



# Elderly Support Services Through Community Care Networks in South African Townships: Longitudinal Impact on Wellbeing

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## Abstract

South African townships face significant challenges in providing adequate support for elderly residents, highlighting a need for innovative community care solutions. The study employed longitudinal qualitative research methods to examine the effectiveness and sustainability of community care networks providing support to the elderly. A key finding was that the provision of regular social activities significantly improved mental health outcomes among participants, with a majority reporting increased engagement in community events over two years. Community care networks have a positive influence on the wellbeing of elderly residents, particularly through fostering social connections and reducing isolation. Policy makers should prioritise funding for sustainable community-based support services to enhance the quality of life for South African elderly living in townships. elderly support, community care networks, township dwellers, longitudinal impact, wellbeing

**Keywords:** *African Geography, Community Care Networks, Longitudinal Studies, Social Policy Analysis, Elderly Wellbeing Measures, Urban Sociology, Qualitative Research Methods*

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