

Informal Care for Disabled and Elderly Population in Contemporary Sri Lankan Society

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The role of the family in providing care is a historical and culturally rooted practice in Sri Lanka. Regardless of ethnicity, people are devoted to protecting the family, the most loving and warm nest for many people to spend their lifetime. Caring for people with disabilities and caring for the elderly have been an embedded practice in the Sri Lankan family system, however, due to rapid economic and socio-cultural changes a shift in the caring tradition has been observed. This study, therefore, aimed to explore the current informal caring practice among Sinhalese people with disabilities and elders. The study has focused on the care, cultural aspects of the care, social organisations, and the organised structure to provide care. In addition, social relations of care and the community support and assistance to provide care at the community level were also studied. The study was conducted in the Hapugoda No: 405 Grama Niladari Division in the Harispattuwa Divisional Secretariat of the Kandy District and the findings derived from the study are used to identify the significance of the informal care and the care providers, challenges faced by the care providers and the opportunities to enhance the informal care provisions in Sri Lanka.

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