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**Home Care for Older People in the ASEAN member countries
- ROK-ASEAN Cooperation Project***

HelpAge Korea

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Home Care for Older People in the ASEAN member countries - ROK-ASEAN Cooperation Project -

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I. Introduction

1. Background of the project

The president of Republic of Korea announced to carry out the project for ageing as one of 5 priorities at the ROK-ASEAN Summit conference (10+1) held in Manila, November 1999. As a follow-up action, Help Age Korea as an implementing agency in collaboration with HelpAge International has conducted the regional ROK-ASEAN Cooperation Project based on the successful experience of development and dissemination of volunteer based home care for older people programme in Korea. The ASEAN ministries responsible for health and for social welfare and development and non-governmental organizations have been involved in the implementation of the project with support from the ROK-ASEAN Special Cooperation Fund.

2. ASEAN Workshop on Home Care for Older People in Korea on September 2001

The 1st ASEAN workshop was held in Korea inviting representatives from Ministry of Health and Ministry of Social Welfare and Partner NGOs from 10 ASEAN member countries organized by HelpAge Korea. HelpAge Korea shared success experience of home care model in Korea and presented the long-term regional project of "Home Care for Older People in the ASEAN countries." All participating countries made recommendations on and agreed to propose the long-term project.

3. The 1st Phase of the ROK-ASEAN Project on Home Care for Older People

The 1st Phase of the project of "Home Care for older people in the ASEAN countries" had been implemented for 3 years from April 2003 to March 2006 in collaboration with 10 ASEAN member countries. The objective of the project is to develop and implement volunteer based home care programme for older people in ASEAN countries based on

the learning from Korea model but adapted to suit their socio-cultural and economic contexts. The project grouped ASEAN Member Countries into 3 groups where countries with similar experiences and levels of intervention in home care for the elderly, to implement the project in different stages.

4. Regional Workshop on Home Care for the Older People in Manila, on 28-31 March 2006

To conclude the implementation at the final stage, Regional Workshop on Home Care for the Older People was convened in Manila, on 28-31 March 2006. The relevant stakeholders (i.e.: ministries of health, social welfare and NGO partners) involved in the project from each of ASEAN member countries, shared outcomes of their respective experience, evaluation of impact and the 2nd phase of the project.

5. The 2nd Phase of the ROK-ASEAN Project on Home Care for Older People

The 2nd phase of the project started on June 2006 and will completed on May 2009 in collaboration with 10 ASEAN member countries. The project seeks to further support the ASEAN member countries in developing a volunteer based home care model adopted from the Korean model but adapted to suit the local socio-cultural and economic context. It also aims at enhancing the capacities of the Governments and the partner organizations, facilitating information and experience sharing among ASEAN member countries and strengthening the GO-NGO collaboration in replicating the models in their respective countries through appropriate policies and programmes.

II. The project implementation

HelpAge Korea in collaboration with HelpAge International and ASEAN member countries has conducted the project activities under the objectives set by ROK-ASEAN Cooperation Project as followings;

1. Home care model development

(1) The partner organizations in 10 ASEAN member countries were selected at the Regional Advisory Committee Meeting of which members included representatives from HelpAge Korea, ASEAN Secretariat and HelpAge International. Each partner organization made a partnership agreement with HelpAge Korea for the implementation of the pilot project of Home Care in each country.

- (2) HelpAge Korea provided partner organizations with Training Workshop in Korea to share the Korean experience of "Volunteer-based Home Care Programme Model" and visited each country to assist the design of the pilot project suitable to their socio-economic context and provided some grants for the implementation of the pilot project.
- (3) The partner organizations in ASEAN countries have conducted the home care pilot project through which develop their own models, manuals, and Government policies.

2. Strengthening GO-NGO collaboration to influence Government Policy

- (1) The Project Advisory Committees (PACs) were established in 10 ASEAN member countries. The members of PAC consist of representatives from Ministry of Social Welfare, Ministry of Health, the partner organizations and other relative ministries and NGOs.
- (2) The PAC in each country has participated in carrying out home care pilot project from the beginning, coordinated the roles of Government and non-government partner organizations, guided developing its own suitable model and produced policy recommendations.
- (3) Members of PAC have taken opportunities to share experience and information with other countries at the various events such as Exchange Visit and Regional Workshops, which encourage and stimulate each other in developing their own home care model.

3. Public awareness

- (1) The home care project has been promoted on TV, radio and in newspapers in many ASEAN member countries. The in-country seminars were jointly organized by Government and NGO partners to share the outcome of the pilot project and to raise awareness of the importance of home care project.
- (2) HelpAge Korea promoted the project at the international conferences including Preparatory Senior Officials Meeting for the 2nd ASEAN Plus Three Health Ministers Meeting on 20 June 2006 in Yangon, UN ESCAP Expert Group Meeting on 30 June-1 July 2006 in Shanghai China, HelpAge International Regional Conference on 7-10 November 2006 in Pondicherry, India.

4. Networking among ASEAN member countries

- (1) Exchange visits are being organized to learn about other models among ASEAN

member countries. Regional workshops on home care were held in Vietnam in 2004 and in Philippines in 2006 invited representatives from Ministry of Social Welfare, Ministry of Health and a partner NGO from 10 ASEAN member countries in order to share lessons learned, experiences, and future plan.

- (2) HelpAge Korea produced e-newsletter of “ROK-ASEAN HOME CARE NEWS” through an internet (www.helpage.or.kr/rok_asean/main.html) on July 2007 to 10 ASEAN member countries. The e-newsletter will be published semi-annually to exchange experience and provide information and knowledge between partner organizations.

III. Impacts of the project implementation

The impact evaluation was done by external reviewers in each country using uniformed evaluation measurement designed by HelpAge Korea at the end of the 1st phase on March 2006. The evaluation results indicated that all projects were proved highly satisfactory in the ASEAN member countries. The followings are summary of comments from five target groups in each country,

1. **Older people:** Older people realize that they are no longer isolated from the society, thanks to volunteers who actually visited to spend time together with them and meet the needs to stay home as long as possible.
2. **Family caregivers:** Families who are busy earning a livelihood on day time are appreciative of the services provided by volunteers as the project can cover the inadequate care and reduce the burden of caring for older people considerably.
3. **Volunteers:** Most volunteers are satisfied with their role and become proud of their participation. Because of the community’s support and appreciation with their work, they become more motivated and will continue to be a volunteer.
4. **Community peoples:** Community people become aware that there are many poor older people living together but neglected in their own community, which encourages them to pay more attention to older people in need and changes in their behaviour to pay more respect for older people.
5. **Government:** Government recognized that home care project meets the needs of older people who want to live at the community, proves cost effective comparing with institutional care and fits in with tradition and culture of respecting and caring older people in the community.

IV. Outcome of the project implementation

1. Successful development of Home Care Model

All ASEAN member countries could have successfully developed their own Home Care Models which fitted for their respective situation. The different socio-economic context of member countries produced different types of models, which are classified into three programmes; the volunteer-based home care programme, the family caregiver support programme and the development of trainer manual for training.

- (1) Volunteer-based Home Care Programme; Seven out of the ten countries have adopted volunteer-based home care programme, which are Cambodia, Indonesia, Malaysia, Myanmar, Philippines, Thailand and Vietnam. The project team in each country recruits volunteers from neighbors in the communities and trains to send them to older people who need care services at home.
- (2) Family Caregiver Support Programme; Most older people in Brunei and Laos, in which strong ties among family members are highly valued, live with their family or relatives at the same community. Accordingly, the project team chose to train those around the target clients to take care of them, in addition to recruiting and training new volunteers from outside family.
- (3) Development of Trainer Manual for Training; Singapore has already operated the “befriending service programme”, therefore it wasn’t necessary to introduce a new home care model. The partner organization in consultation with Government agreed to develop a useful training manual for trainers and share with other ASEAN member countries.

2. Formulation of Government Policy on Home Care for Older People

Some countries accepted home care project as a national program based on the successful implementation of the project at the pilot area and set up an action plan to expend it into other areas funded by Government as followings;

- (1) Brunei: The First Phase Project was launched on the 22nd June 2005 by the Minister of Culture, Youth and Sports. The Second Phase Project was launched on the 16th April 2007 by the Belait District Officer.
- (2) Indonesia: Home Care Model was adopted as a National Program by the Ministry of Social Affairs in 2006 with a Ministerial Decree No 67/HUK/2006 and was implemented as a Pilot in Yogyakarta, North Jakarta and Banda Aceh in 2006 and will be implemented in 3 Other Provinces South Sumatera, South Kalimantan and North Sulawesi in 2008 by Government of Indonesia. In 2009 Home Care to be

implemented nation-wide with Fund allocation from deconcentration budget.

- (3) Myanmar: Home care for Older People Pilot Project Phase II will be implemented in 24 townships in the States/ Divisions including border areas where many national races are living. Ministry of Social Welfare, Relief and Resettlement submitted the proposal to the Cabinet. On 31 August 2006, the Cabinet agreed the proposals to be carried out. Year by year, targeted townships will be extended with a goal to be spreading nationwide.
- (4) Vietnam: Appreciation of PM for Home Care model at meeting with VAE leaders concretized by Circular issued by the PM Cabinet on the expansion of the Home Care model on April 2006. MOLISA set up Home Care plan of action including replication of Home Care program in three areas, Nam Dinh province, Hue City, Ben Tre province funded by MOLISA and local government.

V. Future Plan

1. Although the home care project is acceptable, it has not been sufficiently built capacity to implement the home care programme yet. The project need to continue its activities of improving the existing home care model and making documentations of the best practice, a training manual and an operating manual.
2. Since the first phase of the project focused on activities and testing a new model in only a few settings and districts, the pilot project do not cover the non-project areas even though there are lots of needs. The second phase will continue to inspire many stakeholders, including government and non-government organizations to replicate the piloted home care model to other areas.
3. It will be emphasized to promote the inclusion of home care programme into the national policy. While there are few achievements in some countries in response to the project, the continuous challenges are slow development of action plans, inadequate allocation of budget and lack of awareness to influence Government. The project will continue to support Government in developing Government guideline, action plan and a policy framework.
4. The home care programme for older people will be promoted through National Forum in each country where the evaluation of the home care pilot project will be shared and Government policy of home care will be introduced to central and local governments, NGOs, academia and mess media. The National Forum will be held in Indonesia on October, in Philippines and Vietnam on November 2007.