



Utilization Effectiveness of Elderly Care Services Among Seniors in Cape Town, South Africa,: Health and Livelihood Impact Assessment

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Abstract

This study explores the utilization effectiveness of elderly care services among seniors in Cape Town, South Africa, with a focus on assessing their impact on health and livelihood over an eight-year period. A mixed-methods approach was employed, combining quantitative survey data with qualitative interviews to gather comprehensive insights into service utilization patterns and their effects among seniors in various socioeconomic backgrounds. Utilization rates of elderly care services varied significantly by socio-economic status, with a notable proportion (35%) of senior citizens who utilised the services reporting improved health outcomes compared to those who did not use any services. The findings suggest that targeted interventions and community-based support programmes could enhance service accessibility and efficacy, thereby improving health and livelihood for seniors in Cape Town. Recommendations include increasing funding for elderly care services, implementing tailored outreach initiatives, and fostering public-private partnerships to improve the availability and quality of these essential resources.

Keywords: *Cape Town, Geographic Distribution, Quantitative Research, Qualitative Research, Elderly Health, Livelihood Security, Community Services*

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