

AGEING POPULATION

Booklet 15A

Compulsory

2B
Contemporary issues of vulnerability(2)
Ageing problems

Ageing population

Elective

Extended Study on Health Promotion and Health Maintenance Services

- e.g. health promotion and care services for elderly
- e.g. health promotion for middle adulthood

Extended Study on Community and Social Care Services

- e.g. elderly services / community care for elderly

Current Issues of Health and Social Care

- e.g. ageing population / healthcare reform / silver market

Compulsory Part

- **Topic 2 - Health and Social Care in the Local and the Global Contexts**
- ***2B Contemporary issues of vulnerability***
- ***2B2 Ageing problems***
 - Ageing population and related problems in Hong Kong and other countries
 - Active ageing
- ***To understand the impact and implications of ageing problem on the health / social care system***
- ***To explore possible means and solutions for dealing with issues of vulnerability***
- ***To value equal rights for individuals***
- ***To reflect upon the problem of discrimination and show respect to all***

Ageing Population– Theories and concepts in **Compulsory Part**

Compulsory Part

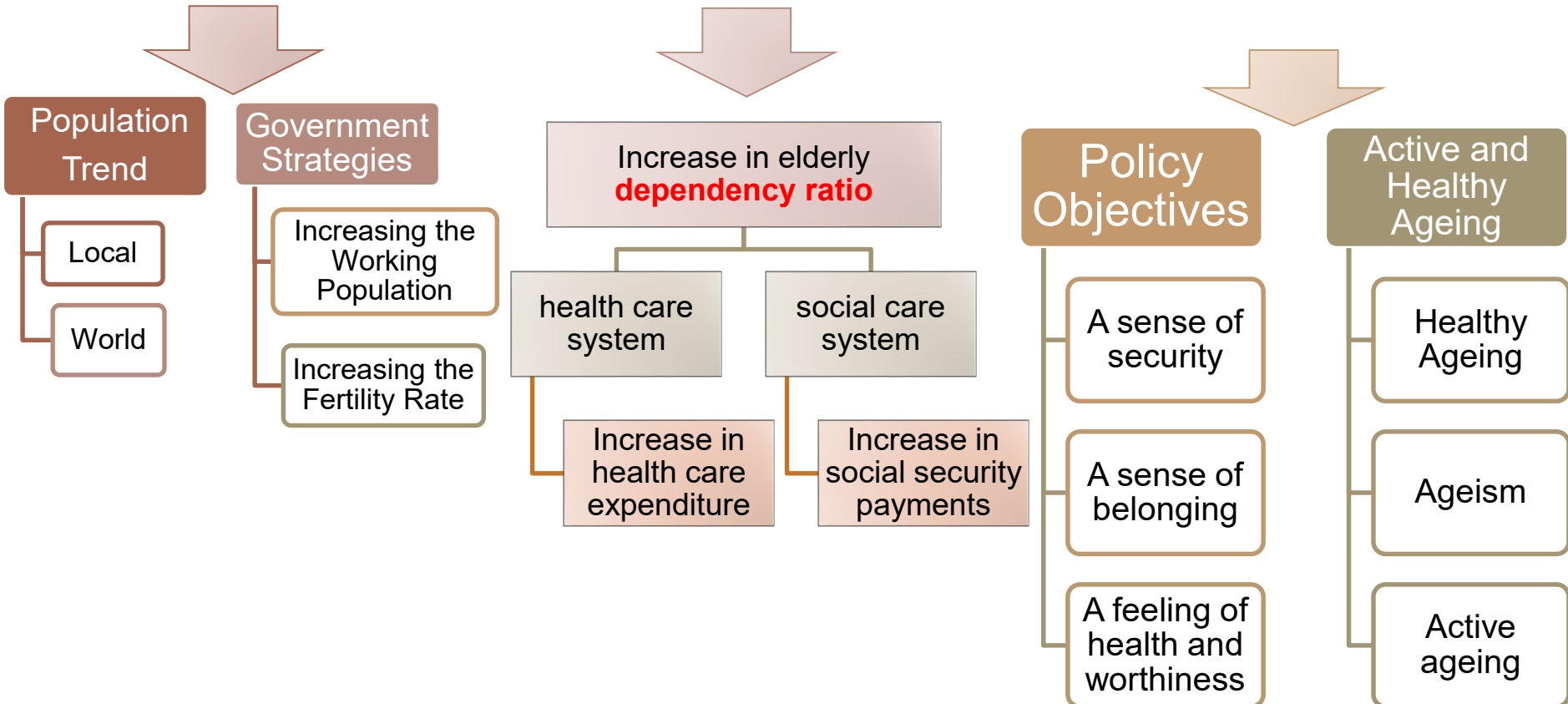
- Ageing population and related problems in Hong Kong and other countries

Compulsory Part

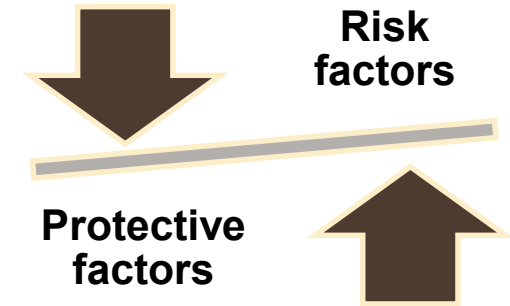
- Impact and implications on the health / social care system

Compulsory Part

- Possible means and solutions
- Active ageing



15A .1- Healthy Ageing



Aspect of health	Risk Factor	Protective Factor	Relevant booklet
Physical	<ul style="list-style-type: none"> ❑ Decline in physiological functions 	<ul style="list-style-type: none"> ❑ Physical activity ❑ Healthy diets 	<ul style="list-style-type: none"> ❑ Booklet 1.1E –Physical development in elderly ❑ Booklet 3.2 Maintaining Physical Health and Well-being at Different Levels
Mental	<ul style="list-style-type: none"> ❑ Small declines in intelligence, learning and memory 	<ul style="list-style-type: none"> ❑ Remains emotional healthy and intellectually active 	<ul style="list-style-type: none"> ❑ Booklet 1.1E – Emotional and Intellectual developments in elderly
Social	<p>Social networks gradually shrink due to:</p> <ul style="list-style-type: none"> ❑ Loss of daily interactions with people in the workplace and the associated personal relationships ❑ Children grow up and lead an independent life ❑ Friends, relatives and acquaintances pass away 	<ul style="list-style-type: none"> ❑ Enjoy more leisure time with friends and family members ❑ Develop new hobbies and skills to live fuller life in the late adulthood ❑ Assist families by taking care of the young children 	<ul style="list-style-type: none"> ❑ Booklet 1.1E –Social development in elderly ❑ Booklet 1.3 C – Psychosocial stages : Elderly - Integrity versus despair) ❑ Booklet 5.2B - Changes of family relationships across lifespan

Retirement : Needs and Preparation

	Health	Social	Economic
Needs	<ul style="list-style-type: none"> • Deterioration in physical health and a higher risk for chronic diseases (such as diabetes / heart disease) • Deterioration in physical functioning 	<ul style="list-style-type: none"> • Loss of workplace relationship • More time for social activities and gathering 	<ul style="list-style-type: none"> • Lost of monthly income • Long term medical expense
Preparation	<ul style="list-style-type: none"> • To do more exercise • To develop healthy eating habits - avoid eating fatty food which leads to high cholesterol level • To employ a carer 	<ul style="list-style-type: none"> • To join more social activities held by NGOs so as to develop new social networks • To maintain the existing social networks, e.g. colleagues/ neighbours 	<ul style="list-style-type: none"> • To plan how to invest after getting the money after retirement • To buy medical insurance

15A .1- Age discrimination

Stereotypes	Consequences
Senility / frailty	<ul style="list-style-type: none">• Elderly with a treatable depression may be overlooked for treatment
Reduced capacity to learn / an economic burden	<ul style="list-style-type: none">• Discriminatory behaviours against elderly• Some elderly may internalize these discriminatory attitudes and less likely engage actively in health education and promotion activities
Elderly are rich	<ul style="list-style-type: none">• People do not see the need to help the elderly
Assumed physical and mental deterioration	<ul style="list-style-type: none">• Discriminatory practices and policies in workplace

15A .3 Active Ageing

The process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age

(World Health Organization (WHO) - *Active Ageing : A Policy Framework*)

Health

physical as well as social and mental well-being

Participation

live with autonomy

Security

ensures the care to the needy elderly

15A .3 Objectives of Elderly Policy

Sense of security

- To provide financial support for the elderly for securing the expenditure in their later stage of life

Sense of belonging

- To allow the elderly to continue to live in a stable / familiar environment (to stay in their own homes / community)

Feeling of health and worthiness

- Promote continuous learning / widen their social networks / maintain physical and mental well-being

15A .3 Policy Objective - A sense of security

Working Population

- Mandatory provident Fund (MPF)

Elderly in need

- CSSA Scheme
- Old Age Living Allowance (mean-tested)

All Elderly

- Old Age Allowance (OAA)

Old Age Financial Protection

recommended by the World Bank

Zero Pillar: a non-contributory, publicly-managed and financed pension or social security scheme

First Pillar: a publicly-managed, mandatory contribution system

Second Pillar: a privately-managed, mandatory contribution system

Third Pillar: voluntary personal savings

Fourth Pillar: public services, informal support and personal assets

- **HK : privately managed but mandatory retirement for the working population in 2000**
- **Mandatory provident Fund (MPF) (Booklet11)**

- **Social Security in HK (Booklet11)**

15A .3 Policy Objective – A feeling of health and worthiness

A feeling of health and worthiness

- senior volunteerism and lifelong learning for elderly to achieve a sense of worthiness



Elder Academy Scheme

- Promote continuous learning / foster a sense of worthiness while acquiring knowledge/Young students are encouraged to participate in voluntary work for building inter-generational harmony



Inter-generational harmony

- Through sharing of experience and knowledge, the elderly can develop the sense of worthiness/ develop mutual understanding with the youth.
- Youth learn from the elderly the valuable life experiences and knowledge and learn to respect the elderly

15A .2 Population Trend

Hong Kong

- Expectation of life at birth increasing
- Birth rate declining
- Median age of the population rising

World

- Median age of the world population rising
- Ageing population is more prominent in the developed countries than developing countries

15A .2 Problems Resulted from Ageing Population

Elderly dependency ratio

- Increase in elderly dependency ratio - smaller number of working-age persons have burden to support a relatively larger number of elderly requiring more health care

Assuming :

1. Elderly need financial support (no retirement protection)
2. Elderly need more health care (all elderly have chronic illnesses)

Social security payments

- Persons aged 60 or above receive financial assistance through either the Comprehensive Social Security Assistance (CSSA) or the Old Age Allowance (OAA). Both schemes are funded entirely from General Revenue and are non-contributory. Increase in elderly population leads to a rise in the expenditure in social security

Assuming :

- Most elderly need financial support (without family care and retirement protection)

Health care expenditure

- Ageing population will bring the increase in chronic diseases. Therefore, the demand for various treatment and rehabilitation services will also increase. It makes the financial burden of health care system heavier.

Assuming :

1. Elderly need more health care (all elderly have chronic illnesses)
2. Increase in demand for secondary and tertiary care, not primary and community care (lower cost)

15A.3 Government Strategies

Changing the Demographic Structure

Increase Working Population

Attracting more immigrants
Encourage certain industries to delay their retirement

Increase birth rate / encourage couple to give birth

Support services - examination, treatment and counselling provided to infertile couples / kindergarten-cum-child care centres set up to support working parents
Economic incentive – Increase the child allowances of the income tax

Active and Healthy Ageing

Promote the health of elderly population and release the burden on healthcare system

Elective Part

Extended Study on
Health Promotion and
Health Maintenance
Services

- **Health Promotion**
- **Health Maintenance Services**

Extended Study on
Community and
Social Care Services

- **Community**
- **Social Care Services**

Current Issues of
Health and Social
Care

- **Current Issues**
- **Health and Social Care**

Examples of Elective Part on Ageing Population

Compulsory

- Ageing population and related problems in Hong Kong and other countries

Compulsory

- To understand the impact and implications of ageing problem on the health / social care system

Compulsory

- Possible means and solutions
- Active ageing

Extended Study on Health Promotion and Health Maintenance Services

- Ageing population and health promotion (Booklet1, 2, 3, 6, 9, 15A)
- Healthcare for elderly (Booklet1, 2, 3, 6,10,15A)

Extended Study on Community and Social Care Services

- Community care for elderly (Booklet4, 5, 7, 15A)
- Elderly services (Booklet1, 2, 11,15A)
- Support services for carers (Booklet4, 5, 7, 15A)

Current Issues of Health and Social Care

- Silver market (Booklet10,11,13,15A)
- Ageing population and healthcare reform (Booklet10, 15A)
- Elderly abuse (Booklet1, 2, 5,7,15A, 15C)
- Solutions in different countries (Booklet10,11,13,15A)

OR

OR

Examples of Field Learning Activities for Extended Study on Community and Social Care Services

Setting	Observation	Interview	Service / Activity
Community Support Services	<ul style="list-style-type: none"> Key concepts: needs of elderly, community care, social support network, social welfare, ageing in place, intergenerational harmony, communication skills 		
Community Elderly Centre	<p><u>Community</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Environment: aged friendly community? <input type="checkbox"/> Characteristics of elderly in the community <input type="checkbox"/> Atmosphere: support elderly ? <p><u>Centre</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Services provided in elderly centre <input type="checkbox"/> Job duties of various workers in the unit 	<p><u>Elderly and care givers</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Needs <input type="checkbox"/> Formal and informal care <input type="checkbox"/> Views on services <input type="checkbox"/> Experience of using the community support service <p><u>Professional</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Duties / division of work <input type="checkbox"/> Intervention objectives, approaches and skills <input type="checkbox"/> Work related training programmes / pathways <input type="checkbox"/> Difficulties related to the jobs 	<p>Volunteer services can be provided through:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Visits <input type="checkbox"/> Writing life stories <input type="checkbox"/> Intergenerational learning program – teaching computer knowledge / exercises to elderly <input type="checkbox"/> Neighbourhood scheme <input type="checkbox"/> Health checks for single elderly

Examples of Field Learning Activities for Extended Study on Health Promotion and Health Maintenance Services

Setting	Observation	Interview	Service / Activity
Elderly Centre (health promotion) Hospital / care-and-attention home / day hospital (health care)	<ul style="list-style-type: none"> • Key concepts : health promotion, disease prevention, health care system, ageing population, community care, eating habits, health literacy, infection control, residential care, medical care 		
	<ul style="list-style-type: none"> <input type="checkbox"/> Environment of the institution <input type="checkbox"/> Atmosphere of the institution <input type="checkbox"/> Services provided, e.g.: <ul style="list-style-type: none"> • Occupational therapy (OT) • Physiotherapy (PT) • Disease prevention <input type="checkbox"/> Characteristics of client groups <input type="checkbox"/> Job duties of various workers in the centre <input type="checkbox"/> Team work among different professionals <input type="checkbox"/> Risk assessment 	<p><u>Elderly and care givers</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Need <input type="checkbox"/> Difficulties: e.g. medication, long-term hospitalisation <input type="checkbox"/> Views on services <input type="checkbox"/> Health literacy <input type="checkbox"/> Healthy lifestyles <p><u>Professionals</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Duties / division of work <input type="checkbox"/> Work related training programmes / pathways <input type="checkbox"/> Difficulties related to the jobs <input type="checkbox"/> Skills to provide care to the elderly 	<p>Volunteer services can be provided through:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Health promotion activities for adults / elderly (e.g. prevention of fall, healthy diets) <input type="checkbox"/> Visits <input type="checkbox"/> Check-up , such as measurement of blood pressure <input type="checkbox"/> Health promotion carnival <p>Sit in to be an observer in:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Talks / seminars on healthy lifestyle for adult / elderly <input type="checkbox"/> Treatments provided by OT and/or PT

Examples of Study Questions for Current Issues of Social Care

Theme	Pension Reform
Study Questions	<ul style="list-style-type: none"> • Major financial burden and the development of pension reform in Hong Kong (HK) • “Three Pillar Approach” for old age financial protection recommended by the World Bank and the application in HK • Analyse the debate of the universal pension scheme in Hong Kong in relation to the private and public responsibility • To what extent the pension reform helps to address the issue of elderly poverty in long-term?

Examples of Study Questions for Current Issues of Health Care

Theme	Depression in elderly
Study Questions	<ul style="list-style-type: none"> • Features of depression and its impacts on personal well-being • Depression affects not only mental aspect but also other aspects of health of elderly. What are the inter-relationships of different aspects of health? • How can we support the depressed elderly physically, intellectually, emotionally and socially? • What can the government do in the following aspects of elderly policy to help tackle the problem? <ul style="list-style-type: none"> • To provide elderly with a sense of security • To provide elderly with a sense of belonging • To provide elderly with a feeling of health and worthiness