



# Psychosocial Support Strategies Among Older Women in Kibera Slum: Caregiver Satisfaction and Wellbeing Analysis

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## Abstract

Older women in Kibera Slum face significant psychosocial challenges due to limited resources and social support systems. A mixed-methods approach including structured interviews and focus groups was employed to gather data from 150 participants aged 60 and over. Caregiver satisfaction with psychosocial support programmes is notably high (78%), indicating a need for tailored interventions rather than standardised generic approaches. The findings suggest that personalized support strategies are crucial for improving mental health outcomes among older women in Kibera Slum. Implementing targeted psychosocial support initiatives and enhancing caregiver training programmes is recommended to address the specific needs of this population effectively.

**Keywords:** *African geography, psychosocial resilience, qualitative research, mixed-methods, eldercare satisfaction, psychological well-being, social support networks*

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