

Policy of Ageing in Lao People's Democratic Republic



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Chapter I: Over view of Lao PDR:

The trend of the population (past, present and future), direction, and the rate of changes.

- The current population of **the Lao People's Democratic Republic** is **7,073,016** as of Sunday, August 4, 2019, based on the latest United Nations estimates.
- Lao PDR population is equivalent to **0.09%** of the [total world population](#).
- **45.4 %** of the population is **urban** (3,207,344 people in 2019)
- **49 Ethnic groups**
- **Exp.of life: M: 65. F: 67**



Age structure

Age Structure (2017 est.)

0-14 years: 32.76% (male 1,180,227/female 1,154,550)

15-24 years: 21.17% (male 749,312/female 759,677)

25-54 years: 36.7% (male 1,290,768/female 1,324,390)

55-64 years: 5.48% (male 190,627/female 199,673)

65 years and over: 3.89% (male 125,682/female 151,800)

In 2015, the share of population older than 65 amounted to about 3.9%.

In 2035, the percentage of the population above the age of 65 was forecasted to reach 6.5%.



Growing needs for rehabilitation

Likely to lose function due to old age.

Likely to have cardio vascular disease, stroke, diabetes, mental health

Likely to have injury due to UXO, road traffic-work accident.

Likely to have congenital or childhood condition

Lao People's Democratic Republic ▼ 2010

Population: 6,260,544



Culture and Social Activities

- Lao society still preserves the good tradition of respecting the older persons.
- Old persons customary lives with their family, children, and grand children until the end of their life.
- Important roles of older persons in society- social and religious events , in local authorities
- Elderly population trends to increase gradually.
- Ensuring healthy lives in old age
- Ensuring access to health care for older persons
- Providing supportive environments to older persons



Main Challenges

- Lack of comprehensive legislation on ageing and older persons.
- Limited data on ageing: health conditions, diseases, poverty and vulnerabilities etc. (eg. Degenerative joint diseases)
- Mechanism to promote older persons at the sub-national level has not yet been established.
- Community based health insurance system has just been established.
- Limited facilities to promote older people to do exercise, especially in remote areas.
- Social workers as well as volunteers are insufficient to provide services for older persons in case of assistance need.



The Lao Governance always concerns about the health and living condition of the retired and older person :

- 2001 : The policy and the National committee for older person has been developed and endorsed with support from various international Organizations (Help Age International in Asia{Pacific Region, UN in LaoPDR, Local Governance employees,..)
- 2004 : The decree of National Policy for the elderly person in Lao PDR has been endorsed which focused on:
 - Medical treatment
 - Rehabilitation
 - Welfare
 - Prevention
 - Education + data information, income
 - Facilitating
 - Transferring knowledge and experience of OP to young generation

Decree of the Prime Minister on the approval and declaration of the National Policy towards the Elderly in the Lao PDR (14th October 2004):

Article 1: To approve and declare the application of the policy towards the Elderly in Lao PDR

Article 2 : To assign the MoLSW, the National committee for the Elderly in coordination with the agencies concerned to apply and implement the said National Policy efficiency

Article 3 : Ministries, Institution equivalent to a ministry, mass organizations, Provinces, the capital city of Vientiane, Special Zone and other agencies concerned shall acknowledge, cooperate and all together successfully implement the present decree

Chapter II: Objectives & Goals:

Objectives:

1. To enhance the good characteristics of the OP of all ethnic groups in the cause of the struggle for national independence in the past and in the task of the protection and development construction of the country at the present
2. To Provide all conditions for all organizations, both state and private, families and society to take care and support materially and mentally the elderly in accordance with realities
3. To provide opportunities to enable the elderly to continue of being a good people for the country and to transfer that goodness and good tradition to the next generation
4. To create awareness for the people of the Lao PDR of the problems in advance, when the time of retire has come up in order to prepare themselves to be the elderly
5. To encourage and promote health care for the elderly
6. To create the conditions for the elderly to participate in the economic activities to earn for living and gain incomes for themselves and families based on their real capacity

Chapter III: The NPTE :

Their children, communities and other organizations, both state and private must take responsibilities and take care of the Elderly in various fields as followings:

1. Health Care : treatment and Recovery:

a. Health Care :

- Provide them the facilities to do exercise consistently and regularly in the proper and safe circumstances
- Advise them to reduce smoking, drinking and avoiding the gamble

b. Treatment :

- First treatment at home, family and community treatment
- Primary advise and take them to the hospital to continue the treatment
- combine traditional and modern medical treatment

C .Health Recovery:

- Provide nutrition with real capacity
- Assist in the daily life in accordance with reality
- Encourage to utilize the equipment locally produced for the treatment

2. Protection and Welfare for thee Elderly

a. Protection:

- Not discriminate and disgrace the strata and tradition
- Protect the elderly rights and interest
- Avoid utilizing elderly labor in hard work

b. Welfare:

- Provide the elderly with an employment in accordance with their capacity and requirement
- Enhance the assistance in a family manner
- Provide the proper living condition
- Provide special facilities to the elderly in the travel and public service

3. Education and Providing data and information:

a. Education:

- Educate health care to the elderly
- Pay attention to improve the knowledge of the elderly role for the community, particularly in the rural area

b. Providing data and information

- Exchange the ideas and consultations among the elderly person
- Provide the elderly with knowledge of the party and governance's policies and guidelines, regulations and laws, and ways of health protection
- Provide the elderly with the useful data and information through mass media

4. Create the condition for getting income:

- Encourage the elderly to work in the field of agriculture, industry, services and inventing things
- Mobilize entire society to participate, contribute and support the funds for the elderly through donation and earning activities then to set up a foundation
- Improve their any kind of skills to get incomes for their families and earn for living in accordance with reality
- Assist families in easy job with their real capacity

5. Transfer knowledge and capacity of the Elderly

- Mobilize the elderly to write stories, Poems and poetries, especially about the historical and ancient places
- Participate in the leading of various organizations of the villages in order to be an example to the new generation
- Educate their knowledge to the new generation such as lao artistic designs, patterns and sculpture, gold and silver making, handicraft, weaving, cooking traditional treatment, including to indicate the names of various kinds of traditional medicine
- To be a generous and open-mind in order to be an example to the children, as well as to harmonize the unity solidarity and provide warmth to the families, villages and society
- Educate new generation about the fine national culture and tradition

Chapter IV : Method of implementation

- The national committee for OP under MLSW is a center to impose regulations, rules and plan of activities and management, monitoring and dissemination of the Policy towards the elderly in coordination with localities and provinces ,agencies concerned to ensure this duty to be implemented according to the objectives and goals
- Families, children and relatives have special contribution to take care and provide warmth to the elderly
- Community, Society, each locality, various mass and international organizations should contribute in assisting and supporting the funds to the elderly of the Lao PDR
- Ministries, mass organizations, the capital ci set upty, provinces and special zone have duty to implement this Policy towards the elderly effectively
- The Government allocates the annual budget in appropriate wat to the activities of the Policy towards the Elderly, pay attention to the mobilization of fund to set up a foundation for the elderly

MLSW role:

- **Policy**
- **National committee**
- **Decree**
- **Law**
- **Socio-culture & religion participation**
- **Coordination centre with other ministries, agencies,**

MoH Role :

- **Health promotion**
- **Prevention**
- **Curative treatment**
- **Disability limitation**
- **Rehabilitation :**
 - 1. Physical**
 - 2. Mental**
 - 3. Body Function**
 - 4. QOL**



Lao National NCDs policy

Lao Ministry of Health organized workshops that involved stakeholders from Health and Non-Health sectors in order to plan a project coordination on the control and solve the problem of NCDs in Lao PDR.

The draft of *Lao National NCDs policy and MSA plan 2014-2020* was developed with WPRO technical assistance

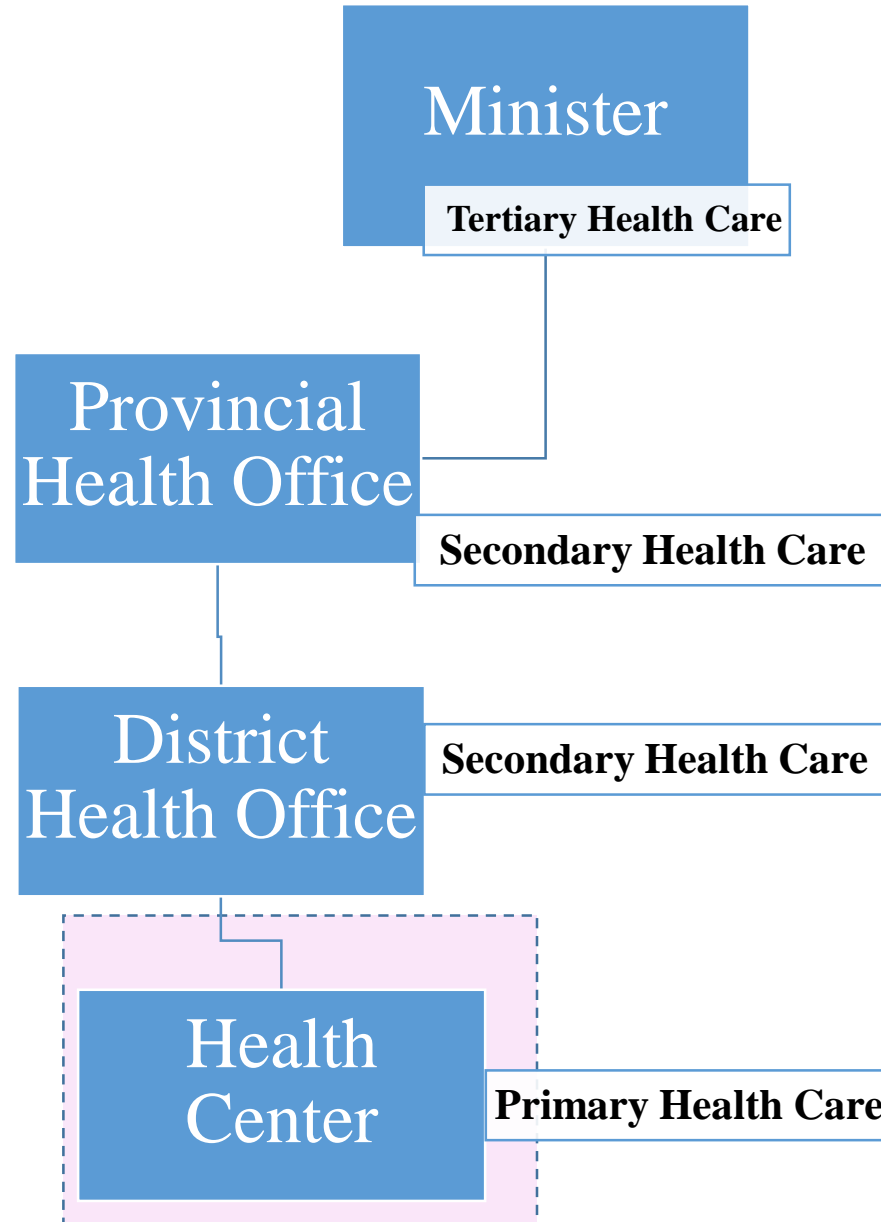
Lao National NCDs policy's Objectives

1. To establish a national multisectoral mechanism and action plan (MSA) for prevention and control of NCDs in Lao PDR.
2. To build national capacity for prevention and treatment of NCDs.
3. To provide legal support and financial resources for NCDs prevention and control

National day for Elderly person 10th October

- MoH provides Health check up free for OP**
- NCD is the most common health issue**
(HBP, Degenerative Jt Disease, DM,.....)

Central, Provincial and Primary Health Care structure



Health Center Roles

- * Prevention (Vaccination)
 - * Health Promotion for woman pregnancy, mother and child
 - * Basic diagnosis and health care providing
 - * Follow up health condition of mother and new born,
 - * Drug and fund management
 - * Supervise and monitor Health Volunteers at village level
 - * Coordinate between the village and district levels
- UHC has been established from central and community levels

ISSUES AND CHALLENGES

- **No National data of ageing health conditions**
- **Lack of financial support for the study**
- **Unappropriate coordination with multisectoral agencies**
- **Irregular monitoring and management**
- **Transportation (Remote areas)**

THE WAY FORWARD

- **Strengthen health care service**
- **Support the integration of traditional medicine in health care service**
- **Improve human resources development in different health facilities as need in the community**
- **Financing support and monitoring of NHI (UHC system)**
- **Case supervision and Management**
- **Transportation facility**



Thank you