



# Ageing in the informal settlements of Nairobi

## Understanding resilience in later life

The African Population and Health Research Centre (APHRC) in collaboration with the University of Southampton (UK) are conducting a study to highlight the strategies and measures used by older people to address and overcome some of the challenges associated with ageing and living in the informal settlements.



Ageing in cities present with distinct challenges due to limited formal support systems and diminishing opportunities for securing employment in the urban economy.

It is important to understand how older people are adapting to spending their old age in the city slums.

It is anticipated that the study will raise awareness about the situation of older people living in the slums. The results will help identify older people who are vulnerable so that they can be better targeted for interventions.



## Households

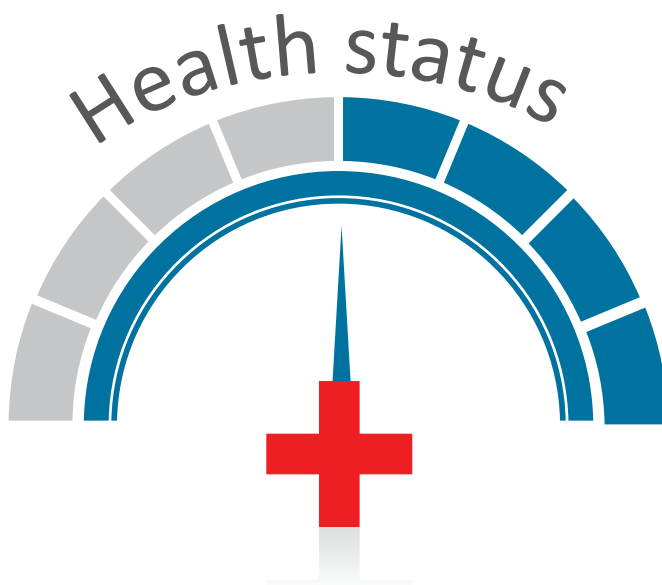
About one third of older people live alone according to the DSA definition of households. These are more likely to be men than women.

Most older people who are married live in the same location as the spouse. For men, it is more common for the wife to migrate from rural areas to join them in the demographic surveillance area (DSA).

# Older people in the demographic surveillance area

On average, the women have lived in the community for longer compared with the men.

Almost half of the older people have lived in the same community for more than 20 years.



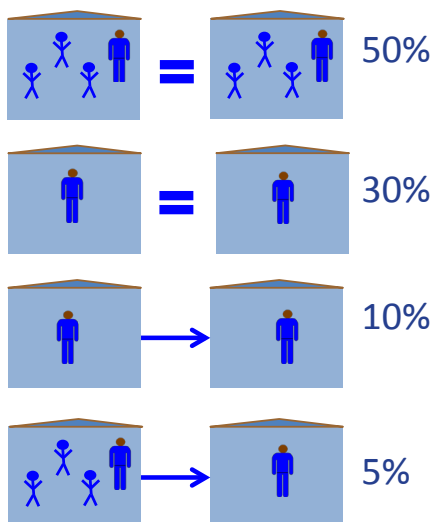
There has been a decrease in the people rating their health to be bad or very bad. Most older people rate their health as moderate.

# Changes in residency and migration

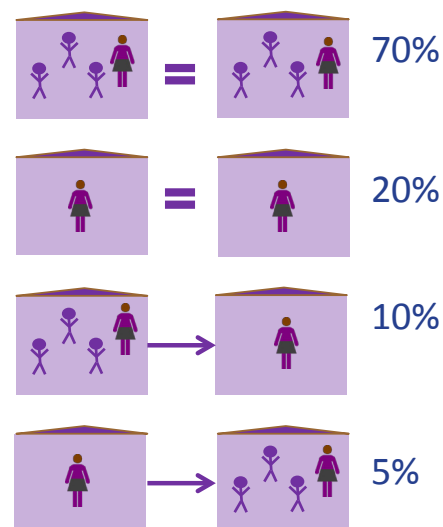
Most people do not change residence, only about a quarter of older people change residence.

Older people who moved to the DSA more recently are more likely to change residency.

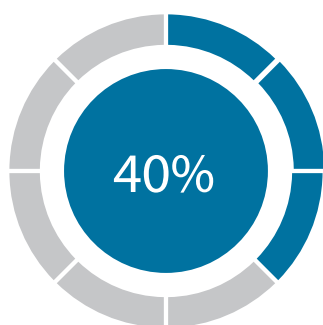
## Men



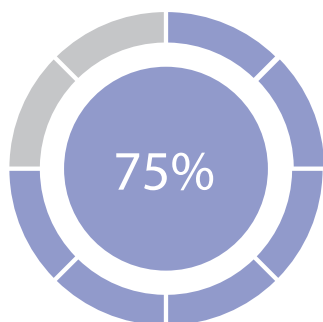
## Women



Most of the older people whose household living arrangements change, went from living with others to living alone.



About 40% of the men's children out-migrating move to rural areas followed by those who migrate to other slum areas in Nairobi.



Unlike men, three quarters of the women's children out-migrating move within Nairobi, mostly to other slum areas.

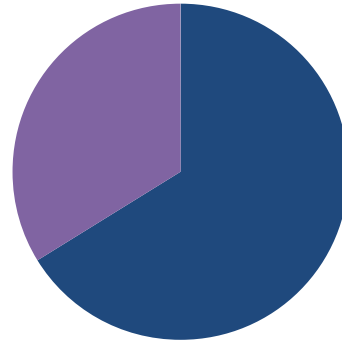
There has been an increase in people who are reporting to be unhappy and those reporting to have a bad quality of life.







# Gender distribution

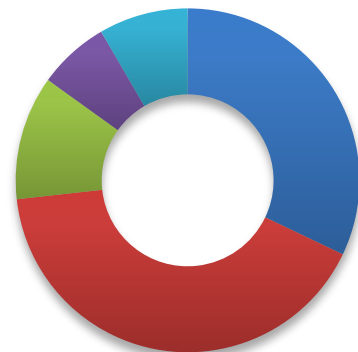
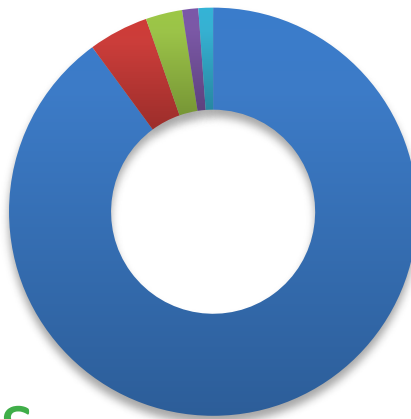


The majority of the older population are men.

Unlike men who are mostly married, most of the women are widowed, divorced or separated.



## Marital status



■ Married  
■ Divorced

■ Widowed  
■ Never married

■ Separated

## Contact

Centre for Research on Ageing  
Faculty of Social and Human Sciences  
University of Southampton  
Murray Building (58)  
Southampton  
SO17 1BJ  
United Kingdom

Telephone: +44 (0)23 8059 8940  
Fax: +44 (0)23 8059 8649  
Email: [ageing@soton.ac.uk](mailto:ageing@soton.ac.uk)

African Population & Health Research Center  
APHRC Campus, 2nd Floor  
Manga Close, Off Kirawa Road  
P.O. Box 10787-00100  
Nairobi, Kenya

Telephone: +254 (20) 400 1000, 266 2244  
Mobile: +254 722 205 933, 733 410 102  
Email: [info@aphrc.org](mailto:info@aphrc.org)