and three (BLACK) copies for Postgraduate students as a University requirement for the award of a degree/diploma in the academic discipline that he / she is pursuing.

We shall be grateful for the help you may offer to him or her accordingly.

Thank you.

Yours faithfully,



Mr. Akampurira Timothy

Academic Registrar

**Appedinx1: Letter of acceptance**

TELEPHONE:  
0780803270



Office of SAS Bumbo Sub country  
Namisindwa district  
P.O Box 335 Mbale

In any correspondence on  
This subject please quote CR/159/1

14<sup>th</sup> March, 2025

TO THE ACADEMIC REGISTRAR  
UGANDA CHRISTIAN UNIVERSITY MBALE COLLEGE

WAFULA ELIJAH NAMUKOBE

Dear Sir/Madam

Re: ACCEPTANCE TO CARRY OUT AN ACADEMIC RESEARCH IN BUMBO SUB COUNTY

Reference is made to a letter dated 14<sup>th</sup> March, 2025 from academic Registrar Uganda Christian University but received on 18<sup>th</sup> March regarding the above matter.

This is to inform you that, you have been accepted to carry out your academic research on the Role of local government in promoting the social welfare of elderly in Bachelor's degree of social work and social administration in Bumbo Sub County for the period of two months from March to May, 2025.

By the copy of this letter, you are allowed to carry out your academic research freely and thereafter recommend you.

Best regard,

WEKESA BRIAN

Acting Senior Assistant Secretary

Cc Bumbo sub county chair person

cc Academic registrar, Uganda Christian university

Wafula Elijah Namukobe student

File

