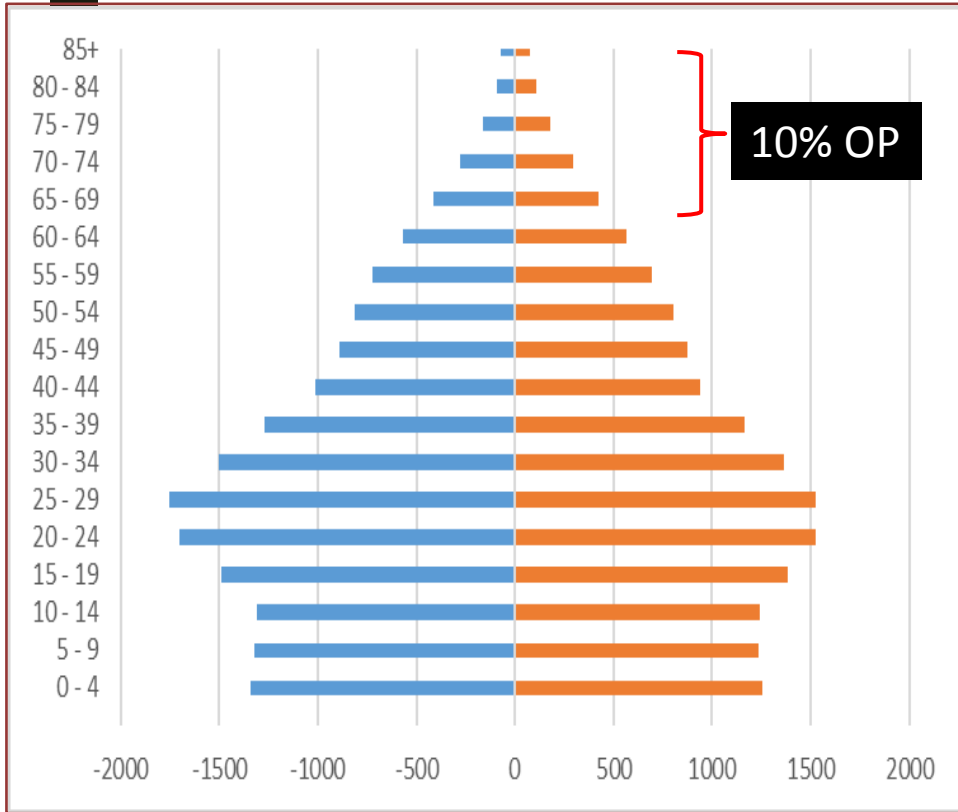


# TOWARDS ACTIVE AGEING— THE MALAYSIAN EXPERIENCE

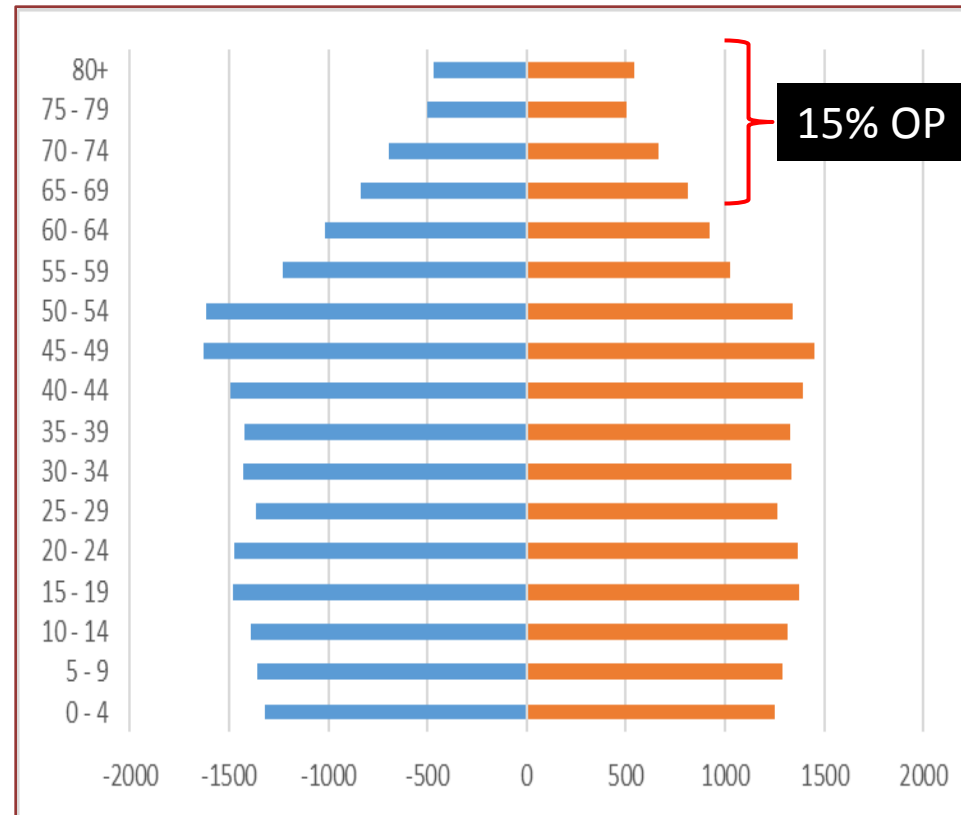
*The ASEAN + 3 Symposium on Strengthening Demographic Policy  
Cooperation, 1-3 April 2019, Bangkok*



# Ageing scenario in Malaysia



Expected increase of older persons population in the country and Malaysia's expectation to become Aged Nation by 2030



Challenges to the country in the context of long-term care, shortage of young labor, decreased productivity of the country and so on.

# Morbidities Among Malaysian Elderly

## ■ Study by MOH (NHMS 2018)

Pola patterns change from disease-related illness due to ageing to lifestyle-related illness

### NHMS 2018

Category	Illness	%
Non-Communicable Disease	Diabetes	27.7
	High blood pressure	51.1
	Hypercholesterolemia	41.8
Geriatric Giants	Probable dementia	8.5
	Depression	11.2
	Stress urinary incontinence	2.9
	Urge urinary incontinence	3.4
	Fall	15

# ELEVENTH MALAYSIA PLAN 2016–2020

## ANCHORING GROWTH ON PEOPLE

### Strategy B5

#### Enhancing the living environment for the elderly

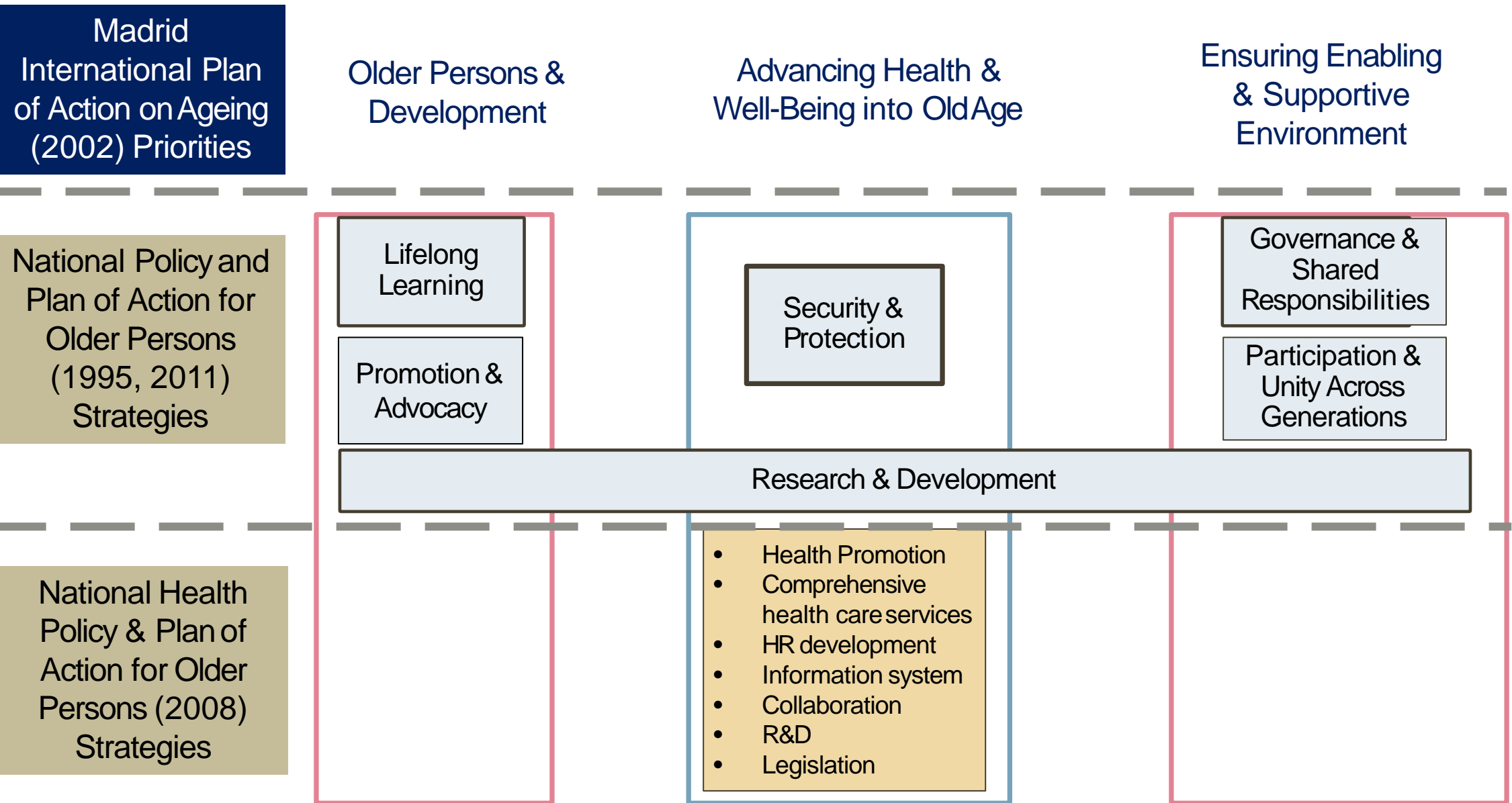
The proportion of the population aged above 60 years is increasing, from 7.9% in 2010 to 8.8% in 2014. This figure is expected to grow to 10.6% by 2020. Better quality of life and advances in healthcare has resulted in longer lifespans in 2013, 72.6 years for men and 77.2 years for women in Malaysia. 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.



# Including ageing agenda into national policies



# Integrated multi-dimensional national approach

National Advisory and  
Consultative Council for the  
Older Persons

Chairperson: Minister of Women, Family  
and Community Development

Technical Committee

Chairperson: Secretary-General,  
Ministry of Women, Family and  
Community Development

No	SUB-COMMITTEES	MINISTRY/ AGENCY
1	Health	Min. of Health
2	Social & Recreational	Dept. of Social Welfare
3	Education & Spirituality	Min. of Education
4	Housing & Environment	Min. of Housing & Local Government
5	Economy	Economic Planning Unit
6	Employment	Min. of Human Resource
7	Research & Development	Min. of Science , Technology And Innovation

NATIONAL

State Action Council

Committee for Development of Older  
Persons

District/Local Authority  
Action Council

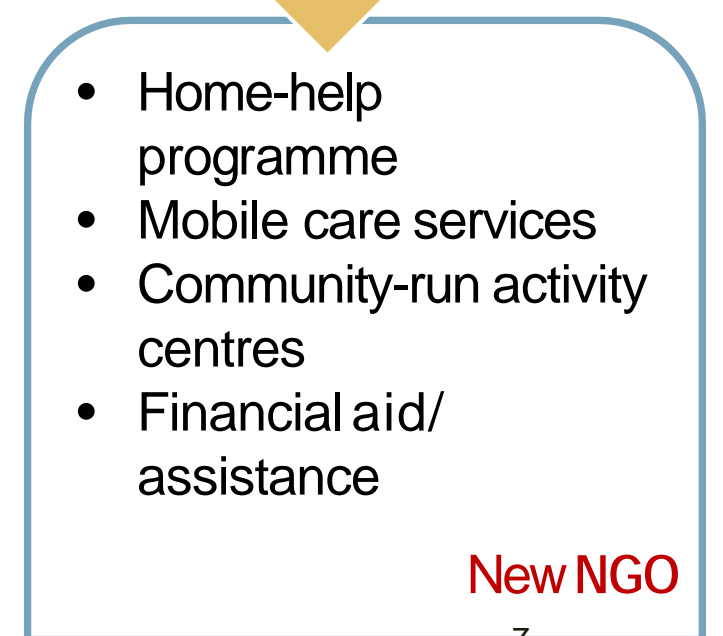
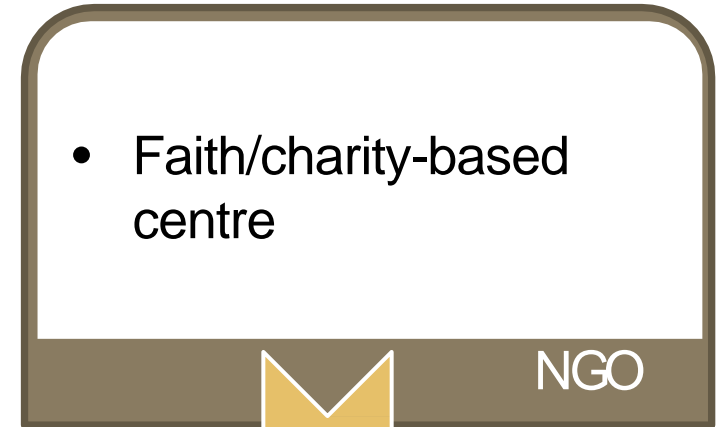
Committee for Development  
of Older Persons

STATE

Community &  
NGOs

Private

# Adapting the care & health systems to meet the health needs of the ageing population





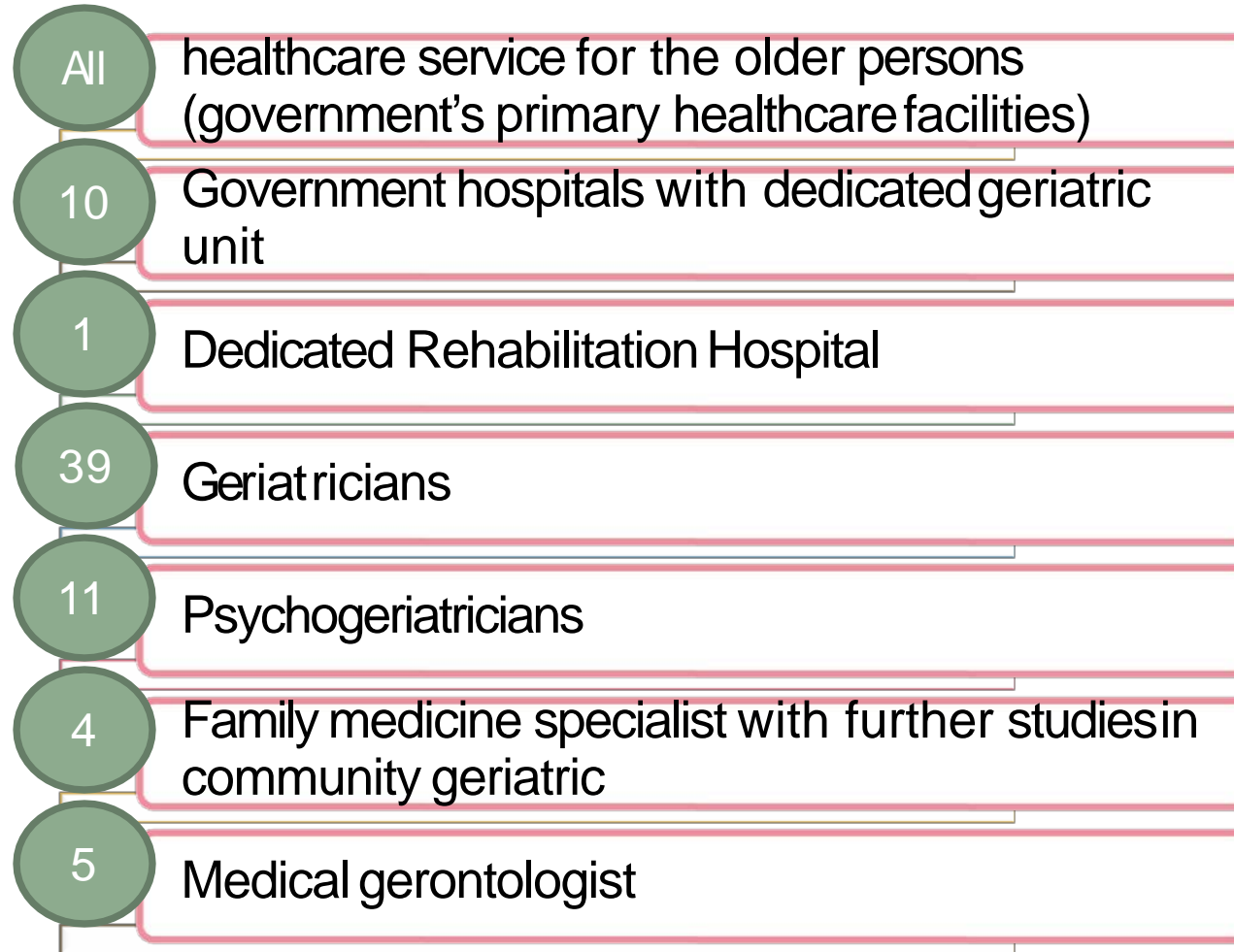
# Provisions of long-term care for the elderly – Institutional Services

- ❖ 9 Homes (*Rumah Seri Kenangan*) - financed by the Government
- ❖ 2 Homes for chronically ill (*Rumah Ehsan*)
- ❖ 244 centres by NGOs & private registered under the Care Centres Act 1993
- ❖ 21 nursing homes registered under the Private Healthcare Facilities and Services Act 1998





# Human resources development to meet the health needs of older persons



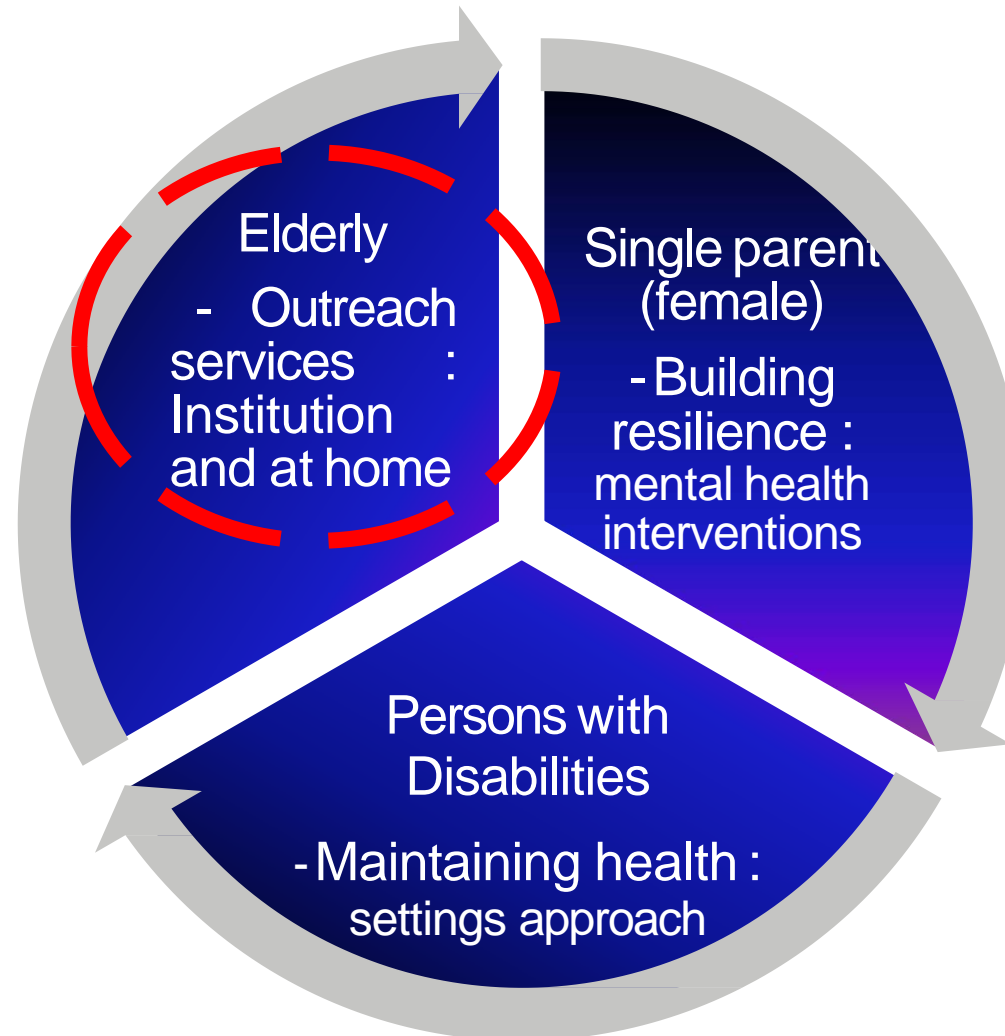
# Adopting a life-course approach to promote healthy ageing

- National Plan of Action for Nutrition of Malaysia III, 2016-2025
- National Strategic Plan for Active Living, 2016-2025



# Multisectoral approach & partnerships

Ministry of Health & Ministry of Women, Family & Community Development



## Objective:

- Providing holistic health & social support to elderly, disabled & single mothers

## Strategy:

- Interagency Networking
- Sharing Resources
- Encourage Volunteerism
- Empower families & communities

# Challenges

## Job Opportunity for Older Persons

1. National Strategic Framework for Active Ageing (Work Participation)
2. Employees Provident Fund (EPF) mandatory contribution for employers reduced from 6% to 4% starting January 1, 2019
3. Additional tax deductions to be given to employers on remuneration expenses with a total limit of RM4,000 per month.

## Protecting the Older Persons

1. The Government **will draft a special act** to protect the welfare and rights of older persons
2. Creating the support system needed by families and young people to carry out their responsibilities as a guardian of senior citizens
3. Promoting the concept of ageing in place

## Empowering Role of Local Government

1. Pilot project to create age-friendly city with the cooperation of the United Nations Development Program (UNDP)
2. To promote the involvement of public participation in local planning
3. Creating a friendly environment for seniors.

## Preparing for LTC

1. Diagnostic Study to Develop a Sustainable Model for Integrated Long-Term Aged Care in Malaysia
2. Develop a knowledge-based data to formulate policies on LTC
3. Develop Integrated and Sustainable LTC Model in Malaysia taking into account the need of care at all levels i.e. hospitals, institutions, communities

# Way Forward



## Financial

- Comprehensive social protection
- Increase financial security of older persons



## Health

- Promote life-course action: healthy & active lifestyle
- Increase availability, accessibility and quality of care facilities and services for older persons



## Social

- Empower volunteerism and broaden the reach of *community-based programme*
- Change perception towards older persons



## Institution

- Strengthen collaboration between ministries/agencies
- Strengthen legislation & regulation
- Quality data