

REALIZING THE PROVISION OF HEALTH AND LONG-TERM CARE SERVICES

TIMOR LESTE



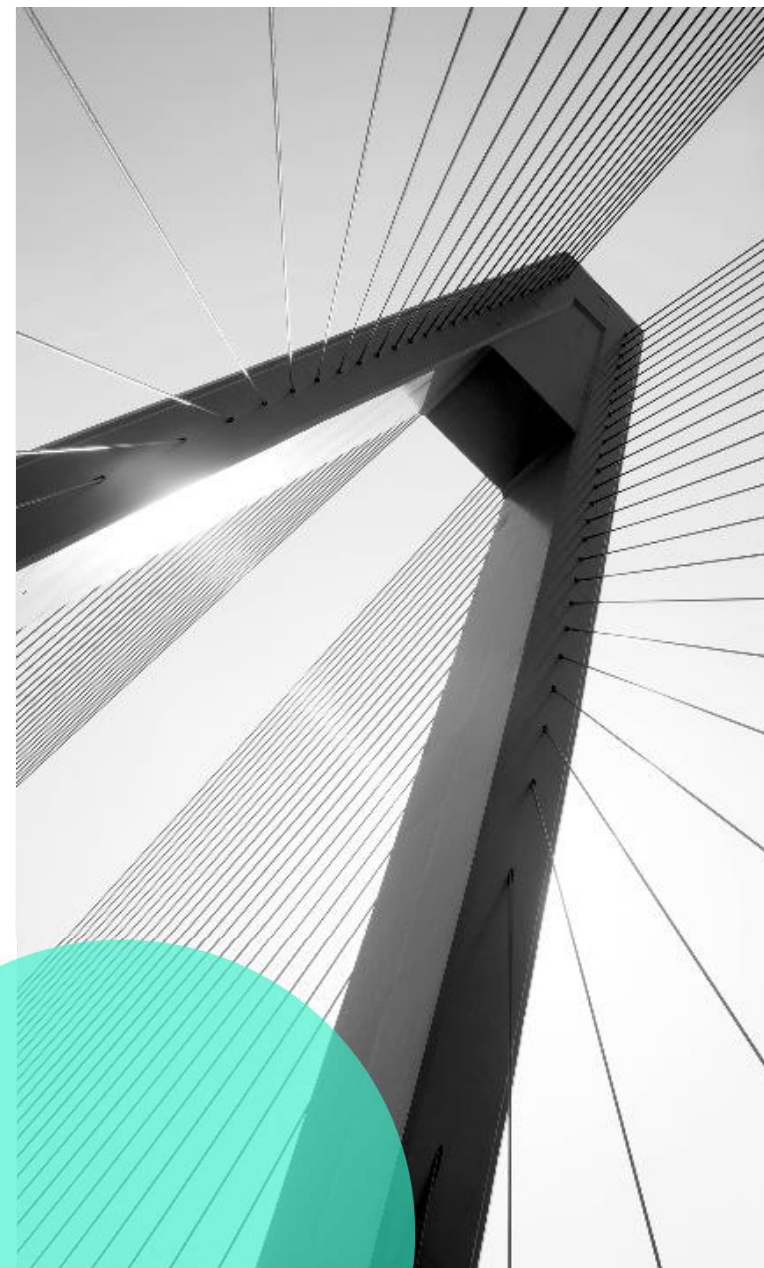


**SYSTEM IN PLACE TO
ENSURE ACCESS TO
HEALTH AND LONG-TERM
CARE WITHOUT FINANCIAL
BURDEN**

1. Free Primary Health care in all community health centers (CHCs) and Health Posts.
2. SISCa (Servisu Integradu Saude Komunitaria) a community based outreach program that delivers health care services directly to villages, including maternal, child and elderly care
3. National Health Insurance Plan (In progress)
4. Essential medicines and services provided at no cost through Ministry of Health facilities
5. MoH and MSSl provides basic home based care, health monitoring, and social support for the elderly and disabled persons.

MEASURES THAT HAVE BEEN IMPLEMENTED TO ADDRESS REGIONAL DISPARITIES

1. Mobile health teams and SISCa Visits to rural areas
2. Decentralization of health services through municipal health offices.
3. Training and deployment of community health workers (PSF&CHC Staff) to rural areas.
4. Infrastructure development – construction and rehabilitation of community health centers and rural health posts.
5. Coordination between ministries (MoH & MSSI) to link health care with social protection for elderly and vulnerable groups.



PROGRESS (EFFECTS AND ISSUES) OF THE MEASURES

Progress:

1. Increased coverage of primary health services across the country
2. Reduction in child and maternal mortality rates since 2002
3. Establishment of elderly allowance programs through MSSl
4. Improved community awareness on preventive care and nutrition

PROGRESS (EFFECTS AND ISSUES) OF THE MEASURES

Effects:

1. Greater health equity between rural and urban populations
2. Stronger community participation through SISCa and local health initiatives

Issues and Challenges:

1. Shortage of skilled health professionals, especially nurses and elderly care providers.
2. Limited long-term care infrastructure
3. Financial sustainability – the system still depends heavily on government budget and donor support.
4. Data and monitoring gaps in elderly and chronic disease management.

POSITIONING WITHIN UNIVERSAL HEALTH COVERAGE

1. Access to essential services for all citizens, including rural populations and older adults
2. Reduction of out-of pocket expenses, as services are mainly government-funded
3. Equity and inclusion, as the system prioritizes vulnerable groups such as elderly, disabled, women, and children
4. Integration between health and social protection policies through the collaboration of the Ministry of Health and MSSI