

The rising elderly population globally has intensified issues of neglect, abuse, and inadequate care, yet studies in the region often overlook the social context of aging. This study examined the socio-economic concerns, challenges, and support mechanisms of the elderly in Matinyani Ward, Kitui County. A concurrent mixed research design was adopted, with 160 elderly respondents selected through systematic random sampling and 29 key informants purposively chosen. Guided by Cummings and Henry's (1961) disengagement theory, data were collected using questionnaires, focus group discussions, and interviews. Quantitative data were analyzed with SPSS version 26, while qualitative data were thematically analyzed. Findings revealed that gender, family, religion, education, and income significantly influence elderly livelihoods. The aged faced dependency, neglect, abuse, and health complications, with family providing the main source of support (62.5%), followed by NGOs, churches, and other community actors. The study recommends strengthening social support systems, and further research on the experiences of aged women caring for grandchildren