

ACAI EXPERT MEETING: RECOMMENDATION

7-8 October 2024
Yogyakarta, Indonesia

Action Area 1 - Combating ageism

- Document how ageism currently appears in communities and countries in ASEAN, including addressing legal frameworks, policies and regulations
- Promote inter-generational engagements, public awareness and programmes to combat ageism, including documentation of good and innovative practices
- Promote health literacy and self-autonomy in health decisions among older people
- Promote active and healthy ageing literacy at all levels of education
- Review the current age of employability, and empower older people to engage in meaningful and productive endeavors
- Develop person-centred-care training frameworks for healthcare providers for older people

Action Area 2 – Age-friendly environments

- Undertake public awareness and campaigns on the concept of age-friendly environment, involving relevant stakeholders and networks.
- Document and facilitate sharing of good practices and knowledge, including innovative strategies, such as age-friendly and age-concerned higher education institutions
- Promote cross-sectoral collaboration and integrated approach towards developing an age-friendly environment.

Action Area 3 – Integrated Care for Older People

- Promote preventive and promotive health care for the older people, emphasising self-management and community-based care, and support life-long learning programmes
- Promote early detection of Geriatric Syndromes (declining intrinsic capacities) through screening program in the community.
- Develop a harmonised, comprehensive screening form for geriatric syndromes for the ASEAN Member States, and conduct collaborative research on the burden of geriatric syndromes.
- Develop and strengthen transitional health care to reduce the burden of long-term care
- Promote Universal Health Coverage (UHC) for older people
- Document country experiences and innovations in the implementation and roll out of ICOPE(WHO)

Action Area 4 – Long-Term Care (LTC) for Older People

- In accordance with local context, set-up an ASEAN minimum quality standard for long-term care giving using an integrated and inter-professional care approach
- Conduct an economic analysis on LTC financing, including LTC insurance
- Regarding advanced care planning,
 - a. Improve the competency of health workers and allied professional
 - b. Increase awareness of older people, their family and relatives, on advanced care planning
 - c. Conduct study on the cultural implications of advanced-care planning or advanced directive

For Future Discussion

- Discuss the welfare and needs of ageing and returning foreign care workers