

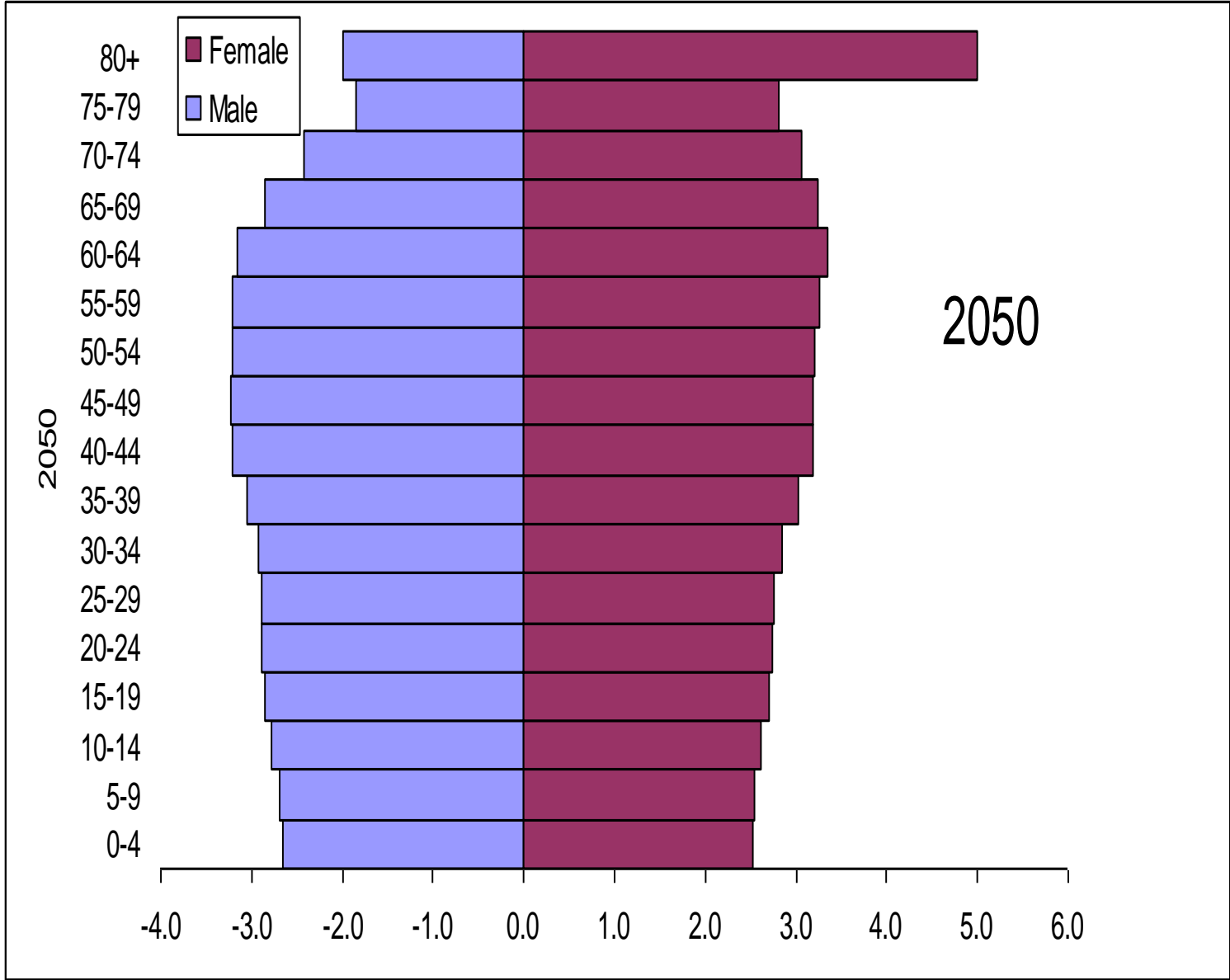
Care Provision System for Thailand Aged Society

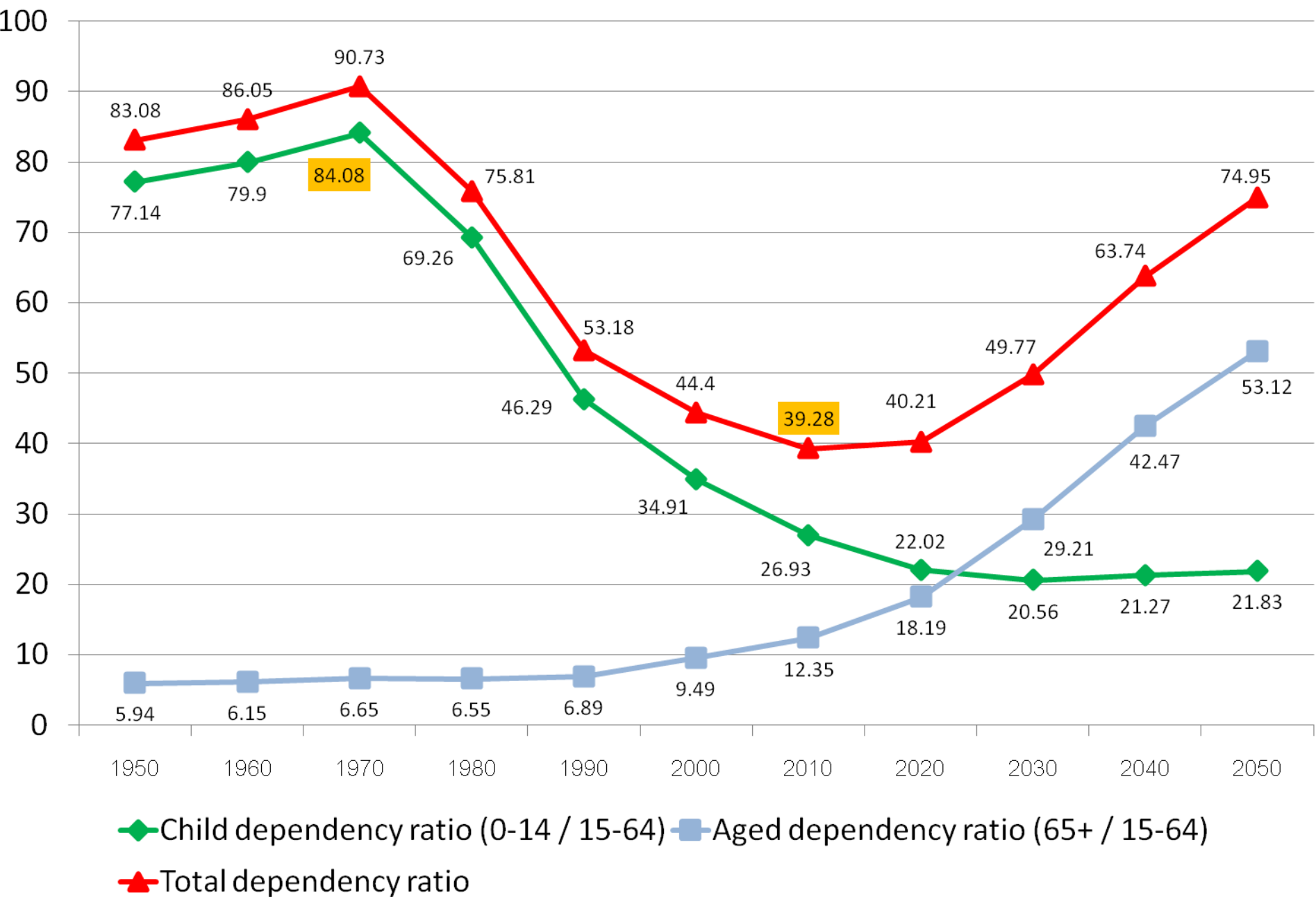
Professor Sutthichai Jitapunkul MD

Old Thailand

- 2014: Total population = 67 m
- 2020: **Maximal total population** = 67.9 m

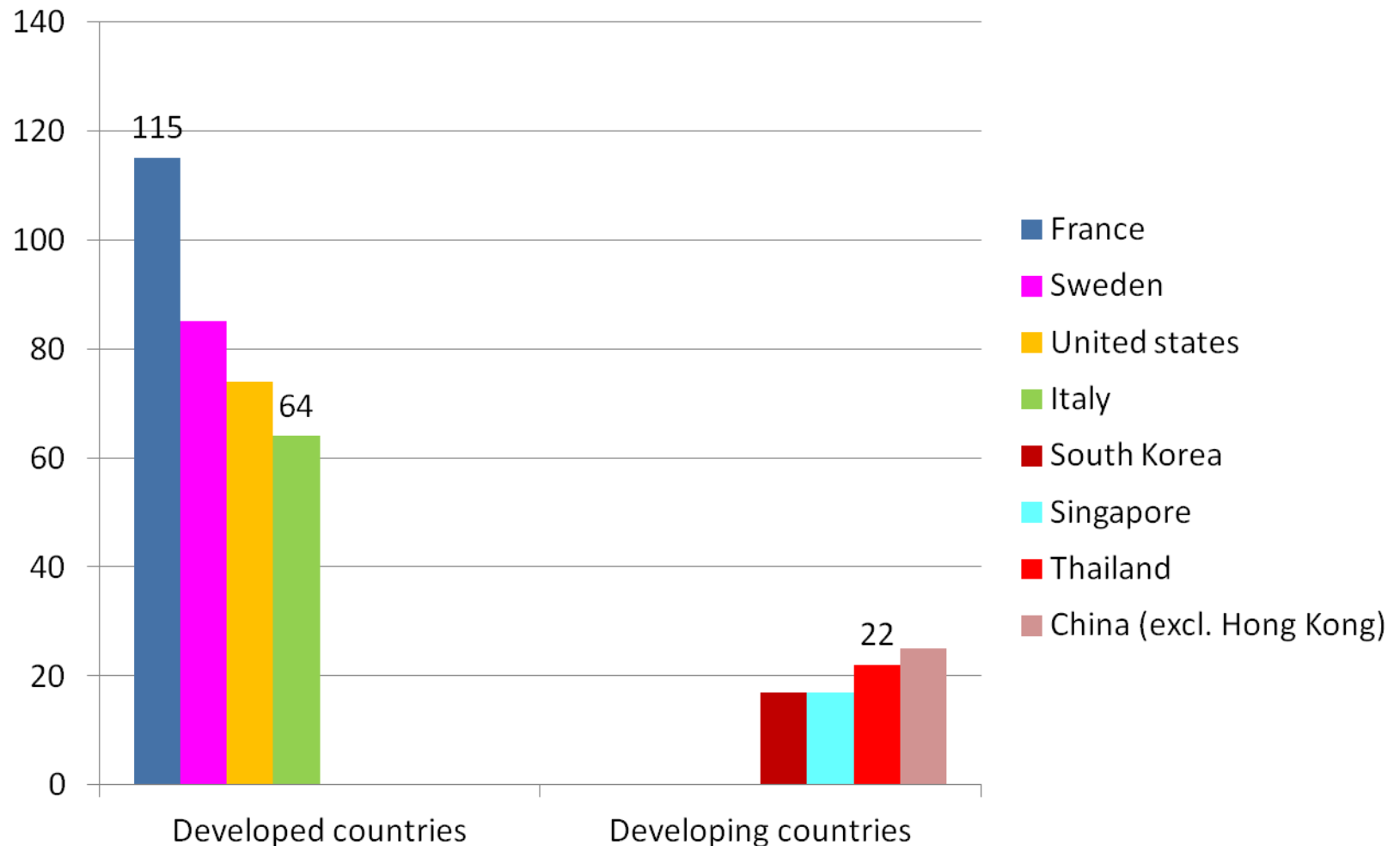
- 2014: 60+ = 15% 65+ = 10.5% 80+ = 2%
- 2025: 60+ = 20% **65+ = 15%**
- 2050: 60+ = 37.5% 65+ = 33.5% **80+ = 10%**





Speed of Population Aging

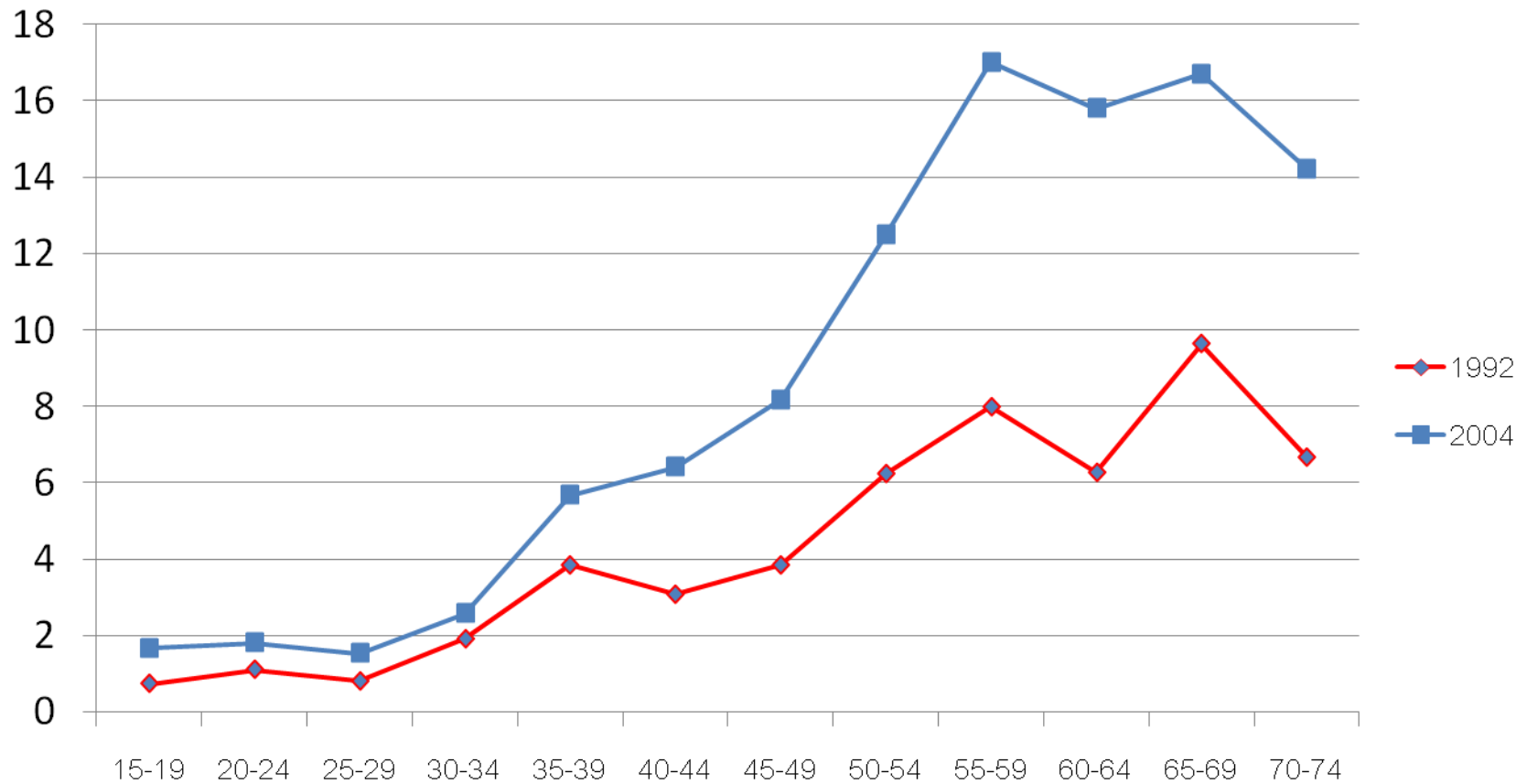
Duration in year of older population age 65+ increases from 7% to 14% of total population



Diabetes Mellitus:

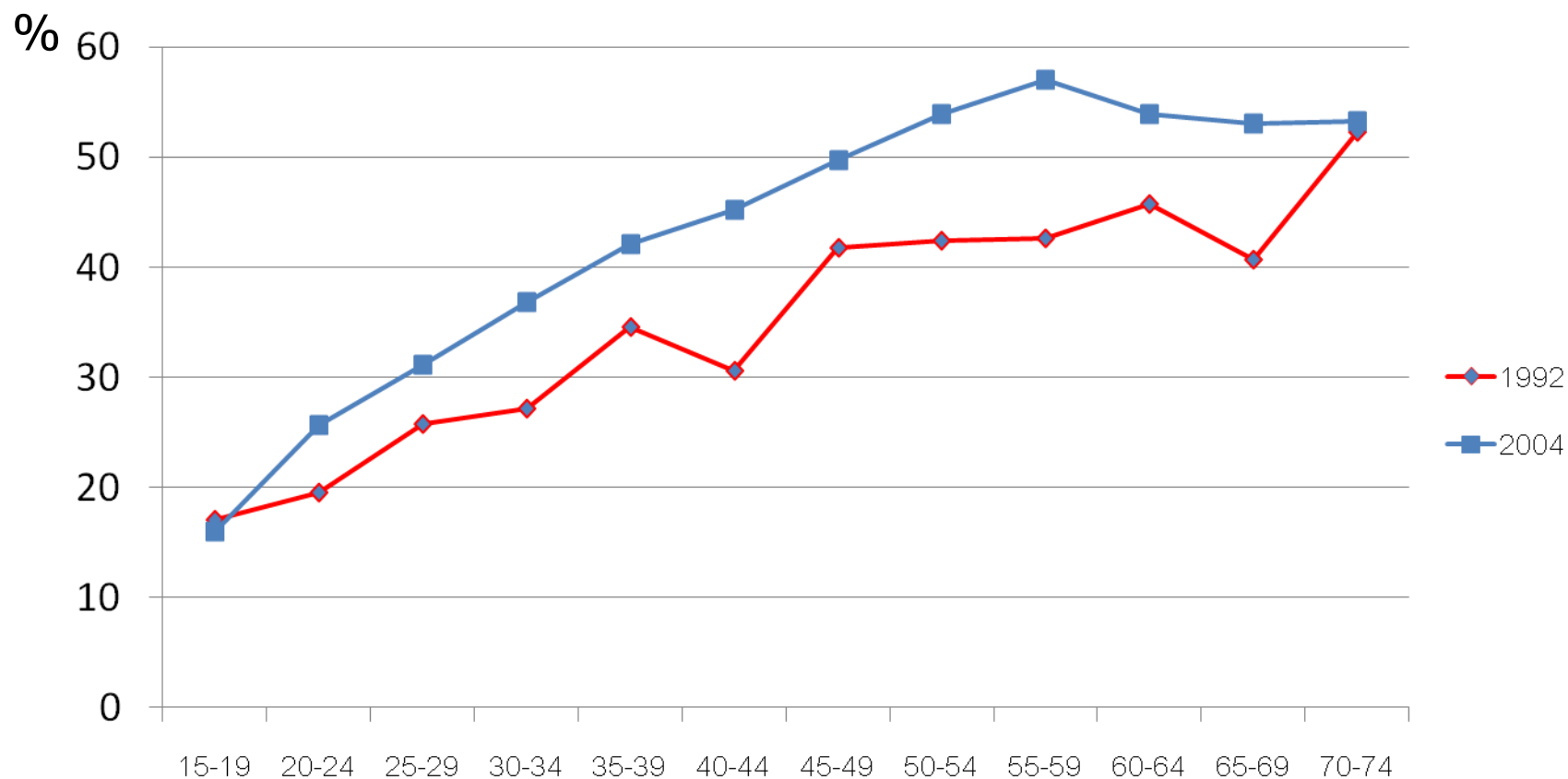
Fasting Plasma glucose 126+ mg/dl or History+

%

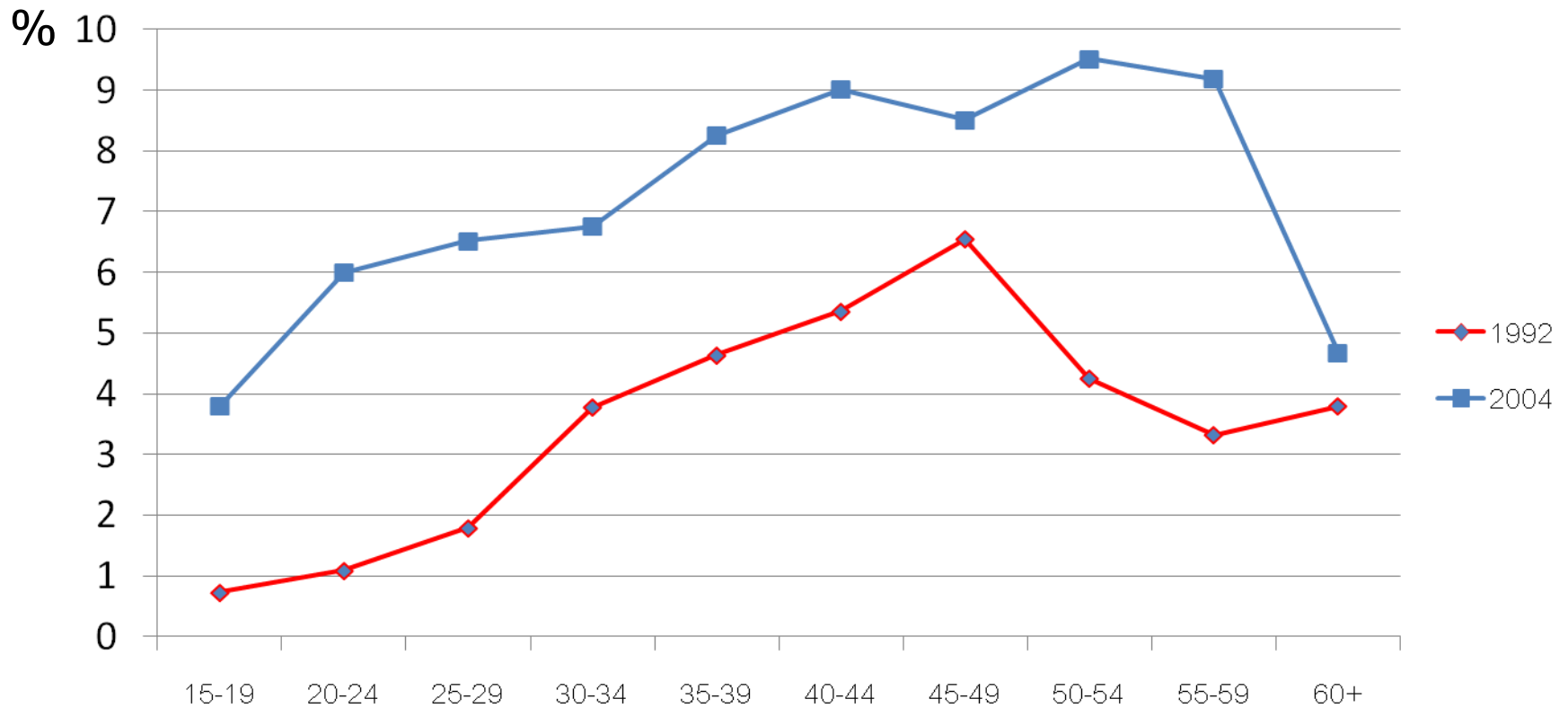


HSRI: NHES1 (1992) vs NHES3 (2004)

Hypercholesterolemia: Cholesterol 200+ mg/dl or History+

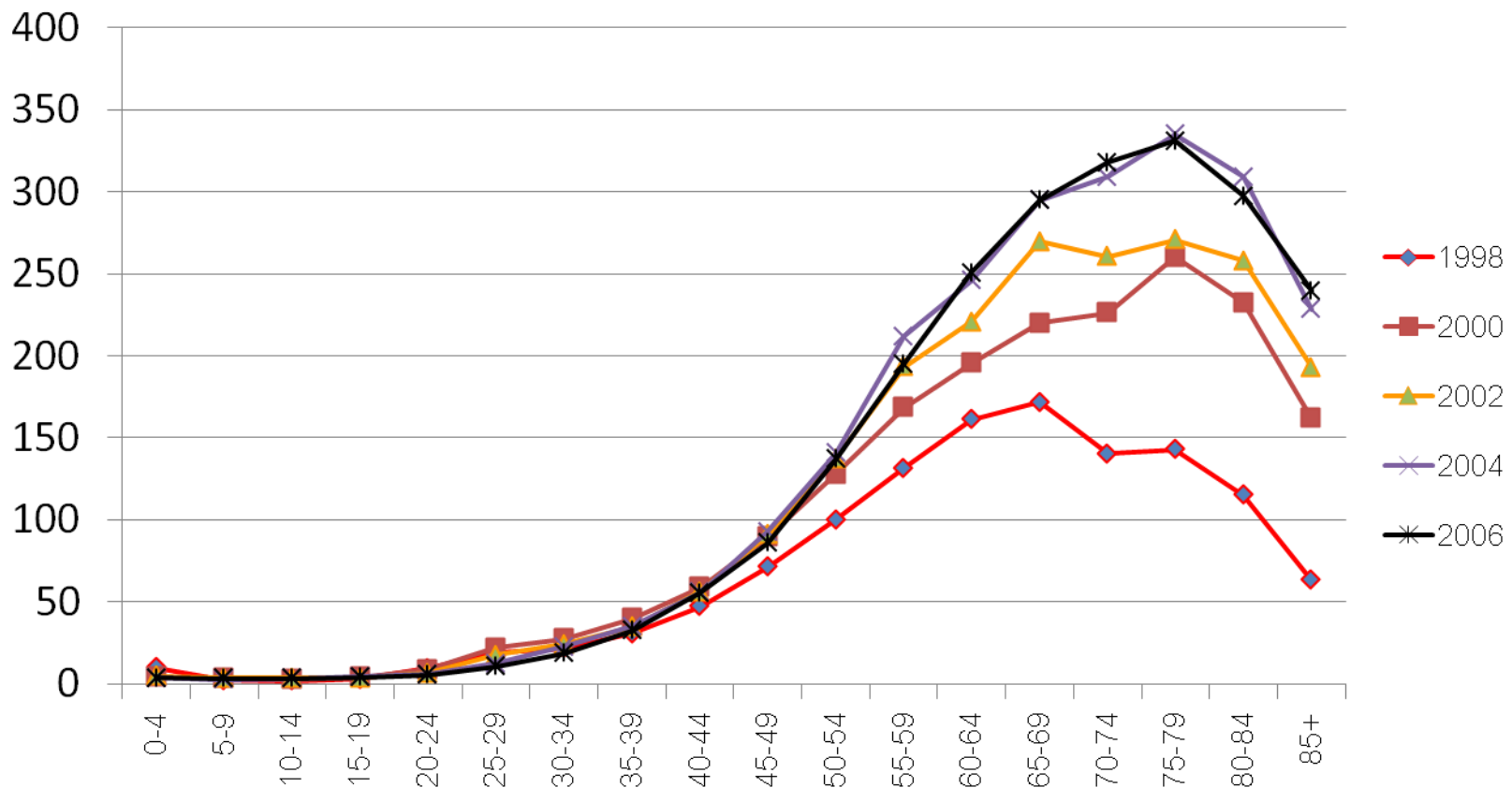


Obesity: Body Mass Index 30+ NHES1 (1992) vs NHES3 (2004)



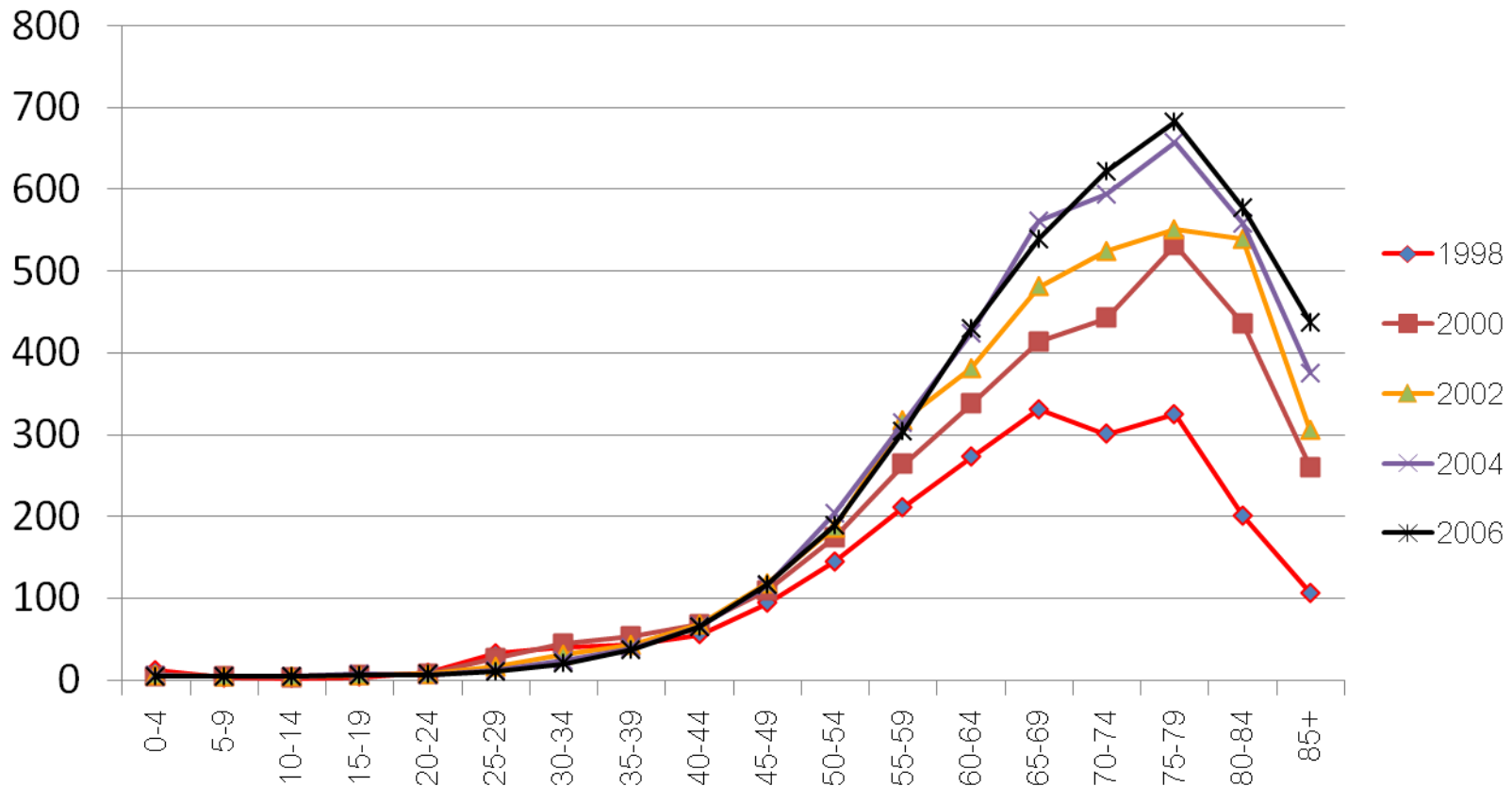
Death from Neoplasms: Female

(per 100,000)

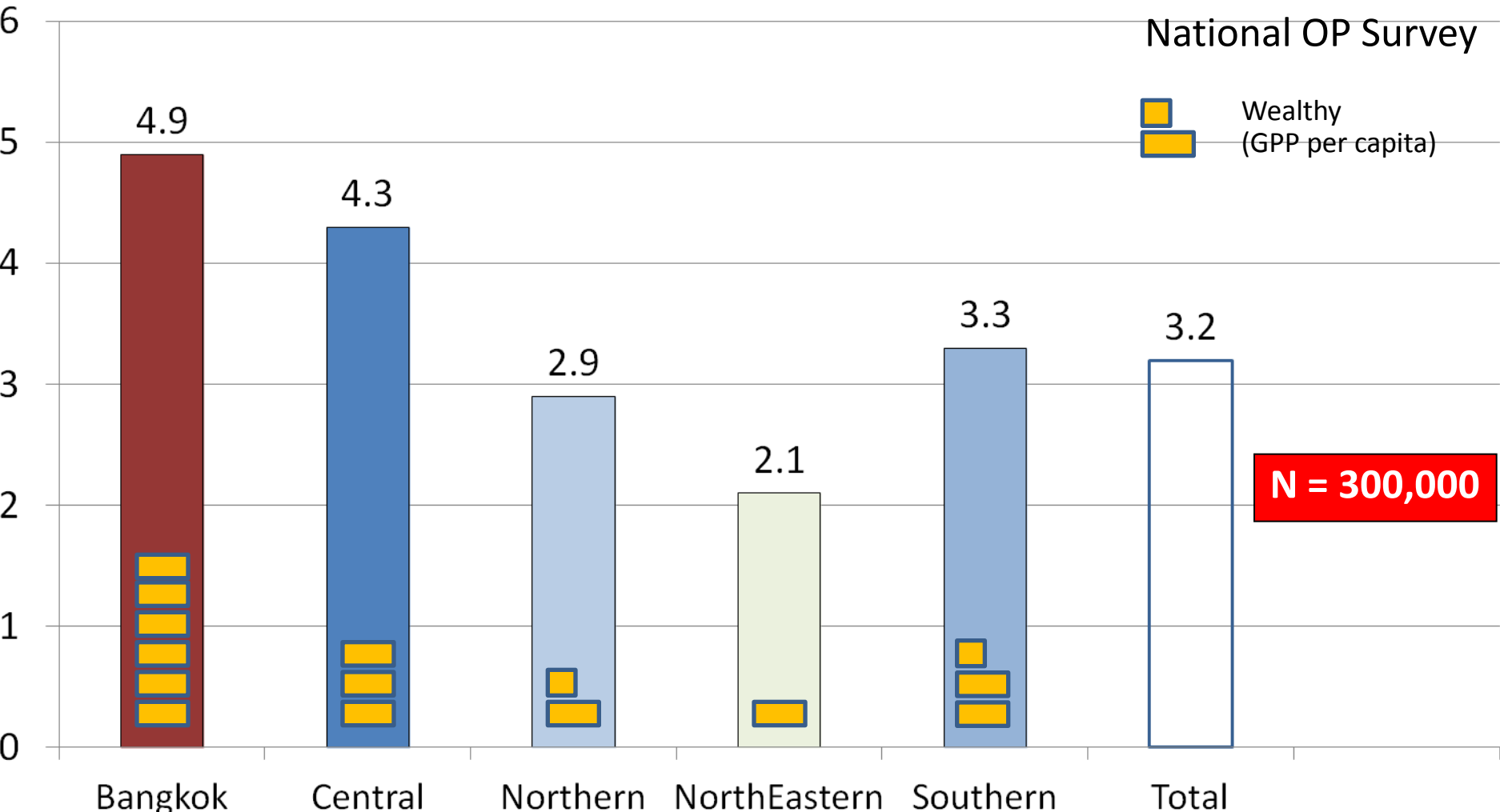


Death from Neoplasms: Male

(per 100,000)



Percentage of Older population Who need help for FEEDING OR DRESSING OR BATHING BY REGION: 2012



FACTs

- We are old now and will be older ...
 - Growth in Aged Dependency Ratio
- = *Relatively declining of working taxpayer number*

- Older population is the poorest population since 2002.
- Morbidity expansion
- Morbidity-disability is increasing with urbanization and economic growth

- More dependent older people who need care is increasing
 - Many dependent older people are too bad to be in their homes (present situation) but too good to be in acute care hospitals
 - Need for nursing home is increasing rapidly

- *Informal care ability in family does not match with change*
- The remarkable feature of family capacity in providing long-term care is its durability but not its fragility.

- Health care resources used by older population is 2-5 times those used by younger population
- with a very fast rate compared with Developing countries.

- We are old faster than Western countries
= *We have shorter time for preparation
with less resources*

Key Challenges

- ❑ How can we (Thailand ...) keep wealth while we are getting older?
- ❑ How can our people live with active (independent & productive) life longer?
- ❑ How can people have enough income when they are old?

- ❑ How can our older population stay with their families (with acceptable quality of life) as long as possible?
- ❑ How can we keep effectiveness of informal care especially families' role?

***Long-term care demand (care security) is
the challenge of the 21st Century***

□ As we are older very rapidly

How can we move fast enough?

What have been done?

- 1953 : The first home for the Elderly
- 1961 : The first senior citizen club
- 1978 : Primary Health Care
- 1982 : National Committee of Senior Citizen
- 1986 : The First National Plan for Older Persons (1986-2001)
- 1988 : Senior Citizens Council of Thailand

- 1991 : Senior citizen clubs in every district
- 1992 : Free health care for older persons
(Ministry of Public Health)
- 1993 : Monthly Allowance for Older Persons
(Non-contributory / Means test)
- 1996 : Thai Society of Gerontology and
Geriatric Medicine

- 1998 : Social Security Fund included pension scheme in the benefit (formal sector)
- 2001 : The Second National Plan for Older Persons (2002-2021)
- 2001 : Universal Health Care Coverage
- 2001-2003 : Bangkok 7 model (Home-based care)

- 2003 : Older Persons Act
- 2003 : Community volunteer care-giver program (20,000+)
- 2003+ : Several community and home-based care projects
- 2003+ : Aging issue has been a major issue for national project & research fund
- 2004 : National Fund for Older Persons

- 2006-2009 : 1st M&E of the 2nd National Long-term Plan
- 2009-2010 : Monthly Allowance for Older Persons *[Excludes retired government officers]*
 - 7,000,000+ older persons (80+%)
- 2010 : Revised Second National Long-term Plan

- 2010 : The First National Long-term Care Plan (2011-2013)
- 2010-2012 : 2nd M&E of the 2nd National Long-term Plan
- 2011 : National Saving Fund (Scheme) Bill
 - aims at non-formal sector
- 2013 : Social Security Office (SSO) implemented a new voluntary scheme for Thai people in informal sector

- 2014 : Ministry of Public Health and Japan International Cooperation Agency (JICA) is conducting a long-term care project for dependent older persons at homes and community centers in 6 communities. Care managers are developed and advanced care plan are used. Volunteers also participate in this projects.

- 2015 : National Health Security Office (NHSO) is setting up Elderly Health Care fund in order to cover expense of community and home-based long-term care

Care System for Aging Population



- **Acute illness setting**
- **Young Population**
- **Ability**
- **Analytic Concept**

- **Chronic illness setting**
- **Aged Population**
- **Disability**
- **Integrative Concept**



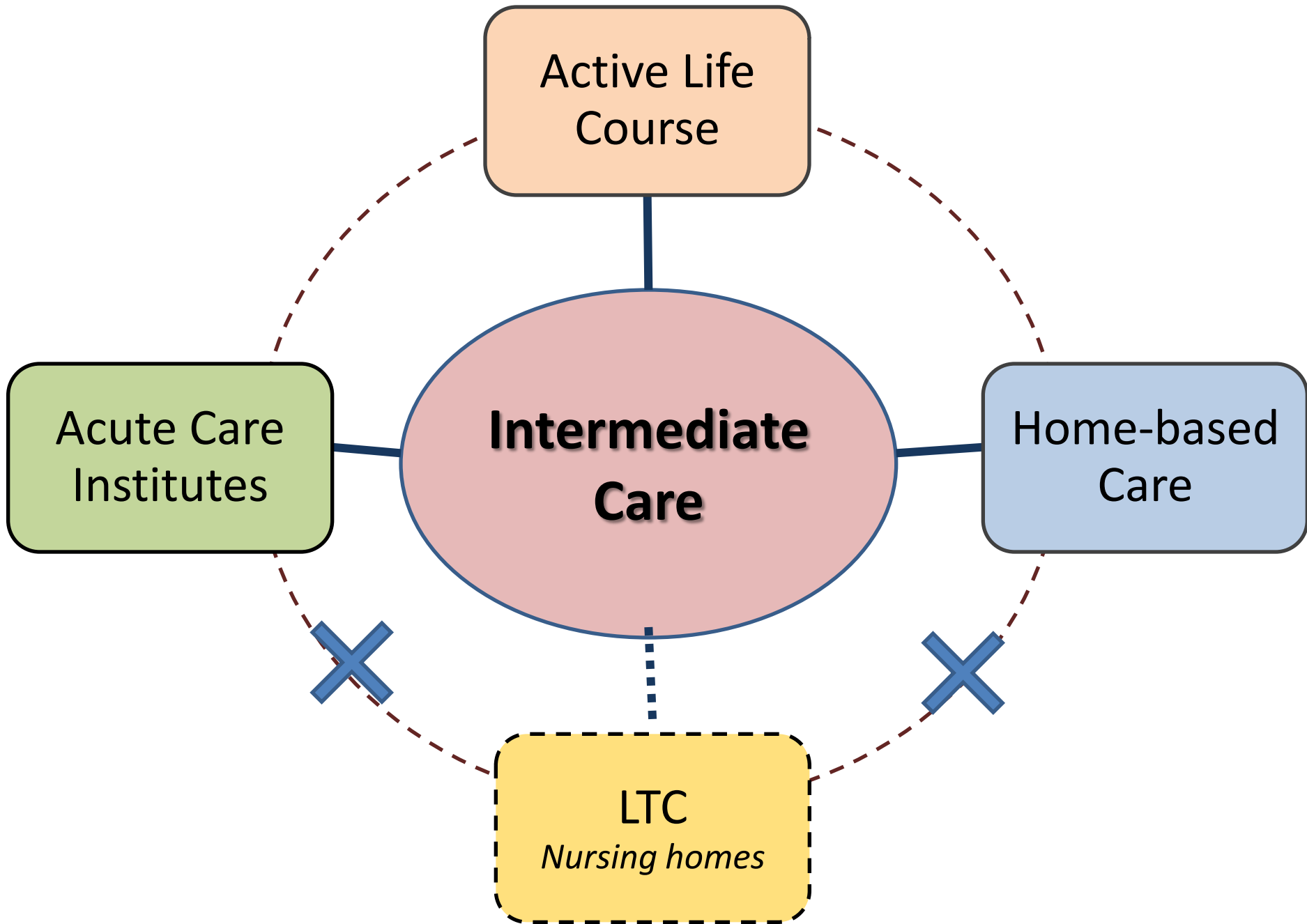
- **Mono-Discipline**
- **Specialization**
- **Dead or Survive**

- **Multi-Discipline**
- **Generalization**
- **Quality of Life**



- **Hospitals with Walls**
- **Ignore Informal Care**
- **Make cost hiking**

- **Hospitals without Walls**
- **Facilitate Informal Care**
- **Make cost modest**



Hospitals: existing facilities

Larger

- Waiting area
- ICU –medicine
- CCU
- Dialysis unit
- Rehabilitation
- Cancer
- NCD clinics
- Cataract & glaucoma
- Orthopedics

Smaller

- Labor section
- Pediatrics & neonate
- Family planning

Intermediate care

- Intermediate care wards
 - Day hospital
 - Day care center
 - Geriatric clinic
 - Active life center

Hospitals

- Nursing care
- Rehabilitation
- Pre-D/C training & Ed.
 - Night settle down
- Geriatric assessment
 - Respite care
 - Out-patient & consultative geriatric care
- Active life education
- Information providing
- Volunteer / Recreation facilitate

Intermediate care

- Community day care
 - Active life center

Communities

- Nursing care
- Rehabilitation
- Geriatric assessment
- Training & Education
 - Respite care
- Active life education
- Information providing
- Volunteer / Recreation facilitate

ช่องทางด่วนในโรงพยาบาล
สภาพแวดล้อมและสถานที่
ที่เหมาะสม ในโรงพยาบาล

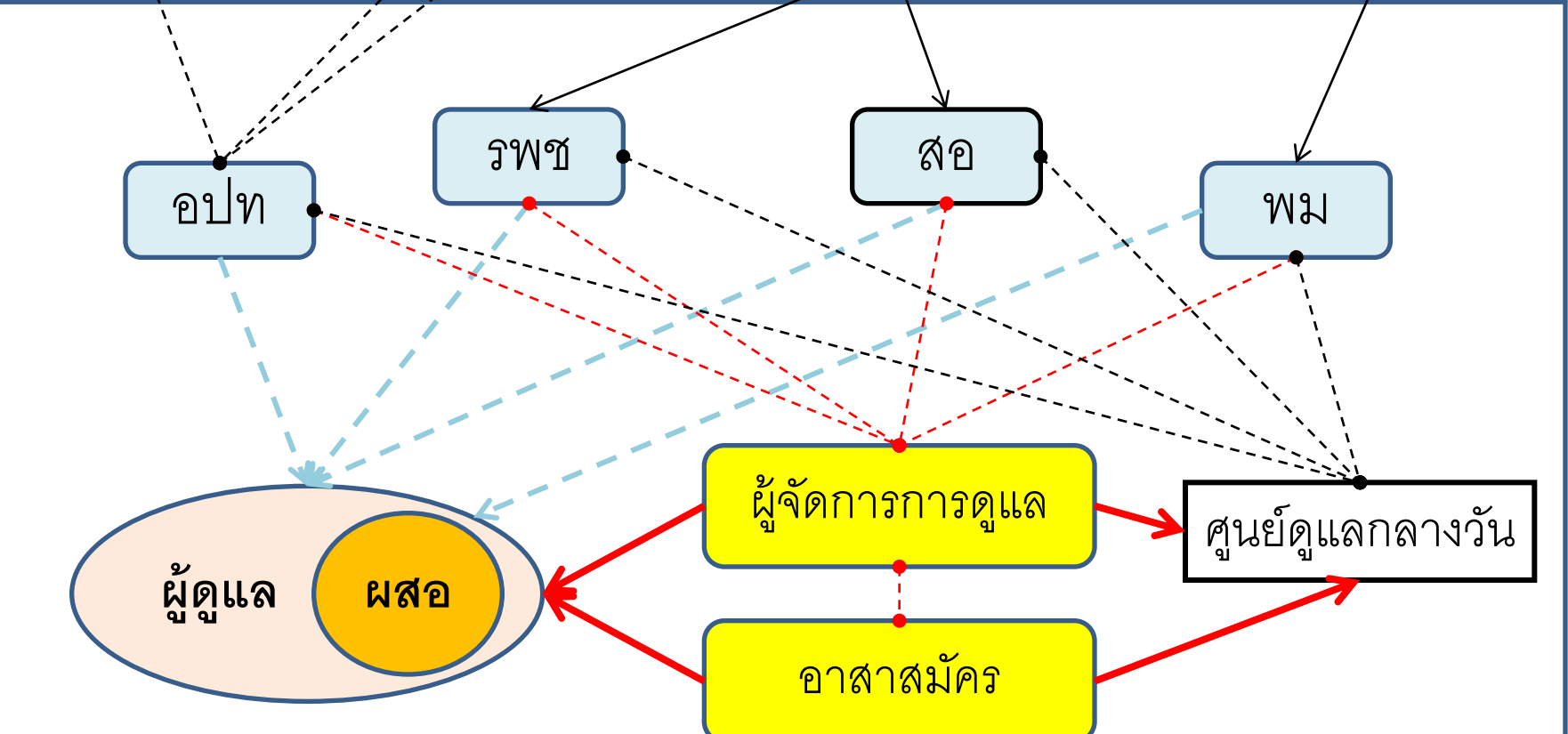
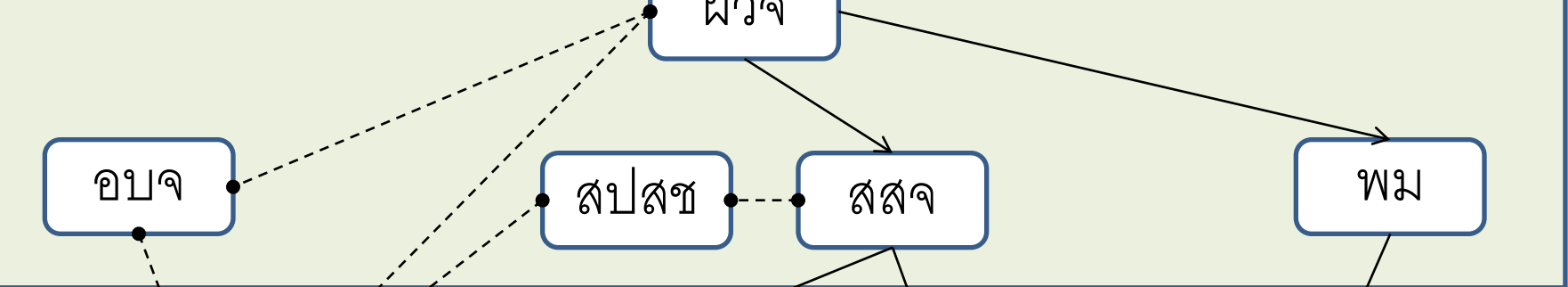
บริการรับส่ง

บริการฉุกเฉิน
เคลื่อนที่

ศูนย์บริการชุมชน

- ★ การบริการสหสาขาที่บ้าน
- ★ การฝึกอบรมให้แก่ผู้ดูแลที่บ้าน
- ★ สนับสนุนอุปกรณ์ช่วยเหลือ และวัสดุ
สำหรับการดูแล
- ★ การช่วยเหลือการดูแล และ
การดูแลทดแทนที่บ้าน โดยอาสาสมัคร
- ช่วยเหลืองานบ้าน
- จัดให้มีอาหารที่เพียงพอ
- การบริการจัดส่งยาและเวชภัณฑ์ให้ถึงบ้าน
- สนับสนุนการปรับสภาพแวดล้อมที่เหมาะสม
- การสนับสนุนด้านการเงิน

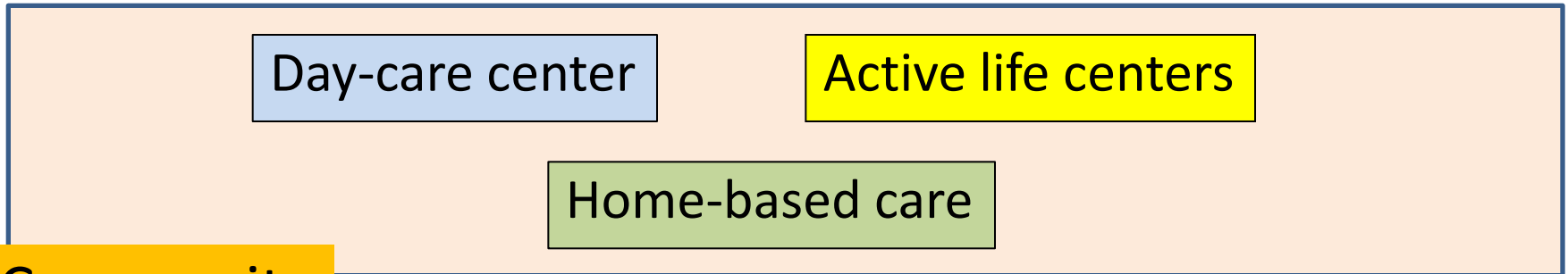
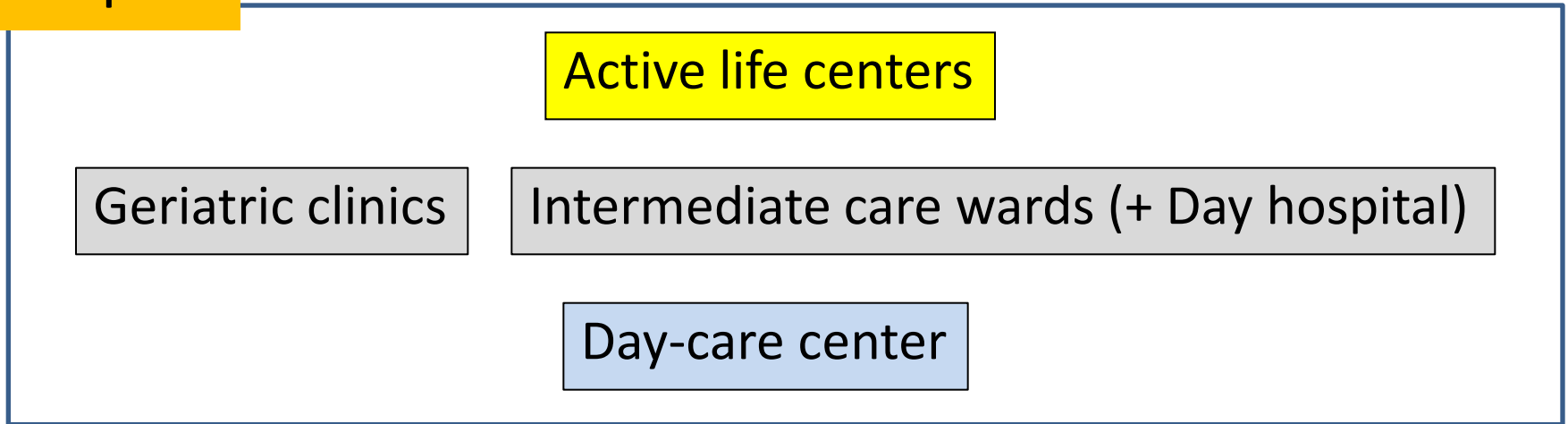
Provincial level



District level

Health Care System for Older Population

Hospital



Community

Nursing home