

Action needed for Healthy and Active Ageing

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Demographics:

- ❖ **Total population (year)** - **51.486 millions (2014 Census)**
- ❖ **Total population aged > 60 years** - **4.474 million (2014 Census)**
- ❖ **% of population > 60 years** - **8.74% 4.474 million (2014 Census)**
- ❖ **Population aged > 60 years (Male)** - **1.921 millions**
- ❖ **Population aged > 60 years (Female)** - **2.553 millions**
- ❖ **Break down of population aged > 60 years.**
 - **60-69 years** = **2,641,338**
 - **70-79 years** = **1,266,468**
 - **80 years and above** = **566,602**

Demographics:

❖	Life expectancy at birth (combined)	66.8
❖	Life expectancy at birth (Male)	63.9
❖	Life expectancy at birth (Female)	69.9
❖	Dependency ratio	
-	Total dependency	52.5
-	Old dependency ratio	8.8

Morbidity (top to causes) : Based on Hospital Statistics

: (Burdon Hospital Statistics)

- **Cataract**
- **Hypertension**
- **Cardio Vascular diseases**
- **Diarrhoea & Gastroenteritis**
- **Tuberculosis**
- **Pulmonary diseases**
- **Stroke**
- **Diabetes mellitus**

Mortality of population aged 60 years or over

- **Cardio vascular Diseases**
- **Stroke**
- **Malignancy of bronchus and lung**
- **Tuberculosis**
- **Chronic obstructive pulmonary diseases.**

Policy and Programmed on Healthy Ageing

- ❑ National plan of Action on Ageing at 2016**
- ❑ National policy on ageing drafted at 2016**
- ❑ National Health Plan (1993-2006) included a programmed on health ageing through primary health care.**
- ❑ National Health Plan (2017-2021) has launched priority on Universal Health Coverage and Quality Health Care.**
- ❑ Nodal Ministry/ Department are:**
 - ❖ Department & Social welfare, Ministry of Social Welfare.**
 - ❖ Department of Public Health, Ministry of Health and Sport.**



Financial Resources

- No specific financial resources for elderly health care.**
- Comprehensive health care service through life cycle approach at all level of government.**
- Essential services for health care for the aged under government health care system.**
- Institutional care like home for age from Department of Social welfare.**

Delivery of Services

- ❖ **Constitution- Article 32 refers to care of elderly population.**
- ❖ **Relevant legislation, Acts and Law for elderly care are yet to be established.**
- ❖ **70 homes for the aged Supporting 2300 older persons.**
- ❖ **Mostly, traditional and cultural provides elderly care at their homes.**
- ❖ **New government planned for elderly welfare benefits.**

Health Care for the Aged

- **Elderly health care project in 88 townships.**
- **Weekly clinics provide basic health care, physical activity, rehabilitation, referrals and counselling.**
- **Training of health stats in basic geriatric care .**
- **Geriatric Services are available.**
- **at community clinics at different levels.**

Expectations & Challenges

- Hospitals and Social welfare offices should be closely attached at state and district level.**
- Think for way and provide social and economic support to elder people at different levels.**
- Screening for non communicable disarms appropriate treatments and promoting of life styles, should be provided.**
- Local welfare associations and UN , INGO partners should support care for old peoples as a priority issue.**

Expectations & Challenges

- ❑ **Specific financial resources should be obtained for ageing and health from national budget.**
- ❑ **Out -of –pocket expenditure given by older people should be reduced by different ways.**
- ❑ **National survey on population and health is essential for database information and elderly health care.**
- ❑ **Training of trainer in Geriatrics for health providers and training of health care providers should be conducted at different levels.**
- ❑ **To strengthen the home care and long -term care services for older persons.**
- ❑ **To develop more Information, Education, Communication materials regarding for care to older persons.**



Thank you for kind attention