

Health Care & Healthy life style for the Elderly by utilizing the Potential of community in Myanmar



Myanmar Culture, Custom & Tradition

- Extended family pattern
- Value and respect the older persons
- Common traditional practice of looking after the elderly



Older age groups 60 years and above increased from 6.0 per cent in 1973 to 8.7 per cent in 2007

Myanmar(current situation)

- 51.4 millions (2014 Census provisional result)
- Growth rate 2.02%
- The life expectancy for male is 62.5 years and for female is 66.6 years
- The population of the older persons (above 60 years) is estimated to **5.23** millions.
- . 500,000 older people (**10%** of the older people population) may be vulnerable.
- Out of the vulnerable group, 30% are being looked after by extended families. Therefore, it is essential for us to take care of the **rest 70%** because they can be vulnerable.
- It is estimated that the number of older persons in Myanmar will increase to 21.4% of total population in 2050 as the consequences of declining birth rate and rising longevity.

Current Programs for Older People

- ❑ Home for the Aged
- ❑ ROK-ASEAN Home Care Program
- ❑ Older people Self Help Group
- ❑ Rural Development on Ageing
- ❑ Health Care Program for the Elderly(WHO)
- ❑ Day Care Centre
- ❑ Paid Home (Pilot Study)



PARTNER ORGANIZATIONS

- ❖ Myanmar Women Affairs Federation (MWAFF)
- ❖ Myanmar Maternal and Child Welfare Association (MMCWA)
- ❖ World Vision (Myanmar)
- ❖ Global Vision
- ❖ National YWCAs
- ❖ Help Age International
- ❖ Myanmar Red Cross Society
- ❖ Myanmar Baptist Churches Union (MBCU)
- ❖ Caritas Thailand

**HelpAge
International**

age helps



**GLOBAL
VISION**

Health care and healthy life style for the elderly by utilizing potential of communities

Implementation and Practice of Social Security Systems

- ❖ In enacting and implementing the Social Security Law, 2012, only the three Insurance Systems: Health and Social Care Insurance System, Family Assistance Insurance System and Employment Injury Benefit Insurance System were begun in practice.
- ❖ In New Pension Law (2012), Article 34 enacted as follows:
The age for superannuation of the insured shall be as stipulated by the Ministry of Labour in Coordination with the SSB with the approval of the Union Government

Health Care Programs for Older People

Services at District/Township Level

- Wednesday clinic opens for the older people
- Provide basic management to older people/screening if available
- Demonstrate physical exercise
- Health education and counseling
- Data collection, compilation and reporting
- Records and reports of elderly health care

Physical activities demonstration at Elderly clinics



Rural Health Center

Services at Rural Health Center

- Opens elderly clinic every Wednesday
- Basic Health Staff give curative care for minor ailments
- Refer those who are seriously ill to nearest Station/ Township hospital
- Health education and counseling to OPs as well as family member to understand the healthy life styles and how to take care older people with health problems
- Base line data collection of older people
- Demonstrate basic physical exercise to the OPs and encourage them to do it regularly

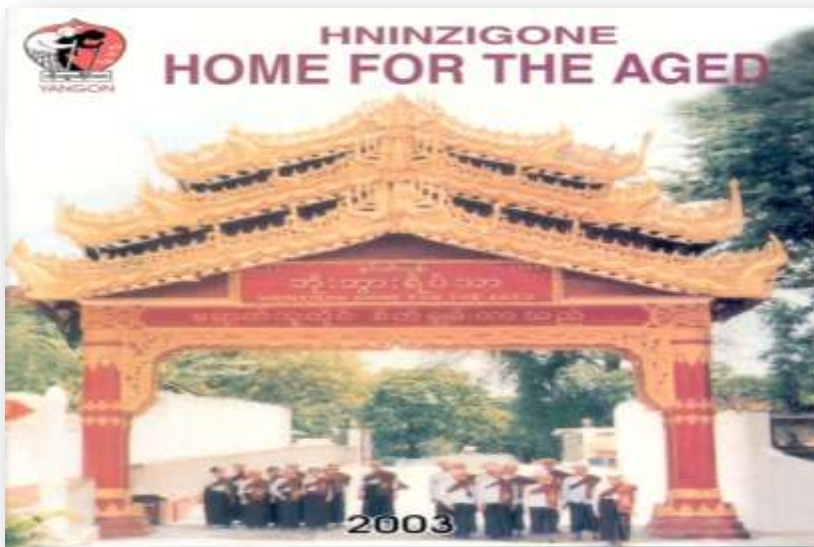
Healthy life style education & instruction for physical activities in rural areas





Home for the Aged

- **71** Homes for the Aged covering over **2300** older persons
- Department of Social Welfare provides support such as rice, funds for food, clothes, salary of the administrators.
- Technical assistance is also provided.(provide training course for voluntary care givers



ROK-ASEAN Home care for the older people

First phase 2004 – 2006

- Pilot project 2 townships
- National YMCA

Second phase 2006 – 2009

- Expansion through DSW
- 3 partners in 25 Townships

Third phase 2009 – 2012

- Delivery system of Home Care Activities continued
- Development of National Policy
- 10 partner organization in 154 townships
(volunteers-16624, OP-16919)



Older People Self Help Groups (OPSHG)

❑ Target areas

- Upper Myanmar : 18 villages Mandalay Region
- Lower Myanmar : 43 villages in Ayeyawaddy Region
- Yangon : 2 Wards in Dagon (East) Township

❑ **Beneficiaries** : about 20,000 OPs and their families

❑ **Formation of OPSHG** :Main Committee, Fund Raising Sub-Committee, IGV Sub-committee, Health Sub-committee, Home Care Sub- committee, DRR Sub-committee

❑ **OPSHG activities** : Fund raising, Livelihood, Income Generation Venture, Health, Home Care, DRR



Rural Development on Aging (RDA)

- ❖ Reducing Economic Vulnerability through an Equitable/ Inclusively Approach to Livelihoods – **REVEAL**
 - **Target areas (Dry Zone)** - 30 villages
 - Beneficiaries : 10,000 OPs and their families
 - **Key Activities**
 - Livelihood support to household with older people (in kind & in cash)
 - Home Care (Social Care)
 - Health Care
 - Income generation venture activities
 - Disaster Risk Reduction
 - Capacity Development to community



Two day care centers in Yangon
One is run by MMA
and the rest by DSW.



Day Care Center

- Two day care centers currently in Yangon established by Myanmar Medical Association and Private



Day Care Centre for the Aged

- Caring model - Centre based
- Objective - to reduce social loneliness and to promote the role of older person in changing context
- Caring program - Social care, Health care, promote to active ageing, Recreation activities, Life long learning activities, Ensuring wellbeing in later life and nutrition
- Open on 20th November 2013 in Yangon

Activities at Day Care Centers



Caring societ

Challenges (Difficulties)in Health Sector

- National elderly health care programme is not implemented yet.
- Low awareness on active and healthy aging concepts.
- Strengthening of Geriatric Medicine is needed.
- Only over 8000 senior people are cared and needs more senior people.
- The amount of home for aged and needs to extend.
- To promote more resources and to expert for communities based elderly care.
- The elderly employment is not policy
- Continuous support is important for sustainability of elderly health care activities

Future Plan

- To form the National Committee for Older People
- To raise awareness on taking care of older people
- To implement elderly programmes in line with the National Plan of Action for Older People
- To establish a trust fund for Older people
- To organize to help community-based Home care service
- To carry out OPSHGs programme widely
- To develop day-care centers for Older People in nation wide

Conclusion

- Myanmar is now having growing number of elderly and Ministry of Health together with other Ministries and Partner organizations to care elderly people with Active Aging concept focusing on Healthy life style approach.
- Being a global issues, ageing issue is to be solved in the form of global family.
- Myanmar will collaborates with UN agencies, international organizations and regional countries.

Thank you for your attention..

- ***Towards a society for all ages!!***

