The Current Status and Issues Surrounding Active Aging
in the ASEAN plus 3 Countries

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Ministry of Health, Labour and Welfare, Japan
Contents

1. Ageing in the ASEAN plus 3 countries

2. Active ageing

3. Policies for active ageing

4. Challenges

5. Points for consideration
THE SPEED OF AGEING

Comparison of Aging-Related Indicators (ASEAN+3)

<table>
<thead>
<tr>
<th>Country</th>
<th>Aging rate 1990 (60+) (%)</th>
<th>Aging rate 2010 (60+) (%)</th>
<th>Prospect of aging rate 2025 (60+) (%)</th>
<th>Prospect of aging rate 2050 (60+) (%)</th>
<th>Total fertility rate</th>
<th>Life expectancy at birth</th>
<th>Labor-force participation ratio (60-64year-old)</th>
<th>Per capita GDP (US$)</th>
<th>Income disparity (Richest 10% to poorest 10%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Japan</td>
<td>17.4</td>
<td>30.5</td>
<td>35.5</td>
<td>41.5</td>
<td>1.32</td>
<td>79.3</td>
<td>86.1</td>
<td>76.0</td>
<td>45.7</td>
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<tr>
<td>Republic of Korea</td>
<td>7.7</td>
<td>15.7</td>
<td>27.2</td>
<td>38.9</td>
<td>1.29</td>
<td>76.5</td>
<td>83.3</td>
<td>70.2</td>
<td>41.5</td>
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<tr>
<td>Singapore</td>
<td>8.4</td>
<td>14.0</td>
<td>27.1</td>
<td>37.8</td>
<td>1.25</td>
<td>78.5</td>
<td>82.7</td>
<td>67.5</td>
<td>35.4</td>
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<tr>
<td>Thailand</td>
<td>7.3</td>
<td>12.9</td>
<td>21.3</td>
<td>31.8</td>
<td>1.63</td>
<td>70.2</td>
<td>77.1</td>
<td>50.1 (60-)</td>
<td>29.5 (60-)</td>
</tr>
<tr>
<td>China</td>
<td>8.9</td>
<td>12.3</td>
<td>20.2</td>
<td>33.9</td>
<td>1.64</td>
<td>71.1</td>
<td>74.5</td>
<td>58.3</td>
<td>40.6</td>
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<tr>
<td>Vietnam</td>
<td>7.3</td>
<td>8.4</td>
<td>15.3</td>
<td>30.8</td>
<td>1.89</td>
<td>72.3</td>
<td>76.2</td>
<td>69.4</td>
<td>58.2</td>
</tr>
<tr>
<td>Indonesia</td>
<td>6.1</td>
<td>8.2</td>
<td>13.2</td>
<td>25.5</td>
<td>2.19</td>
<td>66.3</td>
<td>69.4</td>
<td>78.9</td>
<td>47.3</td>
</tr>
<tr>
<td>Malaysia</td>
<td>5.6</td>
<td>7.7</td>
<td>13.1</td>
<td>20.4</td>
<td>2.72</td>
<td>71.2</td>
<td>75.7</td>
<td>52.3</td>
<td>17.1</td>
</tr>
<tr>
<td>Myanmar</td>
<td>7.0</td>
<td>7.9</td>
<td>13.0</td>
<td>24.5</td>
<td>2.08</td>
<td>62.1</td>
<td>65.0</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>4.4</td>
<td>5.7</td>
<td>12.1</td>
<td>23.1</td>
<td>2.11</td>
<td>75.3</td>
<td>80.0</td>
<td>45.5</td>
<td>11.2</td>
</tr>
<tr>
<td>Cambodia</td>
<td>4.5</td>
<td>6.2</td>
<td>9.5</td>
<td>19.0</td>
<td>2.80</td>
<td>60.2</td>
<td>62.6</td>
<td>69.5</td>
<td>33.0</td>
</tr>
<tr>
<td>Philippines</td>
<td>4.7</td>
<td>5.7</td>
<td>8.9</td>
<td>15.3</td>
<td>3.27</td>
<td>64.5</td>
<td>71.3</td>
<td>79.0 (55-64)</td>
<td>54.8 (55-64)</td>
</tr>
<tr>
<td>Lao PDR</td>
<td>5.7</td>
<td>5.9</td>
<td>8.4</td>
<td>18.9</td>
<td>3.02</td>
<td>64.8</td>
<td>67.3</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

Source
1) UN: World Population Prospects: The 2010 Revision Population Database
2) Statistical data of respective countries.
Number of Years Required for the Proportion of the Aged Population to Double (Doubling Time)

<table>
<thead>
<tr>
<th>Country</th>
<th>Population (million)</th>
<th>Aging rate (65+) 7% Aging society</th>
<th>Aging rate (65+) 14% Aged society</th>
<th>Doubling time Number of years required for the proportion of the aged population from 7% to 14%</th>
<th>Aging rate (65+) 21% Super Aged society</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philippines</td>
<td>94.85</td>
<td>2032</td>
<td>2062</td>
<td>30</td>
<td>2088</td>
</tr>
<tr>
<td>Malaysia</td>
<td>28.86</td>
<td>2020</td>
<td>2046</td>
<td>26</td>
<td>2073</td>
</tr>
<tr>
<td>China</td>
<td>1,344.13</td>
<td>2000</td>
<td>2025</td>
<td>25</td>
<td>2037</td>
</tr>
<tr>
<td>Cambodia</td>
<td>14.31</td>
<td>2030</td>
<td>2053</td>
<td>23</td>
<td>2068</td>
</tr>
<tr>
<td>Thailand</td>
<td>69.52</td>
<td>2001</td>
<td>2024</td>
<td>23</td>
<td>2038</td>
</tr>
<tr>
<td>Myanmar</td>
<td>48.34</td>
<td>2021</td>
<td>2041</td>
<td>20</td>
<td>2060</td>
</tr>
<tr>
<td>Singapore</td>
<td>5.18</td>
<td>1999</td>
<td>2019</td>
<td>20</td>
<td>2027</td>
</tr>
<tr>
<td>Lao PDR</td>
<td>6.29</td>
<td>2034</td>
<td>2053</td>
<td>19</td>
<td>2065</td>
</tr>
<tr>
<td>Republic of Korea</td>
<td>49.78</td>
<td>1999</td>
<td>2017</td>
<td>18</td>
<td>2027</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>0.41</td>
<td>2023</td>
<td>2041</td>
<td>18</td>
<td>2063</td>
</tr>
<tr>
<td>Indonesia</td>
<td>242.33</td>
<td>2021</td>
<td>2038</td>
<td>17</td>
<td>2056</td>
</tr>
<tr>
<td>Vietnam</td>
<td>87.84</td>
<td>2018</td>
<td>2033</td>
<td>15</td>
<td>2047</td>
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</tbody>
</table>

Note: Japanese statistics generally state the doubling time as 24 years, using 1994 as the year that the rate reached 14.0%, whereas the UN statistics showed that the rate was 14.39% in 1995. This table shows the doubling time as 25 years, for comparability.

Source: World Bank, World Development Indicators database
Compiled by Mitsubishi UFJ Research and Consulting based on data from the United Nations’ World Population Prospects, the 2010 revision
Aging Rates of ASEAN Countries and Historical Development of Japan’s Elderly Care System

Source: UN, World Population Prospects, Database
Promoting Active Ageing

http://www.y-create.jp/bowling.html
Determinants of Active Aging (WHO policy framework, 2002)

- WHO defined Active Aging as “Active aging is the process of optimizing opportunities for health, participation, and security in order to enhance quality of life as people age”.
- WHO identified three elements based on UN classification as “determinants” of Active Aging; Participation, Health, and Security.

**Health:** When the risk factors (both environmental and behavioral) for chronic diseases and functional decline are kept low while the protective factors are kept high, people will enjoy both a longer quantity and quality of life; they will remain healthy and able to manage their own lives as they grow older; fewer older adults will need costly medical treatment and care services.

For those who do need care, they should have access to the entire range of health and social services that address the needs and rights of women and men as they age.

**Participation:** When labor market, employment, education, health and social policies and programmes support their full participation in socioeconomic, cultural and spiritual activities, according to their basic human rights, capacities, needs and preferences, people will continue to make a productive contribution to society in both paid and unpaid activities as they age.

**Security:** When policies and programmes address the social, financial and physical security needs and rights of people as they age, older people are ensured of protection, dignity and care in the event that they are no longer able to support and protect themselves. Families and communities are supported in efforts to care for their older members.

Measures Applied to “Active Aging” based on WHO Description (selected)

<table>
<thead>
<tr>
<th>Health</th>
<th>Participation</th>
<th>Security</th>
</tr>
</thead>
</table>
| ◆ Prevent and reduce the burden of excess disabilities, chronic disease and premature mortality.  
   ✓ Prevention and effective treatment  
   ✓ Age friendly, safe environment  
   ✓ Hearing and Vision  
   ✓ Barrier free living  
   ✓ Rehabilitation, community support for family, assistive device, eyeglasses.  
   ✓ Social Support reducing risks for loneliness or isolation  
   ✓ HIV/AIDS  
   ✓ Mental Health services  
   ✓ Clean environment (clean water, safe food and so on)                                | ◆ Provide education and learning opportunities throughout the life course.  
   ✓ Basic education and health literacy  
   ✓ Lifelong learning  
   ✓ Recognize and enable the active participation of people in economic development activities, formal and informal work and voluntary activities as they age, according to their individual needs, preferences and capacities.  
   ✓ Poverty reduction and income generation  
   ✓ Formal Work and Informal Work  
   ✓ Voluntary activities  
   ◆ Encourage people to participate fully in family community life, as they grow older.  
   ✓ Transportation  
   ✓ Leadership  
   ✓ Society for all age  
   ✓ Positive image of aging  
   ✓ Reduce inequalities in participation by woman  
   ✓ Support organization representing older people | ◆ Ensure the protection, safety and dignity of older people by addressing the social, financial and physical security rights and needs of people as they age.  
   ✓ Social Security  
   ✓ HIV/AIDS  
   ✓ Consumer protection (e.g. unsafe medicine)  
   ✓ Social Justice  
   ✓ Shelter  
   ✓ Crises (elderly people in emergency situation)  
   ✓ Elder Abuse  
   ◆ Reduce inequities in the security rights and needs of older women. |
| ◆ Reduce risk factors associated with major diseases and increase factors that protect health throughout the life course.  
   ✓ Physical Activity (safe guidance, safe walking area, and supporting leaders)  
   ✓ Nutrition (including children)  
   ✓ Healthy eating  
   ✓ Oral Health  
   ✓ Psychological factor  
   ✓ Alcohol and drugs  
   ✓ Medication  
   ✓ Adherence (e.g. correcting poor adherence to therapies)                                |                                                                            |                                                                         |
| ◆ Develop a continuum of affordable, accessible, high quality and age-friendly health and social services that address the needs and rights of women and men as they age.  
   ✓ A continuum of care throughout the life course (collaboration between private and public and formal and informal, aging at home and in the community)  
   ✓ Affordable, equitable access to primary care |                                                                            |                                                                         |
| ◆ Provide training and education to caregivers.  
   ✓ Informal caregivers and Formal caregivers |                                                                            |                                                                         |
## Aging issues in ASEAN countries

<table>
<thead>
<tr>
<th>Issues in ASEAN countries</th>
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<tbody>
<tr>
<td><strong>Health</strong></td>
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</tbody>
</table>
| Facility services         | ✓ Secure the quality of services for the middle-income class  
                            | ✓ Standardize facility services  
                            | ✓ Develop facility services to rural areas  
| Home services             | ✓ Draw up a strategic roadmap towards development of home services  
                            | ✓ Develop and improve technical skills for each home services  
| Measures against NCDs     | ✓ Study and develop specific intervention schemes  
                            | ✓ Develop action plans and utilize statistic data  
| **Participation**         |
| Social participation      | ✓ Promote initiatives by utilizing existing social capital  
                            | ✓ Identify the fragile elderly who may not be able to participate in the elderly clubs  
| Measures for employment and livelihood | ✓ Encourage the elderly to actively participate in activities in order to secure caring resources in local communities  
| **Security**              |
| Health security program   | ✓ Extend health programs to the informal sector  
                            | ✓ Secure sustainable financing  
                            | ✓ Establish basic health services  
| Income security for the elderly | ✓ Improve the coverage  
                            | ✓ Improve the take-up rate and manage expenditures (e.g. old-age welfare allowance)  
                            | ✓ Improve the saving ratio  

## Examples in Japan

<table>
<thead>
<tr>
<th>Health</th>
<th>Participation</th>
<th>Security</th>
</tr>
</thead>
</table>
| ◆ Appropriate medical treatment for the elderly  
  ✓ Technical assistance for the appropriate consultation for the patients of chronic disease | ◆ Social Participation (employed)  
  ✓ Silver Human Resource Center  
  ✓ Extension of employment  
  ✓ Promotion of employment after retirement age  
  ✓ Improvement of pension scheme for diversity of retirement | ◆ Social Security [income]  
  ✓ Pension Scheme (including informal sector)  
  ✓ Arrangement for woman in the pension scheme  
  ✓ Public Assistance |
| ◆ Human Resource for Health/LTC service  
  ✓ Training for caregivers, social workers, and other related specialist in elderly care (care managers) on the care skills and assessment.  
  ✓ Training for public health and LTC related local government officers  
  ✓ Training for occupational therapist or physical therapists for rehabilitation | ◆ Social Participation (as peer provider in community)  
  ✓ Social Entrepreneur/ Community business development  
  ✓ Support for NPO  
  ✓ Volunteer | ◆ Health Security  
  ✓ Health Insurance  
  ✓ Health service for the poor  
  ✓ Financial control over health security system at the macro level |
| ◆ Health Promotion Activities for NCD prevention  
  ✓ Regular Health Checkup  
  ✓ Disease prevention activity at community level | ◆ Social Participation (peer support/neighborhood)  
  ✓ Peer Counseling  
  ✓ Formation of informal group  
  ✓ Life long education (Elderly University) | ◆ LTC Security  
  ✓ Service Development for home care  
  ✓ Long term care insurance (financing mechanism for elderly care)  
  ✓ Care Management System  
  ✓ LTCI accreditation system |
| ◆ Environmental Support  
  ✓ LTC facility regulation and operation  
  ✓ Heart Bill Act (Barrier free) / Universal Design | ◆ Environmental Support  
  ✓ Transportation service (e.g. community bus) | ◆ Life Support  
  ✓ Elderly Abuse  
  ✓ Adult Guardianship  
  ✓ Advocacy for the elderly program |
| ◆ Community and Service Development  
  ✓ Community activities (watch over) for isolated elderly  
  ✓ Community based integrated service system  
  ✓ Oral Care, Eating, Nutrition for the elderly  
  ✓ Supporting to caregivers  
  ✓ Medical care at home | | ◆ Shelter and Elderly housing policy |
| ◆ Public Awareness  
  ✓ Dementia Supporter Caravan | | |
Developing Policies from experiences in Japan

Act 1

Hatsan: Goinkyo-san, Goinkyo-san, please listen to me!

Goinkyo: What is it, Hatsan? You’re always overreacting to things. What’s the matter?

Hatsan: Well this time it’s really serious. I just heard that old man at Joushuya is planning to build a gigantic storage house in their back yard that’s three stories high and four-ken long.....

http://www.env.go.jp/policy/assess/1-2nagaya/1-1.html
<table>
<thead>
<tr>
<th>Main Programs/Schemes related to Aging in Japan</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Health, Medical and Elderly Care</strong></td>
</tr>
<tr>
<td><strong>Laws/Institutions</strong></td>
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<tr>
<td>System Development</td>
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<td>Human Resource Development R&amp;D</td>
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<tr>
<td>Promotions/disseminations</td>
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<tr>
<td>Institutional Capacity Development</td>
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</tbody>
</table>
History of the Social Security System in Japan

1945 – 1954
- Post-war confusion,
- Urgent needs to support for the poor

Post-war emergency aid and infrastructure development
1946 Public Assistance Act
1947 Child Welfare Act
1948 Medical Care Act, Medical Practitioners Act
1949 Act on Welfare of Physically Disabled Persons

1954 – 1974
- Rapid economic growth,
- Improvement in the living standard

Development of universal health insurance and pensions and the social security system
1058 Revised National Health Insurance Act
1059 National Pension Act
1061 Implementation of Universal Health Insurance & Pension System
1063 Act on Social Welfare Service for Elderly

1975 – 1989
- End of High economic growth,
- Administrative /financial reforms

Shift to stable growth and review of the social welfare system
1982 Health and Medical Services Act for the Aged
1984 Revised Health Insurance Act
1985 Revised Pension system, Revised Medical Care Act

1989～
- Declining birthrate
- Collapse of the bubble economy
- Long stagnation

Structural reforms of a social welfare system that keeps up with the aging society with fewer children
1989 Gold Plan
1990 Revised Eight welfare laws
1984 Angel Plan & New Gold Plan
1997 Long-term Care Insurance Act
1999 New Angel Plan
2004 Pension System reform
2005 Long-term care insurance Reform
2006 Medical Care System Reform
## Milestone Elderly Policies in Japan

<table>
<thead>
<tr>
<th>Decade</th>
<th>Rate of 65+ in total pop.</th>
<th>Policies and Schemes</th>
</tr>
</thead>
</table>
| **1960s**<br>Beginning of Elderly Welfare | 5.7% (1960) | 1961: Universal Pension System  
1961: Universal Health Care  
1963: Elderly Welfare Law (start of Special Nursing Home; SNH) |
| **1980s**<br>Hospitalization and Bedridden elderly Elderly issues recognized as Social Problem | 9.1% (1980) | 1982: Elderly Health Act (Health Check & Health Promotion)  
1983: Partial Co-payment introduced for Elderly (70+)  
1988: Municipalities to make health and welfare plans for Elderly  
1989: Gold Plan (National Strategy to secure Elderly services) |
1995: Aging Society Basic Law |
| **2000s**<br>Long Term Care Insurance | 17.3% (2000) | 2000: Long Term Care Insurance System  
2006: Elderly Abuse Prevention Law |
| **2010s** | 25.0% (2013.10) | 2012: Comprehensive Reform of Tax and Social Security  
2013: Bill on Reform Program for Sustainable Social Security System under Parliamentary Review |
## Comparison of Public Assistance and Insurance System: Japan

<table>
<thead>
<tr>
<th>Public Assistance</th>
<th>Insurance System</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Financial source</strong></td>
<td>Services or payments with budget</td>
</tr>
<tr>
<td><strong>Financial arrangements</strong></td>
<td>Budget constraints, (sometimes) Unstable</td>
</tr>
<tr>
<td><strong>Nature of services or payments</strong></td>
<td>Given by local authorities, (often) Providers-oriented</td>
</tr>
<tr>
<td><strong>System Design</strong></td>
<td>Relatively simple, No need to collect premium</td>
</tr>
<tr>
<td><strong>In Japan</strong></td>
<td>Living protection (monthly allowance), Assistance for the disabled</td>
</tr>
</tbody>
</table>
The challenges that we face

http://www.city.shinagawa.tokyo.jp/gyoen/enu000098200/sgp000006109.htm
Changes in Social Security Expenditure

Sources: National Institute of Population and Social Security Research, “The Cost of Social Security in Japan FY 2009”; the figures for FY 2011 (budget basis) are based on estimations by the Ministry of Health, Labour and Welfare; the national income for FY 2011 is based on “Fiscal 2011 Economic Outlook and Basic Stance for Economic and Fiscal Management” (Cabinet decision on January 24, 2011)

An Overview of Benefits and Burdens of Social Insurance and Services in Japanese Life cycle

Note 1: Calculation of per person figures based on FY2009 data (actual; or closest if no 2009 data available). Specific method of calculation is as in the appendix. “Public services + defense + others” data are based on FY2010 budget.

2: The direct and consumption taxes are total of national and local government taxes.

3: In terms of burdens, the public debts are regarded as a form of burden for next generation (Approx ¥44 trillion based on FY2010 budget: about ¥350,000 for each citizen).
The users of long-term care insurance service grew to 4.13 million (about 2.2 fold increase) over a decade
(as of FY2010) (The number of the users by service type (fiscal year average))

(Note 1) ( ) is the percentage of the users of long-term insurance service in each fiscal year.
(Note 2) Figures are the March-February average (however, FY2000 is the April-February average).
(Note 3) The number of community-based service users in FY2006 is the April-February average.
Integrated Community Care System (Long-term care)

Healthcare
- Integrated community care support center/care manager
  - Provides consultation and coordinating services

Long-term care
- Home-visit care
  - Nursing care

Housing
- Commuting to medical facilities/care facilities
- Own home/elderly housing with long-term care

Living support
- Old people’s club, residents’ association, long-term care prevention, living support, etc.

Prevention
Points for Consideration

• What can we learn from the demographic trends and characteristics in the ASEAN plus 3 countries related to ageing?

• Are there useful experiences and good practices we can share among the countries?

• Where are potential areas for cooperation and developing relations for active ageing among the countries?

• & more?
Thank you!

*Kanbara in snow, by Hiroshige*