



## Methodology and Study Design

The study approach consists of four separate but consecutive research steps. The first step is the mapping of international and national actors, whereas the second step comprises a community study in 2 rural sites in Coast Region (Rufiji District: Bumba and Ikwiriri) and 1 urban site in Dar es Salaam (Temeke Municipality: Mbagala Ward). Within these communities, 50 households each will be randomly selected (third step), and out of these household studies, 25 elderly people each will be randomly selected for the age cohort studies (fourth step). In order to capture urban-rural dynamics such as actual migration, flow of support and information as to care schemes, we focus in our study sample mainly on elderly people who were born in Rufiji District. Qualitative research methodology will be applied, such as direct observation, interviews, and group discussions, and complemented with quantitative data generated through the Rufiji District Surveillance System (DSS).

## Project Details

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# FROM CURE TO CARE

Research Project in Medical Anthropology





## From Cure to Care

The ageing of societies is a major global achievement. Global demographic estimates show that until 2050, the absolute number of elderly people over 60 years will at least double in Sub-Saharan Africa and rise by more than 200% in some African countries. In spite of this stunning increase in number, the percentage of elderly per country will remain relatively low (e.g. in Tanzania 5.1% in 2008 and projected 7.7% in 2050). This research project takes off from the conceptual framework of 'health transition', which includes demographic and epidemiological transformation, socio-cultural change, urbanisation and migration as well as change of lifestyle. Our study focus will be on the changes in health needs and expectations, where elderly people increasingly face the high risk of infectious as well as chronic diseases. Care-giving and health care provision therefore become more crucial and imply a more comprehensive understanding and management of health and illness: the shift from 'cure to care' comes true.

### Research Objectives

- To investigate how people perceive, judge and represent old age and the ageing process.
- To identify household composition and care relationship of elderly people and compare their social network and economic environment.
- To look into resources and capacities of elderly people, which strengthen their resilience regarding care provision.
- To explore the significance of rural-urban relations for elderly people and their family.
- To find out the role and burden of older caregivers.
- To assess nature and priority of (health) care improvements for elderly people from an emic and etic perspective.

## Social Vulnerability and Resilience

In this research project we will make a step forward from old-age vulnerability to old-age resilience. By doing so, we would like to broaden the perspective from analyzing hardships and afflictions which elderly people face in care schemes towards an analysis of abilities and solutions elderly may develop to overcome challenging situations. Our aim is to understand why some elderly people are able to activate health resources as well as positively respond to and even anticipate health related risks, changes or adversities, while others fail. Furthermore, we try to explore the relationship between agency of elderly people and the structural factors that inhibit or enable their resilience in the context of care support. We will examine the relationship between social resilience and vulnerability which may consist of social, but also of cultural, psychological and economic reasons to understand the role of past and present life experiences in its context.