A Theoretical Exploration of Elder Abuse in Etinan Local Government Area, Akwa-Ibom State of Nigeria

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ABSTRACT

This paper addresses a critical analysis of elder abuse and social support systems in a specific Nigerian context. It demonstrates a strong grasp of the relevant literature and theoretical frameworks of elder abuse and social work intervention in Etinan LGA, Akwa Ibom State of Nigeria. The objective of this paper is to ascertain the prevalence of different forms of abuses among older adults in Nigeria. This paper discusses the social dynamics of ageing, elder abuse and neglect among older adults and the effectiveness of social support systems in Etinan LGA, Akwa Ibom State of Nigeria. This paper adopts the analysis method in delivering a theoretical discussion of elder abuse in Etinan LGA, Akwa Ibom State of Nigeria. The analysis method is appropriate for this paper in order to justify its research design. This paper excellently discusses the theoretical exploration of elder abuse based on existing literature. The summary of findings, however, show that elder abuse is still facing a series of challenges due to lack of attention by the Nigerian government, family members, and lack of proper training programmes for caregivers in Nigeria. This paper indicates that there is a significant disconnect between older adults and their families based on lack of a global social support systems among family members, caregivers and governments across the globe. This paper, therefore, recommends that there should be a proper training programmes for social workers focusing on recognizing, reporting, and responding to elder abuse in Nigeria; that local radio and television stations should enlighten the public through the awareness of elder abuse and available global social support systems; and that punishment should be meted out on those who violate the freedoms, rights and privileges of older adults in Nigeria.

Keywords: Akwa Ibom State, Caregiver Stress, Elder Abuse, Etinan LGA, Social Disengagement Theory.

1.1 Introduction

The paper reflects on the prevalence of older adult maltreatment and social work intervention and response to older adult abuse in Etinan Local Government Area, Akwa-Ibom State of Nigeria. This paper critically examines the study design that was utilized to determine the social dynamics and global support system as a response to elder abuse and neglect among

older adults in Etinan Local Government Area, Akwa Ibom State of Nigeria. However, older adult abuse has become prevalent in a specific Nigerian context; and older adults are still facing a series of psychological imbalances and challenges owing to a significant number of older adult maltreatment perpetuated by their families, caregivers, and lack of government intervention in addressing elder abuse in a specific Nigerian context. This indicates a significant social disconnection between older generation and younger generation. This paper dovetails into the inherent association between educational level and perception of social work intervention services for older adults for their welfare and social protection or psychological well-being. This paper recommends there should be training programmes for social workers focusing on recognizing, reporting, and responding to older adult abuse and that local radio and television stations should sponsor the dissemination of information about elder rights and available support services; and also punishment should be meted out on those who violate the rights of the older adults in Nigeria.

1.2 A Theoretical Framework of Global Social Support Systems

Globally, social support for the elderly varies according to cultural norms, societal structures, and government policies. Agunbiade (2019) noted that elderly individuals who experience abuse or neglect often employ various coping strategies to deal with the emotional and physical consequences of maltreatment. On the other hand, Ebimgbo et al. (2022) highlighted the importance of access to professional services and social interventions tailored around the specific needs of elderly individuals facing abuse in Nigeria. It is essential to consider the unique challenges faced by elderly individuals in these situations and to provide them with appropriate support and resources to help them cope effectively. Some common sources of social support for the elderly across different countries include:

- Family: Family members often play a crucial role in providing social support system to the elderly by offering emotional, financial, and physical assistance (Akinrolie et al., 2020). In many cultures, it is expected that children will care for their ageing parents or grandparents.

- Community networks: Community organizations, neighbourhood groups, and religious institutions can provide social support to the elderly through social activities, companionship, and practical help (Ekoh et al., 2020).

- Social programs and services: Many countries have implemented social welfare programs, healthcare services, and pension benefits to support the elderly population, with such programs aiming to ensure that older individuals have access to essential resources and services to maintain their psychological well-being (Tanyi et al., 2018).

- Non-profit organizations: Non-profit organizations (NGOs) and charities dedicated to the elderly often offer support services such as meal delivery, transportation assistance, and social activities to combat social isolation (Prosper 2022).

- Technology: In recent years, technology has played an increasing role in providing social support to the elderly through virtual communication platforms, health services and AI-assisted medical decision making and other computer devices in helping the

older adults to stay connected to social networking (Wang et al., 2024). Social support for the elderly globally is a combination of formal and informal factors.

- Nevertheless, in Sub-Saharan Africa, social support for the elderly is often provided through a combination of traditional family structures, community networks, religious organizations, and government programs (Aboderin 2017). On the other hand, Aboderin (2017) further postulates that family plays a central role in providing social support to the elderly in many Sub-Saharan African countries, with older individuals typically relying on their children, extended family members, and kinship networks for emotional, financial, and physical assistance. In some cultures, there are strong traditions of intergenerational care and support, where older family members are respected and cared for by younger generations. Bennett et al. (2015) stated that community networks, such as neighbourhood associations, village councils, and informal support groups, also play a crucial role in providing social support to the elderly in Sub-Saharan Africa. These networks offer companionship, practical help, and a sense of belonging to older individuals, which help to reduce social isolation and loneliness.

Worthy of note is that Nzima and Maharaj (2020) postulate that religious organizations are another important source of social support for the elderly in Sub-Saharan Africa because they provide spiritual guidance, community activities, and charitable initiatives that benefit older individuals. Some governments in the region have implemented social welfare programs, healthcare services, and pension schemes to support the elderly population. Social support for the elderly in Sub-Saharan Africa is a complex and multifaceted system that draws on traditional, community-based, religious, and governmental resources to ensure the well-being of and dignity of older individuals in the region (Fakir 2021).

Moreover, in Nigeria, social support for the elderly often comes from various sources, including but not limited to family members, community networks, religious organizations, and government programs (Ebimgbo et al., 2018). The family plays a significant role in providing social support to the elderly in Nigeria, with many older individuals relying on their children or extended family members for emotional, financial, and physical assistance. Community networks, such as neighbourhood associations or traditional support systems, also play a crucial role in providing social support to the elderly by offering companionship, practical help, and a sense of belonging (Wellman & Gulia, 2018). These scholars emphasize that some religious organizations in Nigeria often provide social support to the elderly through spiritual guidance, community activities, and charitable initiatives. The government of Nigeria has yet to implement programs and policies aimed at supporting the older adult population, such as social security schemes, healthcare services, and pension benefits (Odeyemi, 2014). However, social support for the elderly is a combination of informal and formal factors.

In Edo State, Nigeria, social support for the older adults is similar to the broader Nigerian context but may also have some unique characteristics specific to the region (Prosper 2022). Accordingly, Prosper (2022) emphasize that social support for the elderly in Edo State often comes from family members, community networks, religious organizations, and government

programs. Family plays a crucial role in providing social support to the elderly, with many older individuals relying on their children, extended family members, or caregivers for emotional, financial, and physical assistance (Qualls 2016). Community networks, such as local associations or traditional support systems, also play a significant role in providing social support to the elderly by offering companionship, practical help, and a sense of community (Okah et al., 2024). The author opines that religious organizations provide social support to the elderly through spiritual guidance, community activities, and charitable initiatives. Additionally, the author opines that the government may have to implement specific programs and policies aimed at supporting the elderly population, such as social security schemes, healthcare services, and pension benefits tailored to the needs of older individuals in society.

Nonetheless, social support for the older adults is a combination of informal networks, community resources, religious institutions, and government interventions, all working together to ensure the psychological well-being and quality of life of older individuals (Gallardo-Peralta et al., 2018). In addition to the foregoing, the advantages of social support for the elderly are numerous and significant. Some key benefits include:

- Emotional well-being: Social support provides companionship, reduces feelings of loneliness and isolation, and promotes a sense of belonging and connectedness, which can contribute to improved emotional well-being and mental health (Brunsting et al., 2021).

- Physical health: Studies have shown that social support can have a positive impact on physical health outcomes for the elderly, such as lower rates of chronic diseases, better immune function, and faster recovery from illnesses (Yang & D'Arcy, 2022).

- Cognitive function: Social engagement and support have been linked to better cognitive function and a reduced risk of cognitive decline in older adults (Ishola 2021).
- Increased resilience: Having a strong social support network can help the elderly cope with stress, adversity, and life challenges, leading to increased resilience and better overall coping mechanisms (Shaw et al., 2014).

- Improved quality of life: Social support can enhance the quality of life for the elderly by providing opportunities for social interaction, participation in meaningful activities, and access to resources and services that promote the psychological well-being of older individuals in the society (Omosefe &Mukhtar, 2023).

Furthermore, social support plays a crucial role in promoting the psychological well-being of older adults. However, it is essential for older individuals to have access to social connections and support systems to help them navigate the challenges of ageing and maintain a fulfilling and meaningful life. While family social support for the elderly can be beneficial in many ways, there are also potential disadvantages associated with relying solely on family members for support (Taylor 2011). Some of the disadvantages include:

- Dependency: Elderly individuals who rely heavily on family members for social support may become overly dependent on them, leading to a loss of respect, independence, and autonomy (Silverstein & Giarrusso, 2010).

- Conflict: Family dynamics can sometimes lead to conflicts or disagreements, which may negatively impact the quality of social support provided to the elderly (Kossek et al., 2011).

- Caregiver Burnout: Family members who serve as primary caregivers for the elderly may experience caregiver burnout, resulting in physical, emotional, and financial strain (Schulz et al., 2020).

- Limited Resources: Family members may have limited resources or timeline to provide adequate social support to the elderly, especially if they are burdened with multiple responsibilities such as work and childcare (Ebimgbo et al., 2022).

- Isolation: In some cases, elderly individuals may feel isolated or neglected if their family members are unable to provide consistent psychological and emotional or meaningful social support (Imudia & Ukponahiusi, 2023).

Nonetheless, it is essential to recognize these potential disadvantages and consider alternative sources of social support, such as community networks, support groups, and professional services, to ensure adequate psychological well-being and quality of life of the elderly population. On the other hand, gerontolists have address an important and timely issue, considering the growing elderly population globally. Social work interventions provide valuable insights into the social support mechanisms in place for the elderly and their psychological well-being. On the other hand, this theoretical discourse offers valuable theoretical insights for social workers by enhancing their understanding of the challenges faced by older adults and the types of social support they prefer, thus highlighting the importance of gerontological social work. However, the population aged 65and above in some parts of Europe in 2011 accounted for 19.4% of the total population, an increase on previous years since in 1960 it corresponded to 8% and in 2001 to 16% (Sidlo et al., 2020). On the other hand, Sidlo et al., (2020) emphasize that as to the aggressor; it corresponds to the spouse or children, male between 35 and 45 years old, living in situations of stress along the typology of violence towards the elderly.

1.2 The Social Dynamics of Ageing and Attitudes Theory

Age-related information, experiences (expectations, fears, emotions), and behaviours (actions, decisions) are all referred to as attitudes toward ageing. Attitudes are influenced by both personal and societal factors. They vary from one cultural values to another. The health of an ageing population should be well taken care of by any civilized society mentally, socially, psychologically, with a sense of human dignity and respect for life. All of these elements, along with the highly valued values of activity, achievement, employment, consumerism, and competition in contemporary societies, are the origins of the myths that affect how seniors and society see the social dynamics of ageing.

Nonetheless, age-related preconceptions and prejudices are examples of myths. They touch on many facets of the lives of older adults, including job, health, sexuality, mobility, decision-making, leisure pursuits, and psychological traits including concerns and fears. The most prevalent fallacies surrounding seniors' deteriorating physical and mental capacities are their

inescapable rise in need of others' assistance. Ageing is portrayed as a time of losses, and old age is seen as being feeble and decrepit rather than wise and mature (Phelan, 2013). Put differently, ageistic ideology, which Robert Butler first define as the systematic discrimination of people based on their age, is a manifestation of negative views toward ageing. While losses are primarily the hallmarks of ageing, older adults' experiences are quite varied (Achenbaum, 2021).

In addition, Animasahun & Chapman, (2017), see ageing as a paradox. The "ageing paradox" refers to this lack of a negative age effect. Old age is merely one part of the human life from a lifelong perspective, a multidimensional experience where both losses and gains are present, similar to other periods where both losses and winnings are present, like in other phases of life. According to certain beliefs, the ageing process is a stage of the life cycle with particular developmental tasks. Moreover, the developmental job of later life is similarly related to Butler's concept of "life review" (Pillemer & Finkelhor, 1989). Assessing one's life trajectory can greatly aid in resolving old disputes and injustices as well as fostering harmony, integration, and peace. According to Cohen (2005), old age is a significant and beneficial stage of life associated with the brain's final stages of growth, when it is prepared to integrate and reassess past experiences, leading to psychological maturity. In the past, healthy physical and mental functioning, including autonomy and social support, were associated with effective ageing. Life satisfaction, dialogical engagement, and psychological resources were later emphasized within the normative context of socio-psychological theories, culminating in the positive psychological movement (Seligman, 2004). Also taken into consideration were the popular definitions of successful ageing.

In addition, these often comprise aspects of psychological, physical, and social well-being, as well as functional abilities and resources, life satisfaction, a sense of purpose, financial stability, knowledge of new things, success, physical appearance, productivity, sense of humour, and spirituality (Phelan, 2013). According to Tsai and Pao-Caregiver Feng's Stress Theory, elder abuse happens when an adult family member looking after a disabled older adult is unable to fulfil his or her caregiving tasks (Wolf, 2000). The elderly victim is seen as dependent on the caregiver, who becomes overburdened, angry, and aggressive as a result of the care recipient's on-going medical demands. The features of the care recipient and the objective and subjective burden of care are linked to subsequent abuse in models built on this paradigm shift between older and younger generation. Social work interventions is the best proactive approach in catering for older adults. However, caregiver stress theory is rarely directly to the younger generation. The caregiver stress theory has its detractors, who worry that it legitimizes abusers and places the blame on victims. While stress should not be ignored as a risk factor that contributes to this issue, it is crucial to keep it in mind as well. Without justifying the abuser's actions, stress and perceived burden can be recognized, assessed, and incorporated into models.

In addition, supporters of ageing and attitude theories emphasize the importance of understanding how individuals' attitudes towards ageing can impact their overall psychological well-being and quality of life as they grow older. These theories suggest that attitudes towards ageing can influence various aspects of an individual life, including their physical health, mental well-being, social interactions, and overall satisfaction with life.

Supporters of ageing and attitude theories argue that promoting positive attitudes towards ageing can lead to better health outcomes, increased longevity, and a higher quality of life for older individuals. By challenging negative stereotypes and promoting a more positive view of ageing, supporters of these theories believe that society can help older individuals maintain a sense of belonging, purpose, autonomy, and dignity as they age. Supporters of ageing and attitude theories advocate a more inclusive and positive approach to ageing, one that recognizes the diversity and potential of older individuals and promotes a culture of respect, support, and empowerment for people of all ages.

Moreover, aging and attitude theory have faced several criticisms over the years. One common criticism is that attitude theory tends to oversimplify the complex and multifaceted nature of attitudes towards aging. It may not fully capture the nuances and variations in attitudes held by individuals towards older adults. Additionally, some critics argue that attitude theory may not adequately address the impact of societal stereotypes, discrimination, and ageism on attitudes towards aging. Another criticism is that aging and attitude theory may not sufficiently consider factors such as race, gender, socioeconomic status, and culture in shaping attitudes towards older adults. This limitation can result in a narrow understanding of the diverse experiences and perspectives of older individuals.

Furthermore, some critics argue that ageing and attitude the0ory focuses too heavily on individual-level factors and may not adequately address the broader perspective of socio-economic, and political contexts that influence attitudes towards ageing. This criticism highlights the need for a more comprehensive and holistic approach to understanding and addressing age-related attitudes. However, while ageing and attitude theory have provided valuable insights into the study of attitudes towards older adults, they are not without their limitations and criticisms. It is essential to consider these criticisms and continue to refine and expand our understanding of attitudes towards ageing in a more nuanced and inclusive manner.

1. 3 A Theoretical Analysis of the Social Disengagement Theory

Social disengagement theory, developed by Cumming and Henry in 1961, argues that as people advance in age, they naturally withdraw from their social roles and responsibilities, and society simultaneously disengages from them. This withdrawal process is seen as mutually advantageous, allowing older adults to relinquish their roles and responsibilities, therefor paving chances for younger generation. In the Nigerian context of elder abuse in Etinan Local Government Area, Akwa-Ibom State, provides a lens through which to understand how the social isolation and reduced social engagement of older adults can increase their vulnerability to abuse and neglect.

In addition, the traditional family support systems in Nigeria are eroding due to modernization and urbanization, leaving older adults more vulnerable to social exclusion. The disengagement process can manifest in various ways that heighten the risk of elder abuse. As older adults experience a loss of social connections and a decrease in their social support networks it is proper for contemporary society to offer humanitarian or welfare services for the elderly ones in the society. This isolation can make them more dependent on family members or caregivers, who may then exploit their vulnerability. For example, family

members struggling with economic hardship may resort to financial exploitation of elderly relatives, or caregivers burdened by stress and lack of support may engage in emotional abuse.

Furthermore, the societal devaluation of older adults, as suggested by disengagement theory, can lead to a lack of concern for their psychological well-being and a failure to address instances of abuse can lead to mental stress. In Etinan LGA, where traditional values are still prevalent but increasingly challenged by socioeconomic changes, the disengagement of older adults can be particularly problematic. The expectation that older adults will relinquish their roles and become dependent on their families can create power imbalances that facilitate abuse. For instance, an older person who has transferred their land or assets to a family member in exchange for care may find themselves vulnerable to maltreatment if the family member fails to uphold their end of the bargain. The lack of formal social security systems and inadequate government support for the elderly in Nigeria further exacerbate their vulnerabilities, leaving many older adults with limited options and few avenues for recourse if they experience abuse.

Nevertheless, social work interventions in Etinan LGA must therefore address the social disengagement of older adults and work to reintegrate them into community life. This can involve initiatives such as establishing senior citizen centres where older adults can socialize and participate in recreational activities, providing transportation services to enable them to attend community events, and creating intergenerational programs that foster connections between older and younger generations. Social workers can also play a crucial role in educating families and communities about the rights of older adults and the importance of providing them with respectful and supportive care.

Furthermore, interventions should focus on empowering older adults to maintain their independence and individual autonomy. However, this can include providing access to healthcare services, promoting financial literacy, and offering legal assistance to protect their assets and property rights. Social workers can also advocate policies that provide social security benefits and other forms of financial assistance to older adults, reducing their dependence on family members and decreasing their vulnerability to abuse. By addressing the social disengagement of older adults and promoting their active participation in community life, social work interventions can help to prevent elder abuse and ensure that older adults in Etinan LGA live with dignity and respect.

Moreover, social disengagement theory provides a framework for understanding the increased vulnerability of older adults to abuse. As individuals age, they often experience a natural withdrawal from social roles and responsibilities, which can lead to isolation. In Etinan, where traditional family structures are changing due to civilization and urbanization, older adults may find themselves socially disconnected from their communities and support networks. This isolation can heighten their susceptibility to various forms of abuse, including physical, emotional, and financial exploitation. By applying this theory, social workers can better comprehend the dynamics of disengagement and identify at-risk populations.

Moreover, utilizing the social disengagement theory promotes advocacy and awareness within the community. By raising awareness about the risks of elder abuse and the role of social disengagement, social workers can engage community members in discussions about respect and care for older adults. This advocacy can lead to cultural shifts that value the contributions of older individuals and encourage protective behaviours. By addressing the societal attitudes that contribute to disengagement and abuse, social work interventions can foster a community environment that supports and uplifts its elderly members. The social disengagement theory provides a vital lens through which to understand the complexities of elder abuse in Etinan Local Government Area of Akwa Ibom State of Nigeria. By focusing on the social dynamics of ageing, social workers can develop effective interventions that promote engagement, reduce vulnerability, and advocate the rights and dignity of older adults.

1.4 Conclusion

The paper examines the prevalence of older adult abuse in Etinan Local Government Area. It reveals a concerning pattern that underscores the vulnerability of this demographic. This paper concludes that comprehensive support services, social workers can play a crucial role in protecting older adults from abuse. Collaborating with local communities, healthcare providers, and law enforcement agency can foster a holistic approach to prevention and response, ensuring that older adults receive the care, respect, and protection they deserve. The issues of older adult abuse in the area of study, in particular, and in Nigeria in general re quire a concerted effort from all stakeholders, including government agencies, NGOs, and community members. Raising awareness, improving educational outreach, and establishing robust global social support systems are essential to mitigate abuse and empower older adults. Such efforts will not only improve their quality of life but will also foster a more compassionate and inclusive society that values and honours its older adults in a specific Nigerian context.

1.5 Methodology

This paper adopts the analysis method in discussing elder abuse in Etinan Local Government, Akwa Ibom State of Nigeria. The analysis method is appropriate in order to justify the research design for the theoretical foundation of elder abuse in a specific Nigerian context. This paper adopts the analysis method in delivering a theoretical discussion of elder abuse in Etinan LGA, Akwa Ibom State of Nigeria.

1.6 Results

The results of this study stem from the dialectical variation and theoretical presentation of the prevalence, awareness and contributing factors or negative impacts on elder abuse in a specific Nigerian context. There are some unpalatable consequences of elder abuse which has resulted in the early death of older adults in a specific Nigerian context, social stereotypes (some older adults are seen as witches and wizards). In other words, they are seen as agents of darkness or bad luck. However, there are also isolation of older adults from their families, and physical maltreatment leading to depression and molestation or assault. In addition to the foregoing, there are also psychological imbalances resulting from the seizure of their private bank accounts, sexual and emotional abuses of older adults in Nigeria. The prevalence of elder abuse has also led to the unlawful sales of landed property and other belongings of older adults in Nigeria.

1.7 The Summary of Findings

This sub-section focuses on summary of the paper. The findings, however, show that older adults are still facing a series of challenges owing to a significant number of abuses and neglect being perpetuated by their family members, and caregivers in a specific Nigerian context. Despite growing awareness campaigns and sensitization programmes put in place by the social workers and relevant stakeholders on the danger inherent in the abuse and neglect of older adults in Nigeria, there is a significant number of uninformed family members and caregivers who are still subjecting their older adults to a series of abuses and neglects. This paper was aimed at launching a theoretical exploration of the prevalence of older adult abuse and social work interventions in Etinan Local Government Area, Akwa Ibom State, Nigeria. This paper was able to contribute to knowledge by reviewing scholarly articles, books, and reports on the global support system and prevalence of older adult abuse and social work interventions in Etinan Local Government Area, Akwa Ibom State, Nigeria. This paper identifies gaps in current knowledge relevant to Etinan Local Government Area. It focuses on the different forms of older adult abuse in the area of study. Organised discussions with different demographic groups to gain theoretical insights into societal attitudes and perceptions related to older adults' abuse and social work interventions was deeply looked into in this theoretical discussion. However, this research explores individual or family case studies to understand the personal and social ramifications of older adults' abuse dynamics and their impacts on their overall psychological well-being.

Furthermore, this paper investigates older adults' abuse and identifies the factors contributing to their vulnerability; these include lack of proper awareness and dissemination of information of elder abuses through radio and television stations, lack of proper planning during their active life, poor provision of healthcare facilities and adequate access to drugs, lack of proper training of caregivers, poor attention of family members, lack of government intervention, social disconnection between older generation and younger generation and social stereotypes such as the African belief that older adults are possessed with the spirit of witchcraft. In order words, they are seen as witches and wizards.

Moreover, cultural beliefs system surrounding the maltreatment and care of older adults were explored. This research considers the roles of social workers in mitigating the social dynamics and psychological challenges of older adults' abuse in a specific Nigerian context. This paper, however, advocates the need to strengthen community awareness programmes to educate about older adults' rights and abuse. In line with the findings of the study, therefore, the following areas have been suggested for further studies:

1. The study was limited to the Etinan Local Government Area of Akwa Ibom State. There is a need for similar studies in other local government areas of the state and other geographical regions.
2. Further studies could be conducted by collaborating with academic institutions to explore the experiences, dreams, needs and aspirations of older adults over time through longitudinal research.
3. Further studies could be done on the same topic using qualitative data only.
4. Further study could examine other circumstantial factors, such as psychological factors and emotional issues that affect older adults in a specific Nigerian context.

5. Further studies could be done to examine the specific socio-cultural dynamics affecting older adults in other Local Government Areas. This study can inform the development of tailored social interventions and policy framework.

1. 7.1 Recommendations

The recommendations of this paper are strong, practical and relevant to the theoretical discussion. These recommendations are well-aligned with the contemporary issues raised in the relevant literature reviewed. Based on the findings of this study, the following recommendations were made:

- To improve older adults' wellbeing and care, government and relevant stakeholders should organize community workshops targeting families, caregivers, and older adults to raise awareness about elder abuse, its signs, and consequences.
- There should be training programmes for social workers focusing on recognizing, reporting, and responding to elder abuse.
- Local radio and television stations should sponsor the dissemination of information about elder rights and available support services. There should be the establishment of reporting mechanisms by setting up accessible and confidential reporting hotlines for older adults or community members to report abuse without fear of retaliation.
- A comprehensive epidemiological study should be conducted by utilizing surveys and interviews to gather data on the prevalence of various forms of abuse among older adults in the Nigerian cultural context.
- Support groups should be created for older adults to share experiences and discuss challenges in a safe space.
- Collaborative teams that include social workers, healthcare professionals, and law enforcement should be formed to address elder abuse comprehensively.
- There should be policies that protect the rights of older adults and establish legal frameworks for reporting and addressing elder abuse.

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