

Caring Societies
Ageing and Health in the Laos PDR

Presented by

Mr Sisavath KHOMPHONH

**Deputy Director of Pension, Invalid
and Handicap Department**

The overview of Lao P.D.R

1. Lao PDR is a landlocked country,
2. Total of land area 236,800 square kilometres,
3. Lao population is more than 6,5 million,
4. Labour force is more than 3,6 million
5. Aging population is more than 374, 480 peoples,
6. Life expectancy 65 years
7. According to national statistics, it is estimated that by 2020 the population of Laos will increase up to 7,4 million and there will be old age population 461,000 or 6.18 % of the population.
- 8.

Legislation for action on ageing and health

1. Law on health treatment
2. Law on hygiene education
3. Social Welfare Strategy 2011-2020 was created.
4. Decree on social security system No: 207 for public sector
5. Decree on social security system No: 70 for private sector
6. Social security system for community
7. Decree (No 156/PM) on the Approval and Declaration of Application of the National Policy towards the Elderly in the Laos PDR.

Mechanism for action

1. National Committee for Elderly was established with The Deputy Prime Minister as President.
2. The social security system for public, private sector and communities were established in 2001 by sharing expenses.
3. Provincial committees and district for elderly also were established .
4. Set up groups elderly at the villages

Good practice

Following up our national strategy plan

We have promoted health care for older peoples by providing facilities to do exercise consistently, regularly in proper and safe circumstances, advising them to reduce smoking, drinking, avoiding gambling and not to harm their physical and mental wellbeing. In treatment we have also promoted first aid at home and then communities can take them to hospital when necessary. We have also provided hygiene education to elder persons in the community for the prevention of disease and promoted free yearly physical checks and training volunteers for providing services to those who are in need of assistance

There has also been promoted income generation programs for older people to get more income for supporting their families by employment promotion for older people doing light work according to their capacity and requirements.

Good practices

We have established groups for handicrafts involving the weaving of textiles, making Laos skirts and animal raising at the local village level.

Program on livelihood improvement

We have set up savings funds in the villages in order to give credit to those who want run small businesses at home. With lower interest rates this fund is also used for welfare when elder persons have a problems with their health. We found that this activity has improved the lives of elder people greatly.

At the local communities and villages the elder people have an important role in educating the teenagers in the communities and participating in the activities when communities have traditional events or festivals.

Good practices

- Celebration on international day for older peoples every year there were more than 1 000 older peoples participation on that day
- Many activities were introduced to elder persons such
Providing health care education, health checking free
and walking for health

Key challenges for action on ageing and health

1. Lack of comprehensive legislation on aging
2. The mechanism to promote elder people at the district and villages have not yet been established in all villages
3. The social security system has not yet been established in all provinces and districts.
4. The facilities to promote older people to do exercises are not sufficient, especially in remote areas.
5. Awareness raising about hygiene education and disease prevention in societies is not yet widely provided.
6. Lack of Social workers to provide services for elder persons

Current challenges

7. The knowledge and experience of staff who work and deal with these issues is insufficient, especially at the provincial and district level
8. Financial support to implement these activities is insufficient when compare with the need of development.

Solution

1. Continue to extend or establish the mechanism to promote elderly people at the district and village level.
2. Continue to extend the social security system into the provinces and districts that have not been established.
3. Continue to provide facilities to promote older people to do exercises, especially in the remote areas
4. Continue to up hold awareness raising on hygiene education and disease prevention to societies where it does not presently exist.
5. Train more volunteers as well as social workers to provide services for elder persons

Solution

6. Up grade the knowledge and experience of staff who work in this field at all levels and stages in order to implement the action plan on aging.
7. Within financial constraints, provide a budget to implement the activities relating to elderly people.
8. Promote a caring society to the public and private sector and seek their involvement in the implementation of programs which enhance the role and function of elder persons within society. This includes encouraging families have to pay more attention to elder persons in health care and social services.

Resolutions by ASEAN

1. Continue to mainstreams aging issue into Socio-Economic development as part of the implementation of the National Poverty Reduction Plan, and Millennium Development Goals and other government strategies concerning elderly people.
2. Continue to improve health care facilities for elder persons and to increase access to healthcare and social services.
3. Up hold cooperation among ASEAN and ASEAN + 3 in order to exchange knowledge and experiences, particularly good practices.
4. At the international level, organizations concerned should provide more technical and financial support to ASEAN countries, especially new members such as CLMV.

Learning from JAPAN

- Long term care insurance
- Health promotion for elderly peoples and promotion of social participation
- Improving and providing facilities to community
- Volunteer program
- Promote independent living with providing services at home and communities and providing assistive devices
- Job replacement or job seeking for elderly peoples

International day celebration on elderly









