

CICIAMS XX World Congress

*Education for Sustainable Health:
Engaging Development,
Respecting Life.*

Venue : Riverside Majestic Hotel, Kuching Sarawak

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Subtheme : **Issues of the Elderly**

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Kingdom of Eswatini



Outline

- Introduction
- Elderly Status in Eswatini
- Roles of Nurses
- Conclusions

Eswatini



Introduction

- Elderly or Senior Citizens are those 60 years and above
- The mental distinguishing characteristics of old age are both physical and mental`
- These marks do not occur at the same chronological age for everyone. Also, they occur at different rates and order for different people.
- Marks of old age can easily vary between people of the same chronological age.



80 +
75 - 79
70 - 74
65 - 69
60 - 64
55 - 59
50 - 54
45 - 49
40 - 44
35 - 39
30 - 34
25 - 29
20 - 24
15 - 19
10 - 14
5 - 9
0 - 4



+65 years growth rate in Eswatini

Year	% growth rate
• 1980	• 2.7
• 1985	• 2.8
• 1990	• 2.7
• 1995	• 2.8
• 2000	• 3.0
• 2005	• 3.2
• 2010	• 3.4

Status of the elderly in Swaziland

- **Senior citizen** is a common name we use for an elderly person **over the age of 60 years.**
- It implies that the person being referred to is respected.
- 5% of the total population in the country is estimated to be Senior Citizen that is proximately 55,000.
- Amount provided by Government per month to senior Citizens is E400 approximately \$40 which was introduced 2005 Old age Grant (OAG).
- Free Medical services was introduced for the Elderly in the year 2015.
- The current government do have Senior citizens in highest positions e.g. Prime Minister, Deputy Prime Minister, Minister of Education and Minister of justice.

Eswatini

Legislation	Policy	Program
National Constitution of the Kingdom of Swaziland, 2005	National Social Development Policy, 2009	Elderly Grant Programme
Universal Declaration of Human Rights	Swaziland National Gender Policy, 2010	Social Dialogue Programme
UN Convention on the Elimination of All Discrimination Against Women	National Health Policy, 2007	Poverty Reduction Strategy and Action Programme, 2006
National Disaster Management Act, 2006	Decentralization Policy, 2005	Philani Maswati Charity Organization (Advocacy & Orphanage Home)
Public Health Act, 1969	Swaziland National Gender Policy, 2010	Elderly Free Medical Service Programme
Sexual Offences and Domestic Violence Bill, 2009	National Food Security Policy, 2005	National Health Strategic Plan, 2014-2018

Role of a Nurse

- Elderly care emphasizes the social and personal requirements of senior citizens
- Need some assistance with daily activities and health care
- Desire to age with dignity.
- Customer centred housing design , services, activities, employee well trained on taking care of the elderly is required .
- Sexuality remains important throughout the lifespan and the sexual expression of "typical, healthy older persons is a relatively neglected topic of research
- “See Christ..... in every Person” especially the Elderly.
- Nurses have a responsibility to show kindness, respect, and to take care of the elderly. Yes we are to respect all people, but there is a certain type of respect that we give to the elderly unlike our own age group.

What the Scripture says about the elderly ?

- **Genesis 21:1-3** Now the LORD was gracious to Sarah as he had said, and the LORD did for Sarah what he had promised. Sarah became pregnant and bore a son to Abraham in his old age, at the very time God had promised him. Abraham gave the name Isaac to the son Sarah bore him.
- **Exodus 7:6-9** So Moses and Aaron did just as the LORD had commanded them. Moses was eighty years old, and Aaron was eighty-three when they made their demands to Pharaoh. Then the LORD said to Moses and Aaron, “Pharaoh will demand, ‘Show me a miracle.’ When he does this, say to Aaron, ‘Take your staff and throw it down in front of Pharaoh, and it will become a serpent.’”



What the Scripture says about the elderly ...

- **Job 12:12** Wisdom belongs to the aged, and understanding to the old.
- **Isaiah 46:4** And I will still be carrying you when you are old. Your hair will turn gray, and I will still carry you. I made you, and I will carry you to safety.
- **Genesis 25:7-8** Abraham lived for 175 years, and he died at a ripe old age, having lived a long and satisfying life. He breathed his last and joined his ancestors in death.
- **Deuteronomy 34:7** Moses was 120 years old when he died, yet his eyesight was clear, and he was as strong as ever.



What can we do to age in Dignity

- “Preparation for old age should begin not later than one’s teens. A life which is empty of purpose until 65 will not suddenly become filled on retirement.” – **Dwight L. Moody-**
- Old age is a blessing from the Lord. We should never be afraid of aging.
- You are never too old to set a new goal or dream a new dream.
–**C.S. Lewis.**
- Those who love deeply never grow old; they may die of old age, but they die young. –**Benjamin Franklin.**

Conclusion

Deuteronomy 5:16

‘Honor your father and your mother, as the LORD your God has commanded you, that your days may be prolonged and that it may go well with you on the land which the LORD your God gives you.

Be Happy

- Free Your Heart from Hatred
- Free Your Mind from worries
- Love Simply
- Give More
- Expect Less



References

- Swaziland Old Age Grant Impact Assessment 2010 United Nations Children Fund
- *Eliminating Barriers to Mental Health Treatment: A Guide for Massachusetts Elders, Families and Caregivers*, Massachusetts Association of Older Americans, 3rd Edition, 2008.
- *Vieillessement et enjeux d'aménagement: regards à différentes échelles* (ed. by Paula Negron-Poblete and Anne-Marie Séguin), Presses de l'Université du Québec, 2012. ~~ISBN~~ [978-2-7605-3428-5](#)
- [Guide to Senior Care and Housing](#)- This senior care guide compares the cost of care and services offered by in home care agencies, assisted living communities, nursing homes, and more.

THANK YOU
SIYABONGA

