
Session 3: Aging, Health, and Families



Hafiz T.A. Khan

**Title: Quality of Life (QoL) of the Elderly in GCC region:
A case of Taif in Saudi Arabia**

Abstract:

In Middle Eastern and Arabic context, the family structure is considered a solid foundation of population growth and is essentially considered an integral part of family ties and developments. However, urbanisation, demographical changes and changing of economic norms are disrupting the usual norms of society impacting cultural and traditional values. Moreover, above changes are also affecting QoL of elderly population living in Gulf region particularly KSA. The population of GCC region has tremendously changed over the years and a remarkable achievement has obtained in life expectancy. Last year, we performed semi-structured study in western region of KSA examining further the living conditions of retired elderly citizens living in Taif city of Saudi Arabia. The pilot study attracted interest to delve further into QoL of elderly living in Saudi Arabia and its relevance to changing norms of family structure. Therefore, we would like to further ask questions that are dependent on the extent of family changes relevant to the quality of life of elderly on community level. Furthermore, it is imperative to acquire concrete understanding of the determinants of elderly wellbeing, in particular the extent of changes in family structures and living arrangements that are pertinent to their daily activities. Hence, the overall outcomes will determine QoL of elderly. A quantitative methodology will be used by developing a survey questionnaire based on the WHO QoL Scale covers elderly health, family support and financial stability. The questionnaire will incorporate study of 2000 elderly participants living in Taif city of Saudi Arabia. The set of participants include both male and female including but not limited to retired elderly living in Taif. Additionally, few questions in the survey of the study will revolve around daily activities and healthy ageing. The geographical area will be Taif and its surrounding areas. The expected outcome of the study is the interrelation of a strong link and integration between the daily activities and healthy ageing respectively determined by QoL of elderly living in Taif city. Furthermore, the key challenges for integration and family support will be identified for both groups.



Bio:

Hafiz T. A. Khan is a Professor of Public Health and Statistics at the University of West London (UWL) and an Associate Professorial Fellow at the Oxford Institute of Population Ageing, University of Oxford, UK. Prior to joining UWL, he was a Reader in Statistics at the School of Health Sciences of Birmingham City University, UK. He trained as a statistician and earned a PhD in Applied Statistics in 2006 from Edinburgh Napier University in Scotland. He is a member of the academic advisory panel of the UK Commonwealth Scholarship Commission in the UK. He has co-authored two books.

Basit Ali Haidari is involved in Academic Consultancies in Saudi Arabia, Managing a consultancy firm “Konsultex UK Limited”. He is conducting research within the Middle East region in collaboration with University of West London. His area of expertise revolves around Quality of life for Elderly population living in Taif city, KSA. I have been involved in broad range of projects including Protein Aggregation in Alzheimer's and Parkinson's disease and Digital bio sensor for the compliance of medication.
