



The Republic of the Union of Myanmar



The 23rd ASEAN-Japan High Level Official Meeting on Caring Societies

“Realizing the Provision of Health and Long-term Care Services

Open to All”

Oct-28,30-2025

Chiba Prefecture, Japan



Myanmar delegates





Myanmar Team

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Content

1. Life expecting in Myanmar

2. Universal Health Coverage (UHC)

3. Social Welfare Programs

4. Financial Assistance for Vulnerable Groups





The life expectancy in Myanmar

- 2023 - the life expectancy was 66.89 years.
- 2024 – the Life expectancy was 68.2 years.
- 2025 suggest it may be around 68.14 years.

66.89 years (2023)

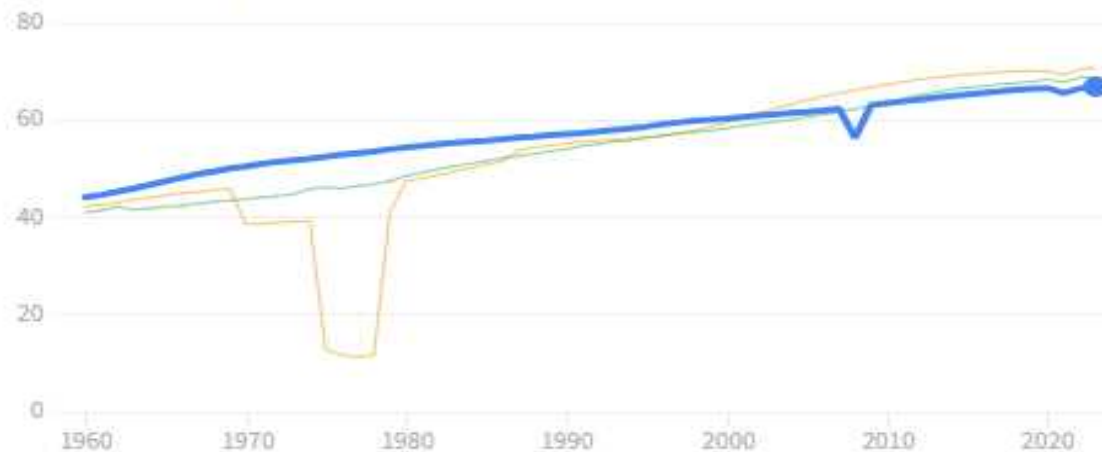


Table 1: Total population of the age of 60 years or above in Member States, as estimated in 2017, 2030 and 2050 (in thousands)

Country	2030	2050
Bangladesh	21,681	44,501
Bhutan	103	235
DPR Korea	5347	6963
India	189,137	316,759
Indonesia	38 241	61 729
Maldives	57	164
Myanmar	7732	11,544
Nepal	3577	6510
Sri Lanka	4543	5984
Thailand	18,687	22,954
Timor-Leste	107	162
SEARO – Total	289,212	477,505
Global	1402,405	2080,459

Source;

Ageing scenario
in the South-East
Asia Region

Table 2: Percentage distribution of population by age group (60+ and 80+ years) in Member States in 2017 and 2050

Country	2017		2050	
	60+	80+	60+	80+
Bangladesh	7.3	1.1	22.0	3.9
Bhutan	7.3	1.0	23.7	3.7
DPR Korea	13.5	1.5	26.0	5.3
India	9.4	0.9	19.1	2.6
Indonesia	8.6	0.7	19.2	2.3
Maldives	6.3	0.8	28.4	3.9
Myanmar	9.4	0.8	18.5	2.0
Nepal	8.8	0.7	18.0	2.3
Sri Lanka	14.9	1.6	28.8	6.8
Thailand	16.9	2.4	35.1	10.2
Timor-Leste	5.4	0.4	6.7	1.0
SEAR	9.8	1.0	20.3	3.1





Universal Health Coverage (UHC)

- Myanmar aims to achieve full Universal Health Coverage (UHC) by 2030, which means “everyone receives the health services that they need without suffering financial hardship.”

Long term care services

Social Care

Residential Care

Day Care Services

Community Support

Medical Care





Residential Care

- Myanmar has operated **elder care homes for over 100 years** for older people without family support.
DSW authorizes, provides technical assistance, and offers financial support to homes established by NGOs, private donors, and organizations (both local and international).





Day Care Centers for the Aged



- The **first free state-run day care center** for older persons was opened in **Yangon in November 2013** to reduce social isolation and promote active ageing.
It serves people **aged 70+**, without chronic illness, and socially isolated. Each participant receives **MMK 1,500 per day** from the state budget.
- Care services include:
 - **Physical care:** hygiene, mobility support, medical checkups, nutrition, and exercise.
 - **Mental/social care:** counseling, reading, recreation, cultural events, and interaction with children and community members.





Caregiver Training:

- Since **2015**, caregiver training programs have been conducted to equip people with elderly care skills, support family caregivers, and create employment opportunities.
17 training rounds have been held so far.





Elderly Health Care Services by secondary and tertiary hospitals



Yangon General Hospital



Mandalay General Hospital





Social welfare programs

- Department of Social Welfare under the Ministry of Social Welfare, Relief and Resettlement implements seven social welfare programs supporting to ensure **income security** and access to health services.
- **all pension** began in **FY 2017–2018** for people **aged 90+**, providing **MMK 10,000 per month** (paid quarterly).
In **FY 2018–2019**, the eligible age was **reduced to 85+**.
In **FY 2025–2026**, there are **121,622 beneficiaries**, receiving a total of **MMK 7,216.94 million**





Financial Assistance for Vulnerable Groups:

- Emergency cash assistance of **MMK 30,000 per person** is provided to:
 - **FY 2023–2024:** 7,080 people (MMK 212.4 million)
 - **FY 2024–2025:** 14,720 people (MMK 441.6 million)
 - **FY 2025–2026 (to Oct):** 2,093 people (MMK 62.81 million)





Future Plan

- ASEAN Plus Three (10+3) Research Project on Active Ageing Policies
- National Strategic Planning for elderly care in Myanmar
- Partnerships with NGOs and international bodies (e.g., UNFPA, HelpAge International)





1-Ministry of Labour

[https:// www.mol.gov.mm](https://www.mol.gov.mm)

[https:// www.ssb.gov.mm](https://www.ssb.gov.mm)

2-Ministry of Health

[https:// www.mohs.gov.mm](https://www.mohs.gov.mm)

[https:// www.doms.gov.mm](https://www.doms.gov.mm)

3-Ministry of Social Welfare Relif and Resettlement

[https:// www.moswrr.gov.mm](https://www.moswrr.gov.mm)





THANK YOU