




*Ageing in Place: Policy  
Options and Practice Models  
for Ageing Societies in Asia*

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Dr. Edward MF Leung  
President  
Hong Kong Association of Gerontology



*Ageing in Place*

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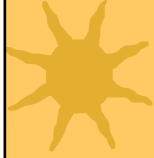
★ Ageing in place demands intersectoral participation because it requires sufficient income for the individual to live there, a built environment that will permit them to remain in their own homes, often times an appropriate geographical environment, and appropriate health care that will allow them to remain there.

(Neena Chappell 2001)

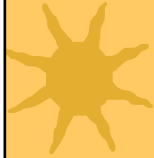


## *Ageing in Place*

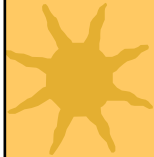
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- ★ The growing demand of care in an ageing population



- ★ Determinants of the Needs of Long Term Care



- ★ Coping with increasing need of Long Term Care

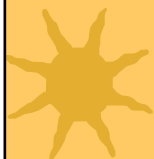
- ★ Financing of Long Term Care

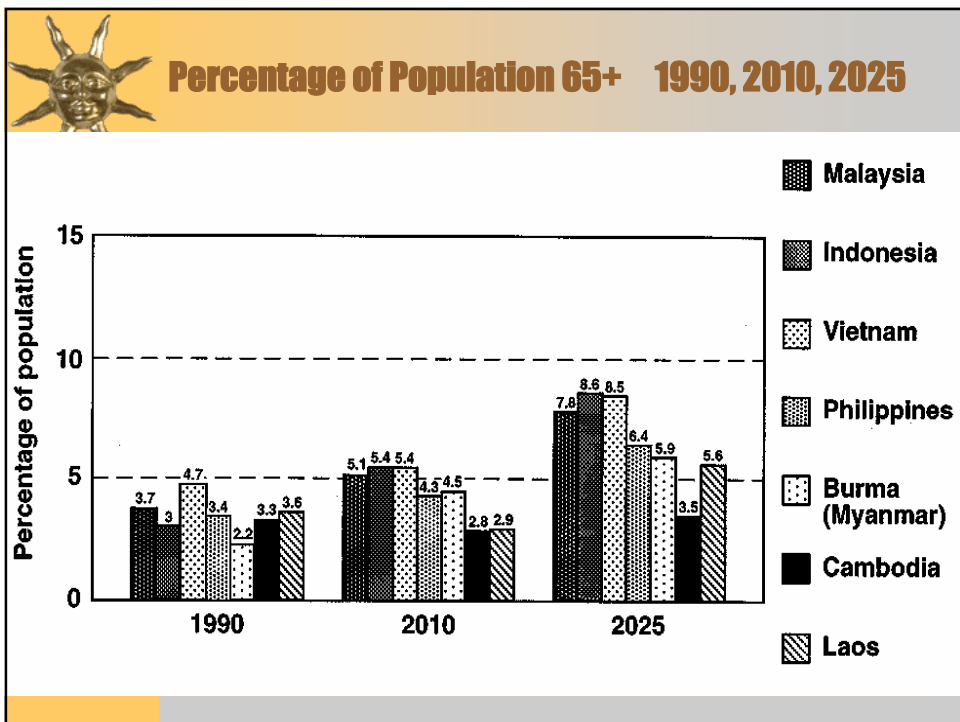
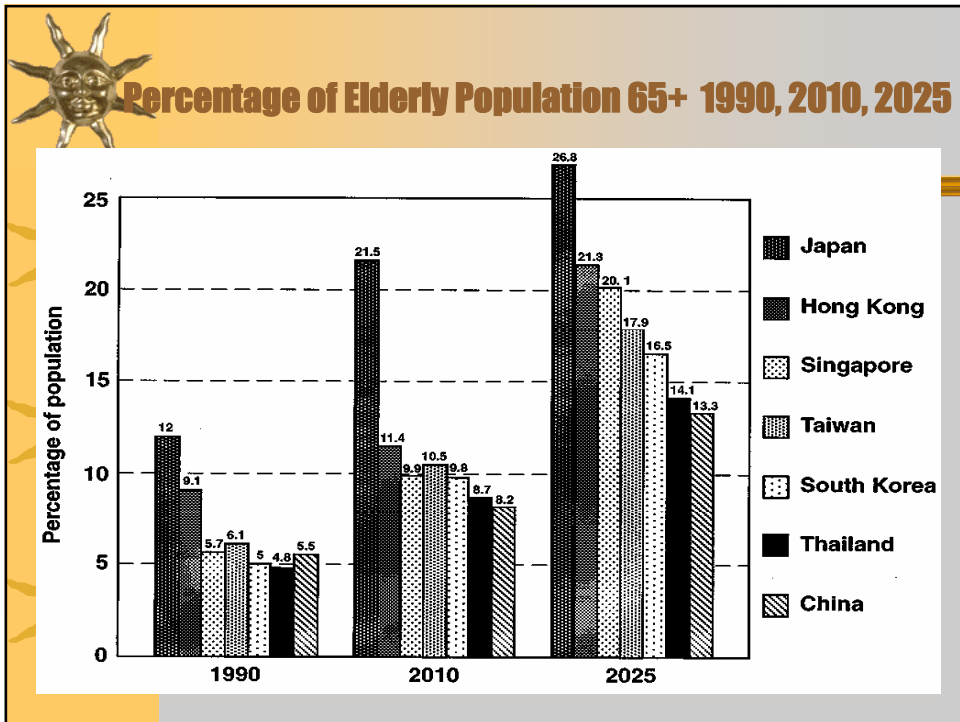
- ★ Delivery of Long Term Care



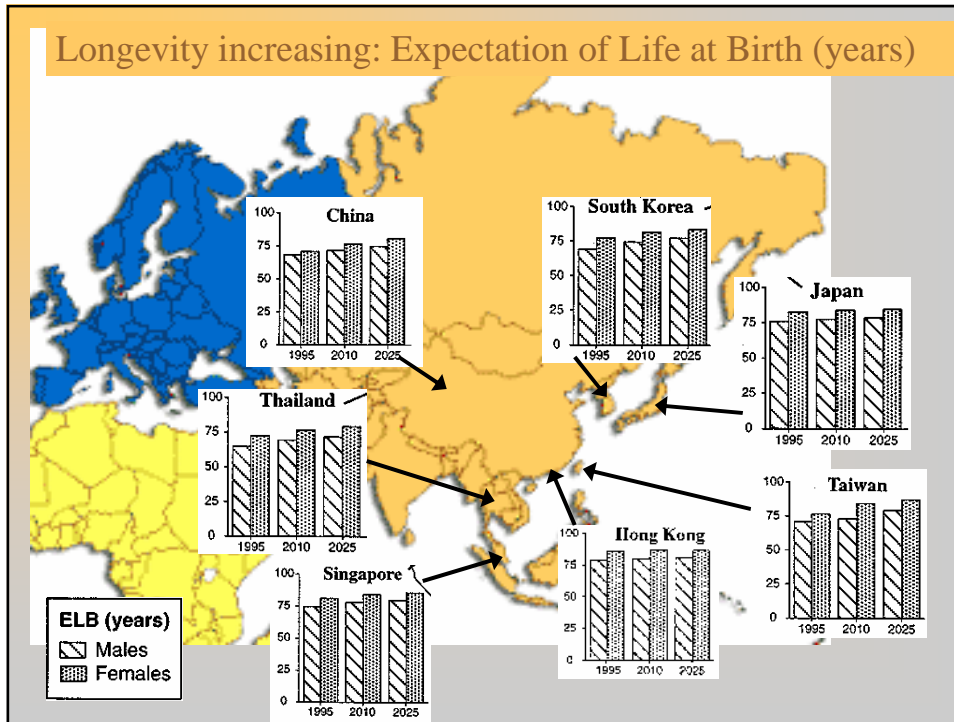
## *The rapid phase of population ageing in the Region*

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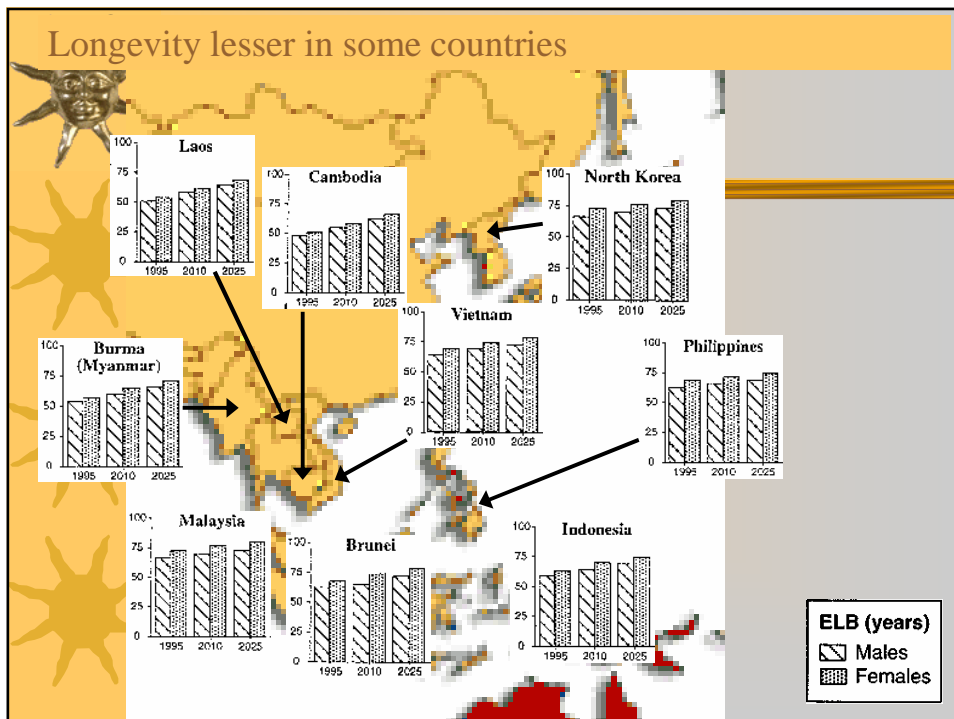




## Longevity increasing: Expectation of Life at Birth (years)

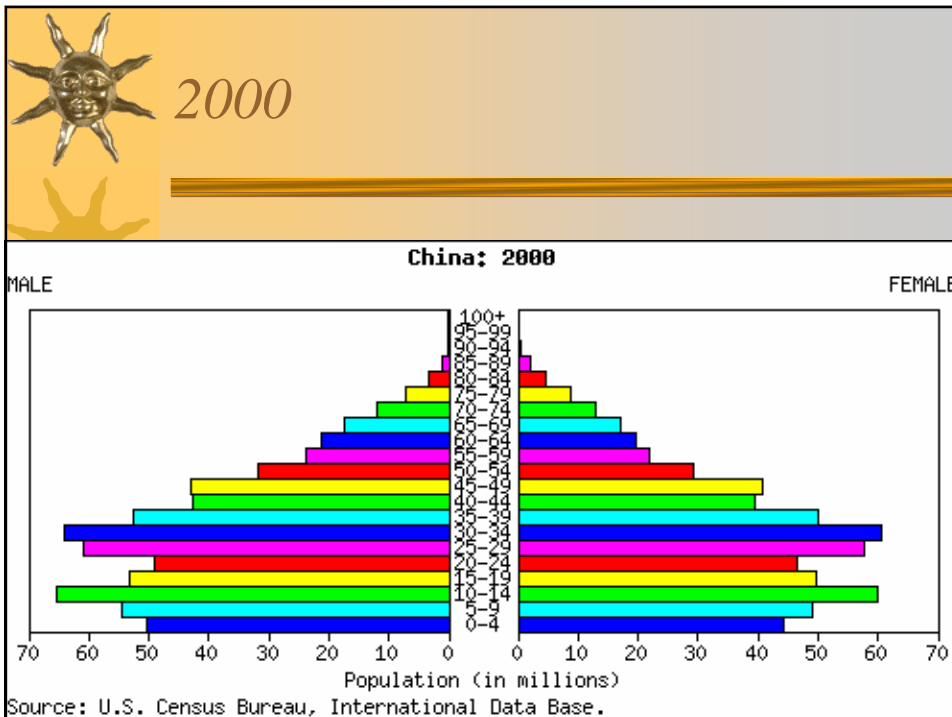
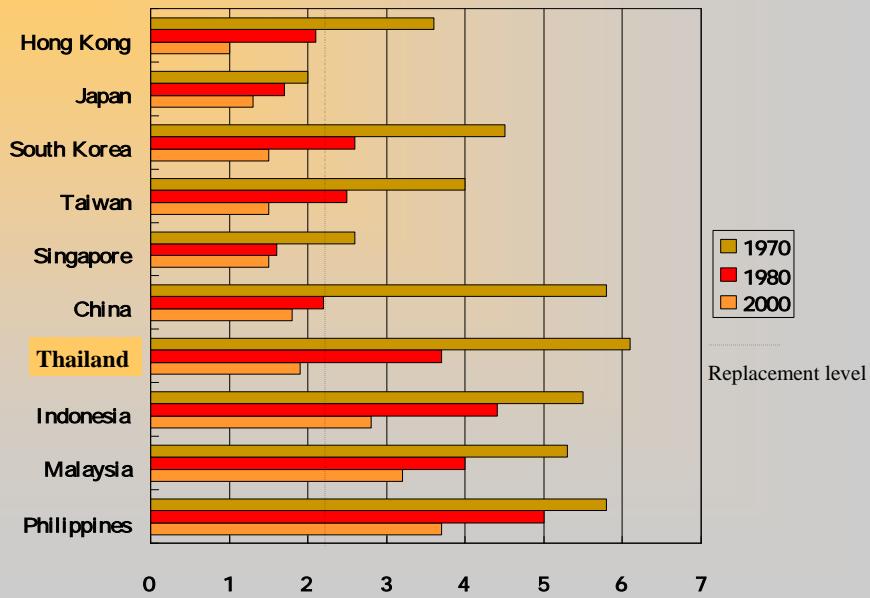


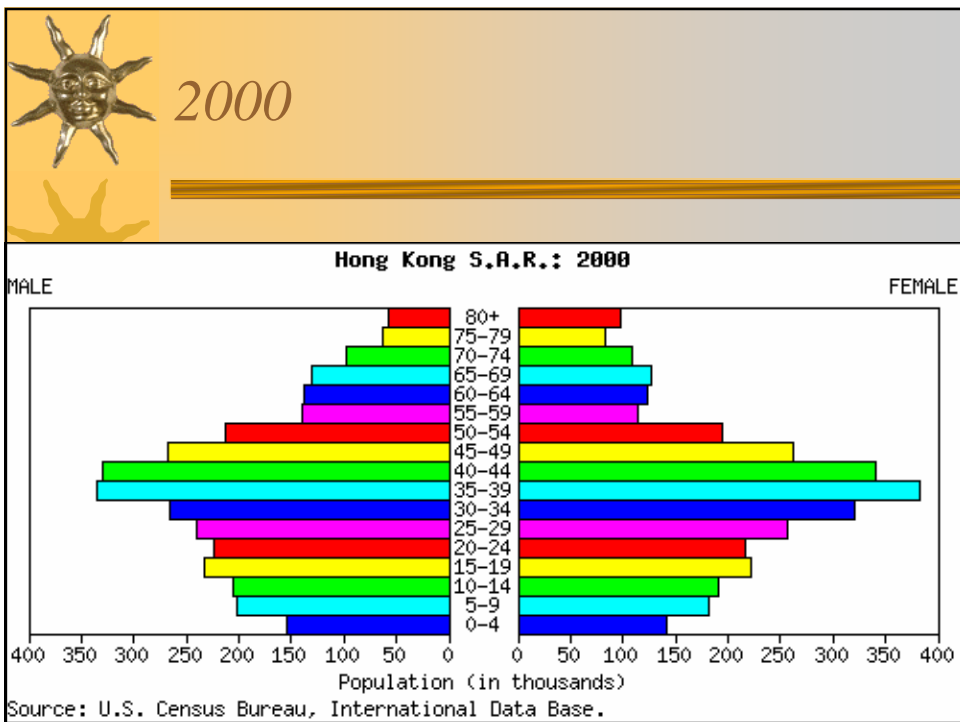
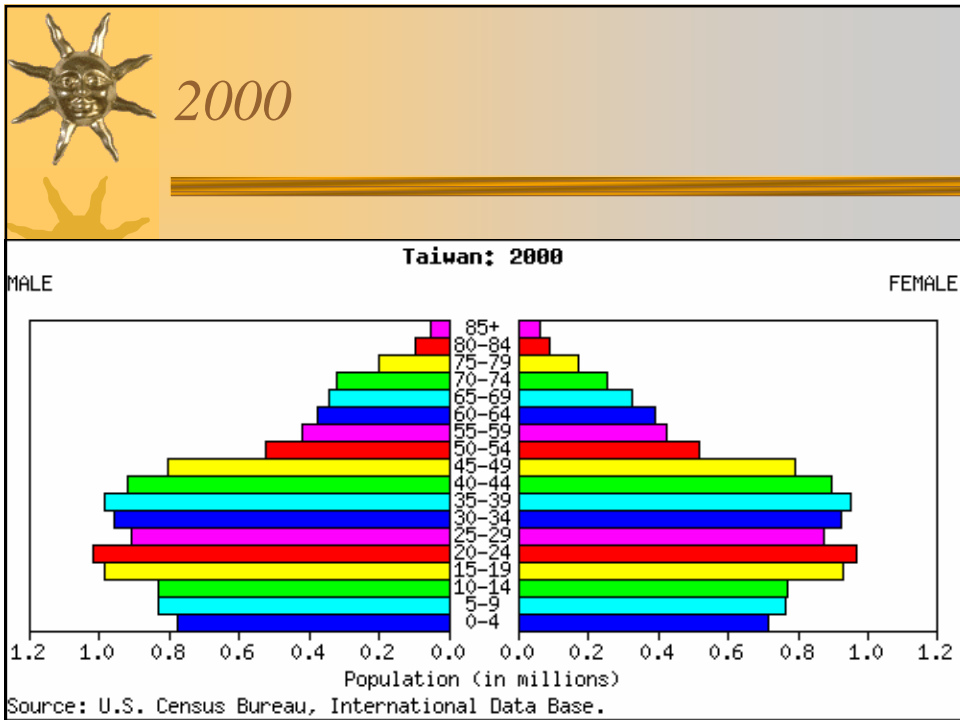
## Longevity lesser in some countries

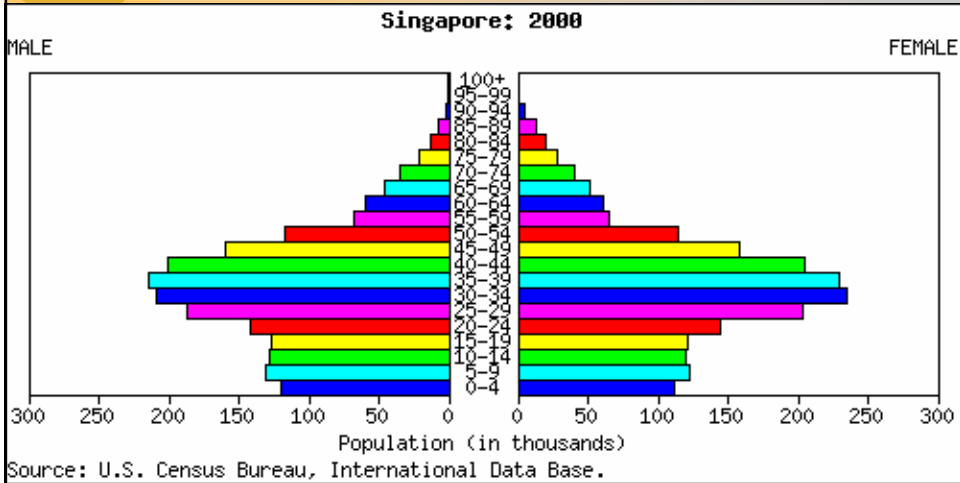
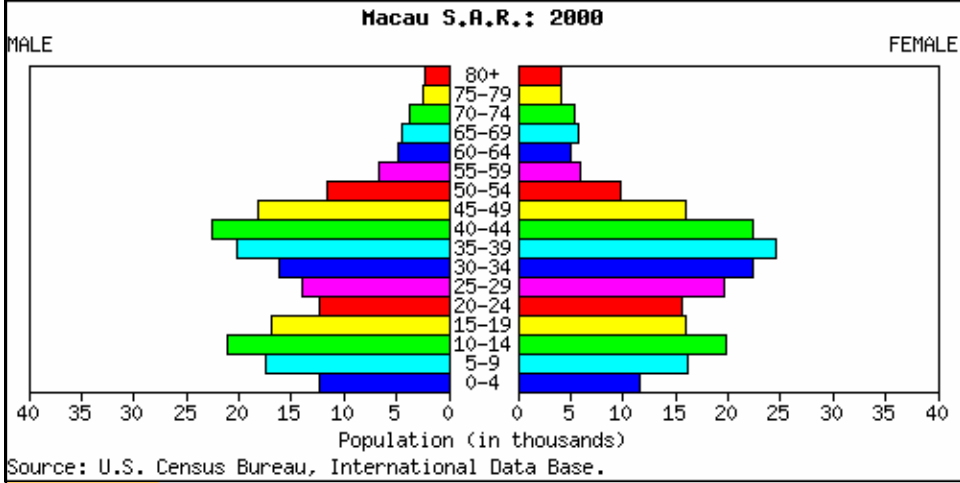


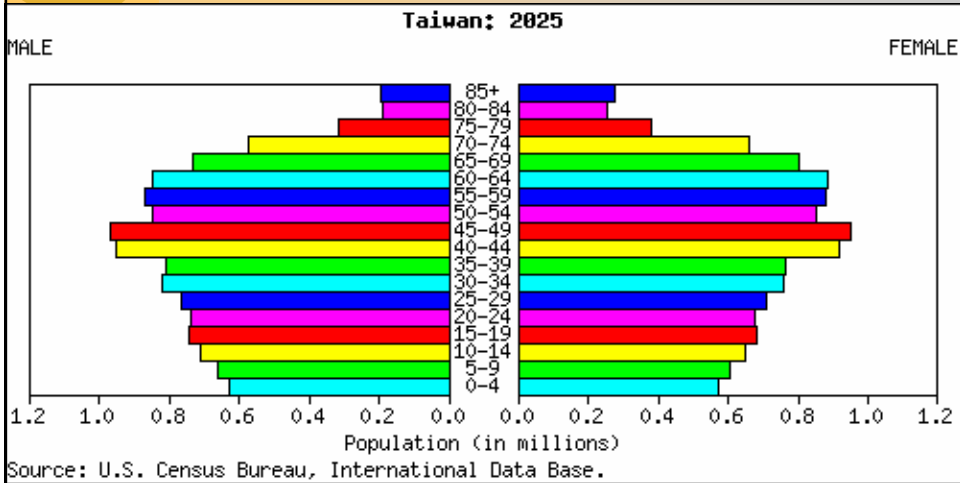
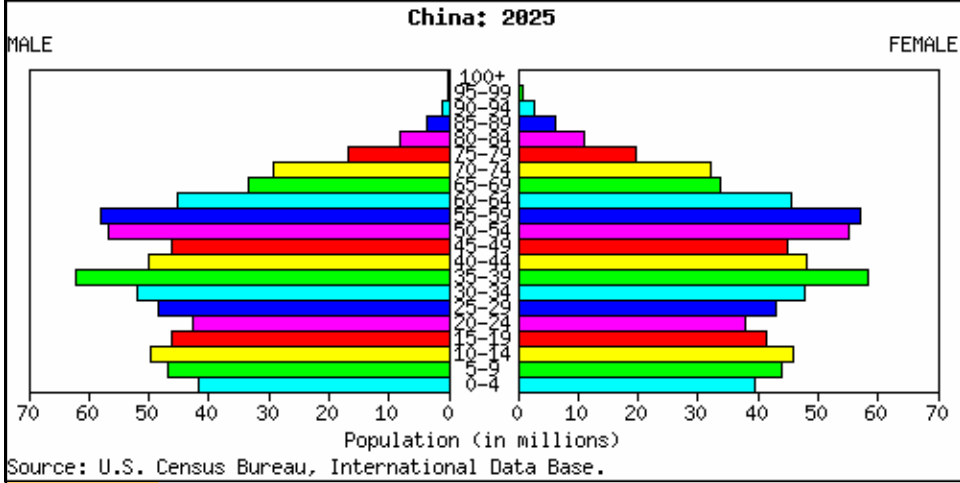
# Asia-Pacific: Total Fertility Rates (1970 - 2000)

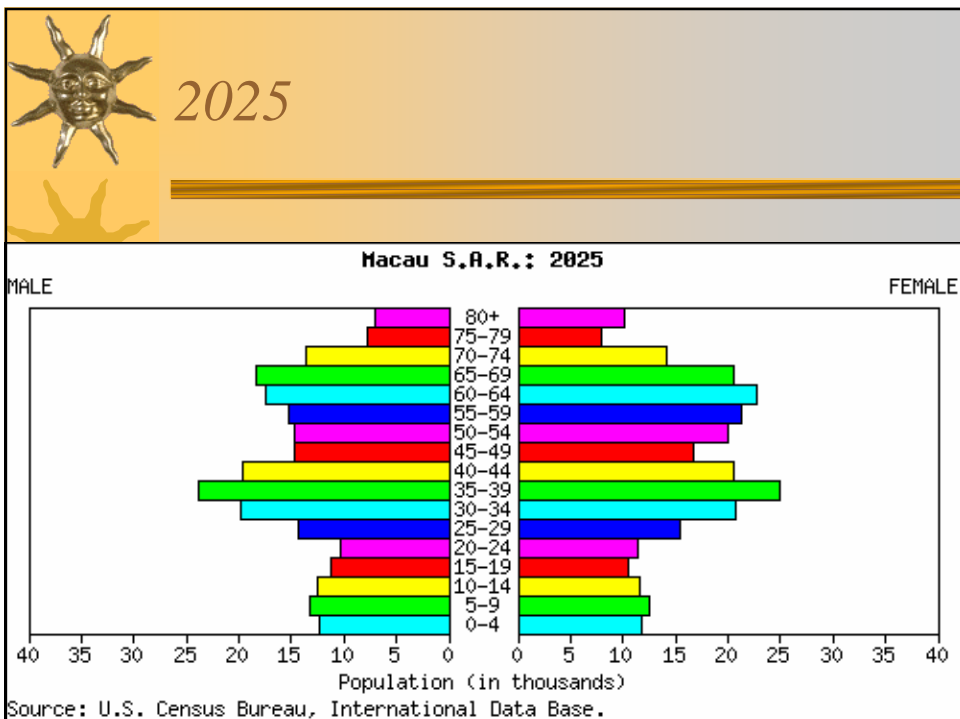
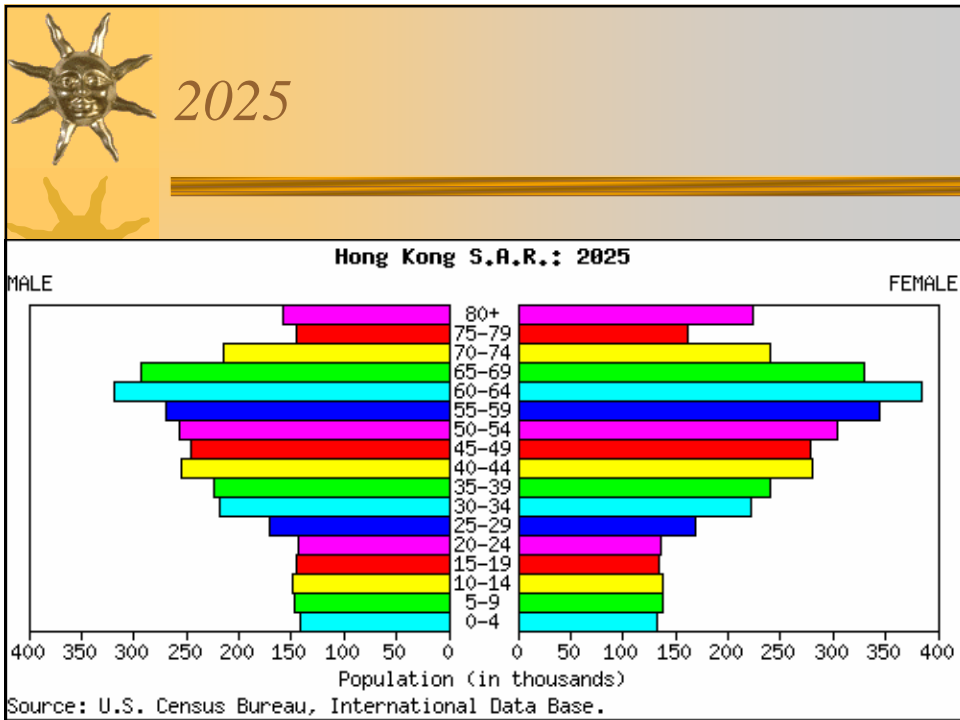
TFR = average no. of children born per woman

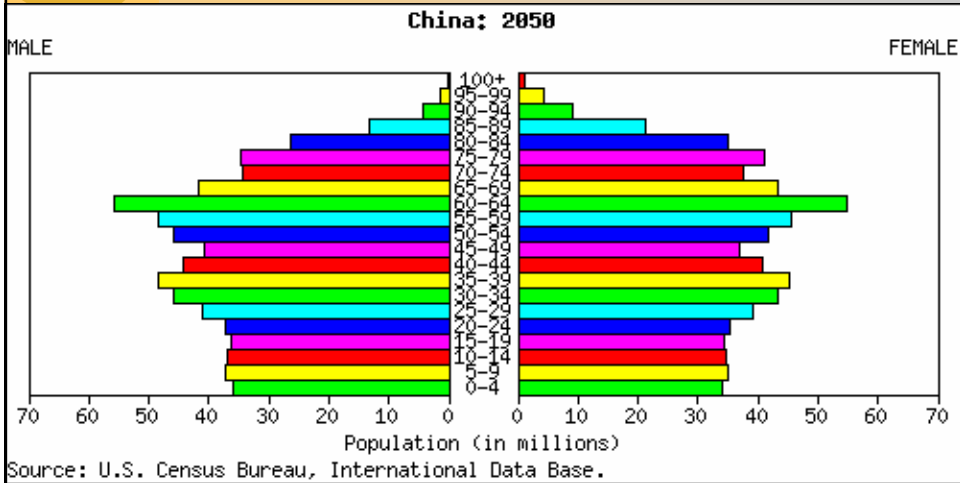
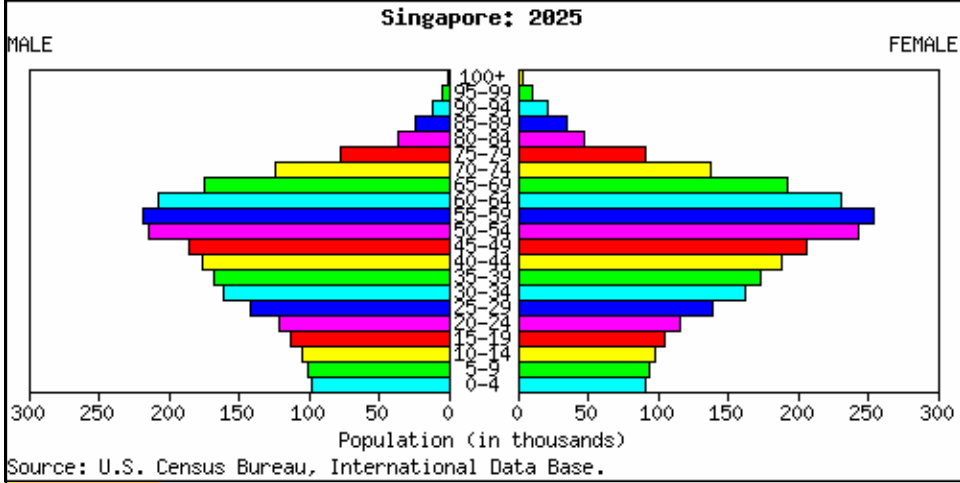


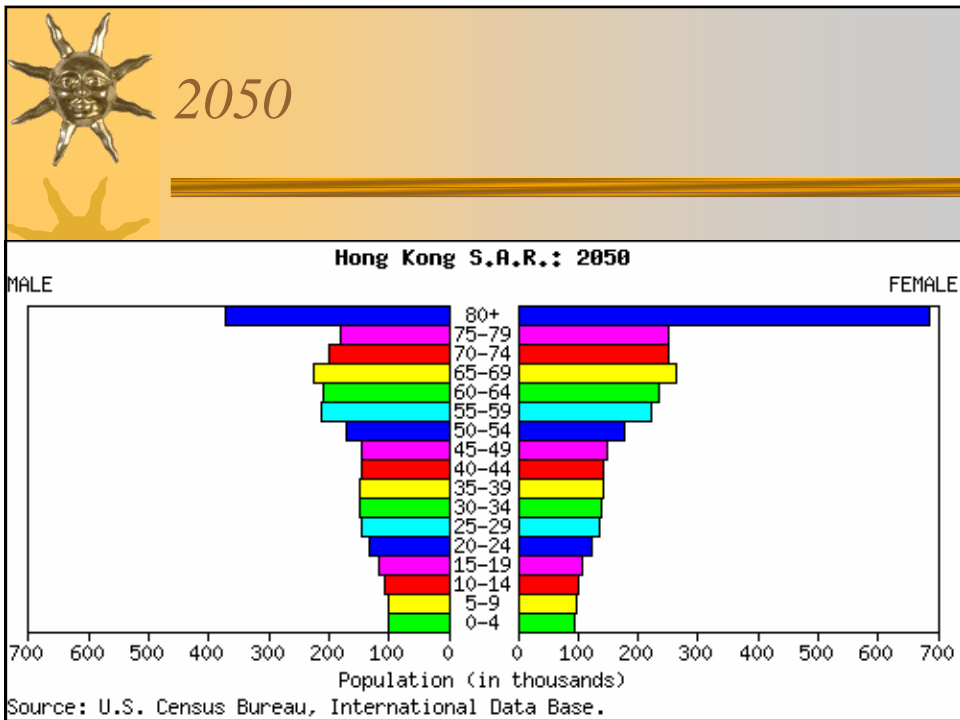
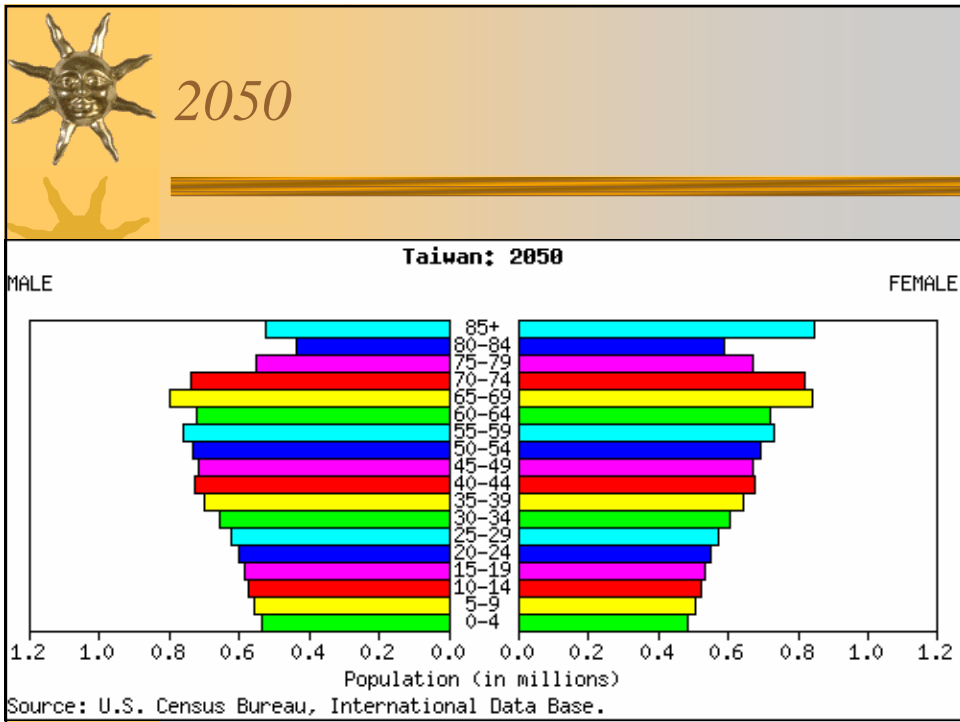


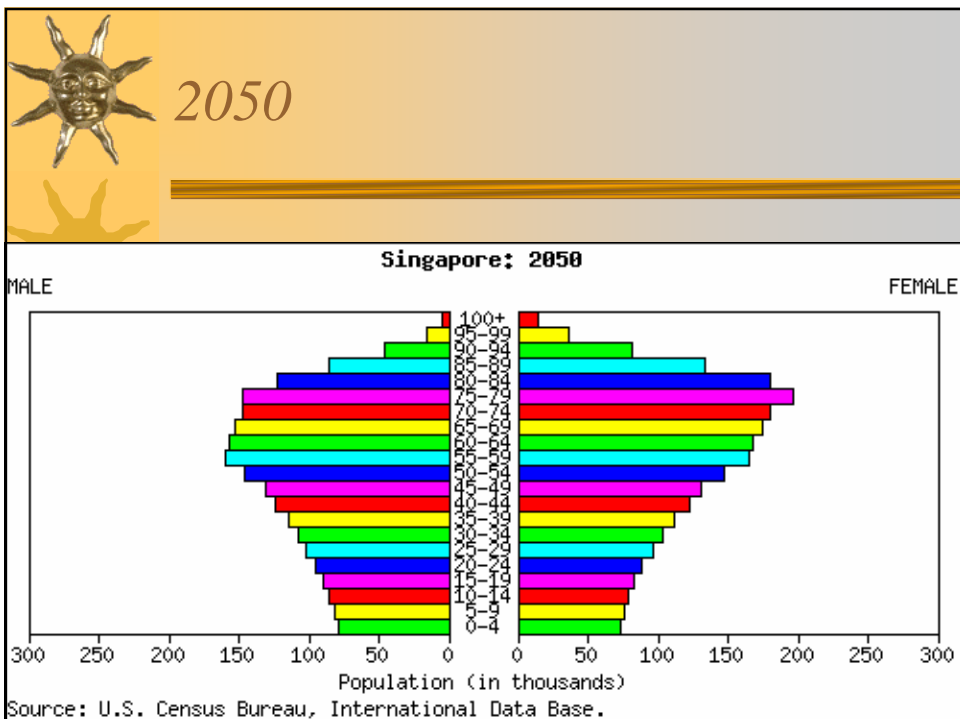
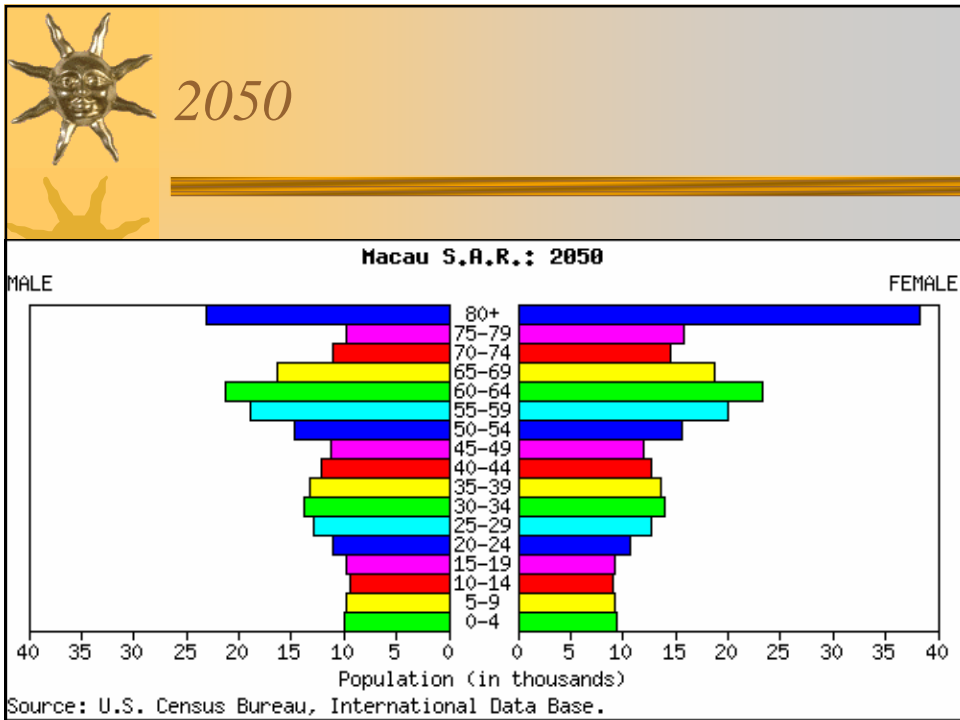










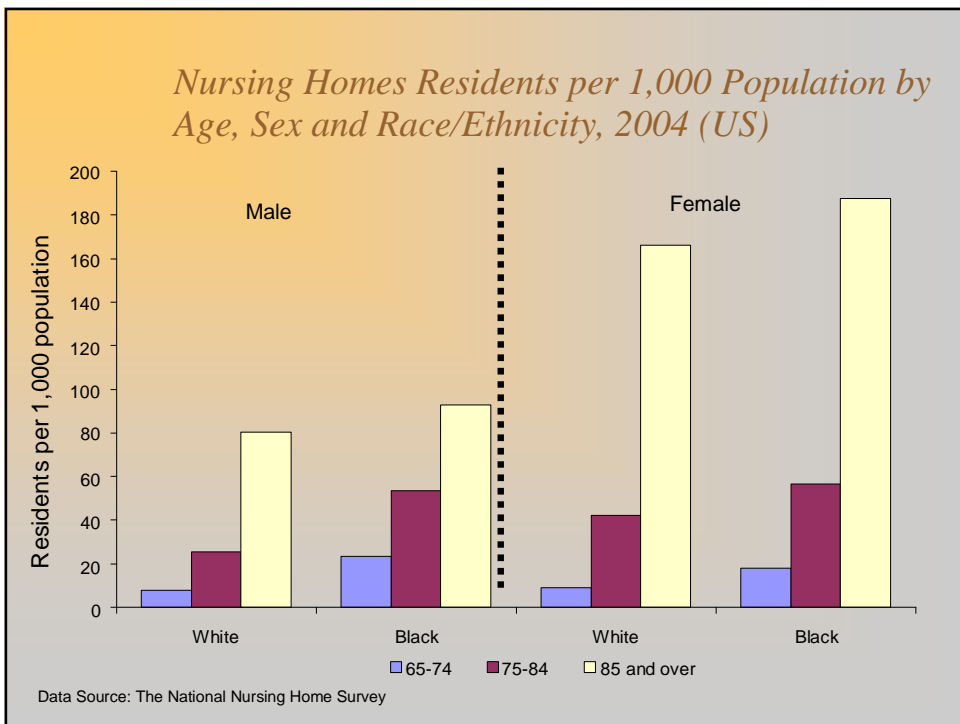




## *Determinants of the need of care*

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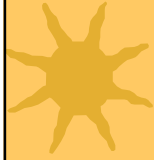
- ★ Population Ageing
- ★ Incidence of disabling chronic illnesses
- ★ Functional Status of older people
- ★ Family support for older people
- ★ Community support



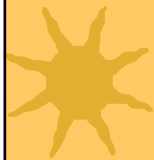
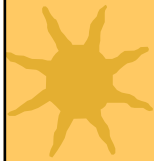


## *Population ageing*

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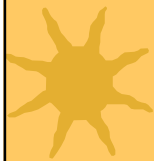


- ★ Distribution in age structure
- ★ Young old against old old ratio
- ★ Female outlive male

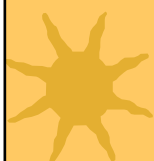
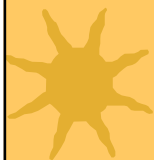


## *Disabling illnesses*

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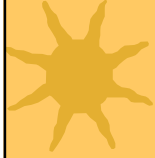
- ★ Cerebrovascular diseases
- ★ Dementia
  - Alzheimer
  - Vascular dementia
- ★ Parkinsonism
- ★ Fracture
- ★ Osteoarthritis
- ★ End stage heart, chest and kidney diseases





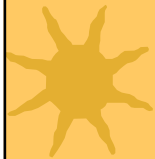
## *Functional abilities of older people*

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- ★ Instrumental Activities of Daily Living

- ★ Activities of Daily Living



- ★ Mobility

- ★ Cognitive function

- ★ Feeding function



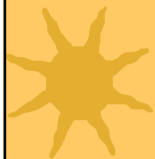
- ★ Falls

- ★ Bowel and Urinary incontinence



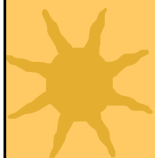
## *Family support of older people*

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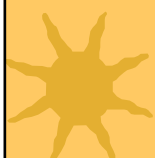
- ★ Size of family

- ★ Extended family against nuclear family



- ★ Family relationship

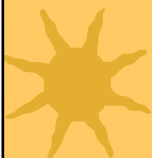
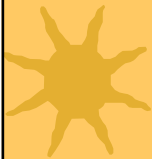
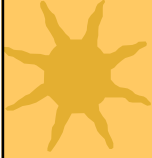
- ★ Migration of family member from rural to urban area and from one country to another country





## *Community support*

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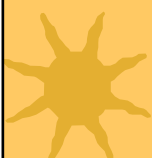
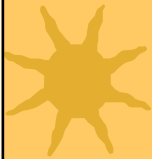


- ★ The need of formal long term care services depends much on the presence or absence of adequate community support for the older people and their family



## *Coping with increasing need of long term care*

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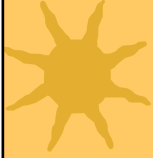


- ★ Prevention of diseases in old age
- ★ Fostering family relationship and family support
- ★ Enhancing community support services
- ★ Carer support



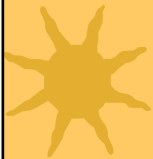
## *Prevention of diseases in old age*

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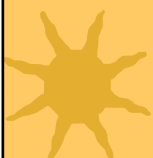
- ★ Life style modification for late adulthood

- Dietary habit
- Anti-smoking
- Exercise
- Reduction of obesity



- ★ Early detection and treatment of diseases

- Hypertension and Diabetes

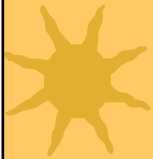


- ★ Prevention of accidents and falls



## *Fostering family relationship and family support*

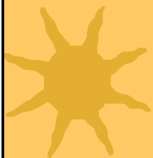
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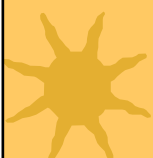
- ★ Strengthening of traditional value

- ★ Promotion of family relationship

- ★ Housing policy to enable family support of older generations



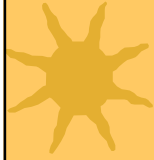
- ★ Support of family carers





## *Enhancing community support*

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- ★ Neighbourhood support

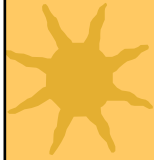
- ★ Day services



- ★ Home care services

- ★ Community nursing services

- ★ Respite services



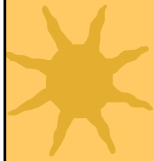
- ★ Rehabilitation support

- ★ Medical care



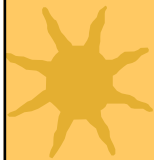
## *Carer support*

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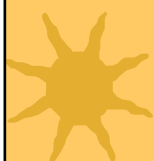
- ★ Identification of informal carers in the community

- ★ Provide training and education



- ★ Provide material support to carers

- ★ Psychosocial support to the carers

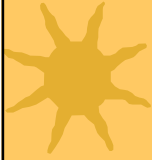


- ★ Respite care for needs of the carer

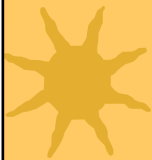
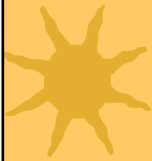


## *Financing of long term care*

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- ★ Increasing reliance of state support
- ★ Rising age dependency ratio
- ★ High cost in the provision of institutional long term care services
- ★ Unable to rely simply on a tax based system

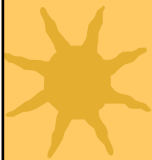


## *Options for long term care financing*

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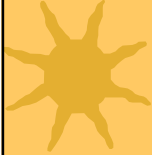
- ★ Own savings / out of pocket
- ★ Insurance - private
- ★ Insurance - with public contribution or intervention
- ★ Tax based financing
- ★ Part of Medical insurance



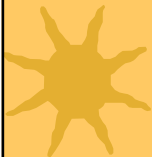


## *Delivery of long term care*

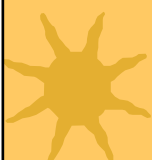
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- ★ Proper planning and policy on long term care



- ★ Mode of delivery of long term care



- ★ Assessment of need of long term care

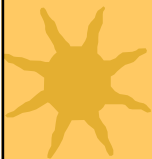
- ★ Manpower issues

- ★ Quality issues

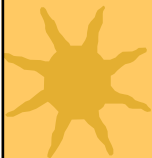


## *Planning and public policy on long term care*

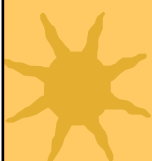
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- ★ Assessing the need of the population on long term care through disease surveillance and disability monitoring



- ★ Identification of those in need of long term care



- ★ Setting the priority in the care provision

## *Macao Long Term Care Needs Study 2006*

Age	(A)	(B)	(C)	Current community elderly (B-C)	(D)	(E)
	Long term care requirement	Population in Yr 2006 (estimation)	Current long term care user		Estimation of LTC need in community (A x (B-C))	Total (C + D)
	%	no of persons	%	%	no of persons	%
60-64 yr	0.5%	14,400	32 (0.2%)	14,368 (99.8%)	72	<b>104 (0.7%)</b>
65-69 yr	1.9%	9,900	35 (0.4%)	9,865 (99.6%)	187	<b>222 (2.2%)</b>
70-74 yr	2.0%	9,400	49 (0.5%)	9,351 (99.5%)	187	<b>236 (2.5%)</b>
75-79 yr	4.7%	7,400	100 (1.4%)	7,300 (98.6%)	343	<b>443 (6.0%)</b>
80-84 yr	8.6%	4,700	133 (2.8%)	4,567 (97.2%)	393	<b>526 (11.2%)</b>
≥ 85 yr	26.0%	4,000	326 (8.2%)	3,674 (91.9%)	955	<b>1,281 (32.0%)</b>
<b>Over 60 yr (total)</b>	<b>4.6%</b>	<b>49,800</b>	<b>675 (1.4%)</b>	<b>49,125 (98.6%)</b>	<b>2,137 (4.3%)</b>	<b>2,812 (5.6%)</b>

## *Macao LTC Needs Estimation*

Age group	need of LTC	2006		2011		2016		2021		2026	
		Population	need of LTC (no of persons)	Population	need of LTC (no of persons)	Population	need of LTC (no of persons)	Population	need of LTC (no of persons)	Population	need of LTC (no of persons)
60-64 yr	0.7%	14,400	104	25,000	175	36,800	258	44,700	313	42,900	300
65-69 yr	2.2%	9,900	222	14,100	310	24,400	537	36,000	792	43,700	961
70-74 yr	2.5%	9,400	236	9,500	238	13,500	338	23,300	583	34,400	860
75-79 yr	6.0%	7,400	443	7,700	462	7,800	468	11,500	690	19,900	1,194
80-84 yr	11.2%	4,700	526	5,400	605	5,600	627	5,700	638	8,900	997
≥ 85 yr	32.0%	4,000	1,281	5,300	1,696	6,600	2,112	7,600	2,432	7,900	2,528
<b>≥ 60 yr</b>	<b>5.6%</b>	<b>49,800</b>	<b>2,812 (5.6%)</b>	<b>67,000</b>	<b>3,486 (5.2%)</b>	<b>94,700</b>	<b>4,340 (4.6%)</b>	<b>128,800</b>	<b>5,448 (4.2%)</b>	<b>157,700</b>	<b>6,840 (4.3%)</b>

*Health status of older people in the community and in residential homes in HK (2005)*

★ Community

- 71.6% - chronic disease
- 28.3% - 1 disease
- 21.0% - 2 diseases
- 11.6% - 3 diseases
- 10.8% - 4+ diseases

★ Residential Homes

- 95.7% - chronic disease
- 16.7% - 1 disease
- 24.4% - 2 diseases
- 23.1% - 3 diseases
- 31.4% - 4+ diseases

Thematic Household Survey No 21, October 2005,  
Census and Statistic Department, HK

*Types of chronic illnesses*

Disease	Community	Residential Home (LTC)
Hypertension	55.6%	51.3%
Arthritis	34.9%	23.2%
Diabetes	22.1%	21.7%
Eye Diseases	21.8%	28.7%
Heart Diseases	14.8%	24.1%
Asthma	6.0%	10.9%
Stroke	5.1%	30.7%
Dementia	1.6%	32.1%
Fracture	3.3%	10.3%

Thematic Household Survey No 21, October 2005, Census and Statistic Department, HK

## *Health Care Utilization*

	Community	Residential home (LTC)
Consult doctors in 1 month	42.3%	66.3%
Hospitalization in 12 months	14.6%	32.3%
Av. number of hospitalizations	1.9 times	1.8 times
On chronic drugs	58.1%	88.2%
Fall in last 3 months	4.3%	6.1%

Thematic Household Survey No 21, October 2005, Census and Statistic Department, HK



## *Mode of Delivery*

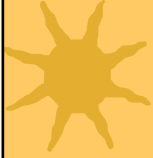
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- ★ Balance of institutional care against community care
- ★ Innovation
- ★ Advancing technology and knowledge
- ★ Diversification of services

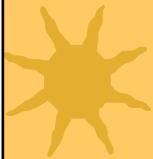


## *Assessment of the need of long term care*

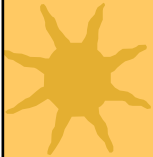
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- ★ Standardized assessment for those in need of long term care



- ★ Residents Classification System to determine the need of various levels of care and its correlation with funding allocation

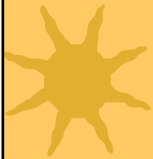


- ★ Proper residential assessment and care planning



## *Manpower issues*

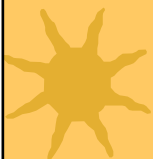
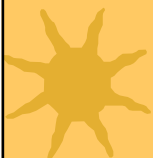
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- ★ The supply of qualified professionals working in long term care

- physicians, nurses, social workers, allied health professionals

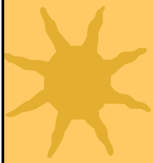
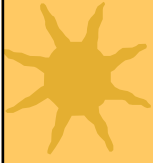
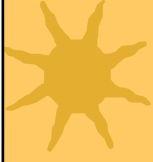
- Para-professionals like nursing aids and care workers





## *Quality issues*

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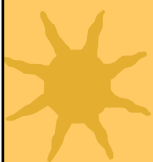
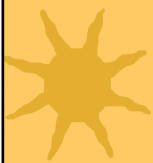


- ★ Older people receiving long term care services are not able to protect themselves against inadequate care or abuse
- ★ Legislation and regulation to safeguard the safety of residents
- ★ Accreditation to promote continuous quality improvement



## *Implications for the Region*

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- ★ Experience sharing amongst different countries will provide better solution than simply rely on western experience
- ★ Re-establish family values in aged care
- ★ Setting up of long term care policy
- ★ Financing of long term care are imminent for our rapidly ageing population in the coming 20 years



Thank you