

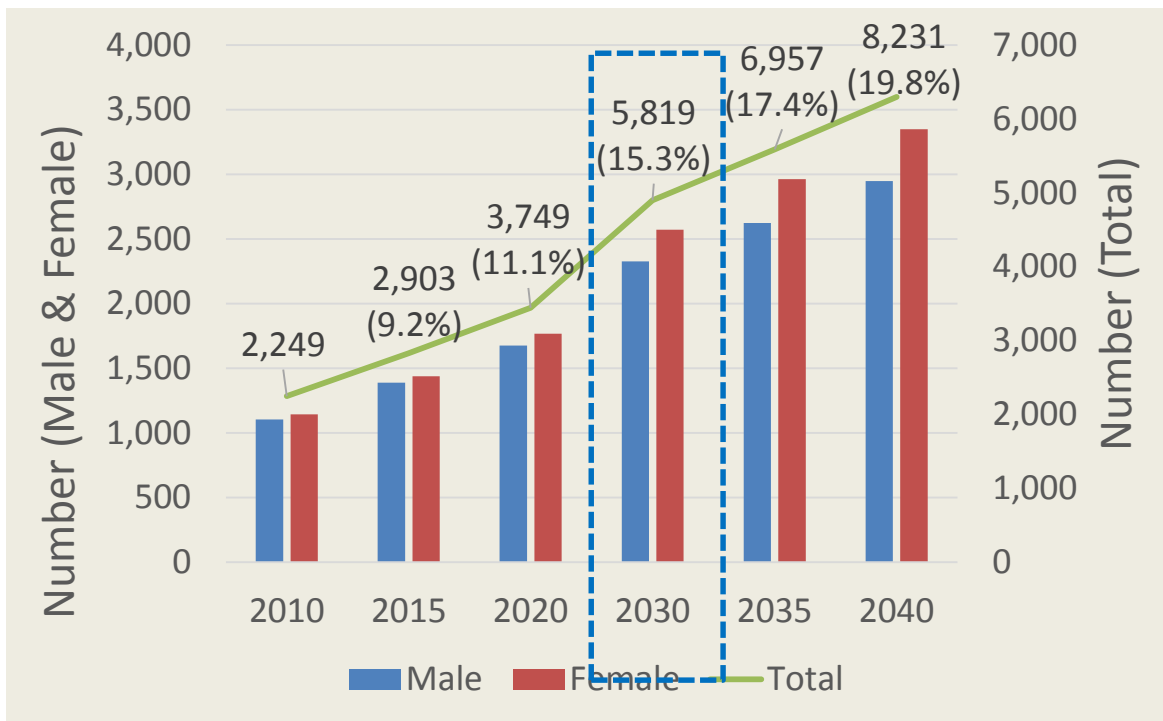
Investing in Healthy and Active Ageing for Sustainable Growth
Regional Approach to Promoting Innovative Long-Term Care
Ho Chi Minh City, 15th August 2017

Session 2: The Essential Role of Community Systems for Long Term Care

MALAYSIA

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Malaysia will be an aged nation by 2030 with people enjoying longer life



- 2010 Data: Malaysian Population and Housing Census 2010
 - 2015 – 2014 Data : Forecasted
- Source: Department of Statistics Malaysia

Life expectancy

1991		2016 ^e (estimate)	
M	F	M	F
69.2	73.4	72.6	77.2

Fertility rate

2012	2013	2014	2015
2.2	2.0	2.0	2.0

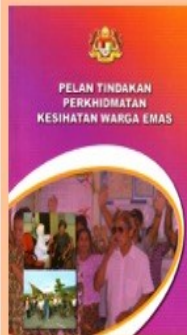
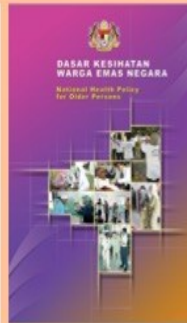
e: Estimate
Source: Department of Statistics Malaysia

Health Response since mid-1990s

National Health Policy for Older Persons, 2008

Commitment to ensure the older persons will achieve optimal health through integrated and comprehensive health and health related services

- To improve the health status of older persons
- To encourage participation in health promoting and disease prevention activities throughout the life course
- To provide age friendly, affordable, equitable, accessible, cultural acceptable, gender sensitive, seamless health care services in a holistic manner at all levels.
- To advocate and support the development of enabling environment for independent living (ageing-in-place)



7 strategies identified:

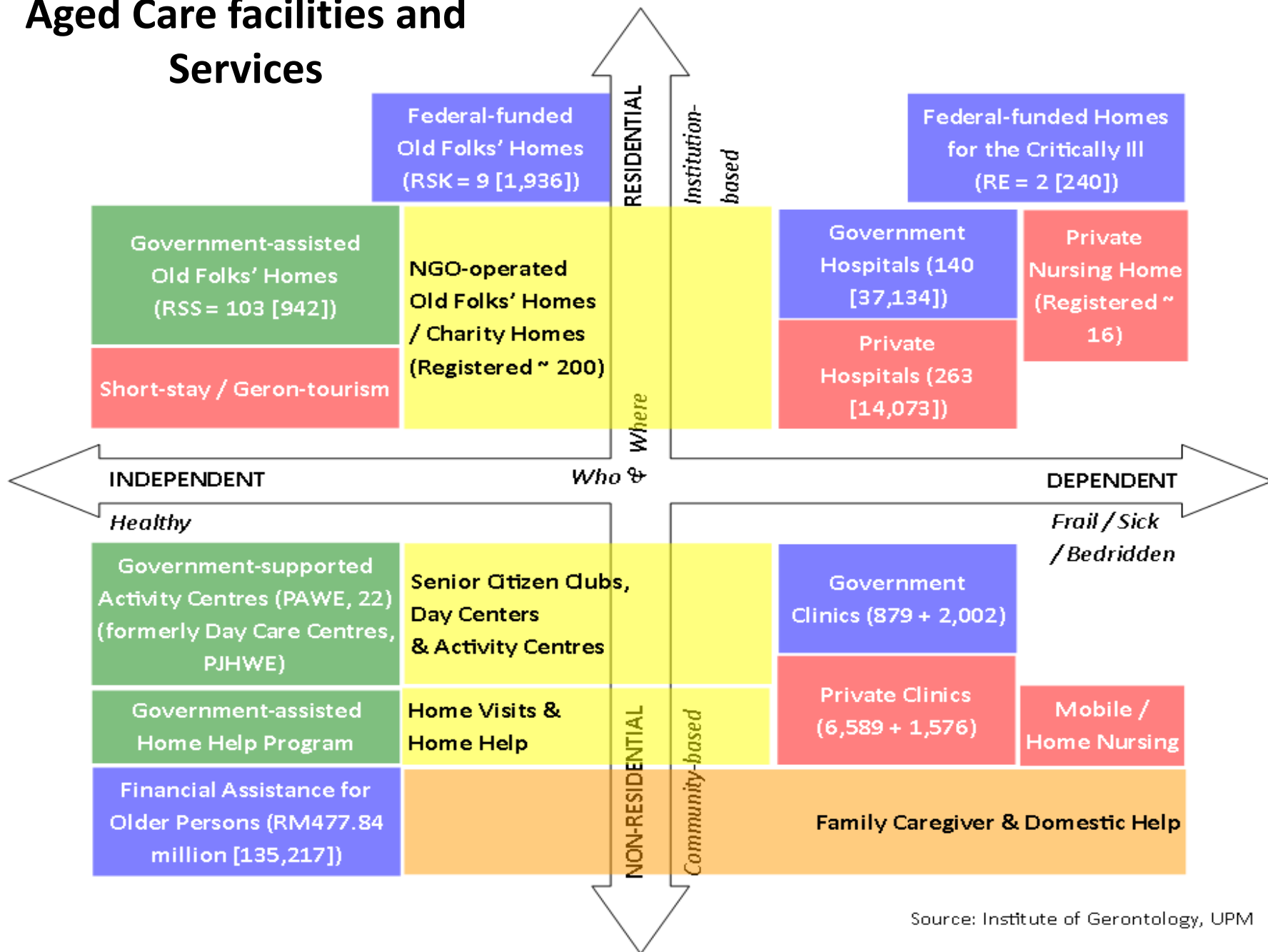
1. Health Promotion
2. Provision of a continuum of comprehensive health care services
3. Human resource planning and development
4. Information system
5. Research and development
6. Interagency and inter-sectoral collaboration
7. Legislation

6

- Ministry of Health Malaysia provides comprehensive health care services to the elderly which includes:
 - health education & promotion
 - health screening & assessment
 - medical examination
 - consultation
 - home visit and homecare nursing
 - rehabilitation
 - social
 - recreation
 - welfare activities



Aged Care facilities and Services



Domiciliary Health Care Services - 2014

DHC TEAM :

Basic Team :

- ✓ Nurse
- ✓ Medical Assistant

Multidisciplinary Team :

- ✓ Family Medicine Specialist
- ✓ Medical Officer
- ✓ Pharmacist
- ✓ Physiotherapist
- ✓ Occupational Therapist
- ✓ Dietitian / Nutritionist
- ✓ Social Medical Workers
- ✓ Counselor
- ✓ Driver



Domiciliary Healthcare (DHC)

Definition :

- Service provided at home as to improve health access and to provide holistic care to the stable bedridden patient in order to increase their quality of life

Objective :

- To provide and offer continuation of treatment and care at home after discharged from hospital
- To empower the family members as well as the community in aspect of care of bedridden patients in order to reduce the readmission to the hospital
- To train the caregivers on the correct technique of managing bedridden patient, and to educate the patient on improving their self-care

SCOPE OF THE SERVICE:

CARE – caregivers will be trained on how to prevent bed sore, wound care and management, correct technique on changing and care of Nasogastric Tube / catheter urethral as well as hygiene education. This service will also provide laboratory test and vital signs monitoring (e.g. blood glucose level, blood pressure) and emotional support by trained professionals.

- REHABILITATION – active and passive movement, activity of daily living (ADL)
- PALLIATIVE – include basic palliative care, pain management, counselling and emotional support to the patient and their family members



NBOS INITIATIVE: 1 Malaysia Family Care: Ministry of Health & Ministry of Women, Family & Community Development (2012)

Human Resources

Health Center

Basic Team:
Nurse/Assistance
Medical Officer

Supporting
Professional Team:
1) Medical Officer
2) Therapists
3) Dietician
4) pharmacists

Hospital

Supporting
Professional Team:
Clinical Specialist

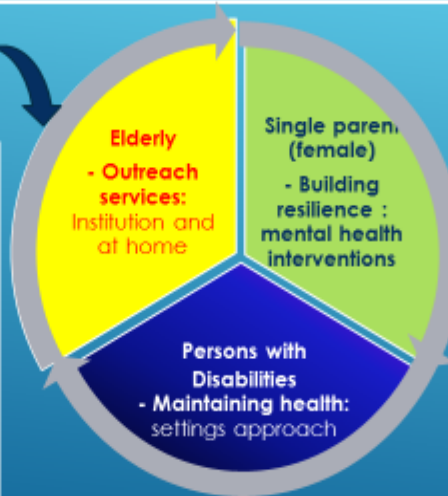
InterAgencies Collaboration

Objective:

- Providing holistic health & social support to elderly, disabled & single mothers

Strategy:

- Interagency Networking
- Sharing Resources
- Encourage Volunteerism
- Empower families & communities



Community Support

- Senior citizens clubs
- NGOs

Meeting The Future Needs

- 1) Capacity Building – creating more care givers
 - ❑ 6 months course National Occupational Skills Scheme (NOSS)
 - ❑ 3 days short course – MoH to carers of elderly
 - ❑ Training to care givers in institutions / at home
- 2) Role of NGOs – optimizing their function and capacities
- 3) Development of Private Aged Healthcare facilities and services
- 4) Need to identify policies that optimize intergeneration interdependency support
- 5) Task-shifting of health personnel (Maternal & Child Health)
- 6) Data and mapping of the elderly needs to LTC facilities and services



**THANK
YOU**

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