

1st
WORLD
CONGRESS



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ON HEALTHY AGEING

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Organised by:



Malaysian Healthy Ageing Society

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Rethinking Retirement

Thelma Kay

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Changing demographics

- ❖ Increasing life expectancy
- ❖ More older old – frail, vulnerable
- ❖ Increase in OP requiring care (ADL, dementia)
- ❖ Women live longer than men, lower labour force participation
- ❖ Decline in old age dependency support
- ❖ Decline in family support
 - Smaller household size
 - More elderly living alone and single elderly

Ageing Asean – Over 60s

	2010	2020
	%>60	%>60
Brunei Darussalam	9.8	16.6
Cambodia	9.9	12.4
Indonesia	15.8	20.3
Lao PDR	9.7	11.3
Malaysia	13.3	19.3
Myanmar	14.7	19.5
Philippines	11.5	15.2
Singapore	28.2	37.7
Thailand	20.4	28.6
Viet Nam	16.3	21.7

Life Expectancy at Birth

	Life Expectancy 2015-2020	Life Expectancy 2045-2050
Brunei Darussalam	78.2	81.1
Cambodia	65.6	74.4
Indonesia	73.6	78.6
Lao PDR	68.7	75.8
Malaysia	76	80.1
Myanmar	66.6	74.8
Philippines	74	78.7
Singapore	81.6	84.1
Thailand	71.2	77.2
Viet Nam	76.4	80.4

Rethinking Retirement

- ❖ Dependency ratio - stretch lifecourse stages
- ❖ Retirement - definitions, applicability
- ❖ New older persons (better educated, more savings, healthier lifestyle) –take responsibility for self reliance/independence
- ❖ Adjust roles of key drivers - self, family, community, government, market according to ideology, value system, welfare regimes eg social care is political, not just economic
- ❖ Rethink 3G filial piety
- ❖ Active Ageing - ACAP

Rethinking economic security

- ❖ Recognize elderly as contributors, not social burden - transfers, caregiving, reciprocity (grandparenting), volunteerism
- ❖ Make working longer possible - extend retirement age in line with increased longevity, enhance employability eg. Singapore Re-employment Act 2012
- ❖ Rationalize limited formal social security systems covering formal sector, civil service, armed forces
- ❖ Review formal pension schemes , especially for coverage , adequacy
- ❖ Expand pension schemes to include informal sector and self-employed

Rethinking economic security (cont'd)

- ❖ **Adopt from multi-tiered/multi-pillar system (adapted from World Bank taxonomy)**
 - ✓ Zero pillar non contributory social assistance/social pension
 - ✓ Public pension, defined benefit, defined contribution
 - ✓ Occupational or personal pension plan
 - ✓ Personal savings, home ownership, other assets
 - ✓ Family transfers/support
- ❖ **Strengthen safety net (targetted, means-tested)**

Rethinking health security

- ❖ Changing epidemiology – rise in noncommunicable chronic diseases (and dementia)
- ❖ Ageing functional, not chronological
- ❖ Health promotion/health literacy (lifecourse approach, healthy life expectancy)
- ❖ Proactive health policies (eg tobacco tax, transfat)
- ❖ Integrate/coordinate health and social care (housing)
- ❖ Innovative care models eg PACE
- ❖ Train for coming (not past) healthcare requirements
- ❖ End of life, palliative care, die with dignity
- ❖ Health financing esp long term care, universal coverage? Multi-pillar (tax funded, social health insurance, private insurance)

Rethinking enabling and supportive environment

❖ Ageing in place

- ✓ independent living
- ✓ liveability - accessible and affordable connectivity/transportation, walkability,
- ✓ universal design, assistive devices,
- ✓ new models of living (eg. NORCs, lifetime neighbourhood/community)

❖ Age-friendly cities (WHO)

- ✓ outdoor spaces and buildings, transportation, housing
- ✓ social participation, respect and social inclusion, civic participation and employment
- ✓ communication support and health services, communication and information

Rethinking enabling and supportive environment (cont'd)

❖ **Technology:**

- ✓ Innovations to improve working conditions/applications
- ✓ Enable communication, address social exclusion

❖ **Governance :**

- ✓ Whole of government approach e.g. health, housing, transportation, finance – **mainstream**
 - ✓ Age discrimination/**ageism**/elder abuse and neglect - legislation , Convention?
 - ✓ **Media** to change perception , **change mind sets**
 - ✓ Advocacy /voice , **co-create**
- ## ❖ **Partners:**
- ✓ **3Ps** – public/private/people

Conclusion

Celebrate getting old – many are denied the privilege

- ❖ Longevity planning
- ❖ Independence and health
- ❖ Self-reliance
- ❖ 3Ps
- ❖ Active Ageing (ACAP)
- ❖ Change mind sets

LIVE LONGER LIVE HEALTHIER



Thank you

Thelma Kay

<thelmakay@gmail.com>