

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

*ASEAN-Japan High Level Officials Meeting on Caring Societies  
October 21-23, 2014, Tokyo*

*Office of International Cooperation, Division of International Affairs,  
Ministry of Health, Labour and Welfare, Japan*



# Outline

1. Ageing in the ASEAN plus 3 countries
2. Recent Cooperation on “Active Aging”
3. Current Situation about Ageing in Japan and its Challenges
4. Discussion Points

# Comparison of Ageing-Related Indicators (ASEAN+3)

	Ageing rate 1990 (60+) (%) <sup>1)</sup>	Ageing rate 2010 (60+) (%) <sup>1)</sup>	Prospect of ageing rate 2025 (60+)(%) <sup>1)</sup>	Prospect of ageing rate 2050(60+) (%) <sup>1)</sup>	Total fertility rate <sup>1)</sup>	Life expectancy at birth <sup>1)</sup>		Labor-force participation ratio (60-64year-old) <sup>2)</sup>		Per capita GDP (US\$) <sup>3)</sup>	Income disparity (Richest 10% to poorest 10%) <sup>4)</sup>
						Male	Female	Male	Female		
<b>Japan</b>	17.4	30.7	35.8	42.7	1.34	79.2	86.0	75.6	45.8	46,720	4.5
<b>Republic of Korea</b>	7.7	15.6	27.0	41.1	1.23	76.5	83.2	70.2	41.5	22,590	7.8
<b>Singapore</b>	8.4	14.1	24.2	35.5	1.26	78.7	83.7	67.5	35.4	51,709	17.7
<b>Thailand</b>	7.1	12.9	23.1	37.5	1.49	70.0	76.7	50.1(60-)	29.5(60-)	5,480	12.6
<b>China</b>	8.6	12.4	20.0	32.8	1.63	73.2	75.8	58.3	40.6	6,091	21.6
<b>Brunei Darussalam</b>	4.0	6.2	15.6	28.3	2.11	75.6	79.5	45.5	11.2	41,127	-
<b>Vietnam</b>	8.1	8.9	15.5	30.6	1.89	70.2	79.9	69.4	58.2	1,755	6.9
<b>Malaysia</b>	5.6	7.8	12.5	23.1	2.07	71.8	76.4	52.3	17.1	10,432	22.1
<b>Myanmar</b>	6.7	7.7	12.2	22.3	2.07	62.1	66.2	-	-	880	-
<b>Indonesia</b>	6.1	7.6	12.0	21.1	2.50	67.6	71.6	78.9	47.3	3,557	7.8
<b>Cambodia</b>	5.1	7.2	11.1	21.2	3.08	66.8	72.1	69.5	33.0	944	12.2
<b>Philippines</b>	4.7	5.9	8.7	13.7	3.27	64.5	71.3	79.0(55-64)	54.8(55-64)	2,587	15.5
<b>Lao PDR</b>	5.6	5.6	7.4	15.7	3.52	64.5	67.0	-	-	1,417	8.3

Data Source 1) UN: World Population Prospects: The 2012 Revision Population Database

2) Statistical data of respective countries.

3) World Bank Search 2012 (Myanmar ; National Accounts Estimates of Main Aggregates, 2010, United Nations Statistics Division)

4) Human Development Report 2007/2008:Published for the United Nations Development Programme (UNDP)

# Number of Years Required for the Proportion of the Aged Population to Double (Doubling Time)

	Population (million)	Ageing rate 2010 (65+) (%)	Ageing rate (65+) 7% <u>Aging society</u>	Ageing rate (65+) 14% <u>Aged society</u>	Doubling time Number of years required for the proportion of the aged population from 7% to 14%	Ageing rate (65+) 21% <u>Super Aged society</u>
Japan	127.82	23.0%	1970	1995	25	2008
Republic of Korea	49.78	11.1%	1999	2017	18	2027
Singapore	5.18	9.0%	1999	2019	20	2027
Thailand	69.52	8.9%	2001	2024	23	2038
China	1,344.13	8.4%	2000	2025	25	2037
Vietnam	87.84	6.5%	2018	2033	15	2047
Myanmar	48.34	5.1%	2021	2041	20	2060
Cambodia	14.31	5.0%	2030	2053	23	2068
Indonesia	242.33	5.0%	2021	2038	17	2056
Malaysia	28.86	4.8%	2020	2046	26	2073
Lao PDR	6.29	3.7%	2034	2053	19	2065
Philippines	94.85	3.7%	2032	2062	30	2088
Brunei Darussalam	0.41	3.7%	2023	2041	18	2063

Source: World Population Prospects: The 2012 Revision Population Database

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

# Recent Cooperation on “Active Aging” with ASEAN countries

Japan	ASEAN
	Thailand 2007-2011 CTOP : Prevention, Promotion 2013-2017 LTOP : Long-term care
<p><b>2013</b>.Jun. ~ Study Group for Japan's International Contribution to Active Aging July. Presentation from Thailand and Malaysian officials</p>	
Nov. JICA Training and Dialogue Program ” Universal Health Coverage in Asia”	Nov. ASEAN-Japan Seminar The Regional Cooperation for the Aging Society (Indonesia)
Dec. <u><b>The 11th ASEAN &amp; Japan High Level officials Meeting on Caring Societies</b></u> The ASEAN-Japan Commemorative Summit Meeting	
<b>2014</b>	Apr. Seminar on Social Security by JICA (Viet Nam)
	Jun. ASEAN+3 Senior Officials Meeting on Health Development (Thailand) <u><b>ASEAN-Japan Regional Conference on Active Aging (Indonesia)</b></u>
Sep. JICA Training and Dialogue Program “Policy on Aging in Asia”	Sep. ASEAN+3 Senior Officials Meeting on Health Development ASEAN+3 Health Ministers Meeting (Viet Nam)
Oct. <b>The 12th ASEAN &amp; Japan High Level Officials Meeting on Caring Societies [Oct. 21-23]</b>	
Nov. JICA Training and Dialogue Program ” Universal Health Coverage in Asia”	Nov. ASEAN+3 Senior Officials Meeting on Social Welfare and Development Lao PDR) The ASEAN-Japan Summit Meeting (Myanmar)

# The 11th ASEAN-Japan High Level Officials Meeting on Caring Societies

## Date:

- ◆ From 3 to 5 December 2013

## Theme:

**Active Aging**

## Organizers:

- ◆ Ministry of Health, Labour and Welfare, JAPAN

## Collaborators:

- ◆ The ASEAN Secretariat, WHO Regional Office for Western Pacific (WPRO), International Labour Organization (ILO) Office in Japan, Japan International Cooperation Agency (JICA)

## Participants:

- ◆ 63 participants from 10 ASEAN countries
- ◆ 2 participants from Republic of Korea
- ◆ ASEAN Secretariat (2), WHO/WPRO (1), ILO office in Japan (1), JICA(1)
- ◆ Experts(6)

# Major Recommendations from the Meeting

- enhance the development of policy-recommendations for long-term care and health care and human resources for the elderly;
- ensure that appropriate services are provided to the elderly, particularly services for the various problems facing the elderly including non-communicable diseases and dementia;
- consider reorienting and building systems to support the elderly according to the current conditions in the community ;
- consider building policies-recommendations, systems and plans for creating an age-friendly society;
- note the important leading role of the government for further coordinating the ministries and with local governments, and for continuing to exchange information on the current situations and good practices among the ASEAN plus 3 countries;

# ASEAN Japan Active Aging Regional Conference

Venue

The Embassy of Japan in Indonesia (Jakarta)

Date

20 June, 2014

Co-Organizers

- Ministry of Health, Labour and Welfare of Japan
- Mission of Japan to ASEAN
- JICA
- Toyota Foundation
- ASEAN Secretariat

**Opening Remarks** by HE Mr. Aiboshi, Ambassador of Mission of Japan to ASEAN

**Keynote Address** from experts and high level officers

**Panel Discussion** about the collaboration between health and welfare sectors for “Active Aging”



# Panel Discussion



*Theme:* **The Current situation of the collaboration between health and welfare sectors to achieve “Active Aging”**

# Major Recommendations from the Conference

- Exploring measures for building a sustainable cooperative network among ASEAN countries and Japan to develop periodical regional conference, to utilize best practices on collaboration between healthcare and welfare sectors on Active Aging, and expecting support from the Government of Japan for the establishment of the network;
- Considering incorporation of the needs of the elderly into healthcare and welfare policy-recommendations to provide appropriate healthcare and welfare services;
- Recognizing the important role of families and local communities and considering their participation in healthcare and welfare policies for promoting Active Aging;
- Recognizing this Conference as the first major implementation of the Vision Statement on ASEAN-Japan Friendship and Cooperation\* to enhance cooperation between ASEAN countries and Japan to improve health and welfare service for elderly;

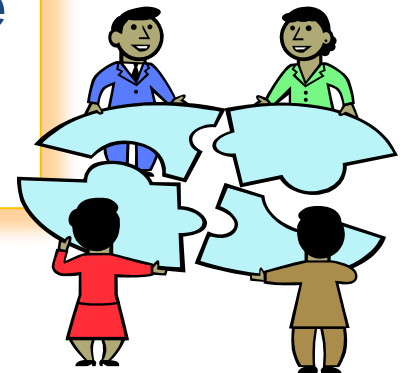
# Further Step for promoting “Active Aging”

Ministry of Health, Labour and Welfare of Japan would like to

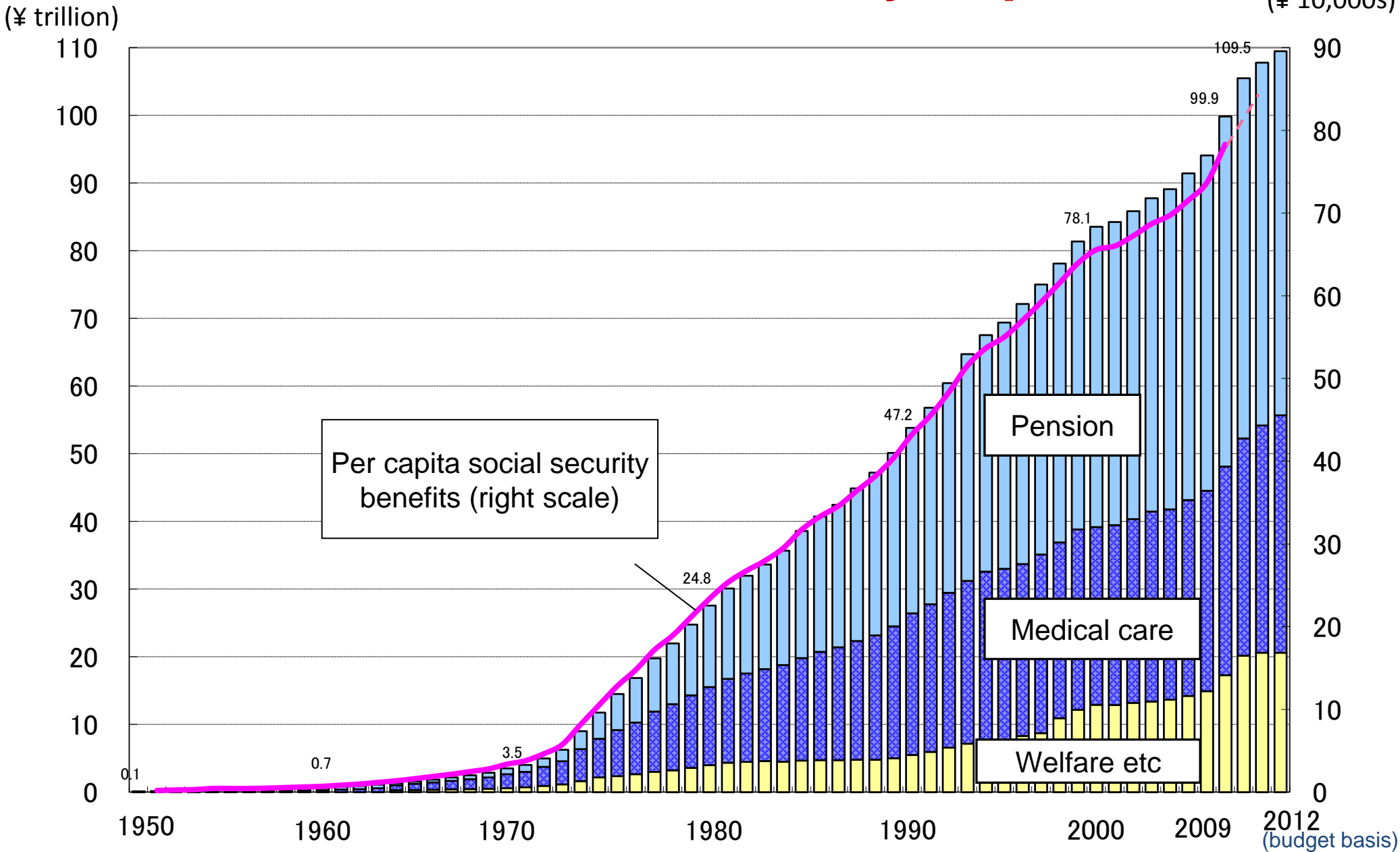
- explore to establish regional cooperation network among ASEAN countries and Japan on ageing issues.
- continue the Regional Conference as a platform for realizing the aforementioned network.

## Next Step

The 2nd ASEAN-Japan Regional Conference on Active Aging is expected to be held in an ASEAN country. (February-March)



# Transition of Social Security Expenditure



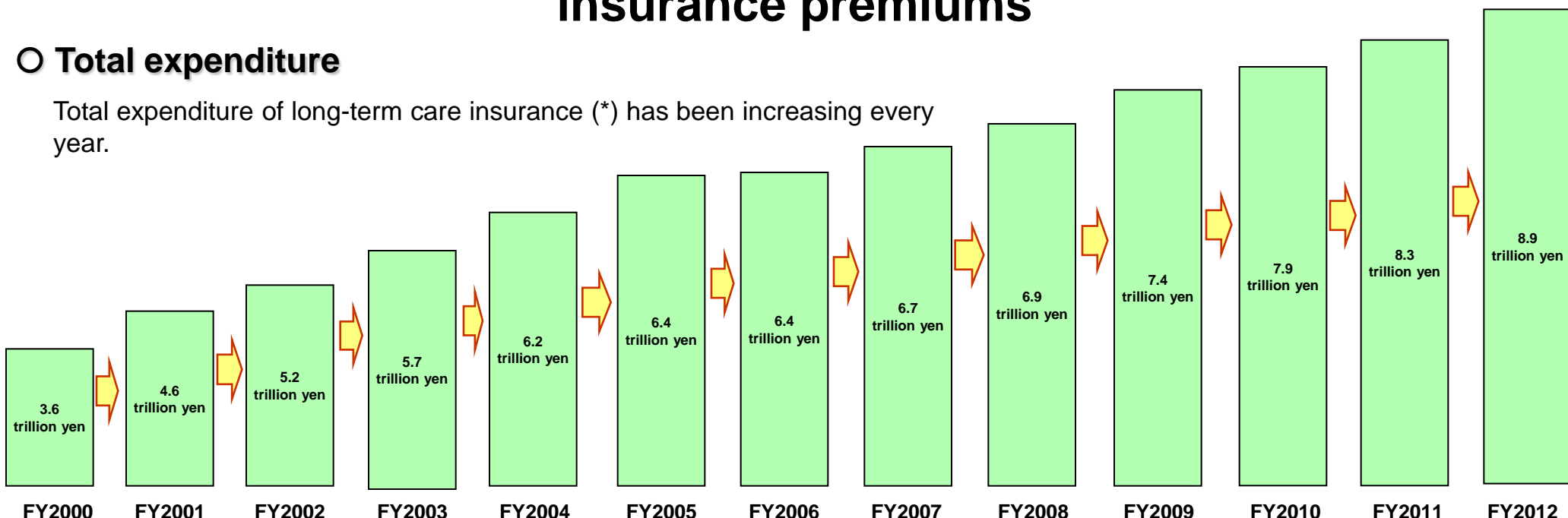
# Milestone Elderly Policies in Japan

	Rate of 65+ in total pop.	Policies and Schemes
<u>1960s</u> 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)
<u>1970s</u> Expansion of Expenditure for Elderly healthcare	7.1% (1970)	1973: Free Health Care for the Elderly
<u>1980s</u> 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 the Elderly (70+) 1988: Municipalities to make health and welfare plans for the Elderly 1989: Gold Plan (National Strategy to secure Elderly services)
<u>1990s</u> Implementation of Gold Plan	12.0% (1990)	1994: New Gold Plan 1995: Aging Society Basic Law
<u>2000s</u> Long Term Care Insurance	17.3% (2000)	2000: Long Term Care Insurance System 2006: Elderly Abuse Prevention Law
<u>2010s</u>	25.1% (2013.10)	2012: Comprehensive Reform of Tax and Social Security 2013: Reform Program for Sustainable Social Security System 2014: Reform of Long Term Care Law Co-payment Ratio 10%→20% (for those who are capable)

# Transition of long-term care service costs and long-term care insurance premiums

## ○ Total expenditure

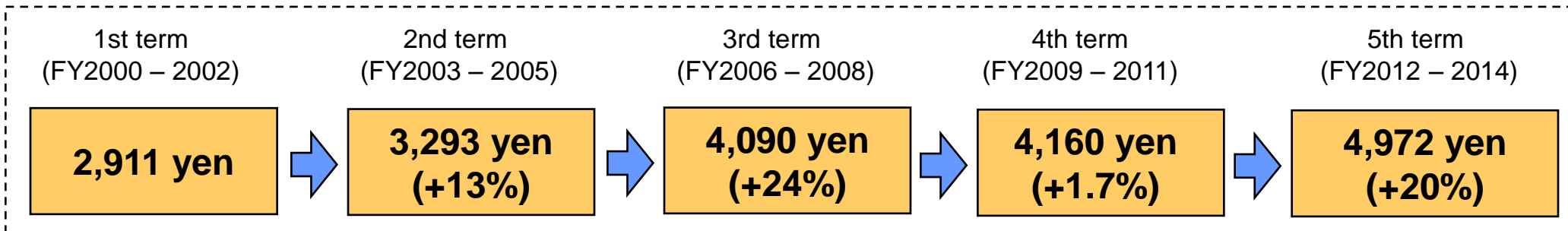
Total expenditure of long-term care insurance (\*) has been increasing every year.



(Note) Values of FY2000–2009 are actual values, those of FY2010–2012 are budgets at the beginning of the year

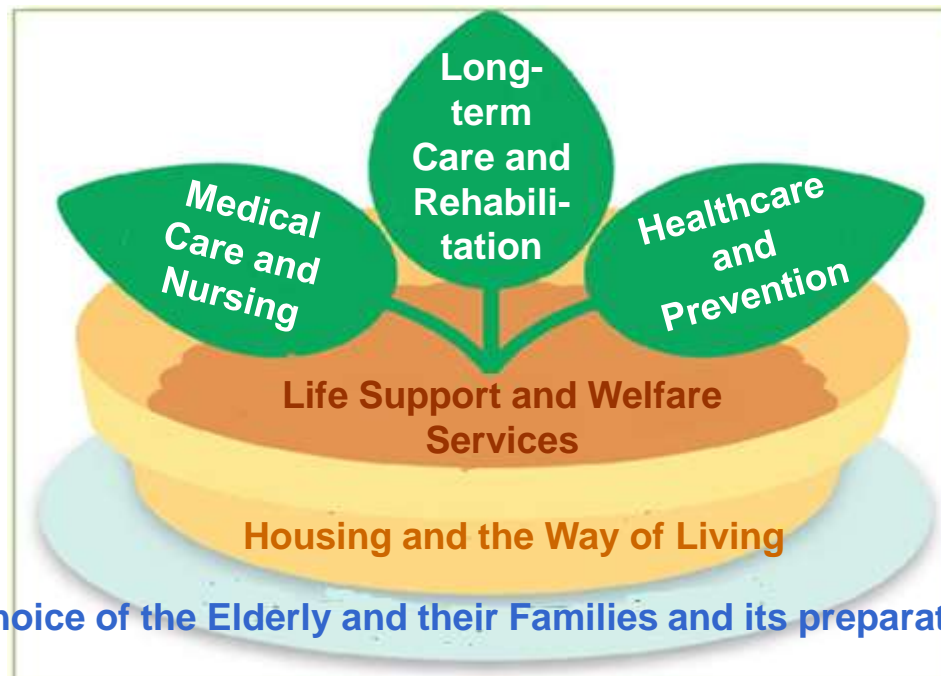
\* Clerical work costs and employment costs concerning long-term care insurance are not included. (those are budgeted by the local allocation tax)

## ○ Premium which people aged 65 and older pay (National average [monthly weighted average])



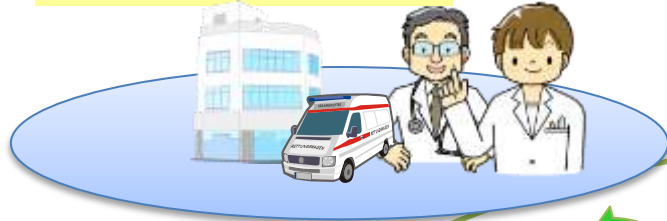
# The Concept of the Integrated Community Care System

- The integrated community care consists of 5 elements (housing, medical care, long-term care, prevention and life support services)
- Both of housing and life support services, which are the basement of living in the community are expressed as a flowerpot and soil. Medical care, long-term care and prevention, which are specialized services are expressed as plants.
- It is the same situation where plants cannot grow without a flowerpot and soil that medical care, long-term care and prevention cannot be effective without life support services and housing in the integrated community care.

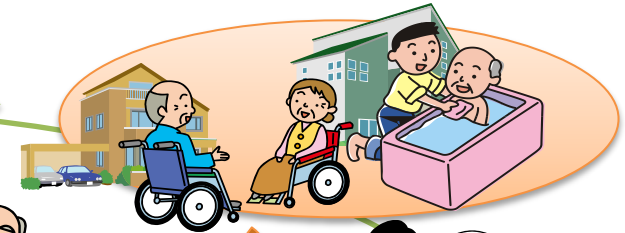


# Integrated Community Care System (Long-term care)

## Healthcare



## Long-term care



Commuting to medical facilities/care facilities



Own home/elderly housing with long-term care

## Housing

Home-visit care  
• Nursing care



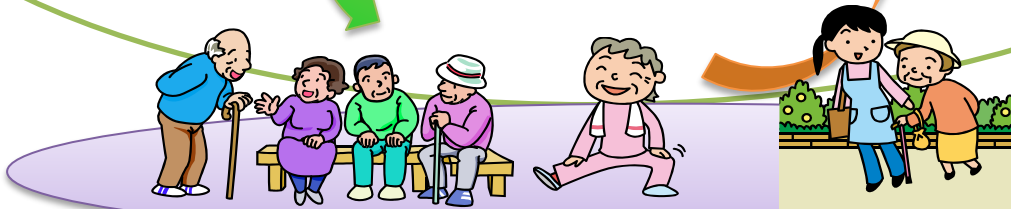
Integrated community care support center/  
care manager



Provides consultation and coordinating services

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

## Living support



## Prevention



# Discussion Points

- 1. Health care and healthy life style for the elderly by utilizing the potential of communities**
- 2. Long-term care service for the elderly and human resource development**
- 3. Age-Friendly cities and communities**
- 4. Social participation and contribution of the elderly**
- 5. Future cooperation with and among ASEAN countries for the ageing population**

# Programme

<p><b><u>Day 1</u></b> <b>21 October</b> <b>(Tuesday)</b></p>	<ul style="list-style-type: none"><li>● Opening</li><li>● Panel discussion 1 - 3</li><li>● Presentation from Collaborators</li><li>● Welcome reception</li></ul>
<p><b><u>Day 2</u></b> <b>22 October</b> <b>(Wednesday)</b></p>	<ul style="list-style-type: none"><li>● Sight visits</li><li>✧ Local government (Kawagoe City, Saitama Prefecture)</li><li>✧ Hospital (Kasumigaseki Minami Hospital)</li><li>✧ Welfare facilities for the elderly (Shinju-en)</li></ul>
<p><b><u>Day 3</u></b> <b>23 October</b> <b>(Thursday)</b></p>	<ul style="list-style-type: none"><li>● Presentation about long-term care services, human resource development, and assistive devices in Japan</li><li>● Panel discussion 4, 5</li><li>● Developing recommendations</li><li>● Closing</li></ul>