Home Care for Older People in ASEAN Member Countries

International Conference on Population Ageing: Issues and Challenges

Mr. Hyunse Cho
President
HelpAge Korea
hyun@helpage.or.kr
HelpAge Korea

- HelpAge Korea is a NGO working for older people established in 1982 as a sister organization of HelpAge International
- HelpAge Korea developed Home Care model as a first community based program in 1987
- GO was influenced to formulate government policy for expansion in 1989 and integrated home care into Law for the Elderly in 1993
Older people at risk in ASEAN countries

- It is estimated that the proportion of older people over 60 years in the South-east Asia will triple between 2000 and 2050.
- However the responsibilities for the care of older people by young family members are getting weaker due to growing nuclear families, prevailing migration, and increasing participation of women in the work force.
Older people at risk in ASEAN countries

- The risks of neglecting older people at home and community are increasing while the family members remain the primary caregivers under the low priority of aging issues and limited coverage of health and social service by governments.
# Home care for ASEAN

## Main Objectives

<table>
<thead>
<tr>
<th>Phase I</th>
<th>Phase II</th>
<th>Phase III</th>
</tr>
</thead>
<tbody>
<tr>
<td>Develop Home Care model suitable to local context</td>
<td>Expand Home Care in collaboration with GO and NGO</td>
<td>Integrate Home Care into national policy by GO</td>
</tr>
</tbody>
</table>

- **Funding:** ROK-ASEAN cooperation Funds
- **Implementation:** HelpAge Korea & HelpAge International in collaboration with Partner, Ministry of Social Welfare and Ministry of Health in 10 ASEAN countries
Volunteer based Home Care: The model is to provide care services at home of older people who are poor and have difficulties in activities of daily living by visiting volunteers.
1. Home care is expanding nationwide in collaboration with GOs and NGOs in many countries

<table>
<thead>
<tr>
<th>Country</th>
<th>No. project area</th>
<th>No. older people</th>
<th>No. volunteer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cambodia</td>
<td>2 province / 43 village</td>
<td>325</td>
<td>223</td>
</tr>
<tr>
<td>Indonesia</td>
<td>15 province</td>
<td>935</td>
<td>455</td>
</tr>
<tr>
<td>Malaysia</td>
<td>6</td>
<td>655</td>
<td>308</td>
</tr>
<tr>
<td>Myanmar</td>
<td>34</td>
<td>1,632</td>
<td>1,203</td>
</tr>
<tr>
<td>Philippines</td>
<td>6</td>
<td>567</td>
<td>244</td>
</tr>
<tr>
<td>Vietnam</td>
<td>12 province / 93 commune</td>
<td>1,094</td>
<td>1,223</td>
</tr>
</tbody>
</table>
Myanmar
2. 2007 – 2008: in West Java, Central Java & South Kalimantan Provinces
5. 2011 – 2012: in North Sulawesi, East Kalimantan, Bali, South Sumatera, West Java Provinces
Achievements

2. GOs have developed a national guideline of volunteer based home care

- Countries adopted the guideline
  - Indonesia in 2006
  - Philippines in 2010
  - Malaysia in 2011

- Countries in process
  - Cambodia, Myanmar, Vietnam
Impacts

- Homecare reduces isolation of older people and meet the care needs at home and it facilitates independent living at home.

- Homecare enables family members to engage in a productive activity and decreases caring burden. And it encourages community to pay more attention to older people.

Thailand
Impacts

- Governments recognize homecare as a cost effective and community based program to older people and establishes a policy framework provide ‘CARE’ services which meets the requirement of MIPPA.

- ASEAN Secretariat integrated homecare into ASEAN 5-year strategic framework (2011-2015) for Social Welfare and Development

- The impact evaluation conducted by external reviewers during SEP-DEC 2012 shows that the impact of Homecare project is more than satisfactory.
By 2050, one out of four older people will be over the age of 80, and the number of centenarians will at least triple in the Southeast Asian region.

With this increasing aging population, WHO reports that 55% of all deaths in the Region are due to NCDs and 34% of NCD deaths in the Region occur among adults below 60 years of age which means 66% of NCD deaths in the Region occur among older people above 60 years of age.
In most developing countries, the lack of long term care services, policies and financing places further strain on an already stressed family system.

Health systems at all levels need to develop a range of services to promote good health, prevent disability as well as care for the frail in their communities. (WHO)

Volunteer based approach has its limitations in caring for older persons with NCD who need more comprehensive and professional services from both the welfare and health sectors.
Community based Service

- Objective: Development of Community based Service Model for Older Persons in ASEAN member countries
- Funding: ROK-ASEAN Cooperation Fund
- Project Period: 3 years
- Executing Body: HelpAge Korea in collaboration with HelpAge International
- Implementing Body: Ministry of Social Welfare, Ministry of Health and NGO partner in ASEAN countries
- Work Plan: Develop model with 3~4 countries and share model with all ASEAN member countries.
Community based Services Model

1. Definition: A system within a given community that provides the appropriate care services, welfare services and various support services for the daily life of older persons and according to their needs.

2. Target beneficiary: older persons who have NCDs and their family member

3. Type of services
   - Care services
   - Preventive Health Services
   - Welfare Services
THANK YOU!

HelpAge Korea
www.helpage.or.kr