

Sustainable Support for Ageing Populations: Designing tomorrow

Dr. Somsak Akksilp

Executive Director

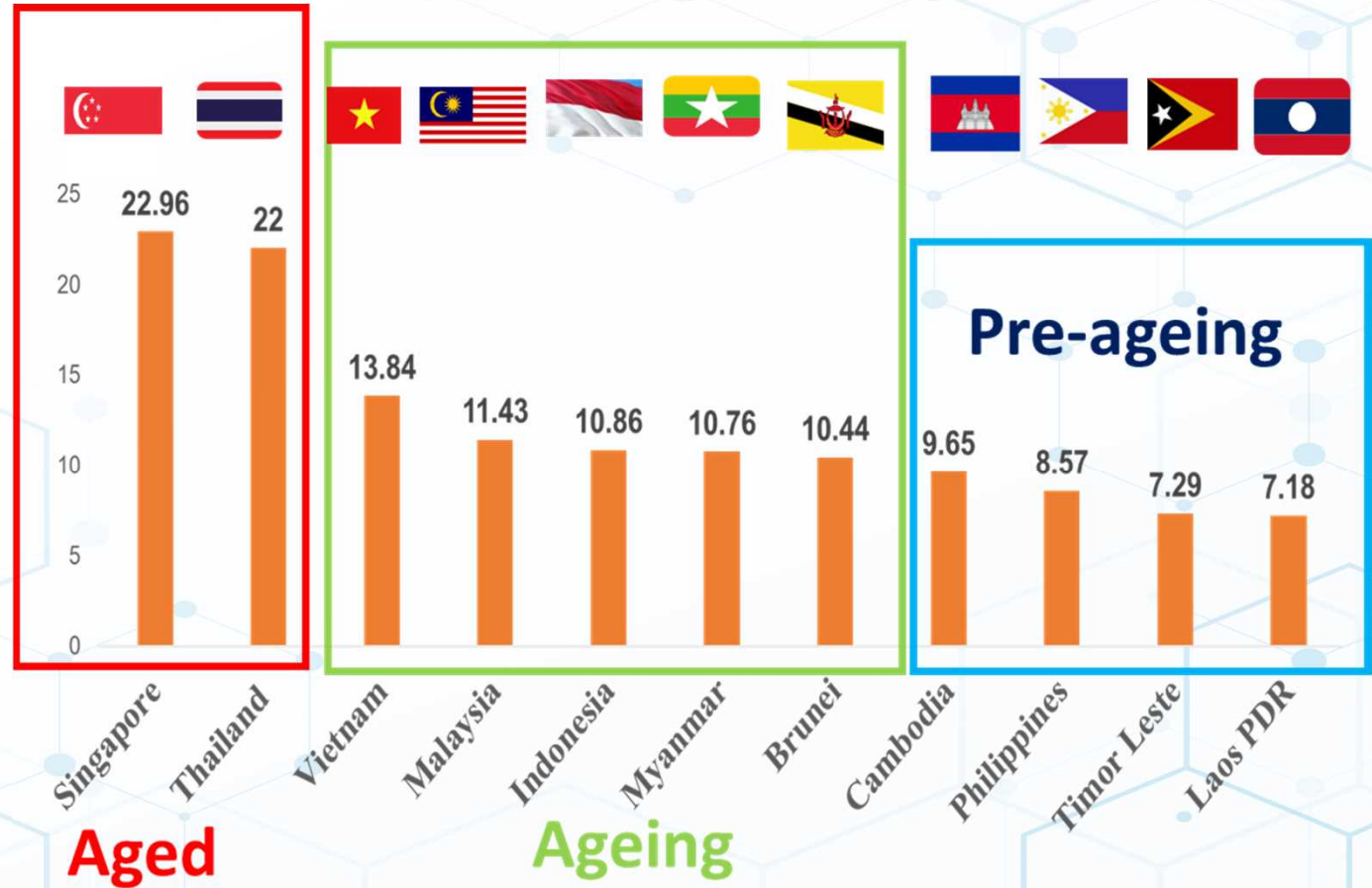
ASEAN Centre for Active Ageing and Innovation

The 23rd ASEAN & Japan High-Level Officials Meeting on Caring Societies (HLOM)
October 28, 2025

ASEAN Centre for Active Ageing and Innovation

ASEAN in transition

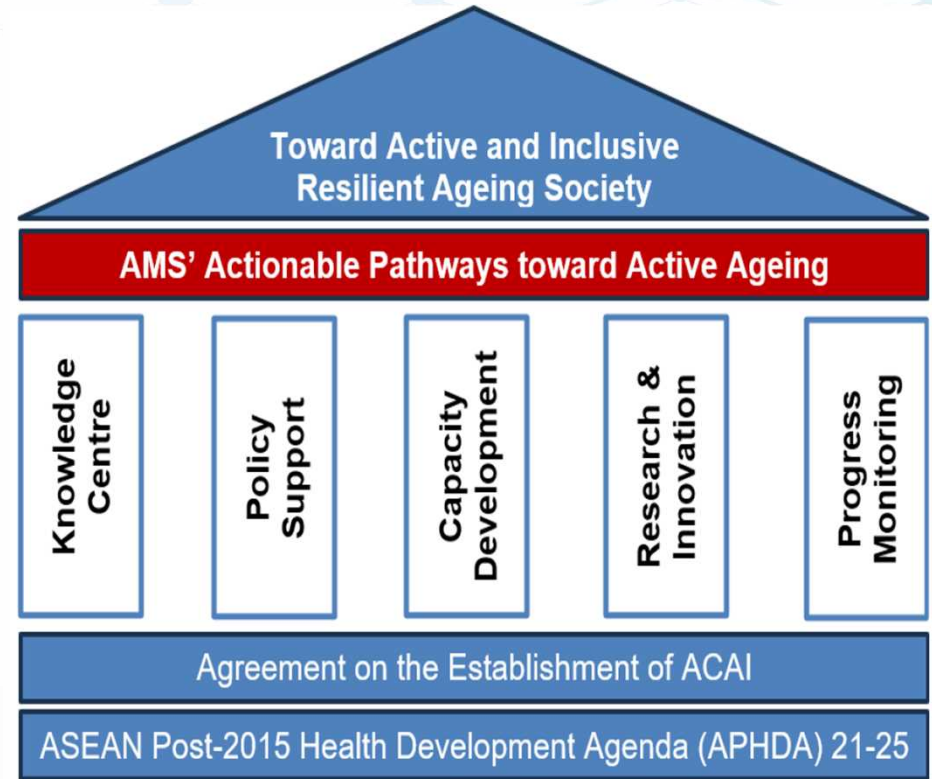
**Regional situation:
proportion of older
adults ≥ 60 yrs**
(UNDESA 2022 data)



Our vision & mission

Vision

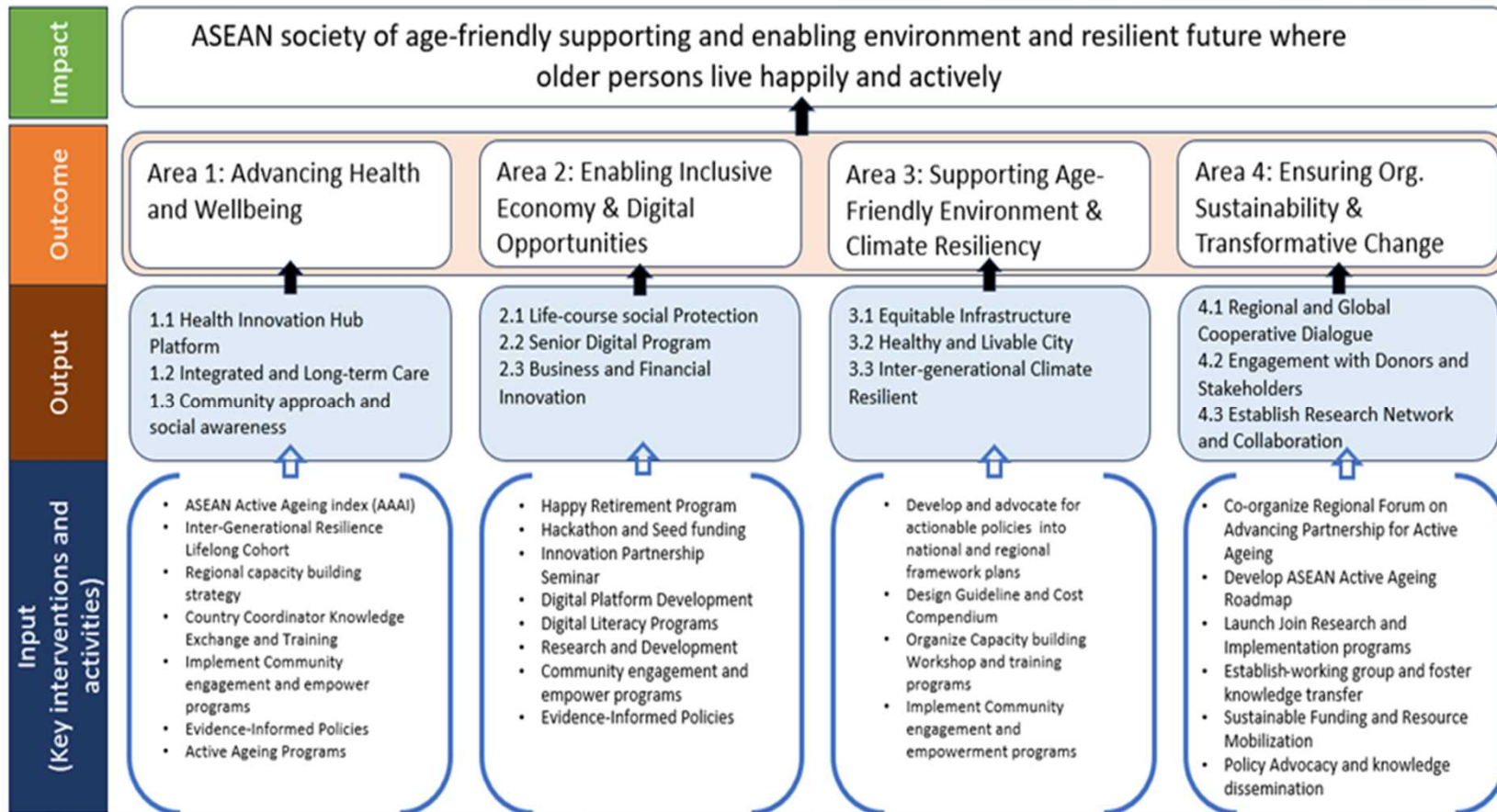
"A leading regional platform and international think tank for fostering collaboration on ageing, enabling an inclusive, resilient future where older persons live actively and productively."



Empower AMS to build **resilient, age-friendly societies** through strategic, actionable & inclusive policy frameworks grounded in science and innovation.

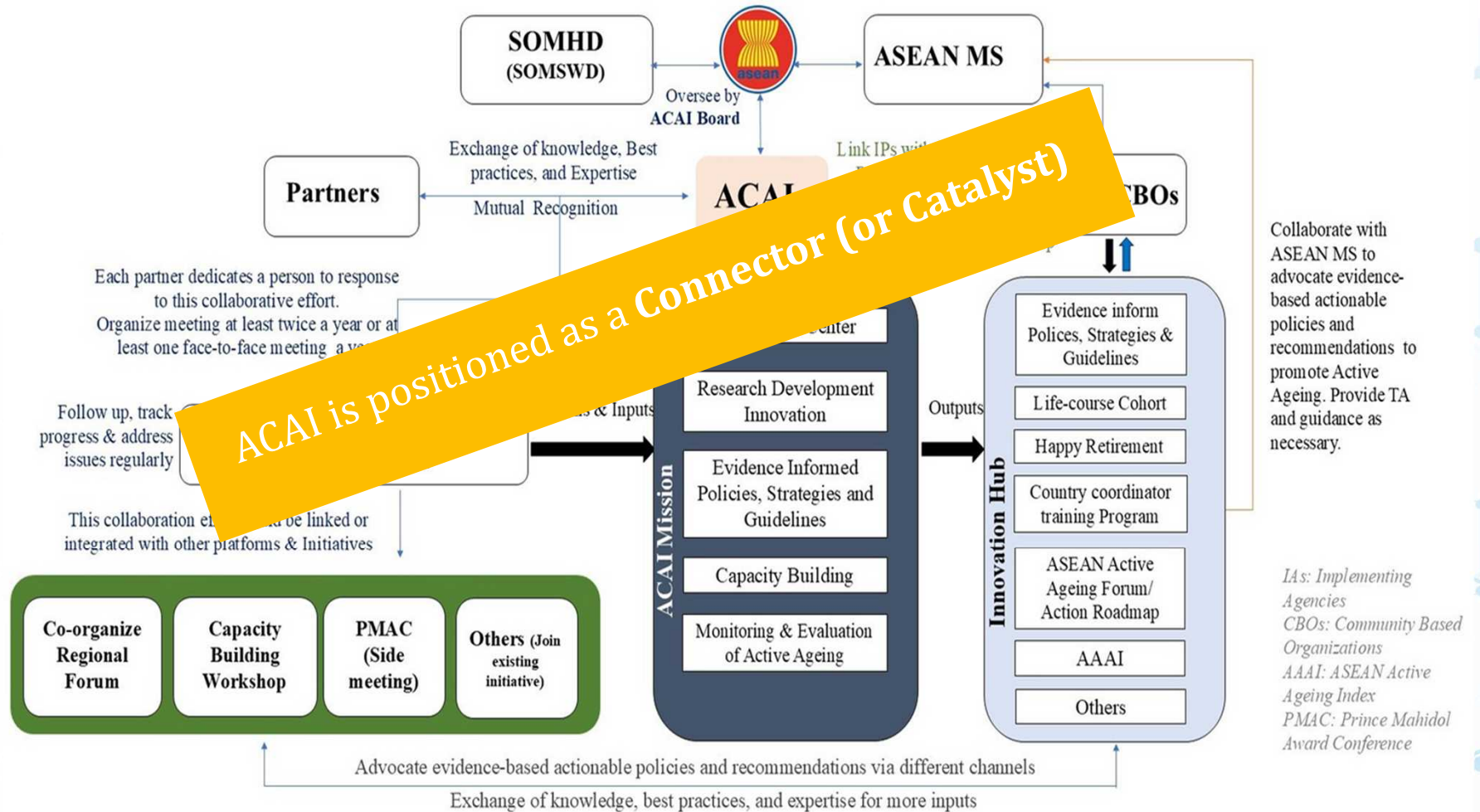
ASEAN Centre for Active Ageing and Innovation

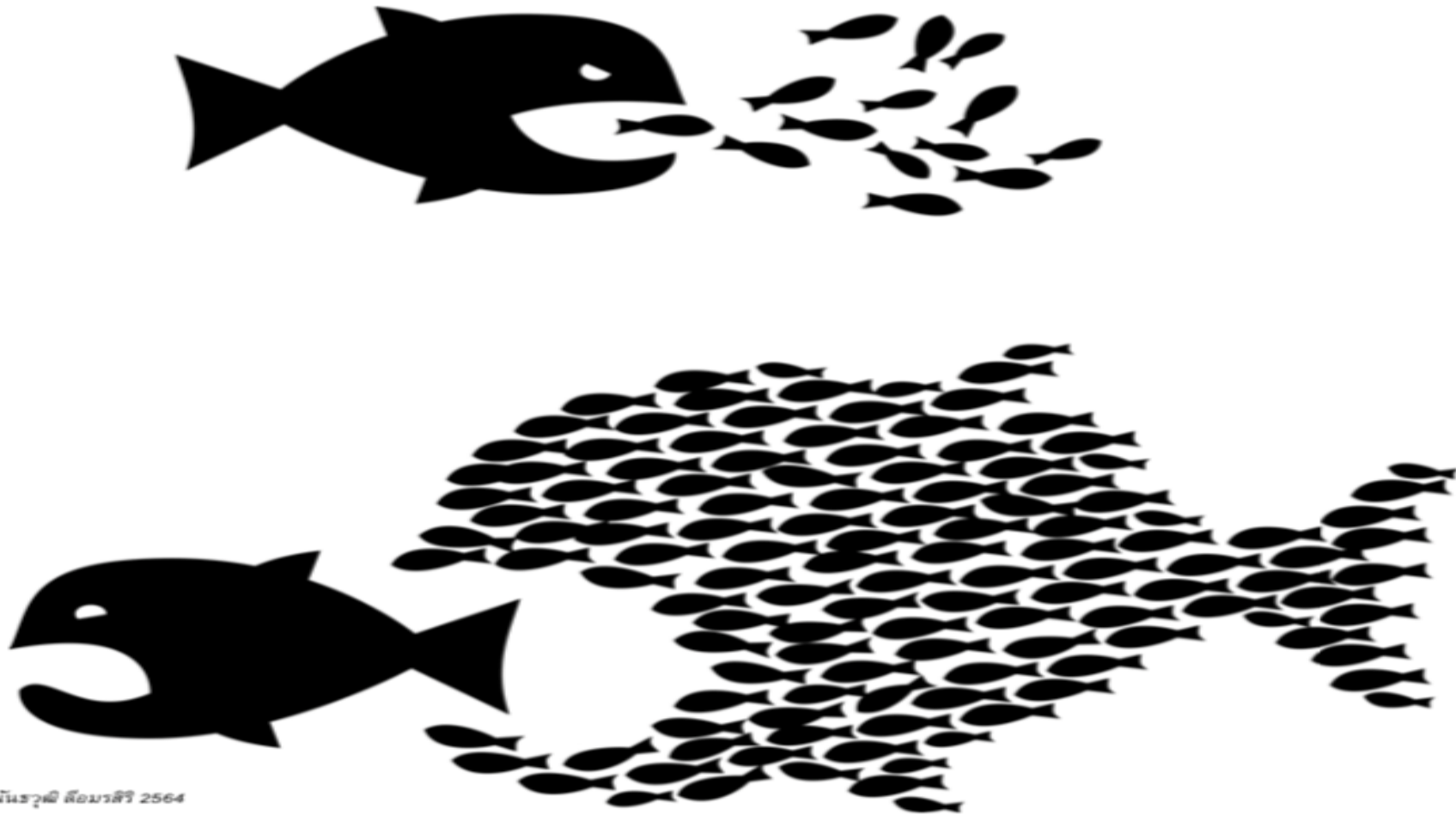
ACAI's 5-year strategic plan (using theory of change)



To download







ดร.นันทวุฒิ ลือมารศิริ 2564

What is ACAI doing?

Capacity development for national ageing focal points & shape Regional action plan on active ageing



ASEAN Centre for Active Ageing and Innovation

ACAI's Country Coordinator Network across ASEAN

***ACAI Country Coordinators:** national focal points nominated by ASEAN Member States to lead active ageing policies, align ministries, represent national priorities, link ACAI with governments, and integrate the Regional Action Plan.



Shaping the Regional Action Plan on Active Ageing: workshops, evaluation & future directions



**Continuous communication is ongoing to shape the Regional Action Plan*

Cohort Initiatives - Current Landscape

ASEAN Member States are building a strong evidence

1. **Indonesia** Longitudinal Ageing Survey (ILAS)
2. Longitudinal study of ageing and health in the **Philippines** (LSAHP)
3. Longitudinal study of ageing and health in **Vietnam** (LSAHV)
4. Health, Aging, and Retirement in **Thailand** (HART)
5. **Malaysia** Ageing and Retirement Survey (MARS)
6. **Vietnam** Aging Survey (VNAS)
7. **Singapore** Longitudinal Ageing Studies (SLAS)

ACAI Strategic Role: Coordination & Expansion

- Coordinate and work with partners
- Facilitate data sharing and comparative analysis across existing studies
- Identify regional trends
- Explore piloting new **Life Course Cohorts (especial in countries with limited data)**

Age-friendly city & Smart City Solutions



Cities in 10 ASEAN
Member States

Ongoing Rayong Active Ageing
Initiatives & partnership with
ASEAN + 3 (Japan, China, Korea)

Age-friendly city & Smart City Solutions

We welcome **ASEAN Member States** and support from experienced society like **Japan, China, Korea** to join the pilot of the Age-Friendly Society initiative - working together to **translate our shared vision into practical models for the region**



Ongoing Rayong Active Ageing Initiatives & partnership with ASEAN + 3 (Japan, China, Korea)

Call for Research and Innovation: Guidelines and Overview

SCOPE OF THE CALL

- Active and healthy ageing
- Long-term care and integrated care for older persons (ICOPE)
- Age-related policy, advocacy, and legal rights
- Financing, demographics, and ageing-related data
- Age-friendly environment, climate adaptation, and community development
- Social engagement, community participation, and intergenerational programs
- Social Protection for older persons
- Financial innovation, business models, and employment for older persons
- Innovation and Technologies
- Rights-based approaches and gender-sensitive policies
- Regional engagement and cross-country collaboration

APPLICANTS

- Applicants must be based in an ASEAN Member State
- Academic and research institutions
- Government agencies and public policy institutions
- NGOs, civil society, and community-based organizations
- Private sector innovators or social enterprises
- Individual researchers and practitioners with demonstrated expertise

More details



Grant types:

Small Grants: Up to \$50,000 for pilot or exploratory projects (1-year duration).
Scale-up Grants: Up to \$150,000 for regional or multi-country implementation (max 3-year duration).

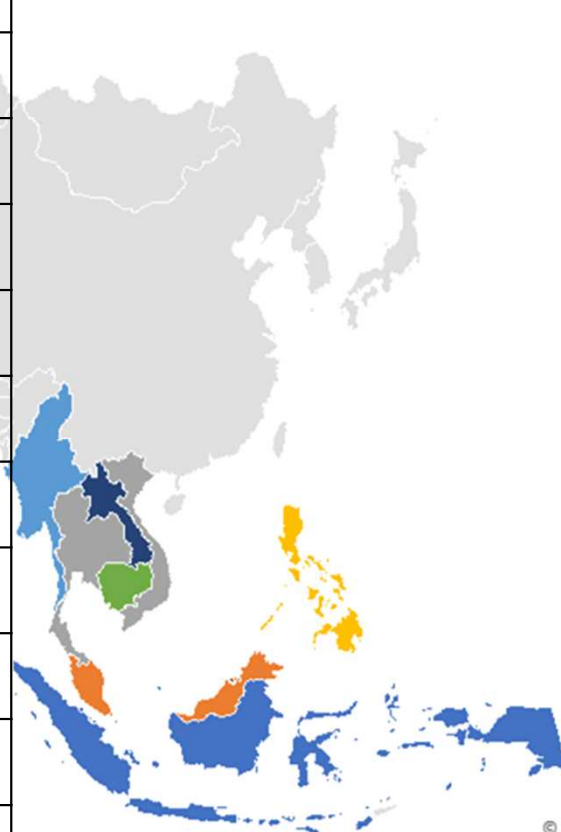
TIMELINE

Call for Proposals Launch: June 30, 2025
Deadline for Proposal Submission: August 15, 2025
Notification of Accepted Proposals: October 2025
Project Implementation Period: November 2025



Call for Research and Innovation 2025

Participation from AMS

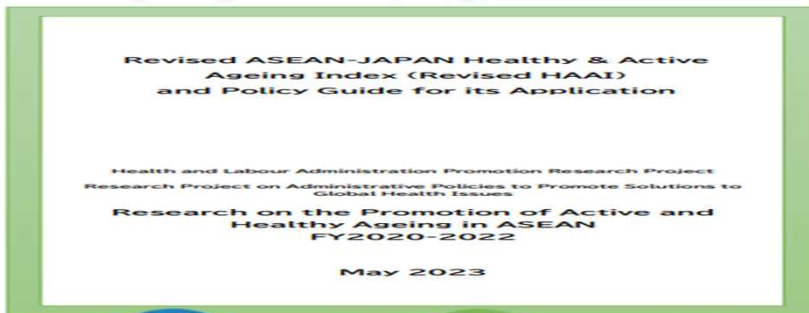


Powered by Bing
© GeoNames, Microsoft, Navinfo, OpenStreetMap, TomTom, Zenrin

Country	Count	% of Total
Indonesia	143	51.62%
Malaysia	48	17.33%
Thailand	20	7.22%
Vietnam	20	7.22%
Philippines	17	6.14%
Myanmar	12	4.33%
Cambodia	7	2.53%
Lao PDR	4	1.44%
Singapore	4	1.44%
Brunei Darussalam	2	0.72%
Total	277	100%

Measuring Progress in Ageing : **ASEAN Active Ageing Index** initiative

Grounded in the **HAAI/AAAI foundation** from Japanese Ministry of Health, Labour and Welfare



Happy Retirement Project – planned deliverables

Planned deliverables:

- **A synthesis report** summarizing global practices for **active aging policies & identifying adaptable strategies** for ASEAN countries
- **A working paper** summarizing the key factors influencing the expected retirement age and working hours among pre-retirement population in Thailand (current focus is on formal sector)
- **A summary policy brief** with policy recommendations

Challenges:

- For the review paper – matching of adaptable strategies (suitable for ASEAN context (solution: working session with the expert group)
- For the second deliverable: most public organizations have only 3-5 people who fitted the criteria (solution: contacted a larger number of different organizations in order to reach the sample target).

Gamified Digital Platform for active ageing initiative

Objectives



To develop and evaluate a **gamified digital platform** that promotes holistic active ageing among Thai adults aged 55 and above.

✚ **Design a modular self-care game** based on five domains of active ageing:

Food & Nutrition อาหาร

Physical Activity ออกกำลังกาย

Mental Wellbeing ใจอารมณ์

Financial Literacy ทางการเงิน

Occupational/Social Engagement อาชีพ

5 อ



Credit: Presentation “Mellow Life: A Self-Care Application for the Ageing Population”, HITAP team

- **Customizable Daily Quests** that users can set/ complete each day
- **Interactive minigames** designed around **5 อ's** principles
- **Ranking system & sharing achievements** with others



→ **Enhancing engagement and well-being among older adults**

Capacity Building Initiatives (JAIF)

PMAC 2026 (January 26-31, Bangkok Thailand)

Side Event 1

Title: The Appropriate Care Economy System and Beyond

- **Date and Time:** 26th January 2026, 8:30 -16:30
- **Venue:** Centara Grand and BCC at CentralWorld, Bangkok
- **Estimated participants:** 150 – 200 delegates of ACAI GB, ACAI CCs, ACAI Experts, Representatives of AMS, Representatives of partners including UN Agencies, CBOs, Academic Institutions, Regional and local stakeholders etc.
- **Co -Host :** ACAI, ACAP, HITAP and CICISA
- **Partners:** JAIF and IDRC

Side Event 2

Title: Inter-regional, inter-sectoral and multi-stakeholders' collaboration for Active Ageing & Innovation: Concerted efforts from ASEAN Member States and Alliances

- **Date and Time:** 27th January 2026, 8:30 -16:30
- **Venue:** Centara Grand and BCC at CentralWorld, Bangkok
- **Estimated participants:** 150 – 200 delegates of ACAI GB, ACAI CCs, ACAI Experts, Representatives of AMS, Representatives of partners including UN Agencies, CBOs, Academic Institutions, Regional and local stakeholders etc.
- **Co -Host :** ACAI, JICA, ERIA and JCIE
- **Partners:** JAIF and IDRC

Our Next Chapter: Partnership for a caring ASEAN

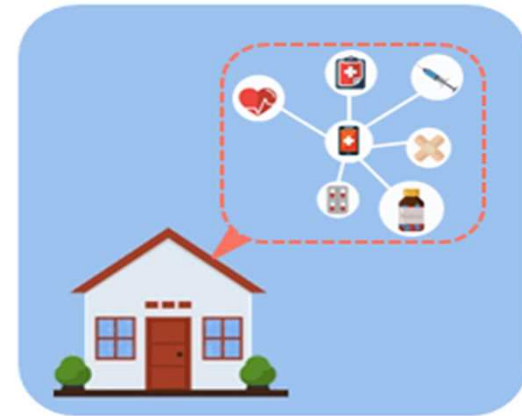
- Build systems *with* older people, not just for them
- Shift from reactive policy to *proactive investment*
- Priorities for the next decade:
 - ✓ Inclusive participation
 - ✓ Universal services
 - ✓ Sustainable intergenerational support
 - ✓ Fostering multisectoral partnerships and regional knowledge sharing, positioning Japan, China, Korea as a key knowledge hub for ASEAN

Ageing services goal?



Hospital Based
Medical Services

Technology disruption



Personal Based
Medical Services

Facility-based

People-based
Anywhere & anytime?

Together for a resilient, age-friendly ASEAN

**WE DARE TO DREAM
WE CARE TO SHARE**



Contact:
ASEAN Centre for Active Ageing and Innovation (ACAI)
No. 88/23, 3rd Floor, Aging Health Innovation and Technology building, Tiwanon Road,, Nonthaburi,
Thailand
secretariat@asean-acai.org



ASEAN Centre for Active Ageing and Innovation (ACAI)

TRANSFORMING CHALLENGES INTO OPPORTUNITIES

Networking Dialogue with the ASEAN Centre for Active Ageing and Innovation (ACAI) at the ASEAN Secretariat Headquarters, Jakarta (3 March 2025)

As the ASEAN region rapidly progresses, it also faces an unprecedented demographic shift: a rapidly ageing population. Recognising this trend, the ASEAN Centre for Active Ageing and Innovation (ACAI) was established. ACAI's aim is to help ASEAN Member States transform the challenges of this demographic transition into opportunities. Launched at the 36th ASEAN Summit in Thailand in November 2019, ACAI plays a pivotal role in fostering healthy, productive, and fulfilling lives for older persons across the ASEAN Member States.

The Chairman's statement issued at ACAI's launch outlined that 'ASEAN recognised the importance of preparing for an ageing society and the continuing need to promote the well-being of the elderly in the region. The Centre's mission is to serve as a knowledge centre on active ageing and innovation, support evidence-informed policies, strategies and guidelines on active ageing, implement capacity development programmes, and conduct research and development and innovation on active ageing in ASEAN. The Centre would also facilitate collaboration among ASEAN Member States, international and regional partners in supporting active ageing in ASEAN.'

On 3 March 2025, the Permanent Mission of Thailand to ASEAN, in collaboration with ACAI and with the

support of the ASEAN Secretariat, hosted the Networking Dialogue with the ASEAN Centre for Active Ageing and Innovation at the ASEAN Headquarters/ASEAN Secretariat.

The event brought together over 80 participants from ASEAN Member States, ASEAN partners, international organisations, and the private sector to explore opportunities for collaboration in advancing active ageing across the region. The dialogue aligned with the ASEAN Community Vision 2045 and Malaysia's ASEAN Chairmanship priorities on inclusivity.

In her opening remarks, Phantipha Iamsudha Ekaroht, Ambassador and Permanent Representative of Thailand to ASEAN, highlighted that ASEAN is rapidly ageing, with one in seven ASEAN citizens expected to be over 60 by 2030 and nearly one in four by 2050. She reiterated that ACAI serves as ASEAN's regional hub for research, capacity-building, and policy innovation, helping Member States prepare for an ageing society in a systematic, comprehensive, and sustainable manner. She also encouraged closer collaboration between ACAI, ASEAN Member States, and external partners to advance ACAI's mission.

In his video remarks, Dr. Kao Kim Hourn, Secretary-General of ASEAN, underscored that all ASEAN Member States will become ageing societies

within the next decade, with some on track to become super-aged societies. He noted that this demographic shift is both a challenge and an opportunity and emphasised that ASEAN has been working to mainstream population ageing into policies and national development plans.

He reaffirmed that ASEAN is committed to preparing for healthy, active, and productive ageing through frameworks such as the Kuala Lumpur Declaration on Ageing. He also commended ACAI for its work and encouraged stakeholders to engage with ACAI to support evidence-informed policymaking actively.

Dr. Somsak Akksilip, Executive Director of ACAI, provided insights into ACAI's strategic direction and role in regional cooperation. He outlined ACAI's key initiatives, including the ASEAN Active Ageing Index, lifelong learning and digital literacy programmes for older persons, and community engagement efforts.

He highlighted ACAI's role in supporting ASEAN Member States in formulating policies on active ageing and noted the importance of multi-sectoral partnerships, cross-border collaboration, and sustainable funding. He invited ASEAN partners, the private sector, and international organisations to work together to advance active ageing policies and practical solutions.