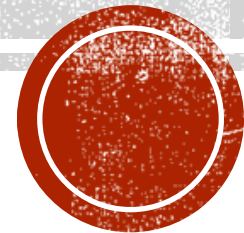


Community-Based Care for Older Persons through Intergenerational Self Help Clubs (ISHCs)

2020 Grand Prize Winner of

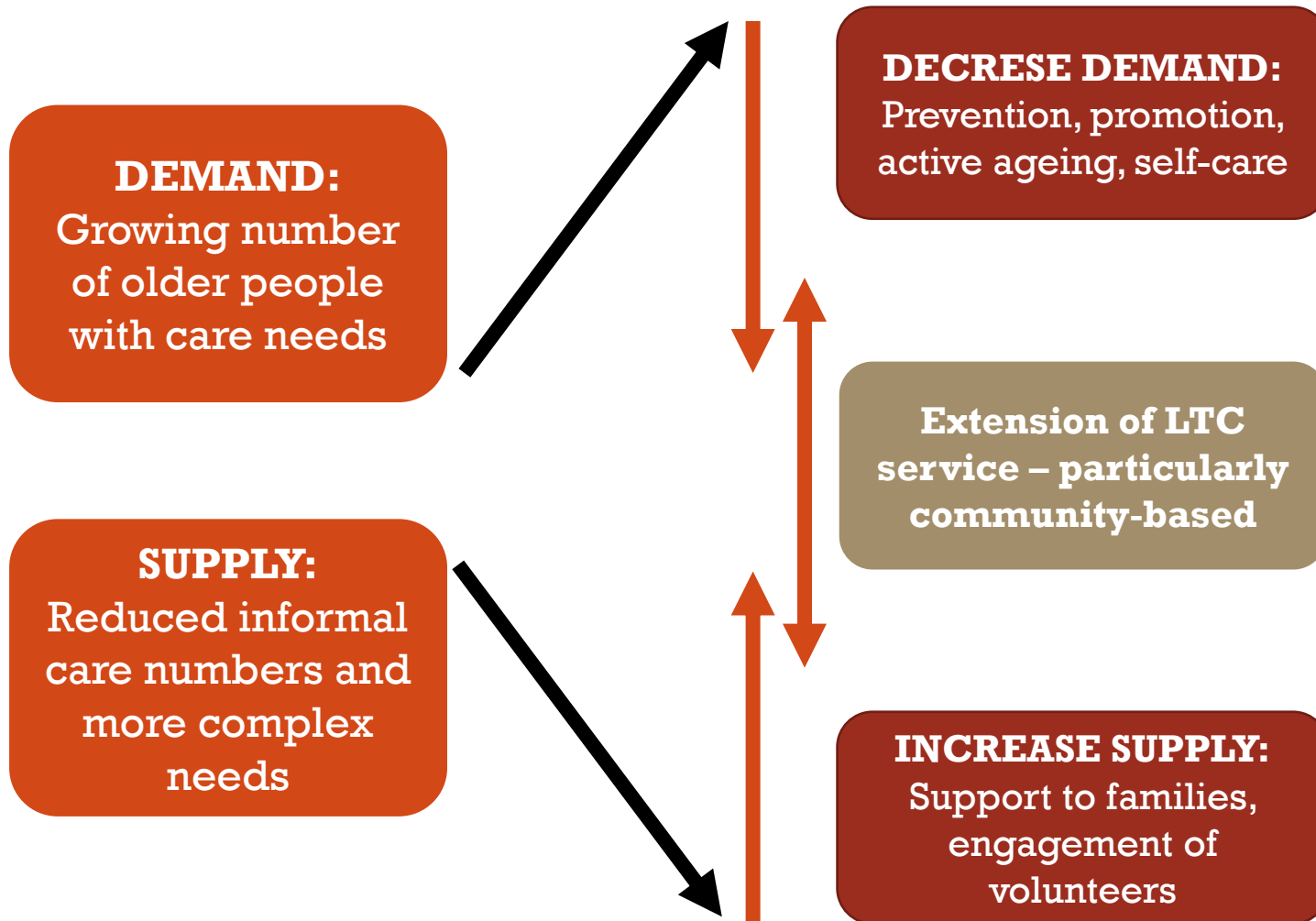
HEALTHY AGING PRIZE *for Asian* **INNOVATION**



COMMUNITY- BASED CARE DEFINITION

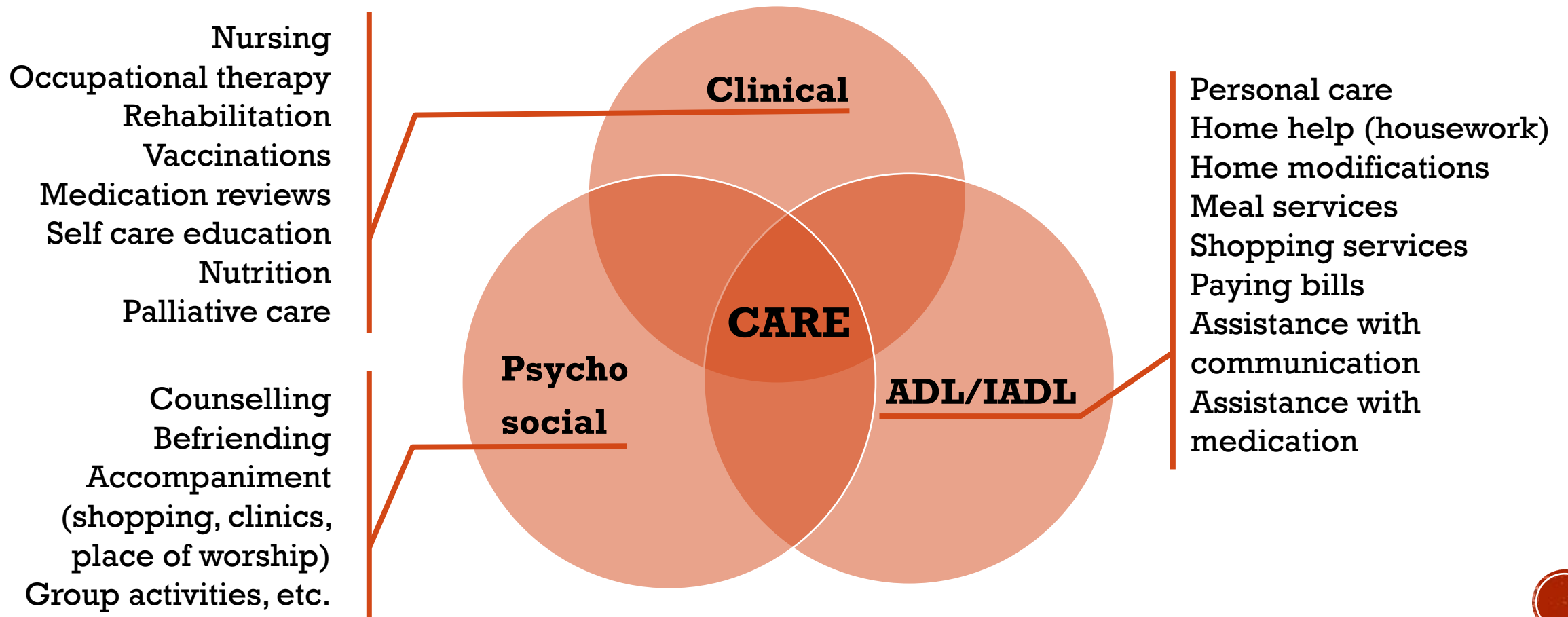
Community based care refers to all forms of care that **do not require** an older person to **reside permanently in an institutional setting** (hospital, residential care). This includes **informal** and **formal care** provided by families, friends/neighbors, domestic workers, community-groups, NGOs, private sector and public sector.

(WHO, 2015)



**HOW TO FILL
THE GROWING
CARE GAP?**

TYPES OF SERVICES





WHY COMMUNITY- BASED CARE?

- **Supports ageing in place** which is the preference of the majority of older people
- **Supports functional ability** by engaging the care recipient as active in their lives and in their care to the extent possible
- **Usually more cost efficient** for both the State and the individual/household
- **Improves accessibility** by providing services where people live
- **Supports the family care givers** can improve their labour force participation, quality of their lives, and quality of care they provide
- **Maximising use of local human resources** providing jobs, engaging volunteers and the like



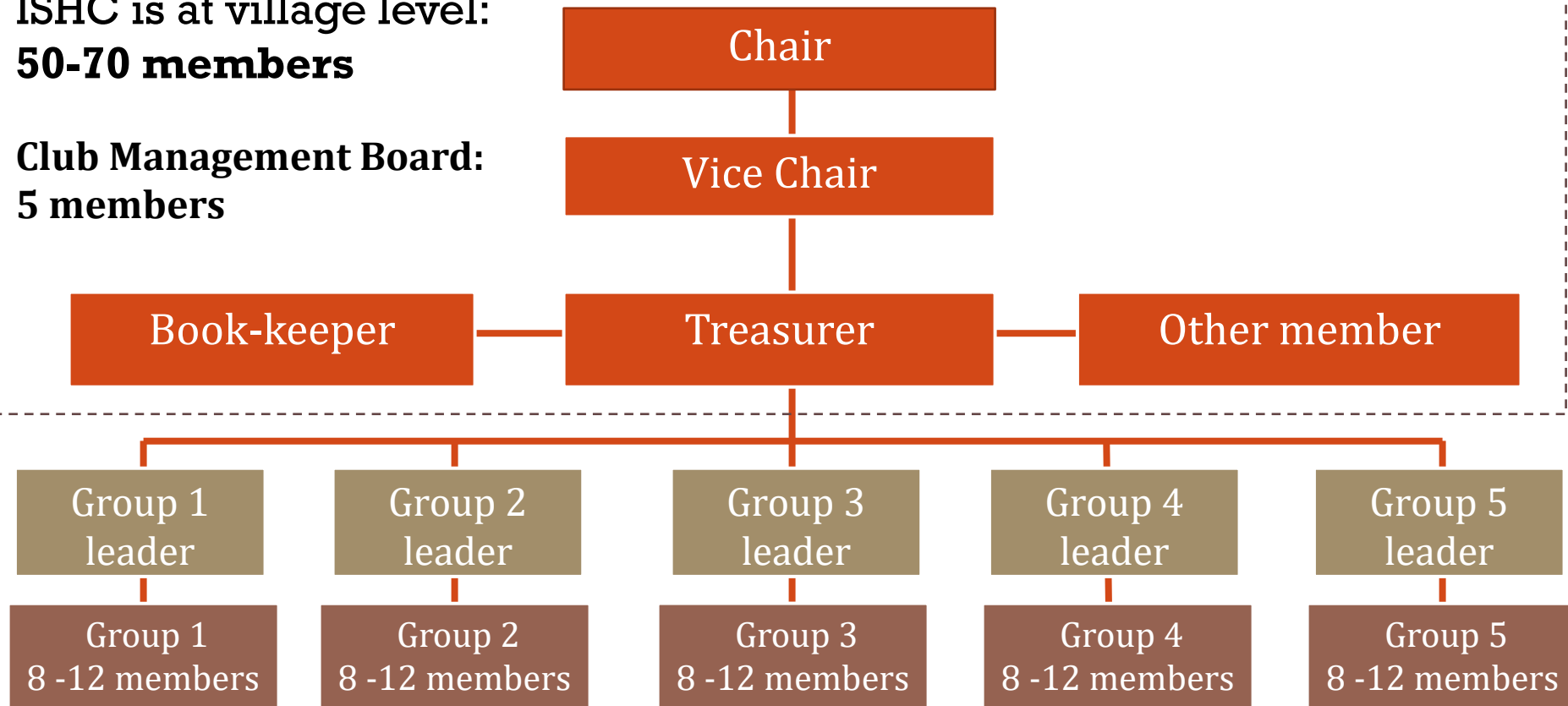
**COMMUNITY BASED CARE FOR OLDER PEOPLE
IN VIETNAM THROUGH
INTERGENERATIONAL SELF HELP CLUBS (ISHCS)**



ISHC ORGANISATIONAL STRUCTURE

ISHC is at village level:
50-70 members

Club Management Board:
5 members



ISHC ORGANISATIONAL STRUCTURE

Interest Groups in ISHC:

- ***Homecare Volunteers' Group (at least 10 volunteers)***
- **Economic Development Volunteers' Group (at least 5 volunteers)**
- **Income Generating Activity (IGA) Group (at least 2)**
- **Cultural Performance Group (at least 1)**
- **Sport team (at least 1)**



MAIN ACTIVITIES OF THE ISHCs

1) Livelihood



2) Social - Cultural



3) Health



4) Homecare



5) Self-help



6) Rights & Entitlements



7) Livelong learning



8) Resource mobilisation



COMPREHENSIVE CARE SERVICE OF THE ISHC

Social Care

- Befriending (loneliness)
- Provide information (update on what is happening in the community)
- Escort – to market, temple, visit friend or family, attend local social, sport and cultural events
- Singing, dancing, poetry and others

Personal Care (ADL/IADL)

- House work (include washing clothing)
- Food preparation and feeding
- Massage and simple rehab
- Personal hygiene
 - Bathing, toiletry
 - Dressing and grooming
 - Others (transferring, etc.)

Living Support Care

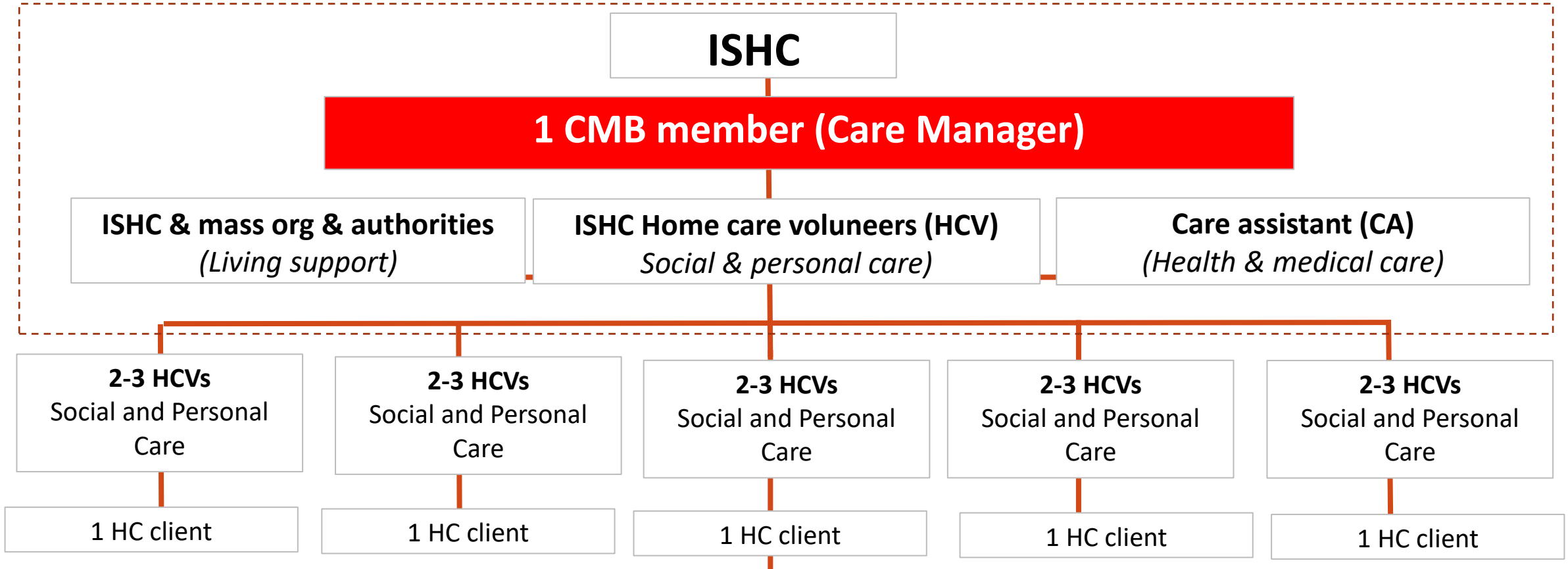
- Financial support (local fund raising)
- Access to right and entitlement (SP, health insurance and others)
- House repair or improvement
- Garden and farming (labor support)
- In-kind donation (clothing, household utensils and others)
- Assistive devices (walking stick, wheel chair, eye glass, and others)

Health Care

- Health Information (knowledge & skill)
- Health screening (vital sign)
- Health checkup – link with local health providers
- Medical/health related escort for checkup and treatment
- Health insurance
- Others (taking medication, case management, reference, etc..)



ISHC CARE MANAGEMENT SCHEME



- Each ISHC provides care for **4 to 5 Home care (HC) beneficiaries**
- At least **10 HCVs/ISHC (HCVs are also ISHC members)**
- **1 Care assistant/ISHC (are retired or existing local health professional)-pilot stage**



CARE PROVIDED BY ISHC VOLUNTEERS



Target:

- At least 10 home care volunteers (HCVs) per ISHC
- Each HCV provides at least 2 home visits per week



← Developing home care plan by ISHC

Home care Volunteers:

- *Are ISHC members*
- *Normally aged between 40-70 yrs*



WHAT DOES THE HOMECARE VOLUNTEER DO?

Social Care:

- Befriending (talking, singing, dance, reading book/poetry, etc..)
- Communication and information support
- Escort service (market, temple, clinics, market and others)

Personal Care:

- Doing errands, washing clothes, fetching water and firewood, cleaning house compound, simple house repair and farming etc.
- Support simple self-care and basic health information (if capable)
- Bathing, changing clothes, cooking, feeding, personal hygiene, sharing health knowledge, doing rehabilitative exercises, giving massage (if capable)

Others

- Keep record of their services monthly and report to the ISHC



ISHC HOME CARE SERVICES BY VOLUNTEERS



ISHC HOME CARE SERVICES BY VOLUNTEERS



TRAINING FOR HOME CARE VOLUNTEERS



CARE PROVIDED BY CARE ASSISTANTS

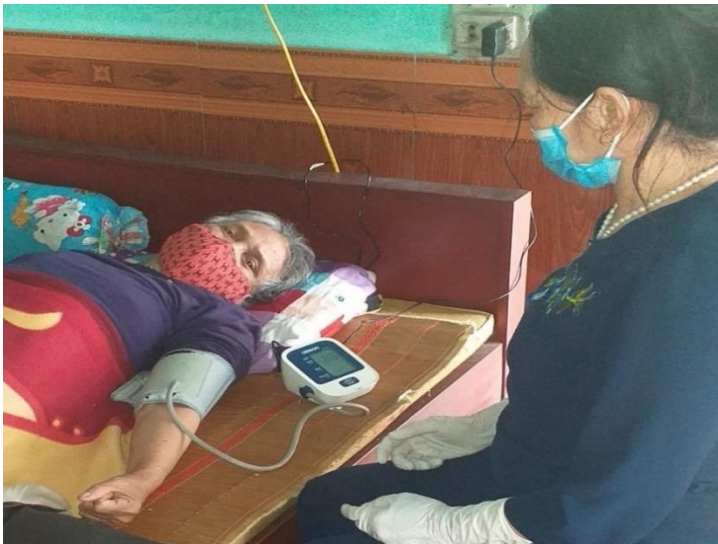


**Newly added
component - piloted
in 10 ISHCs only**



WHO ARE CARE ASSISTANTS? 1 PER ISHC

- **Retired medical doctor, nurses or existing village/commune health workers;**
- **Have some background on professional health training or certificate**
- **Able to provide care for at least 3 cases, at least one visit per case per week**
- **Work with ISHCs and ISHC home care volunteers, family members, if any**



WHAT DOES THE CARE ASSISTANTS DO?

- **Personal hygiene, sharing health knowledge, doing rehabilitative exercises, practicing simple physical exercises.**
- **Take homecare client vital signs**
- **Taking blood pressure, taking blood sugar**



WHAT DOES THE CARE ASSISTANTS DO?

- **Oversee the taking of medication**
- **Provide on-going informal care training to the homecare volunteers &/or family members**
- **Consult with the local health providers in case of higher health needs and problems**
- **Keep record of their services and report to the ISHC monthly**
- **Participate in the ISHC monthly and quarterly case management meeting to share older people' needs and situations for solutions**



WHAT DOES THE ISHC DO?

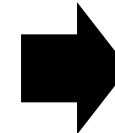
The ISHC will take the lead in providing **living support services** to the homecare client, such as:



In-cash support

Access to
rights &
entitlements

In-kind support



Labor support



Assistive
devices



ISHC IN NATIONAL POLICY

ISHC has become a national government target:

- **National Program on Older people for 2012-2020:** *by 2020, at least 50% of the communes will have at least 1 ISHC or other model*
- **National Project on ISHC replication, which is approved by Prime Minister (Decision 1533, dated 2nd Aug, 2016):** *by 2020, maintain and replicate 2,000 ISHCs in at least 45/63 provinces/cities;*
- **2nd phase of National ISHC replication project approved by PM's Decision 1336 (Aug 2020):** *targeting 3,000 new ISHCs*
- **Finance for ISHCs:** *Government (mainly training, review, communication), mass organizations, communities, people, private sector...*

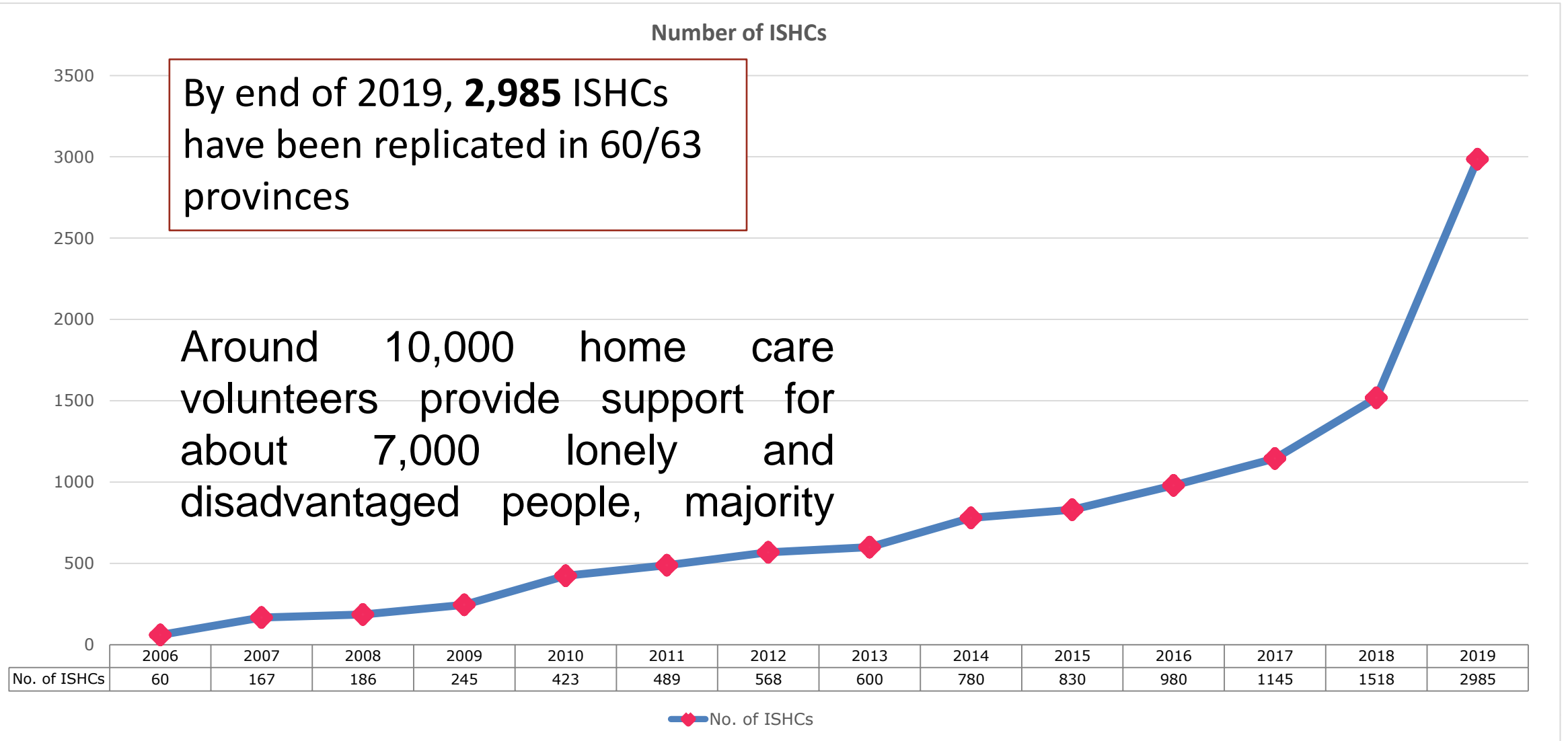


ISHC IN NATIONAL POLICY

- **Vietnam Association of the Elderly (VAE):** is assigned by the Prime Minister to take lead in ISHC support and replication, in partnership with other agencies (MOH, MOLISA,...)
- **MOH (in PM Decision 1336 on ISHC replication):** is responsible for directing their levels to coordinate with Association of the Elderly and ISHCs to organize periodic health examinations, manage health for OP, communicate and disseminate healthcare and home care knowledge for OP and disadvantaged people in the community; support to provide **training and coaching for ISHC's homecare volunteers**; coordinate with Association of the Elderly to implement long-term and related care programs for OP.
- **GOPFP (MOH)** in their Health care for Older people Project **identifies ISHC** as one of the models for **self care promotion** and **promote age care**.



INCREASING NO OF ISHCs



THE WAY FORWARDS

- More capacity building for Club Management Boards, ISHC volunteers and care assistants on care knowledge and skills and care management.
- Systematic link between ISHCs care system with local formal health and social care system
- Various stakeholders should implement their role to support ISHCs as assigned by Prime Minister in ISHC replication Decision 1533 (in 2016) and later 1336 (in 2020)
- There should be increased support, especially financial support, by government for this type of integrated community-based model
- Meet increasing need for technical support to pilot standards ISHCs in new provinces for them to learn and be able to replicate later by themselves.





HelpAge

International

THANK YOU!

For more information, visit www.helpage.org