

Connect

HelpAge

global network

Sharing information to strengthen the HelpAge global network in Asia-Pacific
Issue 2, May 2018



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Editorial

It is sometimes good to take a step back and ask “what are we working for?” Some may say, “for older people”. Others may add, “for current and future older people”. For the long term, we agree that we are working for fair and equitable societies for all ages, for all generations.

With that in mind, we need to gradually shift our paradigm and consider age as an asset and not a problem, where the wealth of experience and wisdom of a lifetime is treasured and can be of service to others. We hope to live in a society where generations aid one another, rather than confront each other. In this region, the Intergeneration Self-Help Clubs in Vietnam, for example, are setting the tone for doing away with age barriers and building harmonious communities.

In this context, HelpAge and UNFPA are focusing this year’s regional conference on families, in collaboration with the Government of Iran. With extended longevity, reduced fertility, increased migration, delayed marriage, our families are changing. How will families be in 10, 20, 30 years from now? The theme of **Family, Community and State in Ageing Societies** will examine the impact of such change on societal dynamics and the responses of communities and governments. There will be three parallel streams: Health and Care, Social Inclusion and Income Security.

In this edition of *Connect*, we introduce one of those subthemes – Health and Care – as you will find on page 6. A reflection on the roles of communities and governments in the scope of health and care is presented through an interview with Dr Mary Ann Tsao, of the Tsao Foundation, who has pioneered many game-changing innovations in Singapore.

I am sure the discussion and interaction at the regional conference will further our understanding of the adaptations needed in population ageing. We hope to see you there.

Eduardo Kliem
Regional Director, Asia Pacific

Transformation towards sustainable and resilient societies in Asia and the Pacific

► Regional

The Asia-Pacific Forum on Sustainable Development (APFSD 2018) and the Civil Society Forum were held back to back in Bangkok from 25–30 March. First was the Civil Society Forum, a 3-day event with around 200 participants from the Asia Pacific region who took part in intense discussions, workshops and capacity-building sessions. The forum provided an opportunity for Civil Society Organisations (CSOs) from different sectors and countries to share their experiences, find common ground and work together on national, regional and global intergovernmental processes to achieve sustainable development. This was a preparatory event for APFSD 2018, which was held during the following 3 days and comprised government representatives, international organisations, UN agencies and around 100 representatives of CSOs who took part in the first forum.



The theme this year was “Transformation towards sustainable and resilient societies”. The sustainable development goals (SDGs) being reviewed were Goals 6 (clean water and sanitation), 7 (affordable and clean energy), 11 (sustainable cities and communities), 12 (responsible consumption and production), 15 (life on land) and 17 (partnership for the Goals)

These forums represented a regional effort in the lead-up to the high-level political forum in New York in July 2018.

Baralee Meesukh (Regional Head of Network Development, APRO) and Emily Beridico from COSE, a Global Network member from the Philippines, represented the Older People’s constituency in the Asia-Pacific region.

More about APFSD2018 at <http://www.unescap.org/intergovernmental-meetings/apfsd5>.

HelpAge Asia-Pacific Regional Conference 2018

Family, Community and State in Ageing Societies

23–25 October 2018
Tehran, I.R. Iran

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Workshop on “Ageing and Demographic Change in Asia: Caring for the Rapidly Growing Number of Elders in our Society”

► Regional

HelpAge International and HelpAge Network members joined colleagues from academic institutions at the two-day Workshop on Ageing and Demographic Change in Asia: Caring for the Rapidly Growing Number of Elders in our Society, which was jointly organised by the Institute of Southeast Asian Studies (ISEAS)-Yusof Ishak Institute and the Sasakawa Peace Foundation from 26–27 February 2018 in Singapore.

The workshop looked at key issues of long-term care across East Asian and South East Asian countries, specifically focusing on institutional care, community-based care, training and support for caregivers, and active ageing. HelpAge Regional Programme Adviser, Quyen Tran, gave a presentation on community-based care provision through community-based groups such as older people’s associations as part of the panel on community-based care. On the same panel, three HelpAge global network members presented their experience of community-based care. Firstly, Sawang Kaewkantha, director of the Foundation for Older Person’s Development in Thailand, shared information about the social enterprise Buddy Homecare. Secondly, Emily Berdico, Executive



Director of the Coalition of Services of the Elderly in the Philippines, shared her experience of volunteer-based home care and mobile medical care. Thirdly, Peh Khim Choo, Chief Executive Officer of the Tsao Foundation in Singapore, shared information about integrated care centers for the ageing. Later, HelpAge Vietnam Country Director, Tran Bich Thuy, explained how Intergenerational Self-Help

Clubs are used to holistically promote healthy and active ageing.

On 28 February, the Tsao Foundation hosted a field visit for participants to visit the Whampoa ComSA (Community for Successful Ageing) to illustrate how integrated care can be provided for the older people across a spectrum of care support needs.

Health care and older people in Nepal

► Nepal

Older people in Nepal are deprived of basic health care. Culturally, family members are the ones responsible for taking care of older people in terms of palliative care and long-term care. Those who are ignored and neglected are compelled to live with bad health.

“It’s difficult when you depend on family members. Though they are doing their best for me, I feel guilty for disturbing their normal daily life. My daughter left her job, did not get married and stayed at home to care for me” lamented an older woman of 67 who recently underwent heart surgery.

This is one of many examples that show how older people blame themselves for being a burden to their family members. This type of situation shows that we must look into the issues as the number of older people rises. Both older people and their family members must be prepared for these situations, and the government also needs to play a vital role in ensuring healthy ageing among its citizens.

Recently, the Nepalese government introduced new programmes and policies for older people aligned with the principles of Universal Health Coverage

“ensuring that people have access to the health care they need without suffering financial hardship. This will also help create better health and development outcomes”. This is a positive step for Nepal.

Ageing Nepal with support from the Lions club of Kathmandu Planet, Metro Dental Clinic Harmony Homecare, the National Senior Citizens Fund and the Manchuka Memorial Fund, organised an Age Demands Action campaign on the World Health Day in April 2018 as part of our continued effort to advocate for the right to health for older people.

Older people's forum – preparing for Thailand's aged society

► Thailand

On 5 March 2018, forOldy held a forum with the theme “Towards the aged society” in Bangkok. Representatives from the Senior Citizens' Council of Thailand, the Bangkok Senior Citizens' Federation, older people's groups, the Catholic Commission for Social Development and CSOs attended the forum.

During the event, several panel discussions were held on issues relating to the main theme, such as the situation of Thailand's ageing society, living an active and healthy life in old age and innovation for older people. As the event took place in a shopping complex, it was a lively event with lots of interest from the general public. There were also exhibitions, workshops, shows and performances by artists and singers. Products made by forOldy members and volunteers were displayed and sold at the event as well.

With 35 young volunteers from the Rajamangala University of Technology at Thanyaburi and support from the private sector such as the Siam Cement Group, BBL Asset Management Co.,Ltd and the Thai Health Promotion Foundation, this event was a great success. It was a good opportunity not only to showcase the work of forOldy, but also to bring attention to issues relating to older people in Thailand and to create a space for collaboration among all sectors in the future.



What is the impact of migration on household members who stay behind?

Evidence from Myanmar

How does migration from rural to urban areas affect household members who stay behind in the village? Sometimes there is a concern that extensive migration may leave young children and frail older persons in rural areas vulnerable and unable to fend for themselves.

Recent research for HelpAge by Bussarawan Teerawichitchainan and John Knodel suggests we should avoid jumping to conclusions and instead gather evidence to understand each local context. This study assessed the impact of migration on households in Myanmar's Dry Zone. The research found that migration has both benefits and disadvantages for households whose members migrate, but it appears that in most cases the advantages outweigh the disadvantages. The study found few negative effects of migration on the care provided to children, people with disabilities and frail older persons in households whose members migrate compared to households whose members do not migrate.

What might explain the lack of negative impacts of migration on households whose members migrate as found in this study? One explanation may be the current patterns of migration in Myanmar, which may change over time. Larger households and those with some landholding and assets are more likely to have one of their members migrate, perhaps indicating they can afford to do so. Households may also have strategies to limit the number of adult members who migrate away from home at the same time. Households whose members migrate tend to have enough other members to cover household needs (for example, providing care for children and people with disabilities who remain in the household).

The situation in other countries may be different, and Myanmar's migration picture may change quickly with rapid economic development. So we need to understand the evidence for each context before making policy and programming decisions.



To get a copy of research summary and full report, please visit <http://ageingasia.org/publications>

Promotion of the rights of older people in Pakistan

► Pakistan

The HelpAge Pakistan country office is supporting the Government of Khyber Pakhtunkwa Province in the implementation of the Senior Citizens Act. This was the first ever law that protects the rights of older people in Pakistan and was enacted after successful advocacy by older people's associations (OPAs) that were formed by HelpAge. The implementation of the act has brought happiness amongst older women and men in the province.

Recently the government announced the exemption of senior citizens (60 years and above) from the payment of outdoor and admission charges in all government

hospitals of the province. A letter has also been issued by the health department to all hospitals to ensure that the law benefits the targeted population. It said that the privileges included separate counters for senior citizens, concessions on medicine and medical charges as well as separate medical wards for their ease. The government has also started the process of registering older people, who will get a "Senior Citizens Card" that will help them to access services and facilities as mentioned in the Senior Citizens Act. The registration process has already started and older people are submitting forms at the social welfare office.

According to the Senior Citizens Act of 2014, those holding senior citizens cards will be eligible for free treatment and medicines at OPDs, and free entry to libraries, parks and other public places.



Advocacy meetings on non-communicable diseases and implementation of package of essential non-communicable disease intervention (PEN) in Myanmar

► Myanmar

The HelpAge Myanmar country office, in collaboration with the Ministry of Health and Sports, the University of Public Health, the University of Medicine 2 and Thammasat University, is implementing a project supported by the European Union aimed at building the public health capacity for supporting evidence-based policy and improved health services in preparation for addressing non-communicable diseases (NCDs). Advocacy meetings under this project were organised in 5 regions; Shan, Sagaing, Ayeyarwaddy, Magway and Kayah during December 2017 and January 2018. The objective of these meetings was to sensitise policy makers, government officials and other stakeholders to the importance of addressing NCDs with a comprehensive approach and to establish the role of various departments and stakeholders.

A total of 457 participants, including Social Ministers, Ethnic Ministers, Members of Parliament, Regional Directors, Medical Superintendents, Township Medical Officers and representatives from different government sectors such as the Department of

Education, the Administration Department, the Department of Medical Care, media, local NGOs and INGOs actively participated in these advocacy meetings.

Dr. Nang Naing Naing Shein (Deputy Director, NCD Unit, DPH), Dr. Soe Htet (Deputy Director, NCD Unit, DPH), Prof. Ko Ko (Prof/Head of Diabetes and Endocrinology, University of Medicine 2) and Dr. Tin Win Aung (Consultant Physician of Diabetes and Endocrinology,

University of Medicine 2) facilitated different sessions in these meetings and discussed the causes and risk factors of NCDs, the current prevalence of NCDs in the country, a comprehensive approach for the prevention and management of NCDs, details of the implementation of a package of essential non-communicable disease intervention (PEN), key challenges and opportunities as well as the role of different departments and stakeholders in addressing NCDs.



Health and care for older people

Changing roles of family, community and state in rapidly ageing countries

Throughout history, responsibility for providing for the health and care needs of older persons has been assumed to lie with the family. But Asian countries are now ageing at an unprecedented rate and people are living longer. With declining fertility, family sizes are gradually becoming smaller, and economic migration scatters family members. Yet with economic growth, governments have more resources to invest in public services. With all these rapid social changes, what are the changing roles of the family, community and government – and indeed the older individual – in meeting health and care needs in old age?

Families remain the bedrock of care and support in old age in every society. Households are certainly changing, but we should not automatically assume that these changes are always detrimental to older people. For example, as the related story on page 4 points out, migration can bring substantial benefits to families, not only challenges. As John Knodel's other studies have pointed out, children can provide support in many ways from a distance – including sending financial assistance and maintaining social contact by phone or internet. Long-term personal care, however, requires physical presence, and this is most often provided by females in the family. A key form of support that families will need is therefore easing the pressures associated with providing long-term care.

Supplementing and supporting the role of families, communities must take on greater leadership in health and care assistance, which may or may not be funded and delivered by the government. Governments have historically underinvested in rural areas and primary health care services. Yet integrated community-based care services can help maximise functional ability, thereby enhancing quality of life, easing household pressures and controlling downstream costs. Supplementing publicly financed community services are the services delivered by civil society bodies and volunteers. As societies age, countries such as Vietnam have demonstrated the value of community-based organisations in generating bonding social capital, such as trust and



Tamara Thorne/HelpAge International



interaction within the community, and bridging social capital, such as connections between the community and local authorities and services.

The government clearly has a responsibility to fund and encourage community services and provide benefits directly to citizens (such as social pensions and health insurance), but it also has important central functions in developing policy, strengthening systems, setting standards and monitoring outcomes. As societies age, governments need to be alert to rapidly changing health and care needs. Many of the health challenges of the twentieth century remain, but they are now joined by rising numbers of non-communicable diseases, mental health issues and other conditions associated with an older population. Public investment should shift to anticipate the epidemiological transition, including investment in disease

prevention, support for functional independence and integrated health and long-term care.

And what of older women and men themselves? Implicitly or explicitly, older people are increasingly moving beyond this talk of dependence in later life, especially as life expectancy and the potential for healthy and independent living are extended. We need to let older individuals speak for themselves – articulating their own priorities, expanding self-care and insisting on the right to quality services. Family, community and state have important roles to play in expanding health and care, but older persons are increasingly expecting greater autonomy and dignity in old age. Anticipating the changes coming as societies age, all four parties should work in harmony.

Interview

Take 5 minutes with Dr Mary Ann Tsao, the Chairwoman and Founding Director of the Tsao Foundation, a Singapore-based, regionally-oriented non-profit dedicated to aged care and ageing issues.



Please tell us about key programmes or activities that the Tsao Foundation has implemented in relation to health and care for older people

The Foundation's four key initiatives provide a range of community health and social care services that form a continuum of care – meeting the needs of older people and their families – from wellness to end of life care. They are as follows:

- Hua Mei Center for Successful Ageing – primary care, care management, specialised dementia care management, center-based care for frail elders, a traditional Chinese medicine clinic, as well as home-based medical/nursing/palliative and end-of-life care for the home-bound. Elders can use single or multiple services at any one time.
- Hua Mei Training Center – This center offers certified professional training programmes and enables individuals to prepare for their own ageing, self-care and caregiving.
- International Longevity Center Singapore – This Center has a strong focus on senior empowerment and community development, especially targeting issues like participation and social isolation.
- ComSA (Community for Successful Ageing) – This is a holistic approach to successful ageing. Population surveys identify high priority needs areas and services include all those similar to Hua Mei Center for Successful Ageing but in an integrated manner. ComSA works in tandem with the development of OPAs in terms of self-care and health as well as elder empowerment and leadership.

In Asia, caring for older people is mainly the responsibility of family members. What innovations or mechanisms do you think could help ease caregivers' load and pressure?

Family caregivers can benefit from a long-term care system that takes into consideration not only the needs of older people, but also those of the caregivers. Useful components include the following:

- Public education and outreach so caregivers can know where to seek help. Many caregivers are unprepared for the challenges that this role presents physically, mentally and emotionally.
- Caregiver skills training – on services and resources available as well as the necessary caregiving skills to address the physical and psycho-emotional needs of the older person.
- Caregiver self-care training – having an understanding of their own emotional response to caregiving as well as how their relationship with family and the care recipient will affect them is useful.
- Caregiver support services – such as counselling/group support, respite services and financial support.

- Accessible professional health and social care that meets the various needs of older people will help not only the older person, but the caregivers as well.

Why do we see many news articles and research papers that discuss the role of community as essential in providing health and care to its members?

This is to promote healthy ageing as well as to ensure that all older people in need will get the care they deserve.

To reap the dividends of longevity, the key point is to enable everybody to experience healthy, disability-free ageing. Increased medical needs and the utilisation of hospital services lead to high health care costs and thus a high cost to society.

Accessible and affordable community-based health and social services encourage a higher level of participation, promote healthy ageing, and prevent chronic diseases from resulting in disabling conditions such as strokes and limb amputations.

Most importantly, it is important for the elders' quality of life to be able to live and work in the community they know, where they have longstanding social networks, and to which they belong.

How can governments support community initiatives and improve community-based services?

While institutional care (such as nursing homes) are necessary, experience in developed countries shows that such care is very expensive and that older people do not like to leave their home and community.

Governments need to make community care the basis of long-term care, to provide resources and incentives to pilot innovations in the community, and to replicate successful models.

Governments also need to build long-term care systems that provide financing and appropriate regulation of community-based services to ensure adequate access and quality for all.

They should also provide adequate health care, transportation to access services, and integration of health and social care services.

What is your feeling about the upcoming HelpAge regional conference on the theme "Family, Community and State in Ageing Society"?

This is very timely, as most societies can no longer depend solely on the family to care for the long-term needs of the elderly. It is time for both the state and the community to take responsibility for the wellbeing of older people by supporting family care and providing additional resources.



Vocational Training Authority of Sri Lanka and HelpAge Sri Lanka join hands to train elderly care assistants

► Sri Lanka

There is an increasing demand for elderly care assistants in Sri Lanka. A few private organisations have started to offer caregiving service programmes, but it has been observed that they cannot cope with the demand for such services. This has resulted in companies charging high rates for these services, so there is now great potential to expand this sector and to generate new employment opportunities. Therefore, it's high time to start quality professional training programmes for unemployed youth to meet this increasing demand.

HelpAge Sri Lanka (HASL) has completed a pilot Elderly Care Assistant training programme with assistance from the Prime Minister's Office/Policy

Development Office (PMO/PDO), the Vocational Training Authority (VTA) and the National Apprentice and Industrial Training Authority (NAITA), conducting three training programmes in 2017. Due to the success of these pilot projects, VTA and HelpAge Sri Lanka have now started to conduct these Elderly Care Assistant training programmes island-wide. The Prime Minister's Office is monitoring and recording results of the programme. HASL and VTA have signed an agreement to conduct four training programmes during 2018 in Nuwara Eliya, Polonnaruwa, Gampaha, and Hambantota districts.

The programme is being conducted under the guidance and direction of the Policy

Development Unit of the Prime Minister's office. Over 50 youths will be selected from each district to be trained as Elderly Care Assistants and each trainee will receive the internationally recognised 'National Vocational Qualification Level 2' (NVQ Level 2) certificate after their three-month training period. The NVQ Level 2 certificate allows them to work as care assistants for elderly citizens in Sri Lankan households and in homes for the elderly. In addition, the certificate will enable them to seek employment in foreign countries. During the in-house training period, the trainees will receive theoretical and practical training, which includes hands-on practice in looking after older people.

Introducing the 'Inter-generational Self-Help Club' model as an integrated way of working in Bangladesh

► Bangladesh

As initiatives of the OPA improvement process in Bangladesh under a regional project on Strengthening Asia Network on Ageing (SANA Phase II), Inter-generational Self-Help Club (ISHCs) are being piloted at five villages in Bangladesh. After successful piloting these ISHCs will be an integral part of overall advocacy, networking and self-help group establishment for promoting the wellbeing of older people and positive change in community development in Bangladesh.

A five-day Training-of-Trainers (ToT) workshop on ISHC was held from 31 January to 4 February 2018. The objectives of this ToT were to impart knowledge, enhance skills and prepare club management board (CMB) members and local partner's staff for the implementation of ISHCs. Thirty participants from



five newly formed ISHCs and the SHARE Foundation of Bangladesh received the training. During 20 major sessions, participants learned about ageing and gender, community-driven development and the ISHC model, its formation and management, club activities including income security, homeware, financial management, monitoring and evaluation, technical support visit, healthy and active ageing, survey and data collection system, communication & ToT skills, self-help, rights and entitlements. Besides this, an action plan was developed by the partner staff and CMB members of the five ISHCs. The SANA project team from HelpAge Asia Pacific Regional Office

conducted the training, with the assistance of the Bangladesh Country Office and the SHARE Foundation.

In addition to the existing older people's associations at district and union level, which mainly work on empowerment and advocacy mechanisms, ISHCs are expected to fill the gaps in supporting older people at the village level, especially issues like earning a living and reducing poverty. It is hoped that the connections and mutual support between OPAs and ISHCs will bring more benefits to older people and influence policy and legislation for older people in the country.

Development of urban and rural older people's associations in Xi'an – The summit forum and report launch

► China

The Shaanxi Provincial Committee on Ageing Office and the Ageing China Development Centre (ACDC), along with Shaanxi Social Organisation Service Centre, held the “Shaanxi Provincial Rural Older People's Association Research Report Launch Conference and the First Summit Forum of the Development of Urban and Rural Community Older People's Associations” in Xi'an on 17 April 2018. More than 80 representatives from the ageing network in Shaanxi, Shaanxi research institutions, universities, social organisations and grassroots older people's associations attended the conference.

The first session was to launch the report. As it was the first report on the development of rural old people's associations in Shaanxi province led by social organisations, the research team* explained the objectives of the study, which was to assess the situation of grassroots older people's associations in Shaanxi, including their development, problems and needs. The methodology, findings and recommendations for the formulation and improvement of top-level policy design were presented.



Next, the summit forum started with keynote speeches which were followed by a round-table discussion on “how to effectively promote the construction and development of grassroots senior citizens associations in Shaanxi province”. Forum guests discussed the good practices and experiences of grassroots old people's associations in providing services for the elderly from different perspectives.

Mr. Guan Juzheng, deputy chairman of the Shaanxi Provincial Committee on Ageing Office, actively appraised the research report and the forum: “The survey on the current development situation of rural older people's associations is of far-reaching significance. The Summit Forum of the Development of Urban and Rural Community Older People's Associations



will open up new horizons for the innovation and development of urban and rural community older people's associations in Shaanxi. In the new era, urban and rural community older people's associations will be an indispensable force in implementing a rural rejuvenation strategy, constructing a care service system for the elderly and launching an education system for the ageing population.”

On this occasion, the ACDC was officially honoured by the Shaanxi Provincial Committee on Ageing Office for incubating the base of Shaanxi grassroots older people's associations.

*The team included Shaanxi Provincial Committee on Ageing Office, Ageing China Development Centre (ACDC), Tianjin Normal University and Oxfam.



Cambodian Government launches National Ageing Policy (2017-2030) and establishes foundation for older people

► Cambodia

The Cambodia National Ageing Policy was officially launched on 18 January 2018 at the Peace Palace in Phnom Penh.

Speaking at the launch ceremony, Cambodian Prime Minister Hun Sen said the policy was intended to enhance and improve the quality of life for older people in Cambodia, with an emphasis on ensuring them equal rights and opportunities. During the important event, Hun Sen also approved the establishment of the Foundation for Older

People, of which he will be the Honorable President.

The National Ageing Policy 2017-2030 was revised and officially approved on 25 August, 2017. This revision was based on three fundamental aims: 1) to eliminate age-based discrimination; 2) to ensure gender equality, as women form the majority of the older population and are more vulnerable; and 3) to promote intergenerational relations of the family system in Khmer culture. The policy identifies nine priorities in relation to

older people, namely 1) Financial Security, 2) Health and Well-Being, 3) Living Arrangements, 4) Enabling Environment, 5) Active Ageing and Older People's Associations, 6) Intergenerational Relations, 7) Elder Abuse, 8) Emergency situations, and 9) Preparing the Young Generation.

At present, the policy is being translated into an action plan for clear implementation and monitoring. The first phase of the action plan is expected to be finalised and published in May 2018.

Lessons learned from older people-led disaster risk reduction and climate change adaptation programme

► Philippines

In April 2016, the Coalition of Services of the Elderly (COSE) started implementation of an Older People's Organisation (OPO)-led disaster risk reduction (DRR) and climate change adaptation (CCA) programme that would include other vulnerable sectors such as people with disabilities, pregnant women, children and youth, farmers and fisherfolks. This project succeeded the Typhoon Haiyan Programme that was implemented from 2014 to 2016, but with a more focused approach on establishing or strengthening OPOs' disaster and emergency preparedness, response and mitigation.

The programme was implemented in 60 communities, and took into account the United Nations International Strategy for Disaster Reduction (UNISDR) and HelpAge's Charter 14 standards that are guided by three key principles: a) older people in need, b) older people are invisible, and c) older people as invaluable. The programme's chief aims are as follows:

1. Older people and their communities must identify and understand their needs, capacities and vulnerabilities in a disaster or an emergency

An early assessment revealed that many people – including government officials, government agencies and even older people themselves, had little understanding of the needs of older people in disasters and emergencies.

The various stakeholders involved should identify and understand the different needs, capacities and vulnerabilities of older people when a disaster or emergency happens.

2. Strengthen Older People's Organisations to become key actors and partners in programme implementation

The capacities of OPOs in the relevant communities differed greatly. Most of these communities had inactive or unstructured OPOs. Building and/or enhancing the capacities of these organisations was deemed essential to ensure the sustainability of the programme.

3. Application of inclusive community-based approach in engaging the community

The programme applied an inclusive community-based disaster risk reduction and management (ICBDRRM) approach that promotes the participation and engagement of all members of the community, including vulnerable groups. This approach has enabled them to know their vulnerabilities and capacities and how each can contribute in disaster/emergency preparedness and response. It also encourages government officials and leaders of different groups to work with accountability and transparency.



Abdulhader Inoc/COSE

4. Collaborate with government and line agencies/offices for successful and sustainable activities

COSE held several meetings with local government units and line government agencies/offices to establish partnerships in the programme's implementation. This partnership between non-government organisations and the government was essential to ensure the smooth and successful implementation of the targeted activities.

Many of the relevant municipalities have already expressed their intention to establish similar programmes.



Marifer Arevalo/COSE

Hazel Aynne Garcia/COSE

What make an Intergenerational Self-Help Club (ISHC) sustainable?



Group discussion and knowledge sharing are part of capacity building

► Vietnam

Community based organisations of older people are commonly called older people's associations (OPAs). However, in Vietnam, they go by the name of Intergenerational Self-Help Clubs (ISHCs). ISHCs are multifunctional and community-led organisations which aim to enhance equitable and inclusive local development. The model was established in 2006 by HelpAge International and local partners. After over 10 years of implementation, from 60 pilot ISHCs, there are now roughly 1,300 ISHCs across the country. The demand to replicate the

ISHC model nationwide is profound. However, the sustainability of these clubs after the initial start-up period of project support provides a real challenge.

In order to sustain ISHCs, both financially and technically, HelpAge in Vietnam has been intensively building capacity for local partners. The local partners are involved in every step from developing a project proposal to taking part in project evaluation. One case study of self-financing and self-managing an ISHC is the Thanh Hoa Province Association of the Elderly (THAE). The first club was established in 2011 with complete



ISHC members learning how to use email

external financial and technical support provided through HelpAge. To extend the ISHC network and empower the local partners, HelpAge not only provided training and technical support to ISHCs, but also involved different agencies in our trainings. The club was later able to establish hundreds of new ISHCs on their own and became the learning hub for other provinces' elderly associations. In 2017, THAE successfully raised sponsorship from a local enterprise.

The evidence for replicability and sustainability is therefore successful in Vietnam, not only because of the expansion of the ISHC network, but also because of the involvement of local partners and different agencies in establishing ISHCs. The ISHCs eventually deliver significant benefits to the community.

Life story

I am happy that I am earning again!

Moeen Gul, a 73 year-old man, lived with his wife and four children in a village of the Lower Orakzai Agency,* in Pakistan. The family had been living a good life with a small business of livestock and agricultural land.

Then they had to move to Kohat (the nearest city, 55 kilometers away) due to a political conflict in the area. "It was very difficult for us to leave our home and the place where we were brought up. We had to leave our crops and livestock, which was a big loss", said Moeen.

In Kohat the family started living in a house of one of their relatives. Moeen said that he soon realised that there was not enough space in the house and his family was dependent on his relatives for their daily living. "I didn't have any money. I didn't have any job. I had left my livestock and crops back home, and I was dependent on my relatives for every single thing", Moeen reflected.

HelpAge International, with the support of the German Foreign Ministry and HelpAge Germany, launched an emergency relief project to address the immediate needs of the most vulnerable Temporarily Displaced People (TDPs). The object of the project was to improve the health and livelihood of TDPs, especially older people and persons with disabilities.

Moeen was identified as one of the recipients of the project's interventions. After a household assessment was made, it was recommended that he receive a cash grant and training. Moeen was trained in livestock rearing through the project training program, and later he received a grant of 30,000 Pakistani Rupees (US\$260).

Moeen said "I already had experience of livestock rearing, but the training helped me a lot as well, and this cash grant has changed my life. I have bought livestock and I have started earning money to meet my needs. I am optimistic about my future now."



*Lower Orakzai Agency is in Federally Administered Tribal Areas, also known as FATA.

Campaigners demand the right to palliative care and long-term care and support on World Health Day

On World Health Day (7 April), thousands of people across the world called on their governments to protect older people's right to long-term care and support, and palliative care. Age Demands Action campaigners in 40 countries met with ministers, organised workshops and marched on the streets to demand that their governments support a UN convention on the rights of older people so that these rights can be enshrined in international law.

In July, member states and civil society organisations will get together at the 9th United Nations Open-Ended Working Group on Ageing (OEWG) to discuss older people's rights to long-term care and support, palliative care, and autonomy and independence, and how these rights should be expressed in any statute on the rights of older people.

With this meeting in mind, we set out to explore older people's experiences of these rights. HelpAge International's network members across the world held focus groups with 450 older people. Many said they had little access to or control over the care and support services they need to live independent lives. And where they are available, the cost often makes them affordable only to the wealthiest people in the country.

Meanwhile, the concept of palliative care is completely new to many older people, and these services are limited or non-existent in all the countries involved in the consultation.

In Nepal, one woman told us "There are no support services available for older people in my community. Older family members are taken as they are or it is thought that they are assisted with daily activities. But this does not happen for all". And in Cambodia, one group said "There isn't any palliative care in this community."

We brought together these results in a new report – *Freedom to Decide for Ourselves*. And on World Health Day, ADA campaigners used this report to lobby their governments to support the Open-Ended Working Group process and make sure these rights are echoed in international human rights law.

In Bangladesh, a round-table meeting took place between government policy makers, media, HelpAge network members, older people's association (OPA) leaders and partners, as well as

professionals in the field. Participants argued for the provision of care and support services and palliative care to be available and affordable to older people without discrimination. Musa Ibrahim, the first Bangladeshi to reach the summit



Youths spreading message on Right to Health for All Ages #olderpeople through photo stunt on the occasion of World Health Day 2018



Round table meeting at the National Press club, Bangladesh



Photo stunt in Kathmandu, Nepal

of Mount Everest, joined the meeting to support the call.

In Nepal our partner, Ageing Nepal, spread the message through photo displays across the city of Kathmandu. They also consulted with older people about their health needs, and, as a result, organised several dental camps. Soon they will meet with the Nepalese government to share the *Freedom to Decide for Ourselves* report and persuade them to attend the Open-Ended Working Group.

We need as many governments as possible to support the call for a UN convention on the rights of older people. And on top of that, we need to make sure that older people's voices are heard every step of the way. A convention will only be successful if it represents the diverse experiences of older people across the world. On 15 June – World Elder Abuse Awareness Day – we will be increasing the pressure for governments to get involved. If you would like to know more, please contact Ellie in the campaigns team at ellie.parravani@helpage.org.



Vietnam Association of the Elderly (VAE) cooperated with Association of the Elderly in Hung Yen to organise a workshop on “Raising awareness about long-term care and palliative care on 5 April 2018.



HelpAge International held the celebration event of World Health Day on 6 April, in Yangon. Older participants at the event discussed health issues experienced by older people, the need to provide home care services to vulnerable older people, and their financial challenges to get services at hospitals.



In the Philippines, the Coalition of Services of the Elderly (COSE) asked older people leaders of the Confederation of Older Person Associations of the Philippines (COPAP) about their health experiences in a consultation on long-term care as a preparatory activity to advocate for a policy to improve the quality of health of all older persons in the country.



A free Dental Camp for the elderly was conducted by Ageing Nepal in collaboration with Metro Dental Clinic, Harmony Homecare and the Lions Club of Kathmandu Planet on the occasion of World Health Day.



Gramin Vikas Vigyan Samiti (GRAVIS) organised rallies and meetings in the Thar Desert, India. About 1,000 people participated to express their concerns and demand healthcare programmes and policies.



HelpAge Cambodia organised an event led by older people in their community to raise awareness about healthy ageing on World Health Day.



Ази Номхон
Далайн бүс
нутагт урт
хугацааны
тусламж,
үйлчилгээний
12,7 сая
ажилтан
хэрэгтэй
байна.

In Mongolia, the Centre for Human Rights and Development (CHRD) held consultation sessions to ask older people about their experiences of long-term care, palliative care, and autonomy and independence. They also called for the Mongolian Government's participation in the United Nations Open-Ended Working Group on Ageing.

Consultative workshop on the development of a national strategic plan for long-term care (LTC)

► Indonesia

Indonesia's Ministry of Planning (Bappenas) held a consultative workshop on the development of a national strategic plan for long-term care (LTC) for two and a half days from 25–27 April 2018, with the support of the Asian Development Bank Regional Technical Assistance project *Strengthening Developing Member Countries' Capacity for Elderly Care*, which was conducted in collaboration with HelpAge International. Fifty participants, including representatives from key stakeholder ministries, local governments, academics and professionals, provided their input to a draft national strategy on long-term care which will be finalised and included as a supporting document for the National Strategy on Ageing (STRANAS Kelanjutan). The draft National Strategy on Ageing includes long-term care development as one aspect of supporting older people to be prosperous, dignified and independent and it is being developed into a presidential decree.

Developing a long-term care system is a growing need around the world as populations age. In Indonesia, the need



(c) Bappenas

for LTC support has been increasing and key government bodies have been attempting to scale up and improve LTC-related services. However, understanding and awareness of LTC has not tended to take a systems perspective, which involves recognising the need for coordination between social, health and other aspects of support for people with limitations of activities of daily living (ADLs) such as bathing, going to the toilet and eating, as well as instrumental activities of daily living (IADLs) such as cooking, handling finances and taking medications. Another common view is that care is the responsibility of the family alone. While it remains true that the vast

majority of care provision in the world is provided by and/or financed through family carers, it is important to recognise that older people may have complex care needs which cannot be provided for safely and adequately by the family. Also, as family sizes shrink and migration for work continues to increase, the availability of family care in the home is reduced. Dr Maliki, Director for Population Planning and Social Security, said that he was hopeful that this will lead to improved coordination of LTC between the relevant ministries and to the inclusion of LTC in upcoming medium and long-term development plans for the Government of Indonesia.

Older people lead the way with water harvesting and arid horticulture in the Thar Desert



Chris Roles/Age International

► India

The Thar Desert is the most densely populated desert in the world with a population of about 60 million living within the boundaries of India and Pakistan. Rural households here rely on what they can produce from their land and their livestock to survive. With an average rainfall of around 150 mm a year,

water is the key to survival. Because of this, older people living here lead very challenging lives.

Through funding by the Age International, Gramin Vikas Vigyan Samiti (GRAVIS) is working on a water, health and nutrition project in the Thar desert from 2017 to 2019. The first year of the project has now been completed, with interventions organised on rain water harvesting, arid horticulture practices, nutrition and health services and training, education for 1,500 older people and their 9000 family members in 10 villages of the Thar Desert.

According to older people's associations (OPAs), the effects of the work on rain water harvesting and arid horticulture has helped to protect them from droughts due to climate change, as they have improved

management techniques and better methods for collecting and storing rain water during the monsoon season. These rainwater harvesting techniques have resulted in higher crop productivity with healthier soil. Their livestock is also healthier due to better availability of fodder, and vegetation has been enhanced with more trees and firewood for cooking, which has led to an overall improvement in the health of older people and of the community.

GRAVIS supports work on improved arid-horticulture practices, including enhancing the soil quality and introducing fruit and vegetable crops which can grow in arid conditions. This aims to improve the nutritional status of older people and their communities as well as to increase income through the sale of surplus produce in the market.

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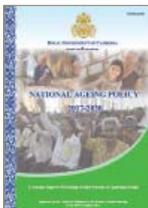
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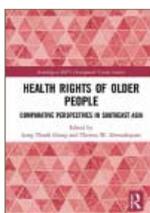
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Humanitarian inclusion standards for older people and people with disabilities
The Age and Disability Consortium (ADCAP)



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Blogs

Our age-friendly space provides sanctuary and support to older people who have fled Myanmar
(<https://bit.ly/2FkqQAj>)

Abul Haseeb khan, Resource Integration Center (RIC) Bangladesh

Violence and discrimination against older women is compounded in emergencies
(<https://bit.ly/2DcJmVC>)

Madeleine McGivern, HelpAge International

It's the freedom to decide: on World Health Day older people's experiences of care and support must be heard
(<https://bit.ly/2qhYdtf>)

Ellie Parravani, HelpAge International

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In addition, we welcome articles for consideration. Please send articles at any time to:

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HelpAge International is a global network of organisations promoting the right of all older people to lead dignified, healthy and secure lives.

Connect aims to highlight issues of ageing and the rights of older people in Asia Pacific as well as share experiences of the network working with and for older people.

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