

## Research Article

# Determinants of Elderly Migration to Old Age Homes in Nepal: Impact of Modernisation, Family Dynamics, and Societal Shifts in Urban Nepal

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## A B S T R A C T

**Background:** In Nepal, elderly individuals have traditionally occupied a respected position within family structures, with care provided by family members in a joint family system. However, recent societal shifts towards nuclear families and individualism have resulted in many elders lacking traditional family support, leading to increased migration to old age homes (OAHs), particularly in urban areas like the Kathmandu Valley.

**Objective:** This study examines the socio-economic, cultural, and health-related factors that compel 274 elderly individuals to leave their original homes for OAHs. It aims to explore how modernisation, changing family dynamics, and evolving societal values influence these decisions, contributing to an eldercare model that diverges from Nepal's cultural heritage.

**Methods:** Through survey analysis, the research assesses the emotional well-being of OAH residents, their quality of life, and their perspectives on family and community connections. It further investigates the perceived repercussions on family relationships and community structures while evaluating state policies related to elder welfare.

**Findings:** The findings indicate that financial insecurity, limited caregiving capacity within nuclear families, and societal neglect are prominent factors influencing this transition. Many elderly individuals experience emotional challenges and a sense of isolation in OAHs, despite some reporting satisfactory quality of life indicators.

**Conclusion:** This research provides insight into the changing eldercare landscape in Nepal and highlights the urgent need for supportive policies to address the evolving needs of an ageing population in the context of modernisation. The study emphasises the importance of fostering family connections and community support for elderly individuals transitioning to OAHs.

**Keywords:** Economic Factors, Old Age Homes, Psychology, Quality of Life, Society

## Introduction

The family has long been recognised as one of the most fundamental social institutions, serving as a crucial building block of society and a key agent in shaping cultural, economic, and social dynamics.<sup>1</sup> Traditionally, the family unit in Nepal, as in many other cultures, has not only met the emotional and social needs of its members but also provided economic sustenance, caregiving, and a sense of security. This hierarchical structure often places elders in respected and influential roles.<sup>2</sup> The joint family model, characterised by multi-generational households, mutual caregiving, and collective decision-making, has been a defining element of Nepalese society, particularly in rural areas.<sup>1</sup> However, urbanisation and modernisation have introduced significant shifts in family dynamics, challenging these long-standing traditions and reshaping the role of family in elder care. With increasing urbanisation and economic changes, Nepal has seen a gradual transition from joint to nuclear family systems, particularly in urban areas like the Kathmandu Valley.<sup>3</sup> The traditional structure, where multiple generations lived together and elders were cared for by younger family members, is now giving way to nuclear households that often consist of just parents and children. In this new model, the focus has shifted toward individualism, economic productivity, and the pursuit of personal goals.<sup>4</sup> As family members become more occupied with professional commitments outside the home, the capacity and willingness to care for ageing relatives within the household have diminished. Consequently, elderly individuals in urban areas may find themselves isolated with limited family support, which can lead them to seek alternative caregiving environments such as old age homes (OAHs).<sup>1</sup> This shift toward nuclear family living and the rising prominence of OAHs represents a significant departure from Nepal's cultural heritage, where elders were traditionally considered pillars of the family whose wisdom and experience were deeply respected.<sup>5</sup> The impact of modernisation and industrialisation has expanded beyond economic practices to affect cultural values and family responsibilities. With a growing number of elders relocating to OAHs, there is an urgent need to understand the determinants behind this migration. Financial insecurity, lack of familial support, generational gaps, and shifting societal values are among the complex array of factors that may contribute to elders' decisions to leave their homes.<sup>1</sup> This study aims to explore these determinants and their impact on elderly migration to OAHs in Kathmandu Valley. By focusing on the socio-economic, cultural, and health-related factors that influence elders' relocation to care facilities, the study seeks to uncover the motivations, challenges, and emotional responses of elders in OAHs. Additionally, it assesses the quality of life and social connections within these facilities while examining

how residents perceive their family relationships, societal roles, and the degree of community support available.<sup>1, 6</sup> Furthermore, the study evaluates existing policies related to elder welfare in Nepal, aiming to shed light on the adequacy of current state support in addressing the needs of this growing demographic.<sup>7</sup> In doing so, this research seeks to provide insights into the broader implications of elder migration on family structures and community relationships in urban Nepal. Understanding these determinants will not only help policymakers and social service providers address the unique needs of the elderly but also raise awareness within society about the importance of adapting cultural values and family responsibilities to support the well-being of ageing family members in a rapidly changing social landscape.<sup>8</sup> The findings of this study can inform strategies to bridge the gap between traditional caregiving practices and modern eldercare needs, ensuring that elderly individuals in Nepal receive the respect, care, and dignity they deserve in the later stages of their lives.

## Rational of the Study

This study is significant as it seeks to understand the factors contributing to the increasing migration of elderly individuals to old age homes (OAHs) in the Kathmandu Valley of Nepal. In a society where families care for elders has traditionally been held in high regard, the trend toward institutionalised elder care marks a major cultural and social shift.<sup>1</sup> By identifying the determinants that compel elderly people to move to OAHs, this research sheds light on the broader implications of modernisation, changing family dynamics, and societal values.<sup>3, 5</sup>

The findings can provide valuable insights for policymakers, social workers, and carers, helping them to develop more effective policies and support systems that address the unique needs of the elderly population.<sup>7</sup> Additionally, the study's insights may foster increased awareness and understanding within Nepalese society regarding the challenges and well-being of the elderly in modern urban settings.<sup>8</sup>

This research contributes to a growing body of knowledge on elder care and can serve as a basis for further studies on elder welfare in other parts of Nepal and similar societies.<sup>2</sup> The increasing demand for places in OAHs reflects not only demographic changes but also a transformation in attitudes towards intergenerational relations and elderly support options beyond the traditional extended family.<sup>4</sup> Understanding these dynamics is crucial as they highlight the need for comprehensive strategies that ensure respect, care, and dignity for elderly individuals in their later stages of life.

- **Research Objectives:** To identify and analyse the primary factors contributing to the migration of elderly

individuals from their homes to Old Age Homes (OAHs) in the Kathmandu Valley, while also examining their living conditions, emotional well-being, quality of life, perceptions of family connections and societal relationships, and the impact of modernisation and shifting family structures on elder care within urban Nepalese society. Additionally, this study will evaluate existing state policies and their effectiveness in supporting the welfare of elderly individuals in Nepal.<sup>9</sup>

## Research Methodology

### Research Design

This research utilised a descriptive study design to explore and document the determinants and experiences associated with elderly migration to Old Age Homes (OAHs) in Kathmandu Valley. A mixed-method approach was employed, integrating both quantitative and qualitative data, to ensure a comprehensive understanding of the study topic.

### Study Area and Population

The study focused on elderly individuals residing in OAHs within the Kathmandu Valley, encompassing the three districts of Kathmandu, Bhaktapur, and Lalitpur. Data was collected from a sample of 274 elderly residents across 17 OAHs, selected from the total of 28 facilities in the valley.

### Sampling Technique

A random sampling technique using a lottery system was adopted to select 17 OAHs out of 28 in the valley. Within these selected homes, elderly residents who could see, hear, and communicate were included to ensure meaningful participation. Informed consent was obtained from all respondents prior to their involvement in the study.

## Data Collection Tools and Techniques

### Quantitative Data Collection

Structured survey questionnaires were used to gather data on demographic, social, and economic factors influencing the migration of elderly individuals to OAHs.

### Qualitative Data Collection

Qualitative data were obtained through:

- **Semi-structured Interviews:** Conducted with residents to understand their personal experiences, perceptions, and emotional well-being.
- **Direct Observations:** To capture the living conditions, interpersonal interactions, and overall environment of OAHs.

### Data Analysis

Quantitative data were analysed using statistical methods, and the results were presented in tabular formats for clarity. The qualitative data from interviews and observations were

coded and thematically analysed to identify patterns and themes that provided deeper insights into the study topic.

### Research Duration

The research was conducted over a period of 24 months, from January to June 2023. This timeline included:

- **Preparation Phase (January-June):** Finalising research design, tools, and obtaining ethical clearance.
- **Data Collection Phase (June to December):** Visiting selected OAHs and conducting surveys and interviews.
- **Data Analysis Phase (to December - May):** Processing and analyzing quantitative and qualitative data.
- **Report Writing Phase (June):** Compiling findings and preparing the final research report.

### Ethical Considerations

Ethical approval was obtained prior to the study. Informed consent was sought from all participants, ensuring confidentiality and the right to withdraw at any stage without any consequences.

## Result and Discussion

### Economic Reasons

Economic factors play a central role in an individual's sense of autonomy and power, significantly influencing family relationships and social standing. In Nepal, income and savings are essential for fulfilling basic needs such as food, shelter, healthcare, and education, which have become increasingly unaffordable for many individuals. The privatisation and commercialisation of sectors like healthcare and education have amplified financial pressures on the general population, creating economic strain that often disrupts family harmony. For elderly individuals, the lack of personal income or savings can lead to dependence on family members for financial support. This dependence can create tension within households and is often a contributing factor to elderly individuals moving into Old Age Homes (OAHs).

Table 1 below illustrates how various economic reasons contribute to elderly migration to OAHs, highlighting key factors such as the inability to earn money, depletion of savings for children's benefit, and the increasing financial burden due to healthcare costs. Among respondents, a majority of both male (92.3%) and female (81.9%) elders highly agreed that poverty and financial dependence were primary factors compelling them to leave their original home. Additionally, 71% of respondents expressed that their inability to meet social traditions of financially supporting children further influenced their decision to move into OAHs, with more female respondents agreeing with this compared to males.<sup>12, 13</sup>

The economic landscape in Nepal has shifted dramatically due to outmigration trends, where younger family members seek employment opportunities abroad or in urban centres. This phenomenon has resulted in a significant reduction in the available labour force within rural communities, leaving older adults with increased responsibilities and fewer resources. Consequently, many elderly individuals find themselves isolated and unable to maintain their previous standard of living. The erosion of traditional family structures has further exacerbated this issue; as multi-generational households become less common, the

expectation of familial care for the elderly diminishes.<sup>1</sup>

The interplay between economic factors and changing familial dynamics plays a crucial role in the migration of elderly individuals to OAHs in Nepal. Financial insecurity not only affects their ability to live independently but also strains familial relationships, ultimately leading many elders to seek alternative living arrangements. Understanding these dynamics is essential for developing effective policies that address the unique challenges faced by the ageing population in Nepal.<sup>14, 15</sup>

**Table 1. Major Economic Reasons for Leaving Homes (Multiple Answers)**

Economic Reasons	Sex	Level of Acceptance (%)				
		Highly Agreed	Fairly Agreed	Neutral	Fairly Disagreed	Highly Disagreed
Unable to earn money/had to ask money to satisfy needs/ poverty	Male	92.3	7.7	0.0	0.0	0.0
	Female	81.9	16.1	2.0	0.0	0.0
	Total	84.1	14.3	1.6	0.0	0.0
Saving was spent for the children	Male	33.3	66.7	0.0	0.0	0.0
	Female	60.0	40.0	0.0	0.0	0.0
	Total	50.0	50.0	0.0	0.0	0.0
Unable to give money to son/ daughter as per social traditions	Male	35.3	64.7	0.0	0.0	0.0
	Female	21.4	78.6	0.0	0.0	0.0
	Total	29.0	71.0	0.0	0.0	0.0
Life became dependent because of continued expenditure on health check ups	Male	66.7	33.3	0.0	0.0	0.0
	Female	33.3	50.0	16.7	0.0	0.0
	Total	44.4	44.4	11.1	0.0	0.0
Agricultural advancement/ employment status of members changed	Male	75.0	25.0	0.0	0.0	0.0
	Female	66.7	33.3	0.0	0.0	0.0
	Total	71.4	28.6	0.0	0.0	0.0
Change in HH's income/ expenditure pattern	Male	25.0	75.0	0.0	0.0	0.0
	Female	31.6	68.4	0.0	0.0	0.0
	Total	30.4	69.6	0.0	0.0	0.0
Change in housing structure/ living arrangements	Male	75.0	25.0	0.0	0.0	0.0
	Female	69.2	30.8	0.0	0.0	0.0
	Total	70.6	29.4	0.0	0.0	0.0
Change in division of labour at home	Male	14.3	85.7	0.0	0.0	0.0
	Female	30.0	70.0	0.0	0.0	0.0
	Total	23.5	76.5	0.0	0.0	0.0



Furthermore, significant proportions of respondents noted that shifting economic dynamics within the household contributed to their decision. For example, 69.6% of elderly respondents acknowledged that changing patterns of household income and expenditure impacted their ability to remain in their homes. Additionally, 76.5% fairly agreed that the division of labour at home had shifted in ways that marginalised their roles or created tension, leading to an increased likelihood of leaving the family home. Other economic factors, like increased dependency due to healthcare expenses, also played a crucial role, with 44.4% of respondents noting that ongoing medical costs made self-sufficiency challenging and often unsustainable within the family structure.

In summary, the study identifies poverty, financial dependence, shifting economic roles within the household, and social expectations of supporting children as critical economic reasons driving elderly individuals to seek refuge in OAHs. The findings underscore the impact of economic vulnerabilities on the lives of the elderly, emphasising the need for policies and support systems to address their financial and social well-being in Nepal's evolving social landscape.<sup>16, 17</sup>

### Emotional/Personal Reasons

Ageing often brings heightened sensitivity and emotional vulnerability, leading elders to feel deeply connected to their environment and interactions with family members. Minor negative comments or dismissive attitudes from loved ones can significantly impact their well-being. In this study, emotional and personal factors emerged as pivotal reasons why many elders chose to leave their original homes.

A substantial 88.5% of respondents shared that they left home primarily for self-satisfaction, seeking an environment where they felt valued and at peace. The loss of close family members, particularly a spouse, also left many feeling isolated, prompting some elders to leave home in search of comfort and companionship in Old Age Homes (OAHs). Disrespect or negligence by family members was another common cause, with 71.9% of respondents reporting that a lack of familial support made them feel undervalued and compelled them to seek alternative living arrangements.

Additionally, as physical limitations associated with ageing made daily household tasks increasingly challenging, 67.9% of elders cited this as a reason for their departure. Other emotional factors included the fear of impending death (noted by 61.5% of respondents) and feelings of alienation due to self-centred family members who prioritised their personal interests, such as celebrating festivals or vacations independently of the elderly. Many respondents also reported that activities they once enjoyed collectively as

a family, such as festivals and outings, had become more individualised in their households, leaving them feeling further isolated. Loss of partners, strained family relationships, and even experiences of deception from close relatives also added to their decision to move to OAHs, where they hoped to find a supportive community.

### Family Reasons

Family dynamics have traditionally been rooted in the fulfilment of economic, social, and emotional needs, with members of all ages contributing to and benefiting from these close ties. However, modernisation has significantly impacted family structure, shifting many from joint to nuclear setups and reshaping family responsibilities and emotional attachments. This study found that the evolving nature of family structures was a significant factor behind elderly migration to OAHs.

Among respondents, 74.1% identified the shift from joint families to nuclear families as a primary reason for leaving home, with all male respondents (100%) and a significant portion of female respondents (66.7%) highlighting this transition as impactful. The issue of generational gaps further complicated family dynamics, with 90.0% of respondents acknowledging frequent conflicts between generations. The absence of family members due to migration also left elders without support; 88.2% of participants indicated that their children or relatives had moved abroad, leaving them with no one to rely on for daily needs or companionship.<sup>18, 19</sup>

Changes in marriage practices, educational priorities, and attitudes toward cultural and religious traditions have also affected family coherence. For instance, 60% of respondents attributed their decision to leave home to changing marriage patterns, which have increasingly focused on independence over interdependence. Additionally, 55.6% of respondents noted that evolving education systems emphasised individualism over communal family support, adding to their feelings of isolation.

During informal discussions, many elders shared observations about how modern family values differ sharply from traditional ones. Previously, cultural and religious beliefs maintained family cohesion, with family restrictions on activities like alcohol consumption and strong prohibitions against divorce and domestic conflicts. However, these traditional safeguards have eroded in many modern families, leaving elders feeling alienated and often unwelcome in their homes.

### Social Reasons

The social environment and relationships play a crucial role in the lives of elderly individuals, often shaping their sense of belonging and security. Society is generally expected to provide a supportive environment for elders, helping them

feel valued and connected. However, this study reveals that various social factors can lead seniors to feel disconnected and prompt them to leave their original homes.

One major factor is the perception of a diminishing social status with age, reported by 60.6% of respondents. Many elders felt that their societal value had waned, leading them

to feel unappreciated and irrelevant in their communities. In addition, the unavailability of basic infrastructure—such as transportation, electricity, hospitals, and markets—was cited by nearly 78% of respondents as a key reason for leaving their homes, highlighting the importance of physical amenities in ensuring a comfortable and dignified life for elders.<sup>20, 21</sup>

**Table 2. Social Reasons for Leaving Homes**

Social Reasons	Sex	Level of Acceptance (%)				
		Highly Agreed	Fairly Agreed	Neutral	Fairly Disagreed	Highly Disagreed
Friends/relatives did not meet me as before/avoided in meeting	Male	53.3	46.7	0.0	0.0	0.0
	Female	44.2	55.8	0.0	0.0	0.0
	Total	46.0	54.0	0.0	0.0	0.0
Social status was being lost with my old age	Male	39.5	55.3	5.2	0.0	0.0
	Female	52.9	47.1	0.0	0.0	0.0
	Total	50.3	48.7	1.0	0.0	0.0
Unable to do social work due to the old age	Male	47.1	47.1	5.8	0.0	0.0
	Female	46.8	53.2	0.0	0.0	0.0
	Total	46.8	51.9	1.3	0.0	0.0
No one was taking benefit of my life long experience	Male	50.0	50.0	0.0	0.0	0.0
	Female	0.0	0.0	100.0	0.0	0.0
	Total	33.3	33.3	33.4	0.0	0.0
The society was unable to support in emergency time because of youth migration	Male	66.7	33.3	0.0	0.0	0.0
	Female	0.0	100.0	0.0	0.0	0.0
	Total	50.0	50.0	0.0	0.0	0.0
There were no physical facilities in my areas like transportation, electricity, hospitals, market etc	Male	0.0	100.0	0.0	0.0	0.0
	Female	33.3	66.7	0.0	0.0	0.0
	Total	22.2	77.8	0.0	0.0	0.0
I thought, I was not useful to the society	Male	50.0	50.0	0.0	0.0	0.0
	Female	65.2	34.8	0.0	0.0	0.0
	Total	60.6	39.4	0.0	0.0	0.0

The above Table 2 presents the data on social reasons to Social connections also played a significant role. Approximately 54% of respondents strongly agreed that the lack of contact or the avoidance by friends and relatives contributed to their feelings of isolation. Many elders found that due to age or shifting family dynamics, others were no longer interested in benefiting from their life experiences or wisdom. Furthermore, youth migration from rural areas to cities or abroad has weakened the community's support structure, leaving many elderly without adequate assistance during emergencies. In such cases, elders often felt vulnerable and abandoned, which ultimately influenced their decision to move to old age homes where they could find a more reliable support system.

### Cultural/Religious/Ideological Reasons

In a secular and federal country like Nepal, the right to choose one's religion and culture is protected, allowing family members to explore diverse religious and cultural practices. However, this shift has proven challenging for many elderly individuals who were raised with traditional beliefs, values, and customs.<sup>1</sup> The study revealed that such cultural and religious changes within families often made it difficult for elders to adapt, as they were strongly attached to their heritage and felt disconnected from newer practices.

Data shows that 76.2% of respondents left home because family members had adopted different religions or cultural practices, which many elders found difficult to reconcile with their values. This feeling was more pronounced among men (87.5%) compared to women (69.2%). Additionally, 61.5% of respondents reported that the degradation of traditional cultural practices in their homes contributed to their departure, with women expressing this sentiment at a higher rate (64.7%) than men (55.6%), indicating a significant cultural divide between generations.<sup>22</sup>

Traditional beliefs and societal expectations also played a role; for instance, the cultural emphasis on having a son to carry on the family legacy was noted as an underlying factor by some respondents. The shift away from these customs left some elders feeling disregarded. Elders who valued these traditions often felt alienated as family members moved away from conventional beliefs, further compelling them to seek out environments like OAHs where their cultural values and beliefs could still be respected and shared.<sup>3</sup>

The research explores the multifaceted determinants influencing the migration of elderly individuals to OAHs in the Kathmandu Valley, focusing on the impact of modernisation, changing family dynamics, and societal shifts. The findings reveal that the reasons behind this migration can be categorised into several key areas: economic, emotional/personal, family, social, and cultural religious/ideological factors.

- **Economic Reasons:** Economic factors emerged as significant determinants, with many elders citing an inability to earn money and the need to seek financial assistance for personal needs. Issues such as poverty, high healthcare costs, and shifts in household income and expenditure patterns were prevalent among respondents.<sup>1</sup>
- **Emotional and Personal Reasons:** Emotional factors also played a crucial role. Many elderly individuals reported feelings of neglect, lack of respect from family members, the impact of losing a spouse or parent, decreased affection from loved ones, and the pursuit of self-satisfaction.<sup>6</sup>
- **Family Dynamics:** Family dynamics significantly influenced the decision to migrate, with a noticeable shift from traditional joint family structures to nuclear families. Respondents noted a decline in family harmony and integration, leading to conflicts and misbehaviour among younger generations. Many elderly individuals felt abandoned by family members who had migrated abroad or to urban areas and experienced a lack of time and engagement from their immediate families.<sup>23, 24</sup>
- **Social Factors:** Social factors were also significant; many respondents expressed feelings of isolation due to friends and relatives avoiding contact. The loss of social status and the inability to engage in social activities were additional concerns prompting migration.

Cultural, Religious, and Ideological Reasons: Cultural and religious reasons were highlighted as well. Many respondents felt disconnected from family members who adopted different beliefs and practices. The degradation of traditional cultural values and rituals also contributed to feelings of alienation among the elderly.<sup>2</sup>

In brief, understanding these multifaceted determinants is essential for developing effective policies that address the unique challenges faced by the ageing population in Nepal while promoting respect for their cultural heritage. Research on the determinants of elderly migration to old age homes in Nepal is increasingly relevant in the context of modernisation, family dynamics, and societal shifts. As urbanisation progresses, traditional family structures are evolving, leading to significant changes in the roles and responsibilities of family members. Ghimire et al. (2023).<sup>25</sup> highlight how modernisation influences nutritional status among vulnerable populations, suggesting that similar factors may affect the elderly's decision to migrate to care facilities. The shift from extended to nuclear families, as noted by Maskey and Mishra (2018),<sup>26</sup> often results in reduced familial support for ageing relatives, prompting a reconsideration of living arrangements. Additionally, societal expectations and economic pressures can further compel elderly individuals to seek alternative housing solutions, such as old age homes, where they can receive adequate care and companionship. Understanding these

dynamics is crucial for developing policies that address the needs of the elderly population in urban Nepal, ensuring their well-being amidst changing familial and societal landscapes.<sup>28</sup>

## Conclusion

The migration of elderly individuals to Old Age Homes (OAHs) in the Kathmandu Valley is driven by a complex interplay of factors that reflect broader societal changes. Economic difficulties, emotional neglect, evolving family dynamics, social isolation, and cultural shifts collectively contribute to the decision to leave their original homes. As modernization continues to reshape family structures and societal norms, it becomes increasingly crucial to address the challenges faced by the elderly to ensure their dignity, respect, and well-being within their communities. This study's findings underscore the necessity for a holistic approach to elder care that considers economic support, emotional well-being, family cohesion, and the preservation of cultural values. Understanding the determinants of elderly migration is vital for policymakers, families, and society at large to develop supportive systems that can improve the quality of life for older adults. The increasing trend of migration among younger generations not only contributes to the physical absence of family members but also exacerbates feelings of neglect and abandonment among the elderly left behind.

Economic factors emerge as a significant determinant in this migration process. Many elderly individuals cite financial insecurity as a primary reason for their relocation to OAHs. The rising costs of healthcare and living expenses have made it challenging for them to remain in their homes without adequate support. Furthermore, emotional neglect stemming from changing family dynamics—such as the outmigration of younger family members—has left many elderly individuals feeling isolated and unsupported.

Cultural shifts also play a critical role in this phenomenon. As younger generations adopt different beliefs and lifestyles, many elders find it difficult to reconcile these changes with their traditional values. This cultural dissonance can lead to feelings of alienation and compel elderly individuals to seek environments where their cultural values are respected and shared.

Addressing the multifaceted determinants of elderly migration to OAHs is essential for ensuring that older adults in Nepal receive the care and support they need. A comprehensive understanding of these factors will enable stakeholders—including policymakers, social workers, and families—to create effective policies and programs that enhance the quality of life for this vulnerable population while preserving their dignity and cultural heritage. As Nepal continues to navigate the challenges posed by modernisation and demographic shifts, it is imperative that

society recognises the importance of adapting caregiving practices to meet the evolving needs of its ageing population. This approach will not only benefit the elderly but also strengthen familial bonds and community ties in an increasingly fragmented social landscape.

## Recommendations

1. Economic Support Initiatives: Implement targeted financial assistance programs for elderly individuals, including pension schemes and subsidized healthcare services, to alleviate economic burdens and promote self-sufficiency.
2. Community Engagement Programs: Develop initiatives to foster intergenerational connections and encourage community members to engage with elderly individuals, mitigating feelings of isolation and neglect.
3. Family Counseling Services: Establish family counseling services to address conflicts and improve communication within families, particularly in cases of generational differences and misunderstandings.
4. Awareness Campaigns: Launch awareness campaigns to educate families about the importance of respecting and valuing the contributions of elderly members, promoting cultural practices that honor their experiences and wisdom.
5. Accessible Infrastructure: Enhance the availability of essential services and infrastructure in communities where elderly individuals reside, ensuring access to transportation, healthcare, and social activities.
6. Cultural Preservation Programs: Support programs that promote traditional cultural practices and values, helping elderly individuals feel connected to their heritage and community.
7. Policy Development: Encourage policymakers to develop comprehensive strategies addressing the needs of the elderly population, integrating social, economic, and cultural considerations into elder care frameworks.

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