

Challenges And Experiences Of Female Caregivers For Older Adults With Dementia In Nigeria

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Background

- As the ageing population in Nigeria increases, dementia has emerged as a significant public health crisis, yet it remains poorly understood within the local context.
- Cultural myths often frame cognitive decline as a normal consequence of ageing, which frequently leads to delayed professional diagnosis, placing an immense, unassisted burden on family caregivers.
- This study examines the lived experiences of female caregivers in Nigeria, with a focus on the challenges of early diagnosis, the demands of daily care, and the innovative socio-cultural approaches employed to maintain the dignity of persons with dementia.

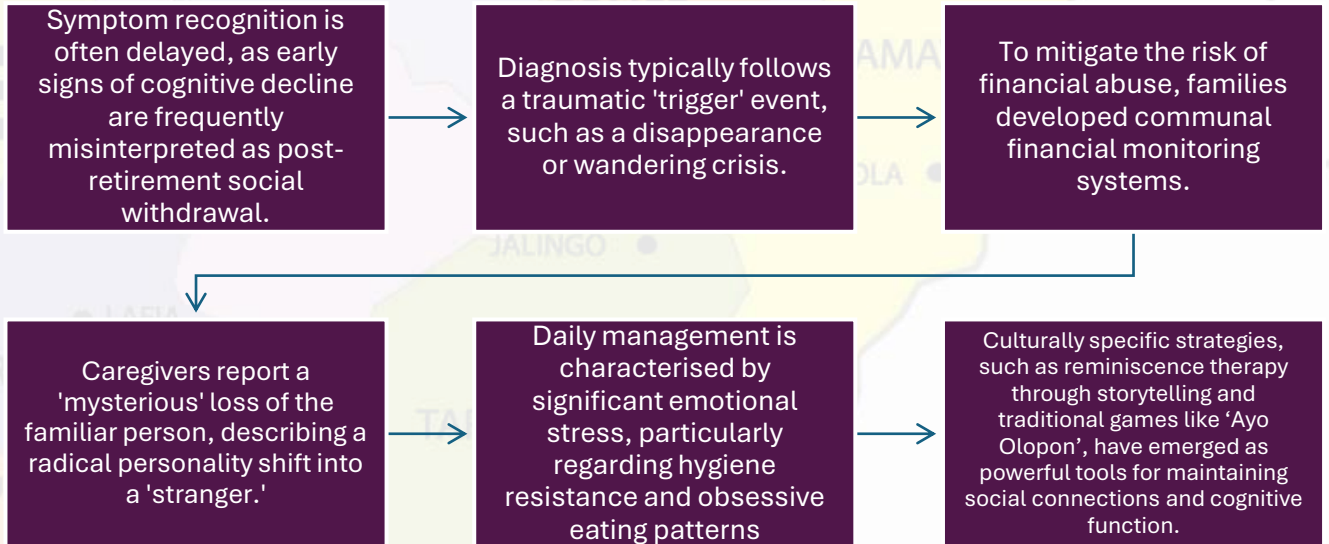
How Dementia Changes the Mind



Methods

- Using thematic analysis, researchers conducted in-depth interviews with two (2) female healthcare professionals caring for their fathers.
- Transcripts were coded to capture the nuances of caregiving dynamics, financial guardianship, and cognitive stimulation within the Nigerian family framework

Findings



Conclusion

- In Nigeria, dementia care is an informal, multi-generational endeavour.
- There is an urgent need for public health initiatives that prioritise early detection and integrate traditional social practices into formal care frameworks.
- Strengthening these informal networks is crucial to reducing caregiver distress and enhancing the quality of life for Nigeria's older adults.



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