

Ageing Without Care? The Healthcare Insecurity Among the Elderly in Nigeria

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This paper provides a review of studies of the healthcare insecurity experienced by the elderly population in Nigeria, focusing on social isolation, economic struggle, inadequate healthcare, and the potential lack of governmental support.

Nigeria, like many developing countries in the world, is experiencing a demographic shift marked by a rapid increase in its elderly population. Adults who are 60 years and above are not accorded the necessary healthcare support that is accorded to maternal and child health. In Nigeria, the population of the elderly has seen a rise from 2.9% in the year 2020 to 3.05% in the year 2024, and they are most likely vulnerable to long-lasting conditions, which include diabetes, cancer, cardiovascular diseases, and other age-related health problems.

It can be said that there are significant differences in access to healthcare, where older Nigerians often face persistent insecurity, poor geriatric services, and cultural prejudices that further complicate their health situation and make them dependent on their families or informal care, such as community support.

The problems the older generation face in the insecurity of healthcare are rooted in systemic negligence, poor infrastructure, as well as a lack of sufficient doctors who specialise in genetic care.

Despite contributing to society through their taxes and community development, Nigeria's older population remains financially vulnerable due to inadequate regulation, low health and social spending, and systemic corruption.

This summary study concludes that there is an urgent need in Nigeria to re-examine health policies and develop regulations that support inclusive reforms, better governance, and investment in the well-being of older people in order to promote security and dignity in old age.