



# Are we providing enough long-term care to Older Filipinos?

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Who will be the Caregivers? Meeting the Growing Long-Term Care Needs in Asia  
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LONGITUDINAL STUDY OF **AGING AND HEALTH** IN THE PHILIPPINES (LSAHP)

**ERIA**  
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# Outline

- Demography of aging in the Philippines
- Who are the long-term caregivers of older Filipinos?
  - Current and future caregivers
- Consequences of the cross-border movement of nurses and elder care personnel
- Policy implications

# Data

- Baseline data of the 2018 Longitudinal Study of Aging and Health in the Philippines (LSHAP)
  - Nationally representative sample of population age 60+
  - N of cases: 5,985
  - Multi-stage sampling design
  - Response rate: 94%

Project is funded by the Economic Research Institute for ASEAN and East Asia (ERIA)

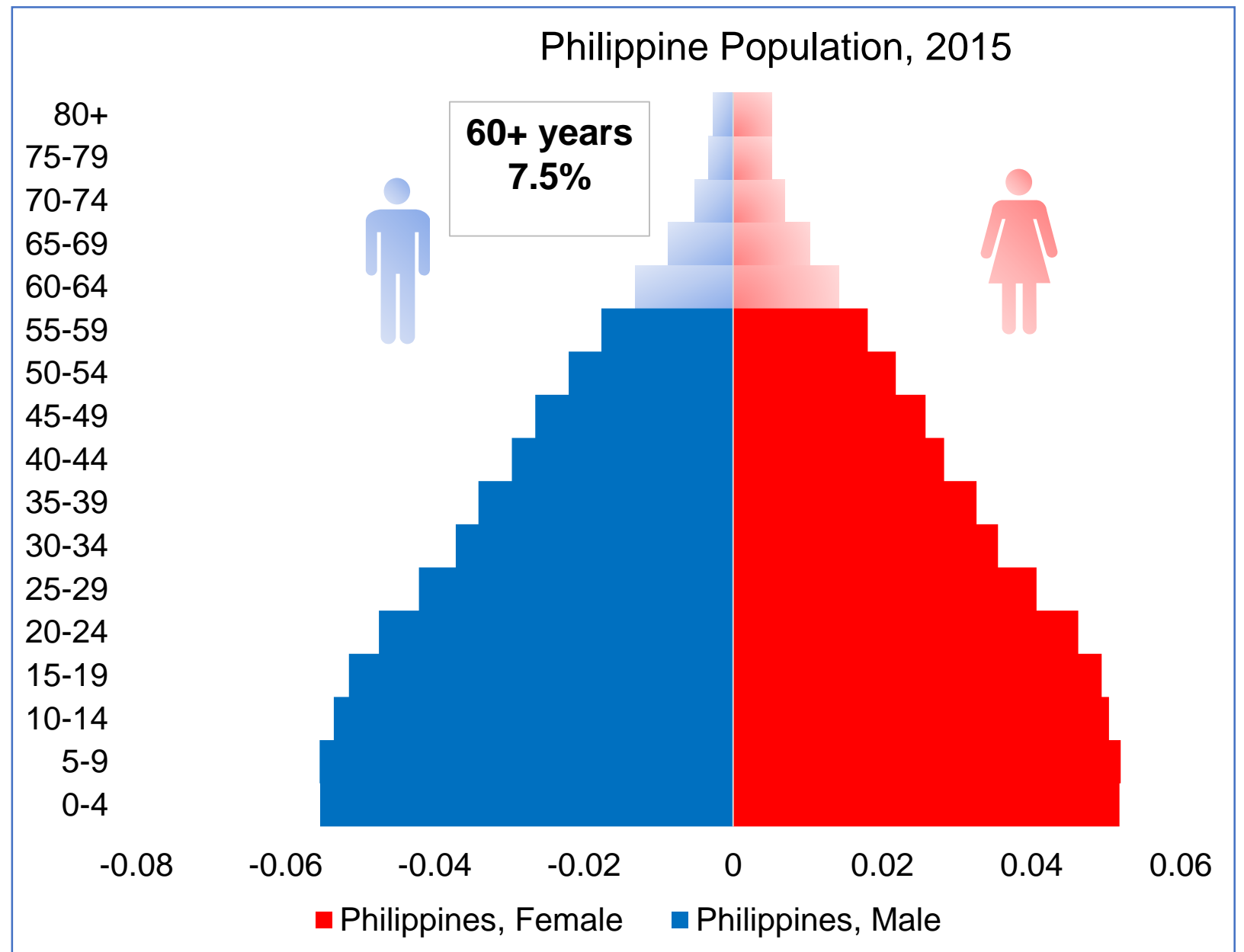
- Census data
- Related studies on aging

# The Philippines has a young population

Total population (2015): **100,981,437**

Population growth rate: **1.72**

Total fertility rate: **2.7 (NDHS 2017)**



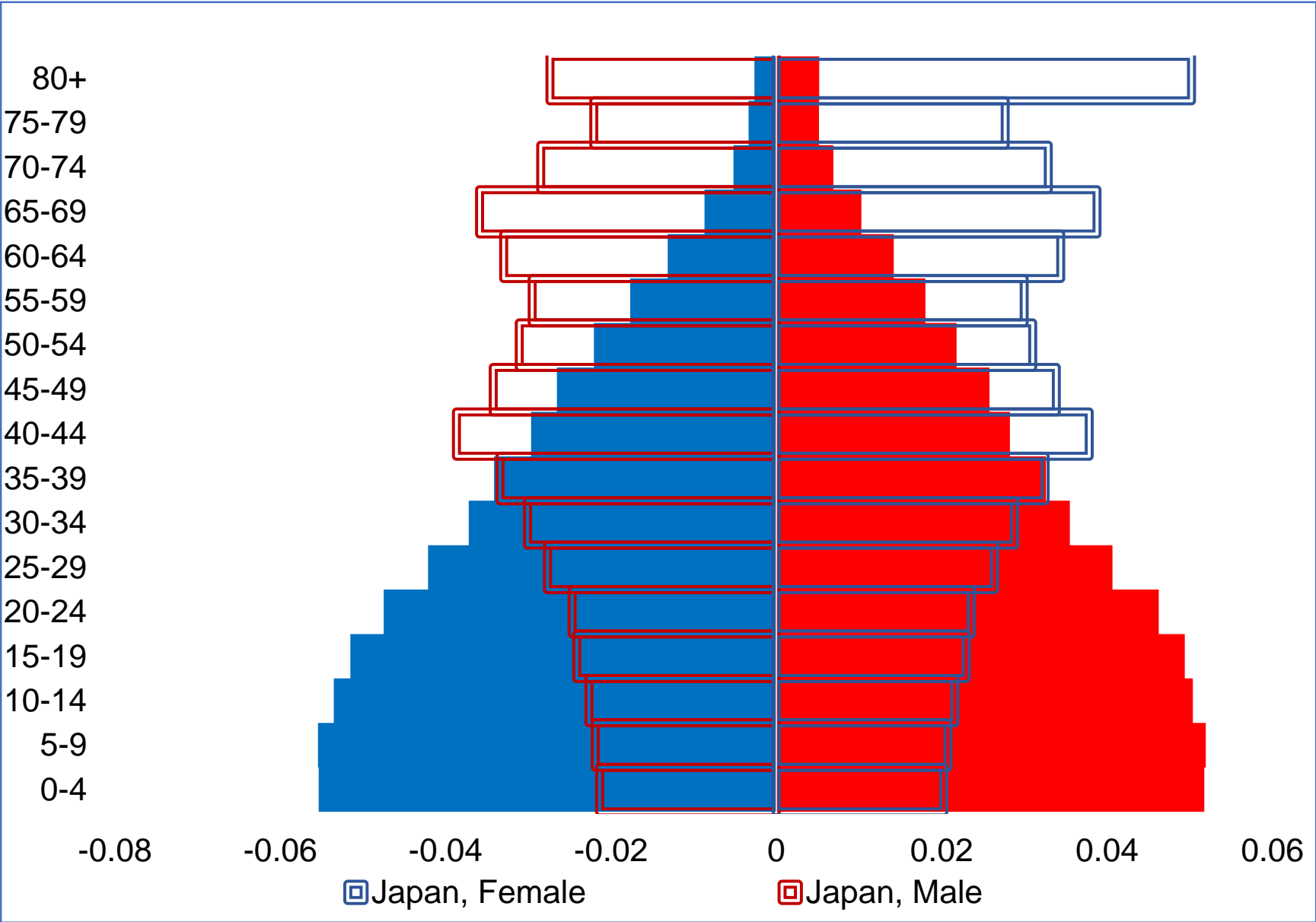


# Population Structure: Philippines and Japan 2015

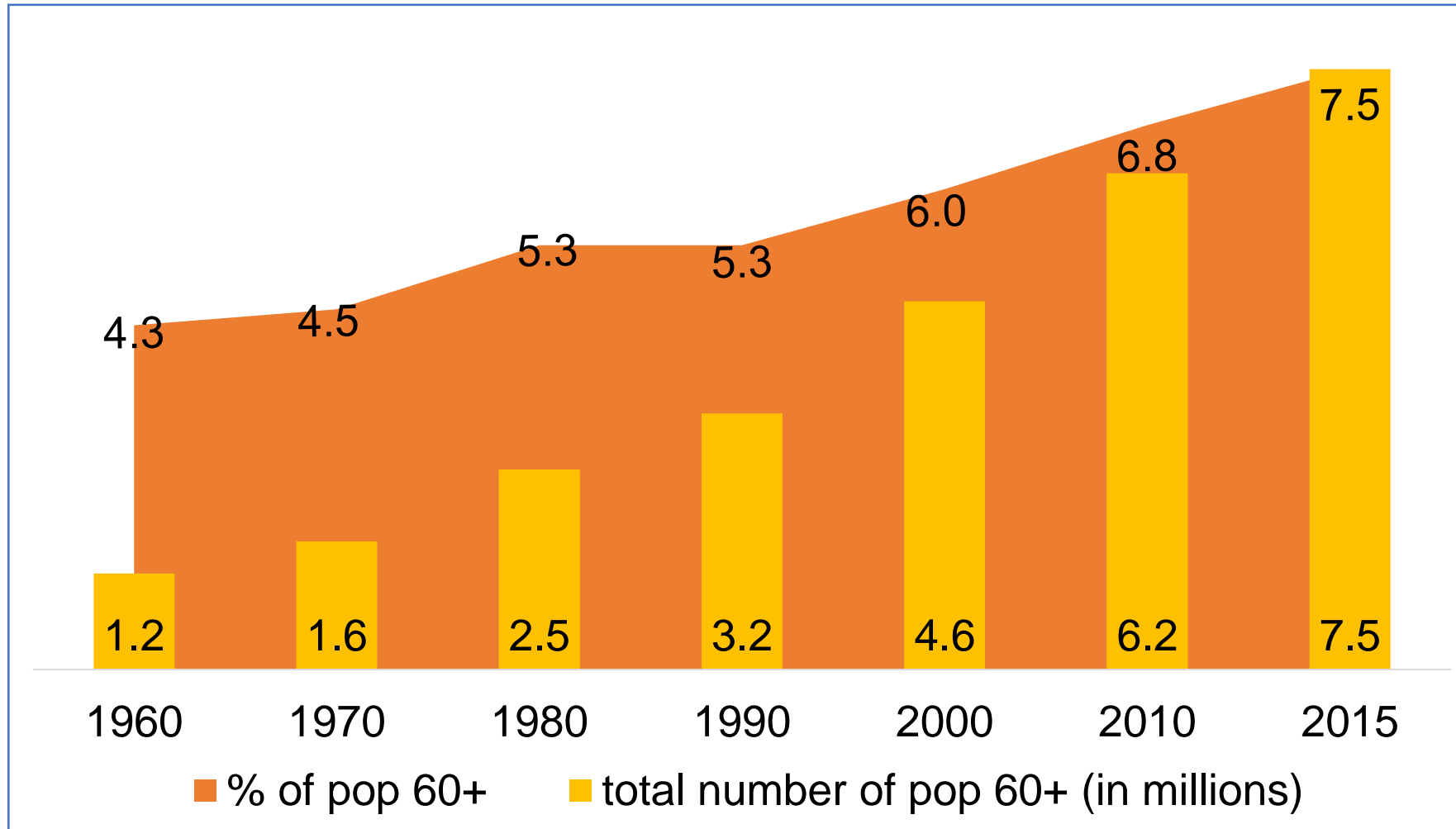
Japan population, 60+:  
41,920,451 (33%)

Philippine Population 60+:  
7,548,769 (7.5%)

Data Source: SBJ (2015) and PSA(2015)



# While the Philippine population structure is young, there is a substantial number of older people: 7.5M are 60+ years in 2015



- **10%** of the total population will be 60+ years in between 2025 and 2030
- **10%** of the total population will be 65+ years in 2040

# How healthy are the Older Filipinos?

Older women have better Self Assessed Health (SAH) than men.

Self-assessed health status	Male	Female	Total
Very healthy	7.6	12.2	10.3
Healthier than average	14.6	10.0	11.9
Of average health	46.3	48.4	47.6
Somewhat unhealthy	29.1	26.5	27.6
Very unhealthy	2.4	2.9	2.7
TOTAL	100%	100%	100%

# Health status of older Filipinos

- **Most prevalent diseases (diagnosed by a doctor)**
  - Hypertension (46%)
  - Arthritis, neuralgia, or rheumatism (18%)
  - Cataracts (17%)
  - Diabetes (13%)
  - Angina/Myocardial infarction (12%)
  - Renal/Urinary ailments (12%)
- **4%** have experienced heart attack
- **33%** are often troubled with pain
  - **10%** experience severe pain
- **19.4%** had a fall in the last 12 months
  - **15%** injured seriously enough to need medical treatment



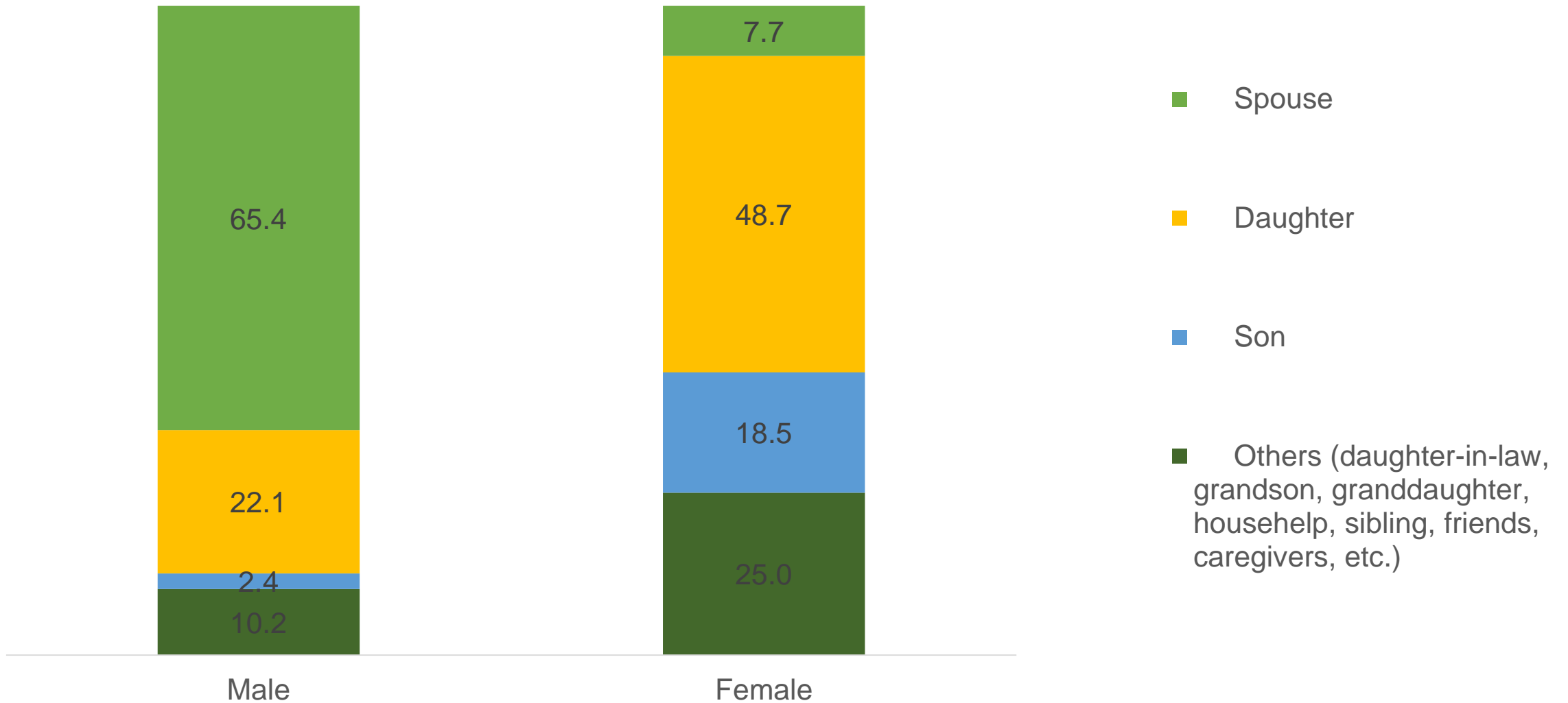
# Functional ability of older Filipinos

Indicators	Male	Female	Total
% with at least one ADL difficulty	19.5	23.2	21.7
% with at least one IADL difficulty	18.8	33.2	27.4
% with at least one WGSS difficulty	62.5	72.2	67.7
% who are severely limited (GALI)	13.7	13.2	13.4
% who have been bedridden during the past 2 weeks	2.2	2.6	2.5

## 8% of OPs are currently receiving long-term care (LTC)

- Characteristics of OPs who are currently receiving LTC
  - **44%** Male, **56%** Female
  - Mean age
    - Males: **71**
    - Females: **78**
  - **13%** have very unhealthy self-assessment
  - **71%** have at least 1 ADL difficulty, **17%** have 7 ADL difficulties
  - **16%** bedridden in the past two weeks
  - **50%** are often troubled with pain
  - **22%** experienced a fall in the last 12 months

# Who provides long-term care?



# Nature of long-term care provided

- **92%** provide care daily
- Kind of care provided
  - Preparation of food **(92%)**
  - Give medicine **(52%)**
  - Self-care e.g. bathing, washing, etc. **(47%)**
  - Getting up from bed/chair **(32%)**
  - Assist in moving around **(40%)**
  - Others **(9%)**

# Is there evidence of unmet need for LTC?

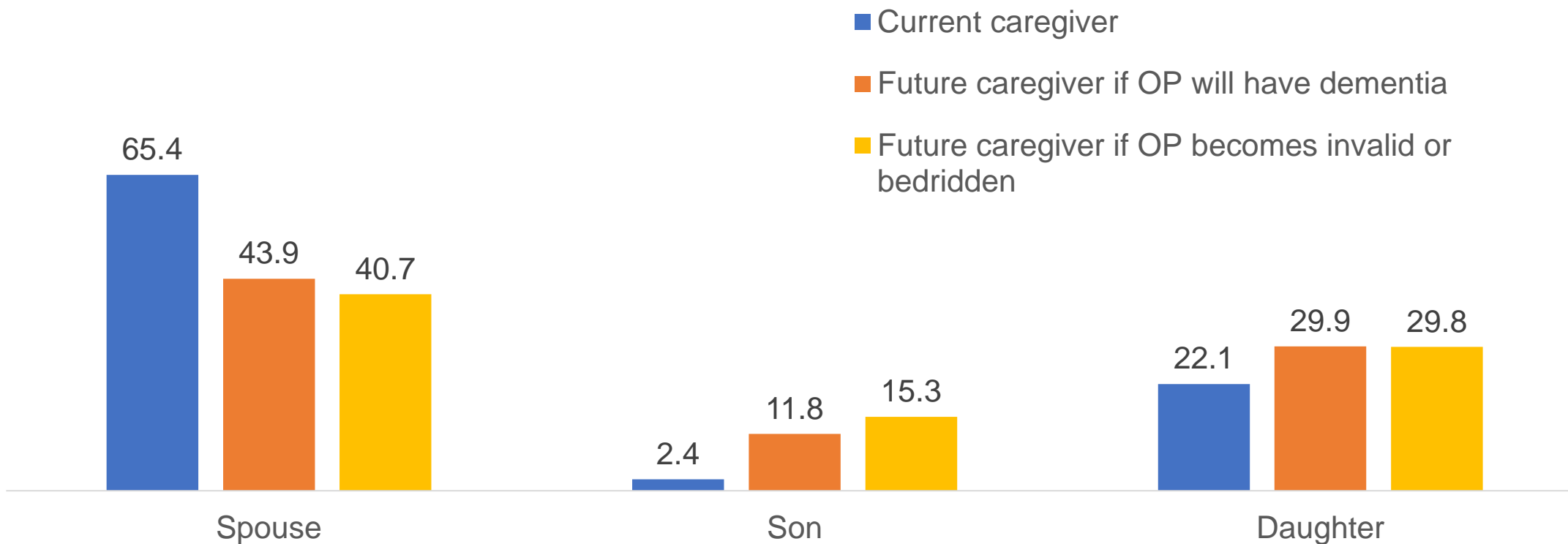
- % currently receiving LTC among OP with specific health conditions
  - WGSS, a lot of difficulty/cannot do all 6 items: **90%**
  - ADL, have all 7 difficulties: **64%**
  - GALL, severely limited: **37%**
  - SAH, very unhealthy: **24%**
  - FALL, injured self in any fall in the past 12 months and needed medical treatment: **15%**
  - PAIN, often troubled with severe pain: **11%**
  - MULTIPLE ILLNESSES, has been told by a doctor that they have hypertension, arthritis and cataract: **9%**

# Future long-term caregivers of older males:

Who will likely to care of older males in case they need long term care.

**7.5%** of older males are not sure about the person who will take care of them in case they will have dementia

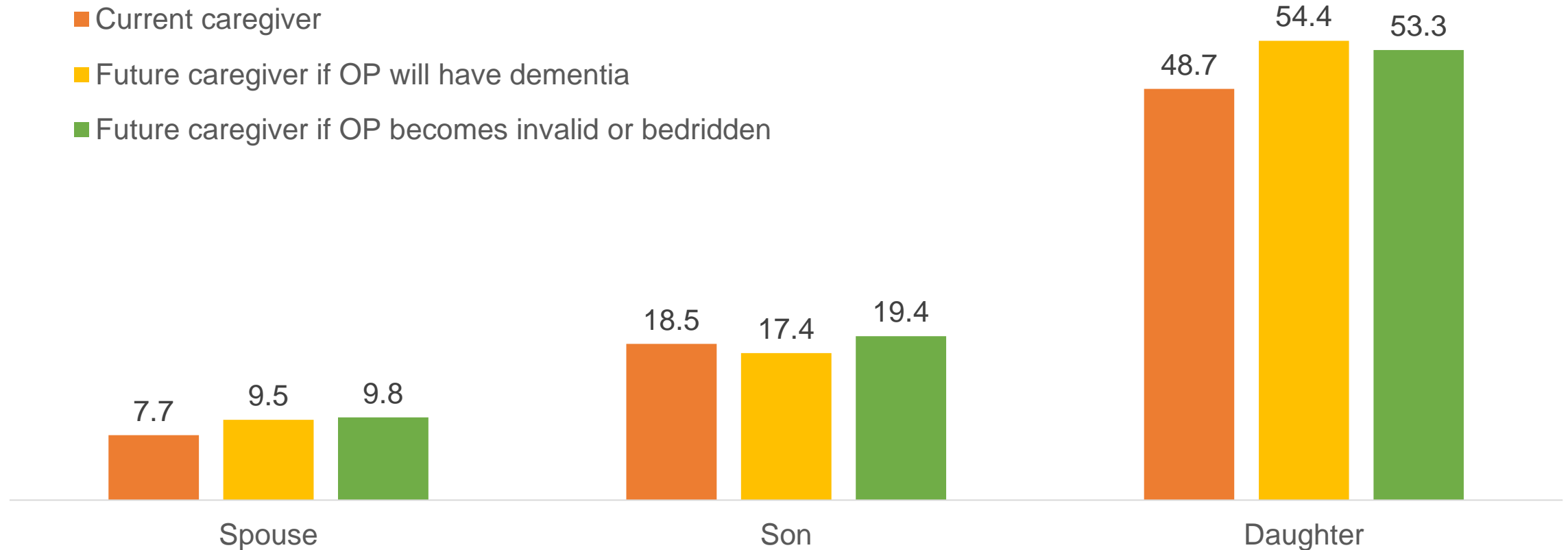
**7%** of older males are not sure about the person who will take care of them in case they become invalid or bedridden





# Future long-term caregivers for older females:

Who will likely care of older females in case they need long term care.



**3.7%** of older females are not sure about the person who will take care of them in case they will have dementia

**3.7%** of older females are not sure about the person who will take care of them in case they become invalid or bedridden

# Future of caregiving in the Philippines in the context of cross-border movement of nursing and elder care personnel

- Will the Philippines experience a “care drain” in the future?
  - The Philippines is one of the world’s major exporter of labor migrants
  - The increasing labor migration among women, particularly, younger females poses a challenge to a persisting daughter preference in caring for the older people

# Gains from cross-border movement of nursing and elder care personnel

- Filipino families benefit significantly from foreign remittances
  - 10% of women aged 60+ in the Philippines consider remittances from children abroad as the most important source of income (LSAHP, 2018)
  - Foreign remittances have a positive impact on poverty reduction (Pernia, 2008)
  - May translate to better educational outcomes of their children (Arguillas & Williams, 2010; Asis & Ruiz-Marave, 2013)
- Given these micro- and macroeconomic benefits in the Philippines, transnational migration of nurses and elder care workers is not likely to decline in the future (Kaelin, 2011)

# Minuses of the cross-border movement of nursing and elder care

- Serious health care shortages in source countries like the Philippines, especially in the rural areas (Lorenzo et al., 2007; Marcus, Quimson, & Short, 2014)
- Young children of migrant women are vulnerable to poor school performance, premature entry to motherhood, and drug abuse (YAFS, 2013)
- Grandparenting is an inevitable consequence for those whose adult children migrate abroad for better income
  - **11%** of OP solely in-charged of taking care of any grandchild is because grandchild's parent is working abroad (LSAHP, 2018)

# Minuses of the cross-border movement of nursing and elder care

## Migrant elder care workers and their health

- Strenuous LTC work conditions and separation from loved ones back home have negative consequences on physical and mental health
  - Among Filipina live-in caregivers in Canada, some do not have access to health care services (Carlos & Wilson, 2018)
  - Among Filipino elder care workers in Israel, their emotional loneliness that also affects the families they are caring for in Israel (Ayalon & Shiovitz-Ezra, 2010)
  - This is exacerbated by experiences of abuse and mistreatment by their employers, (Ayalon & Shiovitz-Ezra, 2010)

# Policy Implications

- Address the gaps in the LTC for older Filipinos particularly in the context of female labor migration
  - Unmet need for LTC

91% older people believe it is the child's duty to take care of their aging parents (LSAHP, 2018)  
36% plan to rely on their children for financial support (LSAHP, 2018)
- quality of LT caregivers, including formal training
- Address imbalance in health care services particularly with the increasing wave of outward migration usually involving the country's trained and experienced nurses and caregivers.



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# Thank you!

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