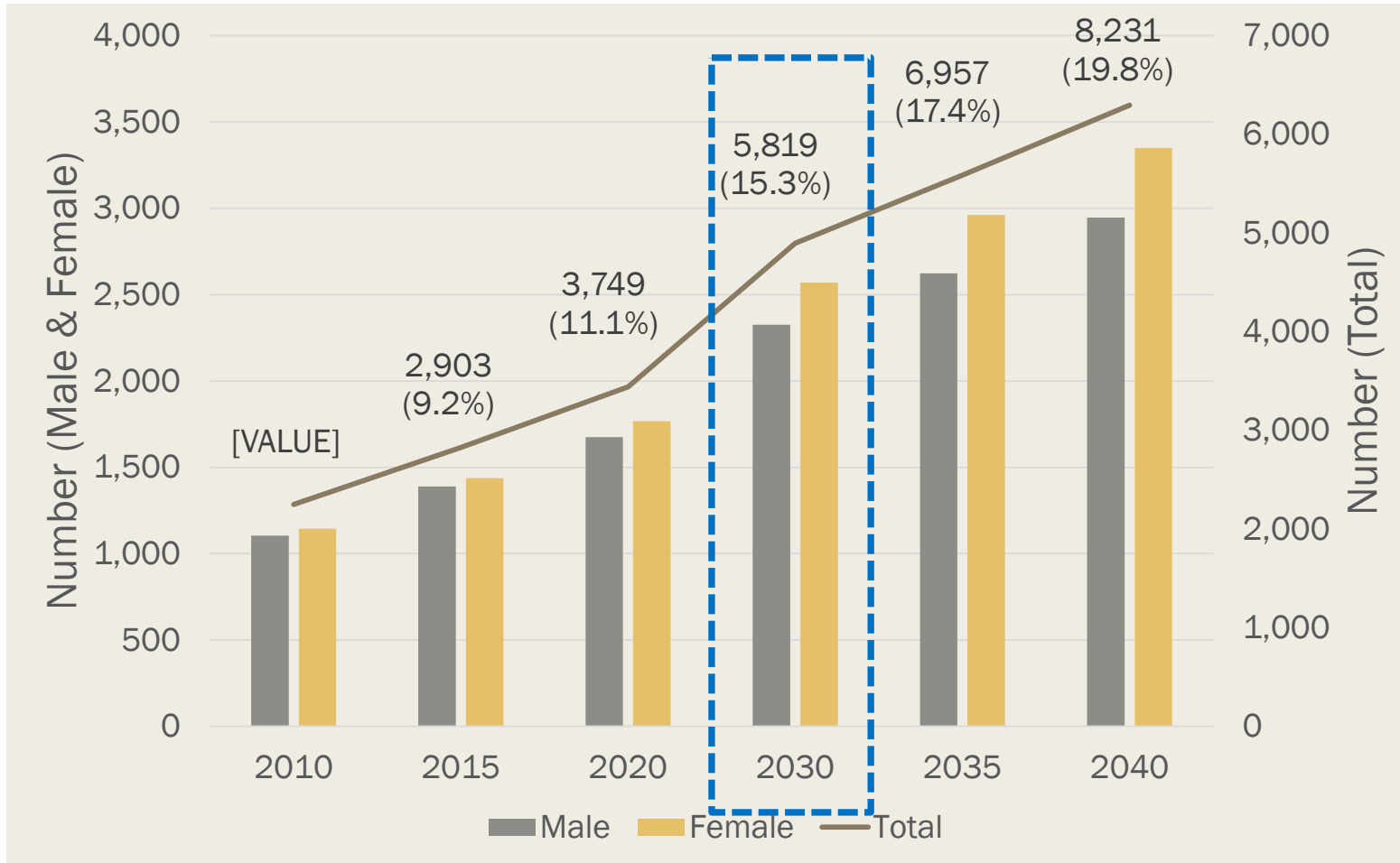


TOWARDS ACTIVE AGEING – THE MALAYSIAN EXPERIENCE

3rd ASEAN-Japan Active Ageing Regional Conference | 26-27 June 2017



Malaysia will be an aged nation by 2030 with people enjoying longer life



Life expectancy

1991		2016 ^e (estimate)	
M	F	M	F
69.2	73.4	72.6	77.2

Fertility rate

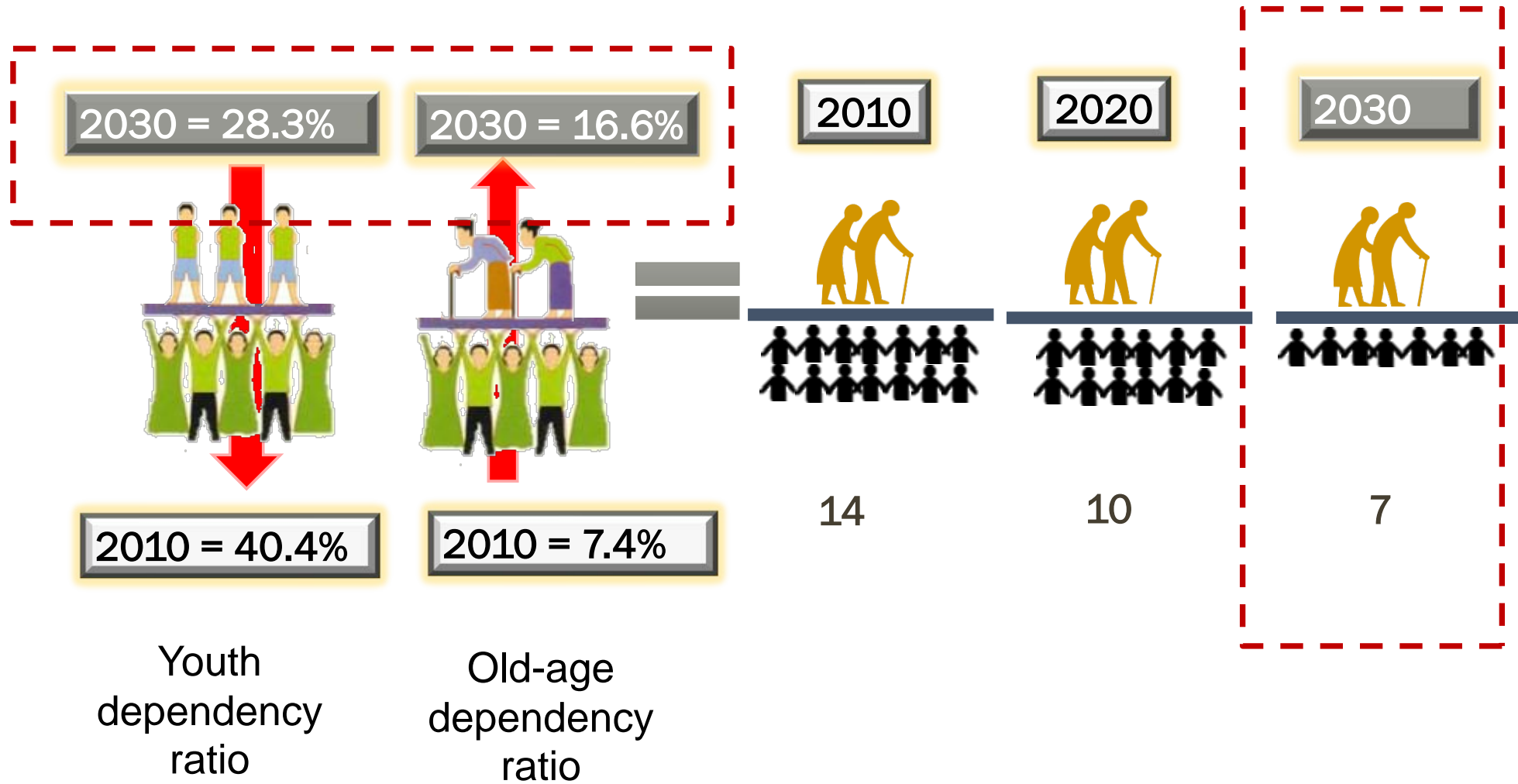
2012	2013	2014	2015
2.2	2.0	2.0	2.0

e: Estimate

Source: Department of Statistics Malaysia

- 2010 Data: Malaysian Population and Housing Census 2010
 - 2015 - 2014 Data : Forecasted
- Source: Department of Statistics Malaysia

Increasing burden for working adults to support older persons



Morbidities Among Malaysian Elderly

■ Study by MOH (2nd NHMS1995)

-81.4% suffered from at least from one chronic medical illness

-12.7% had 3 or more chronic diseases

■ The commonest medical illness

- Joint pain 50.1%
- Eyesight problem 40.0%
- Hearing problem 21.0%
- Hypertension 26.0%
- Heart diseases 16.3%
- Diabetes 11.6%

■ Study by MOH (3rd NHMS 2011)

	Prevalence (%)	95% CI	
		Lower	Upper
Hypertension	73.7	72.3	75.1
Hypercholesterolemia	37.9	36.3	39.5
Diabetes Mellitus	23.6	22.3	24.8
Asthma Adult	6.2	5.5	6.9
Physical Disability	2.4	2.0	2.9
Nutritional Status			
- BMI			
- Underweight	11.0	10.1	12.0
- Normal	48.4	46.9	49.9
- Overweight	29.8	28.4	31.2
- Obese	10.8	9.9	11.7

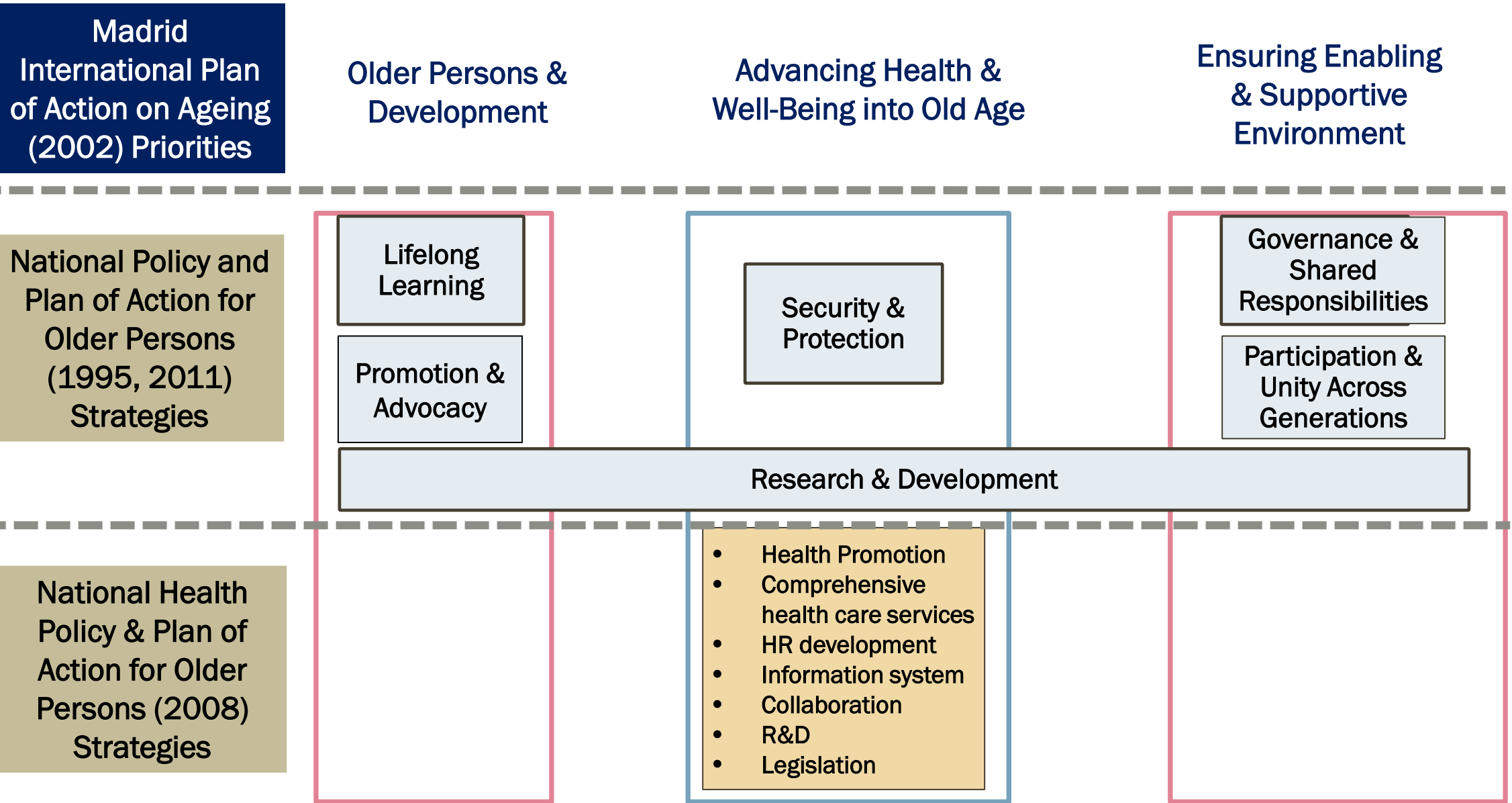
“Anchoring growth on people”

“With 2020 now just five years away, the Eleventh Plan is the next critical step in our journey to become an **advanced nation that is inclusive and sustainable**”

“The Eleventh Malaysia Plan will disproportionately **focus on the people** – the *rakyat* will be the centre piece of all development efforts”

Dato' Sri Mohd Najib bin Tun Haji Abdul Razak
Prime Minister of Malaysia
11th Malaysian Plan Document

Including ageing agenda into national policies



Integrated multi-dimensional national approach

Strategic Element 1

National Advisory and Consultative Council for the Older Persons

Chairperson: Minister of Women, Family and Community Development

Technical Committee

Chairperson: Secretary-General, Ministry of Women, Family and Community Development

No	SUB-COMMITTEES	MINISTRY/ AGENCY
1	Health	Min. of Health
2	Social & Recreational	Dept. of Social Welfare
3	Education & Spirituality	Min. of Education
4	Housing & Environment	Min. of Housing & Local Government
5	Economy	Economic Planning Unit
6	Employment	Min. of Human Resource
7	Research & Development	Min. of Science , Technology And Innovation

NATIONAL

State Action Council

Committee for Development of Older Persons

District/Local Authority Action Council

Committee for Development of Older Persons

STATE

Community & NGOs

Private

Adapting the care & health systems to meet the health needs of the ageing population

- Government hospitals/ clinics
- Elderly Homes
- Day Centres

Public

- Private hospitals/ clinics
- Old folk's homes
- Nursing homes
- Mobile nursing

Private

- Faith/charity-based centre

NGO

- **Activity Centres for older persons (PAWE)**
- Elderly health club
- 1Malaysia Family Care
- **Domiciliary & palliative healthcare services**
- Respite care
- Financial aid/ assistance

New Public

- **Retirement villages**
- **Life apartments**
- Senior clubs/resorts



New Private

- **Home-help programme**
- Mobile care services
- Community-run activity centres
- **Financial aid/ assistance**

New NGO

Provisions of long-term care for the elderly – Institutional Services

- ❖ 9 Homes (*Rumah Seri Kenangan*) - financed by the Government
- ❖ 2 Homes for chronically ill (*Rumah Ehsan*)
- ❖ 244 centres by NGOs & private registered under the Care Centres Act 1993
- ❖ 21 nursing homes registered under the Private Healthcare Facilities and Services Act 1998



Human resources development to meet the health needs of older persons

- All healthcare service for the older persons (government's primary healthcare facilities)
- 10 Government hospitals with dedicated geriatric unit
- 1 Dedicated Rehabilitation Hospital
- 23 Geriatricians
- 11 Psychogeriatricians
- 4 Family medicine specialist with further studies in community geriatric
- 5 Medical gerontologist



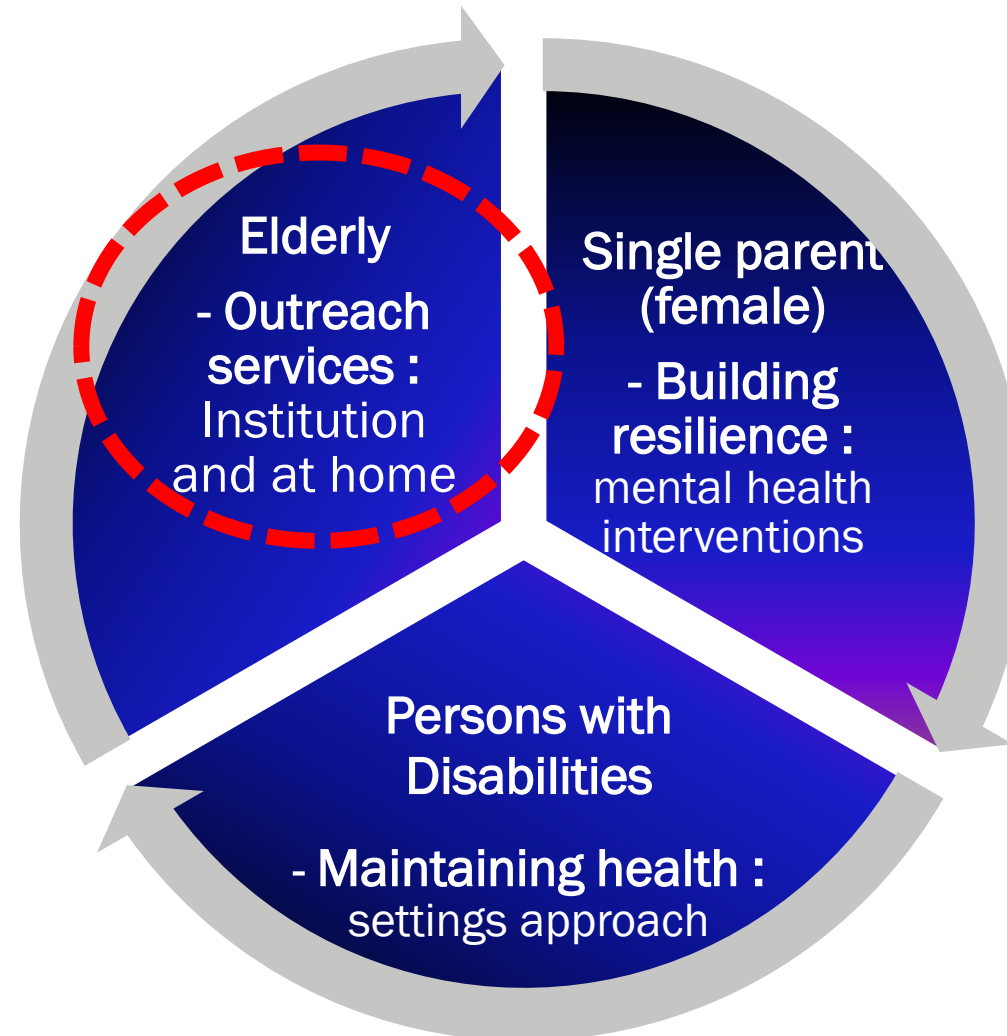
Adopting a life-course approach to promote healthy ageing

- National Plan of Action for Nutrition of Malaysia III, 2016-2025
- National Strategic Plan for Active Living, 2016-2025



Multisectoral approach & partnerships

1 Malaysia Family Care: Ministry of Health & Ministry of Women, Family & Community Development (2012)



Objective:

- Providing holistic health & social support to elderly, disabled & single mothers

Strategy:

- Interagency Networking
- Sharing Resources
- Encourage Volunteerism
- Empower families & communities

Challenges



Regional differences in development

Gender gap

Speed of Ageing

Human resource, facilities & infrastructure

Consolidation of data & analysis

Way Forward



Financial

- Comprehensive social protection
- Increase financial security of older persons



Health

- Promote life-course action: healthy & active lifestyle
- Increase availability, accessibility and quality of care facilities and services for older persons



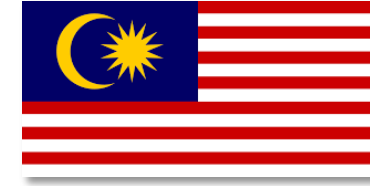
Social

- Empower volunteerism and broaden the reach of *community-based programme*
- Change perception towards older persons



Institution

- Strengthen collaboration between ministries/agencies
- Strengthen legislation & regulation
- Quality data



THANK YOU TERIMA KASIH

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