

Regional Workshop on Integrating Policy and Research on Ageing in ASEAN:
Conversations across the Policy and Research Divide, CARE, DUKE-NUS & ERIA,
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Policies on the Health of Older Adults in Malaysia



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An Ageing Society

1 out of 10

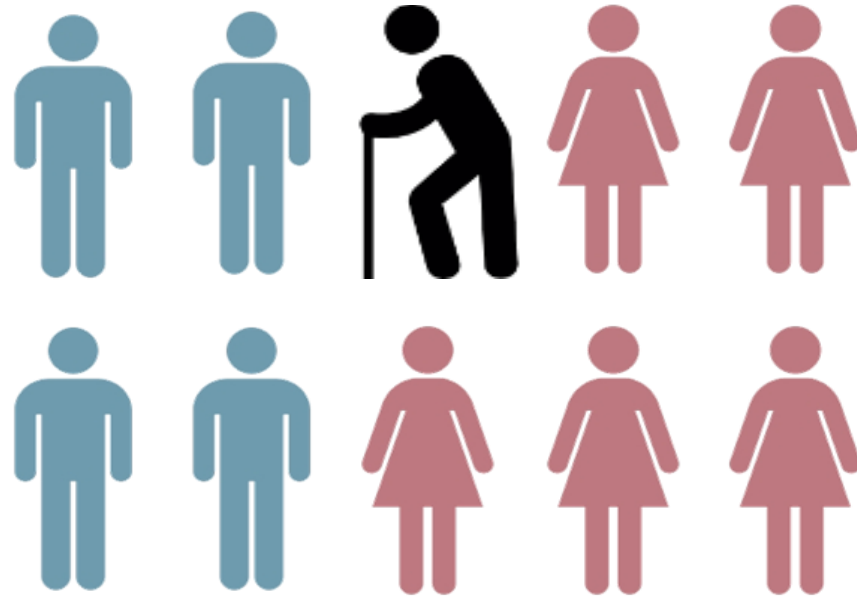
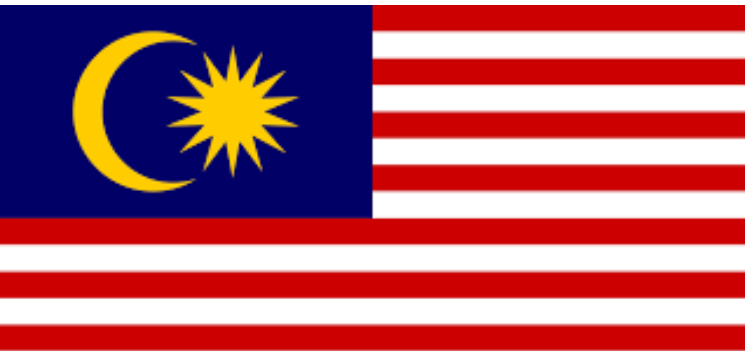
Malaysians is an older person aged **60** years and over.

% 60+

10% - 2018

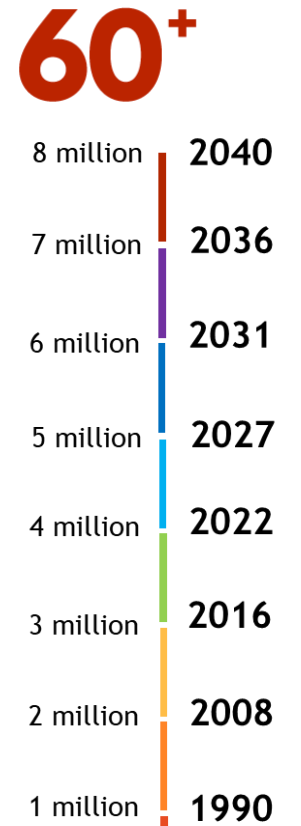
15% - 2029

20% - 2040



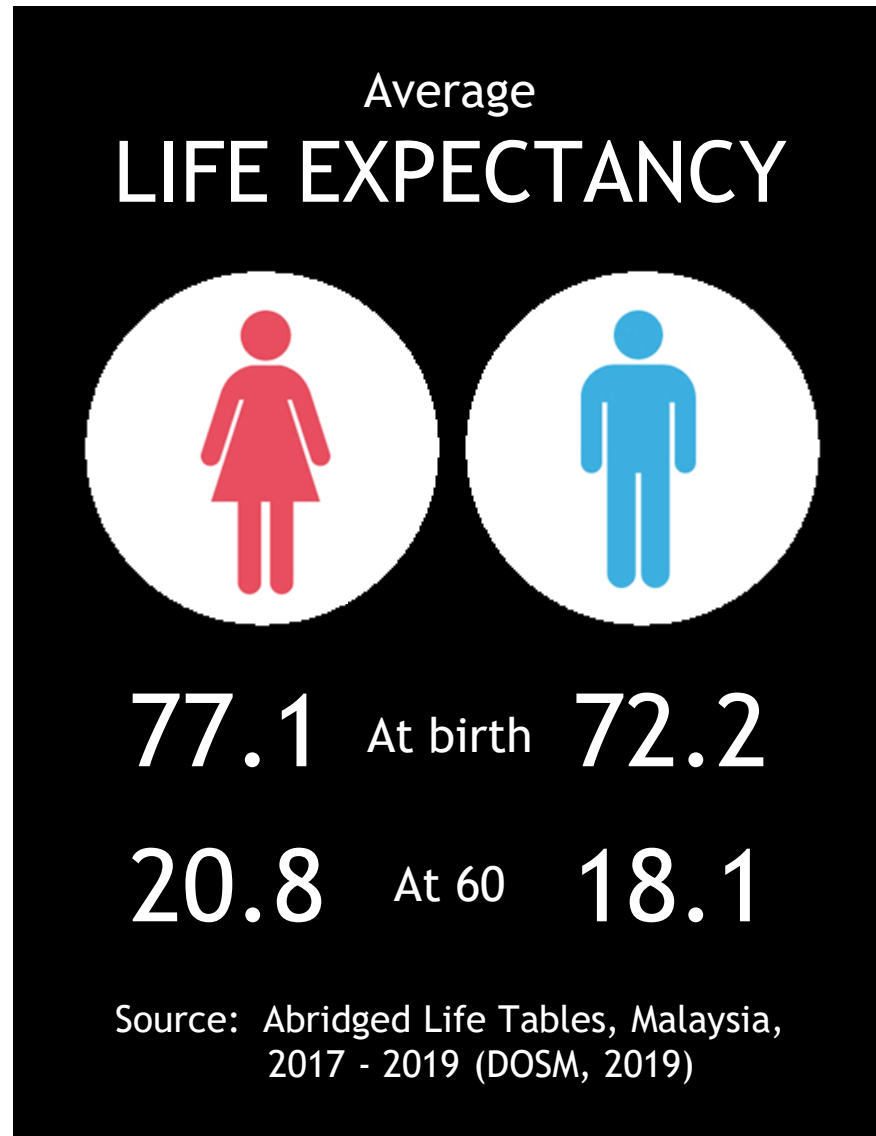
Source: Department of Statistics Malaysia, 2016


Source: Author's Tabulation
www.data.gov.my (DOSM, 2017) & DOSM, 2016

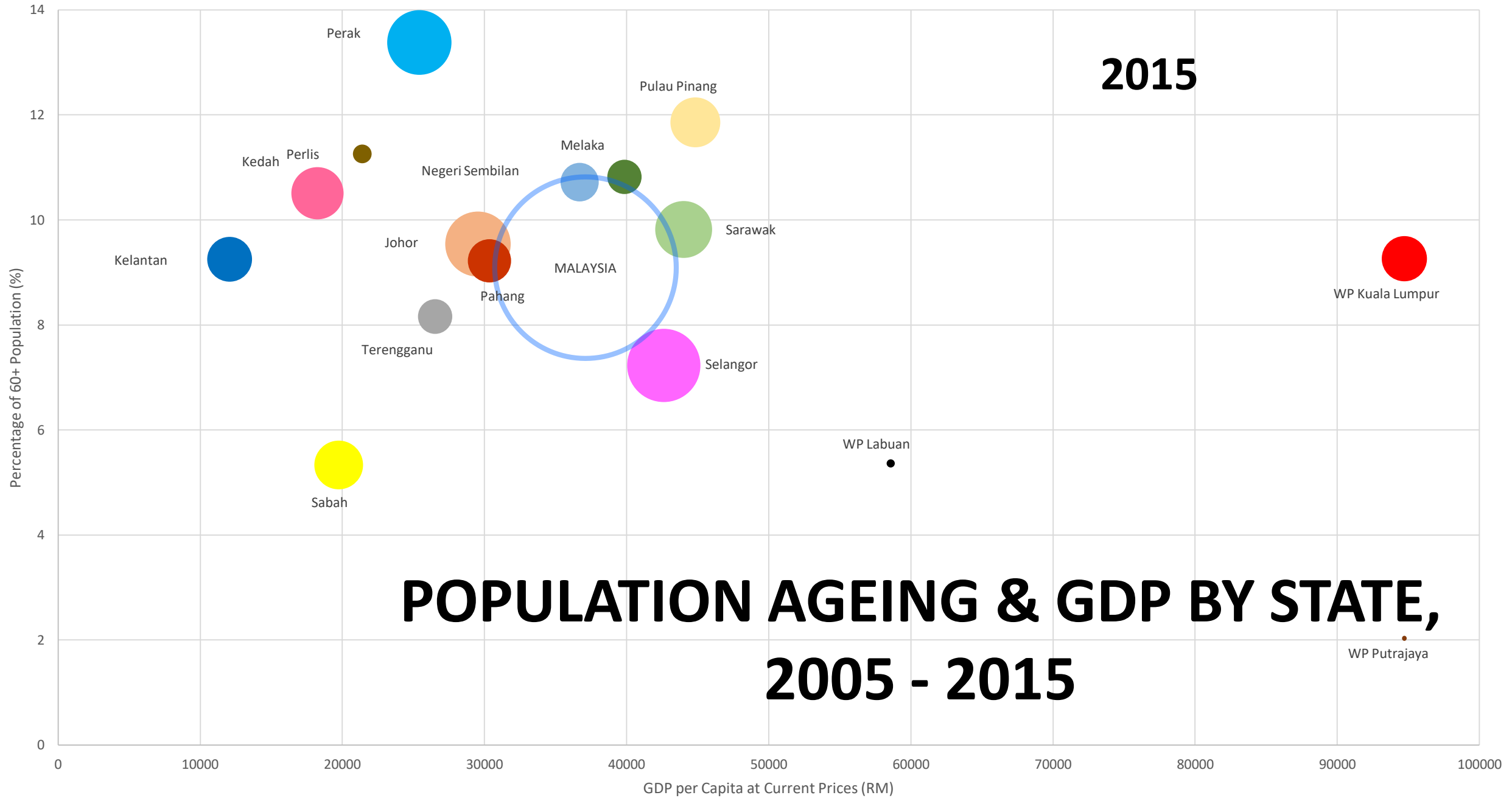


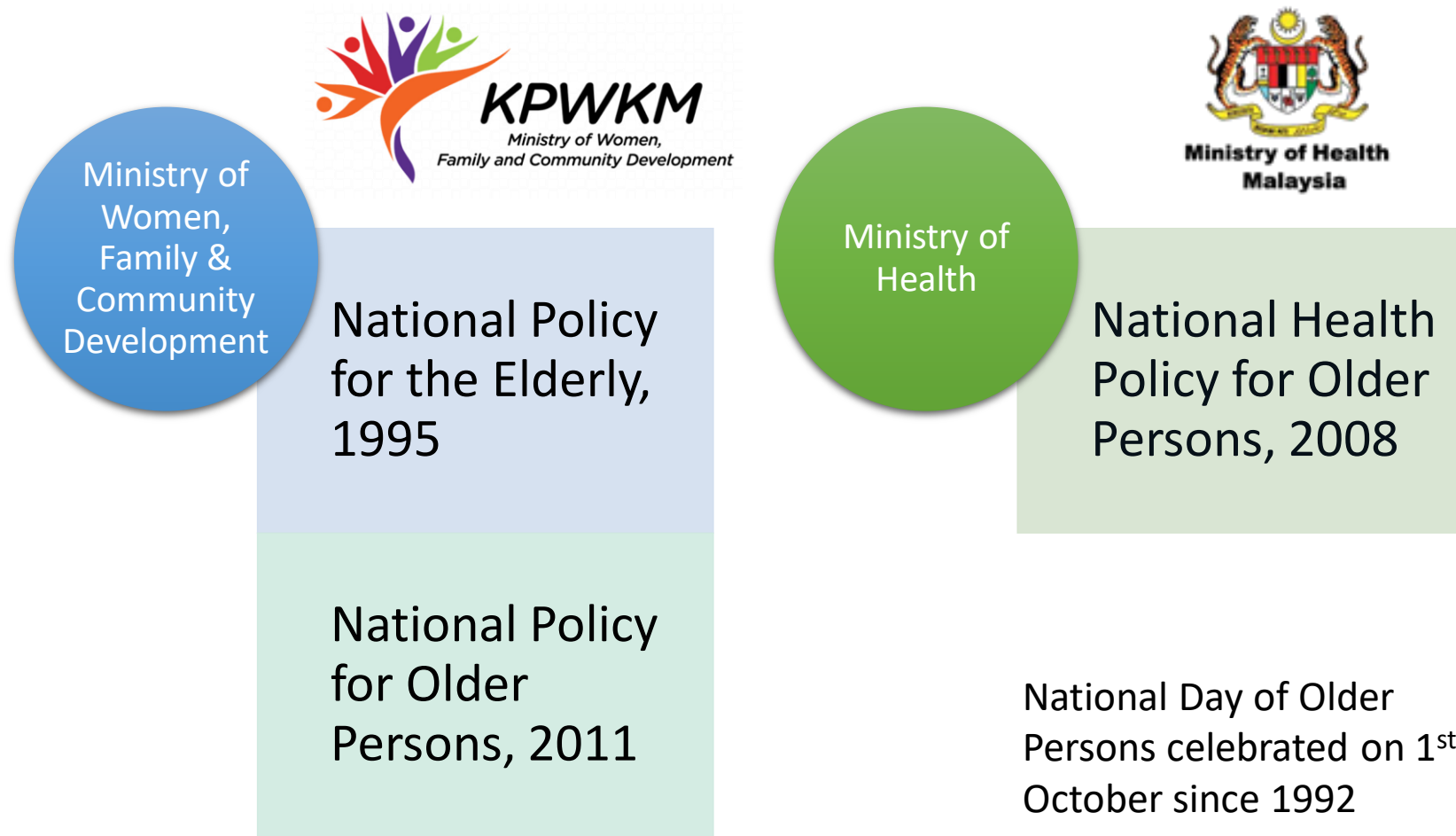
Sex and Ethnic Differences, 2018

Source: DOSM, 2019; 2018



 Ethnicity	Older Persons (60+)		Life Expectancy at Birth	
	n ('000)	% 60+	Male	Female
Malays & Other Bumi.	1,879.0	9.2	70.7	75.8
Chinese	1,104.1	16.1	74.8	80.1
Indian	244.3	11.7	68.0	75.8
Others	17.7	5.7	76.4	78.1
Total 60+	3,388.6	10.3	72.2	77.1





Guiding Blueprints

National Policies on Ageing

National Policy for the Elderly, 1995



Policy Introduction

- Cabinet approval on 25 October 1995
- Announced in conjunction with the National Day of Older Persons in October 1995
- National Advisory and Consultative Council on the Elderly (NACCE) was established on 22 May 1996
- Department of Social Welfare is tasked to its implementation
- Reviewed in 2008 (IG)

Policy Plan of Action

- Plan of Action for the NPE introduced by Technical Committee
- Six sub-committees:
 - ❖ Social & Recreation
 - ❖ Health
 - ❖ Education, Religion and Training
 - ❖ Housing
 - ❖ Research
 - ❖ Information

National Health Policy for Older Persons, 2008

Ministry of
Health

NHPOP,
2008



PELAN TINDAKAN
PERKHIDMATAN
KESIHATAN WARGA EMAS



Commitment to ensure the older persons will achieve optimal health through integrated and comprehensive health and health related services

Objectives:

- To improve the health status of older persons
- To encourage participation in health promoting and disease prevention activities throughout the life course
- To provide age friendly, affordable, equitable, accessible, cultural acceptable, gender sensitive, seamless health care services in a holistic manner at all levels.
- To advocate and support the development of enabling environment for independent living (**ageing-in-place**)



DASAR KESIHATAN
WARGA EMAS NEGARA

National Health Policy
for Older Persons

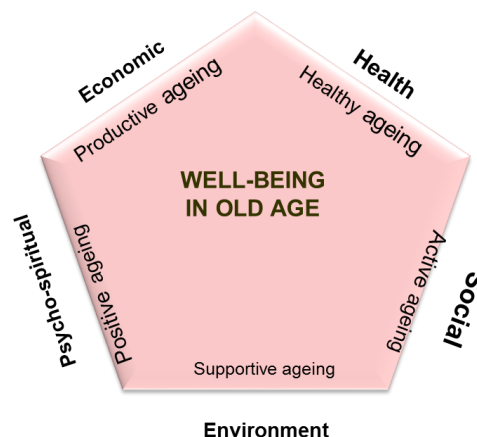
Strategies:

- Health Promotion
- Provision of a Continuum of Comprehensive Health Care Services
- Human Resources Planning and Development
- Information System
- Research and Development
- Interagency and Inter-sectoral Collaboration
- Legislation

National Policy for Older Persons, 2011

Ministry of
Women,
Family &
Community
DevelopmentNPE,
1995NPOP,
2011

- Approved by Cabinet in January 2011 under the MWFCDD. Works together with the National Health Policy for Older Persons 2008 under MOH.
- Policy focuses on **empowering individuals, families and communities** through provision of elderly-friendly services and enabling environments to improve the well-being in old age.

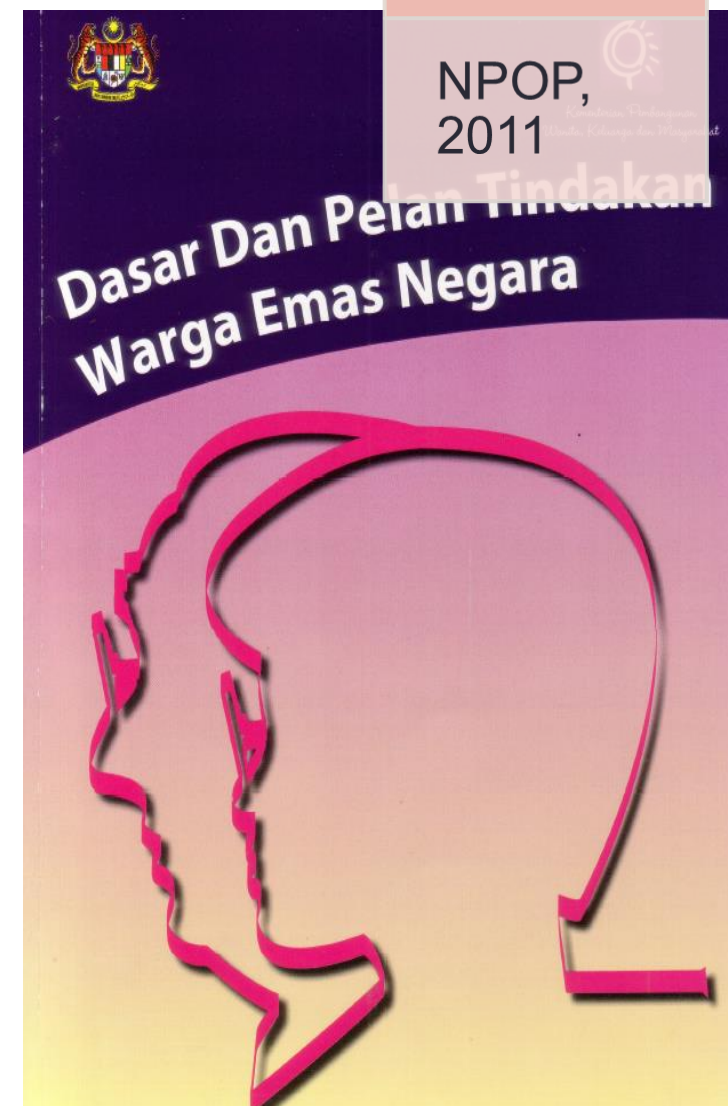


Strategies

Promotion &
AdvocacyLifelong
LearningSecurity &
ProtectionManagement
& Shared
ResponsibilitiesParticipation &
Unity across
GenerationsResearch &
Development

Goals

- To enhance the respect and self-worth of the elderly in the family, society and nation
- To develop the potential of the elderly so that they remain active and productive in national development and to create opportunities for them to continue to live independently
- To encourage the establishment and the provision of specific facilities to ensure the care and protection of the elderly

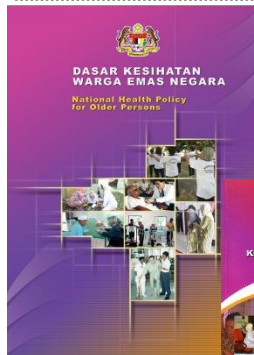


Mapping National Policies against MIPAA

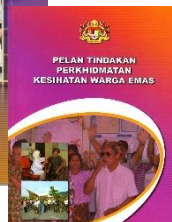
**Madrid
International Plan
of Action on Ageing,
MIPAA (2002)**



**NPOP
(DWEN &
PTDWEN)
2011**



**NHPOP
2008**



PRIORITY DIRECTIONS / PILLARS

**Older Persons &
Development**

Lifelong
Learning

Promotion &
Advocacy

**Advancing Health &
Wellbeing into Old
Age**

Security &
Protection

**Ensuring Enabling &
Supportive
Environment**

Management &
Shared
Responsibilities

Participation &
Unity across
Generations

Research & Development

Health Promotion

Human Resource

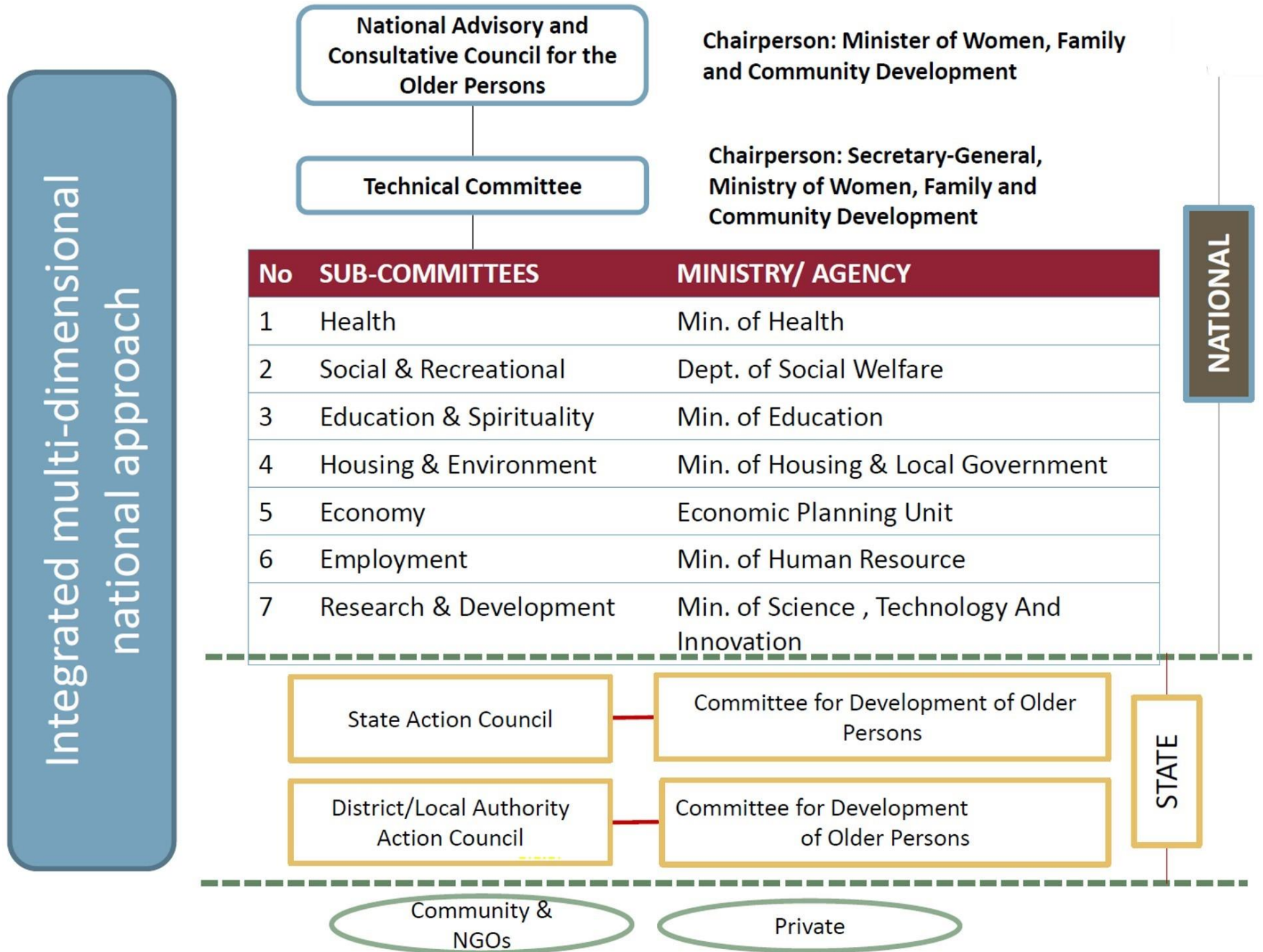
Continuum of
Comprehensive
Healthcare Services

Interagency &
Intersectoral
Collaboration

Legislation

Information Systems

Policy Implementation Structure



ELEVENTH MALAYSIA PLAN

2016-2020
ANCHORING GROWTH ON PEOPLE



Eleventh Malaysia Plan

Chapter 3: Enhancing inclusiveness towards an equitable society | 3-26

Strategy B5 Enhancing the living environment for the elderly

The proportion of the population aged above 60 years is increasing, from 7.9% in 2010 to 8.8% in 2014. This figure is expected to grow to 10.6% by 2020. Better quality of life and advances in healthcare has resulted in longer lifespans in 2013, 72.6 years for men and 77.2 years for women in Malaysia. Many of our senior citizens are thus in a position to continue contributing to society even in their golden years. During the Plan, concerted efforts will be undertaken to enhance the quality of life of the elderly.

Improving supportive environment for the elderly

Initiatives to improve the support environment for the elderly include providing elderly-friendly infrastructure and improving care services. More day care centres for the elderly will be established in collaboration with NGOs to enable them to live with family members who are working. In addition, elderly care centres and Home Help services will also be expanded. Awareness programmes on elderly care will be strengthened to shift the elderly community to action in adopting active and healthy lifestyles.

3-27

Chapter 3 Enhancing inclusiveness towards an equitable society



Focus area B

Empowering communities for a productive and prosperous society

Social protection for the elderly poor will be streamlined and integrated to ensure better quality of life. The provision of assistance will be continued based on basic needs. The low-income group, particularly in the informal sector, will be encouraged to participate in voluntary savings and retirement schemes to ensure economic protection in their old age.

Promoting active ageing

The capacity of the Institute of Gerontology, Universiti Putra Malaysia will be enhanced to conduct more research to support active ageing. The University of the Third Age (U3A) Programme will be expanded to provide opportunities for the elderly to continuously learn and acquire knowledge and skills in collaboration with universities, community colleges and Pusat Aktiviti Warga Emas. In addition, NGOs will also be encouraged to implement self-help based learning programmes.

A national campaign to promote social awareness on volunteerism among retired professionals will be launched to encourage the elderly to participate in community-based activities. This will allow them to remain active by contributing their knowledge, skills and experience to benefit the community. CBOs and NGOs will be encouraged to attract more retired professionals to participate in voluntary community development programmes.

Near-universal Public Healthcare for the Elderly under MOH



Bahagian Pembangunan Kesihatan Keluarga
Kementerian Kesihatan Malaysia

Saringan Status Kesihatan

Warga Emas

BSSK/ WE/ 2008 Pind 1/ 2014



Latest Initiatives by the New Government





VS



Jenis skim

TAKAFUL



SKIM MANFAAT
KESIHATAN



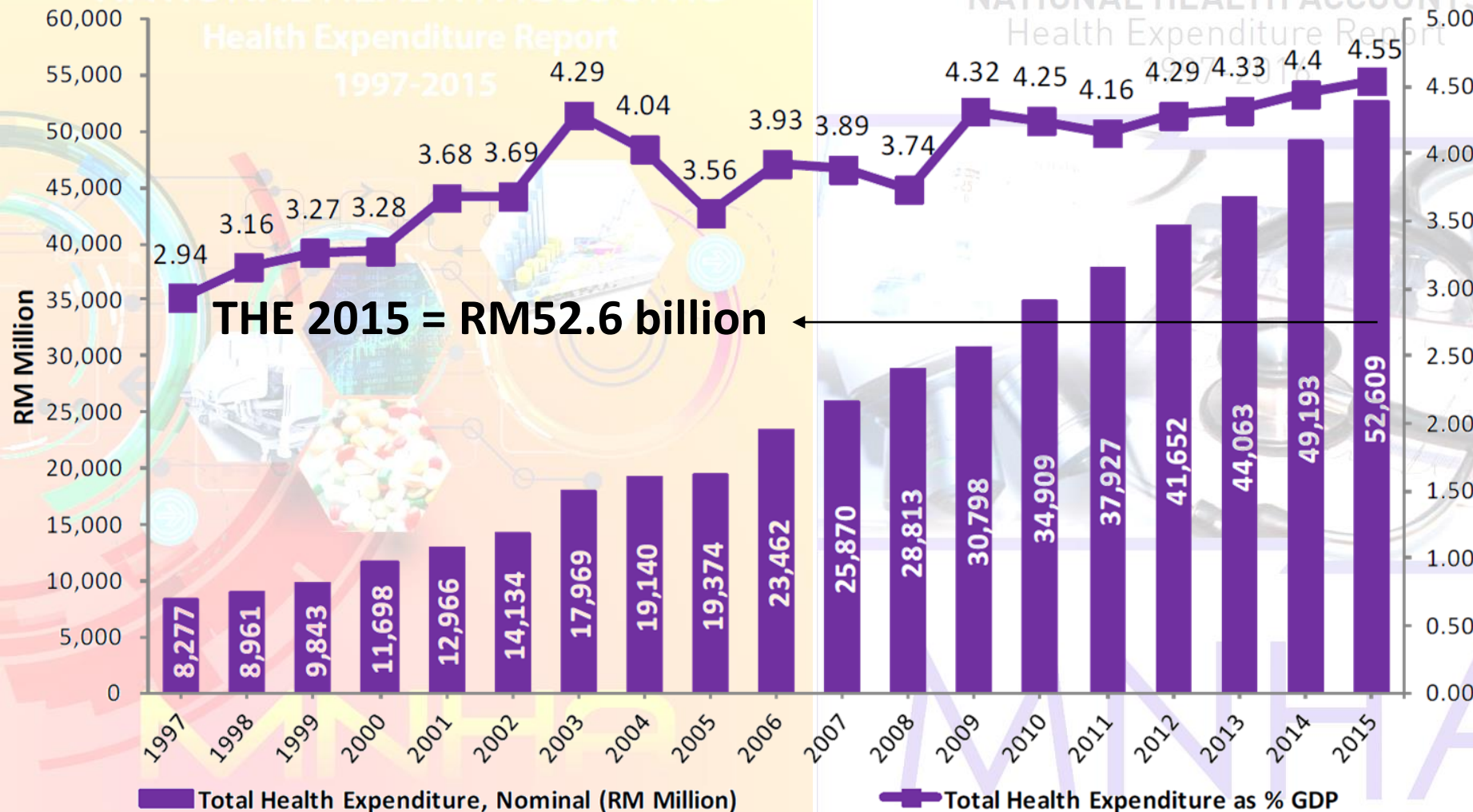
Manfaat

- RM8,000 for 36 critical illnesses
- RM50 daily hospitalization allowance up to 14 days a year

- Health screening and medical/health devices assistance (10 categories) lifetime max. RM20,000
- Cancer treatment incentive RM1,000
- Transport incentive RM500/RM1,000

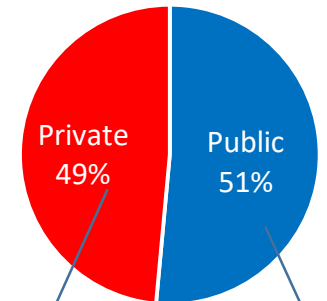
Total Health Expenditure, Malaysia, 1997 - 2015

Source: MNHA Health Expenditure Reports (MOH, 2018; 2017)



Per capita spending on health (RM), 2015
= **RM1,687**

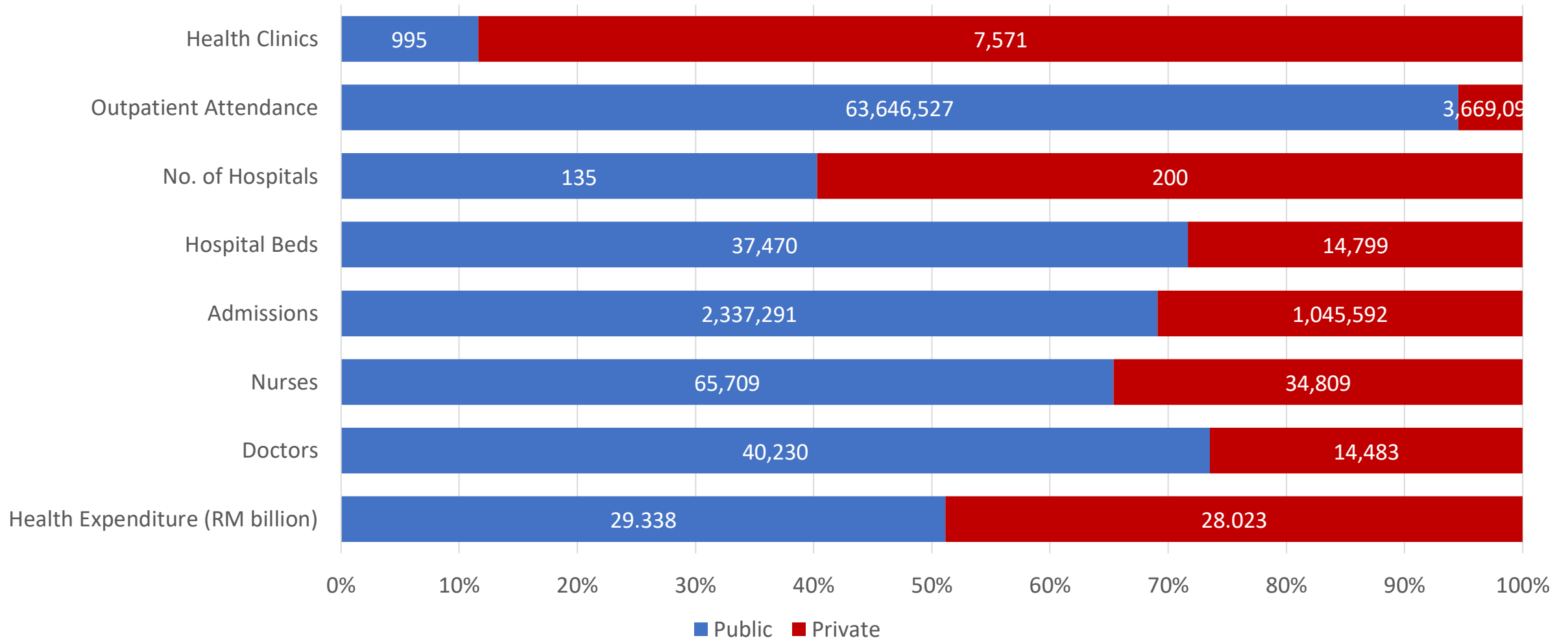
Health Expenditure by Sources of Funding, 2015



78% of private spending is by household OOP

84% of public spending is by Ministry of Health (MOH)

Public and Private Healthcare Sector Resources & Workload (2017)





TERIMA KASIH/*THANK YOU*

www.upm.edu.my

BERILMU BERBAKTI
WITH KNOWLEDGE WE SERVE