

# NEWSLETTER

June 2024 Issue

## Option One: The Importance of Elderly Care in Society: A Source of Wisdom and History

### 1- Executive Director, Dr. Sharifa Noaman AL – Emadi’s Message

Dear Readers,

Over the past three decades, Qatar has witnessed profound demographic changes leading to an increasing population of older adults. Inevitably, this trend has placed heavy burdens on many families in Qatar as they assume responsibility for elderly care. This demographic growth calls for strengthening care strategies targeting this age group, which includes health and psychological care and adaptation to social changes at this advanced age stage. Islam urges us to provide care to our parents and respect and appreciate the elderly. God Almighty said in the Holy Quran:

Islam urges us to provide care to our parents and respect and appreciate the elderly. God Almighty said in the Holy Quran: And be humble with them out of mercy, and pray, “My Lord! Be merciful to them as they raised me when I was young.” This verse shows the importance of honoring one’s parents and being kind to them, which enhances their position in society.

In Qatar, the elderly tops the list of priorities when developing policies and plans in the socio-economic and health fields, and the “Covid-19” pandemic is a good example of this, as most entities in the country have put in place procedures and policies that enhance the health and safety of the elderly, Providing health care and support in their homes.

Qatari society attaches great importance to supporting and stabilizing the social well-being of the elderly, whether they are family members, neighbors, or society as a whole, as they are the source of balance and wisdom. However, with the increase in the number of elderly people, the challenges faced by families that bear the responsibility of caring for their elderly members vary.

The quality of care also varies from person to person, according to the context in which it occurs and the type and tasks of caregiving Through the study conducted by the Doha International Family Institute (DIFI) on “Family Caregivers for The Elderly in Qatar,” it was found that the aspects of adequate care that the elderly must receive are multi-faceted and multi-category, such as medical care and emotional and social support.



The data revealed that elder caregiving is mostly provided by female family members, finding themselves involved in caregiving by default due to family circumstances. The common denominator among them was the presence of several social constraints while providing eldercare.

In conclusion, DIFI recommends the need to adopt educational interventions that include organized programs centered around disease-related procedures, resources, and services tailored to care recipients, so that caregivers receive training on how to respond effectively to disease-related problems, such as treating stroke cerebrovascular disease, Diabetes, blood pressure, and dealing with problems of memory, behavior, frustration, and anger, in addition to the need to provide psycho-education skills.

Additionally, DIFI recommends that caregivers should be assigned to facilitate the work of formal family support groups so that the role of the facilitator involves consulting with care providers and considering them as experts, taking into account cultural and ethnic differences in society.

The elderly is considered an important pillar of any society's social and cultural fabric, as they represent a source of wisdom and experience, and are considered witnesses to the nation's history and development.

**Dr. Sharifa Noaman Al-Emadi**  
**Executive Director**  
**Doha International Family Institute**

## 2- Related DIFI Studies

### Family Caregivers for The Elderly in Qatar

This project documents the experiences of Qatari and non-Qatari caregivers who provide care for elderly family members. It identifies the stressors and burdens of caregiving, coping strategies, and the benefits of giving care to elderly family members. This study highlights the importance of providing home care for elderly family members and providing social and emotional support for caregivers.

 [Click here to view more](#)

## 3- International news and studies

### Islamic Traditions on Elderly Care

This study highlights the importance of Islamic traditions in celebrating and cherishing the elderly. Drawing from the teachings of the Quran and Hadith, the study emphasizes the responsibility of Muslim families to ensure their parents and elders are treated with respect and care. The study emphasizes providing comprehensive support to the elderly, encompassing physical, emotional, and spiritual aspects, promoting dignity and fulfillment in their later years.

 [Click here to view more](#)

## 4- Regional Studies:

**Divine resilience: Unveiling the impact of religious coping mechanisms on pain endurance in Arab older adults battling chronic pain**

The mentioned study found a significant connection between positive religious coping strategies and heightened pain tolerance. Participants who engaged in positive religious reappraisal and active spiritual coping, such as prayer and religious rituals, reported significantly higher levels of pain tolerance. Conversely, negative religious coping styles, like feeling abandoned by God or blaming oneself for perceived sins, lacked a meaningful association with pain tolerance.

The study highlights the multidimensional neurocognitive, emotional, and psychosocial benefits of religious coping in alleviating pain. Integrating positive faith-based resources into pain management strategies could significantly enhance the quality of life for older adults, particularly those in Arab and Muslim communities.

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## 5- Local news and studies:

### Sociocultural insights on dementia caregiving in Arab and Muslim communities: the perspectives of family caregivers

This study conducted in Qatar reveals the unique challenges faced by families caring for Alzheimer's or other dementia patients. The research, conducted through interviews with 32 caregivers, reveals seven key themes that intertwine the caregiving journey. Sociocultural attitudes and beliefs play a significant role, with some caregivers viewing the role as a sacred duty. However, the stigma surrounding dementia can also pose challenges. The study provides valuable insights for health and social care in Qatar and other Arab and Muslim communities.

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## 6- DIFI News:

### DIFI participated in the Expert Group Meeting at the United Nations Headquarters in New York



Dr. Sharifa Noaman Al-Emadi, Executive Director of DIFI, participated in an expert group meeting (EGM) organized by the United Nations Department of Economic and Social Affairs (UNDESA) at the United Nations Headquarters in New York, in celebration of the International Day of Families. Dr. Al-Emadi presented on DIFI's preparations for the International Conference commemorating the 30th Anniversary of the International Year of the Family, such as the Expert Group Meetings held in South Africa and the Middle East

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### Ahmed Aref presented a paper at the Expert Group Meeting in New York

Ahmed Aref, Manager of Content and planning at DIFI, presented a paper on "Family Stability and Environmental Sustainability: An Interdependent Nexus", during the expert group meeting (EGM), which was held at the United Nations headquarters in New York, in celebration of the International Day of Families.

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## 7- Spotlight

DIFI invites you to take part in shaping the discussion on building new frameworks for “Family and Contemporary Megatrends,” in Doha, Qatar from October 29-31, 2024.

Register your interest [here](#)

