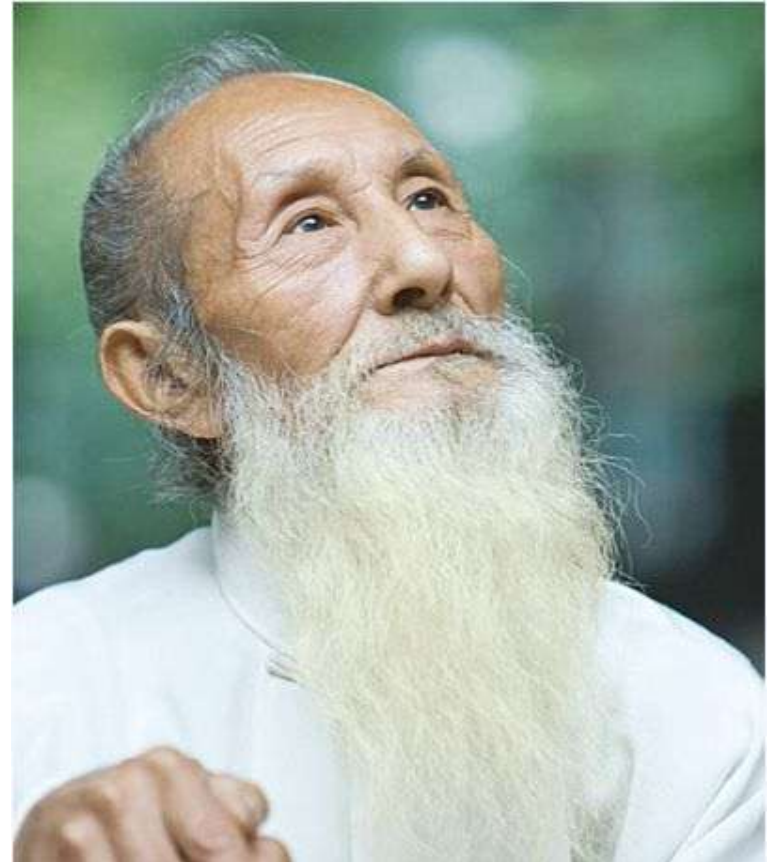


**THE 12TH ASEAN
AND JAPAN HIGH
LEVEL OFFICIALS
MEETING (HLOM)
ON CARING
SOCIETIES**



Presentation outline

- I. Current challenges
- II. Good Practices
- III. Future vision
- IV. WHAT HAVE VIETNAM
DONE.....



I. Current challenges

I. Ageing and situation of the elderly in Vietnam

1. Vietnam is one of 10 countries which has the fastest speed of aging population in the world.

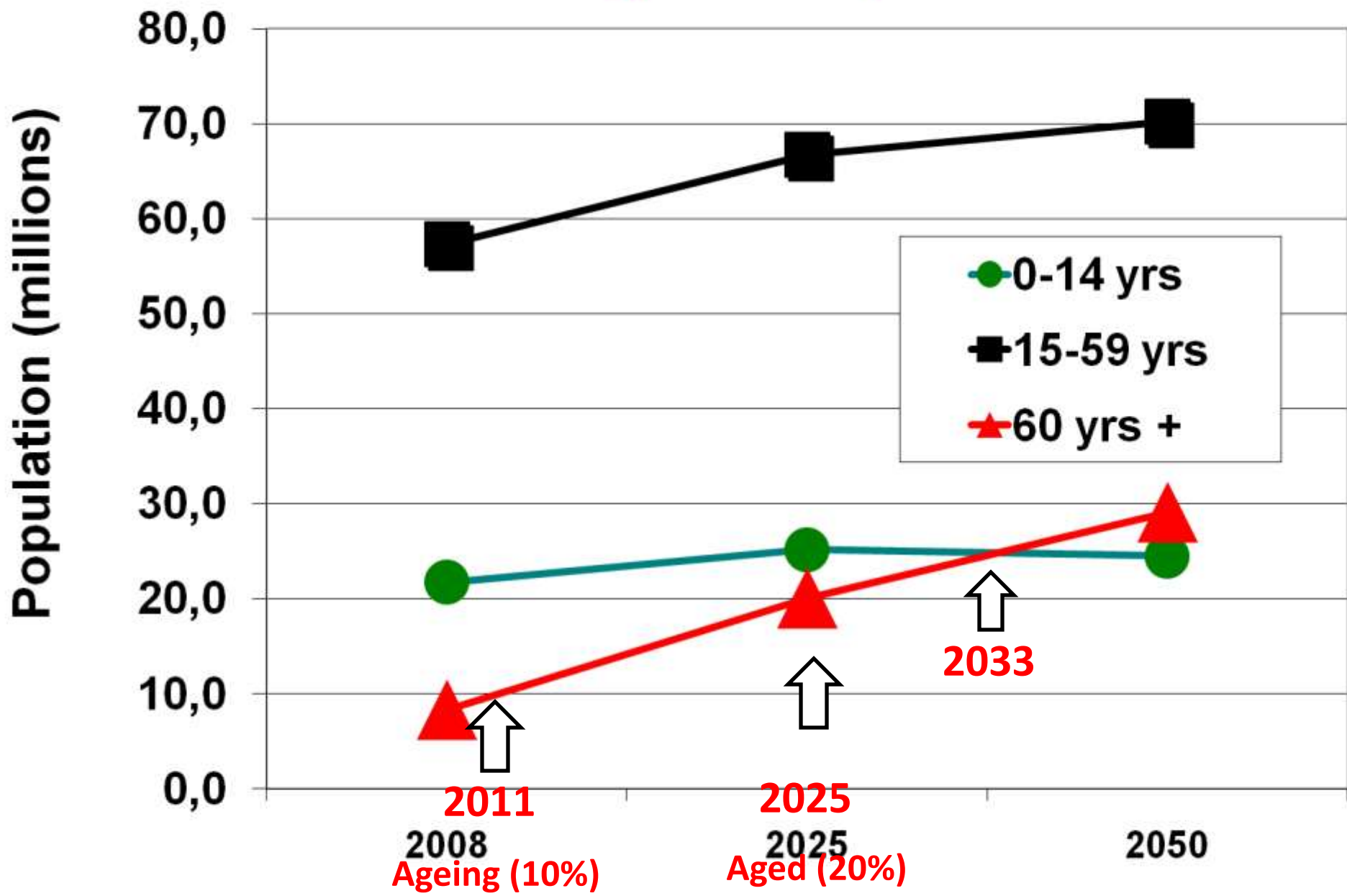
- According to the Law of Vietnam, people of 60 years old and above are considered as the elderly.

- With the general trend of the world, Elderly of Vietnam is increasing both in number and percentage (Table 1)

Table 1: Number and percentage of the Elderly in Viet Nam

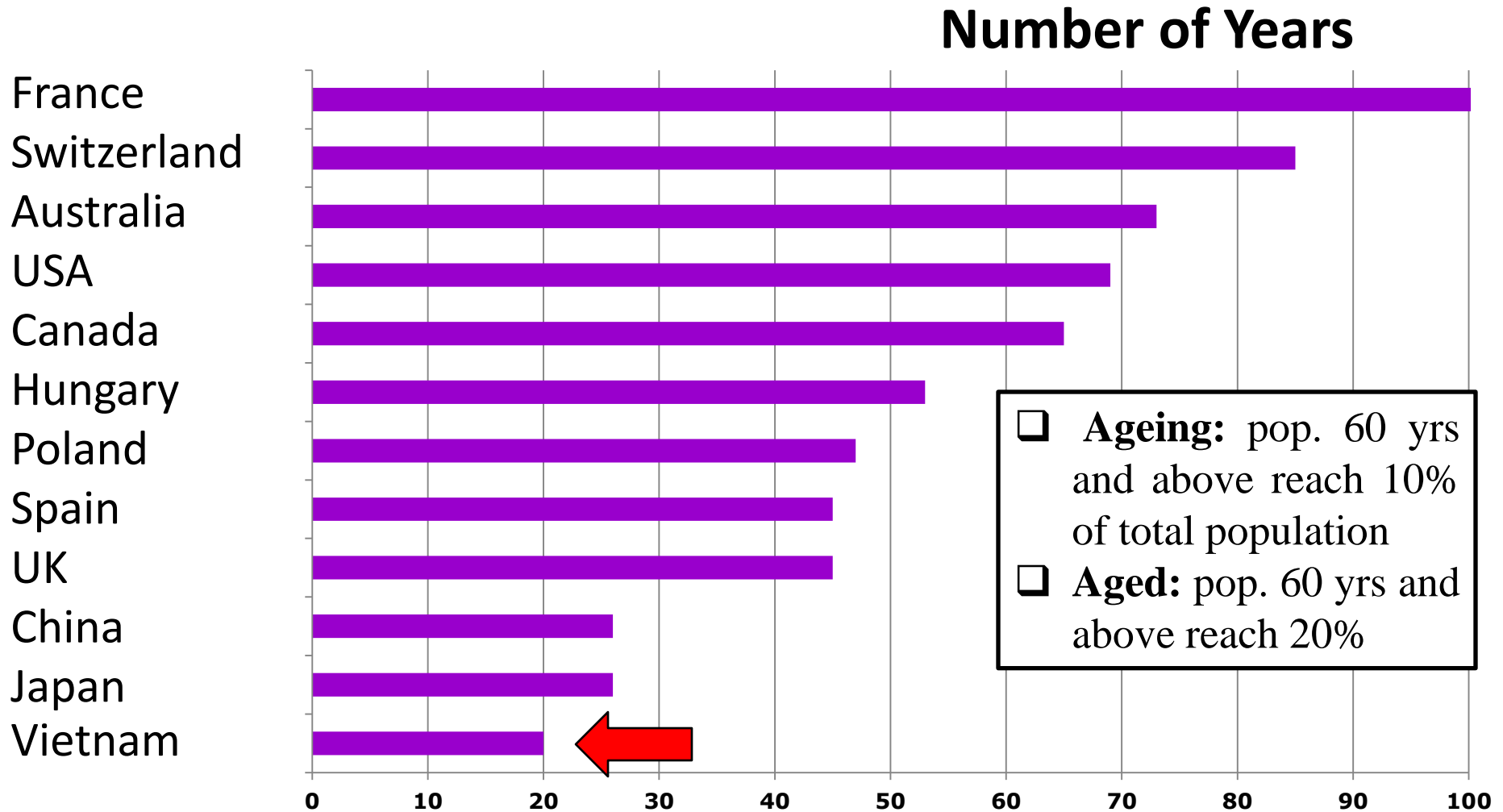
Year	Population (million person)	Number of elderly (million person)	The proportion of elderly (%)
1979	53,74	3,71	6,90
1989	64,41	4,64	7,20
1999	76,32	6,19	8,11
2009	85,85	7,45	8,70
2012	88,53	9,03	10,2
2035	109,59	21,16	19,3

Vietnam's Projected Population Growth





By 2033 there will be more people 60+ in Vietnam than children under 15.

Ageing in Vietnam: Rapid transition from Ageing to Aged



Vietnam would need only 17 to 20 years to move from Ageing to Aged

Ageing in Vietnam: Rapid growth of aging population

Age Groups	% of Total Population		% increased
	1979	2008	
60-64 yrs	2.28	2.47	8.3%
65-69 yrs	1.9	2.33	22.6%
70-74 yrs	1.34	1.99	48.5%
 75-79 yrs	0.9	1.66	84.4%
 80 yrs +	0.54	1.57	190.7%

Source: 1979 Population Census and Vietnam Household living standard Survey 2008

Ageing in Vietnam: Feminization of ageing



% of elderly by Age and Gender 2009

Age Group	60-69	70-79	80+
No. of female out of 100 male	131	149	200

Source: 2009 Census

- ❖ Current elderly generation were born and grew up during the war so they do not have opportunity for their health care.
- ❖ Although average life expectancy is high (73 years), but the burden of diseases is also high for Vietnamese people (15.3 year WHO, 2009);
- ❖ Double disease burden (around 95% of the elderly have diseases, mostly chronic and NCDs)
- ❖ 27%: Difficulty in daily life, need support; mostly from husband/wife and children.
- ❖ 67.2%: Having weak and very weak health condition. Only 5% is in good health condition. Percentage of female who has weak health condition is higher than male, rural is higher than urban
- ❖ Percentage of elderly in rural areas who are in weak health condition or suffering from pain in 12 months are being treated by health workers is low (13.1%) and is only half of those in urban areas (23.4%)

II. Good Practices (con't)

HEALTH CARE FOR THE ELDERLY IN THE COMMUNITY AND MANAGEMENT OF CHRONIC DISEASES

1. Propagation and dissemination of knowledge about physical training, health promotion and disease prevention, especially for common diseases of the elderly.
2. Guide elderly on prevention skills, self- healing and wellness .
3. Organize physical examination to document health monitoring for the elderly . Encourage physician network organizations and family health care services for the elderly at home .
4. Periodic Health Examinations for the elderly at least once a year
5. Examination for the elderly at medical clinics in communes, wards and towns at the residence of the elderly.
6. Rehabilitation of community-based for the elderly with disabilities to prevent sequelae and recovery from injury, accident or illness due to cerebral vascular accident, chronic diseases, and occupational diseases or others.

III. FUTURE VISION

1. Develop partnership between private, public and community care providers to promote synergy, mutual support and learning.
2. Adopt and adapt successful innovation and programme to promote active inclusion of families and communities.
3. Improve the capacity of both public and private health care system.
4. Strengthening treatment for elderly outpatient
5. Training and capacity building for doctors, nurses specialized in geriatrics .
6. Capacity building of the public and private health care system.

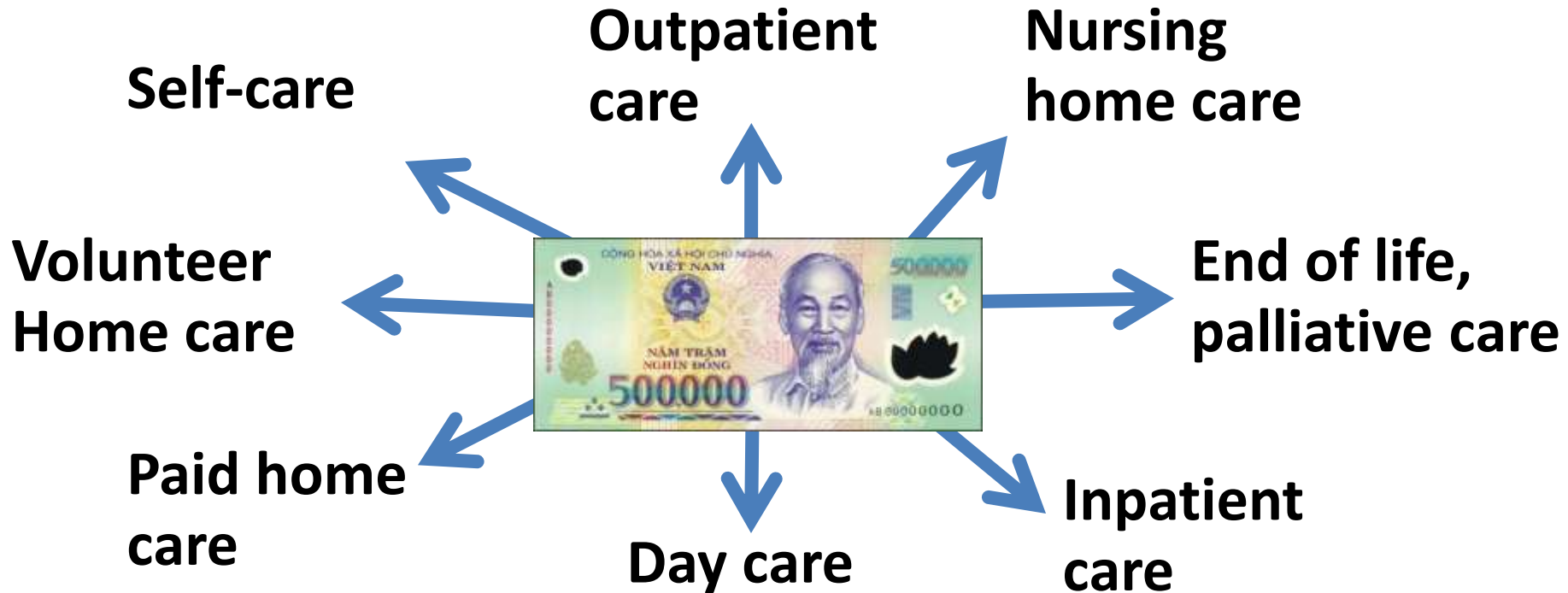
IV. WHAT HAVE VIETNAM DONE.....

- Improved legal framework: Law on Elderly and many other under law documents
- Circular No. 35 of the MOH encouraged community care and home care
- Developed National Plan of Action on Ageing, 2012-2020 (NPAA)
- Included Intergenerational Self help Clubs (ISHC)- a model to promote self care, home care and community care- into the NPAA with clear targets

The ISHCs are multi-functional:



Limited budget but many demand/needs



- Despite increasing health care needs due to rapid ageing, Vietnam *has very limited resources* to expand public services and make them affordable and accessible.

Thank You!

