



Social Support Networks and Caregiver Satisfaction Among Older Adults Living with Alzheimer's Disease in Cape Town, South Africa: A Comparative Study

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Abstract

Alzheimer's disease (AD) is a prevalent neurological disorder affecting older adults in Cape Town, South Africa, with significant implications for caregiver satisfaction and social support networks. A comparative study design was employed to assess social support networks and caregiver satisfaction levels. Data were collected through structured interviews and surveys from a sample of caregivers across various socio-economic backgrounds within the city. The analysis revealed that caregivers who reported higher levels of community involvement experienced greater satisfaction, with approximately 60% indicating improved mental health outcomes compared to those with less engagement. This study underscores the importance of comprehensive support systems for caregivers and highlights the potential benefits of integrating community resources into care plans for individuals living with Alzheimer's Disease. Healthcare providers should prioritise caregiver training programmes that emphasise community integration, while policymakers could consider implementing initiatives to enhance social support networks in AD care settings.

Keywords: *African geography, Alzheimer's disease, caregiver burden, social support networks, qualitative methods, longitudinal studies, phenomenology*

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