

An elderly man and woman are sitting on a light-colored sofa, looking at a laptop together. The man is on the left, wearing a white shirt and glasses, and the woman is on the right, wearing a white floral-patterned top and glasses. They both appear to be smiling and engaged with the content on the laptop. The background is a bright, indoor setting with a window and a green plant on the left.

Promoting Active Ageing in Southeast Asia

Presentation by SOMSWD, SOMHD and SLOM Thailand

Panel Session 3, HLOM 2025



Thailand Situation

Thailand has entered Completed - Age Society (Aged Society)

Total Population 64,854,432

Thai Elderly 13,994,045 (21.58%)

Activities of Daily Living (ADL)

Gender

 **Men (44.18%)**
6,150,864

 **Women (55.82%)**
7,843,181

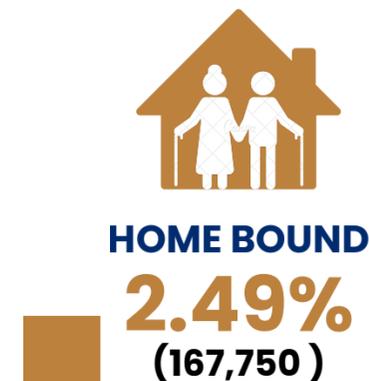
Age range

60-69 year 7,867,139 (56.22%)

70-79 year 4,232,453 (30.24%)

80 UP (13.54%) 1,894,453

ASSESSED PERSON 6,741,300



As of September 2025

Ministry of Public health, As of September 2024

Policy Mechanism



The Department of Older Persons focuses on various key initiatives

Closer to You: Reduce Expenses, Create Income, and Restart for the Elderly

Centers for Elderly Quality of Life and Occupational Promotion

(2,234 centers) are located in Local Administrative Organizations (LAOs) or temples, serving as venues where elderly persons can participate in joint activities.

Schools for Older Persons & Lifelong Learning

2,400 Senior Schools engaging 175,000 older persons in lifelong learning are located in Local Administrative Organizations, temples, or community venues. They offer curricula designed for elderly persons covering 5 dimensions with a minimum of 48 hours of instruction.

Rejuvenation Centers

offering wellness and creative activities

Wisdom Bank Projects

15,000 elders sharing traditional knowledge

Digital literacy & employment promotion

(Senior Job Connect, Silver Economy)

260 Active Ageing Networks and 536 caregivers supporting 60,000 elders



ลดรายจ่าย สร้างรายได้ ไร้สตาร์กชีวิต



Elderly Health Policy :

Strong Health



Proactive Community Screening

By Caregiver / Village Health Volunteers

In 2024, 6,939,893 elderly individuals were screened 9 regressions.



Health Promoting in Senior Club



(6,515 senior health clubs)



Village Health Volunteer Training

Training Health Literacy for Village Health Volunteer or Caregiver in community



Thai Aged-Friendly Communities

345 Communities





Skills for Active Aging

Build health literacy and increase access to health promotion services via a Digital Health Book



BLUEBOOK
Application
สมุดบันทึกสุขภาพผู้สูงอายุ



Customer Registration

- Older Adults: **9,351,991**
- Health Staff: **173,285**
- Volunteers: **441,619**



SOCIO-ECOLOGICAL MODEL OF ACTIVE AGEING



650,180
wellness plan for selfcare

It is a tool to create health literacy for the older people to learn, analyze, make decisions, and change behavior in order to slow down the deterioration of the body and prevent dependence.



Promoting Active Ageing in Thailand: Labour Policies



Career longevity Promotion

Career guidance



Public employment services for elderly



Tax incentives

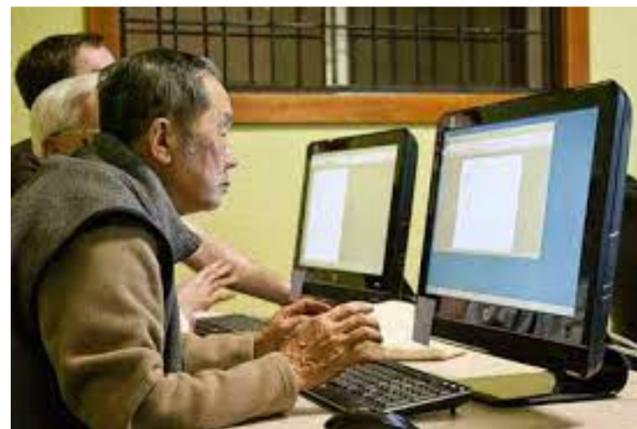


Skill Development

Life Long Learning

Quality learning opportunities

Reskilling and Upskilling

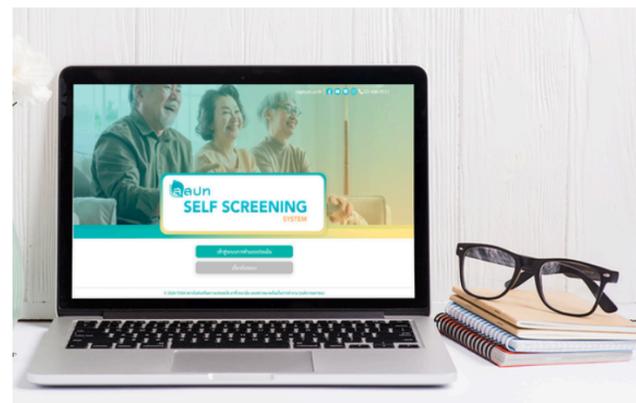


Social Protection and Social Security extension

Healthy ageing

Environmental friendliness

Pension and retirement age extension



T
H
A
N
K
K
Y
O
U

K O P K H U N



ありがとうございます。