



Elderly Empowerment Programmes and Health Outcomes in Rural Senegalese Elders,

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Abstract

Rural Senegalese elderly populations face significant health challenges due to limited access to healthcare services and support systems. A mixed-methods approach was employed, including qualitative interviews with programme participants and quantitative surveys to evaluate changes in health status and access to healthcare services. The survey revealed that participation in the Empowerment Programme led to a statistically significant increase of 25% in reported improvements in overall health conditions among participants compared to non-participants. Elderly empowerment programmes can be effective in mitigating health disparities among rural Senegalese elders, provided they are tailored to meet specific community needs and resources. Programme developers should prioritise engagement with local communities to ensure culturally relevant and sustainable service delivery models for future interventions.

Keywords: *Rural, Empowerment, Health, Anthropology, Qualitative, Contextualization, Interventions*

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