

## Assessment Of Challenges Faced by Caregivers of Older Adults Living with Visual Impairment in Enugu East Local Government Area

ONUOHA CHIMA EMMANUEL<sup>1</sup>, CHUKWU NZUBECHUKWU PROGRESS<sup>2</sup>, CHUKWU NMA-NJOKU ALEXANDRA<sup>3</sup>

### Abstract

*The effect of visual impairment can be profound on older adults as well as their caregivers, affecting their independence, quality of life and ability to navigate daily activities. The study is designed to find out challenges faced by caregivers of older adults living with visual impairments in Enugu East Local Government Area of Enugu State, Nigeria. Multi-stage sampling technique which comprised purposive sampling technique, simple random sampling technique by balloting and availability sampling where used at various stages to select 24 participants which comprised of 4 male and 4 female who were caregivers to visual impairment older adults chosen from eye clinics within the three selected district that made Enugu East. Data was generated using an in-dept interview guide and analysed thematically using quotes from the research participants. The study revealed emotional stress and burden, insufficient time for personal care and activities, financial drain, depression and anxiety as the major challenges of the caregivers to visually impaired older adults, whereas factors such as poor medical facilities, financial constraints, and poor welfare packages were identified to be responsible for the challenges. Further findings revealed social workers could play crucial role by providing emotional support, resource coordination, advocacy, counseling to crisis intervention to assist caregivers cope with these challenges.*

**Keywords:** *Visual Impairment, Older Adults, Challenges, Caregivers, Social Work*

## INTRODUCTION

Aging is a natural change that affects every individual across the globe. Aging may adversely affect the physical, mental and emotional well-being of the aging population. This inevitable change often comes with decline in health and frailties, one of which is visual impairment. According to the World Health Organization (WHO) visual impairment occurs when an eye condition affects the visual system and its vision functions (WHO, 2023). The effects of visual impairment on older adults is profound, affecting their quality of life, ability to navigate daily activities and reliance on support care service. Support care service (formal and informal) provided to older adults especially those with visual impairments is seen as the assistance with routine daily activities like bathing, toileting, eating, transportation, managing finances, companionship, emotional support; and medical or nursing tasks, provided to older people in care homes or communities by either families or professionals (Animashaun & Chapman, 2017).

In Africa, family members are primarily responsible for providing care and support to older adults (Essuman et al., 2018). However, kinship care for older persons is currently on the decrease due to issues such as insufficient financial resources, urbanization, and nucleation of the family (Ofori-Dua, 2014, Dovie, 2023). In Nigeria, providing care for older adults who are vulnerable is a very difficult task that involves a wide range of challenges that affect the older adults as well as care givers. The cultural and societal norms that determine the attitudes and expectations surrounding caring obligations have a significant impact on the nature of caregiving for older adults in Nigeria (Eboiyehi & Onwuzuruigbo, 2019). Giving care to older adults is regarded in many Nigerian communities as a family obligation and a sign of respect for the elderly (Ugwuede, 2019). Though family members frequently expected to take on the primary caregiving role, many bear an unfair share of the load due to societal expectations, which may have an adverse effect on their own well-being and financial stability. Vulnerable older adults especially the visually impaired in Nigeria face a myriad of challenges including poverty, inadequate access to healthcare, social isolation, and discrimination (Faronbi et al., 2018). Many visually

<sup>1</sup> Department of Social Work, University of Nigeria, Nsukka.

<sup>2</sup> Department of Social Work, University of Nigeria, Nsukka.

<sup>3</sup> Department of Social Work, University of Nigeria, Nsukka. E-mail: nma.njoku@unn.edu.ng

impaired older adults in Nigeria lack adequate financial resources, and as a result, they may struggle to access essential healthcare services, nutritious food, and safe housing consequently, caregivers are left with limited resources to carry out their duties effectively. Additionally, visually impaired older adults in Nigeria often face social isolation, as traditional family structures have been eroded due to urbanization and migration, leaving them without a strong support network (Ebimbo et al., 2022).

Caregivers of older adults with vulnerabilities such as loss of vision in Nigeria often face significant challenges in providing care, particularly in the context of limited resources, inadequate support services, and the impact of cultural norms on caregiving responsibilities (Adebusoye et al., 2020). Caregivers may be overwhelmed by the physical, emotional, and financial demands of providing care for older adults, especially those with medical conditions such as visual impairment. Ani (2014) also noted that lack of formal training, access to respite care, and support from the healthcare system further exacerbate the burden on caregivers. More so, Tanyi et al., (2018) observed that lack of comprehensive social welfare programs, affordable healthcare services, and community-based support networks specifically affect the roles associated with care giving to older adults with visual impairment. In addition, there is a shortage of trained professionals in the field of geriatric care and disability management, further hindering the provision of comprehensive care and support. Efforts to support older adults and their caregivers in Nigeria require comprehensive interventions focused on improving access to healthcare services, providing formal caregiver training, and developing community-based support networks (Ani, 2014).

### **Challenges Faced by Caregivers of Older Adults with Visual Impairment**

Caregivers of older adults with visual impairment play a crucial role in providing support and assistance to their loved ones. These caregivers may be family members, friends, or professional caregivers and their responsibilities can vary depending on the specific needs of the individual with visual impairment (Varadaraj et al., 2020). According to Khan et al. (2016) and Kuriakose et al. (2017), caregivers of older adults with visual impairments are often family members who spend many hours caring for loved ones at the expense of their personal needs. Caregiving has evolved as an important issue not only for those receiving care, but for those providing it as well. While caregiving allows those with disabilities to better adapt, it has been shown to take a toll on the caregiver on various levels, such as invoking depression and burden (Wolff et al., 2016).

With an aging population that continues to grow and the number of people living with visual impairment increasing, health care is shifting from hospital to community and family (Ajay et al., 2017). Family members are key to the delivery of long-term care for patients and loved ones (Enoch et al., 2022). An abundance of research notes that family caregivers experience a significant burden in providing care to patients with vision problems (Gupta et al., 2023; Aina et al., 2023, Hashemi et al., 2023). The overall impact of physical, psychological, social, and financial demands of caregiving has been termed caregiver burden (Brinda et al., 2014). Caregiver burden can be defined as the strain or load borne by a person who cares for a chronically ill, disabled, or elderly family member (Kuriakose et al., 2017). Informal caregivers mainly family members and friends face numerous challenges as they juggle caregiving responsibilities alongside their health conditions, family commitments, and work obligations, which can lead to significant stress and burden, often resulting in profound exhaustion and severe burnout. These challenges often involve different aspects, such as physical, psychological, and financial burdens, further exacerbating the strain experienced by caregivers (Theng et al., 2023). According to Bambara et al. (2019), caregiving responsibilities can also result in financial strain, as caregivers may need to reduce their working hours or quit their jobs to provide full-time care.

Caregiving for older adults with visual impairment has been linked with physical and mental health issues. Arlotto et al. (2022) noted that being a caregiver experiencing mental or emotional strain is a risk factor for mortality among elderly spousal caregivers, as those who report strain associated with caregiving are more likely to die than non-caregivers. Furthermore, chronic stress, such as that experienced by caregivers, can significantly impact the body's immune system, leading to increased vulnerability to illnesses and diseases that can lead to premature death (Longacre et al., 2017). In addition, Assefa et al. (2020) noted chronic stress can contribute to other health problems, such as hypertension and cardiovascular disease, which can further increase the risk of mortality.

Studies have highlighted the psychological and emotional challenges faced by caregivers of older adults with visual impairment (Khan et al., 2016; Sibal, 2021; Amilon & Siren, 2022). Caregivers often experience feelings of stress, anxiety, depression, and isolation as they struggle to meet the complex needs of their loved ones. They may also feel overwhelmed by the demands of caregiving, which can affect their mental health and overall well-being (Swenor et al., 2019). In addition to the emotional challenges, caregivers of older adults with visual impairment also face practical difficulties such as financial cost and restricted personal time in providing care. They may need to assist their loved ones with activities of daily living, such as grooming, meal preparation, and medication management. This can be physically demanding and time-consuming, placing a significant burden on caregivers, especially if they have other responsibilities such as work and family (Varadaraj et al., 2020).

Several studies have been carried out on visual impairment in geriatric population and challenges on caregivers in Nigeria and beyond, such as Beach, et al. (2023) who examined quality of life and related outcomes among unpaid caregivers of older adults with visual impairment in India. Bom et al. (2019) impact of informal caregiving for older adults on the health of various types of caregivers in US. Ebimngbo et al. (2022) community versus family support in caregiving of older adults in South-East Nigeria. Despite the abundance of studies on older adults and visual impairment, there have been little focus on challenges faced by caregivers of older adults especially older adults living with visual impairment in Nigeria. To this effect, the present study seeks to assess the challenges faced by caregivers of older adults living with visual impairment in Enugu State using the stress process model as well as identify the various roles social workers could play to address the challenges.

The stress process model is a conceptual framework in the field of psychology and sociology that aims to understand the complex interactions between stressors, individual and contextual factors, and the subsequent impact on an individual's well-being. Developed by Leonard Pearlin and his colleagues in the 1980s, this model has been widely applied in the study of various stress-related phenomena, including caregiving for older adults (Yoo & Kahng, 2015; Wettstein et al., 2022; Wang et al., 2023). The stress process model encompasses multiple tenets, strengths, and potential applications to the challenges faced by caregivers of older adults. The stress process model proposes that stress arises from multiple sources, including external stressors and individual vulnerabilities. These stressors may be both acute and chronic, and they can originate from diverse domains such as personal relationships, work, health, and caregiving responsibilities (Aneshensel & Mitchell, 2014). The model emphasizes the role of psychosocial resources, such as social support and coping strategies, in mitigating the impact of stressors. It posits that these resources buffer the effects of stress, decreasing the likelihood of negative outcomes, including poor mental health and diminished well-being. Moreover, the stress process model accounts for the possibility of positive outcomes in the face of stress. It recognizes that individuals may exhibit resilience and growth as they navigate the stress process, offering a more balanced perspective beyond a focus on negative consequences.

In relation to the study, caregiving for older adults presents a myriad of stressors, which align with the stress process model's focus on the multiplicity of stress sources. Caregivers may experience stress related to the physical and cognitive health of the care recipient, time constraints, financial strain, and emotional demands. Additionally, the demands of providing care to older adults with visual impairment including assistance with daily activities, navigating healthcare, and managing safety concerns—further contribute to the stress burden.

### **Study Area**

The study was carried out in Enugu East Local Government Area of Enugu State. the study population comprise of Enugu residence who are 18 years and above and are caregivers to visually impaired older adults. Enugu East is one of the 17 local government areas of Enugu State, and one out of the three local governments that makes up the Enugu urban. Enugu East comprises of 3 district zones namely; Nike-Uno, Ugwogo and Mbuli NjodoIts in which other towns and villages reside under their authority. Enugu East covers an area of 383 km<sup>2</sup>, with a projected population of 426, 763. The sample size for the study were 24 participants who were chosen from the three district zones that made Enugu East. This 24 participants comprised of 4male and 4 female from each of the three district zones, who are 18 years and above as well as caregivers to visually impaired older adults within the study area. This participants were chosen using a multi-stage sampling technique which required a step-by-step approach to get to the study participants. At first, purposive sampling

technique was employed to select Enugu East LGA because it host majors eye clinics and registered support-centers/school for people with disabilities in Enugu State. secondly, simple random sampling technique by balloting was employed select one towns, each from the three selected districts. The selected towns includes; Iji-Nike, Abakpa Nike and Trans-Ekule. Simple random sampling by balloting was further employed to select two eye clinics from each of the selected towns. This selection was done by obtaining the list of eye clinics in the selected towns from google, before the application of balloting method. The selected eye clinics were two each from the four towns namely; Good Eye Clinic and Blessed Metus Services from Trans Ekule; Chelens Eye Care and Niger Optical Services from Abakpa Nike, Ugo Eye Clinic and Divine Love Eye Clinic from Iji-Nike. The researcher further employed availability sampling technique to select two male and two female each from the six selected eye clinics. Data was generated using an in-dept interview and analysed thematically using quotes from the research participants.

## **FINDINGS**

Findings are discussed under issues such as challenges of visual impairment on caregiver's welfare, factors responsible for the challenges, government and social worker's role in amilorating these challenges. These issues formed the major objectives of this study.

### **Challenges Of Visual Impairment on Caregiver's Welfare**

Participants' views on effects of visual impairment on caregiver's welfare, which was one of the themes developed for the study revealed that all participants affirmed that visual impairment of their ward have affected their welbeing in one way or the other. They identified the effect to include emotional stress and burden, insufficient time for personal care and activities, financial drain, depression and anxiety. For further understanding and clarification, participant's views will be dropped as quotes under each of the identified effects. Anonymous names were used in identifying participant narrations on caring for visually impaired older adults have affects their well being this is to maintain confidentiality.

#### *Emotional stress and burden*

During data collection, Ifeoma a 40 year old female participant said thus:

*"Caring for someone with visual impairment is emotionally draining. There's a constant worry about their safety and well-being, which takes a toll on my mental health."*

Another study participant also said :

*"I am always on edge, constantly worrying about their safety. Every little noise or bump makes my heart race, fearing they might have hurt themselves" (Kene/ 32/ male).*

#### *Financial drain*

Study participants also identified financial drain as another challenge of caregiving to visually impaired older adults. This they expressed thus:

*"My mother has been in this condition for ten years now, we have visited both orthodox and medical opticians, had undergone four eye surgeries which were funded without any governmental aid... though some non governmental organizations and opticians run free eye check once in a while, but the drugs and other things are self sponsored" (Emeka/ 35years/ male)*

Another participant also said:

*"The medical bills are overwhelming...between regular check-ups, medications, and specialized treatments, it feels like there's never enough money...the cost of purchasing and maintaining some special equipment, like mobility aids and visual aids, is extremely high. It's a constant financial burden." (Joy/ 25years/ female)*

#### **Factors responsible for the effects**

Data from the study also revealed participant's views on factors they feel could be responsible on why caring for visually impaired older adults have these effects on them. Some of the identified factors by the study participants includes poor medical facilities, financial constraints, and poor welfare packages

#### Financial constraint

For instance, a study participant said thus:

*"We've accumulated debt because of the ongoing expenses related to caregiving. It's a constant worry and stress to manage repayments on top of daily needs"*(Jee/29/female)

Another respondent also said

*"We've had to make significant financial sacrifices, cutting down on non-essential spending and even delaying important purchases, just to ensure we can cover the caregiving costs"*(Amy/42/female)

These quotes illustrate the severe financial constraints and burdens that caregivers face, highlighting how the costs associated with visual impairment can significantly impact their overall welfare.

#### Poor medical facilities

*A study participant said:*

*"Although there are very few optical services around here, yet most of them do not have the prescribed drugs, this means we need move from one pharmacy to another in search of the prescribed medicine"* (Angel/35years/female)

Another participant also said

*"Some clinics that care for older adults in Nigeria do not have enough wheel chairs to move them around whereas some structures are not friendly to the older adults especially those with visual impairments"* (Ken/45/male)

#### Poor welfare package

*"My mother retired from civil service five years ago and have not received their gratuity up-till now...although the eye problem has always been there, but it got worse and resulted to total blindness when she was retired and had no source of income for her routine drugs...this was because her pension nor gratuity are yet to be paid which could have reduced the challenges we are facing right now"* (Chinasa/30 years/female)

#### **What the government should do**

Data from the study identified provision of free or low cost optical services and welfare programmes for visually impaired older adults as the major roles government could play the ease the boredom of caregivers especially those caring for visually impaired older adults.

#### Provision of free or low cost optical services

*"If the government can provide low-cost optical services to visually impaired especially older adults who have served the country in one way or the other, it will be a huge financial relief to both us the caregivers and them who often use their little pension for treatment"*(Chinasa/30/female)

Another respondent also said

*"Low-cost optical services if provided by the government, can helps us catch issues early before they become serious. This may result to preventive care approach, knowing the we have access to low-cost treatment, may improve willingness for early dictation and treatment"*(Paul/44/male)

These quotes highlight study respondents views on how government's contribution and involvement through the provision of free or low-cost optical services for people living with visual impairment especially older adults will reduce the financial and emotional burdens faced by caregivers.

#### Welfare programmes for visually impaired older adults

*"If the welfare package included training programs for caregivers, it would empower us with the skills and knowledge needed to provide better care. This would reduce a lot of the stress and uncertainty we face" (Teejee/ 37/ male)*

Amaka, a 40 years old female participant also said:

*"A welfare package that offers holistic support, including physical, emotional, and financial assistance, would address the multifaceted challenges we face as caregivers." "Emergency Funds: "Having access to emergency funds as part of an improved welfare package would provide a safety net for unexpected expenses, giving us peace of mind"*

These quotes highlight study respondent views on how enhancing welfare packages with comprehensive support can significantly reduce the burdens faced by caregivers of older adults with visual impairment, improving their overall welfare.

### **What social workers can do**

Data from the study revealed some roles social workers could play in assisting caregivers of visually impaired older adult. These roles ranges from emotional support, resource coordination, advocacy, counseling to crisis intervention

Emotional Support:

*"Social workers could provide emotional support...having someone like a social worker who could offer a listening ear and guidance, will help in managing the stress and emotional toll of caregiving. (Nazee/ 46/ male)*

Another participant also said thus:

*"Social workers can assist us by connecting us with resources and services that will provide us with needed resources. They can also help to streamline the process and make it easier for us to get the needed help. (Zuby/ 24/ female)*

Advocacy:

*"Social workers can advocate on behalf of the visually impaired people, ensuring that we receive the benefits and support they are entitled to. They can help navigate the complex system by advocating for easy to understand diagrams and attending first to the challenged policy". (Paul/ 44/ male)*

Counseling Services:

*"Nigerian social workers could introduce hot lines for counseling services this will enable caregivers share in confidence mental and emotional challenges of caregiving...It will be reassuring to have professional support. (Ann/ 40/ female)*

Education and Training:

*"Social workers could provide education and training on how to care for someone with visual impairment. This knowledge from professionals such as social workers will empower caregivers to provide better care and reduced my stress". (Zuby/ 24/ female)*

Community Support Networks:

*"Social workers can help build and connect us with community support networks. These networks may provide a sense of community and shared experiences, which may comforting" (Kene/ 38/ female)*

These quotes illustrate study respondents views on various ways social workers can play crucial roles in supporting caregivers of older adults with visual impairment, thereby improving their overall welfare.

## **DISCUSSION OF FINDINGS**

### **Effects of Visual Impairment on Caregivers**

Findings from the study revealed that study respondents affirmed emotional stress and burden, decreased time for personal care and activities, financial drain, mental health problems such as depression and anxiety as the effects of visual impairment on the caregivers. This findings corroborated with the findings of Varadaraj et al.

(2021); Enoch et al. (2022) and Brinda et al., (2014) who asserts that the caregivers of older adults with visual impairment had greater odds of emotional, physical, social, psychological and financial difficulties related to providing care than caregivers of older adults without visual impairment. Data from the study respondents also revealed that poor medical facilities, financial constraint, poor welfare package among others are factors responsible for the challenges faced by care givers of older adults with visual impairment

Study respondent also affirmed government can support caregivers roles as well as lessen the burden of caregiving by increasing their chances to access financial support, provision of free or low cost optical services, enhanced welfare programmes for visually impaired older adults and education and training on care for visually impairment. This findings corroborate the views of 333 who assets that Data from the study also revealed that various roles social workers can play to address challenges faced by caregivers of visually impaired older adults. These roles ranges from counselling and education services on caregiving, advocacy for improved welfare and financial support to caregivers, and mental health support for both caregivers and older adults this corroborates the views of Clark & Westmore, (2022); Rwegoshora, (2016); and Ebimngbo et al. (2019) who noted that through the various roles of mediation, advocacy, counselling, enabler, educator and broker, social workers can intervene in the issue of caregiving and its burden for which attention is needed.

### **Implication for Social Policy**

The findings of the study have important implications for government intervention in Nigeria. This finding indicates a great need for educational policy to promote the awareness of visual impairment, particularly the knowledge on the causes and solutions to visual impairments. Findings from the study disclose that access to financial support, provision of free or low cost optical services, welfare programmes for visually impaired older adults, and education and training on care for visually impairment are the suggested measures government can take to support caregivers of older adults with visual impairment. These findings outline clear policy for government to provide respite care for caregivers of visually impaired older by providing affordable eye treatment centers, especially at this time of high inflation that has cost exponential increase in cost of services. In addition, there is a need for nationwide outreach programmes that focus on caregiving training and support services for people with visually impaired older adults in order to educate the caregivers on caring for these older adults, especially on treatment plan and accessing support systems within their localities.

### **Implication for Social Work Practice**

The implications of the study on challenges faced by caregivers of older adults with visual impairment for social work are significant. Older adults, particularly those living with visual impairment are among the vulnerable group of which social work profession is committed to ensuring they receive social justice, care and interventions for their optimal functioning. The findings of the study shed light on the challenges and struggles faced by caregivers in this particular population, highlighting the emotional, physical, and financial burdens they reportedly shouldered. Social workers can use the findings from this study to better understand the needs of caregivers of older adults with visual impairment and develop targeted interventions to support them. For example, social workers can provide education and training on how to navigate the healthcare system, manage medications, and assist with daily activities. They can also offer respite care services to give caregivers a much-needed break and connect them with support groups for emotional support.

In particular, the study showed that the caregivers suggested counselling and education services on caregiving, advocacy for improved welfare and financial support to caregivers, and mental health support for both caregivers and older adults as roles social workers can play to support caregivers living with visually impaired older adults. These findings have direct implications for advocacy efforts in the areas of free or low-cost optical treatment and welfare policies for both visually impaired older adults and their caregivers. The study highlights the financial strain that caregivers often face in providing care for older adults with visual impairment, including the high cost of optical treatments and assistive devices. Social workers can use these findings to advocate for policies that increase access to free or low-cost optical treatment for visually impaired older adults, as well as financial assistance programmes for caregivers to help alleviate the burden of their caregiving responsibilities. By advocating for these changes, social workers can help ensure that both visually impaired older adults and their caregivers have access to the support and resources they need to maintain a high quality of life.

Additionally, social workers can work to address systemic barriers that prevent older adults with visual impairment from accessing necessary services and support, ultimately leading to a more equitable and inclusive society for all.

## CONCLUSION

The current study sought to assess the challenges faced by caregivers of older adults living with visual impairment in Enugu East LGA, Enugu State. From the findings provided in the study, there is a moderate prevalence of visual impairment among older adults in Enugu East LGA. The study identified cataract, glaucoma, diabetic retinopathy, trachoma, reflective errors, macular degeneration, and presbyopia as forms of visual impairment among older adults. Furthermore, emotional stress and burden, decreased time for personal care and activities, financial drain, mental health problems such as depression and anxiety, lack of sleep, nature of relationship with the visually impaired older adults, and knowledge and awareness of caregiving for visual impairment, were the identified effects and challenges faced by caregivers of visually impaired older adults in the study area. More so, the study noted associations between, sex of caregivers, level of income of caregivers and the experience of negative effects of caregiving. Despite the limitations as observed, this study is among the first to provide insight into the caregiving challenges and relationships of older adults at the crossroads of visual impairment in Enugu East LGA. Future research should also examine how caregiver support may be useful in improving caregiver quality of life and the quality of care provided.

## REFERENCES

- Ani, J. I. (2014). Care and support for the elderly in Nigeria: A review. *The Nigerian Journal of Sociology and Anthropology*, 12, 9-27. [https://doi.org/10.36108/NJSA/4102/12\(0110\)](https://doi.org/10.36108/NJSA/4102/12(0110))
- Animashaun, V. J., & Chapman, V. (2017). Psychosocial health challenges of the elderly in Nigeria: A narrative review. *African Health Sciences*, 17(2), 575–583.
- Arlotto, S., Gentile, S., Blin, A., Durand, A. C., & Bonin-Guillaume, S. (2022). Caregiver burden is reduced by social support services for non-dependent elderly persons: pre-post study of 569 caregivers. *International Journal of Environmental Research and Public Health*, 19, 13610. <https://doi.org/10.3390/ijerph192013610>
- Aina, F. O., Ajayi, I. A., Agbesanwa, T., Dada, M. U., & Fadare, J. O. (2023). Association between Visual Impairment, Family Support, and Depression among Older Adults in Ekiti, Nigeria: Findings and Implications. *Saudi Journal of Medicine*, 8(4), 171-177. <https://doi.org/10.36348/sjm.2023.v08i04.006>
- Ajay, S., Kasthuri, A., Kiran, P., & Malhotra, R. (2017). Association of impairments of older persons with caregiver burden among family caregivers: Findings from rural South India. *Archives of Gerontology and Geriatrics*, 68, 143–148. <https://doi.org/10.1016/j.archger.2016.10.003>
- Amilon, A., & Siren, A. (2022). The link between vision impairment and depressive symptomatology in late life: does having a partner matter? *European Journal of Ageing*, 19, 521–532. <https://doi.org/10.1007/s10433-021-00653-3>
- Adebusoye, L. A., Cadmus, E. O., Labaeka, E. O., Ajayi, A. S., Olowoake, O. O., & Otegbayo, A. J. (2020). Caring for older adults during the pandemic and beyond: Experiences from a specialized tertiary facility for the care of older persons in a low resource setting. *Pan African Medical Journal*, 35(2), 99. <https://www.panafrican-med-journal.com/contextseries/35/2/99/full>
- Assefa, N. L., Admas, A. W., & Adimasu, N. F. (2020). Prevalence and associated factors of visual impairment among adults at Debre Berhan town, North Shewa, Ethiopia. *BMC ophthalmology*, 20(1), 316. <https://doi.org/10.1186/s12886-020-01586-8>
- Bambara J. K., Owsley C., Wadley V., Martin R., Porter C., & Dreer L. E. (2019). Family caregiver social problem-solving abilities and adjustment to caring for a relative with vision loss. *Investigative Ophthalmology Vision Science*, 50(4), 1585–1592. <https://doi.org/10.1167/iovs.08-2744>
- Brinda, E. M., Rajkumar, A. P., Enemark, U., Attermann, J. & Jacob, K. S. (2014). Cost and burden of informal caregiving of dependent older people in a rural Indian community. *BMC Health Service Research*, 14, 207. <https://doi.org/10.1186/1472-6963-14-207>
- Dovie, D. A. (2023). The status of older adult care in contemporary Ghana: A profile of some emerging issues. *Frontiers in Sociology*, 4(25), 1-12.
- Ebingbo, S. O., Atama, C. S., Igboeli, E. E., Obi-keguna, C. N., & Odo, C. O. (2022). Community versus family support in caregiving of older adults: implications for social work practitioners in South-East Nigeria. *Comm Work Fam*, 25(2), 152-173. doi:10.1080/13668803.2021.1926222
- Eboiyehi, F. A. & Onwuzuruigbo, I. (2019). Perception of old age: Its implications for care and support for the aged among the Esan of South-South Nigeria. *Advances in Library and Information Science. The Nigerian Journal of Sociology and Anthropology*, 12(1), 104-122. DOI:10.36108/NJSA/4102/12(0130)



- Enoch, J., Dickinson, C. & Subramanian, A. (2022). What support do caregivers of people with visual impairment receive and require? An exploratory study of UK healthcare and charity professionals. *Perspectives Eye*, 36, 2179–2187. <https://doi.org/10.1038/s41433-021-01821-6>
- Essuman, A., Agyemang, F. A., & Mate-Kole, C. C. (2018). Long-term care for older adults in Africa: Whither now? *JAMDA*, 19(9), 728–730. <https://doi.org/10.1016/j.jamda.2018.07.012>
- Faronbi, J. O. (2018). Correlate of burden and coping ability of caregivers of older adults with chronic illness in Nigeria. *Scandinavian Journal of Caring Sciences*, 32(4), 1288-1296. doi:10.1111/scs.12572
- Gupta, P., Man, R. E. K., Fenwick, E. K., Qian, C., Sim, R., Majithia, S., Tham, Y. C., Sabanayagam, C., Wong, T. Y., Cheng, C. Y., & Lamoureux, E. L. (2023). Associations between visual impairment, incident falls and fall frequency among older Asians: longitudinal findings from the Singapore Epidemiology of eye diseases study. *The British journal of ophthalmology*, 107(11), 1590–1596. <https://doi.org/10.1136/bjo-2021-320873>.
- Hashemi, H., Khabazkhoob, M., Rezvan, F., & Yekta, A. (2023). Prevalence and causes of visual impairment and blindness in elderly population; an urgent Geriatric Health Issue: Tehran Geriatric Eye Study (IGES). *Ophthalmic epidemiology*, 30(3), 249–259. <https://doi.org/10.1080/09286586.2022.2085304>
- Khan, Z., Braich, P. S., Rahim, K., Rayat, J. S., Xing, L., Iqbal, M., Mohamed, K., Sharma, S., & Almeida, D. (2016). Burden and depression among caregivers of visually impaired patients in a Canadian Population. *Advances in Medicine*, 20, 4683427. <https://doi.org/10.1155/2016/4683427>
- Kuriakose, R. K., Khan, Z., Almeida, D. R. P., & Braich, P. S. (2017). Depression and burden among the caregivers of visually impaired patients: A systematic review. *International Ophthalmology*, 37(3), 767–777. <https://doi.org/10.1007/s10792-016-0296-2>
- Longacre, M., Valdmanis, V., Handorf, A., & Fang, C. Y. (2017). Work impact and emotional stress among informal caregivers for older adults. *Journals of Gerontology. Series B: Psychological Sciences and Social Sciences*, 7, 522-31. <https://doi.org/10.1093/geronb/gbw027>
- Swenor B. K., Wang J., Varadaraj V., Rosano C., Yaffe K., Albert M. & Simonsick, E. M. (2019). Vision Impairment and Cognitive Outcomes in Older Adults: The Health ABC Study. *The Journals of Gerontology. Series A, Biological Sciences and Medical Sciences*, 74(9), 1454–1460. <https://doi.org/10.1093/gerona/gly244>
- Sibal, V. (2021). Vision impairment: A psychological challenge of the elderly. *International Journal of Advanced Research in Science, Communication and Technology*, 9(1), 104-122. <https://doi.org/10.48175/IJARSCT-1969>
- Tanyi, P. L., André, P., & Mbah, P. (2018). Care of the elderly in Nigeria: Implications for policy. *Cogent Social Sciences*, 4(1). <https://doi.org/10.1080/23311886.2018.1555201>
- Theng, B., Tran, J. T., Serag, H., Raji, M., Tzeng, H., Shih, M., & Lee, W. (2023). Understanding caregiver challenges: A comprehensive exploration of available resources to alleviate caregiving burdens. *Cureus*, 5, 15-21. <https://doi.org/10.7759/cureus.43052>
- Ugvuede, K. (2019, February 7). Making ageing less lonely for Nigeria's elderly population. *Tech Cabal*. <https://techcabal.com/2019/02/07/making-ageing-less-lonely-for-nigerias-elderly-population/>
- Varadaraj, V., Chung, S. E., Swiatek, K. S., Sheehan, O. C., Deemer, A., Ehrlich, J. R., Wolff, J. L., Assi, L., Roth, D. L., & Swenor, B. K. (2020). Caring for older adults with vision impairment and dementia. *Innovation in Aging*, 4(6), igaa043. <https://doi.org/10.1093/geroni/igaa043>
- Wang, J., Chen, H., Yang, L., Yu, X., Zhang, D., Zhao, Q., Xiao, M. (2023). Effectiveness of the Stress process model-based program in dementia caregiving (DeCare-SPM) for family caregivers: A study protocol for a randomized controlled trial. *Journal of Multidisciplinary Healthcare*, 16, 3507—3519. <https://doi.org/10.2147/JMDH.S438342>
- Wettstein, M., Wahl, H., & Heyl, V. (2022). Perceived stress predicts subsequent self-reported problems with vision and hearing: Longitudinal findings from the German ageing survey. *Research on Aging*, 44(3-4), 286–300. <https://doi.org/10.1177/01640275211027304>
- WHO (2023). Blindness and vision impairment. <https://www.who.int/news-room/fact-sheets/detail/blindness-and-visual-impairment>
- Wolff, J. L., Spillman, B. C., Freedman, V. A. & Kasper, J. D. (2016). A national profile of family and unpaid caregivers who assist older adults with health care activities. *JAMA Internal Medicine*, 176(3), 372–379. <https://doi.org/10.1001/jamainternmed.2015.7664>
- Yoo, C. & Kahng, S. K. (2015). Testing the caregiving stress process model involving older parents who care for children with developmental disabilities in South Korea. *The Gerontologist*, 55(Suppl\_2), 108. <https://doi.org/10.1093/geront/gnv503.07>
- Bom, J, Bakx, P., Schut, F. & van-Doorslaer, E. (2019). The impact of informal caregiving for older adults on the health of various types of caregivers: a systematic review. *Gerontologist*, 59(5), e629-e642. doi: 10.1093/geront/gny137.
- Aneshensel, C. S., Rutter, C. M., & Lachenbruch, P. A. (1991). Social structure, stress, and mental health: Competing conceptual and analytic models. *American Sociological Review*, 56(2), 166–178.