Enhancing Family Institution Towards Addressing Population Ageing

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Asian Symposium on Building Sustainable Ageing Societies
Changchun, China
5-6 July 2012
Population: A Summary

Malaysia: Preparing for an ageing population

Future Generation

Productive Population

Ageing Population

Source: DOS, Malaysia

Note: * projection
Issues & Challenges

Changing Family Structure

- Nuclear families is the norm
- MPFS-4 (2004), NPFDB
  - 75% elderly stay with their family members
  - 15% stay with their spouses
  - 10% stay alone

Source: DOS, Malaysia; Several censuses
Issues & Challenges

Living Arrangements

Suitability of living in old folks home

- Yes: 54.7%
- No: 45.3%

Willingness to go to day care center

- Yes: 51.1%
- No: 48.9%

Almost half of the elderly feel it is suitable to stay at old folk’s home if they stay alone and can’t manage themselves.

51% of them agreed to be sent to daycare when family members work.

Source: MPFS-4 (2004), NPFDB
Issues & Challenges

Long term care of the Elderly

Overall, 65% of elderly expect their children to care for them when they are sick.

Men rely more on their spouses while women rely on their children.

Source: MPFS-4 (2004), NPFDB
Issues & Challenges

Loneliness

Elderly women are more likely to be lonely

Source: MPFS-4 (2004), NPFDB
Issues & Challenges

Health issues among elderly

1 in 4 elderly have poor health

Arthritis & Hypertension are the main medical illnesses among the elderly

Source: MPFS-4 (2004), NPFDB
Issues & Challenges

Financial support & savings:

1. Most of the elderly depend on pension, government mandatory savings & financial aid from their children
2. Majority have savings in banks and Pilgrimage Fund
3. Less than 10% have insurance coverage
4. 1 in 4 elderly who are staying away from their children do not receive financial help from their children

Source: MPFS-4 (2004), NPFDB
To enhance the respect for and self-worth of the elderly in family, society and nation

To develop the potential of the elderly so that they remain active and productive in national development and to create opportunities for them to continue to live independently

To encourage the establishment and the provision of specific facilities to ensure the care and protection of the elderly

Areas of Plan of Action:

- Promotion and Advocacy
- Lifelong Learning
- Safety and Protection
- Governance and Shared Reasonability
- Involvement and Intergenerational Solidarity
- Research and development
The financial assistance to families on the demise of a contributor was increased from RM2000 to RM2500 effective from November 2002. This amendment was made to reduce the burden of families of the deceased.

Direct financial assistance of RM300 per person per month is given to older persons to overcome poverty.

Beginning January 2012, older persons also received exemption for outpatient registration fees in all government clinics and hospitals.
To encourage family members to take care of elderly members, current individual tax relief of up to RM5000 for parents’ medical expenses extended to cover expenses to care for parents (care at home, day care centers) with effect from year of assessment 2011.

Beginning 2003, civil servants are entitled to three days of compassionate leave with regards to the demise of their nearest family members including older persons.
To reduce the financial burden on transfer of property among family members, instruments of transfer between husband and wife, parents and children on the basis of love and affection are exempted from 50% of the stamp duty, beginning 2003.
Policy Statement:

A policy for mainstreaming the family perspective in all socio-economic development efforts to ensure a quality generation.

Goal:
To develop prosperous, healthy and resilient families towards social stability.
Providing holistic support for marginalised groups through the launch of cross-ministerial initiative to address the common needs especially the elderly.

Engage older persons / seniors in community-building initiatives and reward them financially for their participation such as:

- Retired teachers tutoring school kids to improve their academic achievement
- Retired doctors serving at 1 Malaysia Clinics to help their communities
Moving Forward: Strengthening Family Institution

Access to Family Friendly Services (Blue Ocean Strategy)

1 Malaysia Mobile Healthcare

- Launch 1 Malaysia Mobile Healthcare for older persons in low-income households to receive health services in their homes
- Leverage 1 Malaysia For Youth (1M4U) volunteers to provide general health services to older persons in their homes
Activities for promotion and prevention involving older persons and preferably also their family members, take many forms and these include:

i. Health education and information through talks, seminars and public forums
ii. Education and training of health staff and family carers
iii. Counselling for older persons and their family members
iv. Nutritional assessment, counselling and advice
v. Health assessment including mental health
vi. Assessment of activity of daily living (ADL)
vii. Regular physical exercise in the clinic environment as a group activity
The Family Health Development Programme, MOH has expanded its scope considerably since 1996 to include health care of special children, adolescent health and community mental health.

The Ministry of Health also introduced health care for older persons into the general health care system. Almost 75% of health clinics have implemented health care for older persons.
To assist healthy and active older persons to enjoy more active and productive lives while their children or family members to work.

To date, there are 22 such centres which are managed by NGOs with the assistance of the Social Welfare Department.

To provide domestic and social care services by trained volunteers for older persons living on their own to avoid long-term institutional care.

The Home Help service provides the social community support and care to enable older persons to live in their own homes and within the community.
Moving Forward:

Access to Family Friendly Services (National Population and Family Development Board)

Family Counselling Centre (AIRIS)

- Provides activities to support community development, including the elderly in a homely and friendly environment where the activities carried out are therapeutic, interactive and conducive.

- Activities conducted in partnership with NGOs and relevant government agencies
Going Forward: Family Well-Being Towards Social Stability

Vision 2020

1 Malaysia
‘People First, Performance Now’

Govt. Transformation Programme (7 NKRS’s)

10th Malaysia Plan

New Economic Model

6 Family Outcomes / Domain

Family Perspective in National Development

Core Family Values

Strengthening of Marriage Institution

Meeting Parenting Needs of Families

Strong Foundation for Adolescents

Family Support Services
Thank You
Terima Kasih

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