

Regional Framework on Healthy Ageing

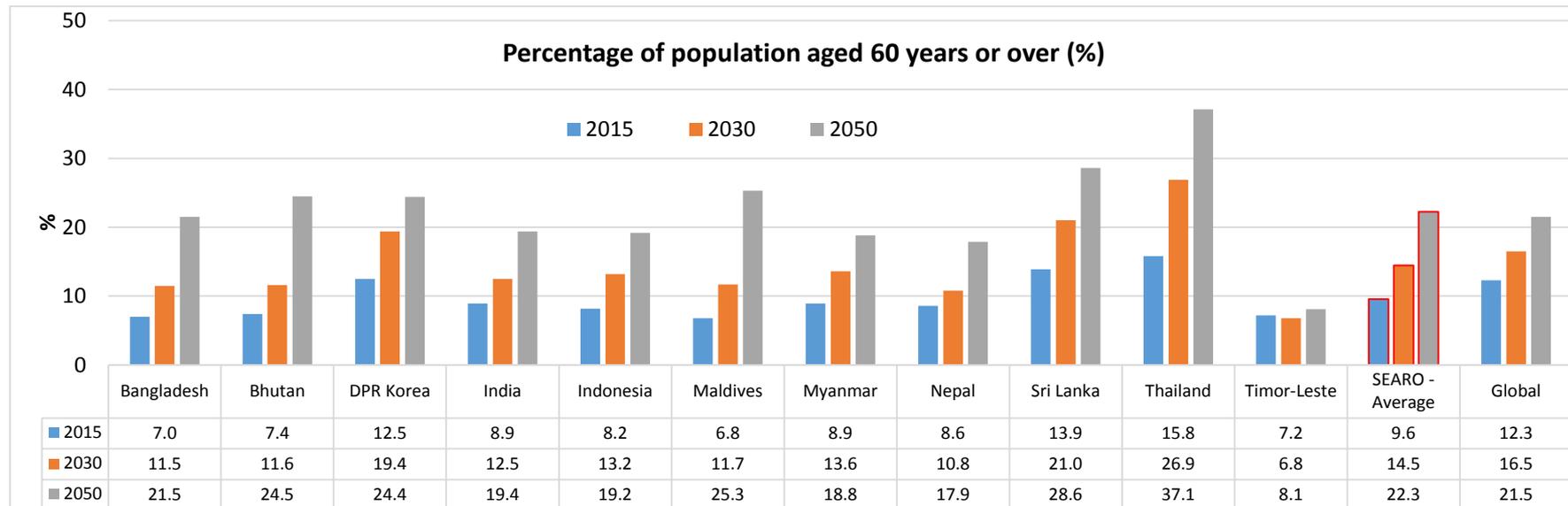
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Through the Life course



SEAR population is changing

By 2030 – 1/5th of 60+ people in SEAR



- Almost all SEARO Member States will have 20% to 25% of their total populations aged 60 years or over by 2050 (all except Timor Leste at 8%)
- Thailand will have around 37% and Sri Lanka around 29% of their total populations aged 60 years or over, respectively, by 2050

Needs of people are also changing

As life expectancy rises and fertility declines - the proportion of the population above a certain age (above 60 years considered dependent) rises – *we need to adapt to meet people's needs.*

	Total Dependency Ratio (persons aged 0-19 years and aged 65 years or over per 100 persons aged 20-64 years)		Potential Support Ratio (persons aged 20-64 years per person aged 65 years or over)		Statutory Retirement Age (years) [latest available]		Pension coverage (% of persons of pensionable age)
	2015	2030	2015	2030	Males	Females	2015
Bangladesh	80.0	62.4	11.2	8.3	65	62	39.5
Bhutan	70.8	56.2	11.6	8.3	60	60	3.2
DPR Korea	62.5	61.8	6.5	5.1	No information		
India	78.0	67.5	10.0	7.0	55	55	24.1
Indonesia	71.7	67.3	11.3	7.1	55	55	8.1
Maldives	69.7	61.6	12.5	8.0	65	65	99.7
Myanmar	72.9	61.7	10.8	7.1	No information		
Nepal	98.5	67.3	9.1	8.1	58	58	62.5
Sri Lanka	71.0	73.4	6.3	3.7	55	50	17.1
Thailand	53.0	63.4	6.2	3.1	55	55	81.7
Timor-Leste	142.3	130.2	7.4	9.6	60	60	100
SEARO - Average	79.0	70.3	9.4	6.9	59	58	48.4
Global	73.5	75.7	7.0	4.9

Review questionnaires – policy & programmes

Countries	National strategy/plan	Ministry in charge
BAN	Yes (2013 &2015)	MOSW
BHU	No yet (Nov 16)	Elderly program in MOH
IND	National Policy on Older Persons (1999) National program for health care of elderly (2010)	For welfare of elderly - MoSJE Healthcare of elderly - MOHFW
INO	NAP for elderly (2016-2019)	MOH
NEP	NAP for senior citizens (2005) Nat Health Policy (2014)	MOH, MWCSW, MoF, MoLocal Dev
MMR	National plan of action on ageing – national policy on ageing (2016)	MOSW
SRL	National Policy for Senior citizens National charter for senior citizens	MOH ,nutrition and indigenous medicine
TLS	Nat Strat for prevention of NCDs, injuries, disabilities and care of the elderly (2014)	Ministry of social solidarity

Wide range of interventions and regulations to promote healthy ageing established in Bangladesh, DPR Korea, India, Indonesia, Sri Lanka and Thailand

Several Non-governmental organizations are active in

- Advocacy
- Health care
- Financial security
- Psychosocial support

Targeted support for the older population in Bhutan, Myanmar, Maldives and Nepal

Healthy Ageing in SEARO Member States

National policies / plans of action to promote healthy ageing exist in nine Member States of WHO SEARO

Geriatrics care available at several secondary and tertiary care facilities (e.g. Bangladesh, India, Indonesia, Sri Lanka and Thailand)

Training in geriatrics for primary health care physicians [Myanmar, Maldives, Sri Lanka, Timor-Leste] with the possibility of extension to other Member States

Healthy ageing prioritized in SEAR

2009

Regional consultation to review a strategic framework for active healthy ageing in the South-East Asia Region was organized by the Regional Office in Sri Lanka

2012

The Thirtieth meeting of Ministers of Health of countries of the WHO South-East Asia Region in September 2012 adopted the “Yogyakarta Declaration on Ageing and Health”

2013

Expert group finalizes ‘Regional Strategy for Healthy Ageing 2013 – 2018’
Regional consultation on the ‘Long-term care of the Elderly’ organized

2014

Regional meeting on the ‘Health of older women: policy, gender and delivery of service issues’

2016

Regional meeting to review and revise the ‘Regional Strategy for Ageing and Health (2013-2018) to align it with ‘Global Strategy and plan of action on ageing and health’

Regional Framework on Healthy Ageing (2017 – 2022)

Purpose



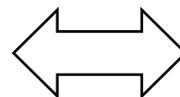
To assist Member States in establishing core interventions to promote and strengthen healthy ageing in their countries

Basis for preparation



- **Yogyakarta Declaration on Ageing and Health (2012)**
- **WHO SEARO Regional Strategy for Healthy Ageing (2013-2018)**
- **Global Strategy and Plan of Action on Ageing and Health (2016 – 2020)**
- **Relevant activities on ageing and health in SEARO Member States**

GOAL
**To promote
healthy ageing and
care of the aged
through the life-
course**



*The 'Global Strategy and Plan of Action on Ageing and Health' has identified **two goals**:*

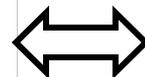
- i) Five years of evidence-based action to maximize functional ability that reaches every person;*
- ii) By 2020, establish evidence and partnerships necessary to support a decade of healthy ageing from 2020 – 2030.*

Duration

Five years [2017 – 2022]

Guiding Principles

- 1. Rights of older people**
- 2. Gender and Equity**
- 3. Age-friendly Primary Health Care**
- 4. Adopting a multidisciplinary and multisectoral approach**
- 5. Participation of older people in society**



Guiding Principles of the 'Global Strategy and Plan of Action on Healthy Ageing':

- i) Progressive realization of human rights including the rights of older people*
- ii) Gender equality*
- iii) Equality and non-discrimination on the basis of age*
- iv) Equity*
- v) Intergenerational solidarity*

Key Policy Directions

- **Policy and Strategy Formulation**
- **Long-term Care**
- **Raising the awareness of the population to active ageing**
- **Development of human resources for quality health care**
- **Financing of the care of older people**

Strategic Elements of the regional framework

Strategic elements

1. **Developing an evidence-based, integrated policy and plan of action for healthy ageing**
2. **Developing age-friendly environments**
3. **Aligning health systems to the needs of older people**
4. **Developing sustainable and equitable systems for long-term care**
5. **Developing appropriate human resources necessary for meeting the health and related care needs of older people**
6. **Improving measurement, monitoring and research for healthy ageing**
7. **Sustainable and progressive financing to enable a path towards Universal Health Coverage (UHC)**



Strategic Objectives of the 'Global Policy and Plan of Action on Ageing and Health':

1. **Commitment to action on Healthy Ageing in every country**
2. **Developing age-friendly environments**
3. **Aligning health systems to the needs of older populations**
4. **Developing sustainable and equitable systems for providing long-term care (home, communities and institutions)**
5. **Improving measurement, monitoring and research on Healthy Ageing**

Components of each Strategic Element within the regional framework on ageing

- **Objective**
- **Rationale**
- **Actions**
- **Indicators**
 - **Regional**
 - **National**
- **Milestones**

Strategic Element 4

Developing sustainable and equitable systems for long-term care

Actions:

1. Multisectoral systems support for caregivers
2. Advocacy and communication -recognizing long-term care as an important public health priority
3. Access of older people as part of universal health coverage
4. Implementation and adaptation of self-care programmes
5. Support to informal and formal care-givers
6. Community involvement in the implementation of long-term care

Strategic Element 4

Developing sustainable and equitable systems for long-term care

Indicators:

Regional level:

1. Number of Member States that have formulated programme guidelines with regulatory and monitoring mechanisms for institutions in the formal and informal sectors providing long-term care.
2. Number of Member States that have formulated national standards and guidelines for training of long-term care providers in the formal and informal sectors.

Strategic Element 4

Developing sustainable and equitable systems for long-term care

Indicators:

National level:

1. National care standards, guidelines, protocols and accreditation mechanisms for integrated long-term care provided by the informal and informal sectors have been developed and implemented.
2. A sustainable mechanism for resourcing long-term care has been developed and put in place.
3. Innovative assistive health technologies to improve the functional ability and well-being of people requiring long-term care have been identified.

SDGs puts ageing back on the agenda

Ageing is an issue that is relevant to 15 of the 17 Goals, in particular:

- **Goal 1.** End poverty in all its forms everywhere - for all men and women;
- **Goal 2.** End hunger, achieve food security and improved nutrition and promote sustainable agriculture including for older persons;
- **Goal 3.** Ensure healthy lives and promote well-being for all at all ages through universal health coverage including financial risk protection;
- **Goal 5.** Achieve gender equality and empower all women and girls;
- **Goal 10.** Reduce inequality within and among countries, by promoting the social, political and economic inclusion of all, irrespective of age;
- **Goal 11.** Make cities and human settlements inclusive, safe, resilient and sustainable by providing universal access to safe, inclusive and accessible green and public spaces, in particular for older persons.



Milestones

Healthy Ageing : WHO-SEARO [proposed]	
2016	<ul style="list-style-type: none">• Regional Framework on Healthy Ageing (2017-2020) under formulation• Regional meeting on the 'regional framework on healthy ageing'• Finalization of the regional framework on healthy ageing
2017	<ul style="list-style-type: none">• Submission of the draft regional strategy on healthy ageing to the Regional Committee• Adoption of the regional strategy on healthy ageing
2018	<ul style="list-style-type: none">• Identifying approaches to the adoption / adaptation of the regional strategy on healthy ageing in Member States
2019	<ul style="list-style-type: none">• Review of progress• Formulation of 'Decade of Healthy Ageing' initiative in the region
2020	<ul style="list-style-type: none">• Implementation status of the initiative 'Decade of Healthy Ageing' in the Region

Healthy Ageing

The process of developing and maintaining the functional ability that enables well-being in older age

- World Report on Ageing and Health (2015)



Thank you