



Sustainable Support for Ageing Populations

An Overall Summary

By **Malaysian Delegation**
For 23rd ASEAN & Japan High-Level Officials Meeting on Caring Societies

30 October 2025



Challenges & Opportunities

Our societies are changing - people are living longer, families become smaller, and communities are evolving.

Population ageing is now a mega trend, globally.

This demographic transition brings both challenges and opportunities for countries worldwide.

Challenges

- pose economic threat through declining working age population
- strain current care systems
- intensify resource pressures (human, financial, technological, and infrastructure)
- heighten institutional, healthcare and social protection system reforms.

Opportunities

- Care and silver economies - employment, business opportunities, and innovation targeted at ageing population.

Best Practices & Policy Recommendations

Common themes

Coordinated efforts, integrated care systems, sustainable funding, and workforce development.

Key takeaways

1. Make financing sustainable

E.g., Japan's health/long-term care model - social insurance and user co-payment.

2. Integrate health and social care at the local level

E.g., Japan (national LTCI) finances municipal Community Support Projects that enable prevention, social participation, and reablement.

Best Practices & Policy Recommendations

3. Invest in Active Ageing

E.g., Narita City, Japan - Scale enjoyable, light-touch group activities and measure effectiveness.

4. Develop community-based, intergenerational models

E.g., Vietnam - Intergenerational Self-Help Clubs and large volunteer/social worker networks.

E.g., Cambodia - Older People's Associations (OPAs) for active ageing and intergenerational activities.

5. Reach remote areas with mobile services

E.g., Timor-Leste deploys mobile service delivery and community-based centers.

Best Practices & Policy Recommendations

6. Develop and professionalize the elder-care workforce

E.g., Vietnam prioritizes geriatric training and staffing in its strategy.

E.g., Myanmar provide caregiver trainings to support families.

7. Enhance legal & governance

E.g., Cambodia – placed priority to reform ageing rights and digital inclusion laws.

8. Strengthen data systems for targeting, monitoring and evaluation

E.g., Timor-Leste plans to strengthen data collection and analysis for evidence-based policy.

9. Close the digital divide with intergenerational mentoring

E.g., Cambodia suggested National Digital Literacy Framework and intergenerational mentoring for seniors.

Best Practices & Policy Recommendations

10. Enable longer work lives with flexible work arrangements

E.g., Japan gradually raised retirement age to 65 (2012) and encourages securing jobs to 70 (2021).

11. Enhance private sector and community participation

E.g., Vietnam proposes simplifying procedures and allocating land to expand private elder-care services.

12. Integrating health, social protection, and local governance

E.g., Japan's model - strong data, municipal care networks, and gradual fiscal reform.

Conclusion

- Let's embrace Japan's lesson, **the 3Ps - Prevention, Participation, Protection** in building sustainable support for an ageing population!
- By investing in people's health, empowering communities, and ensuring social security, we can create societies where everyone can age with dignity.



Terima kasih!

