

# REIMAGINING

AGING



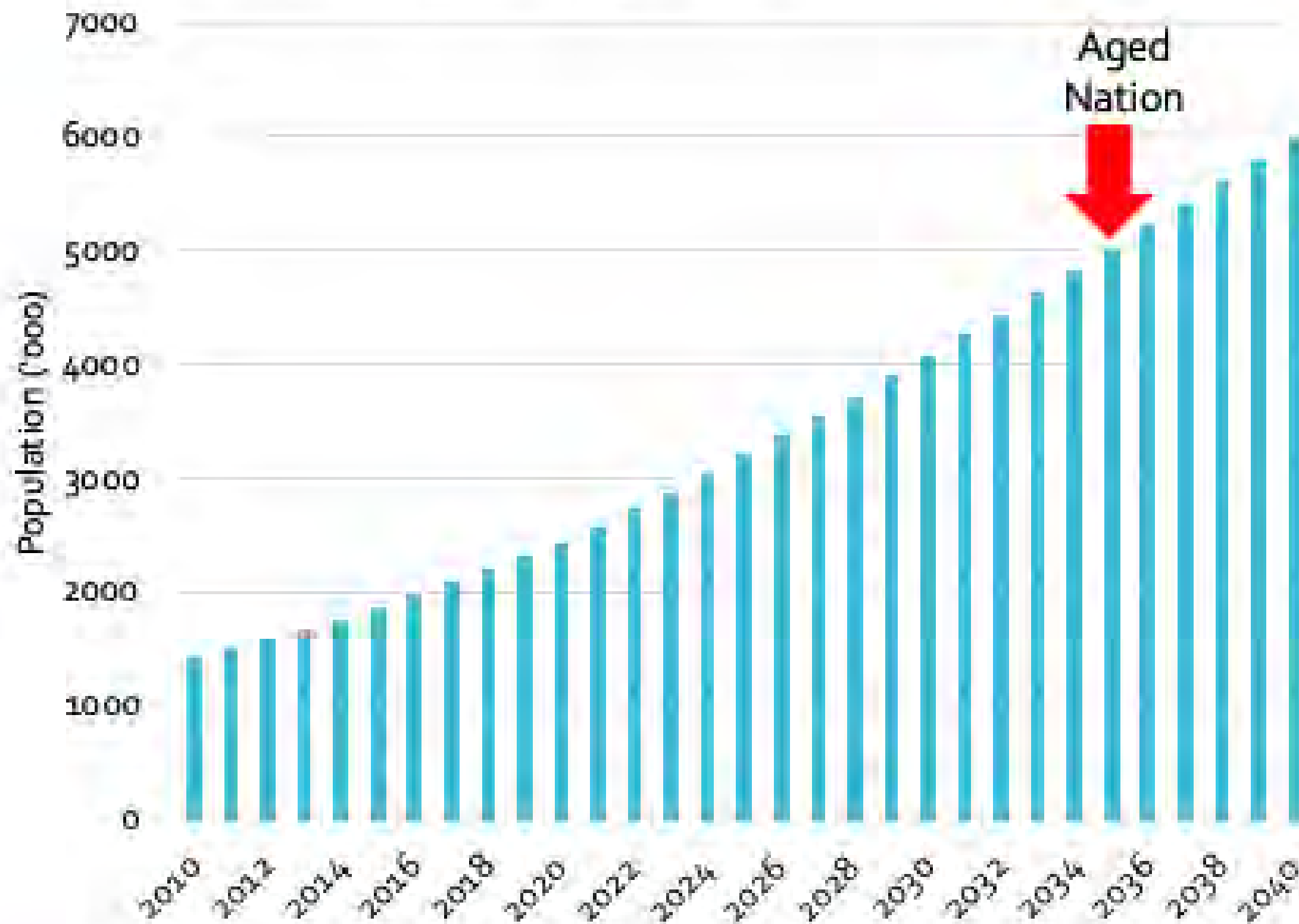
## THE IMAGE OF AGEING



The older people our health and social care professionals are exposed to look like this!

# Ageing Statistics for Malaysia

## Malaysian Population Aged 65 years and over



Source: National Statistics Department,  
Malaysia 2018

## Current Ratios (Geriatricians per 10,000 population)

UK=0.85\*

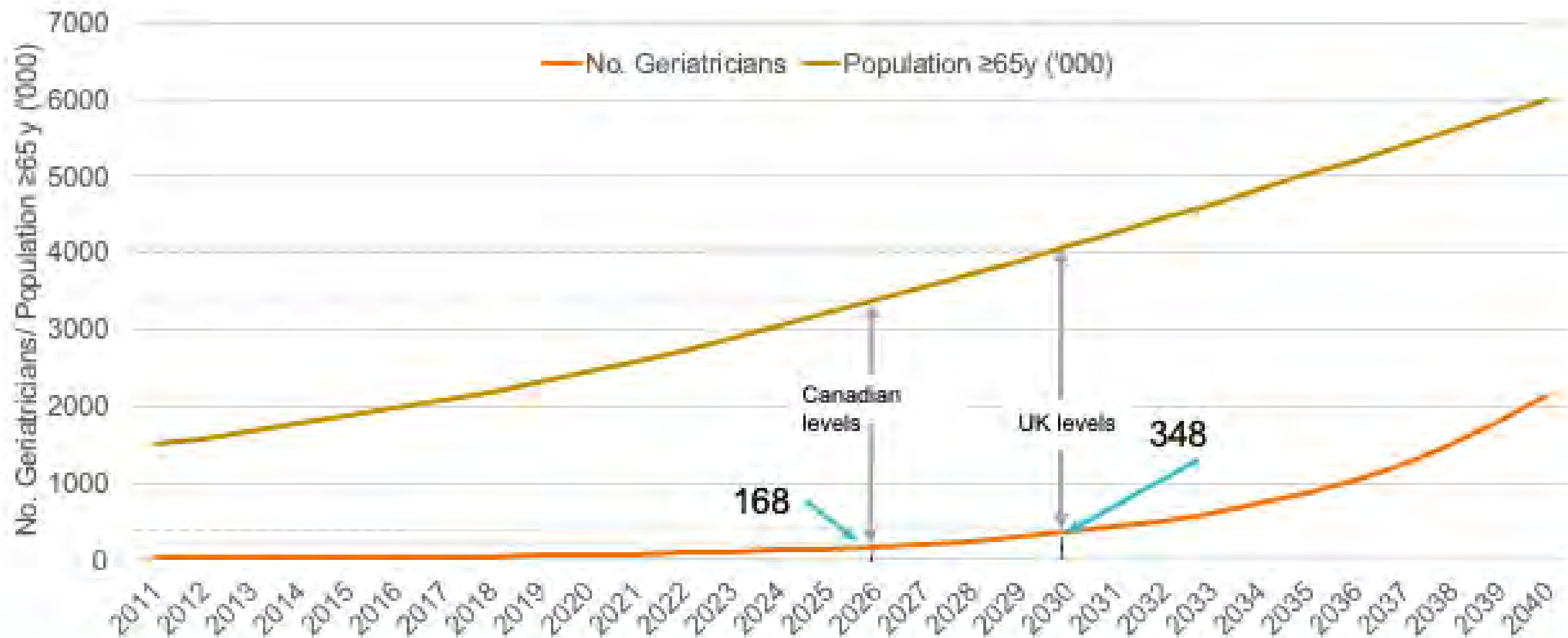
Canada=0.50\*\*

M'sia=0.19

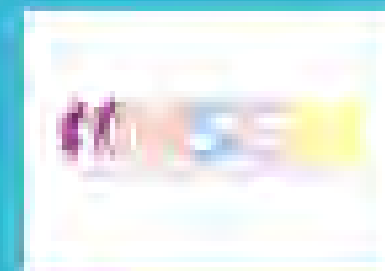
State	Population >65 ('000)	Geriatricians	Ratio (per 10,000 persons >65yrs)
KL & Selangor	421.4	21	0.50
Melaka	71.1	2	0.28
Penang	141.3	3	0.21
Perak	246.5	4	0.16
Sabah	123.4	2	0.16
Negeri Sembilan	81.6	1	0.12
Kelantan	65.4	1	0.15
Sarawak	192.7	2	0.10
Pahang	110.8	1	0.09
Johor	248.3	2	0.08
Kedah	158.7	1	0.06
Terengganu	113.8	0	0
Perlis	21.6	0	0

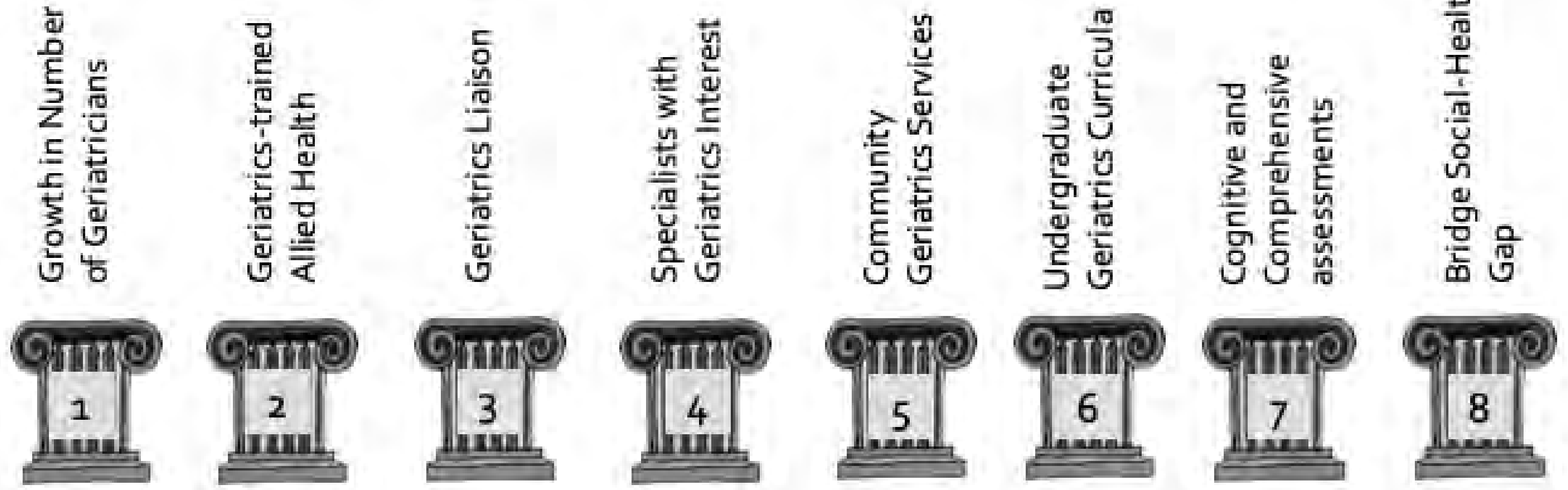
\*Fisher et al 2014

\*\*Hogan et al 2012.



## Projected Number of Geriatricians Required





## Strategic Pillars for Development of Geriatric Medicine in Malaysia



**ONLY BY WORKING AS ONE, WITHIN THE UNITED NATIONS SYSTEM AND WITH GOVERNMENTS, CIVIL SOCIETY AND THE PRIVATE SECTOR, THAT WE WILL BE ABLE TO NOT ONLY ADD YEARS TO LIFE, BUT ALSO LIFE TO YEARS**

**DR TEDROS ADHANOM GHEBREYESUS, DIRECTOR-GENERAL OF THE WORLD HEALTH ORGANIZATION**

# PERCEPTIONS



## ▶ VIEWS ON FALLS

Falls are not serious- not disclosed

Falls are part of old age

## ▶ HELP-SEEKING BEHAVIOUR

Seeking traditional medicine

Delay in seeking medical attention

## ▶ VIEWS ON FALLS INTERVENTIONS

Exercise prevents falls

Walking aids- misuse

Home hazards

Response to referrals

**28%**

at risk of social  
isolation

**211%**

increased odds of  
being frail



Older persons should not just retire at 60 years  
They should remain socially connected,  
physically active and continue contributing to  
society

## SENIOR CONNECT GROUPS





**A Practical Guide to Promoting  
Social Participation in Seniors**

A Community-based Approach

Teoh Gaik Kin, Tan Maw Pin and Chong Mei Chan

# AN INSTRUCTION MANUAL

AVAILABLE FROM ONLINE  
BOOKSTORES



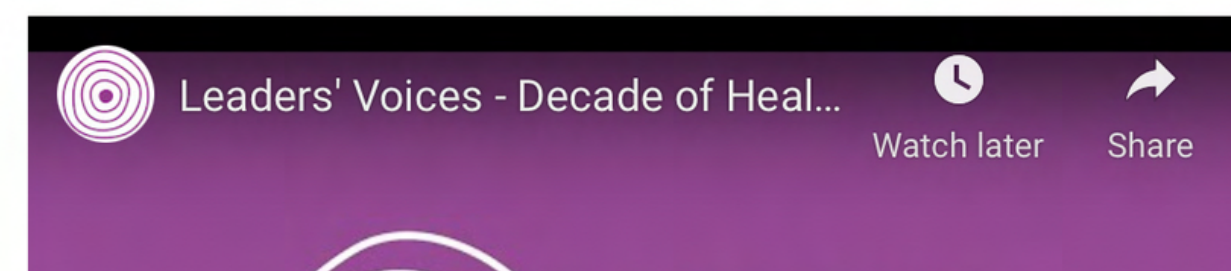
# UN Decade of Healthy Ageing

2021-2030


The Decade's development	▼
How to get involved in the Decade	▼

## What is the UN Decade of Healthy Ageing?

The United Nations Decade of Healthy Ageing (2021-2030) is a global collaboration, aligned with the last ten years of the Sustainable Development Goals, that brings together governments, civil society, international agencies, professionals, academia, the media, and the private sector to improve the lives



# BUDGET 2022

 **Keluarga Malaysia, Makmur  
Sejahtera**

**Strengthening Recovery, Building  
Resilience and Driving Reforms.**

## TOTAL

0.2% for social support of senior citizens  
RM635 million.

"Warga emas" mentioned 5 times

## HEALTHCARE

Geriatric Medicine does not have a budget! Part of the Internal Medicine allocation, but cancer, heart disease, rehabilitation have separate budgets

## SOCIAL SUPPORT

Increased allocation to in Senior Citizens' Activity Centres and Home Help programmes

# POLICIES



# TWELFTH MALAYSIA PLAN

2021-2025

## THEME 2



### Strengthening Security, Wellbeing and Inclusivity

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### Enhancing Defence, Security, Wellbeing and Unity

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# TWELFTH MALAYSIA PLAN

2021-2025

## Strengthening Healthcare Programmes for Older Persons

As Malaysia moves toward an aged nation by 2030, it is imperative to further improve the healthcare programmes for older persons. The design of private healthcare facilities shall comply with the Private Aged Healthcare Facilities and Services Act 2018 and Care Centres (Amendment) Act 2018 to cater for the needs of older persons. In addition, domiciliary healthcare will incorporate oral healthcare services to prevent and treat oral cancer among older persons. Strategic partnerships with the private sector, HEIs, CBOs and CSOs will be enhanced to implement preventive and self-care programmes. Awareness programmes on healthy ageing and eating will be strengthened, including at the *Pusat Aktiviti Warga Emas* to maintain good health among older persons.



# TWELFTH MALAYSIA PLAN

2021-2025

12TH MALAYSIA PLAN

## Strategy F4

### Increasing the Wellbeing of Aged Population

#### Enhancing Care and Support for Older Persons

As Malaysia moves towards becoming an aged nation<sup>21</sup> by 2030, concerted efforts will be undertaken to enhance care, protection and support for older persons to be active members of society. This will include introducing laws to protect the rights of older persons, establishing a comprehensive long-term care framework, enhancing quality and services of caregivers as well as invigorating the social care industry. Awareness campaigns on healthy ageing will be intensified, while care givers for the aged will be promoted as a professional career. In addition, collaboration between public and private healthcare providers in broadening palliative care services will be strengthened to ensure the effectiveness of intervention programmes. New initiatives will also be introduced to modernise healthcare services by utilising internet of things (IoT) in homecare monitoring and virtual medical consultations.

#### Strengthening Social Protection

Programmes to inculcate financial literacy among the younger generation will be amplified to improve financial management skills in preparation for old age. Pension systems and retirement coverage will also be enhanced. Private retirement schemes will be promoted to complement existing schemes. Current social assistance programmes will be streamlined to strengthen social protection for older persons. In this regard, the *e-Warga Emas* will be launched as an integrated national database for older persons, to facilitate better policymaking and programme implementation. Accessibility to lifelong learning programmes and employment opportunities will be broadened to improve income and quality of life. Local authorities will be encouraged to adopt the Physical Planning Guideline for Elderly, while a national framework on Age Friendly City will also be introduced to promote a more conducive environment for the aged population. Intergenerational programmes will be further promoted to strengthen social interaction among different generations.



**THERE IS MUCH TO  
DO!**

OUR FUTURE DEPENDS ON IT



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