

# Home and community care in rapidly ageing societies in Asia

The ROK-ASEAN experience

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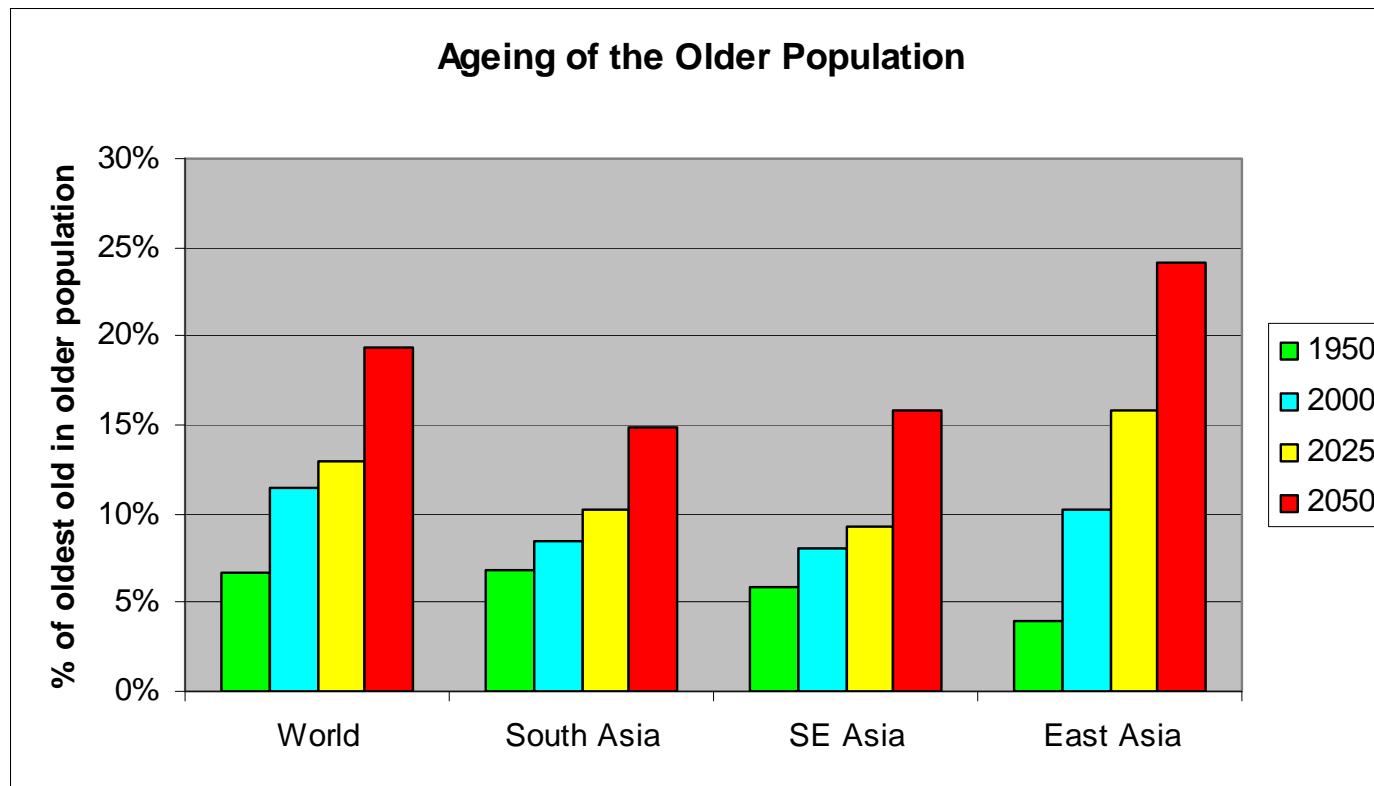
1. Trends of ageing population in Asia
2. The ROK-ASEAN Home Care experience

# Trends of ageing in Asia

- Proportion of older people will triple between 2000-2050
- In some countries already more older people than children
- Increase in proportion of older-old
- Feminisation of old age
- Ageing in both rich and poor countries

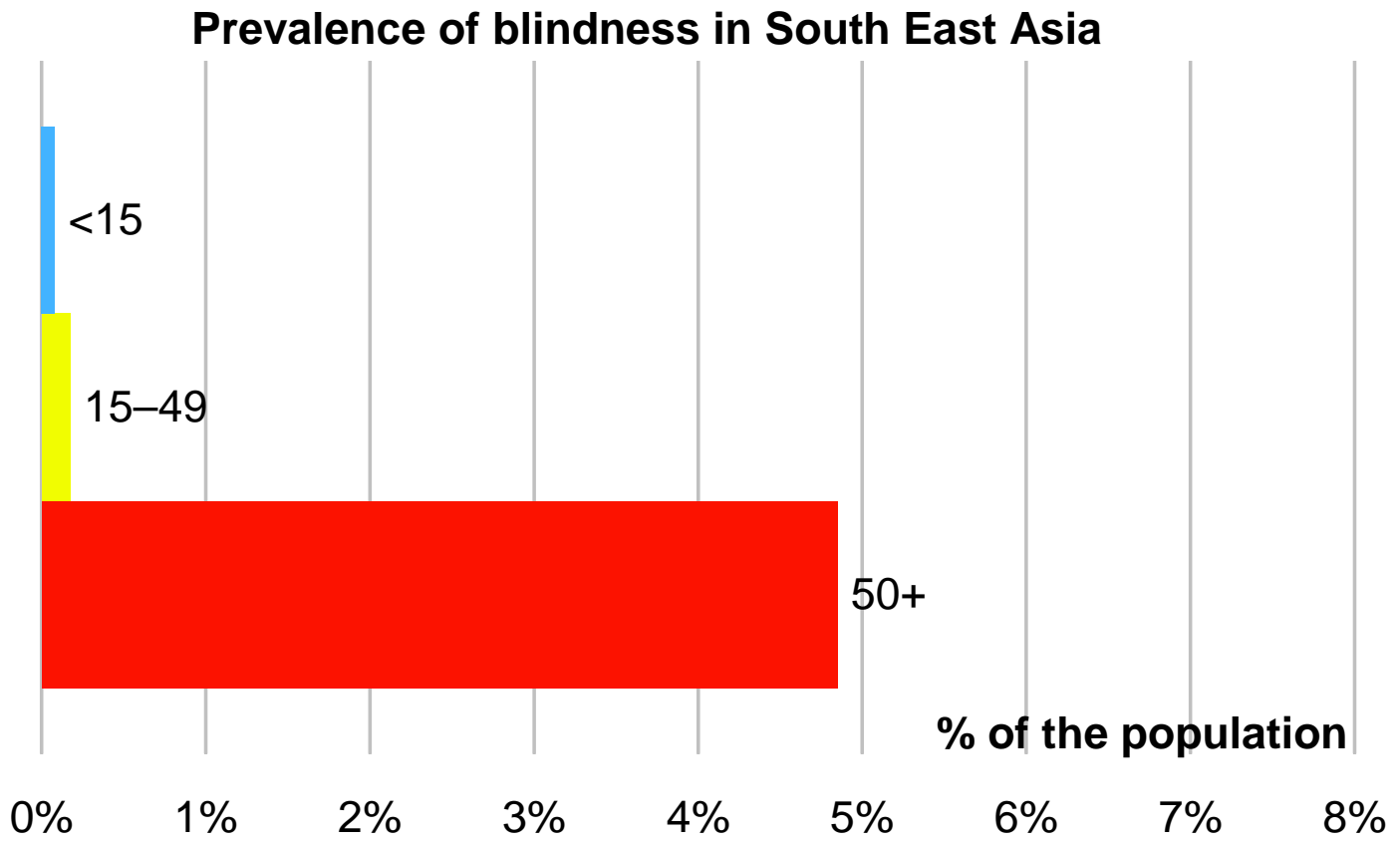
# Ageing in Asia

Increasing proportion of oldest old



# Health of older people

- Longer life means more chronic illness.
- In developed countries as the population aged, people enjoyed healthy life for longer.
- In developing countries life expectancy is increasing and there is more livelihood to spend a greater fraction of the life in poor health.



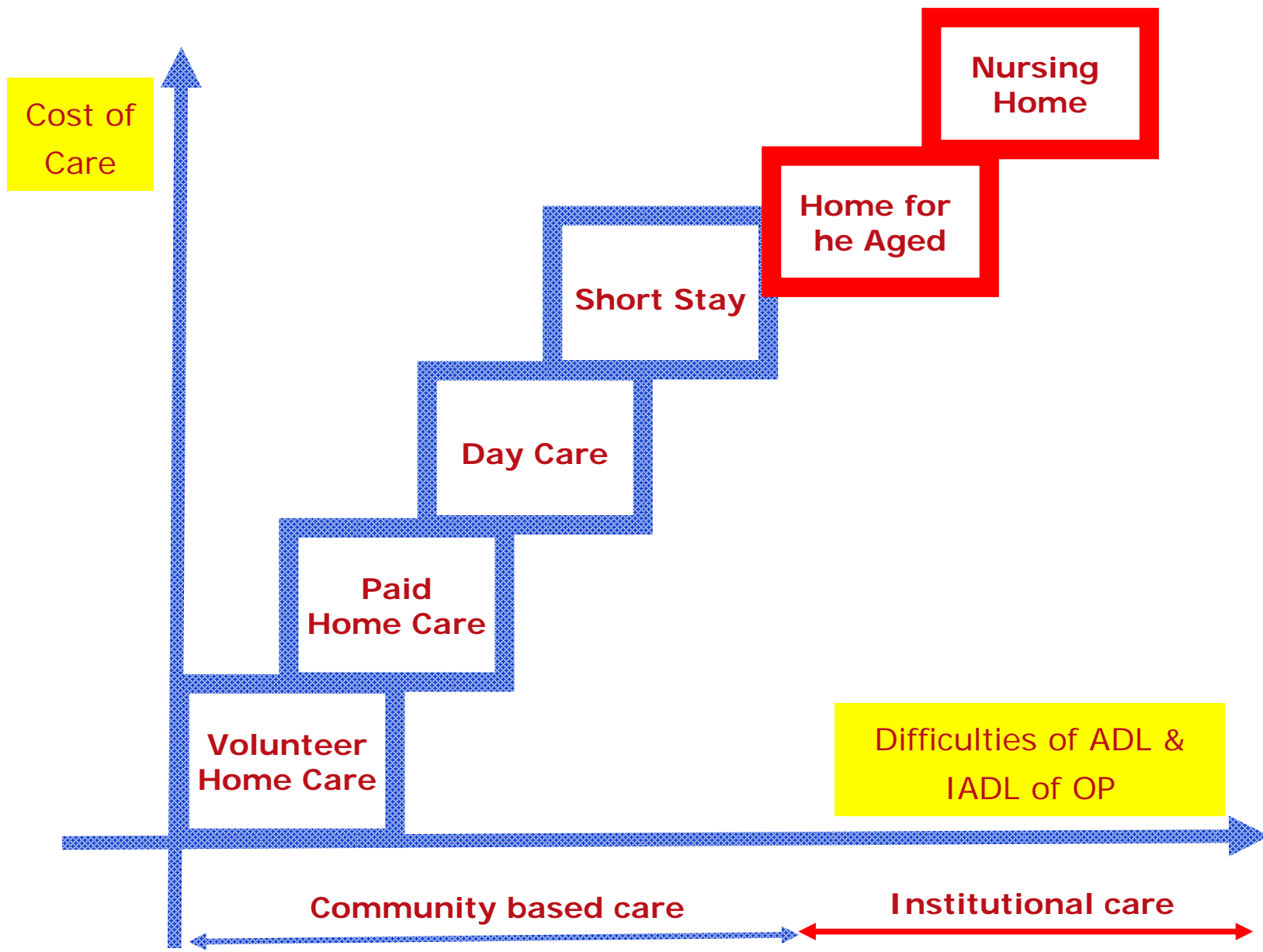
WHO - Global data on visual impairment in the year 2002

Source: WHO (2005)

# Home and Community Care

- Informal care-giving plays a critical role - the great majority of care-giving and receiving takes place in the older individual's own home.
- Informal care-giving through community mechanisms has proved an effective service for vulnerable older people. These programmes, however, should complement the delivery of quality primary health care and social services and not replace them.

# Continuum of Care



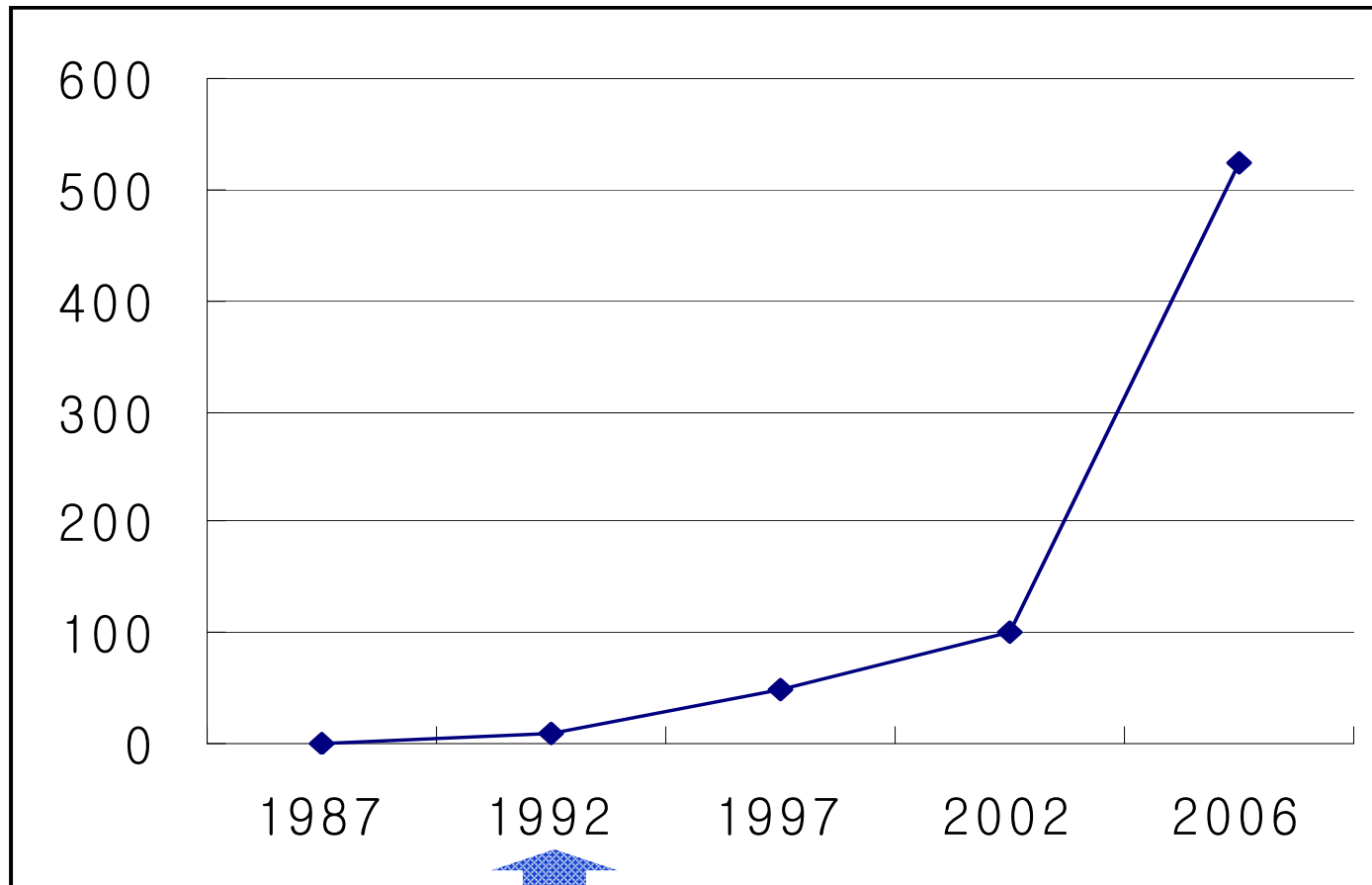
# Promotion of family care

- Some countries - e.g. Singapore and Hong Kong - with quasi-public housing provision, aim to enable families to live with/near older relatives
  - allocation of housing units (apartments) nearby for children and older parents
  - more rapid allocation of public housing when older relatives are included.

# What do older people want?

- In China a survey by the Ministry of Civil Affairs showed that 95% of older Chinese wanted to live at home or in their own communities.

# Number of Home Care Centers in the Republic of Korea



Changing policy to expand Home care than institutions

# ROK-ASEAN Home Care for Older People Programme



- Project coverage: 10 ASEAN countries
- Project duration:
  - Phase 1: April 2003 – March 2006
  - Phase 2: June 2006 – May 2009
  - Phase 3: June 2009 – May 2012
- Executing agency: Ministry of Foreign Affairs and Trade, Korea
- Implementing agency: HAK and HAI
- Partner organisations: NGOs and government agencies
- Funding: ROK-ASEAN Cooperation Fund

# What is Home Care for Older Persons ?

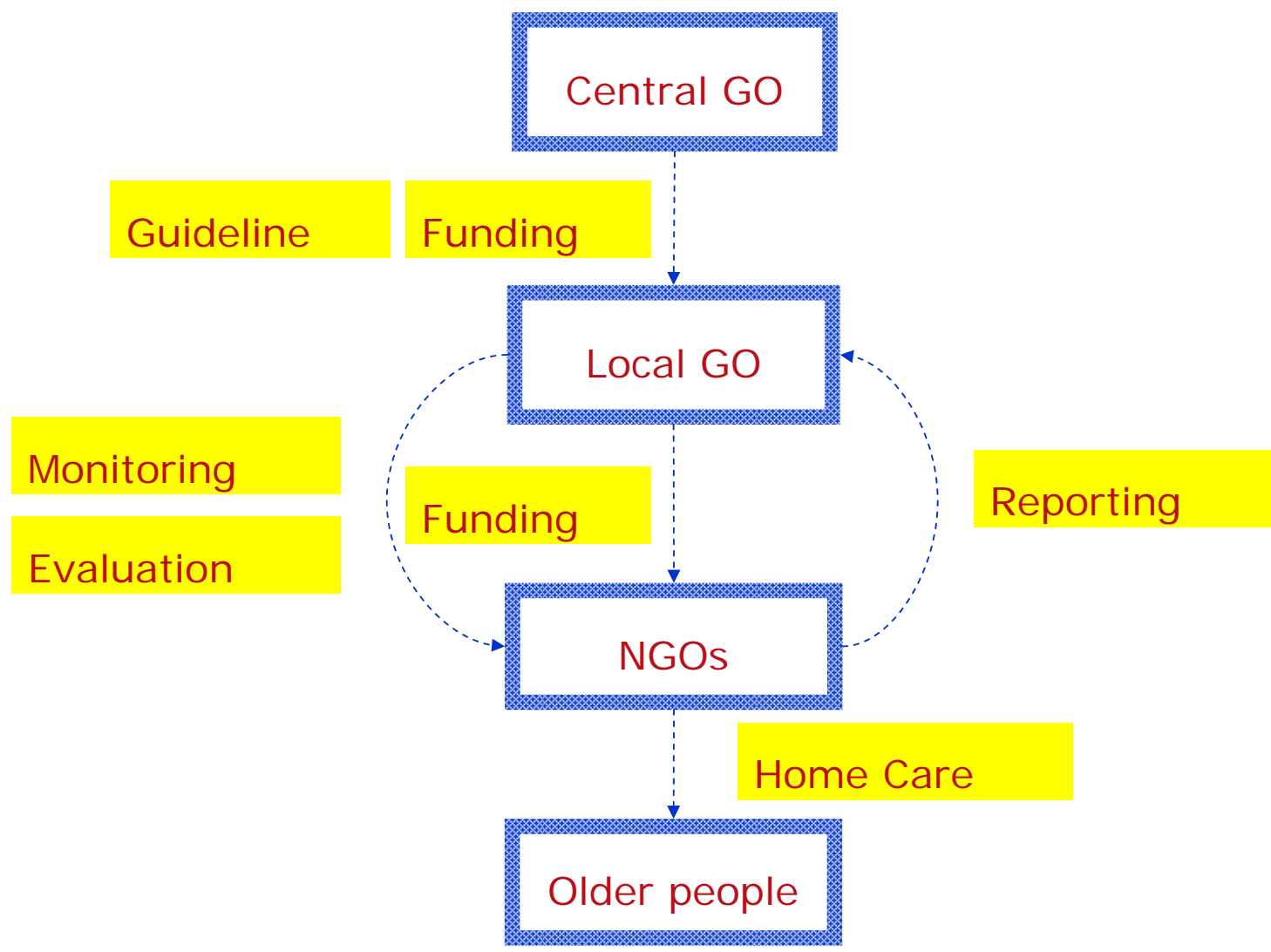
- Ageing in one's own place
- A set of services offered to an older person in his/her own place
- Holistic Care
  - Physical
  - Psychological / Emotional
  - Social
  - Spiritual
  - Environmental
- In some cases linked to community organisation of older people in the scope of wider activities

# Who do we target for Home Care ?

- Very frail
- Immobile
- Chronically sick
- Disabled
- Living alone
- Neglected

**Mostly the older-old**

# Delivery system of Home Care



# Who are service providers?

## Volunteers

- Recruiting – community meeting and media, existing list of volunteers for other purposes, etc
- Training – role and responsibilities, communication with OP, ageing process and common health issues of OP, etc
- Retaining – regular meeting, counseling, annual award, small gift on special occasions, etc

# What kind of services provided?

- Companionship and emotional support
- Housekeeping: cleaning, cooking and washing
- Personal care: assisting in eating, bathing, dressing, personal hygiene
- Escorting to health facilities, temple, market, bank, etc
- Physical living condition improvement –sanitation
- Taking blood pressure and arranging volunteer doctors to visit OP
- Supporting medical treatment

# Steps in developing the volunteer-based home care for older persons scheme

- Identifying older persons through community consultation
- Assessing home care needs of older persons
- Recruiting volunteers
- Training volunteers using a manual developed for this purpose
- Assigning volunteers to provide services to older person(s) according to their needs
- Organising activities to support and motivate volunteers
- Conducting regular reviews

# What is the impact of Home Care ?

## Older persons

- Frail and vulnerable older persons benefit from increased support provided/ mobilised by volunteers and the project
- Improvement in physical and emotional status as well as their status in within the family and community

## **Families**

- Release adult members to engage in productive work
- Respite for family care givers
- Reduce conflicts/tensions at home
- Reduce the risk of older persons being subject to abuse and violence
- Strengthen family bond and inter-generational solidarity

## **Communities**

- Reinforce the traditional care and support systems / practices
- Mobilise various community resource for the benefit of older persons and their families
- Force the community to look into the poverty older person and his / her family

# Policy level

- Home Care model developed in 9 countries
- Training manual on Home Care developed and shared among 10 ASEAN countries
- Ministries of Health and Social Welfare of ASEAN countries endorsed proposals of Home Care Phase 2 and Phase 3

# Conclusion

- Volunteer-based home care for older persons is well-developed.
- It provides a sensitive and cost-effective way of addressing the needs of growing sector of the population.
- It complements other services for older people.

Thank You