

## Title

# How food insecurity experience among older adults can provide evidence for an innovative, system-led and culturally-sound social work practice interventions in a communal Ghana

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## Abstract

As people grow older and lose capacity to maintain activity in securing food for themselves either because of functional disability or financial incapacity, there should be a meso and or macro support services to ensure food security amongst them. In Ghana, evidence show that most older people report food insecurity, necessitating a need for a reflection on how social work professional (with its core mandate) can innovatively and culturally promote food security for older adults in Ghanaian context. Deploying descriptive qualitative analysis, this study presents the qualitative findings of older adults' experiences of food insecurity across three regions of Ghana. Overarchingly, the analysis identified three major themes related to food insecurity experience recurrent to all or most of the participants. The themes include 1) sources of food items for older adults; 2) perspective on accessibility to food; 3) finances determining older adults' food accessibility. Results are discussed in relation to existing literature and social work implications. Social work profession in Ghana can adopt innovative and culturally sound approaches, including 'nnoboa' in ensuring food security for older adults. The findings contribute to the evidence base for social work, elaborating the in-depth understanding of the experiences of food insecurity in old age.

## Key words

Africa, older adults, communal, food insecurity, Ghana, innovative interventions, *nnoboa*

## ASWNet style

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## Conference Abstract

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