

Public Seminar, 11 am - 12 noon, 25 June 2018 (Monday), United Nations University - International Institute for Global Health,
UNU-IIGH Building, UKM Medical Centre, Bandar Tun Razak Cheras, Kuala Lumpur.

Translating Evidence-based Research into Policy & Programme Development

MyAgeing's Experience & Challenges

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Professor / Director

Malaysian Research Institute on Ageing
Universiti Putra Malaysia, Serdang, Selangor

Content

Demography of Ageing in Malaysia

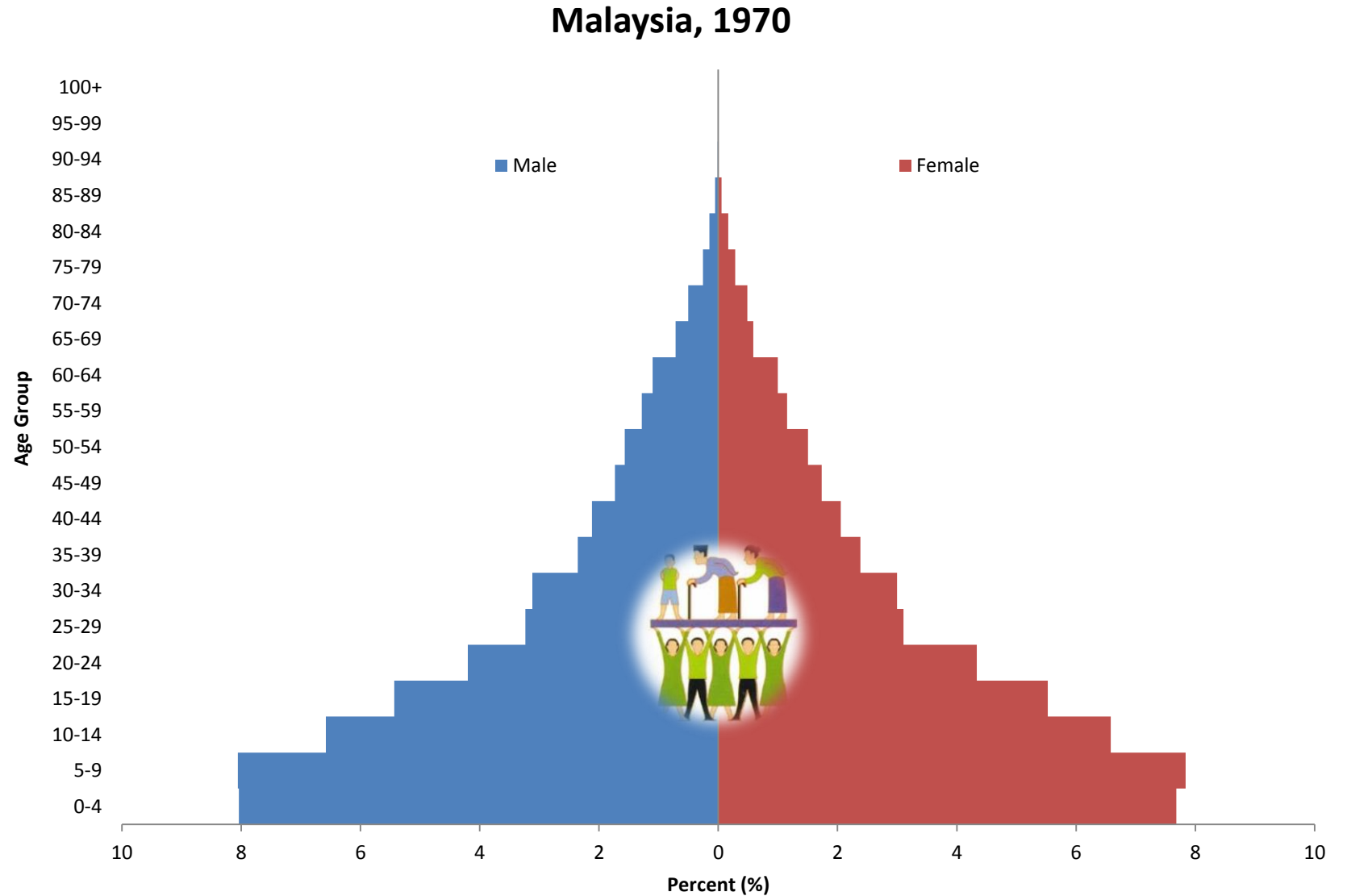
National Policies & Programmes for Older Persons

Research on Ageing in Malaysia

Translating Research into Policy & Practice

Opportunities, Challenges & the Way Forward

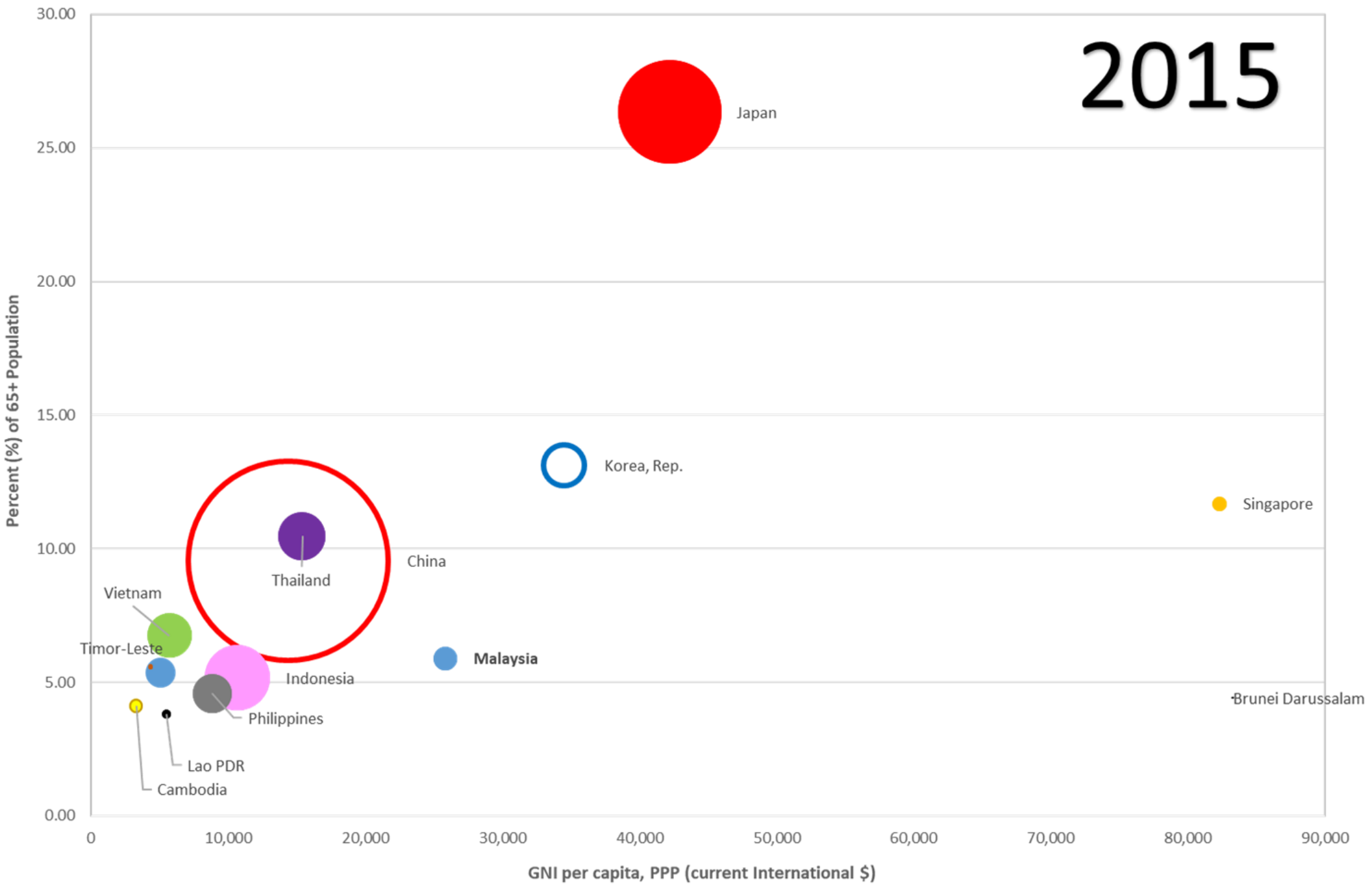
Demography of Ageing in Malaysia



Source: World Population Prospects:
The 2010 Revision (UN, 2011)
<http://esa.un.org/unpd/wpp/index.htm>

2015

Like many other developing countries in the region, Malaysia is getting “old” before becoming “rich”.



Changing Age Structure



Population in Malaysia by Age Group and Ethnicity, 2005 & 2018

Ethnicity	2005			2018		
	0-14	15-59	60+	0-14	15-59	60+
<i>Number (in Thousands) '000</i>						
Malay & Bumiputera	5,553.5	9,416.4	977.3	5,851.0	12,673.3	1,879.0
Chinese	1,551.9	3,953.8	621.6	1,304.1	4,446.7	1,104.1
Indian	524.0	1,181.4	114.0	452.1	1,395.9	244.3
Others	115.5	148.7	13.1	132.3	159.1	17.7
Malaysian	7,744.9	14,700.3	1,726.0	7,739.7	18,674.9	3,244.9
Non-Malaysian	294.4	1,530.6	49.0	122.0	2,938.0	143.7
Total	8,039.5	16,230.8	1,775.5	7,861.5	21,612.9	2,248.6
<i>Percent</i>						
Malay & Bumiputera	34.8	59.1	6.1	28.7	62.1	9.2
Chinese	25.3	64.5	10.1	19.0	64.9	16.1
Indian	28.8	64.9	6.3	21.6	66.7	11.7
Others	41.7	53.6	4.7	42.8	51.5	5.7
Malaysian	32.0	60.8	7.1	26.1	63.0	10.9
Non-Malaysian	15.7	81.7	2.6	3.8	91.7	4.5
Total	30.9	62.3	6.8	23.9	65.8	10.3

- About 1 out of 9 Malaysians are an older person in 2018.
- By 2020, it is expected that the number of older persons will increase to 3.6 million, making up about 11.7% of the total population then.

- 2029** 60+ pop. reaches 15%
- 2019** 65+ pop. reaches 7%
- 2020** Median age reaches 30
- 2042** Proportion of 60+ exceeds <15
- 2017** Peak of proportion of 15-59 (65.6%)

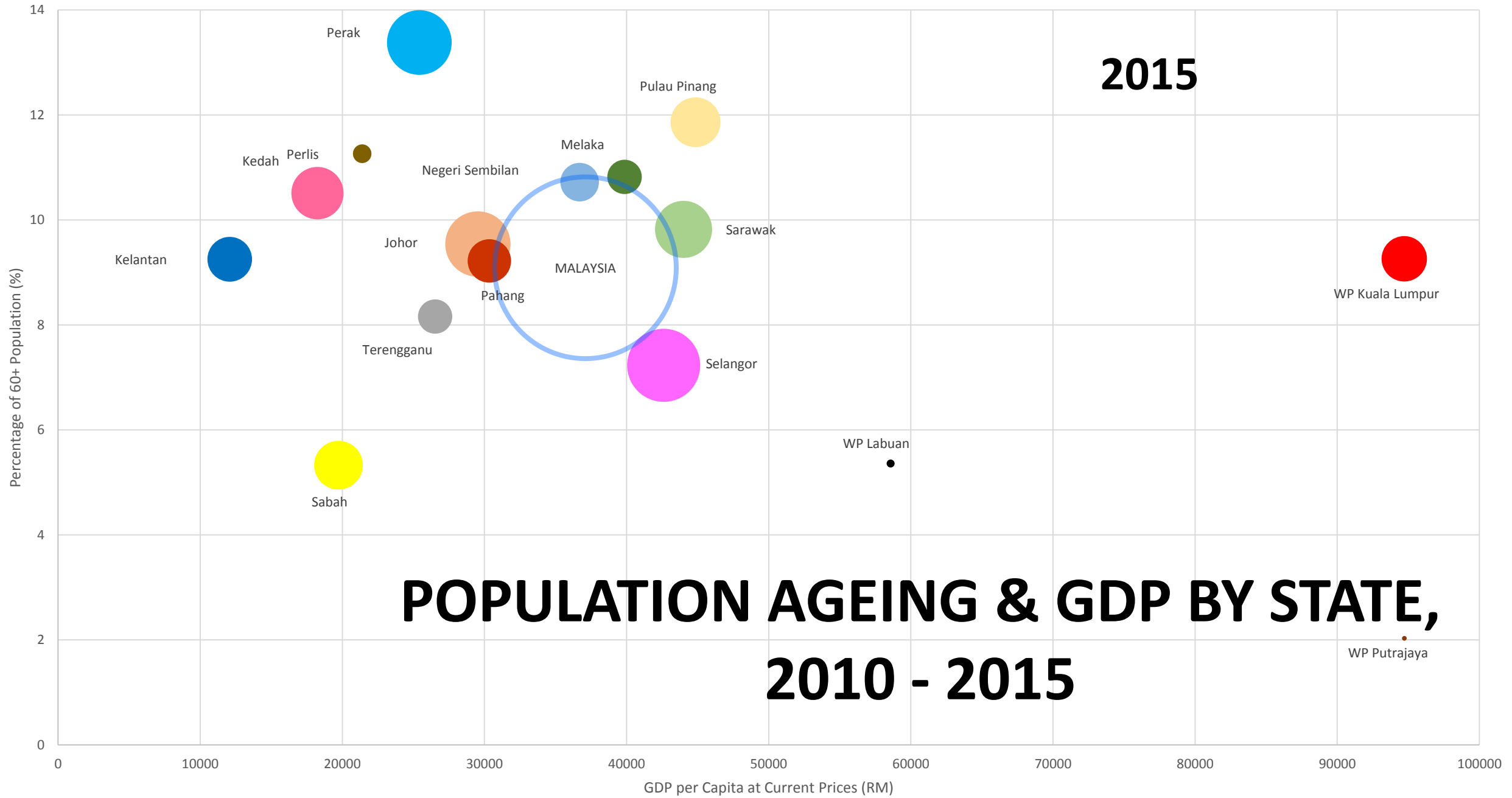
Source: Department of Statistics Malaysia, 2014; 2016 (revised)

Population Ageing in Malaysia, 2010 - 2040

Age Group	2010	2020	2030	2040
Number of Older Persons				
60+	1,361,500	2,098,000	2,805,900	3,341,000
70+	642,700	947,800	1,485,700	2,002,100
80+	244,400	395,100	604,500	952,200
Total	2,248,600	3,440,900	4,896,100	6,295,300
Proportion of Older Persons				
60 - 69	60.55	60.97	57.30	53.07
70 - 79	28.58	27.55	30.34	31.80
80+	10.87	11.48	12.36	15.13
Total	100.00	100.00	100.00	100.00



- Increasing number and proportion of the old-old and oldest-old
- Of the estimated 3.39 million older persons living in Malaysia in 2018 (DOSM, 2016), about 2/3 reside in urban areas.





National Policies & Programmes for Older Persons

Key State & Non-state Actors

Policies, Laws & Key Public Actors

- 1 National Policy for Older Person (MNUSD, 1995; MWFCDD, 2011)
- 1 National Health Policy for Older Person (MOH, 2008)
- 1 Physical Planning Guidelines for the Elderly (MHLG, 2013)



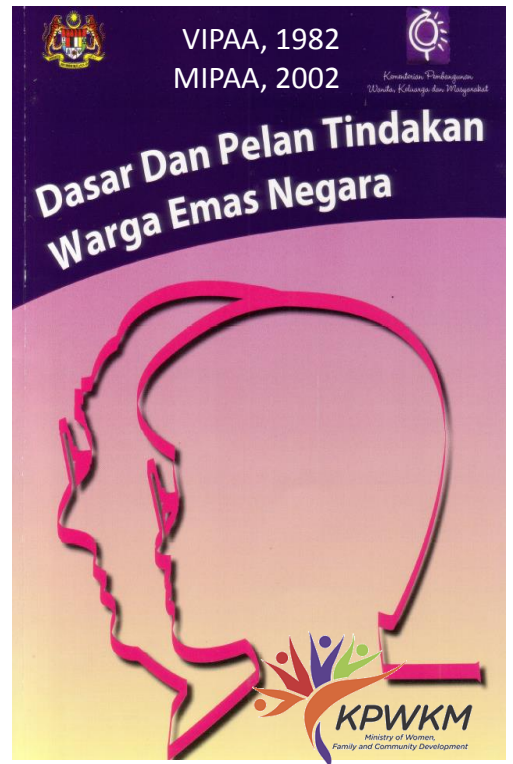
- Promotion & Advocacy
- Lifelong Learning
- Security & Protection
- Management & Shared Responsibilities
- Participation & Unity across Generations
- Research & Development



Legislation:

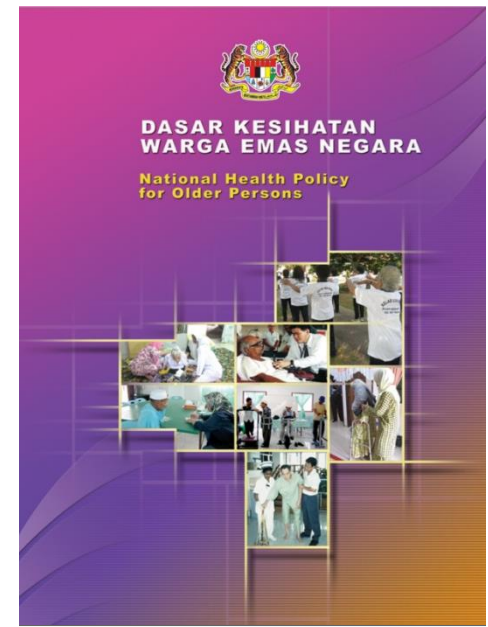
- Rules for the Management of Home for Older Persons 1983.
- Rules for the Management of Home for the Chronically Ill 1978
- Care Centre Act 1993 (Act 506)
- Private Healthcare Facilities and Services Act 2006 (Act 586)
- Pensions Act 1980 (Act 239)
- Employees Provident Fund Act 1991 (Act 452)
- Private Aged Healthcare Facilities and Services Act (new)

National Day of Older Persons
(1 Oct) since 1991

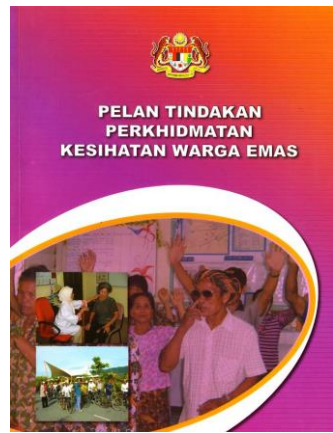


Ministry of Women, Family & Community Development

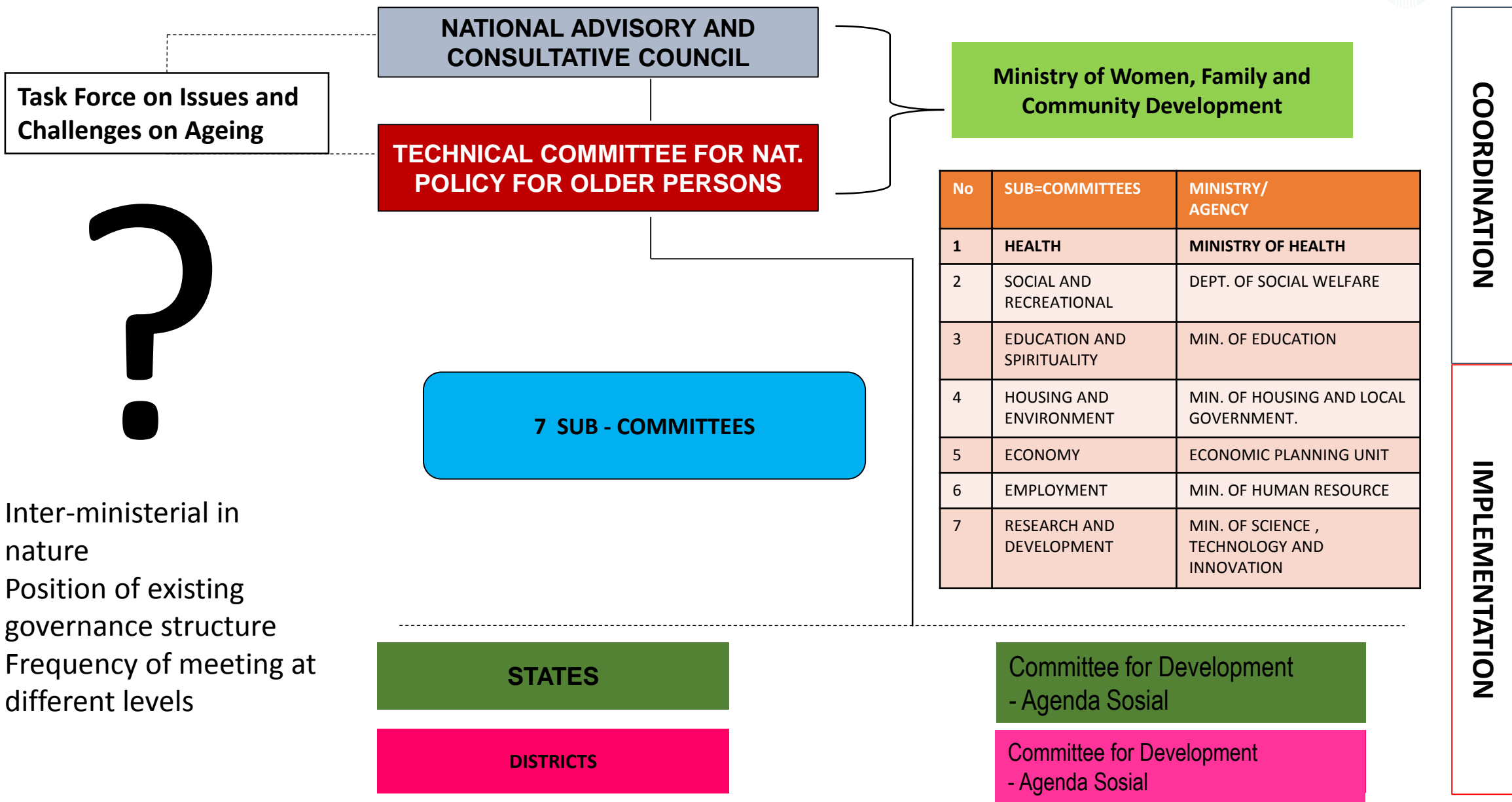
Ministry of Higher Education (Dept. of Community Colleges)



Ministry of Urban Well-being, Housing & Local Government



GOVERNANCE STRUCTURE OF THE NATIONAL POLICY AND PLAN OF ACTION



- Inter-ministerial in nature
- Position of existing governance structure
- Frequency of meeting at different levels

Table 1: Malaysia's Pension Programs – Mapped

	Name of Program Institution	Benefit Type	Financing Type
Pillar 0: Basic benefits through social pensions or at least social assistance	<i>Bantuan Orang Tua</i> (Cash benefits)	Basis cash benefit of RM300 per month	General revenue
	<i>Rumah Seri Kenangan</i> (retirement homes)	In kind benefit	General revenue
	<i>Pusat Jagaan Harian Warga Emas</i> (elder daycare centers)	In kind benefit	General revenue
Pillar 1: Mandated, unfunded, defined benefit or contribution schemes	Civil Service Pension Fund	Old-age, disability, survivorship	General revenue
	SOCSSO	Work injury, disability, survivorship	Employer contribution; Employer and employee contribution
Pillar 2: Mandated, fully funded, occupational or personal schemes	LTAT (armed forces)	All benefits	Employer and employee contribution
	EPF (private sector)	Lump sum/phased withdrawal	Employer and employee contribution Voluntary contribution by self-employed
Pillar 3: Voluntary, fully funded, occupational or personal schemes	PRS: Private Retirement Scheme	Lump sum, (fixed term) annuity	Voluntary premium, tax incentives RM 3,000
Pillar 4: Access to informal and other formal provisions, and personal assets	Family Basic health care Public housing	Cash and in kind benefits	Family members, budget-financed, budget support

Source: Author drawing, *inter alia*, on Ong and Hamid 2010, Othman 2010, and World Bank 2002,

World Bank's Pension Conceptual Framework

Primary Evaluation

Criteria

- Adequacy
- Affordability
- Sustainability
- Equitability
- Predictability
- Robustness

Secondary Evaluation

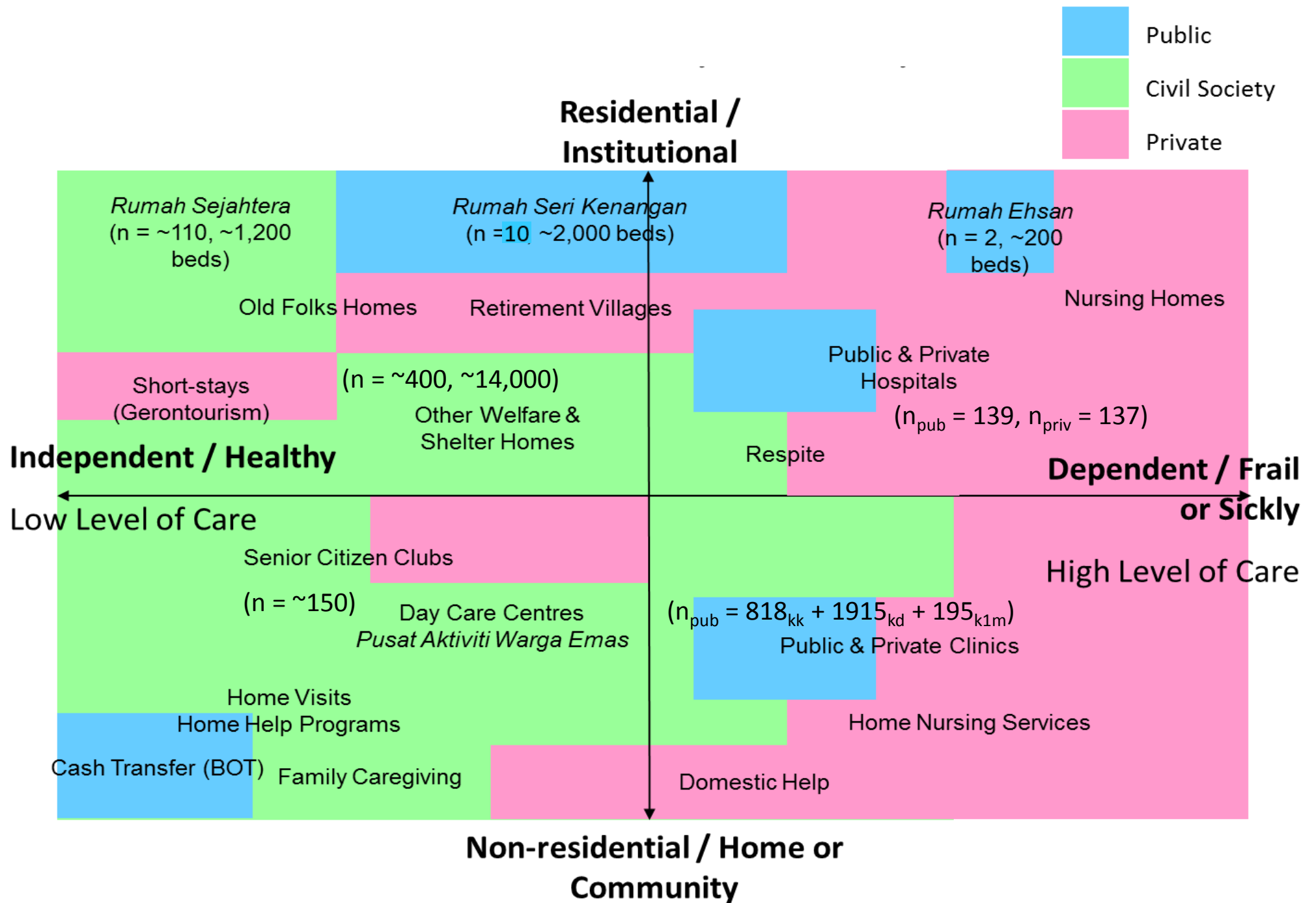
Criteria

- Minimize labor market distortions
- Contribution to savings mobilization
- Contribution to financial market development

Civil Society Actors on Ageing in Malaysia



Care for Older Malaysians: A Conceptual Mapping

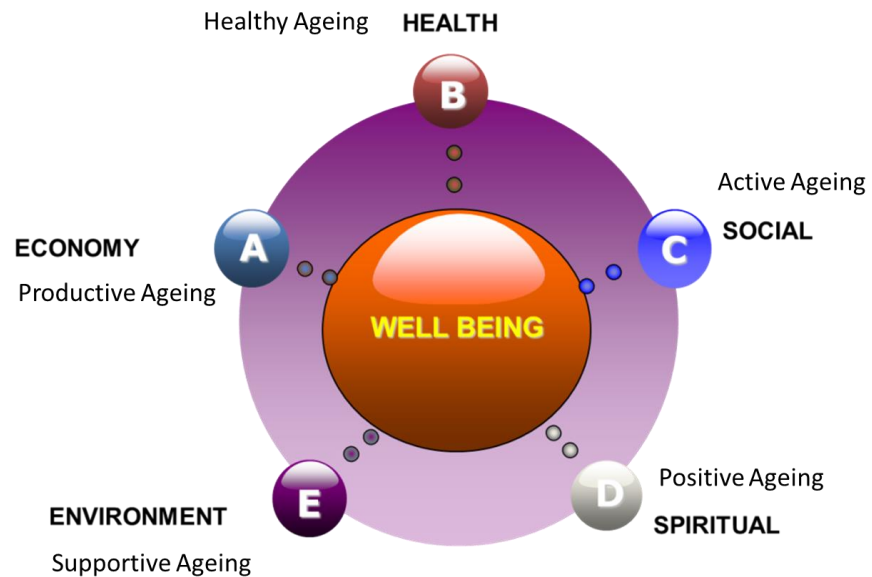


Rethinking the Spectrum of Senior Living Services

Tahap Kefungsian	Berkediaman	Bukan Berkediaman		Lain-lain	Sektor
	<i>Institution</i>	<i>Center-based</i>	<i>Home-based</i>		
Hidup Berdikari / <i>Independent Living</i>					Awam (Kerajaan)
Hidup Dibantu / <i>Assisted Living</i>					Swasta (Perniagaan)
Hidup Bergantung / <i>Dependent Living</i>					Swasta (Kebajikan)

Berkediaman	Bukan Berkediaman		Lain-lain
<i>Institution</i>	<i>Center-based</i>	<i>Home-based</i>	
Rumah Seri Kenangan	Pusat Aktiviti Warga Emas	<i>Home Help</i> / Lawatan ke Rumah	<i>Benefits / Amenities</i>
Rumah / Pondok Sejahtera	Kelab Warga Emas / <i>Senior Citizen Club</i>	Perkhidmatan <i>Mobile Nursing</i>	<i>Concessionaries</i>
Rumah Orang Tua / Pusat Jagaan	<i>Day Care Centres</i>	Perkhidmatan Rehabilitasi Bergerak	<i>Preferential Treatment</i>
Pusat Rawatan / <i>Nursing Home</i>	Lain-lain (e.g. U3A dsbnya)	Perkhidmatan Lain (Pengangkutan, Makanan dsbnya.)	<i>Other non-classifiable facilities or services (e.g. financial products / savings / bonds)</i>
Lain-lain (e.g. <i>Retirement Village</i> , Kompleks Warga Emas al-Jenderami)			

- Needs-based, multi-sectoral engagement, continuum of care issues.
- 1/3 providers of residential care services are NGOs.
- Unable to estimate value....
- Bearing in mind, only <1% of the older population is institutionalized in Malaysia (UN, 2017)
- Old age employment, lifelong education services and enabling environment are less highlighted than aged care and poverty issues



Research on Ageing in Malaysia

MADRID International Plan of Action on Ageing	RESEARCH AGENDA ON AGING		KEY METHODOLOGICAL ISSUES	IMPLEMENTATION
	Major Research Priorities ¹	Critical Research Areas		
Priority direction I: Older Persons and Development	Priority 1. Relationships of population ageing and socio-economic development Priority 2. Current practices and options for maintaining material security in old age Priority 3. Changing family structures, intergenerational transfer systems and emergent family and institutional dynamics	1. Social participation and integration 2. Economic security 3. Macro-societal change and development 4. Poverty 5. Social security systems		
Priority direction II: Advancing health and well-being into old age	Priority 4. Determinants of healthy ageing Priority 5. Basic biological mechanisms and age associated diseases Priority 6. Quality of life and ageing in diverse cultural, socio-economic and environmental situations	6. Healthy ageing 7. Biomedical 8. Physical and mental functioning 9. Quality of life		
Priority direction III: Ensuring enabling and supportive environments	Priority 3. Changing family structures, intergenerational transfer systems and emergent family and institutional dynamics Priority 6. Quality of life and ageing in diverse cultural, socio-economic and environmental situations	10. Care systems 11. Changing family structures and functions		
Implementation and follow-up		12. Policy design, implementation, monitoring and evaluation		

UN Research Agenda on Ageing for the 21st Century (2007)

Field of Study / Academic Discipline

GERONTOLOGY

		Social Gerontology		Psychogerontology	
Demography of ageing	Political gerontology	Educational gerontology	Economic / Financial gerontology	Family gerontology	Gerontopsychology
	Ethnogerontology	Geragogy		Developmental gerontology	
Geographical gerontology	Environmental gerontology	Biology & Genetics of Ageing	Geroscience	Geriatrics	Gerontopsychiatrics Psychogeriatrics
	Gero-informatics				
Gerontechnology		Biogerontology		Medical Gerontology	

“...as we know, there are **known knowns**; there are things we know that we know.
 There are **known unknowns**; that is to say, there are things that we now know we don't know.
 But there are also **unknown unknowns**; there are things we do not know we don't know.”



- Donald Henry Rumsfeld, US Secretary of Defence, 2002

Research Agenda on Ageing (IG, 2006)



National Workshop for Development of Research Agenda on Ageing and Older Persons, 18-19 August 2006, Faculty of Human Ecology, UPM

National Research Agenda on Ageing (IG, 2014)



National Research Agenda on Ageing Workshop 2014, 25 June 2014,
Pullman Putrajaya

Types of Research

- In Malaysia, academic researchers compete for federal funded grants through the Ministry of Science, Technology and Innovation (MOSTI) and the Ministry of Education / Higher Education.
- Most of the funding are provided for basic research (especially STEM), and in recent years, MOSTI funding became more focused on applied and action research.
- International funding are usually more applied & action-oriented (pilot activities etc.) as well.

Table 2 Major characteristics of basic, applied and action research

RESEARCH TYPE	PHILOSOPHICAL ASSUMPTIONS	PURPOSE	MAIN METHODS	OUTCOMES	CRITERIA FOR JUDGEMENT
BASIC	Universal truths generalisable across time and space are achieved through scientific enquiry	To establish relationships among phenomena, test theory, and generate new knowledge	Quantitative approaches, hypothesis testing, control of variables, rigorous sampling	Development of theory	Objectivity, verification of theory, generalisability, rigour and reliability of research methods, published through refereed, scholarly journals
APPLIED	Societal phenomena can be scientifically studied and understood	To generate understanding of human behaviour and problems for the purpose of intervention	Qualitative and quantitative approaches, data collection directed towards ensuring reliability and validity	Development of generalisable theoretical knowledge that can be applied to the social situation	Objectivity, rigour and scientific insights for application to social situations, published through specialised, refereed, applied journals
ACTION RESEARCH	People within social situations can solve problems through self-study and intervention	To develop solutions to problems identified within one's own social environment	Mainly qualitative, interpretive, cases studied reflectively through cyclical observational and non-observational means	Action to effect change and improvement, and deeper understanding in one's own social situation	Subjectivity, feasibility, trustworthiness, and resonance of research outcomes with those in the same or similar social situation

Funded Research on Ageing in Malaysia

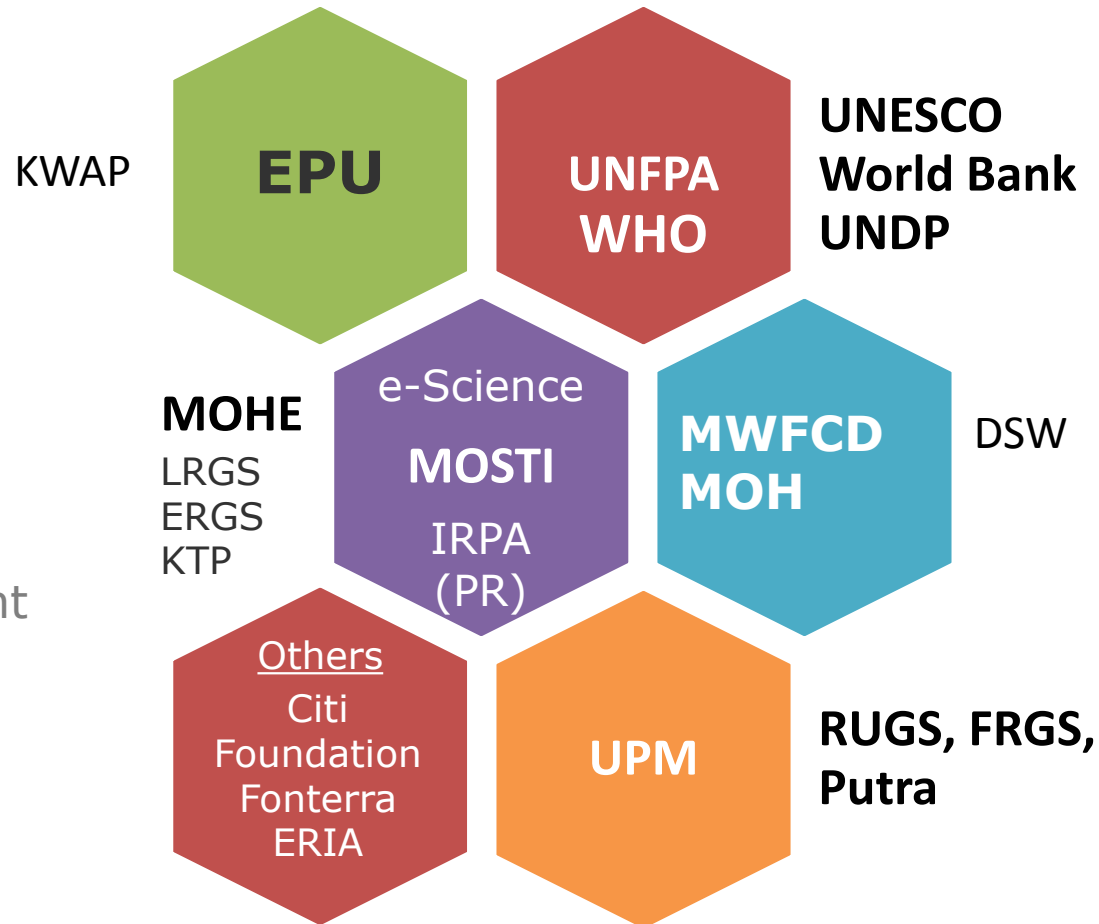
Preliminary Findings

- MOHE - 64
 - 2011 - 2016 - 64 projects (FRGS - 47; RAGS - 5; ERGS - 11; LRGS - 1(5))
 - S&T - 13
 - Med & Health - 14
 - SS & Others - 37
- MOSTI - 27
 - 2006-2016 – 11 projects
 - pre 2006 – ~16 projects
- Information still needed for varsity level funded studies.

MOSTI	Total Projects	Ageing-related		
		S&T	M	SS
2006	1,169	2	0	1
2007	935	0	0	0
2008	415	2	1	0
2009	215	0	1	0
2010	101	0	0	0
2011	241	0	0	0
2012	~510	1	1	1
2013	~280	0	0	0
2014	~250	1	0	0
2015	~240	0	0	0
2016	~90	0	0	0

Research @ IG (2002 – 2017)

Mental Health
 Public Health
 Quality of Life
 Older Workers
 Economics,
 Finance & Poverty
 Financial Empowerment
 of Mature Women
 Social Support
 Social Relationships
 Living Arrangement
 Elder Abuse & Maltreatment
 Balance & Falls
 Health & Wellness
 Dementia
 Mild Cognitive Impairment
 Diabetes
 Vitamin D
 Osteoarthritis



Active & Productive Ageing
 Lifelong Learning (U3A)
 Retirement Living
 Families in Later Life
 Generation Gap
 Social Protection
 Policy Reviews
 Well-being Index
 Old Age Sexuality
 Spirituality & Ageing
 Anthropometry
 Assistive Technology
 Visual Impairment
 ICT & the Aged
 GIS Mapping
 Aged Care
 Traffic & Road Users
 Alzheimer's Tracking System
 Media & Ageing

PROJECT AND FUNDER, 2002-2016



AGRICULTURE • INNOVATION • LIFE



Total value of research grant = **RM11.76 million**



Total number of research projects = **67**



55 funded by national bodies (RM7.41 mil)
(MOSTI, MOHE, MOH, RU & etc)



11 international funded projects (RM4.17 mil)
(WHO, Fonterra, UNFPA, Citi Foundation, World Bank , Kyoto University & etc.)



The Social Gerontology Laboratory is based on a multidisciplinary approach and the development of lifelong progress towards improving the welfare of the elderly.

The lab is headed by Assoc. Prof. Dr. Sharifah Azizah Haron, a Consumer and Family Economist from Faculty of Human Ecology, UPM. Her appointment as Head of Laboratory began in April 15th, 2013.

RESEARCH PROGRAMME:

Economic, Social and Cultural Participation of Older Persons

RESEARCH GROUP

- i. *Economic Wellbeing in Old Age*
- ii. *Intergenerational Relationship*



The Laboratory of Medical Gerontology focuses on two research programs on healthy ageing and age-related diseases.

The Laboratory of Medical Gerontology is headed by Assoc. Prof. Dr. Halimatus Sakdiah Minhat from the Faculty of Medicine and Health Sciences, UPM. She is trained in Public health medicine, family health (elderly health) and epidemiology. Her appointment as Head of Laboratory began in June 1st, 2016.

RESEARCH PROGRAMME:

Age-Related Disability and Technology

RESEARCH GROUP

- i. *Regenerative Medicine*
- ii. *Enabling Design and Assistive Technology*



The Laboratory of Gerontechnology was established to drive the expansion of research and product development in context of enabling environment technology to improve the lives of the elderly.

The lab is headed by Prof. Dr. Tengku Aizan Hamid, a specialist on Human Development and Family Studies from Faculty of Human Ecology, UPM.

RESEARCH PROGRAMME:

Enabling Environment for Ageing

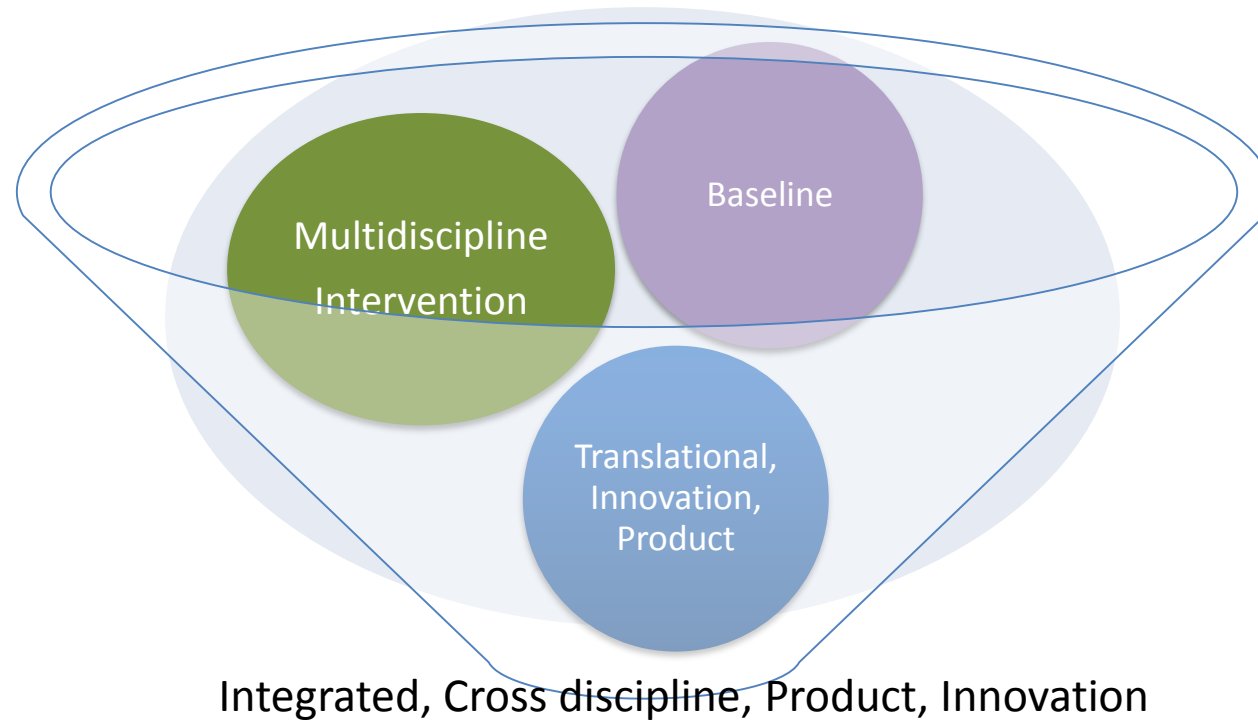
Product Development and Assistive Technology

RESEARCH GROUP

- i. *Monitoring System*
- ii. *Wearable Device*
- iii. *Entertaining Healthcare System / Gamification*

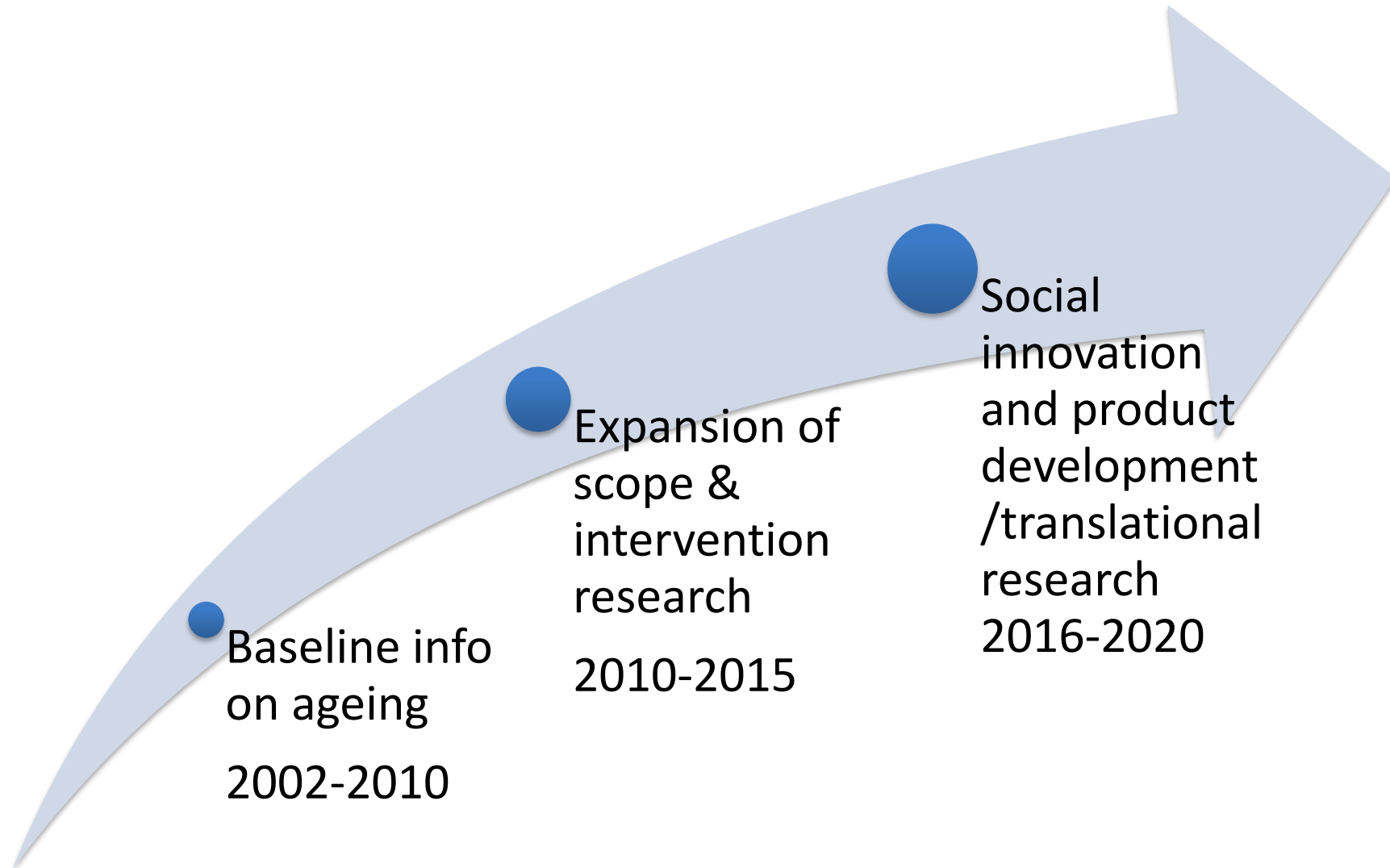


Ageing Research Journey in UPM



- (1) AGED CARE
- (2) INVESTING IN OLD AGE
- (3) ACTIVE AGEING AND COMMUNITY ENGAGEMENT
- (4) SCIENCE OF SENESCENCE

Ageing Research Journey in UPM



Current Major Research

- Major Research Initiatives
 - Addressing the Needs of Older Malaysians (UNFPA-Government of Malaysia) 2013 - 2017 (+1 year)
 - Effectiveness of JKM Cash transfer programme
 - Study of Facilities and Services to meet the future elderly need
 - Mild Cognitive Impairment (LRGS – TUA [UKM])
 - Identifying Psychosocial and Economic Risk Factors and Quantifying the Costs of Age Related Cognitive Impairment: Implications of Population Ageing in Malaysia [UPM]
 - Retirement Preparedness among Civil Servants & Retirees (KWAP)
 - Others: MeLOR, SSRC UM (MARS); H-Care UKM; URICAS USM; SEACO & G-tech, Monash;
- National Developments
 - Aged Healthcare Act (regulations); Physical Planning Guideline; Care Standards;
 - Integrated Social Protection System

Translating Research into Policy & Practice

Case Studies & Examples


Consultancies

LAPORAN AKHIR

KAJIAN SEMULA DASAR WARGA TUA NEGARA (DWTN) DAN PELAN TINDAKAN DASAR WARGA TUA NEGARA (PTDWTN)

UNTUK
KEMENTERIAN PEMBANGUNAN WANITA, KELUARGA DAN MASYARAKAT

OLEH



UNIVERSITI PUTRA MALAYSIA

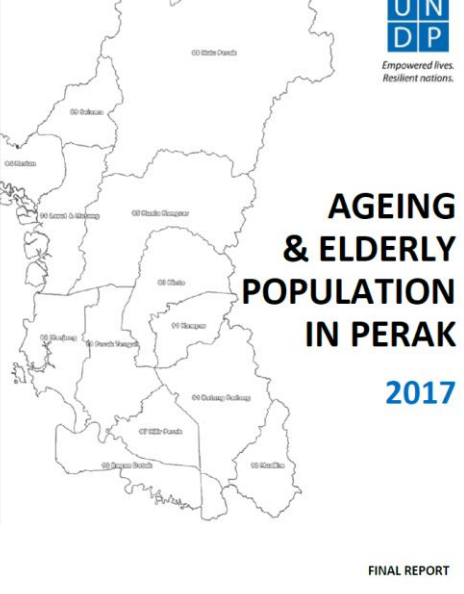


JABATAN KEBAJIKAN MASYARAKAT

**KAJIAN
KEBERKESANAN
BANTUAN
KEWANGAN**

2017

JABATAN KEBAJIKAN MASYARAKAT,
KEMENTERIAN PEMBANGUNAN WANITA, KELUARGA DAN MASYARAKAT



UNDP
Empowered lives.
Resilient nations.

**AGEING
& ELDERLY
POPULATION
IN PERAK**

2017

FINAL REPORT



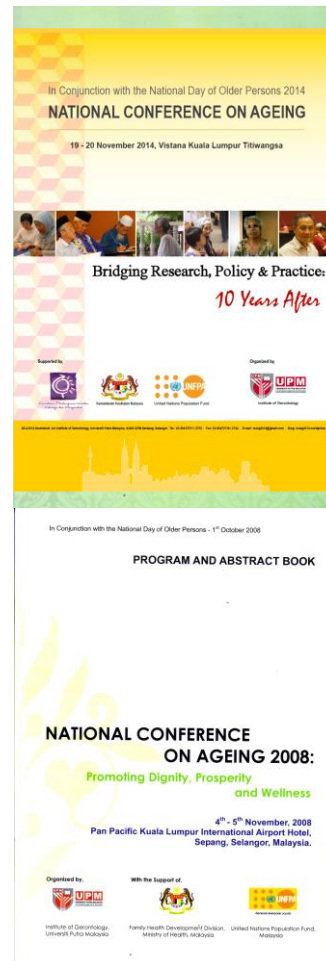
JABATAN KEBAJIKAN MASYARAKAT

**KAJIAN KEMUDAHAN DAN
PERKHIDMATAN BAGI MENEPATI
KEPERLUAN WARGA EMAS
MENJELANG 2030**

JABATAN KEBAJIKAN MASYARAKAT
2017

National Conferences on Ageing, 2004 - 2014

- National Conference on Ageing 2004
- National Conference on Ageing 2006
- National Conference on Ageing 2007
- National Conference on Ageing 2008
- National Conference on Ageing 2014

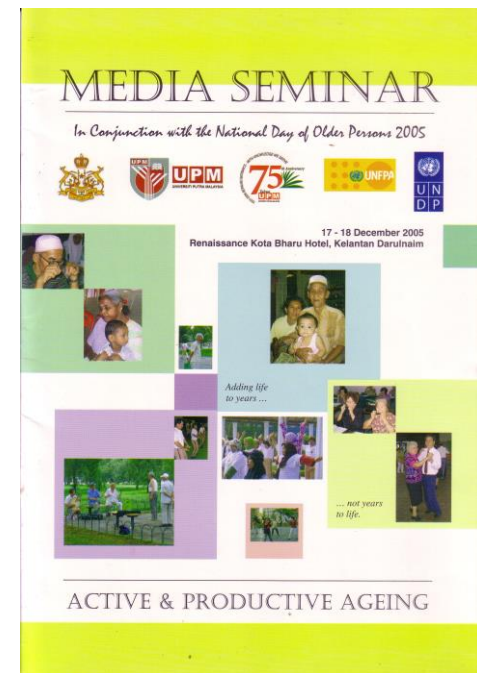


Southeast Asian Conference on Ageing 2010



Media Engagement, 2005 & 2016

- Media Seminar on Ageing, 2005
- Media Roundtable on Ageing, 2016



MEDIA ROUNDTABLE ON AGEING "Age Inclusiveness & Supportive Environments"

18 January 2016
M Boutique Hotel, Ipoh, Perak

Organised by,



With the support of,



Education & Training

- In-situ Satellite Training Programme 2007, 2008, 2009 & 2016



IN-SITU SATELLITE TRAINING PROGRAMME:
Social, Health & Economic Issues of Ageing
13 - 19 August 2009
Awana Genting Highlands Golf & Country Resort, Pahang

S.E.A. In-situ Satellite Training Programme ISTP2016



GERONTOLOGY, GERIATRICS & GERONTECHNOLOGY

WHEN
August 8th - 17th, 2016
8 am - 5 pm

WHERE
Vistana Kuala Lumpur
Titiwangsa

9, Jalan Lumut, Off Jalan Ipoh, 50400 Kuala Lumpur, Malaysia.

Twenty (20) international and local trainers from seven (7) countries delivering multidisciplinary lectures on the demography of ageing, population, economics, biogerontology, geriatrics, psychogeriatrics, social gerontology, social protection, families in later life, older consumers, policies on ageing, gerontechnology and many more.

HURRY - PLACES ARE LIMITED.

myistp2016.wordpress.com

INTERNATIONAL & LOCAL TRAINERS



Prof. Dr. Yoshiko SOMEYA, Prof. Dr. Maya Khurshid DAVIS
Assoc. Prof. Dr. Saharrah BRUHIM, Dr. YAU Weng-Loo &
Mr. Specter FARRUGIA-BONELLO, Dr. CHEAM Poo-Jee

ORGANIZERS



Malaysian Research Institute on Ageing,
Universiti Putra Malaysia



International Institute on Ageing,
United Nations-Malta

With the Support of,





REGIONAL EXPERT FORUM ON AGEING AND DEVELOPMENT 2015

14 - 15 September 2015, Lanai Kijang, Bank Negara Malaysia, Kuala Lumpur



U3A & Lifelong Learning for the Elderly



BH Selasa, 13 Disember 2016

M5.31

→ WANITA



Sejak penubuhan U3A lebih 300 ahlinya menerima baik program terbabit dan gaya hidup mereka juga berubah. Ini membuktikan rakyat berminat dalam aktiviti pembelajaran”

Chew Mei Fun,
Timbalan Menteri Pembangunan Wanita,
Keluarga dan Masyarakat



Citi-UPM dan U3A adalah antara program yang diilhamkan bagi tujuan memberikan ilmu pendidikan baharu serta mengisi masa lapang mereka”

Tengku Aizan Hamid,
Pengaruh Institut Penyelidikan
Penuaan Malaysia UPM



Apa yang saya peroleh menerusi kelas itu, adalah disiplin diri untuk menyimpan dan menggunakan wang bila ada keperluan sahaja”

Narisa Nasir,
Peserta program
Citi-UPM



Info

Citi-UPM

“Diadaptasi daripada program Citi-Isao Foundation Financial Education Programme for Mature Women yang dilaksanakan di Singapura sejak 2008.
*Kumpulan sasaran bagi projek ini wanita berumur 40 hingga 60 tahun yang berpendapatan kurang RM1,000 sebulan.
- Sasaran peserta adalah 400 orang.

Mei Fun (tujuh dari kanan) dan Naib Canselor UPM, Prof Datin Paduka Dr Aini Ideris (enam dari kanan) selepas Majlis Apresiasi dan Penyempoiian Sijil bagi Program Citi-UPM dan U3A, di Serdang, baru-baru ini.

Warga emas manfaat ilmu baharu

Program pendidikan sepanjang hayat tingkatkan keupayaan, penuaan aktif,

kesungguhan untuk menerima ilmu, perlu tingkatakan keazaman serta mengambil peluang menyertai program seumpama itu. Pengarah Institut Penyelidikan Penuaan Malaysia, Universiti Putra Malaysia (UPM), Prof Dr Tengku Aizan Hamid, berkata Citi-UPM, iaitu Program Pendidikan dan Keupayaan untuk Wanita Matang dan Program Universiti Era Ketiga (U3A), adalah antara program yang

“Program ini dijalankan melalui kerjasama strategik dengan Citi Foundation (Yayasan Citi) dan United Nations Population Fund (Tabung Populasi Pertubuhan Bersatu).
“Usha ini juga mendapat komitmen daripada rakan pertubuhan bukan kerajaan (NGO) seperti Persatuan Wanita UPM (Permata), UPM dan Persatuan Pembelajaran Srajanjara Hamat Wanita Emas U3A

Katanya, ini jelas membuktikan rakyat berminat dalam aktiviti pembelajaran yang berpatutan pada usia emas.
Perancangan hari tua
“Bagi menyasarkan golongan wanita, pengantar Citi-UPM benar-benar memahami keperluan bagi meningkatkan kesedaran golongan ini sebagai perancangan pada hari tua.

sebagai pengasuh Taska di UPM, kelas diadakan antara dua hingga tiga jam seminggu selama lima bulan itu banyak mengajar mengenai pengurusan wang.
“Apa yang saya peroleh menerusi kelas itu, adalah disiplin diri untuk menyimpan dan menggunakan wang bila ada keperluan sahaja.
“Selebihnya, lebih baik wane itu

www.facebook.com/U3AMalaysia/
www.facebook.com/u3abu/

- Combination of French & UK models
- LLIFE 2007; U3A 2008 - now
- Learning for leisure, Multi-sectoral cooperation & support



M A L A Y S I A



K L & S E L A N G O R

No. 2522-10-SEL



B A N D A R U T A M A

PPM-025-10-14032016



Government of Malaysia



UNFPA - because everyone counts

Jabatan
KEBAJIKAN
Masyarakat





National Convention of Residential Aged Care Service Providers 2016, 1-2 September 2017, Vistana KL Titiwangsa



National Colloquium of Ageing and the Voluntary Sector 2017, 12 October 2017, Vistana KL Titiwangsa

- Grants awarded by the United Way Worldwide through strategic partnership with the Citi Foundation.
- Increase awareness for the need to plan for financial security in old age and to ensure women are financially independent and empowered in old age.
- Targeting women age 40-60 years with household income less than RM3000 per month.

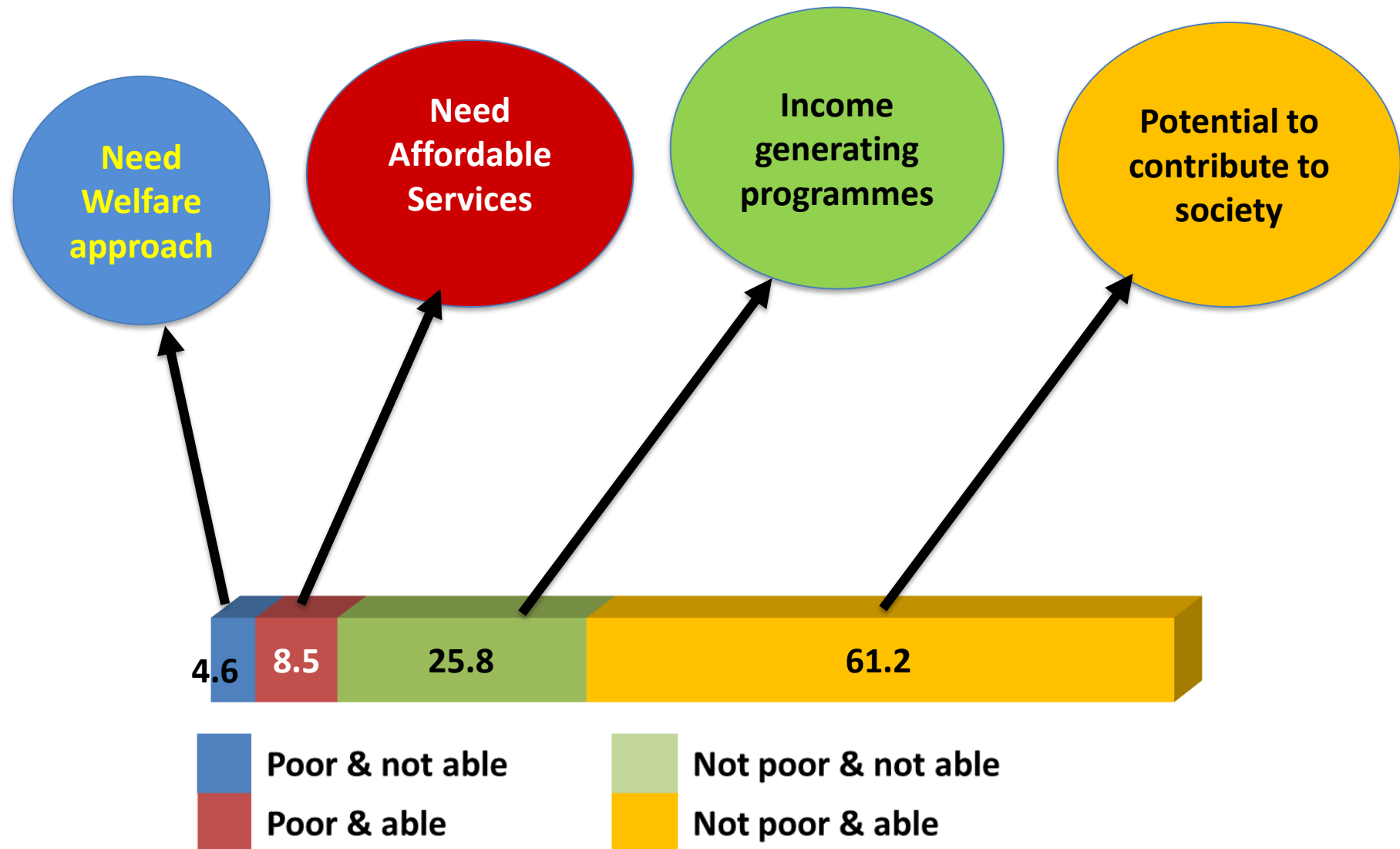




Opportunities, Challenges & the Way Forward

A New Malaysia?

Putting Things into Perspective

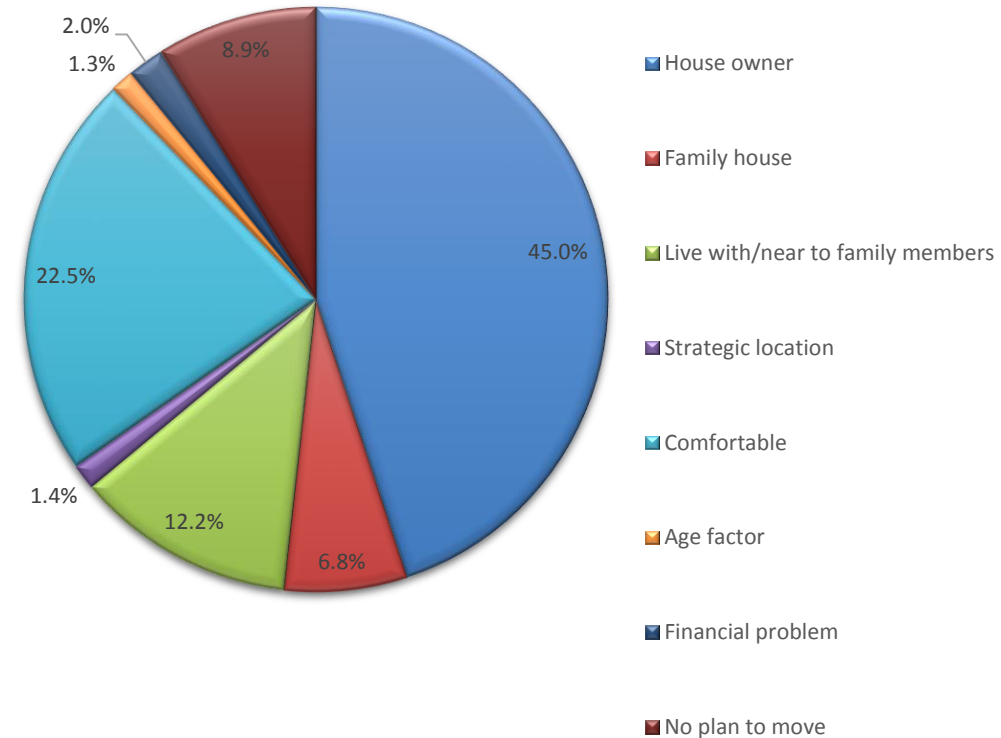


Evidence for Future Direction

Ageing in Place

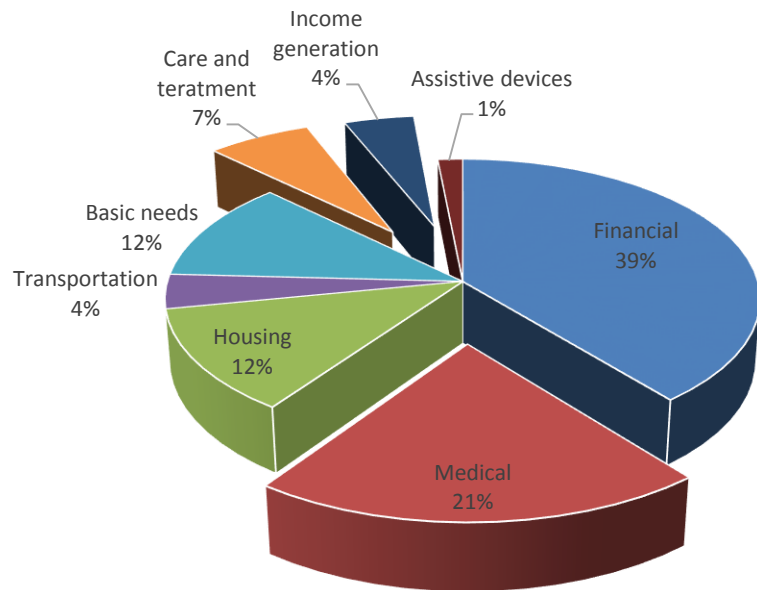
Majority (77.6%) of Malaysians prefer to stay at their current home when they become older

Reasons not to move

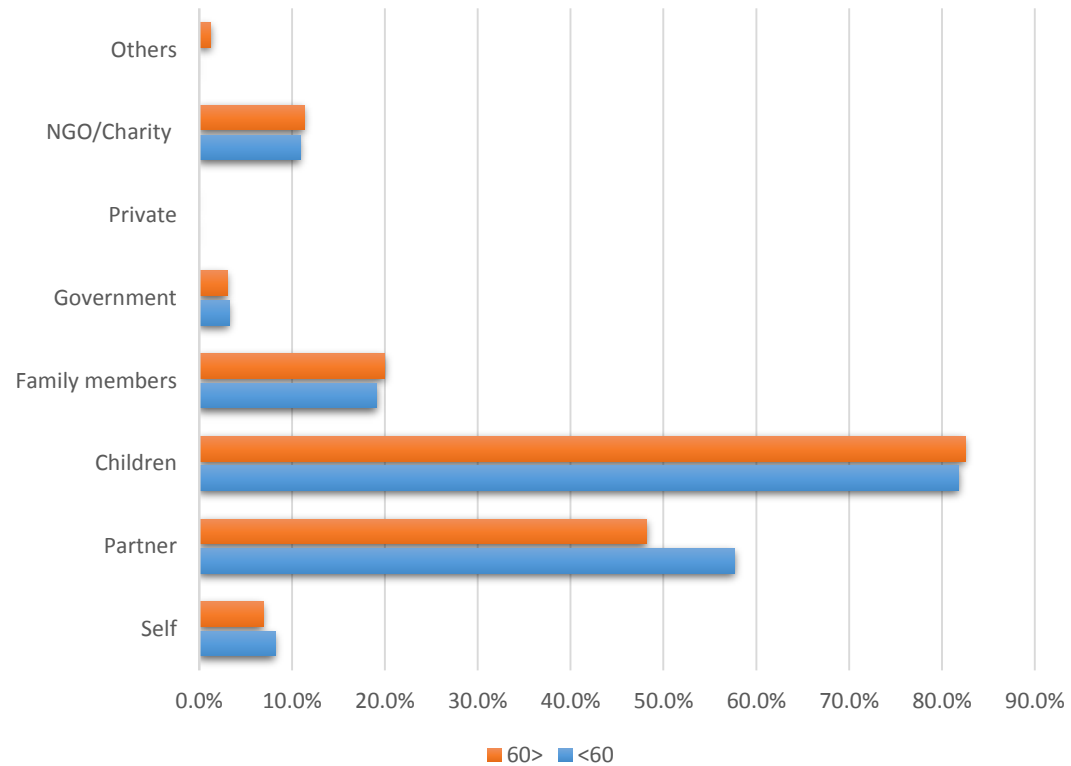


Evidence for Future Direction

Facilities and services needed



Who is expected to provide care?



ELEVENTH MALAYSIA PLAN

2016-2020

ANCHORING GROWTH ON PEOPLE



Eleventh Malaysia Plan

Chapter 3: Enhancing inclusiveness towards an equitable society | 3-26

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.

3-27

Chapter 3 Enhancing inclusiveness towards an equitable society



Focus area B

Empowering communities for a productive and prosperous society

Social protection for the elderly poor will be streamlined and integrated to ensure better quality of life. The provision of assistance will be continued based on basic needs. The low-income group, particularly in the informal sector, will be encouraged to participate in voluntary savings and retirement schemes to ensure economic protection in their old age.

Promoting active ageing

The capacity of the Institute of Gerontology, Universiti Putra Malaysia will be enhanced to conduct more research to support active ageing. The University of the Third Age (U3A) Programme will be expanded to provide opportunities for the elderly to continuously learn and acquire knowledge and skills in collaboration with universities, community colleges and Pusat Aktiviti Warga Emas. In addition, NGOs will also be encouraged to implement self-help based learning programmes.

A national campaign to promote social awareness on volunteerism among retired professionals will be launched to encourage the elderly to participate in community-based activities. This will allow them to remain active by contributing their knowledge, skills and experience to benefit the community. CBOs and NGOs will be encouraged to attract more retired professionals to participate in voluntary community development programmes.



UPM
UNIVERSITI PUTRA MALAYSIA

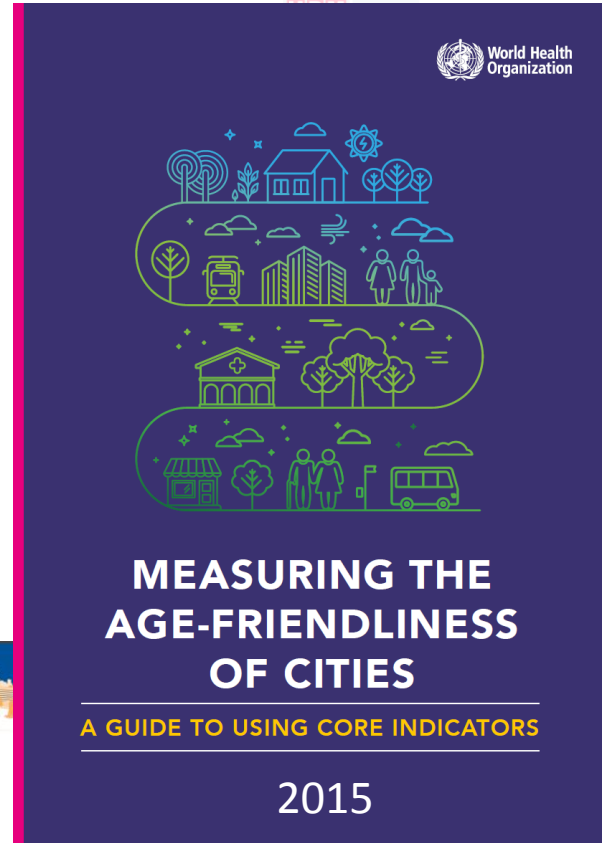
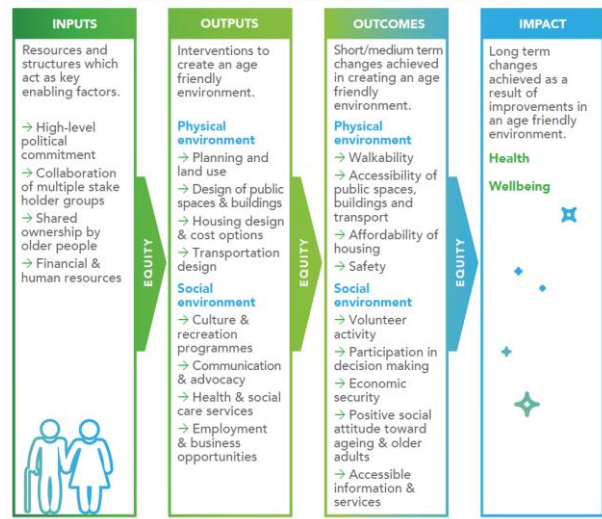


FIGURE 1. A FRAMEWORK FOR SELECTING AN AGE-FRIENDLY CITY INDICATOR SET

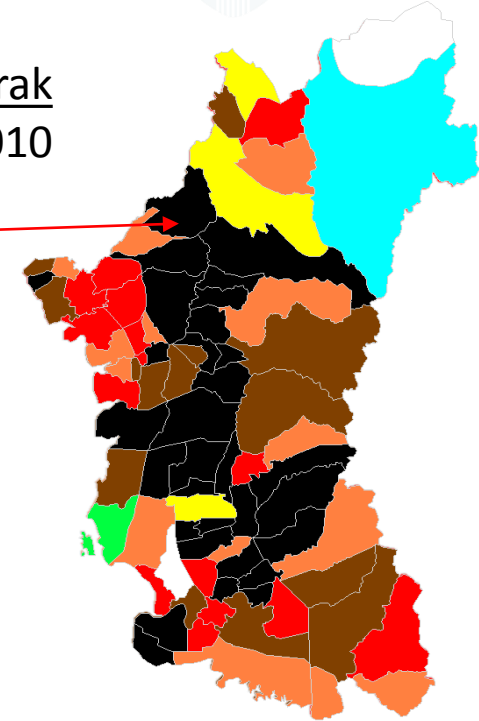


Towards Age-friendly Cities



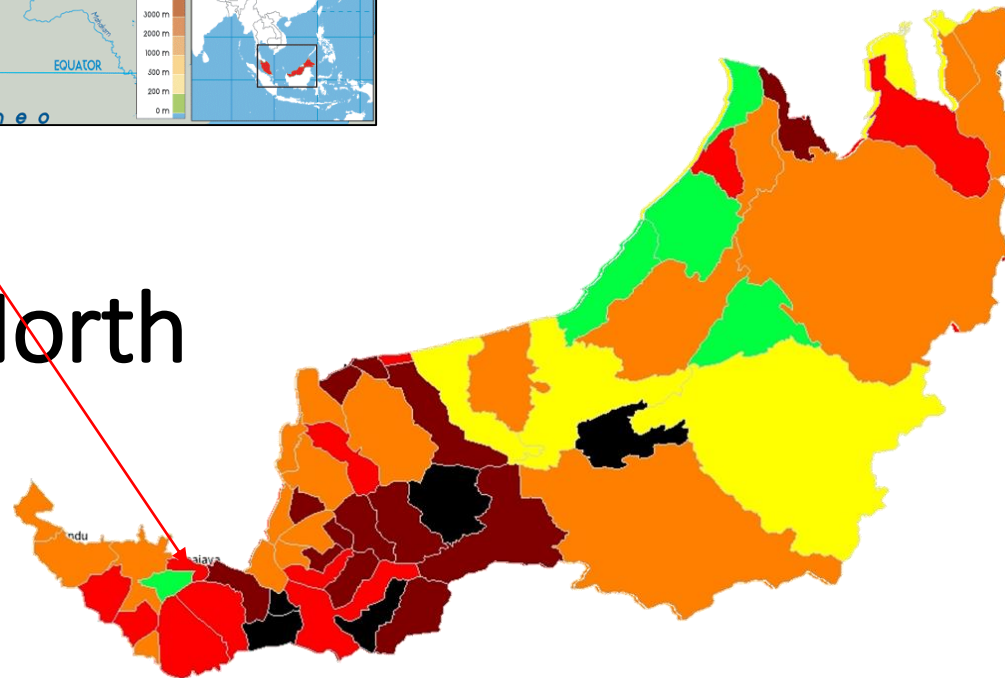
Perak
2010

Taiping Municipality

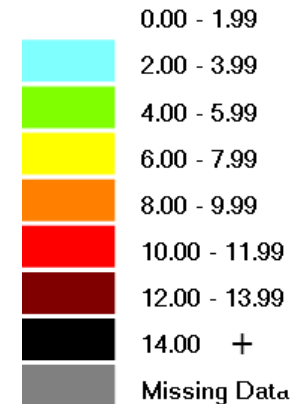


Kuching North City Hall

Sarawak
2010



Percent





SDG & Ageing

- The challenge of inclusive development.
- How can we encourage the social, economic and cultural participation of older persons?
- Focus on physical development alone is not enough to spark impactful change.

Remove barriers for the full participation of older persons in employment and ensure equitable and inclusive economic growth for all



6

equitable sanitation and hygiene for all, including older persons



8

Empower and promote the social, economic and political inclusion of all, irrespective of age



10

Make cities, communities and human settlements age-inclusive, safe, resilient and sustainable



11

Promote effective climate change-related planning and management,

13

The ASEAN Experience

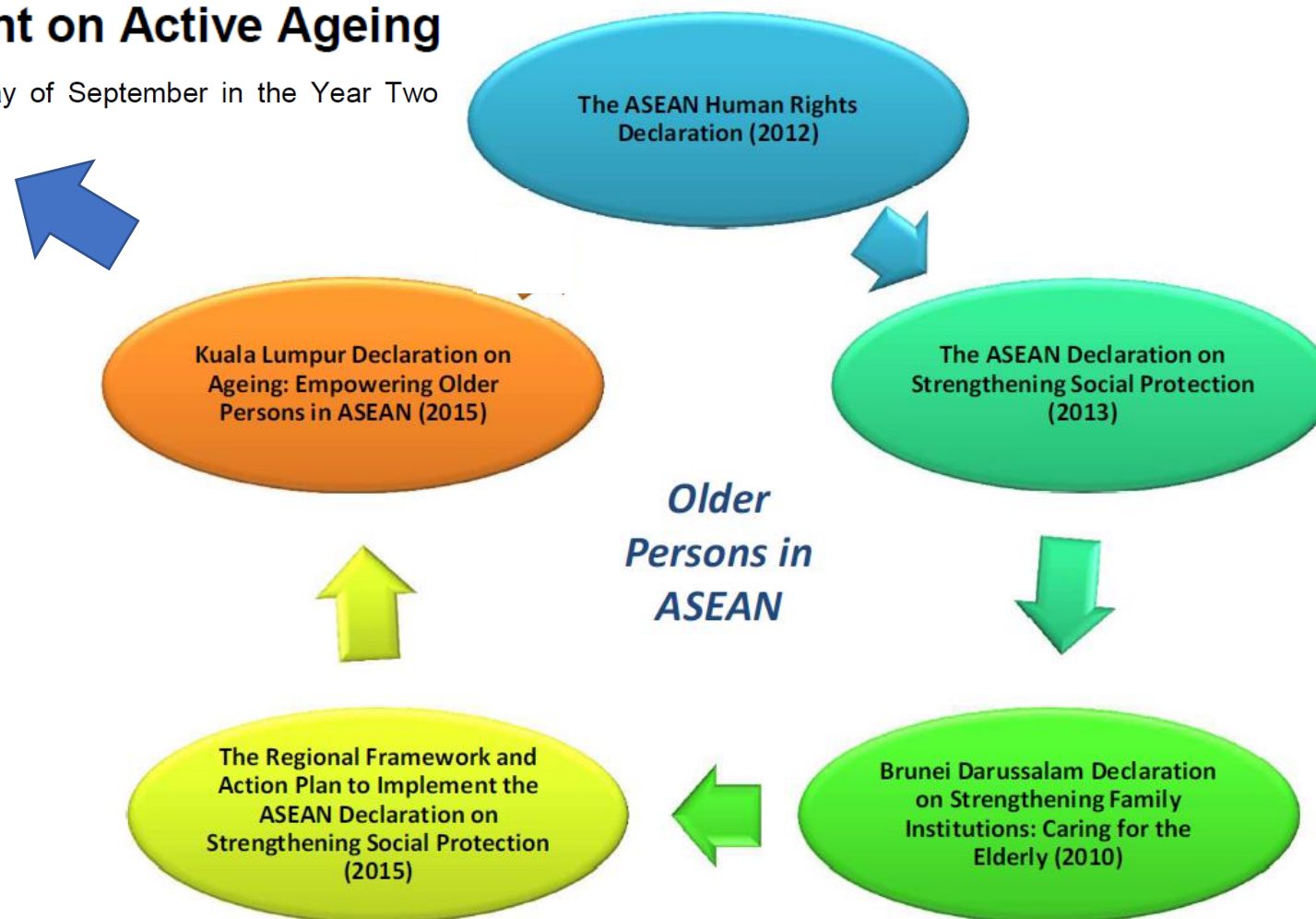
Key regional instruments affirm and promote the rights and welfare of Older Persons in ASEAN

ASEAN Plus Three Statement on Active Ageing

Adopted in Vientiane, Lao PDR, this Seventh Day of September in the Year Two Thousand and Sixteen.

(2016)

- Sharing experiences, resources and expertise.
- Charting a regional focus on ageing and older persons through existing SOMSWD & SOMHD structures.





What We Need

#1. Evidence-based Policymaking

- To bridge the gaps between policy, research and practise, stakeholders must carefully evaluate existing knowledge about the situation of population ageing and utilize the useful insights that could be gained from good data. For example, if decentralisation is to work, we must have evidence that it could be carried out with some uniformity.

#2. Networks, Coordination & Partnerships

- One of the common failures of policy planning is the implementation gaps. Political will can be fostered by putting together a network of like-minded stakeholders who can coordinate and work with one another for a common goal. Frame the issue in context, i.e. In line with ministerial or departmental objectives.

#3. From Pilot Interventions Comes Real, Sustainable Change

- Resist the urge and temptation for quick, big results as ageing at lower levels of development means that resources is scarce. Start small but test program feasibility and sustainability thoroughly before adopting them for upscaling or replication.



Challenges, Opportunities & Lessons Learned

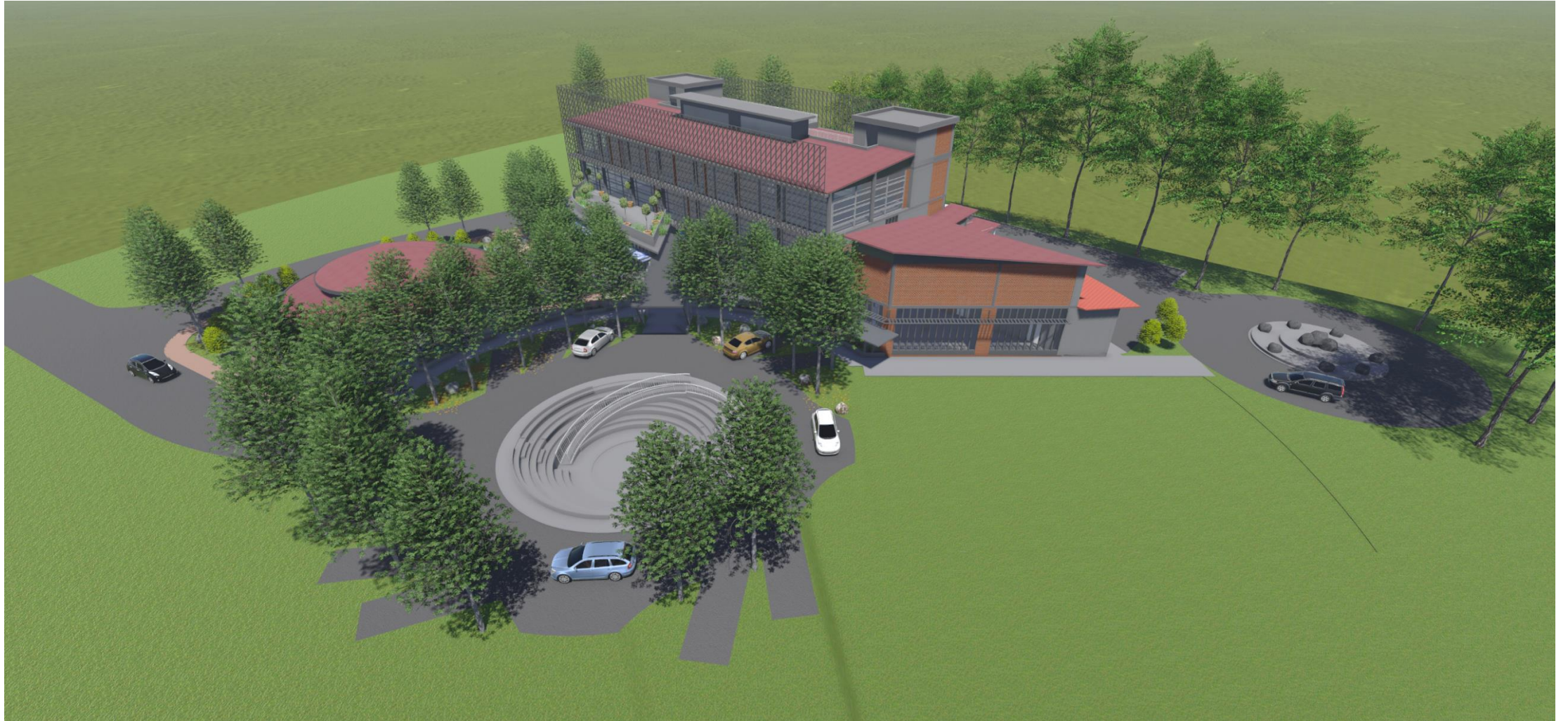
- **Prioritize** to meet basic and PRIMARY human needs – food, shelter (& sanitization), and healthcare, then **Expand** to cover SECONDARY human needs – education, safety & security (e.g. personal or financial), enabling environments (anti-ageism), companionship, love, dignity and sense of belonging.
- **Diversify** the delivery mechanism to fulfill both primary and secondary needs of the vulnerable groups, i.e. not just means-tested cash transfer programs, but housing, work and care plans. Learn from the experiences of other countries - change in basic approach.
- **Engage** multi-sector stakeholders and identify champions to ensure provisions for independent and dependent cases across all socio-economic levels.
- **Strengthen** institutional structures and their abilities to deliver / implement policy action plans or changes. Training and education, together with research and development are needed for capacity building.

Conclusion



- Policies on ageing in Malaysia did not happen overnight nor did it occur in a vacuum.
- In the beginning, many of NPE's ideals were guided by the 1991 UN Principles of Older Persons, supported by local civil society and professional groups. For many years, the focus of our ageing policy was anchored on the role of the family.
- Malaysians enjoy the advantage of a near-universal, comprehensive health care coverage. Years of economic growth have resulted in a prosperous middle-class. Older persons in Malaysia is still very much taken care by their family and this is a strength that should not be undermined by well-intentioned policies.
- With the new NPOP, emphasis began to turn to self development (lifelong learning) and even old-age employment. Significant gains were made to highlight ageing issues in the national 5-year development plans.
- With a growing emphasis on elderly-friendly environments (both physical and social), the future of ageing policy development lies in multi-sectoral partnerships and the silver economy.

MyAgeing New Building, Completion - 2018/19



BANGUNAN INSTITUT PENYELIDIKAN PENUAAN MALAYSIA (MyAgeing) DAN MAKMAL PENJAGAAN WARGA EMAS BERSEPADU



KEMUDAHAN MAKMAL

1. *Training Lab*
2. *Daycare Centre*
3. *Computer Lab*
4. *Rehab Lab*
5. *Ergonomic Lab*
6. *Behavioural Lab*
7. *Multimedia Lab*
8. *Physical Lab*
9. *Food Preparation Lab*



PUSAT JAGAAN HARIAN DAN PENYELIDIKAN WARGA EMAS “WAKAF PAK NGAH ATAN”





Malaysian Ageing Research Network 2017, 24 October 2017, Ministry of Women,
Family & Community Development, Putrajaya



TERIMA KASIH/*THANK YOU*

www.upm.edu.my

BERILMU BERBAKTI
WITH KNOWLEDGE WE SERVE I

MILESTONES

- 1990 – The National Council of Senior Citizens Organizations Malaysia or **NACSCOM** was founded
- 1991 – The Golden Age Foundation, later Persatuan Kebajikan **USIAMAS** Malaysia was founded
- 1992 – The Gerontological Association of Malaysia (**GEM**) was founded
 - On 1st October, Malaysia celebrated her first **National Day of Older Persons**
- 1995 – The first **National Policy for the Elderly** (NPE) was approved by the cabinet on 25th October
- 1996 – The **National Advisory and Consultative Council for the Elderly** (NACCE) was established
- 1997 – The **Plan of Action** for the National Policy for the Elderly was launched. The Ministry of Health established the **National Council of Health for the Elderly** and introduced a national **Elderly Health Care Program**
 - The Alzheimer’s Disease Foundation Malaysia (**ADFM**) was registered in 1997.
- 2000 – The first **geriatric ward** opened at Seremban General Hospital
- 2002 – The **Institute of Gerontology** (IG) was established at UPM
 - The Malaysian Healthy Ageing Society (**MHAS**) was founded
- 2005 – **Basic Gerontology & Geriatric Services** was introduced as an elective subject for upper secondary students
- 2008 – The Ministry of Health launched a **National Health Policy for Older Persons**
- 2011 – The new **National Policy for Older Persons** (NPOP) was approved by the cabinet
 - The **Social Security Research Centre** (SSRC) was established at UM
- 2012 – The Malaysian Society of Geriatric Medicine (**MSGM**) was founded
 - The **Community Rehabilitation and Ageing Research Centre** (H-CARE) established at UKM
 - The **Minimum Retirement Age Act** (2012) was passed & the **Private Retirement Scheme** (PRS) was introduced
- 2015 – The **USM-RIKEN International Centre for Ageing Science** (URICAS) was established at USM
 - IG was rebranded by the cabinet as the **Malaysian Research Institute on Ageing** (MyAgeing)
- 2016 – Monash University Malaysia launched its **Gerontechnology Lab**
- 2017 – **Private Aged Healthcare Facilities and Services Act** (2017) was passed in the Parliament

