



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


BEDRIDDEN
0.61%
(42,092)


HOME BOUND
2.49%
(167,750)


SOCIAL BOUND
96.90%
(6,532,458 nu)

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



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

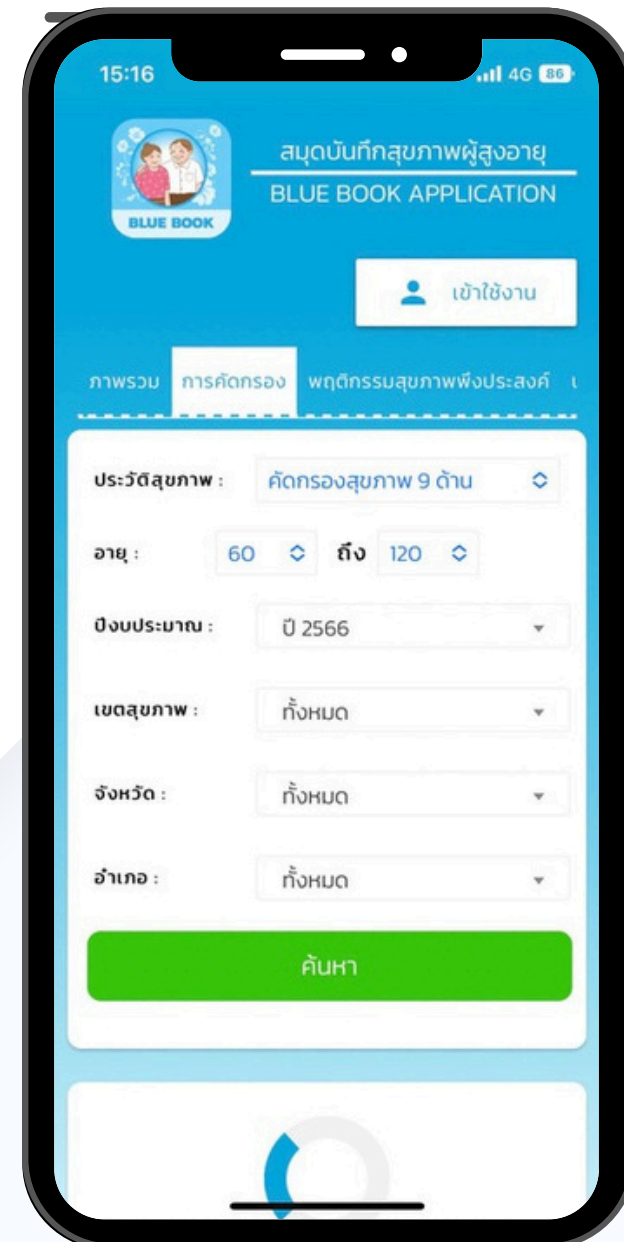
Build health literacy and increase access to health promotion services via a Digital Health Book



BLUEBOOK
Application
สมุดบันทึกสุขภาพผู้สูงอายุ

Customer Registration

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



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สมุดบันทึกสุขภาพผู้สูงอายุ
BLUE BOOK APPLICATION

เข้าสู่ใช้งาน

ภาพรวม การคัดกรอง พฤติกรรมสุขภาพพึงประสงค์

ประวัติสุขภาพ : คัดกรองสุขภาพ 9 ด้าน

อายุ : 60 ถึง 120

ปีงบประมาณ : ปี 2566

เขตสุขภาพ : ทั้งหมด

จังหวัด : ทั้งหมด

อำเภอ : ทั้งหมด

ค้นหา



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

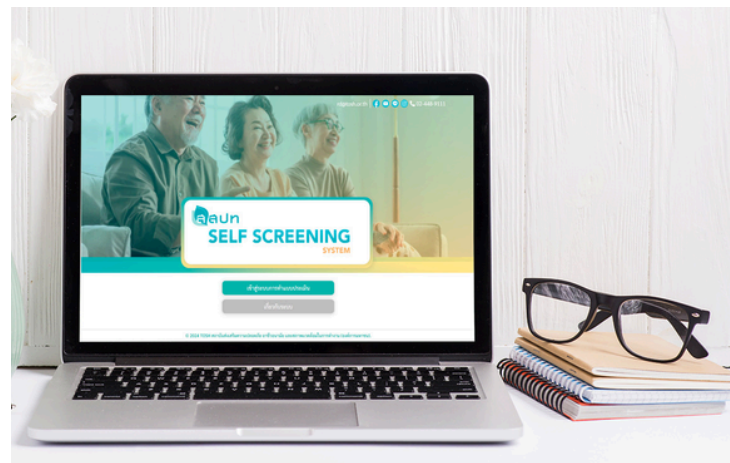


Social Protection and Social Security extension

Healthy ageing

Environmental friendliness

Pension and retirement age extension



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