



Policies on Health of Older Adults in Thailand.

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Conversations Across the Policy and Research Divide

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Outline

- **Situation**
- **National policy**
- **Data System of Older Adults in Thailand**

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Situation

Situation

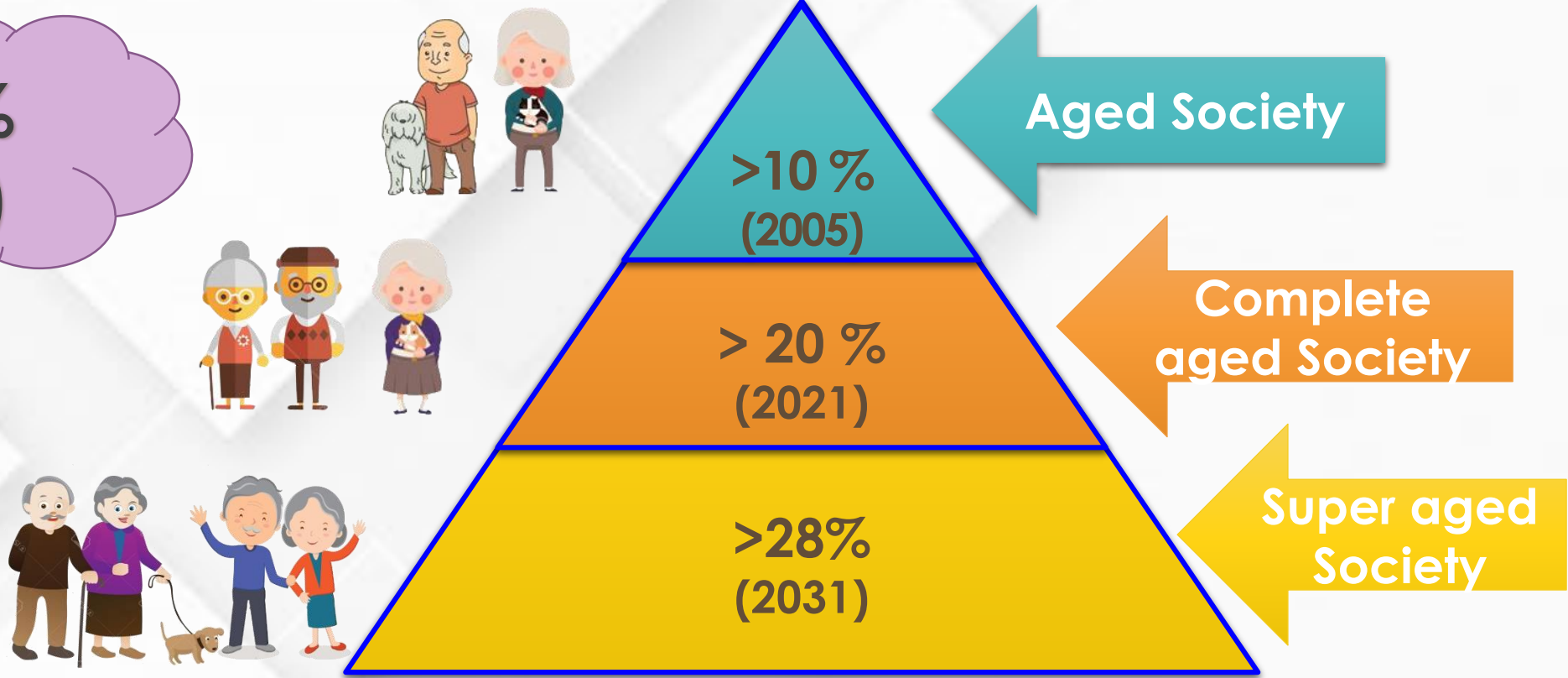


Capital	Bangkok
Official languages	Thai
Population	66 millions
Children (under 15 years)	11.3 millions (17.1%)
Labor force (15-59 years)	43.4 millions (65.7%)
Older Adults (60 years and over)	11.5 millions (17.4%)
Older Adults (65 years and over)	7.6 millions (11.5%)
Life Expectancy at Birth	Male 73.0 years Female 80.1 years
Life Expectancy at Sixty	Male 17.1 years Female 22.8 years

Source : Institute for Population and Social Research, Mahidol University
Population Gazette, 2019

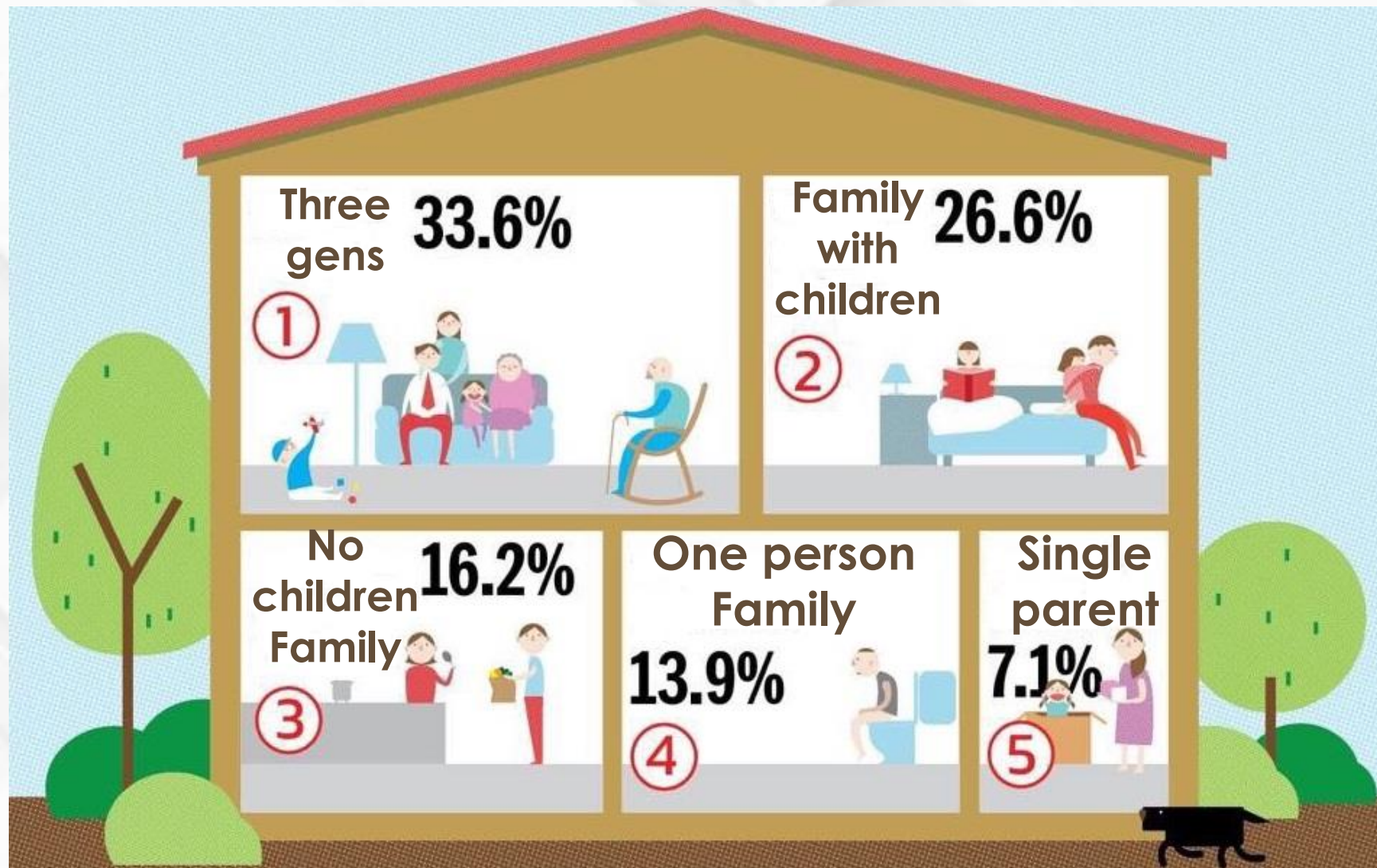
Thailand Rapid Ageing

17.4 %
(2019)



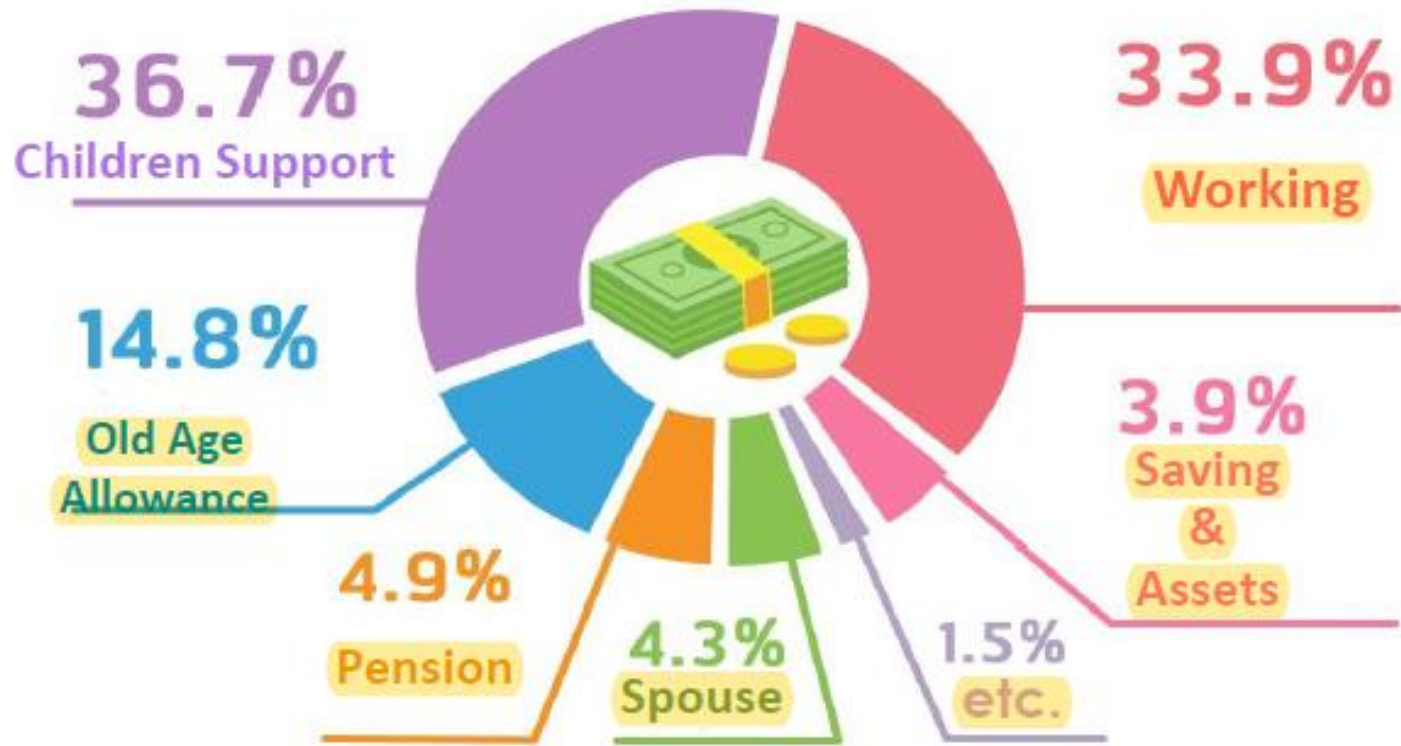
Source : -Office of the National Economic and Social Development Board. Population Projections for Thailand 2010-2040, 2013
Institute for Population and Social Research, Mahidol University, Population Gazette, 2019
-Foundation of Thai Gerontology Research and Development institute (TGRI)

Thai Family : Low Birth rate : Live longer



Source: Thai Population Report 2015 ; Office of The National Economic and Social Development Board, United Nations Population Fund (UNFPA)

Source of Older Adults Income



Problems

- 1. Have chronic diseases 4 times more than other groups :
Hypertension, DM, Cardio-Vascular Diseases, Stroke,
Hypercholesterolemia and Cancer.**
- 2. Increase dependency as aged.**
- 3. Need assistance or Caregiver with activities of daily living.**
- 4. Need Access to Health Care.**
- 5. Health Care Benefits do not covered home care and services.**

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National Policy on Older Persons

National and MoPH policy derived from

- ❑ The 20-Years National Strategy (2018-2037)
- ❑ The 12th National Economic and Social Development Plan (2017-2036)
- ❑ The National Health Development Plan (2017-2036)
- ❑ The 2nd National Plan on the Elderly 2002-2021
(Revised 2009)

National Policy on Older Persons

The 2nd National Plan on the Elderly 2002-2021 (Revised 2009)

- To enhance the elderly to achieve their well-being by means of mean of their leading a valuable life with dignity, autonomy and security

Strategies:

- 1. Preparedness and readiness for quality ageing**
- 2. Promote and support elderly's health, financial, social and age -friendly environment**
- 3. Social protection for the elderly**
- 4. Manage works and develop personnel on the elderly**
- 5. Support knowledge and monitoring the implementations**

National Policy on Older Persons

- **The Act on the Elderly, 2003**

Stating rights of the Thai Elderly in aspects of social, health, economic protection and support including benefit of access to public services and facilities.

National Agenda on Aged Society (2018)

Goal: Thai Elderly to be Active Ageing

Target groups: Older People, Youth and Working Age Groups

2 Key Measures: 6 Sustainable (6S) and 4 Change (4C)

6 Sustainable : Improving quality of life of older people and all generations

- **S1 : Establish System of Welfare and Social Protection for Older Adults (MSDHS)**
- **S2 : Promote Elder Employment and Sustainable Income (MOL)**
- **S3 : Develop Health System for Aged Society (MOPH)**
- **S4 : Modify Housing and Public Spaces for Elder Safety (MOI)**
- **S5 : Set-up Time Bank System (MSDHS)**
- **S6 : Educate Young Generation for Preparation in All Aspects (MOE)**

National Agenda on Aged Society (2018)

4 Change : Improving Capacity to achieve public sector management 4.0

- **C1 : Recognize Aged Society as National Agenda (MSDHS)**
- **C2 : Revise Laws and Regulations to Support Elder Employment (MOJ/MSDHS)**
- **C3 : Reform Data System to facilitate policy and implementation on ageing issues**
- **C4 : Invent Innovation on minimizing inequality in aged society (M-Culture)**

National Agenda on Aged Society

Main Responsible Agencies

- 1.Ministry of Social Development and Human Security
- 2.Ministry of Public Health
- 3.Ministry of Culture
- 4.Ministry of Labour
- 5.Ministry of Interior
- 6.Ministry of Education

National Agenda on Aged Society

Management Units

National-level

❖ National Committee on the Elderly

Duties: Oversee, follow-up and consider to provide support for both government bodies and private sectors in order to implement the measures

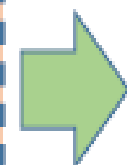
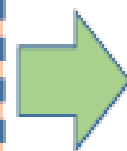
❖ Subcommittee on Operating Policies for Aged Society

Duties: Integrate the implementation between sectors including follow-up, assess and report the results to the National Committee on the Elderly

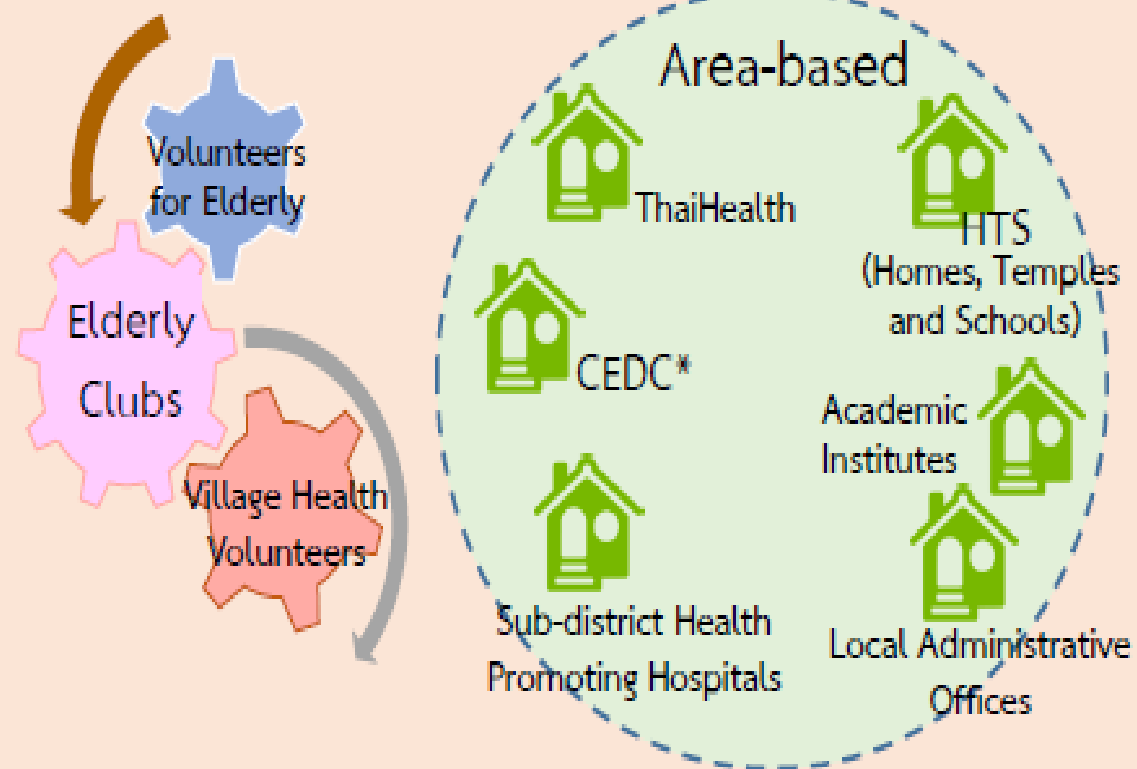
Provincial-Level

❖ Provincial Committees on Encouraging Social Welfare Provision

Duties: Operate the measures in provincial level and report the results to the Subcommittee



Area-based Units



*CEDC-Community-based Elderly Development Centers

Policy on Active and Healthy Ageing (3s)

Objectives

1. **Social**

Families and communities
as a strong institution.

2. **Strong (Health)**

The Older Adults have good health

3. **Security**

The welfare system and support services
with quality standards access.





**Strong
(Health)**



Universal Health Care



Healthy Ageing



Comprehensive Health Care

- Physical Check-up
- Health Promotion
- Geriatric Clinic
- Long – Term Care

**Community
Proactive
programs**



**Health
Settings**





Alone

Social



Participation

Connection



Supportive System

- Degeneration
- Depression
- Dementia
- Dependence
- Death

- Older Adults Clubs



- Center for the development quality of life in the elderly
- Health Promotion Temple



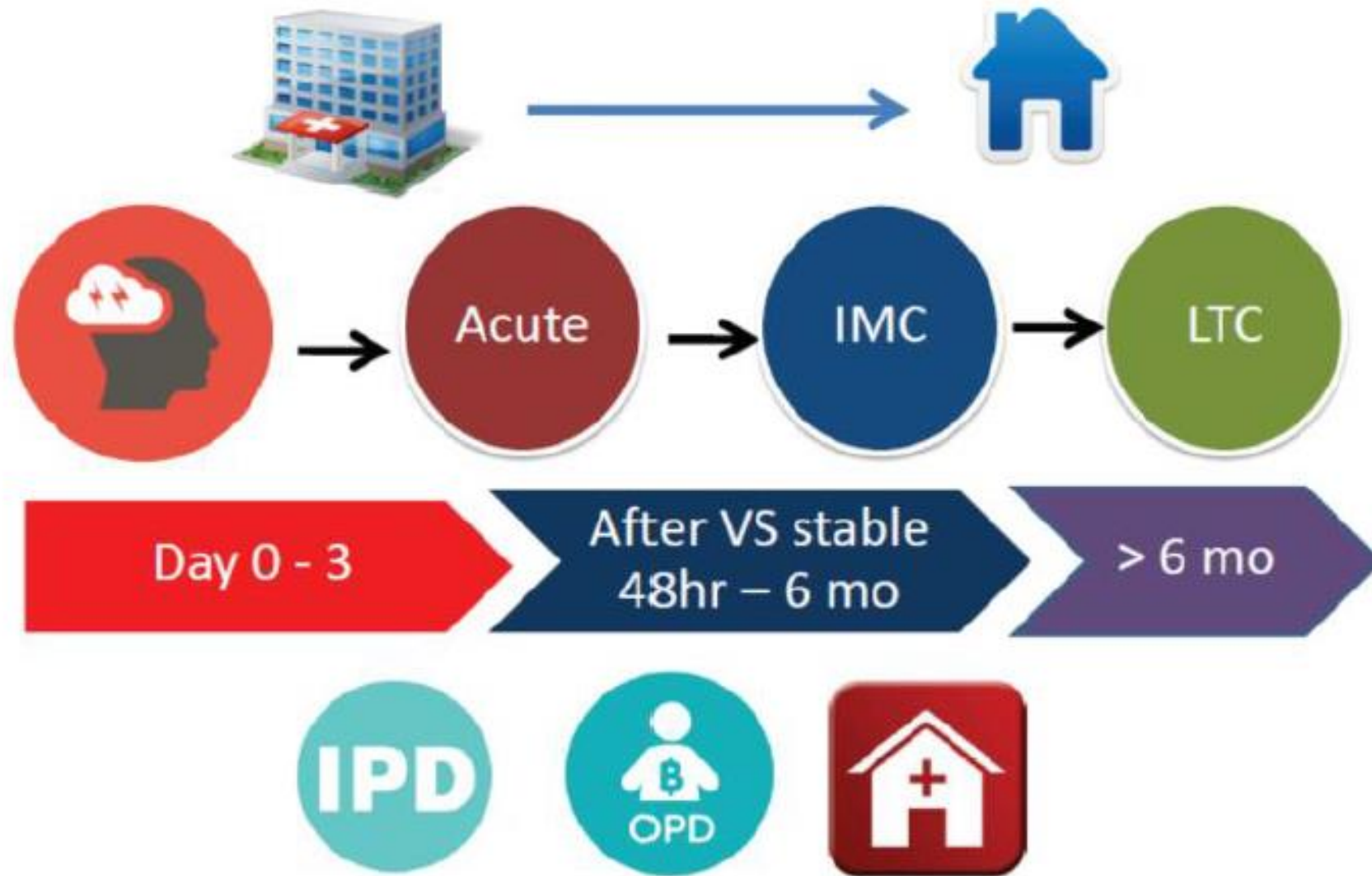
Security



- ❖ Age – Friendly Communities
- ❖ Universal Old Age Pension (600 – 1,000 Baht)
- ❖ Disability Pension (800 Baht)
- ❖ Social Insurance
- ❖ Government Pension
- ❖ National Savings Fund



National Policy: Intermediate Care



Source: Guideline for Intermediate Care Service Plan, 2019
Ministry of Public Health

National Policy : Long Term Care



- **Develop Long Term Care Model, since 2016**
- **Training Personnel (Care manager, Caregiver, Community Caregiver)**
- **Develop data system (For registration, report, reimbursement)**





7 Criteria of Sub-district Model on Long-Term Care

- 1** Have elderly data classified into 3 groups according to ADL assessment
- 2** Have quality Older Adults club
- 3** Have volunteer to take care of the elderly in community
- 4** Have good system of Home Health Care
- 5** Have system to take care of dependent elderly
- 6** Have dental health promotion and prevention in sub-district
- 7** Have Sub-district Committee for managing care for dependent elderly

Care personnel



Family Care Team



- Consult/Give an advice
- Joint plan of care for the Older Adults

Care Manager



- Assessment
- Make Older Adults Care Plan
- CM 1 person : 35 – 40 Older Adults

Caregiver



- Assessment/Care for the Older Adults
- Care of the Dependent Group
- CG 1 person : 5 – 10 Older Adults .

Family Volunteers



- Care for Family Members.



Universal Health Care Scheme for Thai Older Adults

- Free medical check-ups such as High Blood Pressure, Oral Cancer, Cervical Cancer, Depression, Dementia, and Blood Sugar & Cholesterol
- Vaccinations against Influenza
- Encouraged to take part in behavior changing activities, physical exercise, stress management and mental health care.

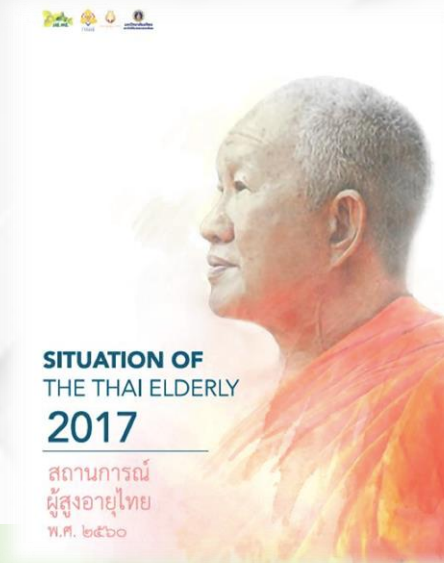
Source : National Health Security Office (NHSO)

<https://www.nhso.go.th/eng/FrontEnd/NewsInformationDetail.aspx?newsid=NQ==>

Data System of Older Adults in Thailand

- Overall Situation of the Thai Elderly : Academic Institute
- Health and Social Aspect : MOPH, MOSDHS
- Economics Aspect : NESDB

*All database and information will be reported to the National Committee on the Elderly to produce the Annual Report.



Example of Data System on Older Adults

Name	Key items	Data sources	Coverage
Health Data Center (Ministry of Public Health)	10 key Geriatric Screening Items (for KPIs report)	Health Centers & Hospitals (Ministry of Public Health)	Whole Country (real time)
Ageing Health Data (Department of Medical Services, Ministry of Public Health)	Comprehensive Geriatric Screening (Operation assisting tool and report)	Health Centers & Hospitals (Government Sector)	>50/77 provinces (Real Time)
Long Term Care 3C Program Register for Care Manager, Caregiver, Care plan (Department of Health, Ministry of Public Health)	Care Manager, Caregiver, Care plan (Operation assisting tool and report)	Health Centers & Hospitals (Ministry of Public Health)	Whole country (real time)
Long term care fund (National Health Security Office)	ADL, Dependency status (Operation assisting tool and report for reimbursement)	Sub-district Long term care system (Government Sector)	Whole country (real time)

**ASEAN Centre for Active Ageing and Innovation (ACAI)
will open in November 2019 at MoPH**

ACAI Mission

- **Serve as a knowledge centre on active ageing and innovation**
- **Support evidence-informed policies, strategies and guideline on active ageing**
- **Implement capacity development programme in support of active ageing**
- **Conduct research and development and innovation which support active ageing**
- **Support the monitoring of progress of active ageing in ASEAN.**



Thank you for your attention