Ageing and health: integrated health and long-term care services for older people

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WHO is committed to support Member States in addressing ageing and health.

Regional Framework for Action on Ageing and Health in the Western Pacific (2014-2019)
Universal health coverage (UHC) means that all people and communities have access to quality health services without suffering the financial hardship associated with paying for care.
World report and global strategy

- Improve measurement, monitoring and understanding
- Align health systems to the older populations they now serve
- Ensure everyone can grow old in an age-friendly environment
- Develop long-term care systems
Healthy Ageing: is the process of developing and maintaining the functional ability that enables well-being in older age.
What services for what capacity?

High and stable capacity
Declining capacity
Significant loss of capacity

Functional ability
Intrinsic capacity

Health services:
- Prevent chronic conditions or ensure early detection and control
- Reverse or slow declines in capacity
- Manage advanced chronic conditions

Long-term care:
- Support capacity-enhancing behaviours
- Ensure a dignified late life

Environments:
- Promote capacity-enhancing behaviours
- Remove barriers to participation, compensate for loss of capacity
EVERY OLDER PERSON IS DIFFERENT

Some have the level of functioning of a 30 year old.

Some require full time assistance for basic everyday tasks.

Health is crucial to how we experience older age.
Why is integration/coordination important?

- Multimorbidity; chronic and complex needs
- Multiple actors: nurses, community workers, family members, social workers, peers, medical specialist etc.
- Multiple settings: home, community, institutional etc.
- Risks of fragmentation, duplication, inefficiencies
Towards people-centred, integrated services

• Implement case management:
   one goal,
   one assessment,
   one care plan

• Provide systematic support for self/peer management

• Support ageing in place, including through collaboration across sectors
Example: Assessment as the basis for service planning

- Personal services
- Nutrition, hydration, meal preparation and diet
- Continence management:
- Mobility and dexterity
- Nursing, allied health and other clinical services:
- Transport and personal assistance
- Management of skin integrity
- Support the use of telehealth, aids and equipment

Assessment
Level 1 - basic care needs
Level 2 - low-level care needs
Level 3 - intermediate care needs
Level 4 - high-level care needs.

Help at home
Many people would prefer to live independently at home as they get older. If you’re generally able to manage but just need some help with daily tasks, there are support services available to help you.

What to expect
Example: Self-/peer management through Older people’s associations in LMICs

- Innovative approach to taking community-based action, harnessing the power of older age.

- **Multifunctional**: income support, healthy and active living, health and home care, self-help, social support, community participation, education, DRR etc.

- Useful model in resource – constrained settings.
Example: Integrated community care through collaboration across sectors

Step-down care to bridge gaps

Healthcare

Long-term care

Commuting to medical facilities/care facilities

Own home/elderly housing with long-term care

Housing

Integrated community care support center/care manager

Provides consultation and coordinating services

Living support

Old people’s club, residents’ association, long-term care prevention, living support, etc.

Prevention

Home-visit care

• Nursing care
Integration needs to be supported by system changes:

- Governance
- Workforce
- Financing
- Innovation & technology
- ...

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Thank you!

http://www.wpro.who.int/topics/ageing/en/