

1st
WORLD
CONGRESS



19 – 22 March, 2012
ON HEALTHY AGEING

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Organised by:



Malaysian Healthy Ageing Society

Co-Sponsored:



World Health
Organization

Social participation for healthy ageing

Evidence and experience from the Older People's Associations in Asia

HelpAge International network

19 March 2012, Kuala Lumpur

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Forum speakers

1. Ms Susana Concorde Harding, International Longevity Centre, Singapore
2. Dr Prakash Tyagi, GRAVIS, India
3. Meredith Wyse, HelpAge International, Thailand
4. Eduardo Klien, HelpAge International, Thailand



HelpAge international network

- Our work in over 75 countries is strengthened through our global network of like-minded organisations – the only one of its kind in the world.
- Over **90 organisations** in more than **60 countries** are affiliated to HelpAge International.
- They are in eight different regions; East, West and Central Africa, East Asia and Pacific, South Africa, Latin America, South Asia, Caribbean, European, Eastern Europe and Central Asia, North America and the Middle East.

The determinants of Active Ageing



Source: Active Ageing: A Policy Framework, World Health Organization

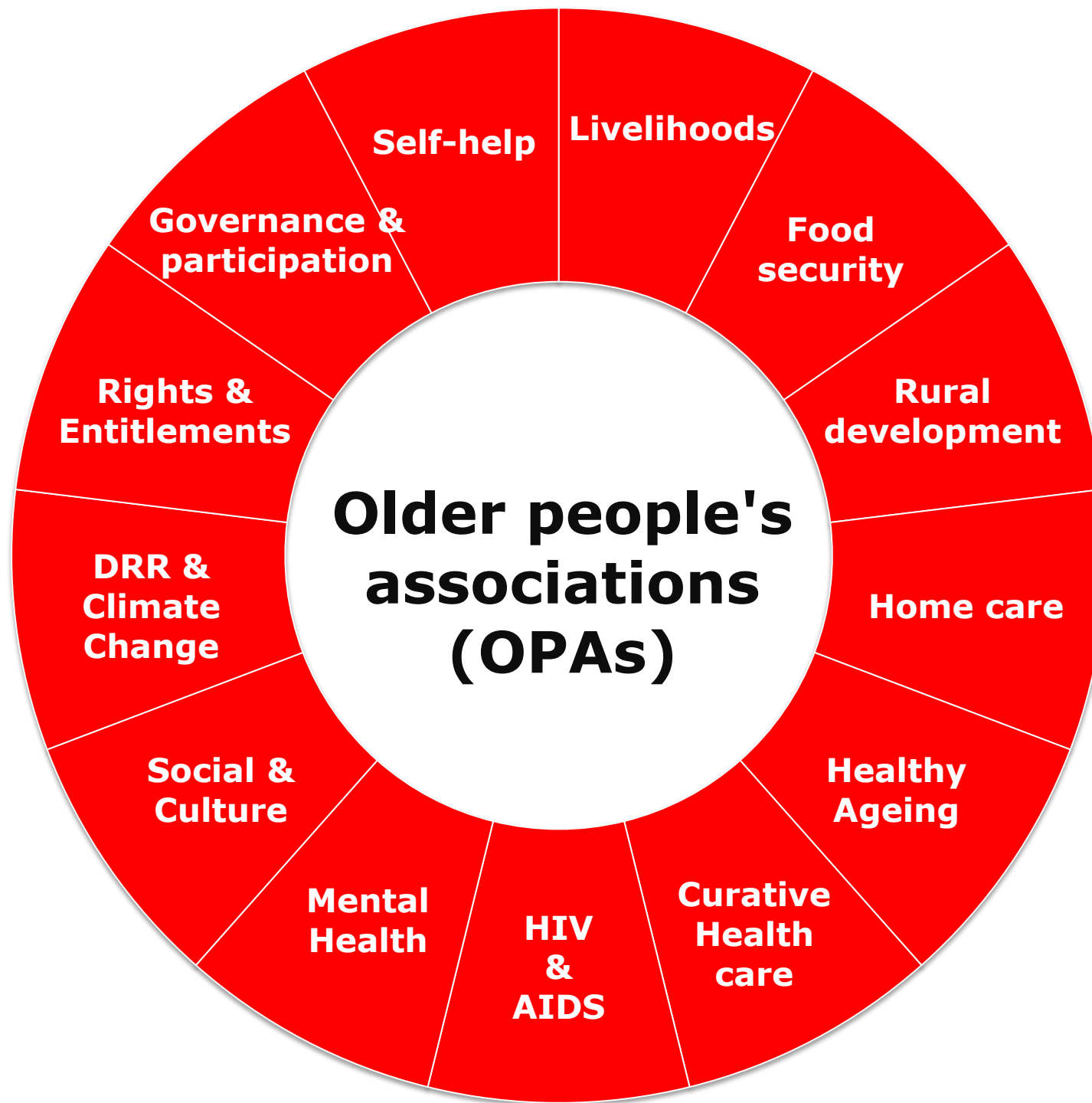
Older People's Associations

1. Multifunctional community based organisations of older people working to improve the wellbeing of older people, their families and communities
2. Promote mutual support among older people within their own community, reducing the risk of isolation and vulnerability
3. In Asia OPAs improve food or income security, manage homecare schemes, deliver health education, and expand community disaster risk reduction
4. Many governments in Asia support the development and expansion of OPAs by providing training, guidelines or financial assistance

OPAs are multifunctional organisations

**HelpAge
International**

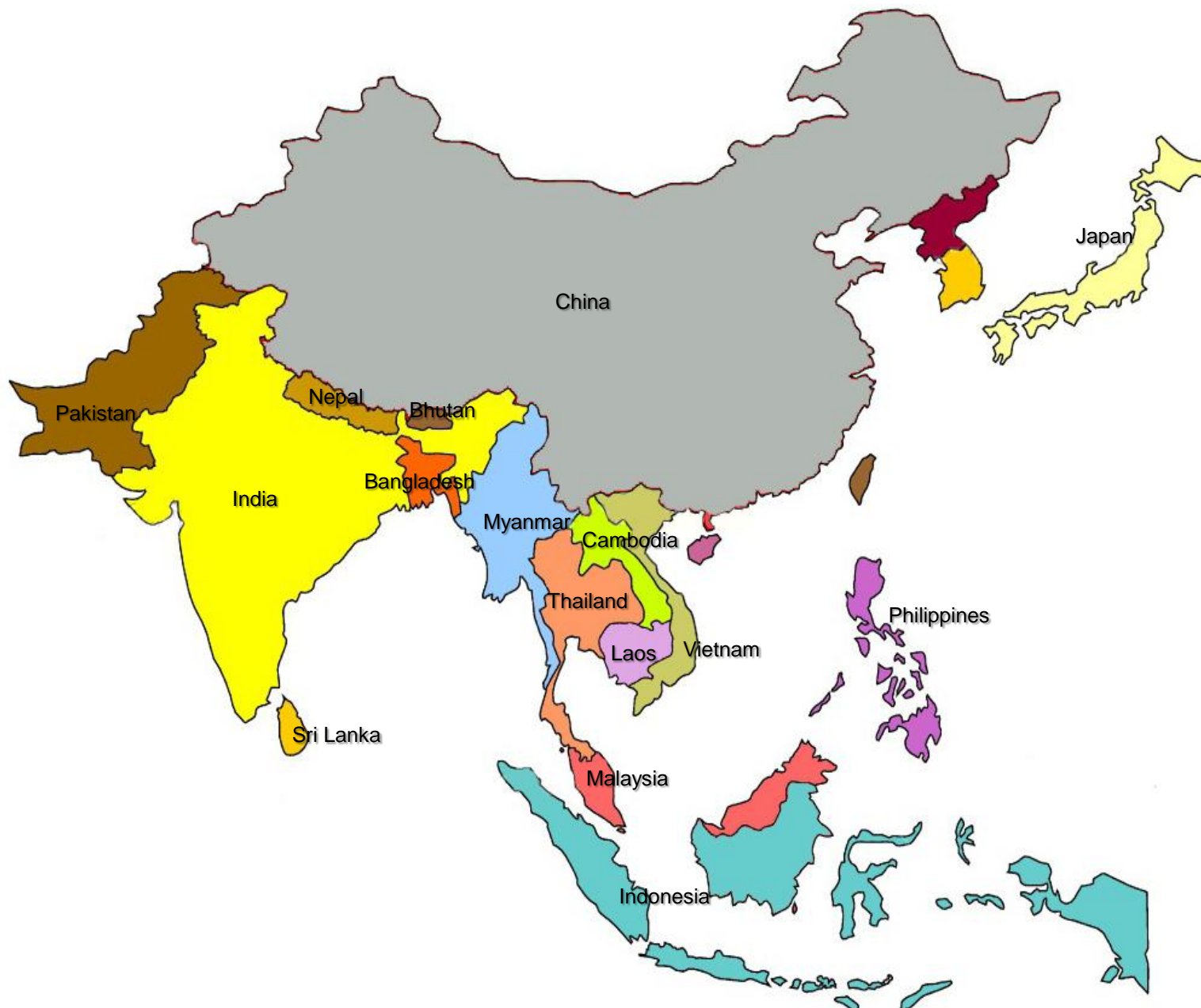
age helps



Older People's Associations

- Mainly in rural areas, but model works well in urban areas as well
- Target low income community and members
- Model in process of ongoing development
- The idea of OPAs is not new – building self sustaining, inclusive and empowered OPAs is

Where are OPAs in Asia?



- **Bangladesh**
Older citizens monitoring group (OCM)
- **Cambodia**
Older people's association (OPA)
- **China**
Older people's association (OPA)
- **India**
Self-help group (SHG)
- **Indonesia**
Older people's association (OPA)
- **Korea**
Older people's community (OPC)
- **Lao PDR**
Older people's group (OPG)
- **Myanmar**
Older people self-help group (OPSHG)
- **Nepal**
Older people's association (OPA)
- **Philippines**
Older people's organisations (OPO)
- **Sri Lanka**
Older people's association (OPA)
- **Vietnam**
Intergenerational self-help club (ISHC)



The OPA model

OPAs are trained to increase its capacity to manage its activities and to generate its own income:

