Overview of Ageing Research and International Collaborations

Centre for Ageing Studies UI and Universitas Respati Indonesia’s Experiences

Presented in APRU Ageing in the Asia-Pacific Workshop 2017 for Junior Gerontologists

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Background and Objective
Indonesia, as the fourth most populous country, has the tenth largest elderly population.

In 2020, the number of older people is estimated to have steadily increased to 28.82 million (11% of the total population), while the under five population will gradually decrease in number.

In 2050 it is estimated that the absolute number of 60+ will be around 80 million.

Hence Research and services should be done through international collaborations.
Objective of this review

To describe research activities that have been conducted, and to discuss the action research that should be conducted to enhance the quality of life of older persons.
Demography
Population Ageing

LIFE EXPECTANCY, UN PROJECTION 2015 REV

(SM Adioetomo, 2016)
DEMOGRAPHIC PATTERNS

2015

Males
Females

2050

Males
Females

2100

Males
Females

Age

Population (millions)
The changing pattern of population ageing across Indonesia's provinces, 2035

Source: Indonesia Population Projection 2010-2035
Health and Environment
Health Profile of Indonesian Older Persons

<table>
<thead>
<tr>
<th>NO</th>
<th>HEALTH PROBLEM</th>
<th>Prevalences on age groups</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>55-64 yr</td>
</tr>
<tr>
<td>1</td>
<td>PENYAKIT PARU OBSTRUKTIF KRONIK</td>
<td>5,6</td>
</tr>
<tr>
<td>2</td>
<td>KANKER</td>
<td>3,2</td>
</tr>
<tr>
<td>3</td>
<td>DIABETES MELITUS</td>
<td>5,5</td>
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<td>4</td>
<td>HIPERTENSI</td>
<td>45,9</td>
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<tr>
<td>5</td>
<td>JANTUNG &amp; PEMBULUH DARAH</td>
<td>2,8</td>
</tr>
<tr>
<td>6</td>
<td>GAGAL JANTUNG</td>
<td>0,7</td>
</tr>
<tr>
<td>7</td>
<td>STROKE</td>
<td>33</td>
</tr>
<tr>
<td>8</td>
<td>GAGAL GINJAL</td>
<td>0,5</td>
</tr>
<tr>
<td>9</td>
<td>BATU GINJAL</td>
<td>1,3</td>
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<tr>
<td>10</td>
<td>ARTHRITIS</td>
<td>45</td>
</tr>
<tr>
<td>11</td>
<td>GANGGUAN GIGI-MULUT</td>
<td>28,3</td>
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## Quality of Life

<table>
<thead>
<tr>
<th>EQ-5D</th>
<th>Cibubur Institutional Care (35)</th>
<th>Cipayung Institutional Care (39)</th>
<th>Cantayan Community Care (73)</th>
<th>Total (147)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>%</td>
<td>%</td>
<td>%</td>
<td>%</td>
</tr>
<tr>
<td><strong>Five dimension</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low</td>
<td>34.3</td>
<td>33.3</td>
<td>6.8</td>
<td>20.4</td>
</tr>
<tr>
<td>High</td>
<td>65.7</td>
<td>66.7</td>
<td>93.2</td>
<td>79.6</td>
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<tr>
<td><strong>VAS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low</td>
<td>48.6</td>
<td>30.8</td>
<td>19.2</td>
<td>29.3</td>
</tr>
<tr>
<td>High</td>
<td>51.4</td>
<td>69.2</td>
<td>80.8</td>
<td>70.7</td>
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</table>
SELF CARE

Having difficulties in self-care, women suffer more than older men do.

Older women are more likely to suffer severe difficulties in self-care. Long-term services will be highly needed by those who are bedridden. Therefore, it is important to focus on the availability of long-term care and rehabilitation professionals in the near future. The total of them reached 5 to 10 percent.
KNOWLEDGE IMPROVEMENT
ON HEALTHY AND ACTIVE AGEING
ATTITUDE IMPROVEMENT TOWARDS ACTIVE GEING

The Importance of Spiritual activities before and after:
- Routine Activities: 69.57 before, 26.09 after
- The Importance of Spiritual activities: 86.96 before, 86.96 after
- Spiritual Activities: 69.57 before, 65.22 after
- Social Activities: 39.13 before, 56.52 after
- Emotional Activities: 26.09 before, 30.43 after
- Leisure Activities: 65.22 before
Readiness to be age friendly cities
(SurveyMeter and CASUI, 2013)

Only 43% of all AFC indicators have been covered by the cities

5 Bigest cities

Other Big cities

Oil industry city

Small cities

- Jakarta
- Surabaya
- Bandung
- Medan
- Semarang
- Makasar
- Mataram
- Yogjakarta
- Denpasar
- Balikpapan
- Payakumbuh
- Depok
- Surakarta
- Malang
THE PERCEPTION OF AGE CONCERN FACILITY

<table>
<thead>
<tr>
<th>Facility needed</th>
<th>Delivery</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>IEC materials</td>
<td>30.43</td>
<td></td>
</tr>
<tr>
<td>Visualization</td>
<td>26.09</td>
<td></td>
</tr>
<tr>
<td>sport and exercise</td>
<td>43.48</td>
<td></td>
</tr>
<tr>
<td>Library</td>
<td>8.70</td>
<td></td>
</tr>
<tr>
<td>Computer</td>
<td>0.0</td>
<td></td>
</tr>
<tr>
<td>Gathering/meeting Cavearia</td>
<td>78.26</td>
<td></td>
</tr>
<tr>
<td>Printed</td>
<td>95.65</td>
<td></td>
</tr>
<tr>
<td>Printed and IT</td>
<td>13.04</td>
<td></td>
</tr>
<tr>
<td>Anytime</td>
<td>21.74</td>
<td></td>
</tr>
<tr>
<td>Sceduling</td>
<td>65.22</td>
<td></td>
</tr>
<tr>
<td>Don't know</td>
<td>13.04</td>
<td></td>
</tr>
</tbody>
</table>
THE DISTRIBUTION OF PRODUCTIVE ACTIVITIES

- Sewing: 47.83
- Merchandise: 17.39
- Gardening: 13.04
- Animal Raising: 8.70
- Cooking: 4.35
- Singing: 4.35
- Caring for grandchildren: 4.35
Joint Research and Publications through education: PhD and Master’s programs
Ageing in Indonesia: dementia and memory study including ‘tempe’ consumption

- N=719 participants from rural and urban Java (Jakarta, Citengah and Yogyakarta)
- Aged 52 to 99 years of age, 68% women
Regional differences

Percentage of people per district and per age stratum with cognitive impairment and problems in activities of daily living

- **65-69**
- **70-74**
- **75-79**
- **80-84**
- **85+**

Regions:
- **UK**
- **Jakarta**
- **Cintengah**
- **Borobudur**
Institutional Collaborations and Scientific Writing Workshops

- Loughborough University (LU), Universitas Indonesia (UI)
- Universitas Respati Indonesia (URINDO)
- And other Universities in Jakarta
The Examples of Publications
2012 - 2016

1. Soni, M., Hogervorst E., Rahardjo, T et al. 2014 Soy products and dementia Invited review in press Maturitas,


The Examples of Publications/cont


Other Research Collaborations

- Social Protection with CEPAR University of New South Wales /APRU Population ageing Research Hub
- Utilization of returners of care givers, with Nagasaki University
- Health and Social Delivery, is still in the process of proposal development, with WHO Kobe
Joint Educations and Training Programs with ACAP, AABC and Keishin Gakuen Educational
International Visiting Professors

• Prof Takeo Ogawa
• Ass Prof. Donghee Han
• Ass Prof. Reiko Ogawa
• Prof Eef Hogervorst (9 PhD Students)
• Prof. Yuko Hirano
• Prof. Prathung
• Prof. Peter Devey
Seminar, Workshops and Student Exchange

Seminar and workshops

Sakura Science Program
2015, 2016, 2017
Training for care givers (Takeo Ogawa, AABC 2013)

**EU**
- Level 8
- Level 7
- Level 6
- Level 5
- Level 4
- Level 3
- Level 2
- Level 1

**U.K.**
- Level 8
- Level 7
- Level 6
- Level 5
- Level 4
- Level 3
- Level 2
- Level 1

**Japan**
- Level 8
- Level 7
- Level 6
- Level 5
- Level 4
- Level 3
- Level 2
- Level 1

**Social Care in U.K.**
- Level 8
- Level 7
- Level 6
- Level 5
- Level 4
- Level 3
- Level 2
- Level 1

**G**
- Level 8
- Level 7
- Level 6
- Level 5
- Level 4
- Level 3
- Level 2
- Level 1

**Hawaii**
- Level 8
- Level 7
- Level 6
- Level 5
- Level 4
- Level 3
- Level 2
- Level 1

**Commissioning, Procurement & Contracting for Care Services (Diploma)**
- Level 7
- Level 6
- Level 5
- Level 4
- Level 3
- Level 2
- Level 1

**Health and Social Care (Management) (Higher National Diploma)**
- Level 7
- Level 6
- Level 5
- Level 4
- Level 3
- Level 2
- Level 1

**Senior Care Worker-Residential Services for People with Dementia (Diploma)**
- Level 7
- Level 6
- Level 5
- Level 4
- Level 3
- Level 2
- Level 1

**Health & Social Care (Award, Certificate, Diploma)**
- Level 7
- Level 6
- Level 5
- Level 4
- Level 3
- Level 2
- Level 1

**Entry (Award)**
- Level 7
- Level 6
- Level 5
- Level 4
- Level 3
- Level 2
- Level 1

**Training in Indonesia**
- Level 7
- Level 6
- Level 5
- Level 4
- Level 3
- Level 2
- Level 1

**EU**
- Doctor
- Master
- Bachelor
- Associate Bachelor

**U.K.**
- Altenpfleger
- Nurse Aide
- Home Care Assistant
- Personal Care Assistant
- Elder Pal

**Japan**
- Personal Care Assistant
- Nurse Aide
- Home Care Assistant
- Elder Pal

**Social Care in U.K.**
- Nurse Aide
- Home Care Assistant
- Personal Care Assistant
- Elder Pal

**Hawaii**
- Altenpfleger
- Nurse Aide
- Home Care Assistant
- Personal Care Assistant
- Elder Pal
SMA + Pendidikan vokasi diploma caregiver/ Akademi Komunitas (2 tahun) + Uji Kompetensi

SLTA IPA & IPS (3 tahun)

SMK Kesehatan (3 tahun)

SMK Caregiver (4 tahun)

Caretaker dengan pengalaman 3 tahun

Pendidikan vokasi caregiver
1 tahun + Uji Kompetensi

Uji Kompetensi

Caregiver Informal (Relawan) + Pelatihan

Sertifikat caregiver level 4

Sertifikat caregiver level 3

Sertifikat Partisipasi Pelatihan/ level 1
Collaboration in Community and LTC Training Programs
Care Giver Training in community
Action research that should be done
A Public-Health Framework for Healthy Ageing (WHO, 2016)

- Functional Ability
- Intrinsic Capacity

Health Service:
- Prevent chronic conditions or ensure early detection and control
- Manage advanced chronic conditions

Long-term Care:
- Support capacity-enhancing behaviours
- Ensure a dignified late life

Environments:
- Promote capacity-enhancing behaviours
- Remove barriers to participation, compensate for loss of capacity

High and Stable Capacity
Declining Capacity
Significant Loss of Capacity
Demographic transition; the impact of population aging on health problems that require health service delivery and health insurance

Assessments on the needs and demand for service delivery from the society

The gap between the needs and also the demand and the service delivery, also its relation to the insurance for the elderly

Existing conditions of the health and social delivery for older persons in the community, and health delivery system including existing UHC

Service delivery configuration that promote quality of life and address coordination between health and social sectors

Funding for UHC and model in delivering public funding for health service delivery

Implemention of a comprehensive health service delivery with adequate UHC, and Environment

Optimal quality of life of older persons

Conceptual framework of action research
Integrated community based, health and social services as part of age friendly community to improve the quality of life of the elderly would be an action research in Citengah and Depok, Indonesia as a recommendation of Junior Gerontology Workshop.
Modification of Miwadai School District Model
Age Friendly Neighborhoods, Community care for elderly
SUMMARY

- Ageing Population in Indonesia has been considered
- Research collaboration through international collaborations:
  1. with Loughborough University has been conducting supported by the British Council;
  2. with CEPAR /APRU, ongoing
  3. with Nagasaki University, on going
- Developing a standard of training has been conducted with AABC, supported by Japan Foundation and Toyota Foundation
- Joint education and student exchange /JST Program has been conducted regularly with AABC and URC
- Action research based on recommendation by Junior Gerontology workshop supported by APRU and others
Our Highest appreciation to Institute of Gerontology University of Tokyo, APRU and AABC

THANK YOU