

AGEING AND CARE

Ageing trend and care needs of older persons in Viet Nam



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INTRODUCTION

Overview Ageing in Asia and the Pacific

Ageing Trend in Viet Nam

Care Needs of Older Persons in Viet Nam

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OVERVIEW

AGEING IN ASIA AND THE PACIFIC

The world's population is growing older, with persons over age 65 being the fastest-growing age group

In 2019, 1 in 11 people in the world aged 65+ (9%)

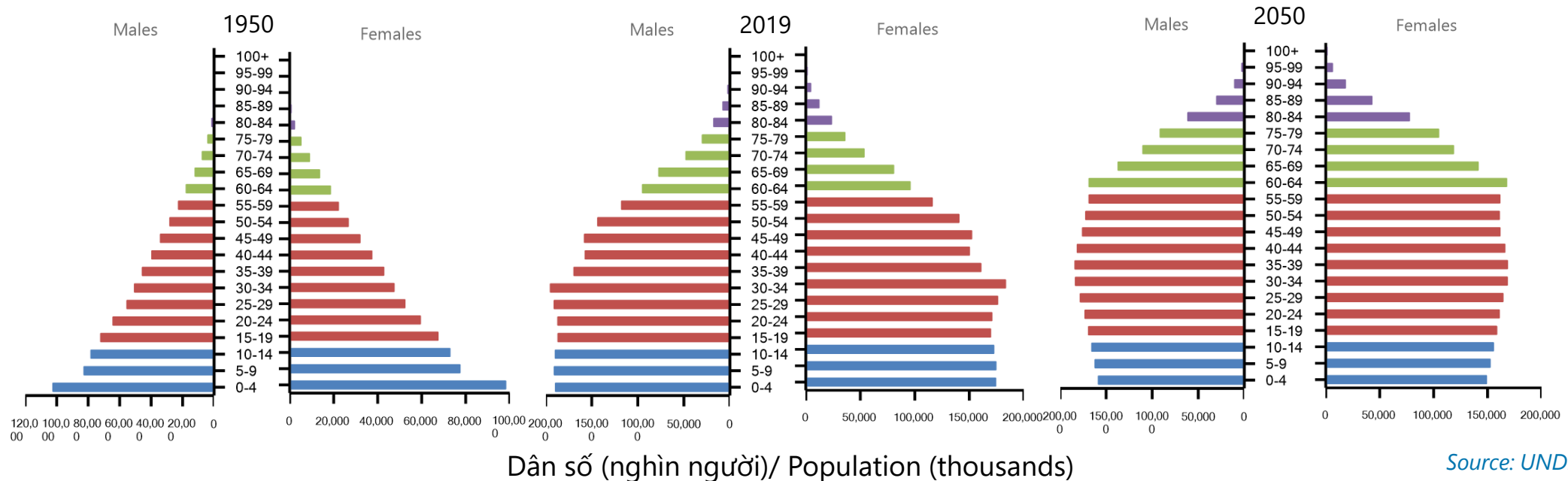
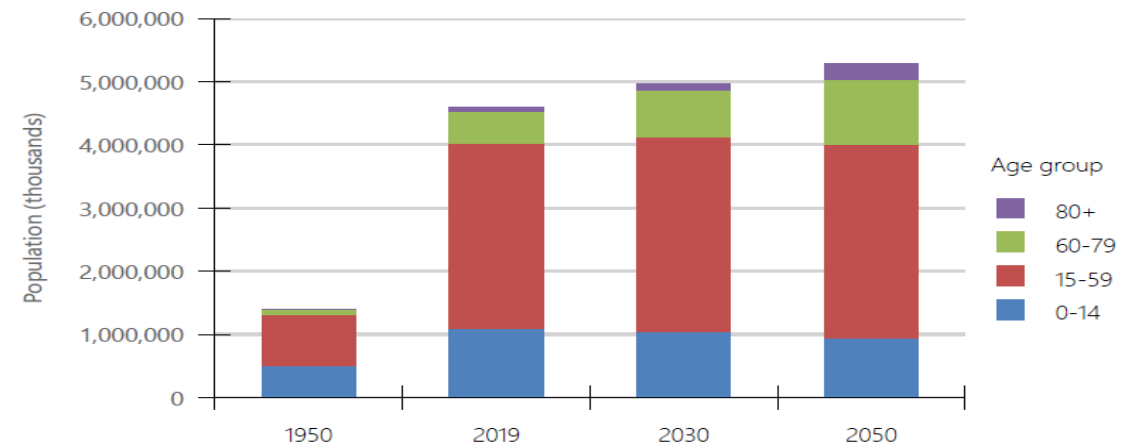
By 2050, 1 in 6 people in the world will be 65+ (16%)

In 2018, for the first time in history, persons aged 65+ outnumbered children under 5 years of age.

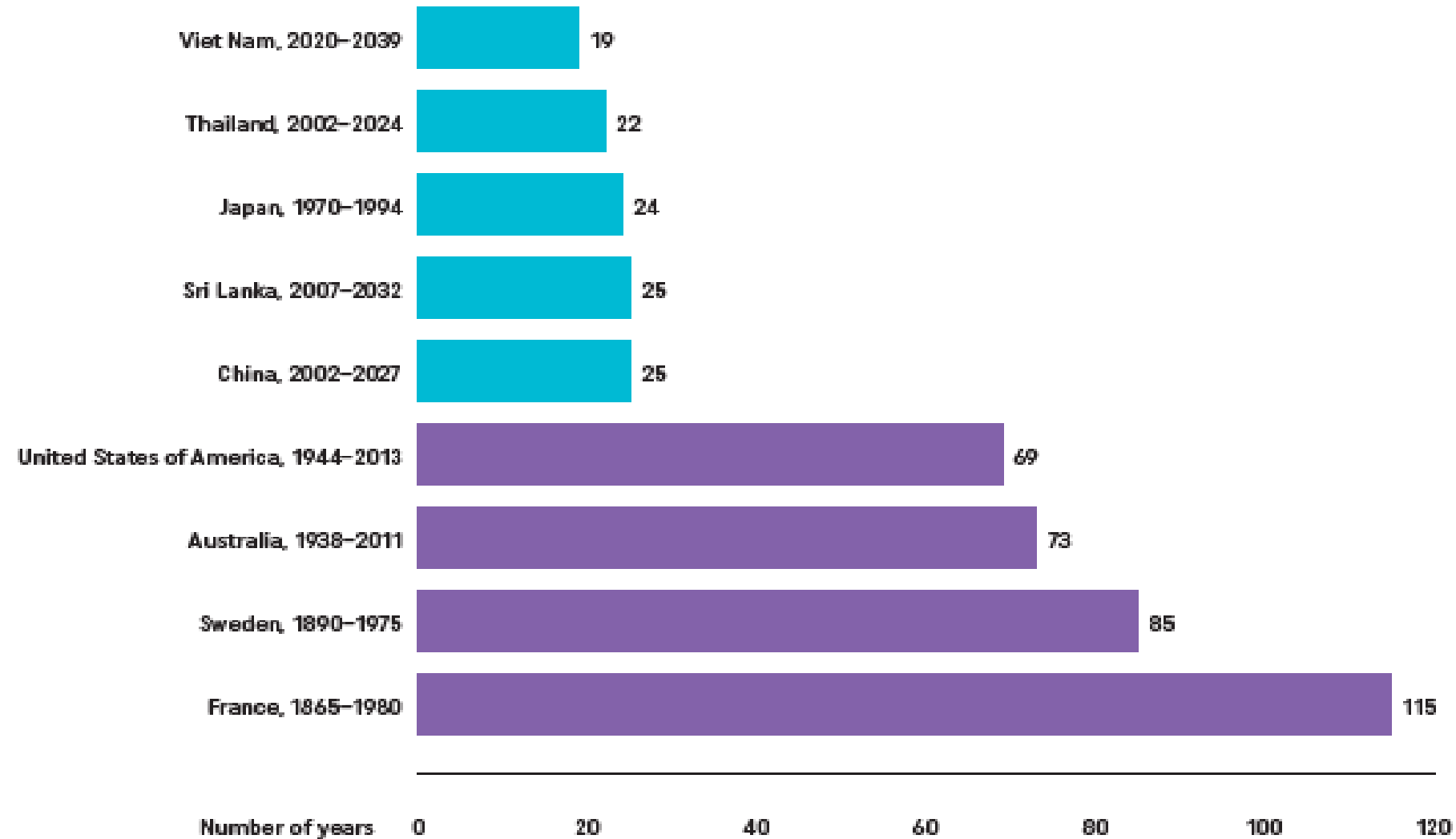
The number of persons aged 80+ is projected to triple, from 143 million in 2019 to 426 million in 2050

Population in Asia by age groups

By 2050, people aged 60+ will account for more than 1/5 of total population in Asia

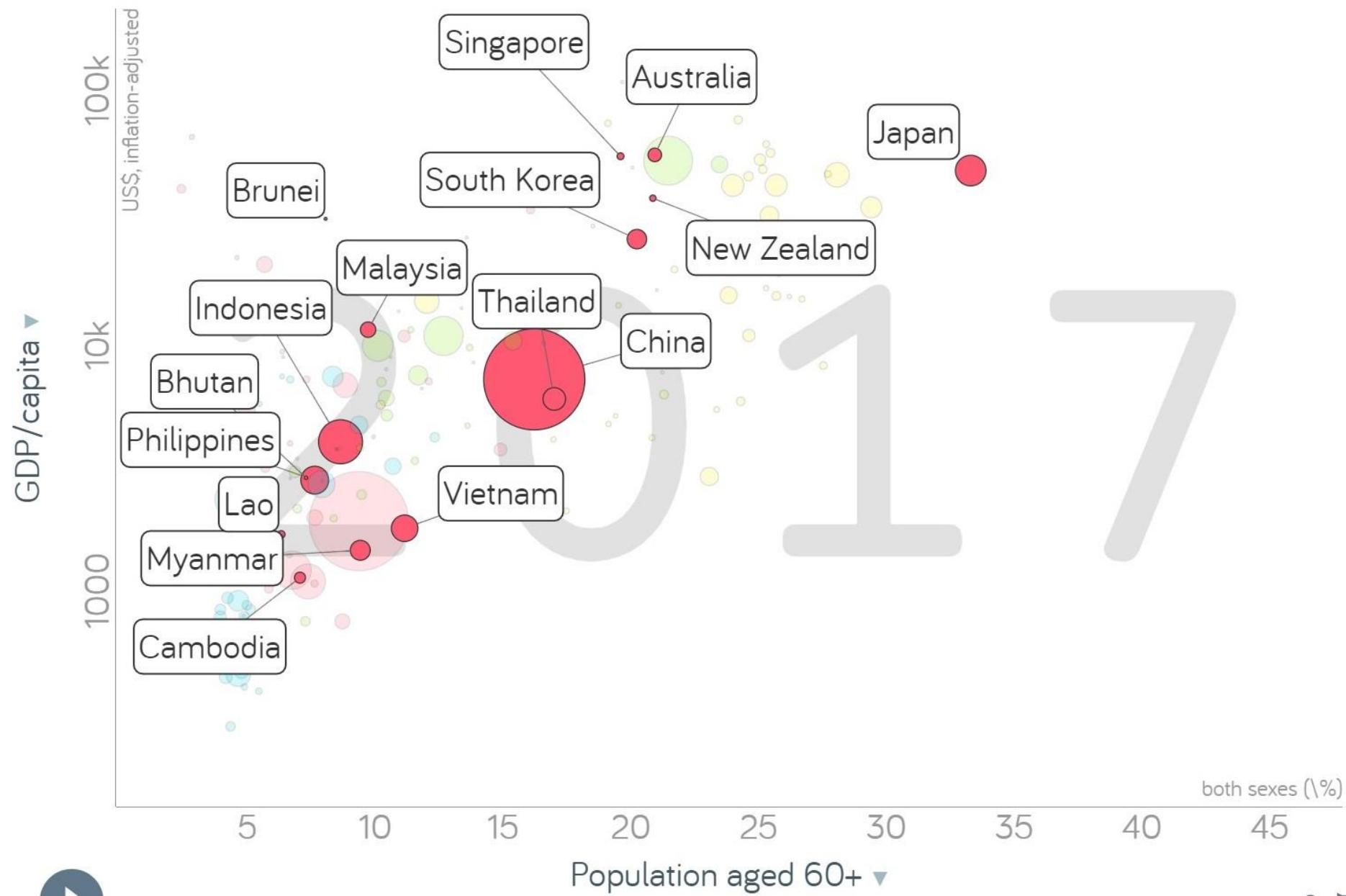


Time taken in years to move from ageing to aged society



Source: ESCAP calculations based upon Kinsella and Gist (1995); UN Census Bureau (2005); and Viet Nam GSO(2010)

GDP per capita and percentage of people 60+ in Asia-Pacific region 2017



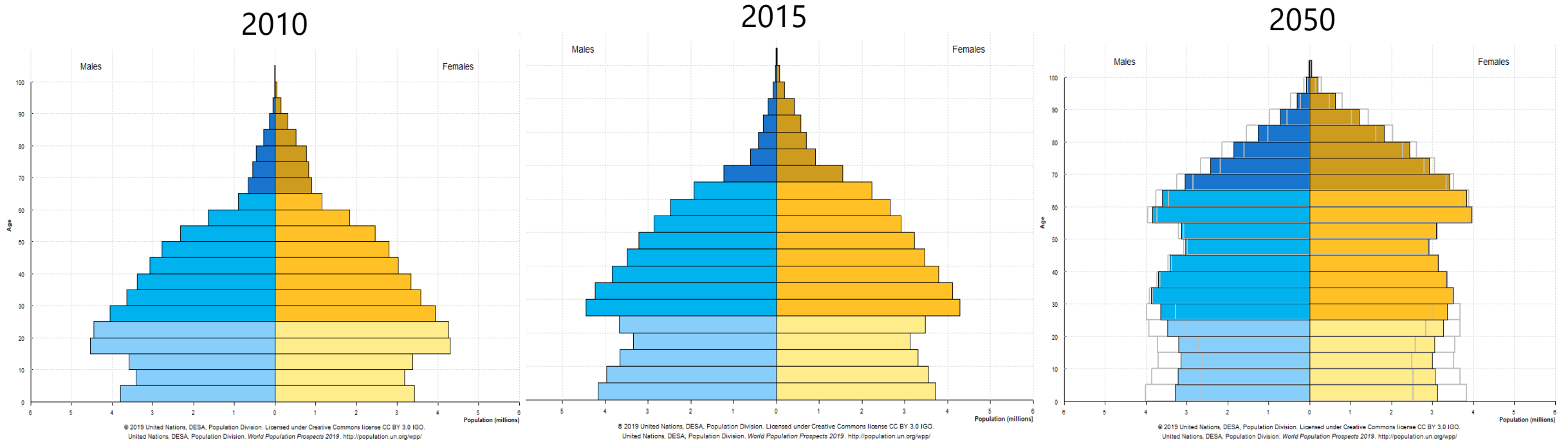


OVERVIEW

AGEING TREND IN VIET NAM

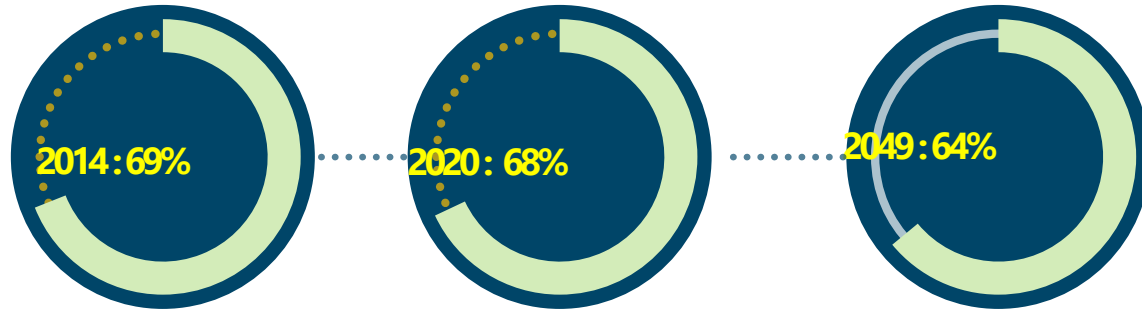
Facts on Viet Nam Population

Viet Nam Population

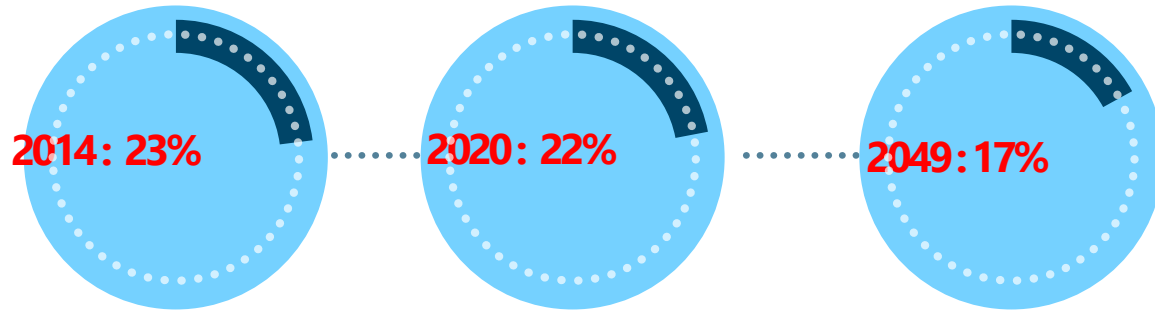


Dân số (nghìn người)/Population (thousands)

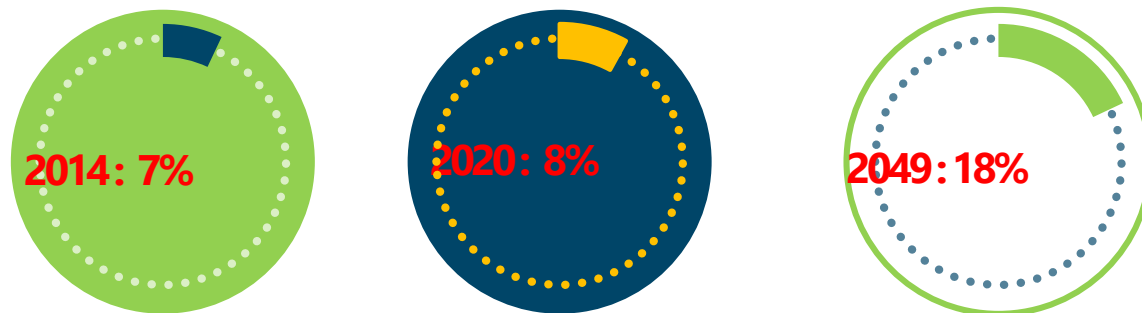
PROPORTION OF VARIOUS AGE GROUPS IN TOTAL POPULATION



Proportion of working age population (15-64)

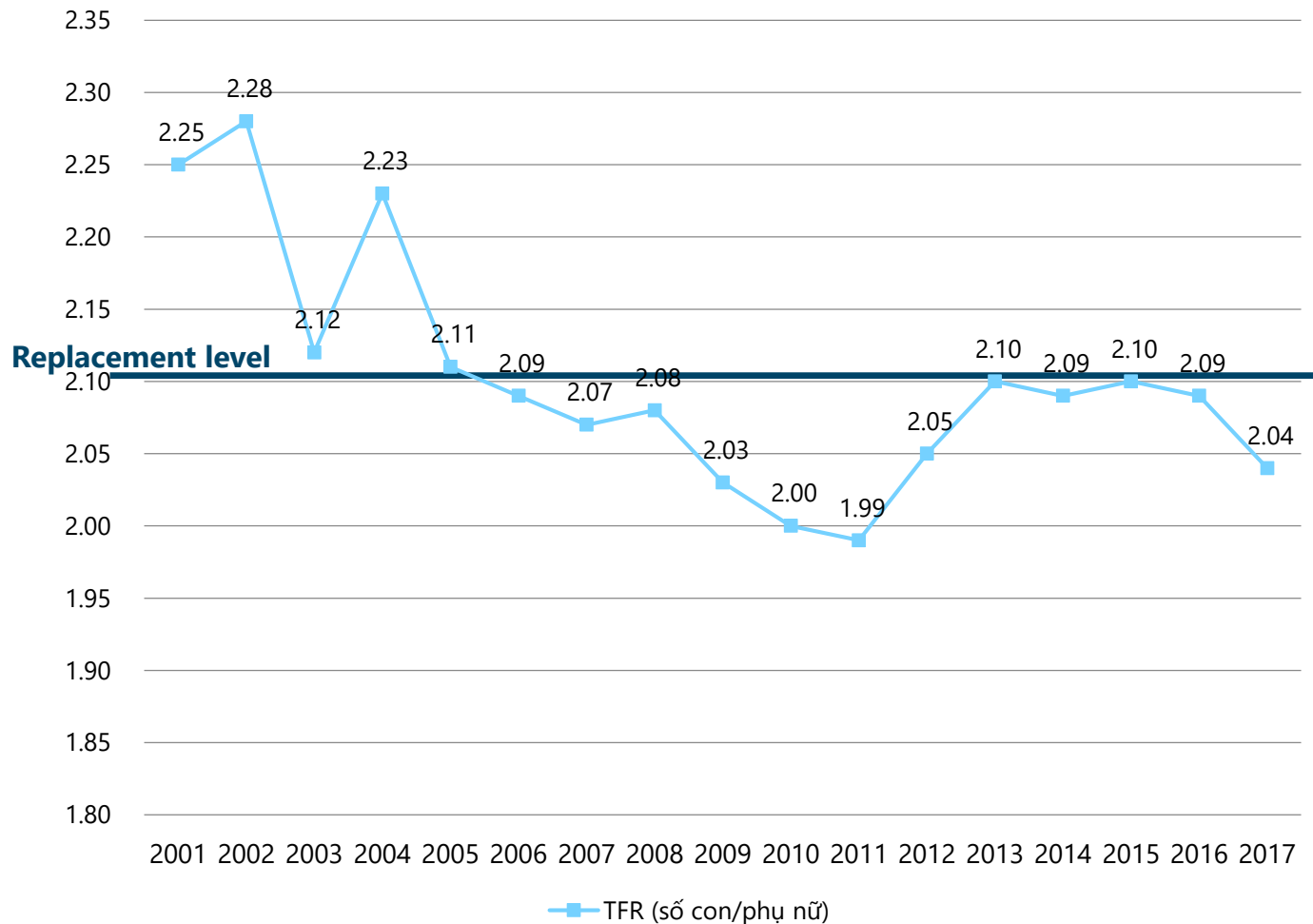


Proportion of children 0-14



Proportion of older people 65+

Viet Nam Fertility



Disparity in fertility across regions and provinces

- Fertility is declining in all 6 socio-economic regions and in all ethnic groups. Yet, there is differences in the pace of fertility decline.
- More and more provinces/cities have fertility rate below replacement level.
- Number of provinces/cities having fertility rate below 1,8 has increased from 5 in 1999 to 8 in 2009, and 11 in 2014.
- TFRs in Ho Chi Minh city and Binh Duong were especially low, 1.39 and 1.44 respectively in 2014

Understanding fertility rate

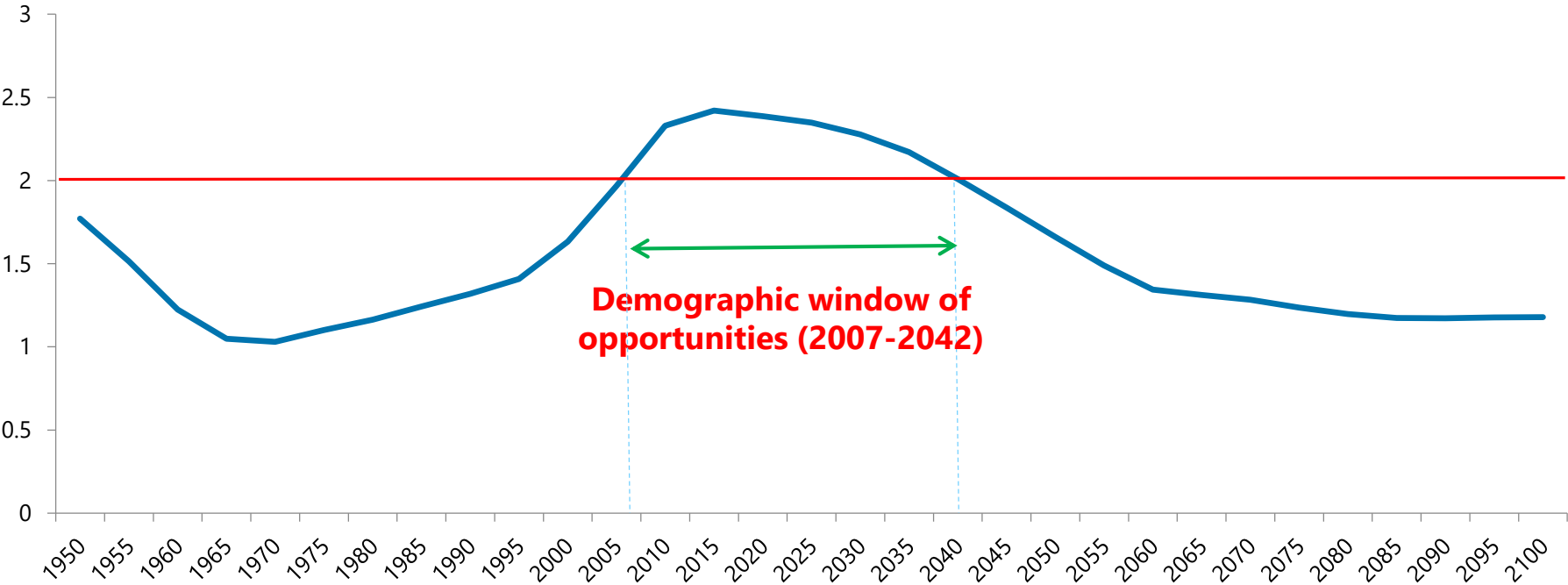


2.1 required to maintain a population

1.9 never reversed in history

1.3 impossible to reverse

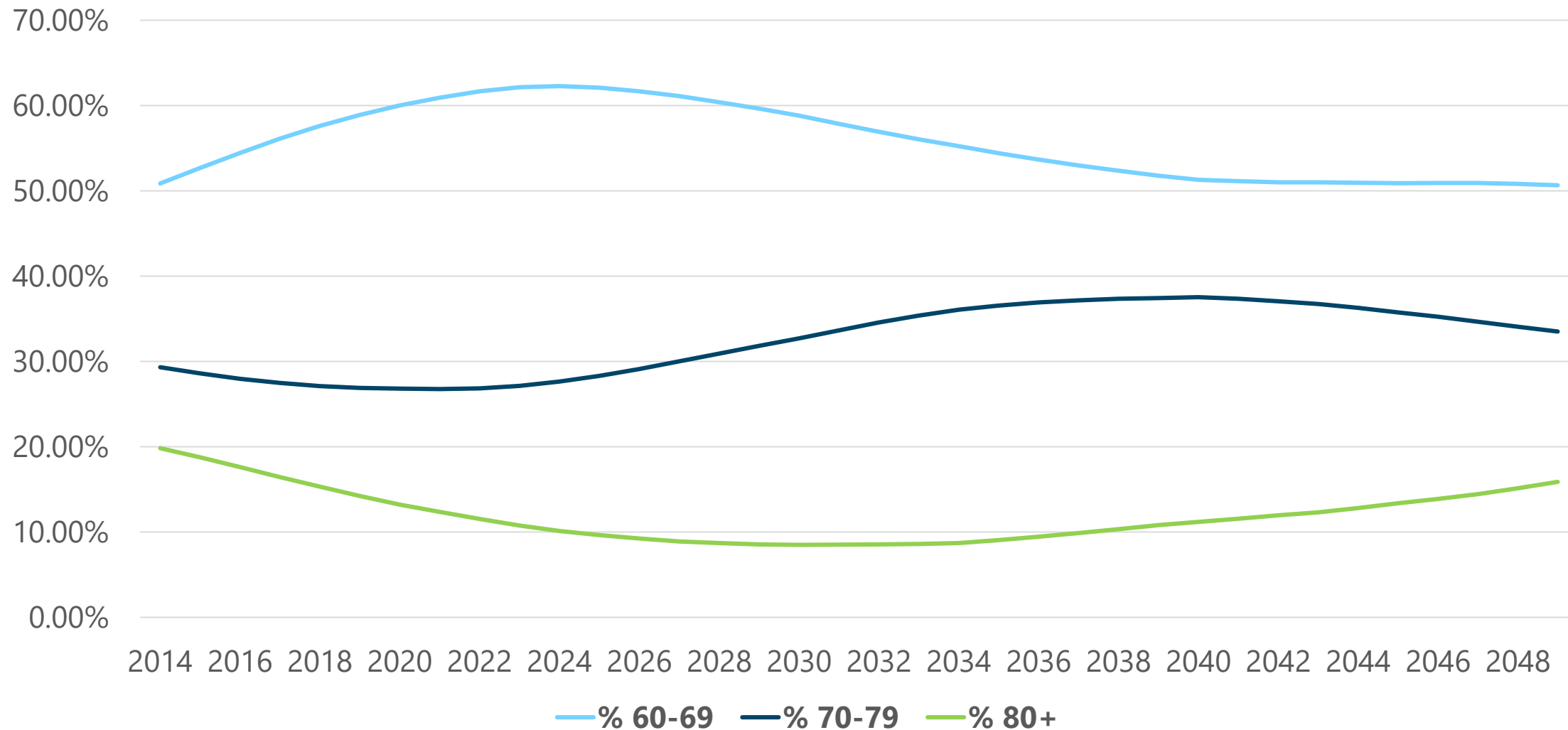
SUPPORT RATIO



Viet Nam's
support ratio
15-64
(0-14) & 65

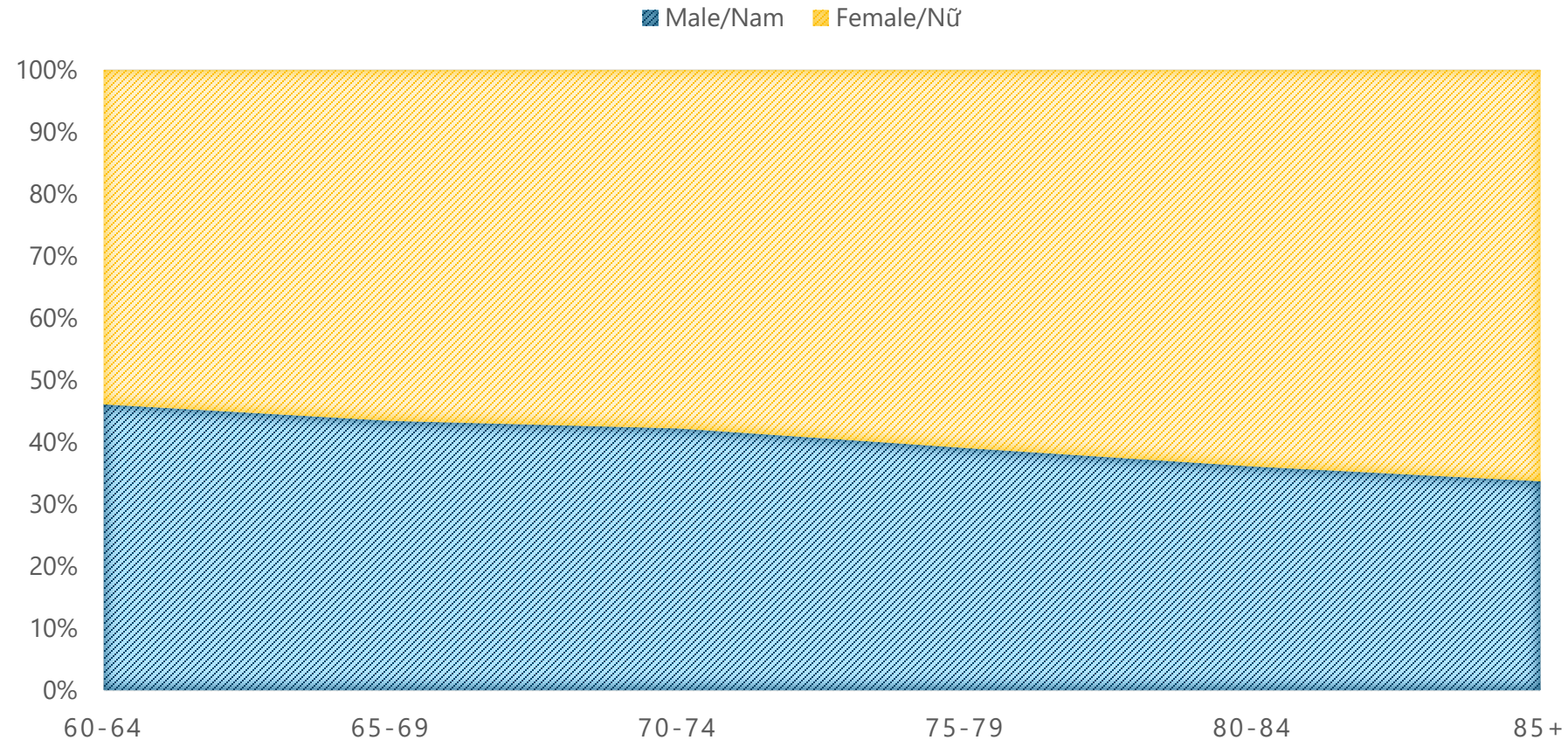


Viet Nam older population by age groups



Ageing and older women

NỮ HÓA DÂN SỐ CAO TUỔI/FEMINISATION OF AGEING



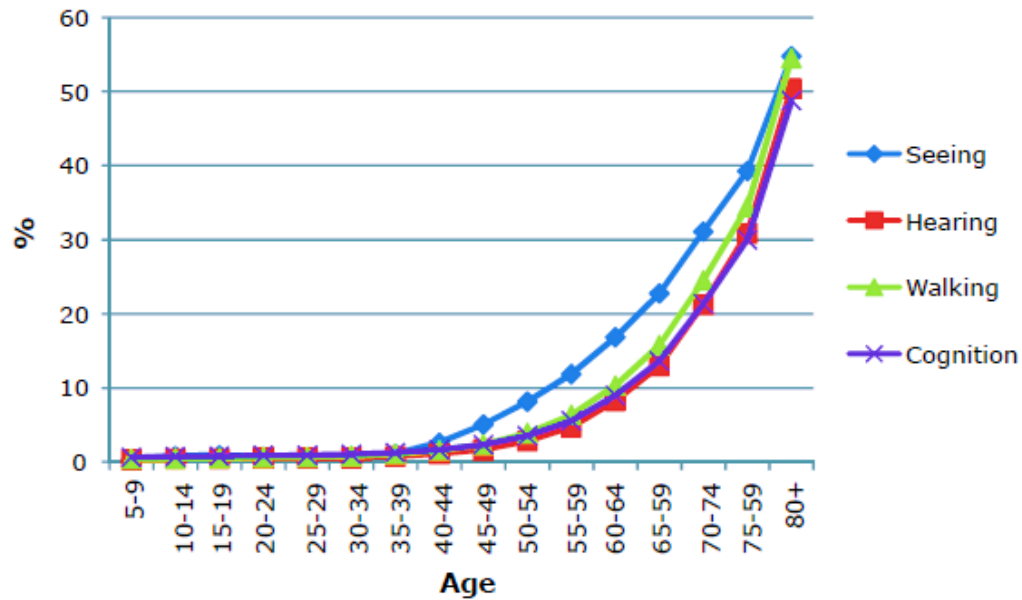
DISCUSSION

POPULATION AGEING

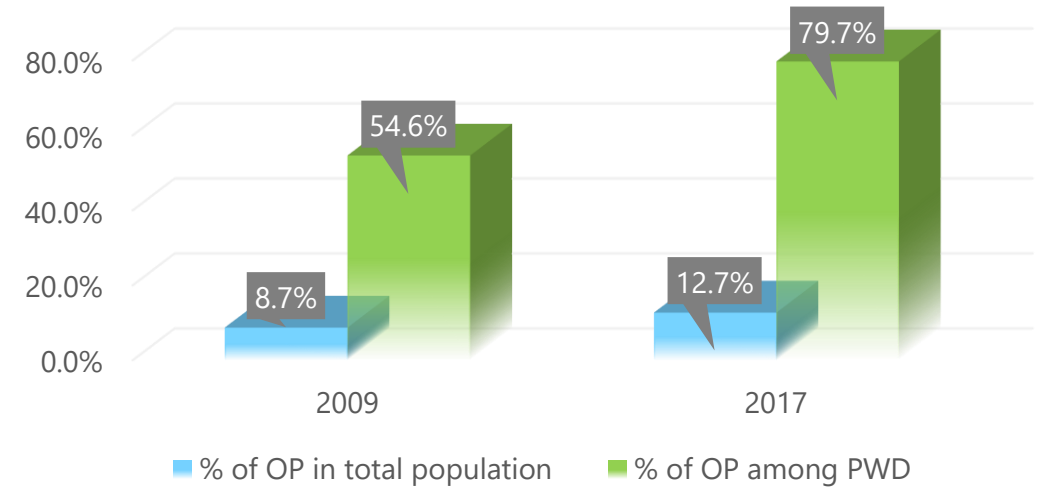
CARE NEEDS OF OLDER PERSONS

It's a bonus if one prepares for it. It's a problem if not.

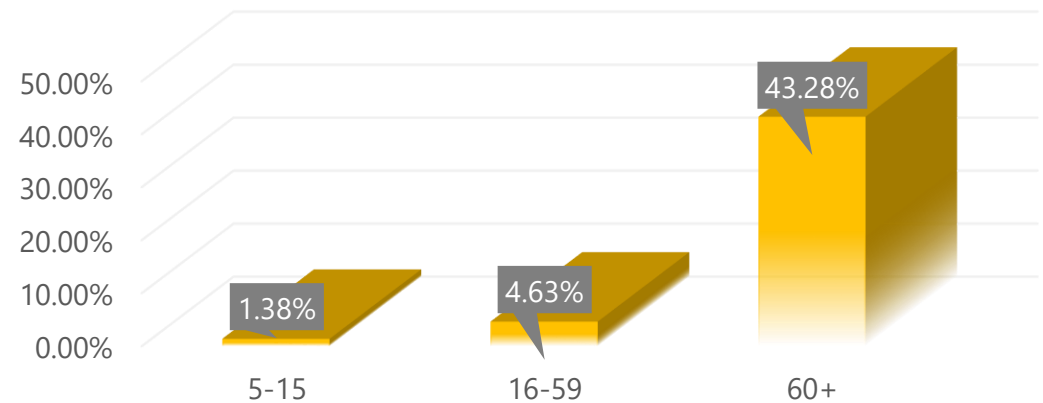
Ageing and disability



PERCENTAGE OF OLDER PERSONS IN TOTAL POPULATION AND AMONG PEOPLE WITH DISABILITY



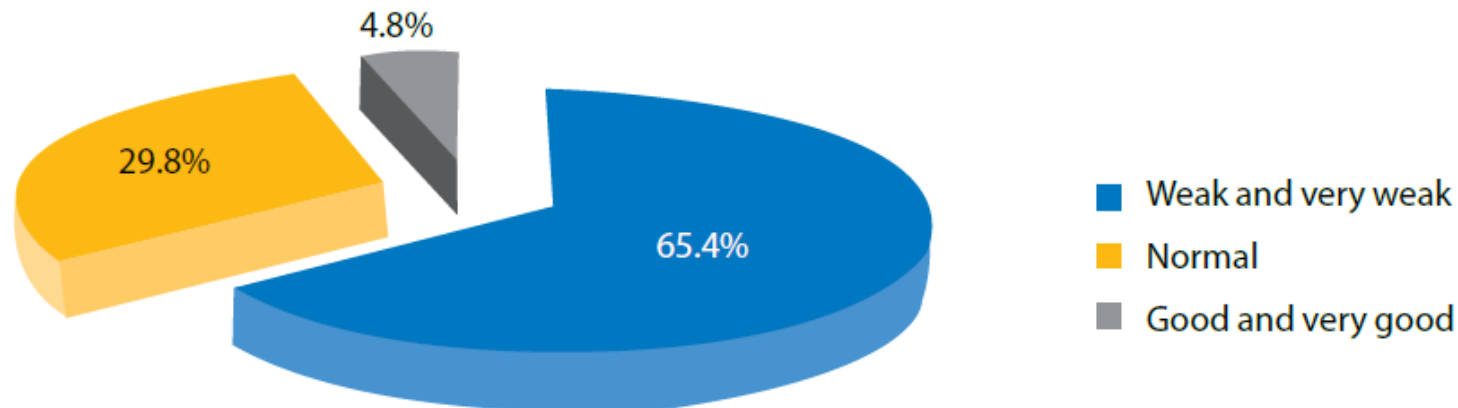
DISABILITY PREVALENCE BY AGE GROUP



Ageing and health

- Average years of sickness is 7.3 years (10% of life expectancy).
- 70% of OP with at least 2 diseases. On average, an older person has 2.7 diseases.
- 14% of older persons have difficulties in Activities of Daily Living (ADL) and need support in their daily life. % reporting at least one difficulty in (ADL) increased from 28% among those 60-69 to over 50% among those 80+
- Less than 50% of OP have health insurance. Current health insurance benefits is not designed to meet the need of OP (very limit benefits)

Self-assessed health status of older persons, 2011



Needs of ADL support

Groups by ADL	Classified based on residency		
	Live with family	Live with spouse only or living with grandchild only	Live alone
Independent	60.81%	20.47%	5.05%
Partial Dependent	5.13%	1.68%	0.77%
Dependent	4.93%	0.86%	0.31%

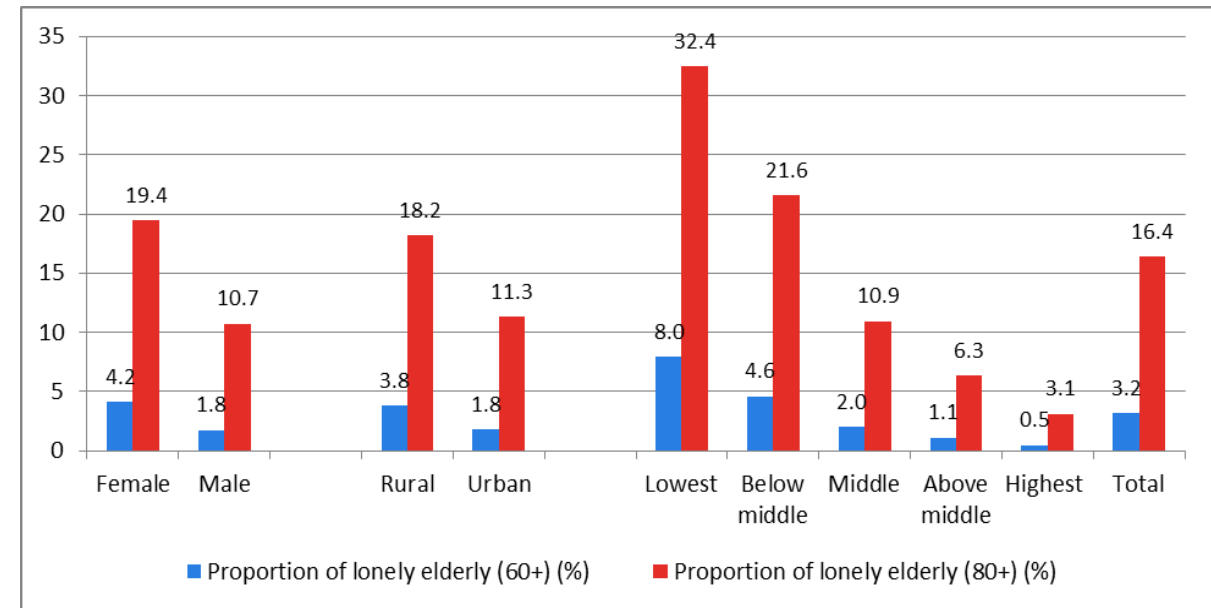
Components of social care	Concept	Examples
Activities of Daily Living (ADLs)	Basic self-care activities.	Self-care (eating, grooming, Bathing, Dressing, Toileting), Continence, Mobility, Cognition.
Instrumental Activities of Daily Living (IADLs)	Self-care activities needed to live independently	Cleaning your home, cooking, laundry, shopping, traveling, going to see the doctor, using the phone, managing money, taking medicine.
Social support	A supportive activity for better social and psychological interaction, provided with basic care.	Helping to feel secure, personal counselling, companionship (such as chatting or reading/reading, social/religious activities)

- In 2011, about 1.5 million of older persons needed support in ADLs.
- Forecast figures: 2019, 4 million OP need support in ADLs, and by 2049 this figure will be nearly 10 million (of about 33.5 million people aged 60+)

Ageing and living arrangement

- Living arrangement
- Smaller size households, reduction of traditional 3-4 generation HHs
- Large migration of young adults from rural areas to urban areas (ageing of the rural communities, farmers)
- 30% of older persons living alone or living with spouse only or living with grandchild only
- Percentage of OP living alone is higher among older women, people in advanced age (80+) and the poor

Proportion of older persons living alone by living conditions, 2014



DISCUSSION



What to do?

Current supply for care

Current situation	
Rehabilitation	The duration of rehabilitation is from 1 week to 1 month due to lack of bed at the hospital and high-cost rehabilitation care expenses
	Worker who provide rehabilitation services have limited qualification
Elderly care	In general, family take care of the elderly
	Social protection and elderly care centers (432 public and more than 10 private centers) provide nursing services for 10,000 OP
	1,063 public hospitals and 170 private hospitals with limited numbers of bed due to increasing numbers of chronic disease

What other countries can teach us about long-term care

- Population health strategies promote and support healthy ageing across the lifespan
- Cooperation between medical care and non-medical care (social care)
- Emphasizing on home and community-based services
- Improving service planning and resource allocation across care sectors and levels of government to ensure that older people have access to the right type and level of care; Subsidized care services, especially for vulnerable groups
- Developing an appropriately sized, distributed and trained workforce to meet the diverse care needs of an ageing population
- Providing information that enables older people and their carers to make informed choices about their care, and increasing opportunities for older people to be involved in decisions regarding the design and delivery of care services;
- Expanding the evidence base for the care of older persons



THANK YOU!