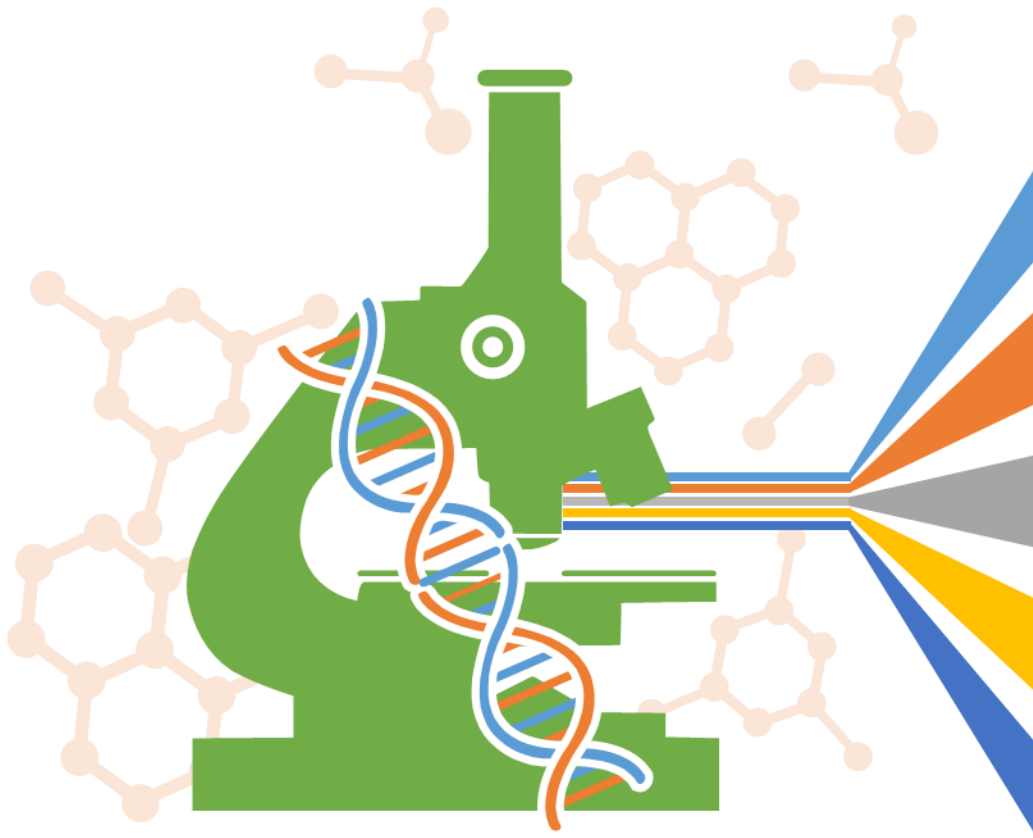


AGEING AND HEALTH POLICY IN INDONESIA

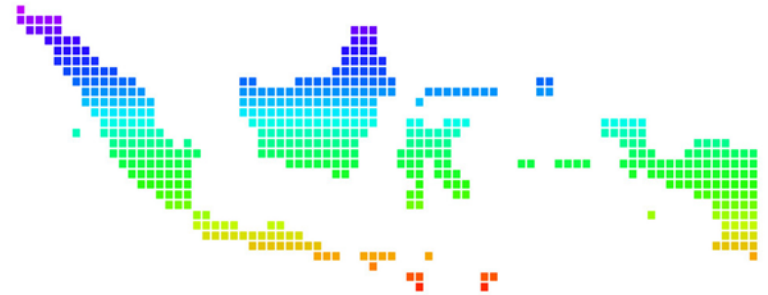
By: dr. Wira Hartiti, M.Epid
Ministry of Health, Republic of Indonesia



*Regional Workshop on Integrating Policy and Research on Ageing in ASEAN;
Conversations across the Policy and Research Divide
Singapore, 4-6 September 2019*



Indonesia Situation

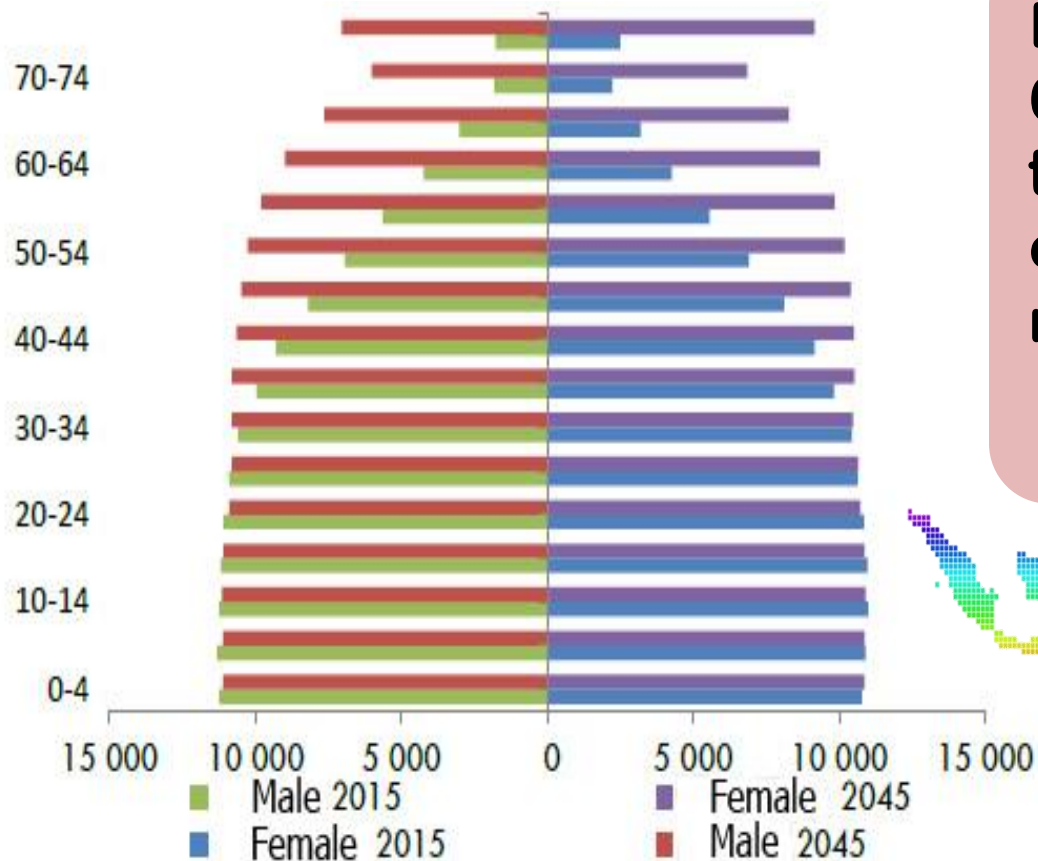




Indonesia Towards Ageing Population



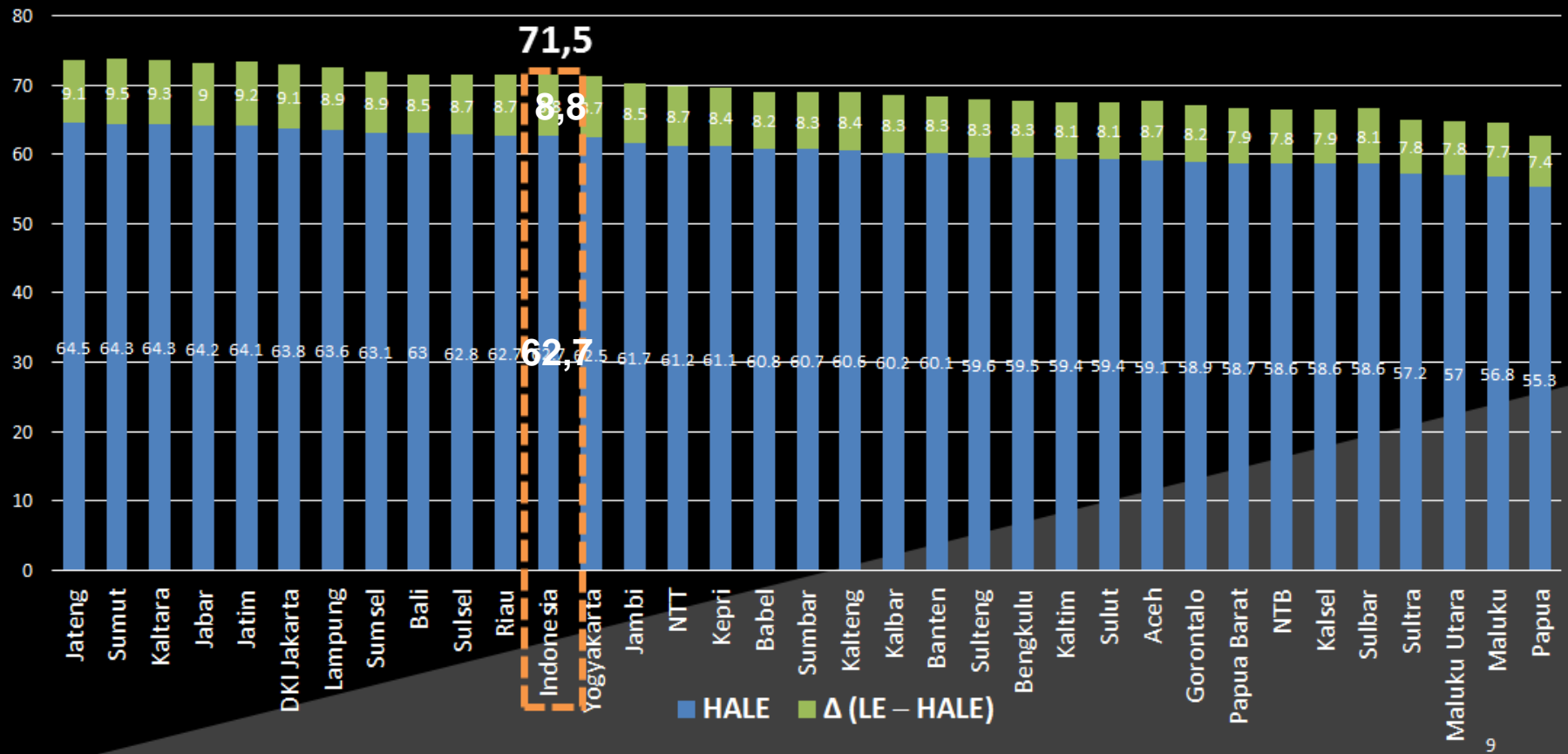
PROJECTION OF ELDERLY POPULATION YEAR 2015 - 2045



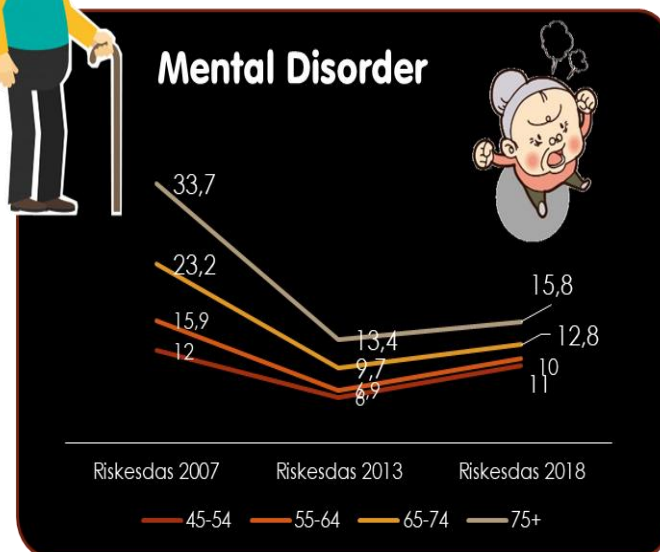
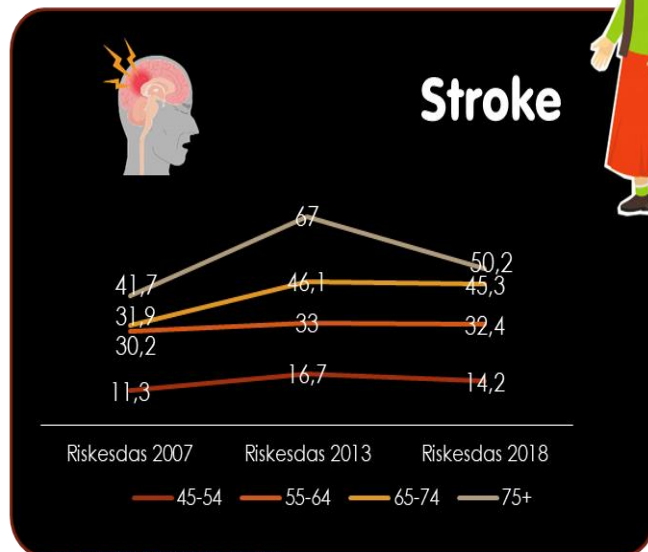
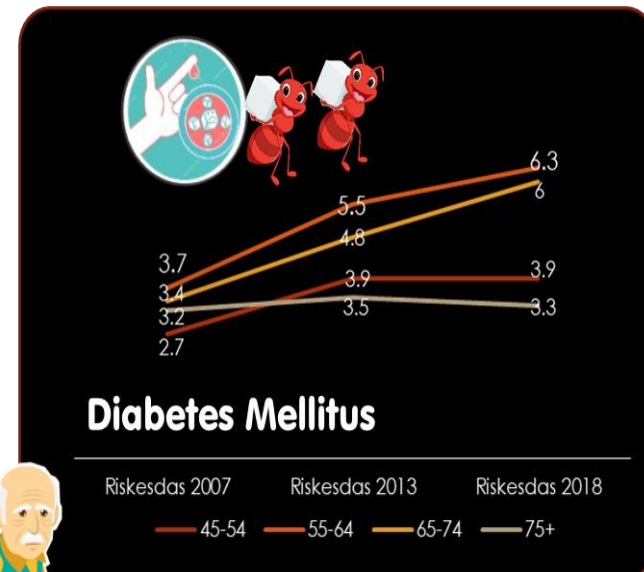
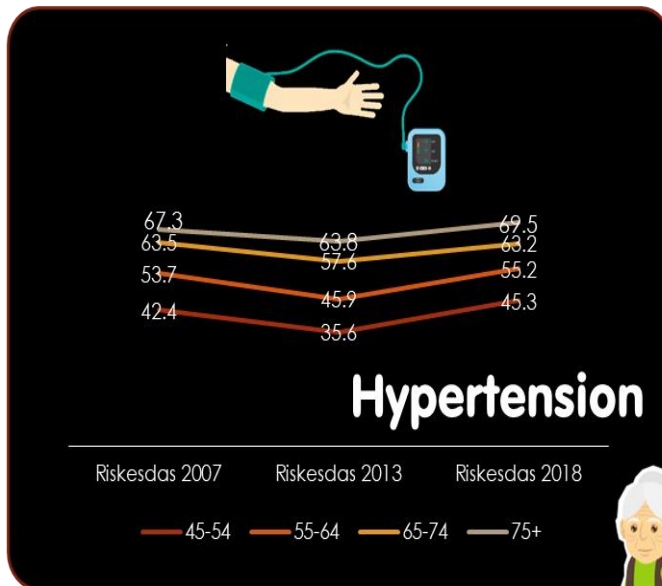
In 2045 are estimated at 63,3 million (19,9%), **triple increase** compared to 2015 at 23 million (9%).



LE AND HALE IN INDONESIA, 2017



NCD's Trend among Pre Elderly and Elderly 2007-2018



DEMENTIA IN INDONESIA

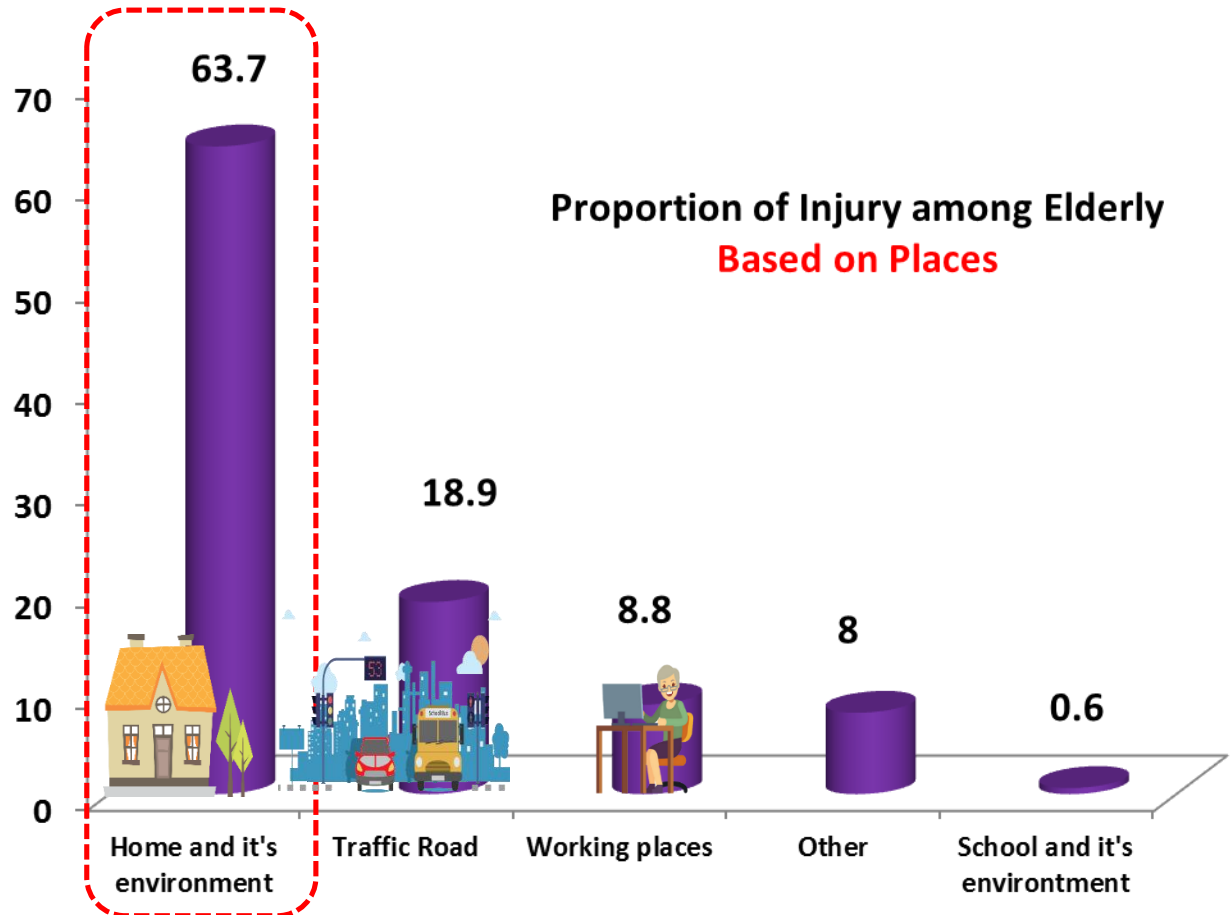


- ❖ **Non communicable disease** caused in increasing of dementia cases
- ❖ People with dementia in Indonesia: **1.2 million (2015)** and will increase to 1.9 million in 2030 and almost 4 million in 2050.
- ❖ Prevalence of Dementia in **D.I.Yogyakarta : 20,1%** (Survey Meter, 2016)

Proportion of Injury Among Elderly in Indonesia, 2018

Proportion of
Injury among Elderly

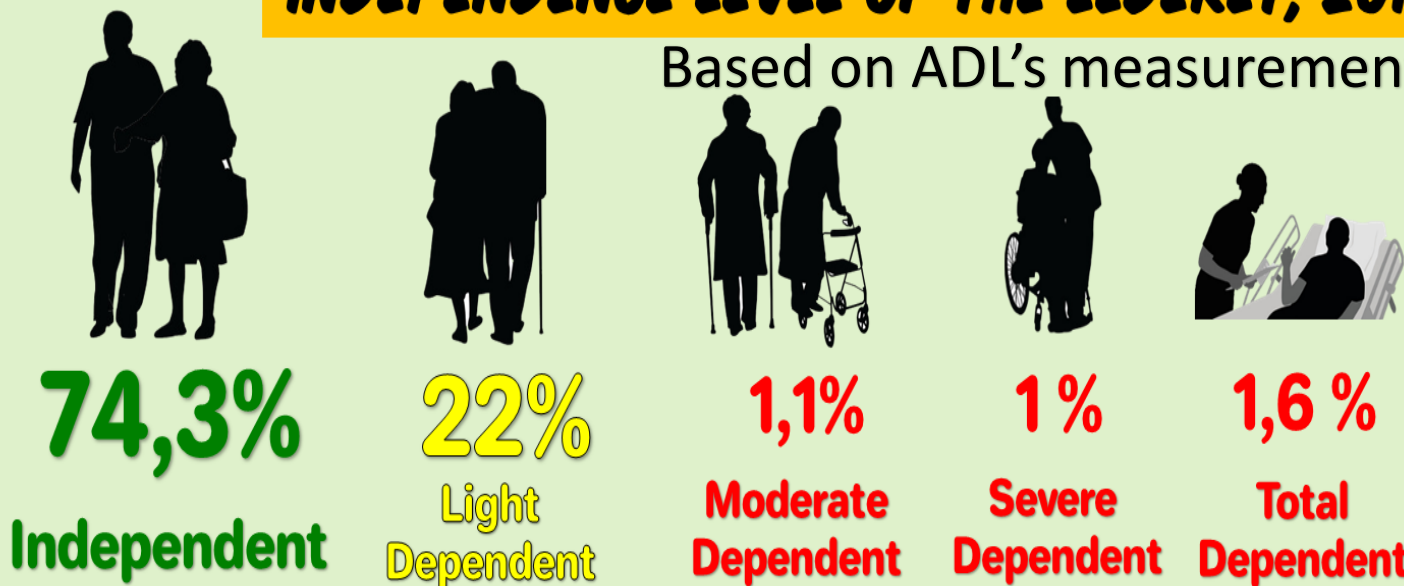
8,2%



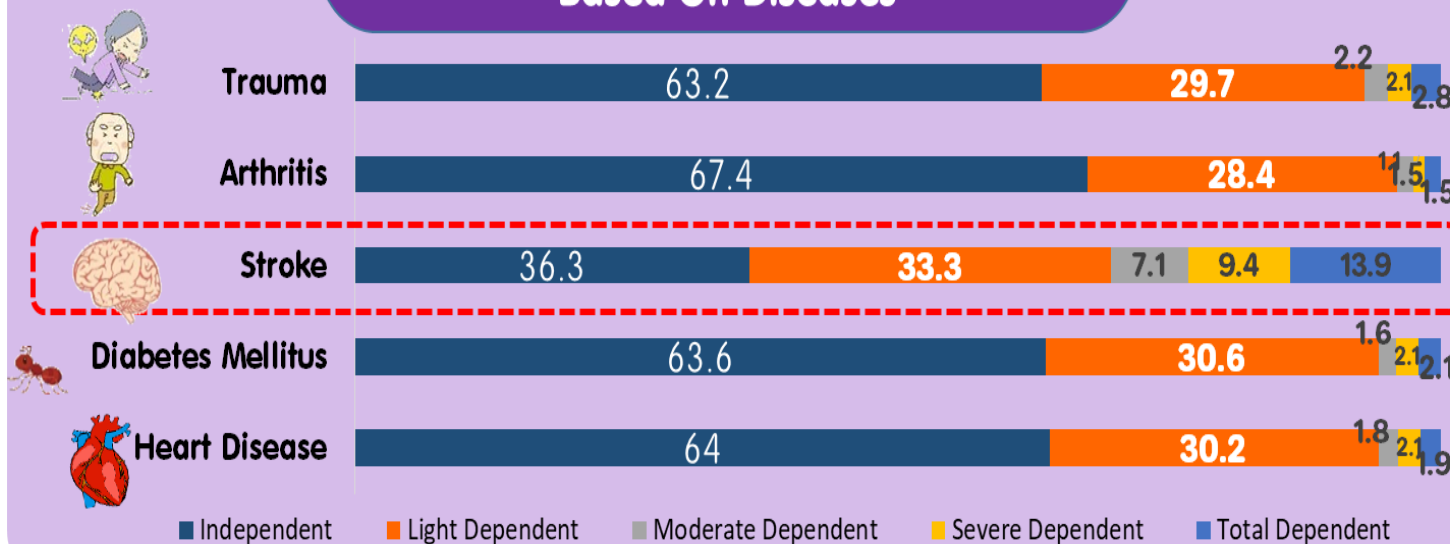
INDEPENDENCE LEVEL OF THE ELDERLY, 2018



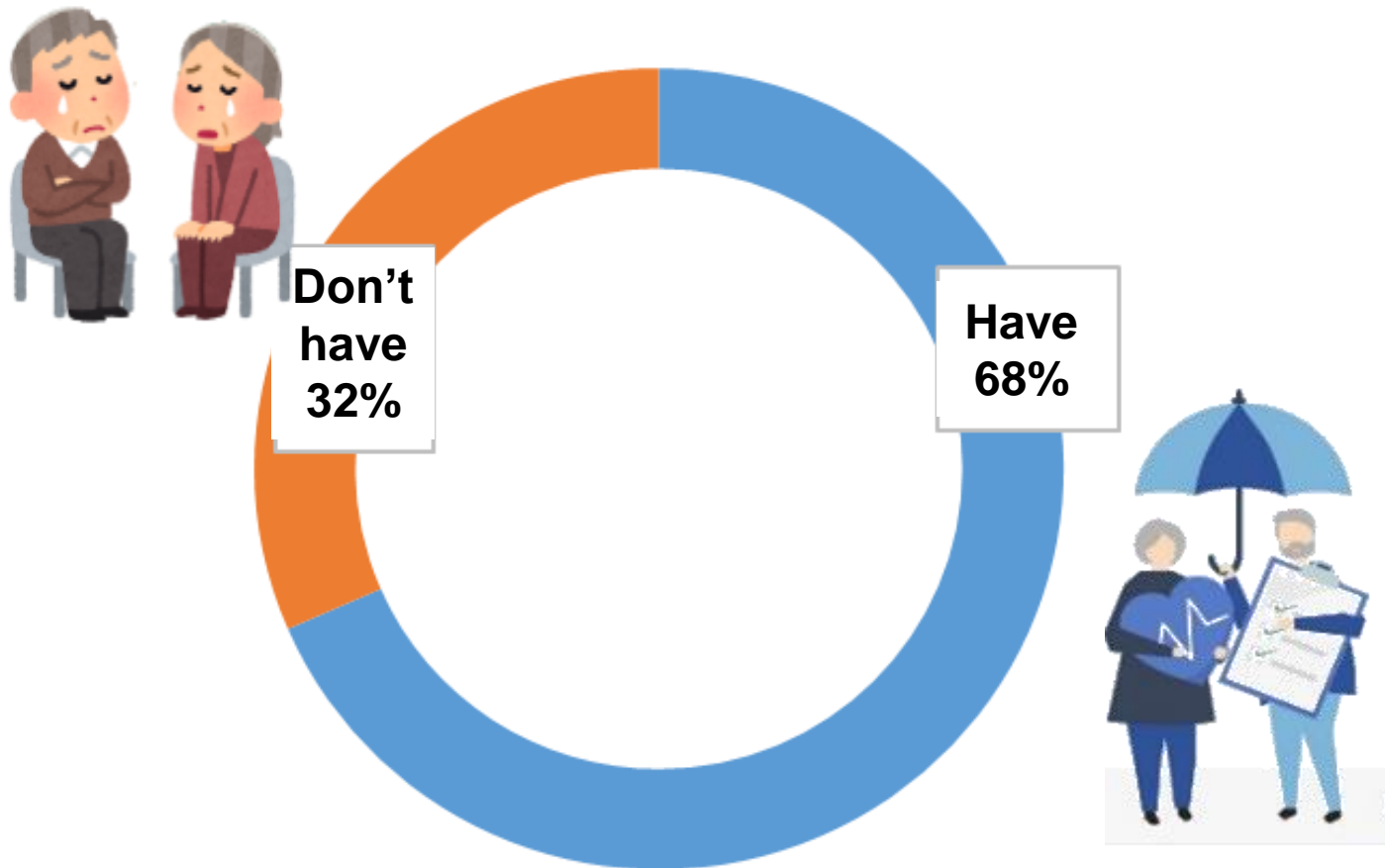
Based on ADL's measurement



Proportion Of The Elderly Disability Based On Diseases



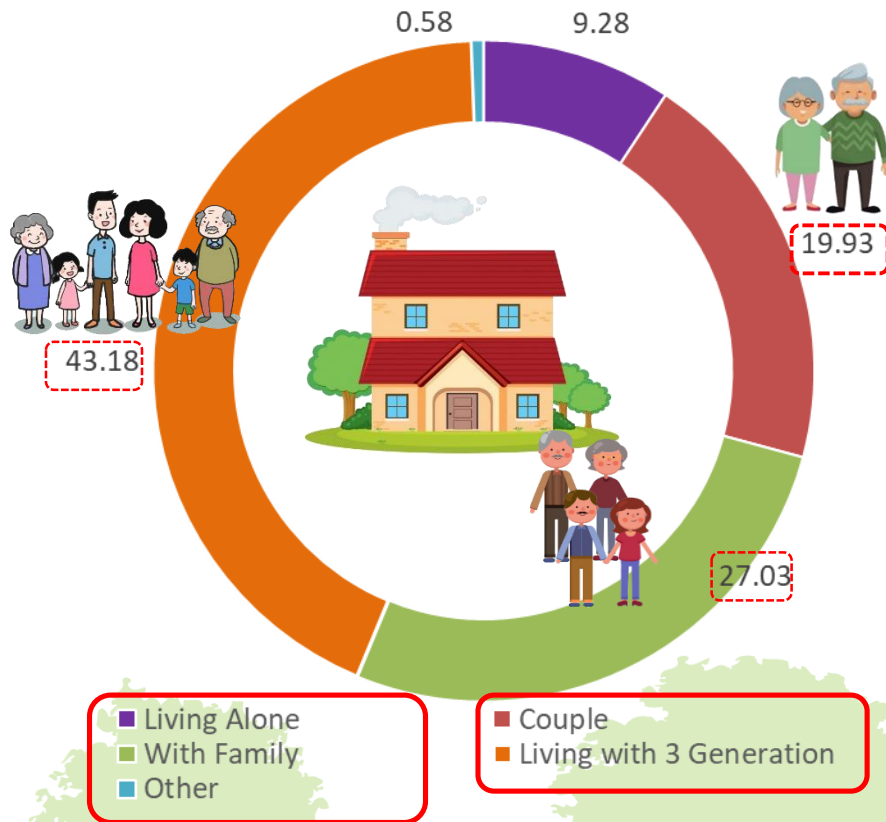
ELDERLY HEALTH INSURANCE IN INDONESIA



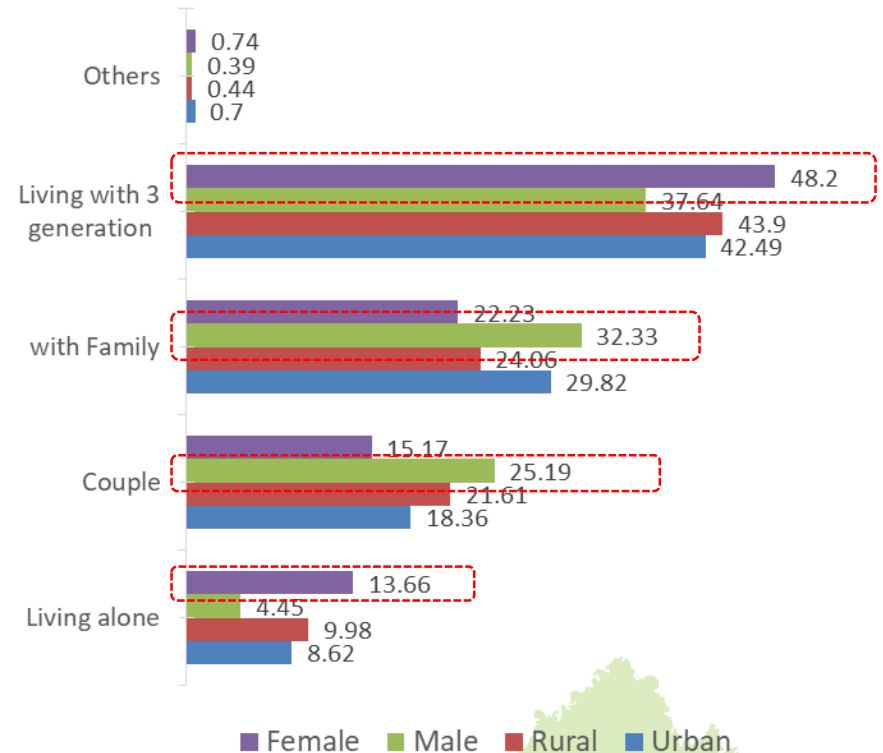
Percentage of The Elderly According to Living Status



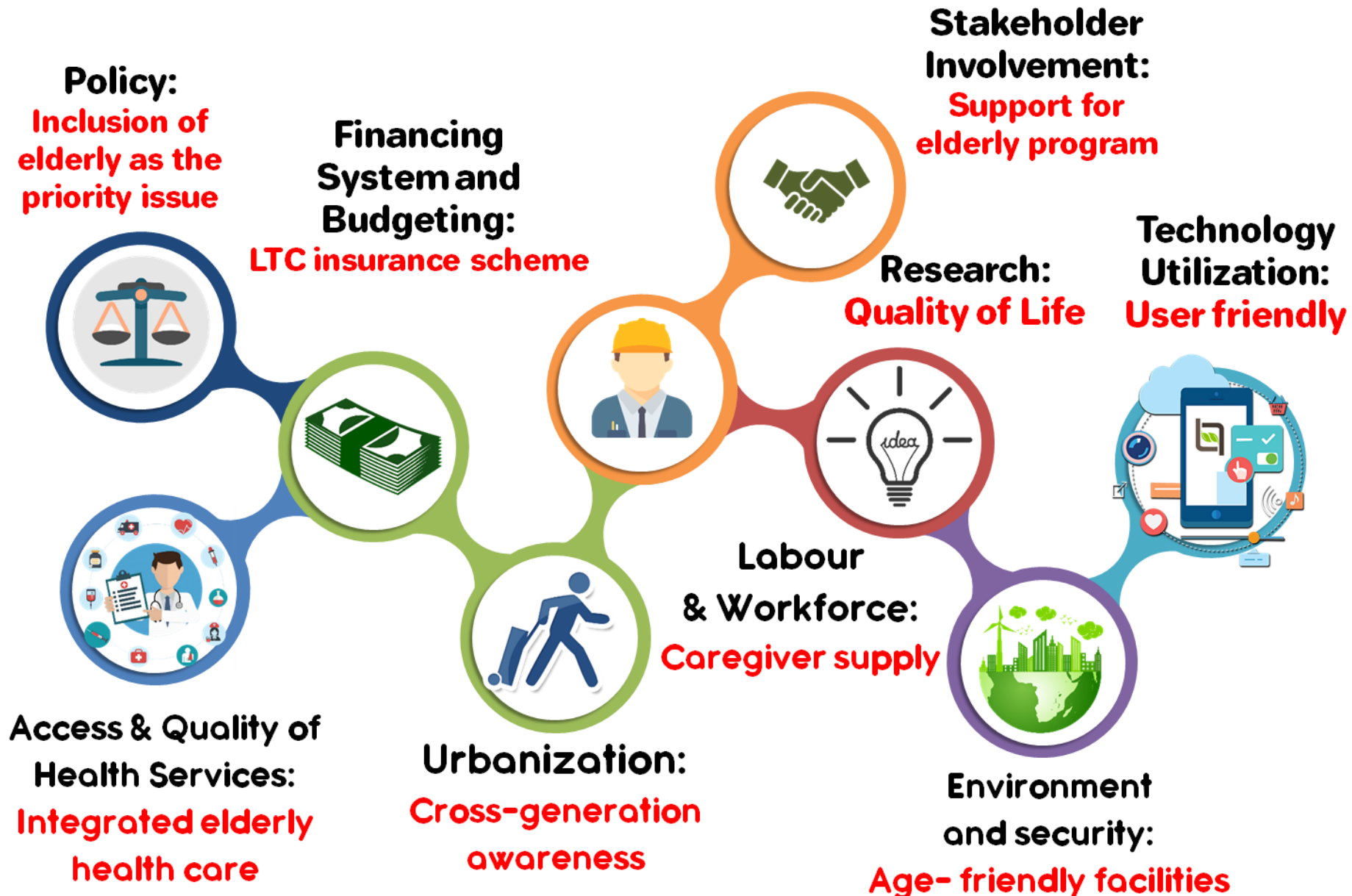
Living Status



By Demographic Status



CHALLENGES FOR AGEING SOCIETY



ELDERLY HEALTH POLICY IN INDONESIA





GOAL OF ELDERLY HEALTH POLICY

SMART ELDERLY

Sehat, Mandiri, Aktif, pRодукTif



Improve the health status of the elderly to achieve a **healthy, independent, active, productive** and usefull elderly for the family



Increasing access and quality of health services for the elderly in primary health care and referral and empowering the potential of the elderly



FAMILY HEALTH PROGRAM WITH LIFE CYCLE APPROACH



PREGNANT WOMAN

- Integrated ANC,
- Use of MCH Handbook
- Pregnant women class
- Maternity waiting home
- Delivery at health facilities
- post Partum Family Planning
- Counseling of early breastfeeding initiation



BABY

- Exclusive Breastfeeding Counseling
- Post Partum Family Planning
- Infant Feeding
- Basic Immunization
- Use of MCH Hand Book



TOODLERS

- Revitalization of Posyandu (Integrated services post)
- Monitoring growth and development
- Advanced Immunization



SCHOOL AGE CHILD

- Institution strengthening (TP UKS)
- Health screening and regular check up
- for students
- Use of Health Rapport
- Immunization



TEEN AGE

- Institution strengthening (TP UKS)
- Health screening and regular check up for students
- Use of Health Rapport
- Immunization
- Increase Reproductive Health
- Adolescent Integrated Services Post



ADOLESCENCE

- Tetanus Immunization
- Pre-marital FP counseling
- Balanced nutrition counseling
- Reproductive health counselling



PRE ELDERLY & ELDERLY

- Elderly Friendly Health Services in PHC and Hospital
- Comprehensive Geriatric Assesment (CGA)
- Elderly Integrated Services Post
- Elderly Empowerment in family and community
- Home Care and Lon Term Care
- Use Elderly Hand Book



ELDERLY

HEALTHY

SICK

End of Life

- Keep healthy
- Optimizing physical, mental, cognitive and spiritual function

- Improving health status
- Optimizing elderly's quality of life

- Improving the quality of health services for the elderly :
- Elderly Friendly PHC
 - Hospital with integrated team for the elderly health services
 - Long Term Care (LTC) integrated with home care
 - Family Empowerment to become a caregiver

**A peaceful
and
dignified
end of life**

- Promotive & preventive
- Healthy lifestyle / GERMAS
- Elderly Integrated Services Post / Posyandu Lansia
- Elderly Empowerment



Law

Law No 13 / 1998
Elderly Welfare

Law No 39 / 1999
Human Right

Law No 11 / 2009
Social Welfare

Law No 36 / 2009
Health

Regulation of the Minister of Health

MOH regulation No.75 Th.2014
Primary Health Centers

MOH regulation No.79 Th.2014
Geriatric Services in Hospital


MOH regulation No.67 Th.2015
Elderly Health Services in PHC

MOH regulation No.25 Th.2016
National Action Plan of the Elderly
Health, 2016-2019



Health Ministerial decree

MOH DECREE NO. HK.01.07/MENKES/144/2018



Elderly health working group in
the ministry of health



DEVELOPMENT OF THE ELDERLY HEALTH PROGRAMS IN INDONESIA



Development and strengthening
the Basic health Services → →
Development the Elderly Friendly
Primary Health Centers



Development and strengthening
the Referral health Services → →
Development the Geriatric
services with integrated team
approach in hospital



Increased the Community
Empowerment through the
implementation of activities at
the Elderly Integrated services
post (Posyandu lansia)



Increased empowerment of the
elderly in the family / community



Improved Home Care Services
that are integrated in Public
Health Nursing



Development of
Long Term Care Program

Improved integration service
with cross Programs through a
life cycle approach



Enhancing partnerships
with cross Sectors, TOMA,
TOGA, NGOs, Private
Sector, etc.



1. Elderly Integrated Health Services Post

- One of the community empowerment as a tool for elderly health services in community
- The activities focus for promotion and prevention



COMPONEN OF SERVICES IN ELDERLY INTEGRATED SERVICES POST

Health Examination

- Assessment of Independency status
- Mental and cognitive status examination
- Nutritional status examination
- Blood Pressure,
- Physical examination, include screening of visual and hearing impairment
- Simple Laboratory check up (Cholesterol, UA, Blood Sugar)

Activities

- Referral
- Health Promotion,
- Home care /Long term care
- Complementary Feeding for Elderly,
- Elderly physical and brain exercise,
- Elderly Empowerment
- Recreation

2. Home Care and Long Term care

Intended for elderly who are not functionally able to be independent at home but there is no indication to be treated in a hospital and it is technically difficult to seek outpatient treatment.

Include DEMENTIA cases



ACTIVITIES IN COMMUNITY



3. Elderly Services in Residences (Panti Lansia /panti wredha)

PHC must do coaching and health services periodically to Panti, at least 1 time a month.



4. Empowering of the Elderly in improving the family and community health status with the continuum of care approach

Study result (*Evolution and Human Behaviour Journal*) : empowering of the elderly in the family has a positive benefits for the maintenance of cognitive functions (Arpino & Bordone, 2014)

**GUIDELINE EQUIPPED
BY 5 SERIES OF THE IEC
MATERIAL (LIFE CYCLE)**



GUIDELINES OF THE ELDERLY HEALTH









Elderly Health Hand Book



The Elderly Health Hand Book is a book for Pre-Elderly (45-59 years) and Elderly (60 years and over) contain the health records as well as information on how to maintain Pre-Elderly / Elderly health, so that their health status can be well monitored

OUT LINE

- **CHAPTER 1**
PERSONAL
IDENTITY 
- **CHAPTER 2**
ELDERLY
HEALTH
HISTORY 
- **CHAPTER 3**
RECORDS OF
THE ELDERLY
HEALTH AND
COMPLAINTS 
- **CHAPTER 4**
RECORDS OF
PRE ELDERLY /
ELDERLY HEALTH
PROGRESS 
- **CHAPTER 5**
MONITORING OF
MEDICATION /
DRUGS 
- **CHAPTER 6**
HEALTH
INFORMATION
AND EDUCATION 

BENEFITS:

- Elderly health status monitoring Instrument
- Documentation or health records of Pre-Elderly/Elderly health care services
- Communication, Information and Education media for Elderly Health

CHALLENGES IN DEVELOPING ELDERLY HEALTH SERVICES IN INDONESIA



- 1** The number of elderly people increases → followed by an increase in degenerative diseases with their complications
Increasing the promotion and preventive efforts and preparation of facilities, resources and services systems
- 2** Limited the number of elderly friendly PHC and hospital
Increasing the socialization and advocacy to accelerate the development of the program (elderly friendly PHC and hospital program)
- 3** Limited the number of trained health worker in elderly health services
↑ geriatric health services training for health provider in PHC
- 4** Not optimal study and research related to the elderly health
Advocacy to encourage the related institutions (universities, the research centres, etc)
- 5** The demand of the Elderly LTC are increasing
Prepare the LTC system (financing, regulation dan standardization, etc)
Increasing the collaboration with related parties (intersectoral, private and community)

HOPE TO THE ERIA

Make a research about:

- The benefit of the integrated team approach in geriatric health services in the hospital
- The benefit of home care services for the elderly --> to advocate the policy making
- Information about the financing system for the long term care --> data base to develop the long term care program
- Quality of life for older people
- The main caused of the elderly disability
- Information about Dementia



Terima kasih
THANK YOU

*Forty is the old age of youth.
Sixty is the Youth of old age..
Forever Young.. Forever Healthy...*