Session 2: Older persons and ICTs

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Regional Review of the World Summit on the
Information Society (WSIS)
Implementation in Asia Pacific
28 August 2019, Bangkok
Older persons: many faces of one of the major achievements of development
Demographic transition, Asia-Pacific
(total fertility rate and life expectancy at birth, 1950-2050)

Asia-Pacific, 2000, 2015, 2050

In Asia-Pacific, by 2050, number of older persons > younger

In Asia-Pacific, many countries experiencing rapid population ageing

(number of years expected for the share of the population 65+ to increase from 7 to 14 per cent)

France (1865-1980) 115
Sweden (1890-1975) 85
Australia (1938-2011) 73
United States (1944-2013) 69
Canada (1944-2009) 65
Hungary (1944-1994) 53
United Kingdom (1930-1975) 45
Spain (1947-1992) 45
Poland (1966-2011) 45
Turkey (2010-2035) 27
Brazil (2010-2035) 25
China (2005-2025) 23
Sri Lanka (2010-2030) 20
Republic of Korea (2000-2020) 18
Viet Nam (2020-2035) 18
Singapore (2000-2015) 17

In Asia-Pacific, mortality due to noncommunicable diseases is high
(probability of dying from cardiovascular disease, cancer, diabetes or chronic respiratory disease between age 30 and exact age 70 (per cent), 2016)

In Asia-Pacific, the number of doctors per capita varies greatly (latest available year)

Source: OECD/WHO2019: Health at a glance: Asia/Pacific 2018
In Asia-Pacific, healthcare costs are mostly borne by private households.

The use of ICTs has grown significantly globally

Source: Note: * Estimate; Source: ITU World Telecommunication /ICT Indicators database
Older women are less likely to use the Internet compared to the overall population, 2016

Digital literacy of older persons

First-level digital divide
- Access to ICTS (infrastructure, costs)

Second-level digital divide
- Skills and efficacy

Digital literacy concerns for older persons
- age-related concerns
- design challenges
- safety concerns
- technology is a means, not an end
ICTs in support of older persons

ICTs contribute to the inclusion, health and wellbeing of older persons and facilitate active ageing, ensuring that no one is left behind.
MIPAA and 2030 Agenda

§28c  Labour market
§38   Social inclusion
§61, 70, 74  Health
§99   Independent living

SDG 3: Ensure healthy lives and promote wellbeing for all at all ages

SDG 10: Reduce inequality with and among all countries.
## Elements of National Policy on Older Persons according to the MIPAA+

(national policy, legislation and action plans solely on older persons and ageing)

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Cambodia case study

**Objective:** Identify ICT-based models to address NCD needs of older persons

- Health-center based model
- Community/village-centered model
- Peer-station based model
- Outreach model
Recommendations from Cambodia study

... increase cooperation and collaboration, including OPAs

... adopt ICT-based e-health systems

... strengthen digital literacy

... be sensitive to context and build on current health care system

... develop personal health record system
Viet Nam case study

- **Objective**: use mobile phone text messages to address NCDs among older persons (accessibility, effectiveness, change in behaviour)

- **Participants**: about 70 people 50+ with a diagnosis of Type 2 diabetes; owned a cell phone; on diabetes medication

- **Implementation**: October 2018-June 2019

- Creation of **text message library** to provide:
  - basic knowledge about diabetes, complications;
  - advice on diet, physical activity, treatment, regular check-ups and reminders)
Results:
- Above-average acceptability of text messages
- Above-average usability and change in behavior
- Text message library a plus

Recommendation:
- Expand study (geography, number of participants)
- Improve quality of text messages
- Two-way messaging
- Involve family members
Older persons and ICTs – Way forward

- **Satisfy health care needs** of older persons with NCDs:
  - in underserved, remote areas
  - for populations with no (or insufficient) access to health care services and limited support from family members
  - to reduce health care costs and give agency/ownership to older persons

- Collect **best practices** and **lessons learned** (monitoring, prevention, intervention) (manual of best practices)

- Establish **partnerships**

- Integrate best practices into **policy template**
THANK YOU!

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