

Regional Plan of Action on Implementing the Kuala Lumpur Declaration on Ageing: Empowering Older Persons in ASEAN

The following actions will be adopted at the regional and national levels. The implementation of these actions will be considered in accordance with regional and national contexts and circumstances:

ACTION 1: Promote a shared responsibility approach in preparation for healthy, active and productive ageing by supporting families, care givers/care workers and empower communities in delivering care for older persons

Objective 1.1: To encourage social participation and promote collaboration towards healthy, active, and productive ageing

Activity 1.1.1: Establish multi-stakeholders mechanism at community and local government/municipalities level as a platform that focuses on advocacy and awareness, and shared responsibilities towards promoting healthy, active and productive ageing, and caring society as a whole

Indicator: Existence of a mechanism, implementation of advocacy and awareness programmes, implementation of knowledge and experience sharing programmes

Activity 1.1.2: Empower communities through the established mechanism by developing grants / fund scheme or other forms of assistance

Indicator: Existence of assistance given

Objective 1.2: To promote community-based initiatives in delivering care for older persons

Activity 1.2.1: Promote the establishment of community-based integrated care support models for older persons, including support system for family and carers of older persons

Indicator: Existence of knowledge and experience sharing sessions/forums, existence and implementation of models created in ASEAN Member States, number of capacity building programmes for family and care providers

Activity 1.2.2: Promote programmes for self-care and management of illnesses for older persons

Indicator: Number of programmes on self-care and management of illnesses for older persons

ACTION 2: Promote intergenerational solidarity towards a society for all ages by raising public awareness and behaviour change on the rights, issues and challenges of old age and ageing

Objective 2.1: To promote positive image of older persons including acknowledgement and behaviour change of their rights, responsibilities and contributions to society, so as to overcome old age discrimination or ageism

Activity 2.1.1: Promote positive images of old age and ageing; educate society on the rights and responsibilities of older persons; and recognise past and possible contributions of older persons towards society through media outreach and awareness programmes through the multi-stakeholder mechanism

Indicators:

a) Number and type of public communication and dissemination of information programmes on older persons through electronic, printed and social media and other media platforms; survey on awareness level of society

b) Percentage of older persons employed

Activity 2.1.2: Integrate age and ageing issues in curriculum/syllabus at various education levels

Indicator: Existence of subjects taught with age and ageing elements

Objective 2.2: To facilitate intergenerational solidarity by bridging socio-cultural gaps between generations

Activity 2.2.1: Develop, expand and transform intergenerational programmes including in educational and recreational settings

Indicators:

a. Number of participants of different age levels involved in the programmes at the community level

b. Number of programmes, i.e. in schools, parks, religious spaces

Activity 2.2.2: Promote the establishment of intergenerational day care facilities and services through public-private partnership and the multi-stakeholder mechanism

Indicator: Number of intergenerational day care facilities and services; number of participants of different age levels

ACTION 3: Promote rights-based/needs-based and life-cycle approach and eliminate all forms of maltreatment on the basis of old age and gender through equitable access of older persons to public services, income generation, health care services, and essential information, as well as preventive measures, legal protection, and effective support system

Objective 3.1: To strengthen social protection systems and support systems for older persons, including on economic aspects such as employment and emergency/disaster response targeted for older persons

Activity 3.1.1: Develop or review the national social protection systems that would focus amongst others on insurance and welfare assistance and income security in old age

Indicator: Existence of a national social protection system/package for older persons, i.e. social and health insurance scheme, welfare assistance, pension

Activity 3.1.2: Develop, review or improve the national integrated care and support systems for older persons, which should focus on long-term care for older persons

Indicator: Existence of a national integrated support system for older persons specifically on long-term care and support for carers

Activity 3.1.3: Develop or review national policies, programmes, and guidelines on work and employment for older persons

Indicator: Existence of age-friendly employment legislations, policies and programmes, and similar private sector initiatives

Activity 3.1.4: Review and strengthen all procedures, guidelines and standard operating procedures on emergency and disaster management focusing on older persons, with reference to UN Sendai Framework for Disaster Risk Reduction

Indicator: Number of reviewed standard operating procedures

Activity 3.1.5: Develop human resource capacity to support the implementation of rights-based/needs-based and life-cycle approach on care for older persons

Indicator:

a) Number of participants of trainings on rights-based/needs-based and life cycle approach

b) Number of trainings on rights-based/needs-based and life cycle approach

Objective 3.2: To develop or review and strengthen laws and regulations that put emphasis towards protecting older persons against abuse, maltreatment and discrimination

Activity 3.2.1: Enact or review laws and regulations to protect the rights of older persons as measures to safeguard older persons from abuse and maltreatment

Indicator: Existence of or number of reviewed laws and regulations on rights, and protection against abuse and maltreatment of older persons

ACTION 4: Mainstream population ageing issues into public policies and national development plans, and programmes, which may include flexible retirement age and employment policies

Objective 4.1: To mainstream ageing issues in national development

Activity 4.1.1: Review existing related policies and programmes to mainstream ageing issues

Indicator: Number of policies, protocols, studies, and researches that mainstreamed ageing issues

Activity 4.1.2: Emphasise gender, age and ability sensitisation in budgetary provisions at federal, state and local governments level

Indicator: Gender, age and ability friendly annual budgets at federal, state and local governments

Objective 4.2: To adopt inclusive development strategy in policy and development plan

Activity 4.2.1: Strengthen implementation and monitoring of policies and programmes related to ageing at all levels of government

Indicator: Existence of inclusive development policies, plans, and initiatives, and its' monitoring mechanisms

ACTION 5: Promote the development of human capital and expertise in gerontology, geriatrics and other related professional and para-professional manpower including social workers and social service workforce, and care workers to meet the current and future demands for health and social services for older persons

Objective 5.1: To develop trained human resources and professionals to meet the service needs of older persons, families and communities

Activity 5.1.1: Develop and offer programmes/courses for undergraduates and post graduates in Gerontology and Geriatrics, including rehabilitation, physiotherapy and occupational therapy

Indicators: Number and levels of academic programmes offered in ASEAN Member States

Objective 5.2: To enhance the quality of care for older persons

Activity 5.2.1: Develop a regional basic/minimum standards of care for older persons, with emphasis on career advancement as well as welfare of care givers, and create assessment tools for the standards

Indicators: Existence of regional basic/minimum standards, agreed assessment tools and its reporting mechanism, and reports

Activity 5.2.2: Establish new or review existing national syllabus and certification/accreditation standards of care workers for older persons, including their career pathways

Indicators: Existence of national syllabus for care workers, certified qualifications/certifications in accordance to established standards, clear career pathways for care workers; number of care workers employed

Activity 5.2.3: Regulate care workers by way of legislation in ensuring protection of their rights and welfare

Indicator: Existence of regulation for care workers

Activity 5.2.4: Consider the establishment of cross/trans-border care services and introducing regulatory mechanism for care workers and recipients of services, subject to the national laws, regulations and policies of each ASEAN Member State

Indicator: Existence of trans-border services provision, recipient regulatory mechanism

Objective 5.3: To establish regional training and capacity building collaborations as platforms to share expertise, knowledge and standards among ASEAN Member States through, among others, the ASEAN Training Centre for Social Work and Social Welfare (ATCSW) which is established in Thailand under the ASEAN Senior Officials Meeting on Social Welfare and Development (SOMSWD).

Activity 5.3.1: Facilitate and encourage formation of in-country professional associations to champion and advocate ageing issues

Indicator: Number of professional association as champions and advocates

Activity 5.3.2: Establish a consortium of regional higher learning institutions offering programmes/courses in Gerontology and Geriatrics

Indicator: Existence of a consortium to promote gerontology in ASEAN's consortium of universities

Activity 5.3.3: Conduct a regional seminar/convention on gerontology, geriatrics and professional caregivers

Indicator: Number of regional seminars/conventions focusing on gerontology and geriatric, and professional caregivers

ACTION 6: Promote the development of reliable information, evidence-based and gender disaggregated data on ageing, including improved capacity to bridge the gaps in policy, research and practice

Objective 6.1: To foster research, development and innovation in the field of ageing in order to cultivate evidence-based policies and programmes

Activity 6.1.1: Utilise the ASEAN Centre for Active Ageing and Innovation, led by the Ministry of Public Health, Thailand under the Senior Officials Meeting on Health and Development (SOMHD), in conducting and documenting researches, as well as collecting and collating national data on ageing in ASEAN

Indicator: Number of researches and publications conducted on ageing

Activity 6.1.2: Conduct researches on ageing and age-related issues, as well as on age discrimination practices and ageism in ASEAN Member States

Indicators: Number of research(es) that have been conducted

Activity 6.1.3: Conduct research on understanding issues and challenges of families in coping with aged members and multigenerational households

Indicator: Number of researches conducted and disseminated

Objective 6.2: To facilitate collaborations/linkages among statisticians, researchers and other relevant stakeholders in order to create a data hub or database of ASEAN Member States in ageing

Activity 6.2.1: Conduct capacity building programmes towards achieving data harmonisation on ageing in ASEAN

Indicator: Number of trained personnel/ reference persons in ASEAN Member States, harmonised and synchronised data mapping on ageing in ASEAN Member States

Activity 6.2.2: Support and encourage the works of the ASEAN-Wide Research Network on Ageing in setting up of a network of ASEAN experts and researchers on ageing

Indicator: Existence of a network established and number of members

Activity 6.2.3: Develop an ASEAN Older Person's Well-being Index through a once in a five (5) years national survey

Indicator: Existence of an older person's well-being index; number of surveys conducted

ACTION 7: Strengthen the capacity of government agencies, corporate bodies, civil society organisations, including voluntary welfare organisations, communities, older people's associations or other forms of networking including elderly clubs and volunteers networks, and relevant stakeholders, for better coordination and effectiveness in the delivery of quality services for older persons at local, national and regional levels

Objective 7.1: To strengthen and promote capacity building and coordination among relevant stakeholders involved in service delivery for older persons

Activity 7.1.1: Conduct trainings and capacity building programmes in gerontology and social protection policy formulation, implementation and evaluation among government agencies, corporate bodies and civil society organisations on ageing, and older people's associations (OPAs)

Indicator: Number of trainings programmes and its participants

Activity 7.1.2: Establish a national accreditation body comprised of multi-stakeholders members including civil society and industry players that oversees the certification and adherence to recognised standards by care workers and service providers to older persons

Indicator: Existence of a national accreditation body with multi-stakeholders members

ACTION 8: Encourage the development of older people’s associations (OPAs) or other forms of networking including elderly clubs and volunteers networks in each ASEAN Member State by strengthening their capacity, and providing them with multi-sectorial platforms of dialogue with the government on ageing issues

Objective 8.1: To promote the establishment of multi-functional OPAs

Activity 8.1.1: Develop action plans for the establishment of multi-functional OPAs and gradual expansion of standardised OPAs at the national level

Indicator: Number of OPAs established; number of OPA leaders trained; number of manuals of OPA operations disseminated; percentage of older persons who are members of OPAs

Objective 8.2: To increase capacities of OPAs in pursuing advocacy programmes related to ageing issues, challenges and opportunities

Activity 8.2.1: Conduct capacity building of OPAs through specific training on managing OPAs, with assistance from public and private sectors

Indicator: Number of training and advocacy initiatives undertaken by OPAs

Objective 8.3: To conduct and promote programmes, both by public and private sectors, which have social, health and economic benefits to communities through OPAs

Activity 8.3.1: Engage OPAs in the delivery of public and private services to the communities

Indicator: Number of public or private services delivered by OPAs

ACTION 9: Promote age-friendly communities/cities in the region through sustainable and accessible infrastructure

Objective 9.1: To encourage the adoption of age-friendly cities and communities as per the indicators introduced by the World Health Organisation

Activity 9.1.1: Support the realisation of age-friendly cities and communities through sessions of experience sharing by other countries

Indicators:

a) Number of seminars, workshops or convention on age-friendly city

Objective 9.2: To ensure that cities and communities are committed to providing services and products that meet the specific needs and life situations of older persons for better quality of life

Activity 9.2.1: Conduct impact assessment and produce its reports of programmes and services for older persons in an age friendly and gender-responsive environment

Indicator:

a) Existence of age-friendly cities/communities projects

b) Number of programmes and services assessed

c) Number of older persons that receive benefits

Activity 9.2.2: Promote and support the gerontechnological innovation and best practices

Indicators:

a) Number of innovation projects

b) Number of gerontechnology products and its Intellectual Property

Activity 9.2.3: Promote and support the usage and application of technology and Internet of Things (IoT) for ageing

Indicators:

a) Number of researches on Internet of Things and technologies usage among older persons

b) Number of awareness programmes or advocacy

ACTION 10: Build and strengthen the networking and partnerships within and among ASEAN Member States as well as with Dialogue Partners and Development Partners including UN Agencies, civil society organisations, private sector, and relevant stakeholders in supporting and providing adequate resources and effective implementation of the commitments reflected in the Kuala Lumpur Declaration on Ageing: Empowering Older Persons in ASEAN

Objective 10.1: To promote and encourage regional and international dialogues on old age and ageing issues

Activity 10.1.1: Share experiences among ASEAN Member States, South-south countries, Asia and the Pacific, and Dialogue Partners

Indicator: Number of regional programmes/events on ageing

Objective 10.2: To engage and establish the multi-sectorial partnerships in the implementation of commitments in the Kuala Lumpur Declaration on Ageing: Empowering Older Persons in ASEAN

Activity 10.2.1: Strengthen inter-sectorial cooperation and partnerships within and between ASEAN Member States and Dialogue Partners, and review all multi-sectorial efforts on ageing so as to avoid recurrence and maximise resources within ASEAN

Indicator: Number of cooperation and partnership established within and between ASEAN Member States and Dialogue Partners, funding received to implement action plan