Healthy Ageing and the need for a Long-Term-Care system

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Population in the second half of life

Intrinsic Capacity
- High and Stable
- Declining
- Significant loss

Functional Ability
Intrinsic Capacity

Long-term care
Long-Term Care: improve capacity and ability
What is Long-Term Care?

"the activities undertaken by others to ensure that people with, or at risk of, a significant ongoing loss of intrinsic capacity can maintain a level of functional ability consistent with their basic rights, fundamental freedoms and human dignity"

WHO 2015
"Maintaining a level of functional ability"

Focus on trajectory of functional ability

Not merely taking over, but stimulating to do as much possible themselves

Not only focusing on meeting older people’s basic needs for survival, but also people’s abilities:

✓ to move around,
✓ to build and maintain relationships,
✓ to learn, grow and decide, and
✓ to contribute to their communities
"Consistent with their basic rights, fundamental freedoms and human dignity"

People still ‘have a life’. They have the right and deserve the freedom to realize their continuing aspirations to well-being, meaning and dignity, even in the event of significant loss in intrinsic capacity.
Long-Term Care

- Can be delivered in a range of settings:
  - at home,
  - communities,
  - hospitals,
  - care homes

- Can be delivered by a range of caregivers:
  - Family, friends, volunteers, paid help, professionals
  - Paid or unpaid
  - Trained or untrained

- Should target capacity as well as ability
A long-term care system should focus on:

- the person’s needs
- the individual as a person
- building upon the strengths of a person to foster self-management and control
- consistency with the person’s values, choices, and preferences

“Long-Term Care is about people, not about services”
The establishment of a long-term care system
Current Global Situation

Some countries have well established systems
  • Mandatory insurance schemes
  • Challenge is continuous improvement and sustainability

Other countries have relied entirely on families
  • Challenge is to start from scratch
Why is a Long-Term Care system needed?

✓ Family care alone no longer sustainable
  ◆ Inequality: female family members provide lion share of care which has negative consequences for their health and social security
  ◆ Women are increasingly aspiring to other economic and social roles
  ◆ Changing social structures: less children, children move to urban areas for work
  ◆ Many older people have no family

✓ To foster social cohesion
✓ To help families avoid poverty and catastrophic care expenditures
✓ To help frail older people maintain a role and a sense of purpose
Global strategy and action plan 2016-2020

Every country should have a Long-Term-Care system

Strategic Objective on Long Term Care

“Establish and continually improve the foundations for a sustainable and equitable long-term-care system

Build workforce capacity and support caregivers

Ensure the quality of person-centred and integrated long-term care"
Support for family and other unpaid caregivers

Supporting
f.i. caregiver training, respite, payment/vouchers

Engagement of non-female family members

Complementing: f.i. home-based care

Supplementing: day-care or nursing home care
Building the paid workforce

Ensuring supply
increasing pay and benefits, improve working conditions (training, career opportunities, appropriate workloads, flexible work hours, giving care workers authority to make decisions

Training and accreditation
person-centred care, supervision, licensing, care guidelines, etc.
LAYING THE FOUNDATIONS FOR A LONG-TERM-CARE SYSTEM IN EVERY COUNTRY

Older people and care givers get the care and support they need to live with dignity and enjoy their basic human rights.

This priority will support countries to develop effective, sustainable and equitable systems and services that improve care for older people with significant losses in intrinsic capacity and reduce the burden on caregivers. There are three key areas for action:

i. **Building understanding and commitment** to developing long-term-care systems through global, regional and local policy dialogues to catalyse change.

ii. **Mapping the current situation** in long-term-care provision in countries to inform country action and serve as a baseline with regard to the need, unmet need, type and quality of existing services, legislation, human resources and financing mechanisms.

iii. **Providing guidance, tools and technical assistance** for countries at all levels of socioeconomic development, on building sustainable and equitable systems to meet the needs of older adults with significant losses of capacity.
Long-term care is:
For whom? People with, or at a risk of a significant ongoing loss in capacity
What? All activities of others to maintain people’s ability, for example social care and health services
Where? In all settings: at home, in the community or in nursing homes
Why? To enable people to continue to live lives of meaning and dignity regardless of their level of physical or mental capacity

The WHO Long-Term-Care Series aims:
To catalyse change and encourage the development of sustainable and equitable long-term-care systems worldwide by:
• sharing regional experiences of long-term care, including gaps, challenges, models of care and support worth considering and
• providing guidance on key issues, such as financing, human resourcing, monitoring and research.

The *Global strategy and action plan on ageing and health* calls for every country to develop an integrated long-term-care system. The Strategy suggests this should comprise a partnership between families and government, as well as other paid and unpaid caregivers. Outdated approaches that rely solely on families often place an unfair burden on poorer families and on women, in particular. Ongoing demographic change means reliance on families alone is also not sustainable. Countries need to develop long-term-care systems depending on their own context, culture and the resources that are available to meet older people’s needs for care and support.

The WHO Long-Term-Care series will provide guidance for WHO Member States, particularly in resource-constrained settings, on how to establish fairer, more sustainable, and effective long-term care systems. The first report summarizes the outcomes of steps that might be considered for establishing long-term-care systems in Sub-Saharan Africa. Launch date: End 2017.

Long-Term-Care Systems Support the Participation of Older People in Society

Thanks you for your attention.