

The Roles and Participation of NGOs, Community and Family in Ageing Society

International Workshop on Strengthening of Stakeholders Cooperation in Promoting Healthy and Active Ageing and Mental Health in ASEAN (Viet Nam)



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Myanmar Profile



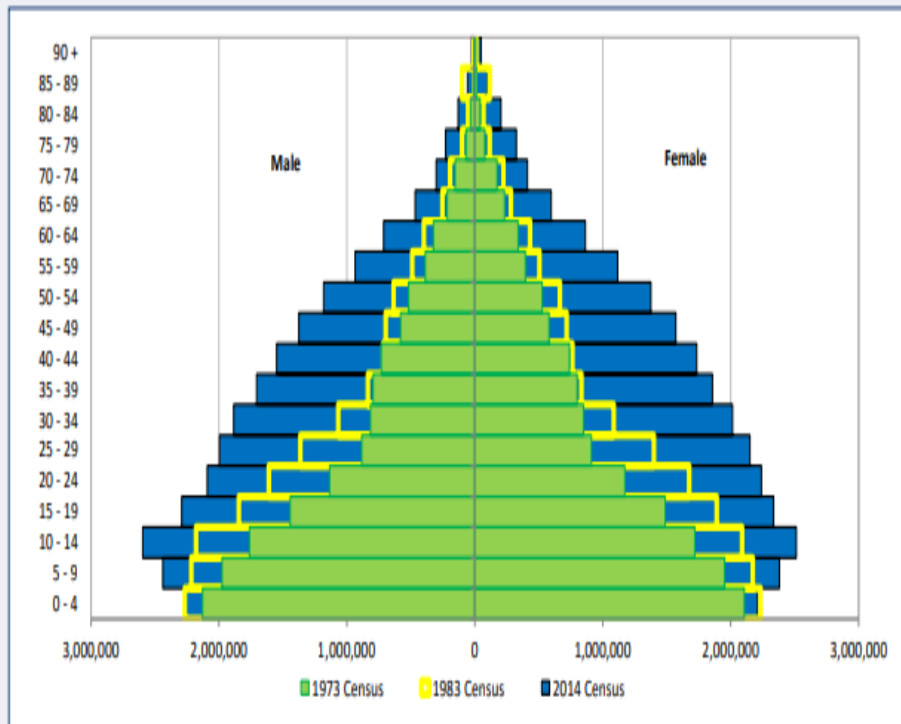
Total Population	54.4 million
Population over 60 years old	4.7 million (9%)
Old age dependency ratio	14.5
Life expectancy at birth	66.5
Life expectancy at 60	16.3
Crude Birth Rate	19.9
Crude Death Rate	8.9



Demographic Situation of Myanmar

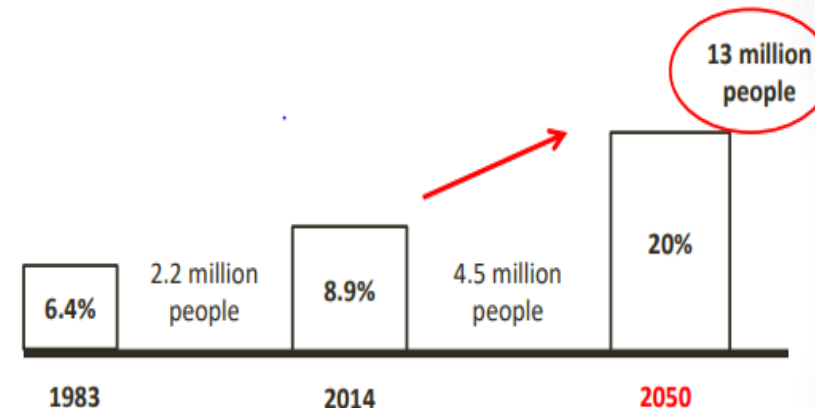
Population Pyramid showing
1973, 1983 and 2014 population

Figure 1: Population pyramid showing 1973, 1983 and 2014 populations



Estimated Population

Population in Myanmar Aged 60+



Increase in proportion of older people and
rapid ageing population in the future

Ref: 2014 Myanmar Population and
Policy Brief on The Older Population
Department of Population
Ministry of Labour, Immigration and Population



Policies Relating with Ageing in Myanmar

- The law relating to older persons was promulgated in December 2016
- Bylaw(Rules to formulate the law) has already been submitted to the cabinet after getting approval from Attorney General Office
- National Policy on ageing has been drafted and plan to consult with National Committee on Ageing for further action
- National plan of action on ageing will be followed after having the policy



Roles of Family in Ageing Society

Myanmar culture, custom and tradition

- Extended family pattern
- Value and respect the older persons
- Common traditional practice of looking after the elderly
- Children are the main source of income support for approximately 60% of older people.



Roles of Family in Ageing Society

- Most of the older people in Myanmar are surrounded by family that lies between 4 and 5 members.
- Only a small percentage of older persons live alone although the chances of living alone increase with age.
- There is a strong emphasis on **family role** in elder care. Family is the source of personal care. Daughters are the main care providers



Roles of Family in Ageing Society

- the spouse or adult children are usually a vital source of material and emotional support and serve as caregivers
- Among older couples, wives are often primary caregivers for husbands, but husbands are less likely to provide
- Children living nearby provide social support through frequent visits to parents. Those at greater distances maintain some contact by telephone



reflecting the strong cultural tradition of filial responsibility and respect for elders

Roles of Family in Ageing Society

- Support is clearly reciprocal between generations in Myanmar.
- Adult children also get benefits from significant contributions to grandchild care, housework and house maintenance by older parents who live with them.
- Over half of older persons who are grandparents provide grandchild care, and 15% have cared for grandchildren whose parents were absent.



Roles of Family in Ageing Society

From Family to Older People

- Material support
- Emotional Support
- Economic support
- Personal Care
- Social Support

From Older People to Family

grandchild care
housework
house maintenance
Religion



Roles of Community in Ageing Society

- Almost all older people feel that religion is important in their lives and is also common to attend religious ceremonies and donate money to religious organizations
- While a substantial majority of older persons attended community sponsored ceremonies and attends a community meeting,
- Informal social contact with persons outside the household with friends, neighbors or nearby relatives



Roles of Community in Ageing Society

- Participation in group physical exercise



Roles of Community in Ageing Society

- Social Support
- Emotional Support
- Home care and first aid care
- Health care for
- Emergency transferral
- Nutrition promotion activities
- Sharing health and other social information



Social Care Services for Older People in Myanmar

Institution-based

- Home for the Aged

Community-based

- Home Care Services
- Inclusive Self Help Group
- Day Care Center for the Aged



Home care services

NGOs

DSW, MWAFA, MMCWA, MRCS,
National YWCA, National YMCA,
Volunteers, BHS

Roles of NGOs

Home based medical care
(screening of NCD and other
health problems)

Home based social care and
Health literacy promotion

Collaboration with village health
committee, community and
Basic Health Staff



Inclusive Self-Help Group (ISHGs)

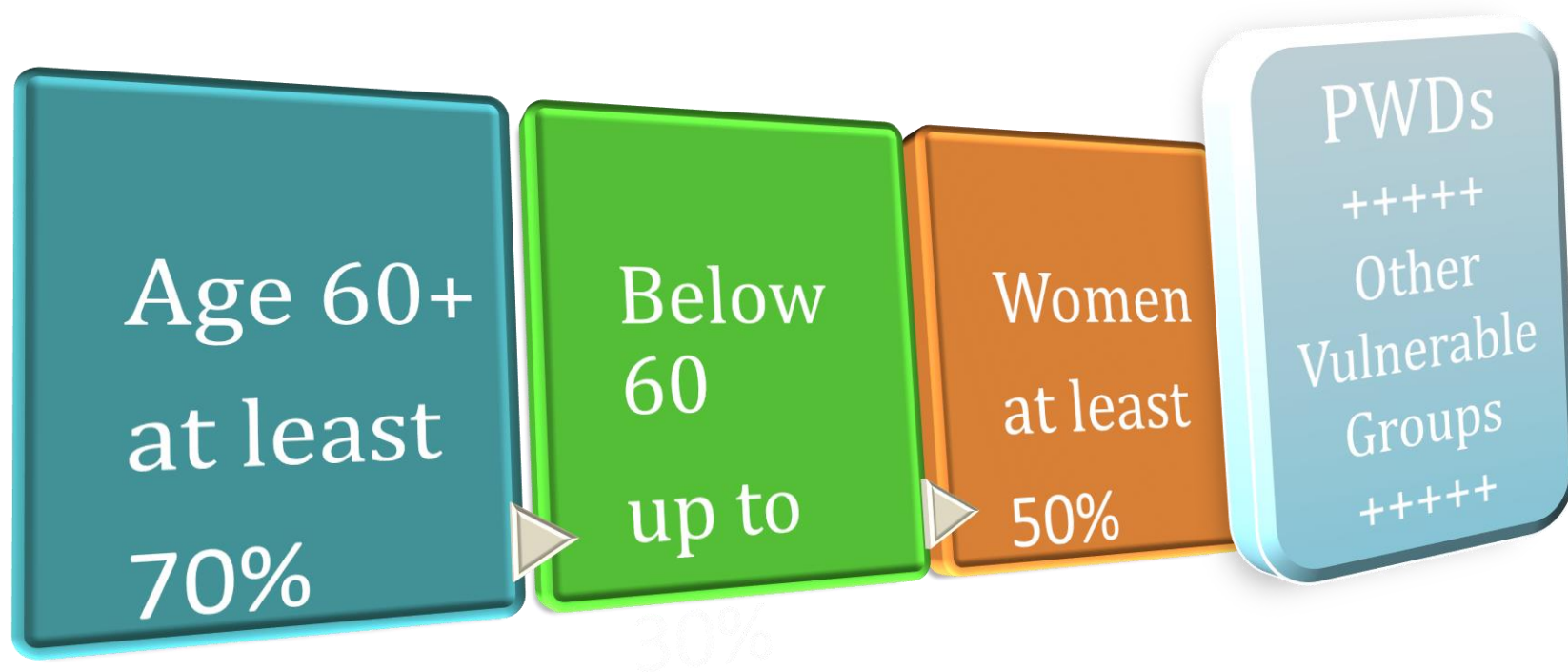
- ISHG will be led by older people
- But not **exclusively** for older people
- **Younger age** will be encouraged to join (30% of members) (**community**)
- The majority of members (at least 70%) will be Older People (60 years and above)
- At least 50% will be women, People with Disabilities and other vulnerable will be in



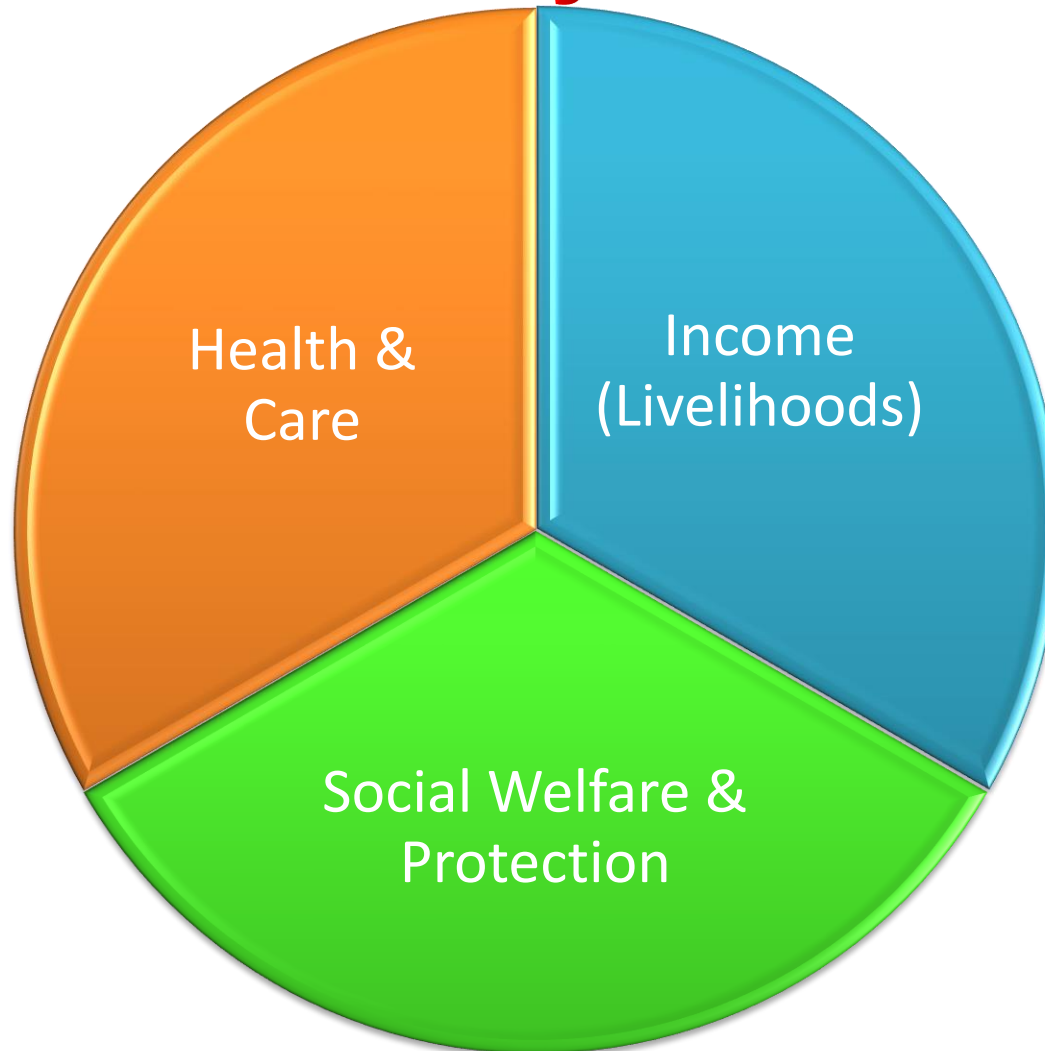
ISGH



Target Groups (Memberships)



Three Key Domains



Activities (HEALTH AND CARE)

- Social Care/ Home Care
- Basic Health Screening
- Links to health Services
- Health literacy promotion
- Physical Exercises



Activities (Income/Livelihoods)

- Income Generation Venture
- Fund raising activities
- Livelihood Loans
- Business experience sharing
- Links to economic service



Activities for Social Welfare & Protection

- Disaster Risk Reduction
- Assess to Social Protection Service
- Social Accountability
- Emergency Resistance
- **Links to social service**
- Social Cohesion



REFERENCES

- The situations of Older Persons in Myanmar
(Results from the 2012 Survey of Older Persons)
- Policy Brief on The Older Population 2014
(Myanmar Population and Housing Census)



THANKS YOU

RESPECT your ELDERS
Learn from the People who
have Walked the Path
before you...
Respect them because
Someday and Sooner than
you could ever Imagine
you're Going to be OLD too.

