



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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Universitas Respati Indonesia

Background and Objective

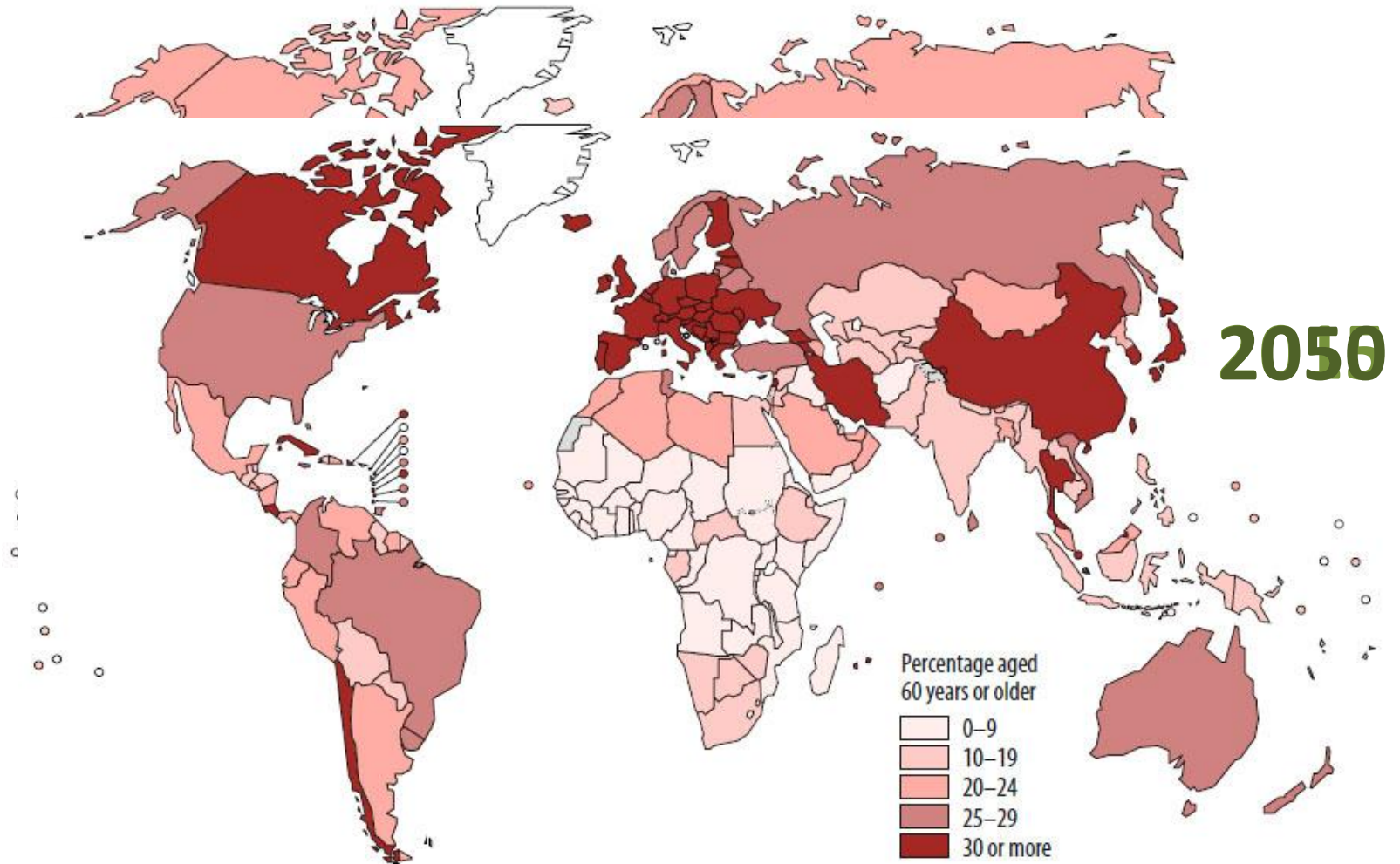
- ❖ Indonesia, as the fourth most populous country, has the tenth largest elderly population
- ❖ In 2020, the number of older people is estimated to have steadily increased to 28.82 million (11 % of the total population), while the under five population will gradually decrease in number
- ❖ In 2050 it 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 those have been conducted, and to discuss the action research that should be conducted to enhance quality of life of older persons

Demography

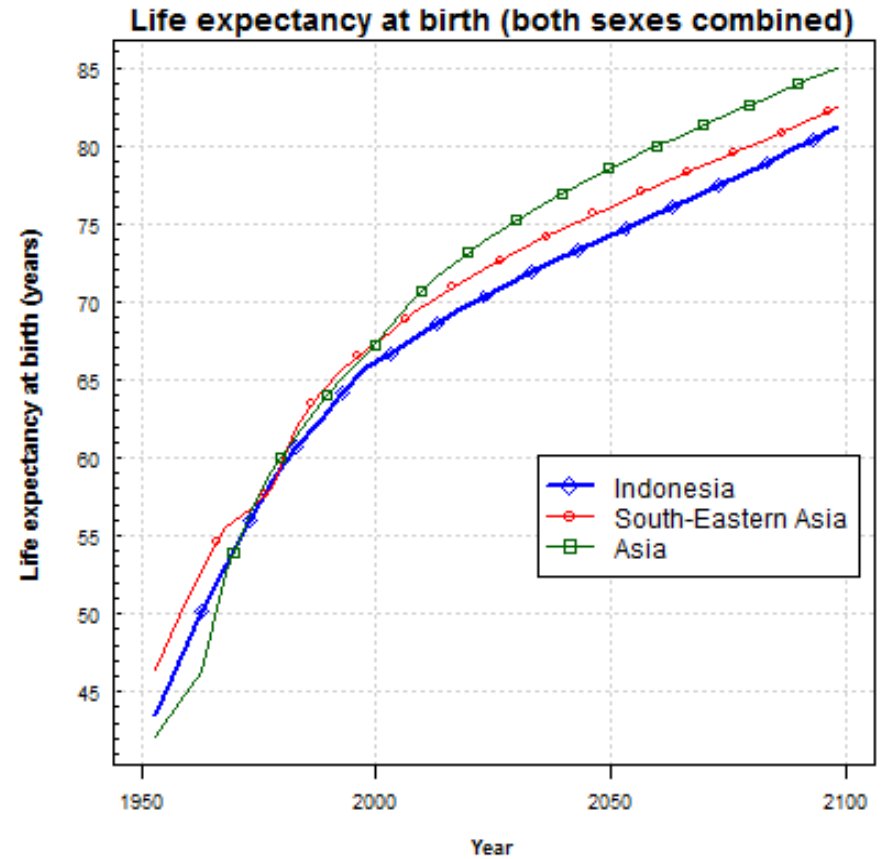
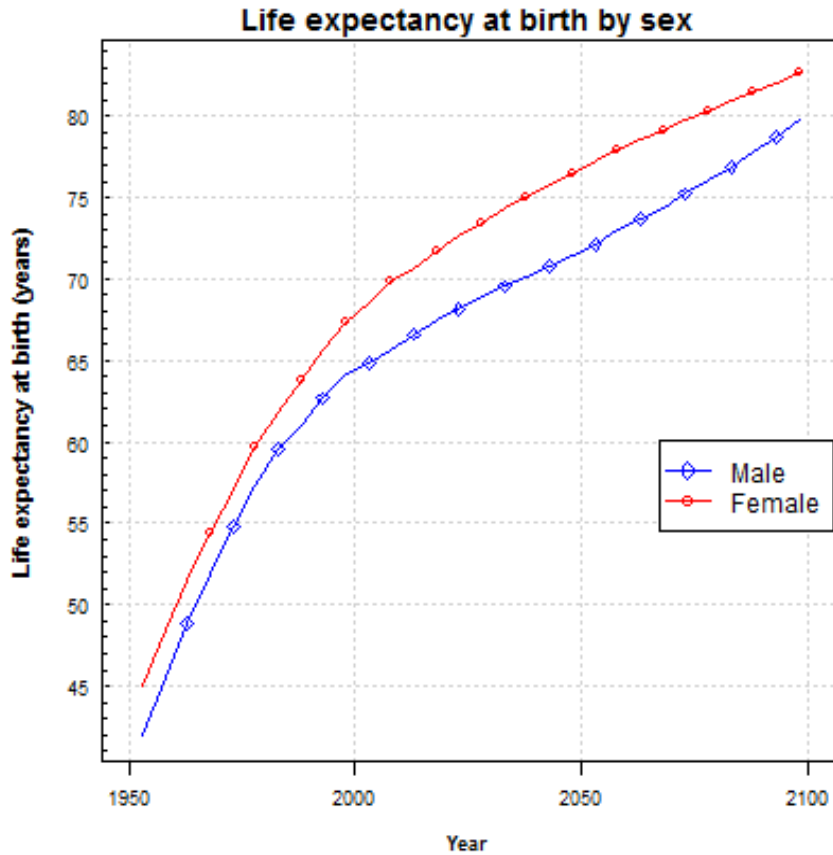
Population Ageing



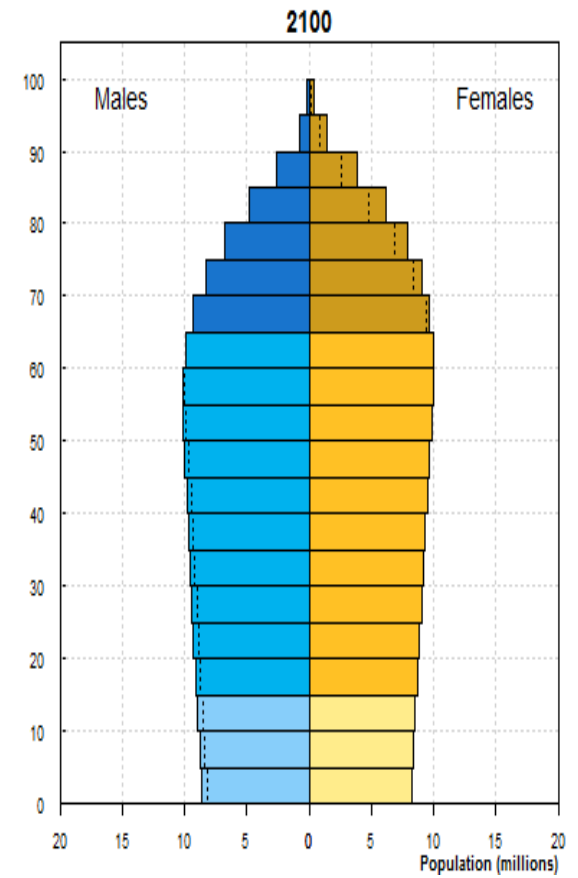
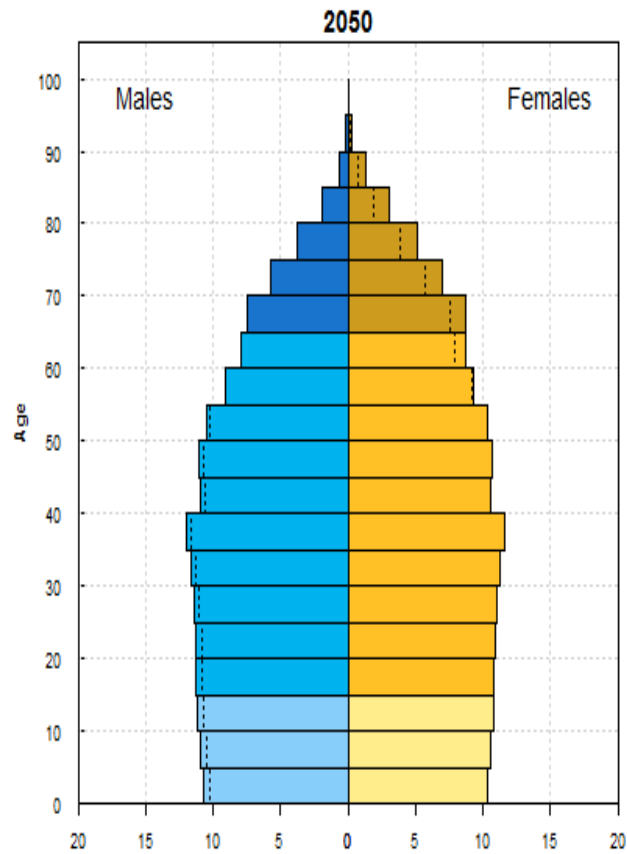
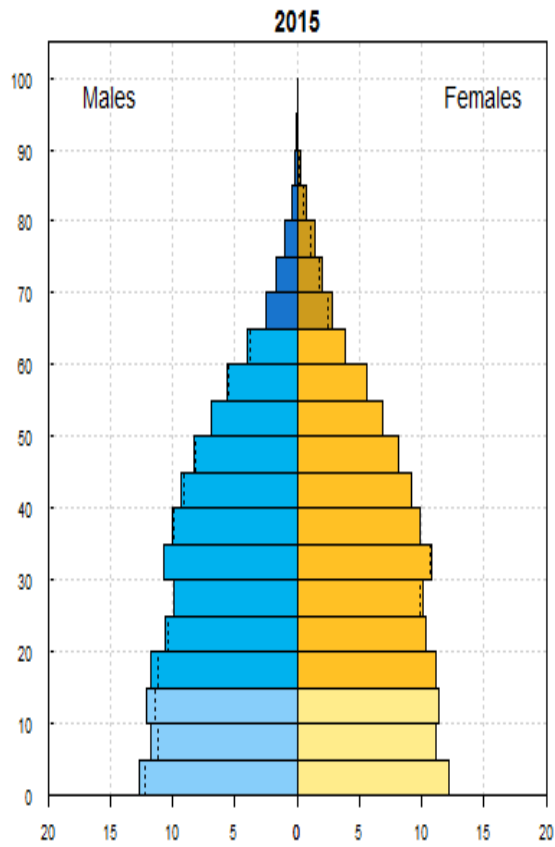
Sumber: WHO World Report on Ageing and Health, 2015

LIFE EXPECTANCY, UN PROJECTION 2015 REV

(SM Adioetomo, 2016)



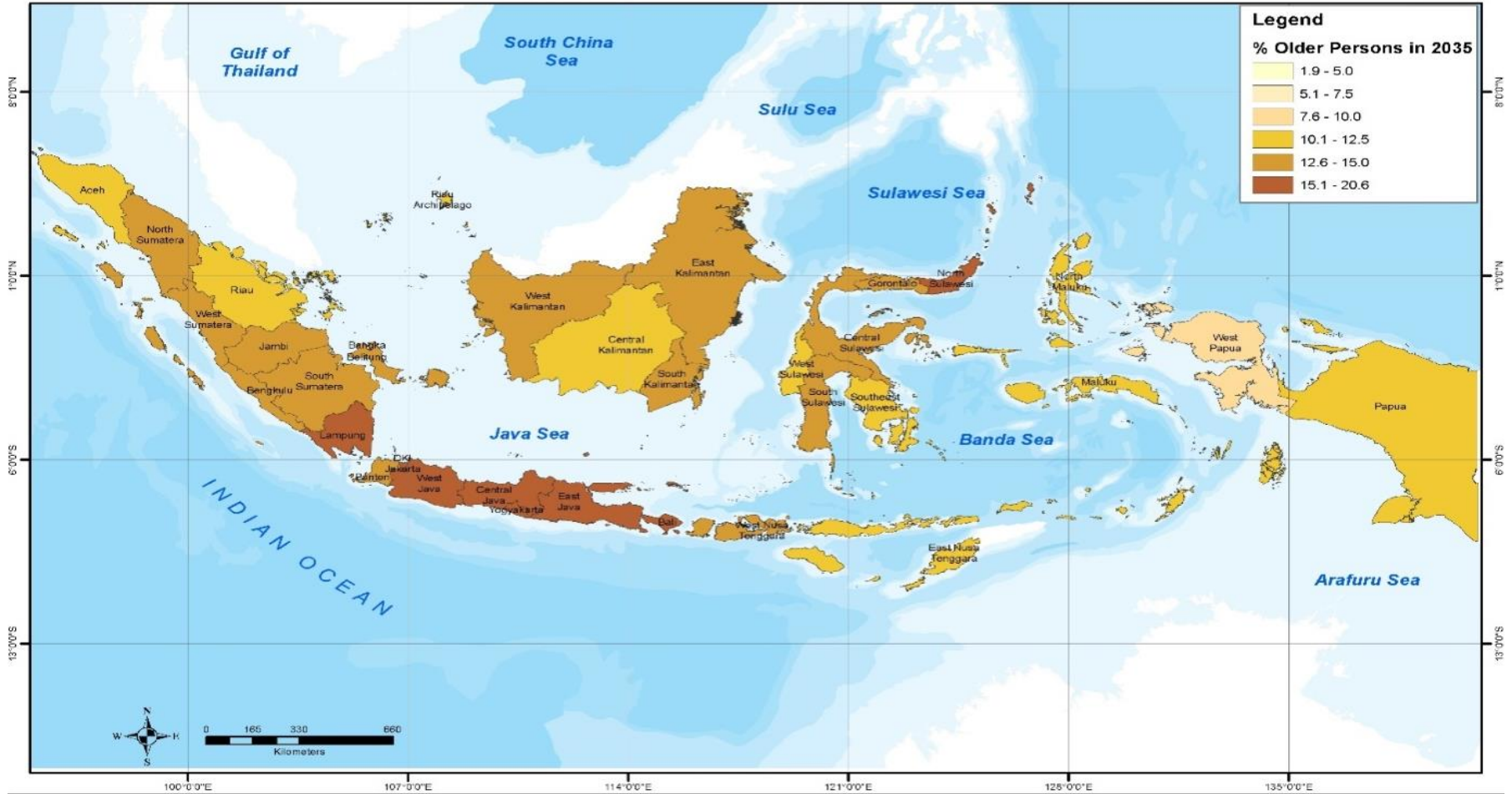
DEMOGRAPHIC PATTERNS



The changing pattern of population ageing across Indonesia's provinces, 2035

Source: Indonesia Population Projection 2010-2035

Percentage of Older Persons Aged 60 and Above by Province: Indonesia, 2035



Health and Environment

Health profile, 2013

Health Profile of Indonesian Older Persons

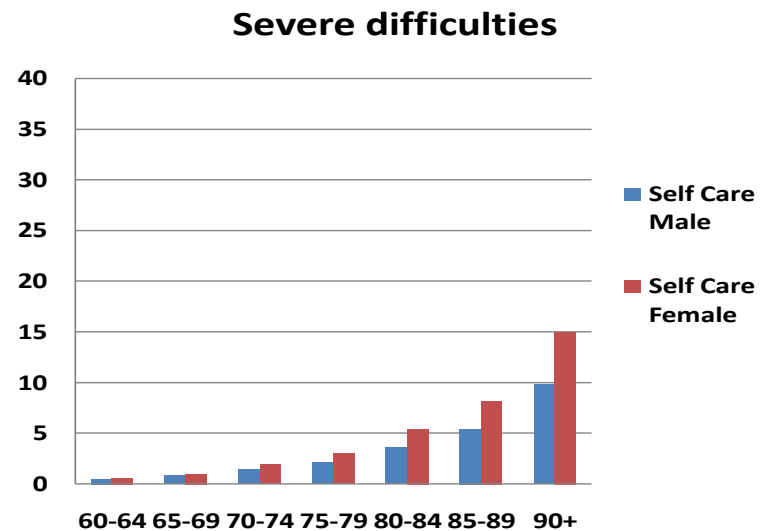
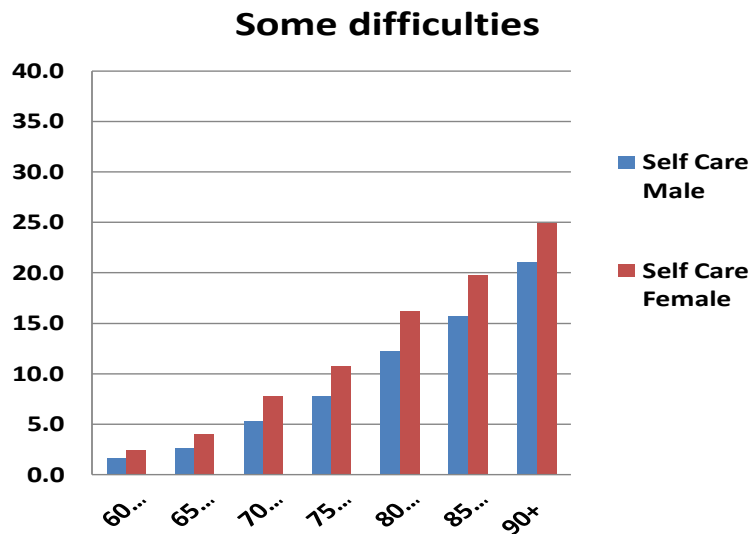
NO	HEALTH PROBLEM	Prevalences on age groups		
		55-64 yr	65-74 yr	75 + yr
1	PENYAKIT PARU OBSTRUKTIF KRONIK	5,6	8,6	9,4
2	KANKER	3,2	3,9	5
3	DIABETES MELITUS	5,5	4,8	3,5
4	HIPERTENSI	45,9	57,6	63,8
5	JANTUNG & PEMBULUH DARAH	2,8	3,6	3,2
6	GAGAL JANTUNG	0,7	0,9	1,1
7	STROKE	33	46,1	67
8	GAGAL GINJAL	0,5	0,5	0,6
9	BATU GINJAL	1,3	1,2	1,1
10	ARTHRITIS	45	51,9	54,8
11	GANGGUAN GIGI-MULUT	28,3	19,2	19,2

Quality of Life

EQ-5D	Cibubur Institutional Care (35) %	Cipayung Institutional Care (39) %	Cantayan Community Care (73) %	Total (147) %
Five dimension				
Low	34,3	33,3	6,8	20,4
High	65,7	66,7	93,2	79,6
VAS				
Low	48,6	30,8	19,2	29,3
High	51,4	69,2	80,8	70,7

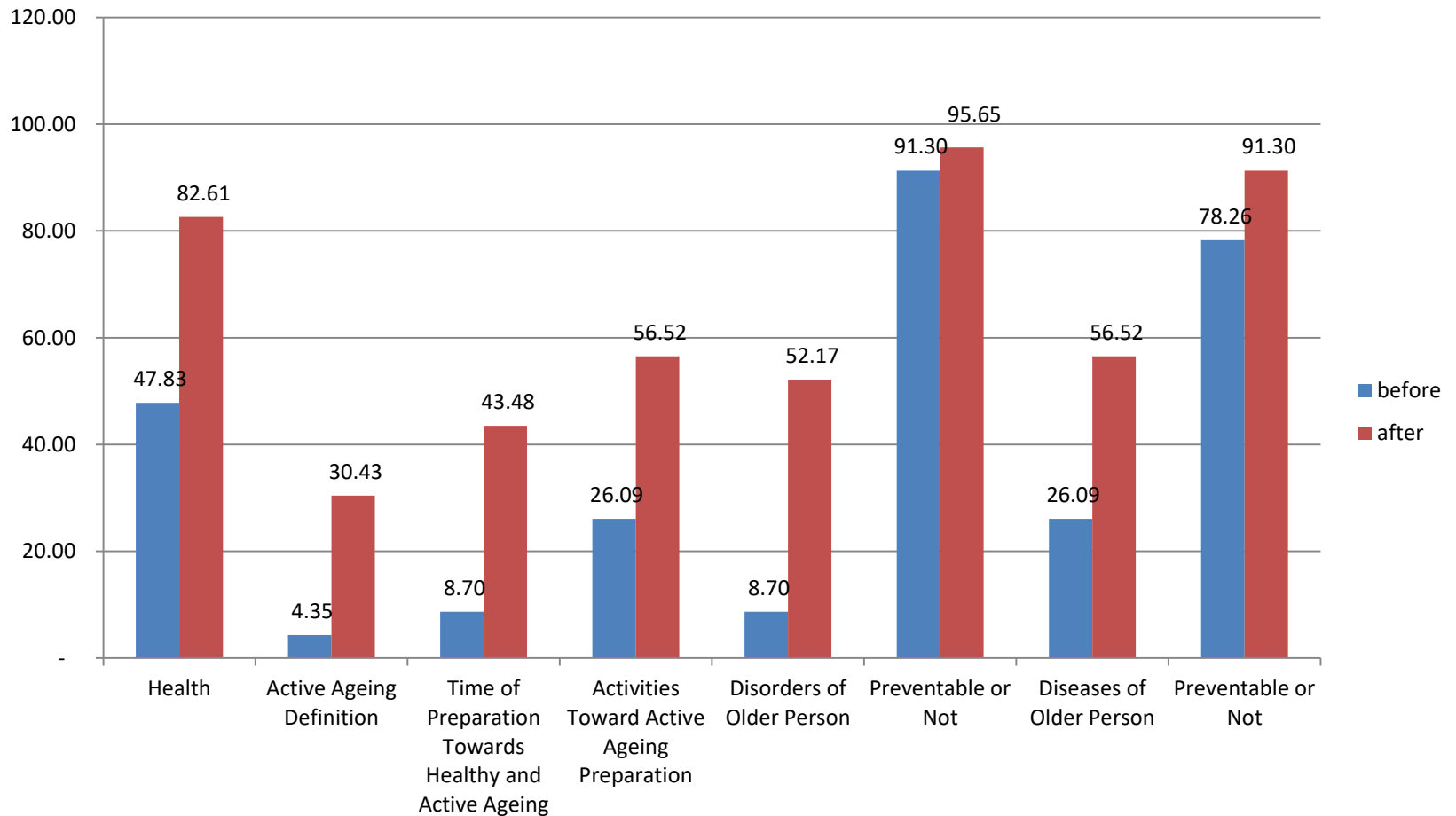
SELF CARE

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

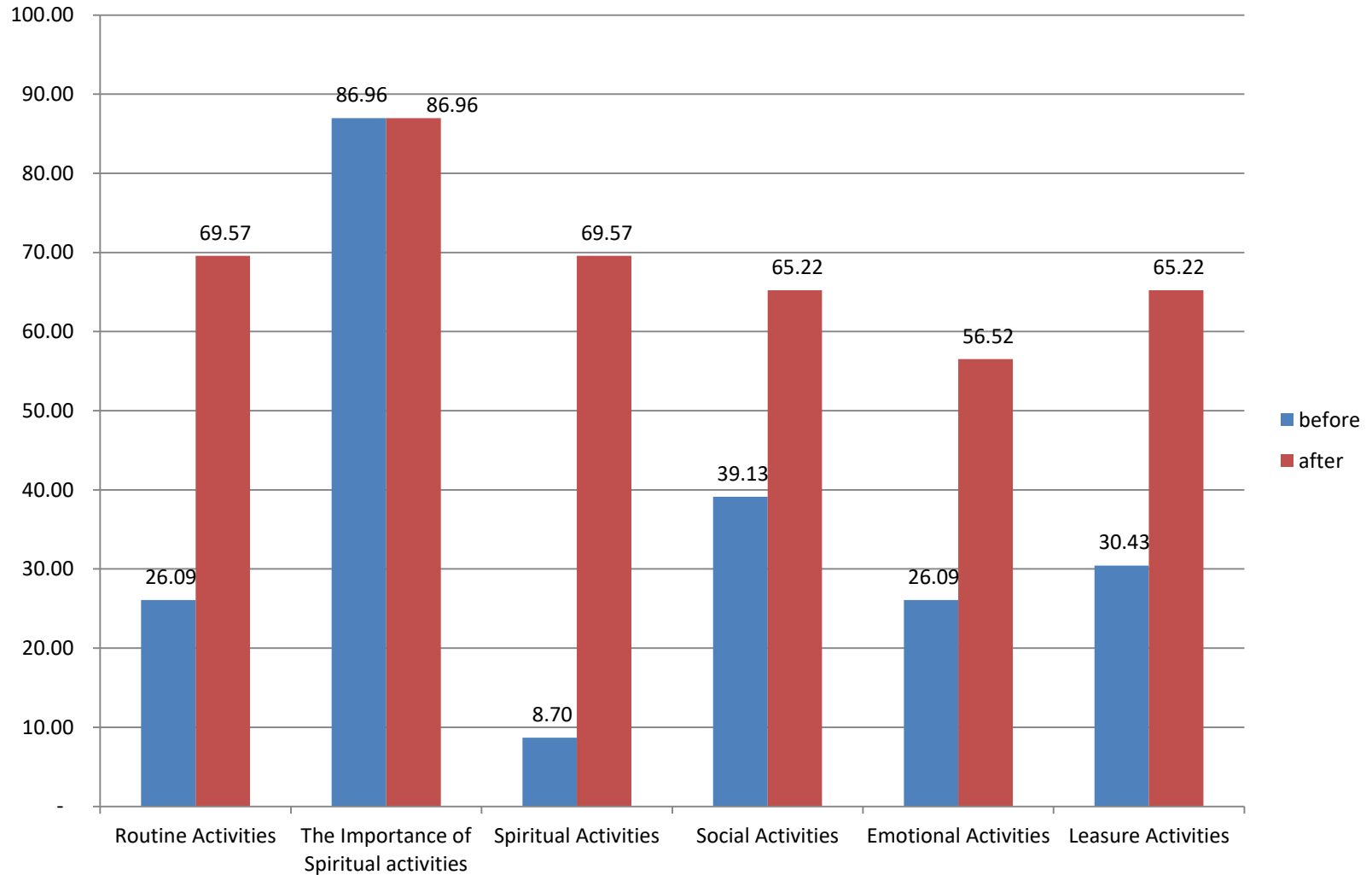


Older women are more likely to suffer severe difficulties in self-care. Long-term services will be highly needed by those who are bedridden. Therefore, it is important to focus on the availability of long-term care and rehabilitation professionals in the near future. The total of them reached 5 to 10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

KNOWLEDGE IMPROVEMENT ON HEALTHY AND ACTIVE AGEING



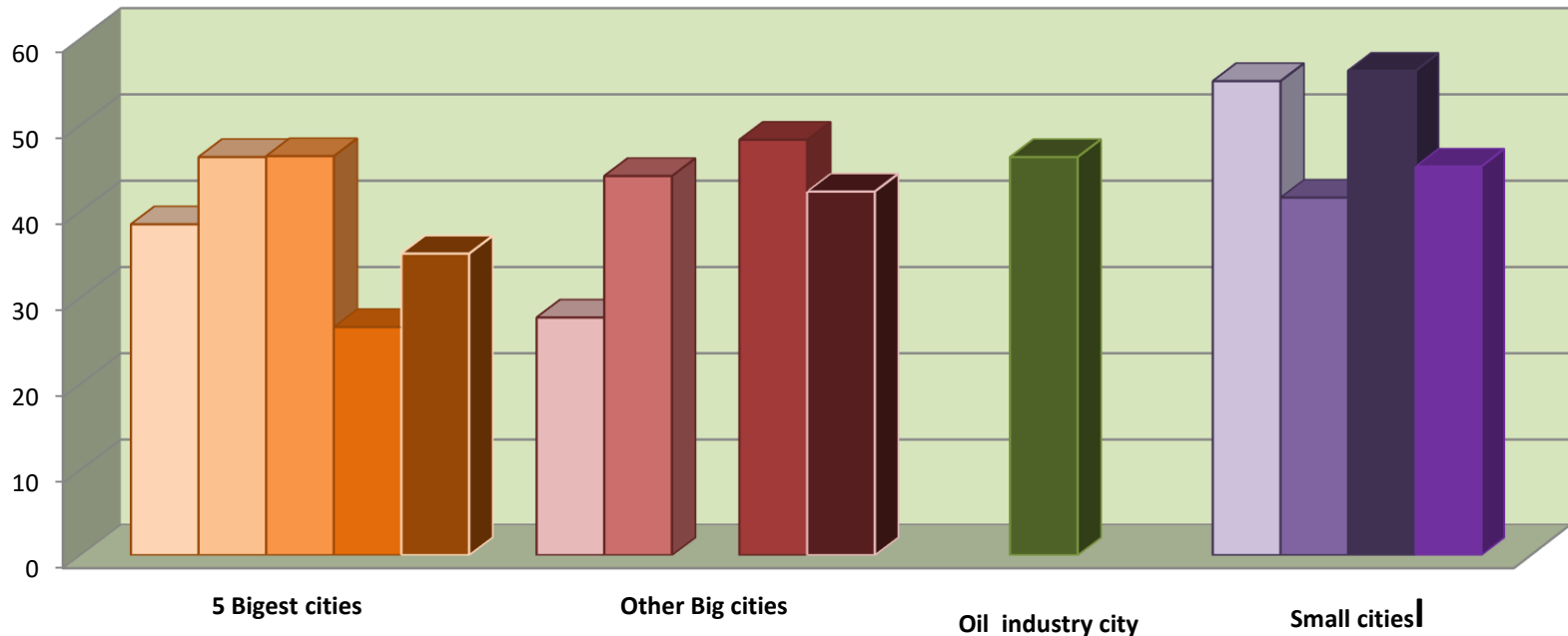
ATTITUDE IMPROVEMENT TOWARDS ACTIVE GEING



Readiness to be age friendly cities

(SurveyMeter and CASUI, 2013)

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



Jakarta

Surabaya

Bandung

Medan

Semarang

Makasar

Mataram

Yogyakarta

Denpasar

Balikpapan

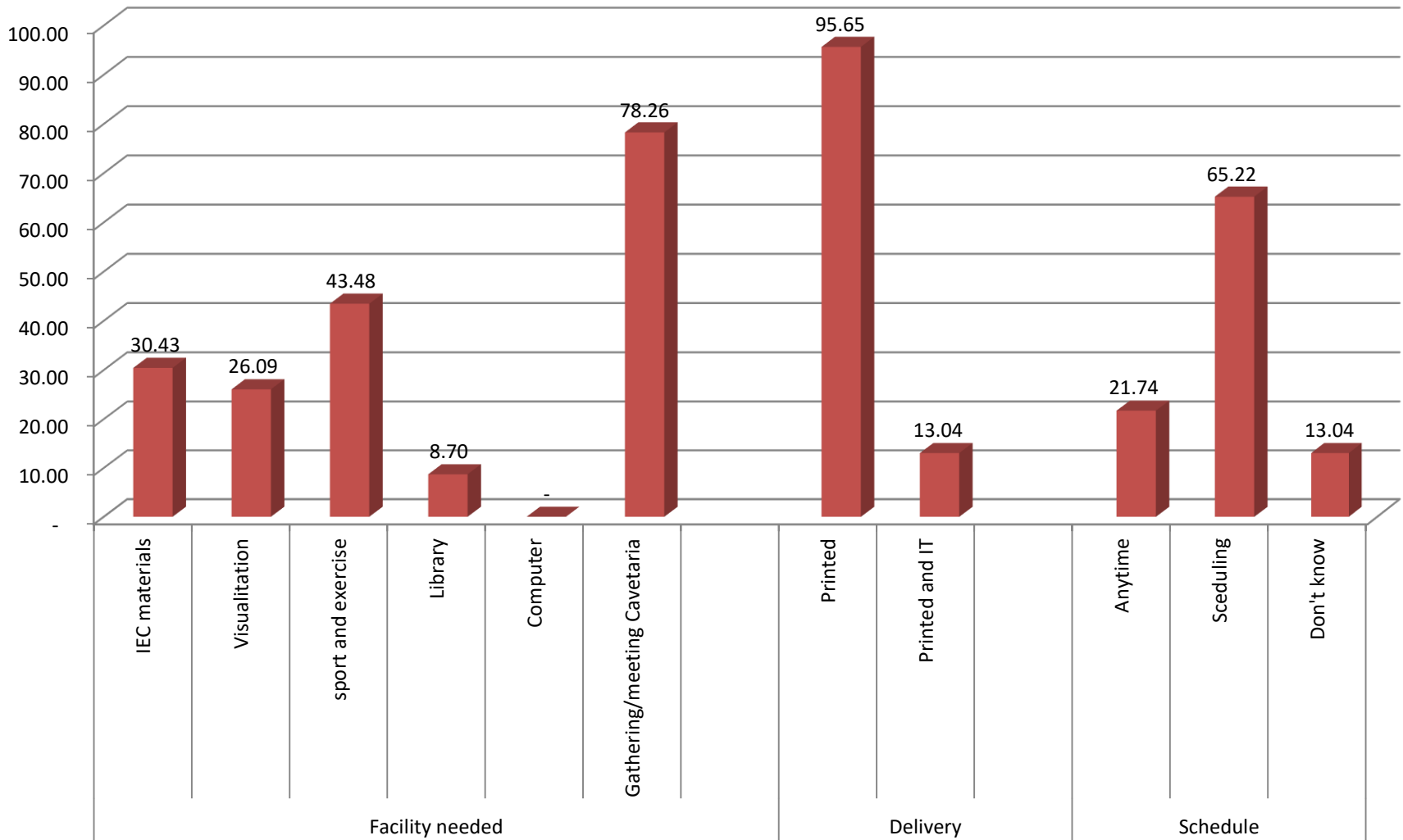
Payakumbuh

Depok

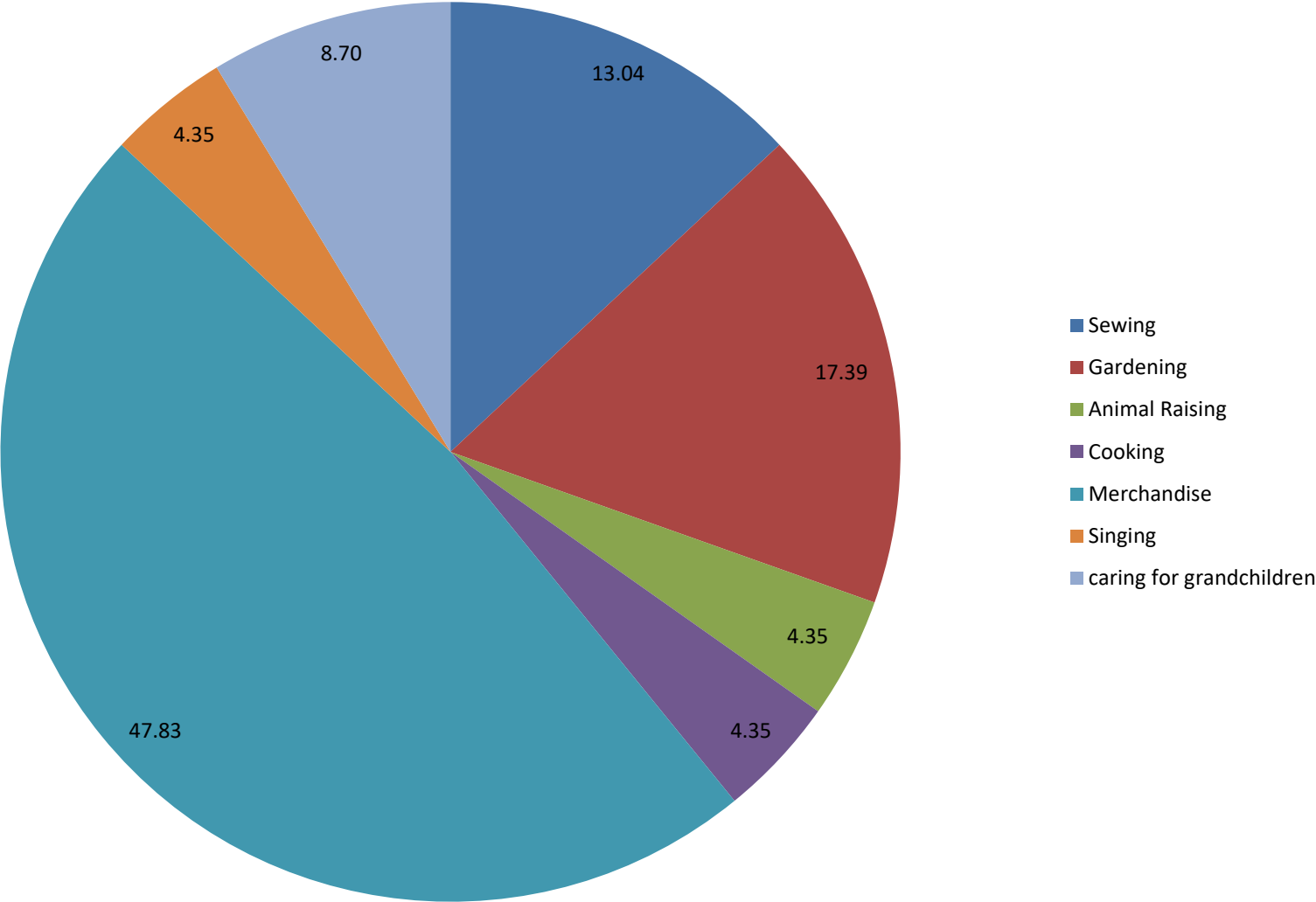
Surakarta

Malang

THE PERCEPTION OF AGE CONCERN FACILITY



THE DISTRIBUTION OF PRODUCTIVE ACTIVITIES



Joint Research and Publications
through education: PhD and
Master's programs

Ageing in Indonesia :

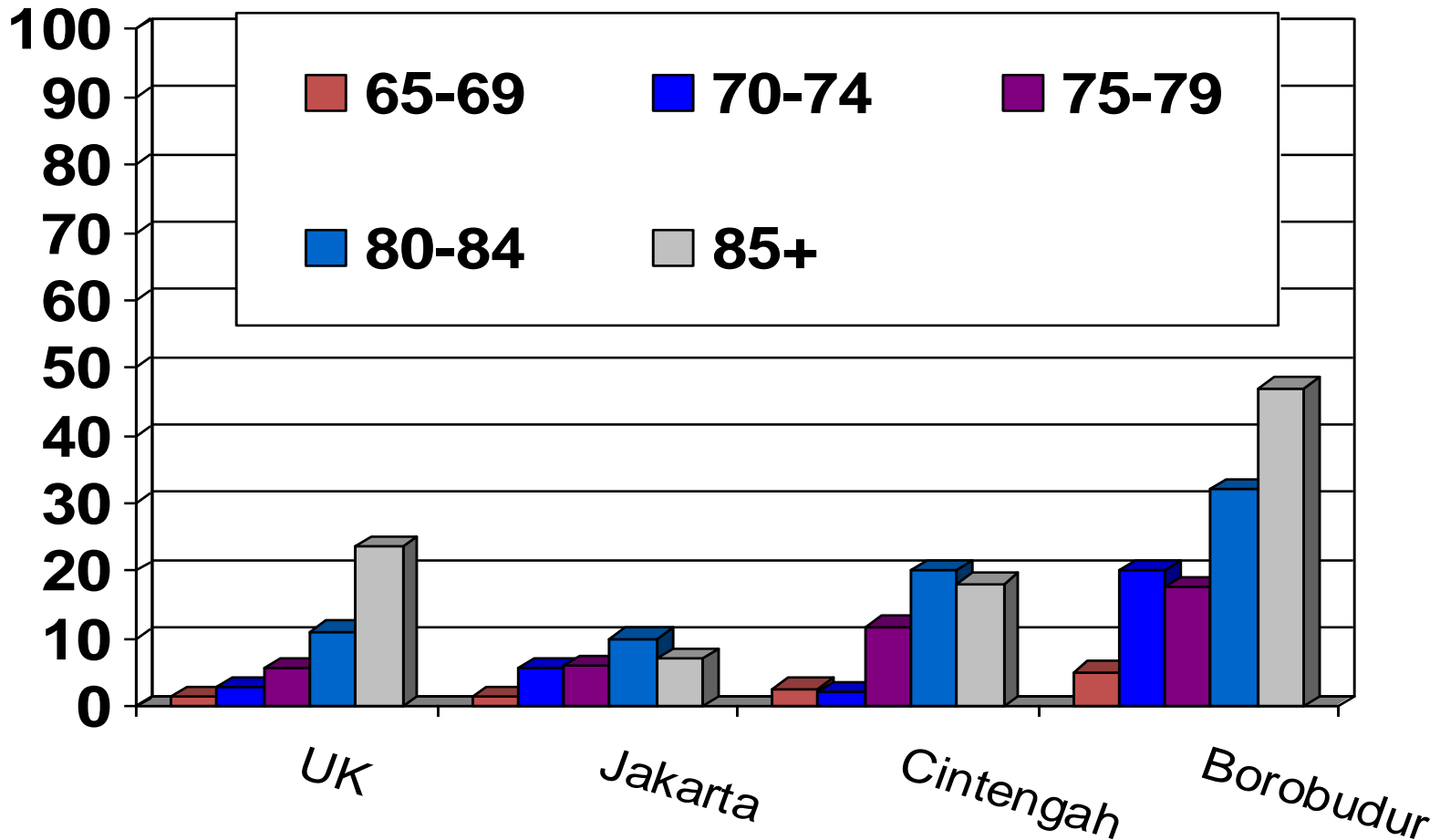
dementia and memory study including 'tempe'
consumption

- 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



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*,
2. *Hogervorst, E. (2013) Estrogen and the brain: does estrogen treatment improve cognitive function? Invited review for special issue *Menopause International*
3. *Hogervorst, E., Radhardjo, T-B., Jolles, J., Brayne, C., Henderson, V.W. (2012). Gender differences in verbal learning in older participants. *Aging Health* 8(5). Invited paper special issue, 493-507
4. *Hogervorst, E. (2012). Prevention of dementia with sex hormones: can androgens be an alternative to improve cognition in postmenopausal women. *Minerva Medica*(invited paper for special issue Oct;103(5):353-9
5. Arifin, Evi Nurvidya and Aris Ananta. "The Past Three Population Censuses: A Deepening Ageing Population in Indonesia". In Christophe Z. Guilmoto and Gavin Jones (Eds.) *Contemporary demographic transformations in China, India and Indonesia*. New York, USA: Springer.

The Examples of Publications/cont

6. *Arifin, E., Braun, K., Hogervorst, E. (2012). Three pillars of active ageing in Indonesia. *Asian Population Studies*, 8(2):48-56.
7. *Clifford, A., Bandelow, S., Hogervorst, E. & Rahardjo, T.B. (2012). A Cross-sectional Study of Physical Activity and Health-Related Quality of Life in an Elderly Indonesian Cohort. *BJOT*. invited
8. Kridawati, Hardinsyah, A. Sulaeman, R. Damanik, A. Winarto, TBW. Rahardjo, E. Hogervorst. (2013). Tempe and Tofu Flours May Have Positive Effect on Cognitive Function. *Annals of Nutrition and Metabolism* 63(suppl1) 213–214. e-ISSN 1421–9697
9. A. Kridawati. (2013). Nutrition: Tempe, Tofu and Healthy Ageing. *Prosiding: Nutrition, Growth-Development and Ageing*. ISBN 978-602-98441-4-6 (Page. 33-41)

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

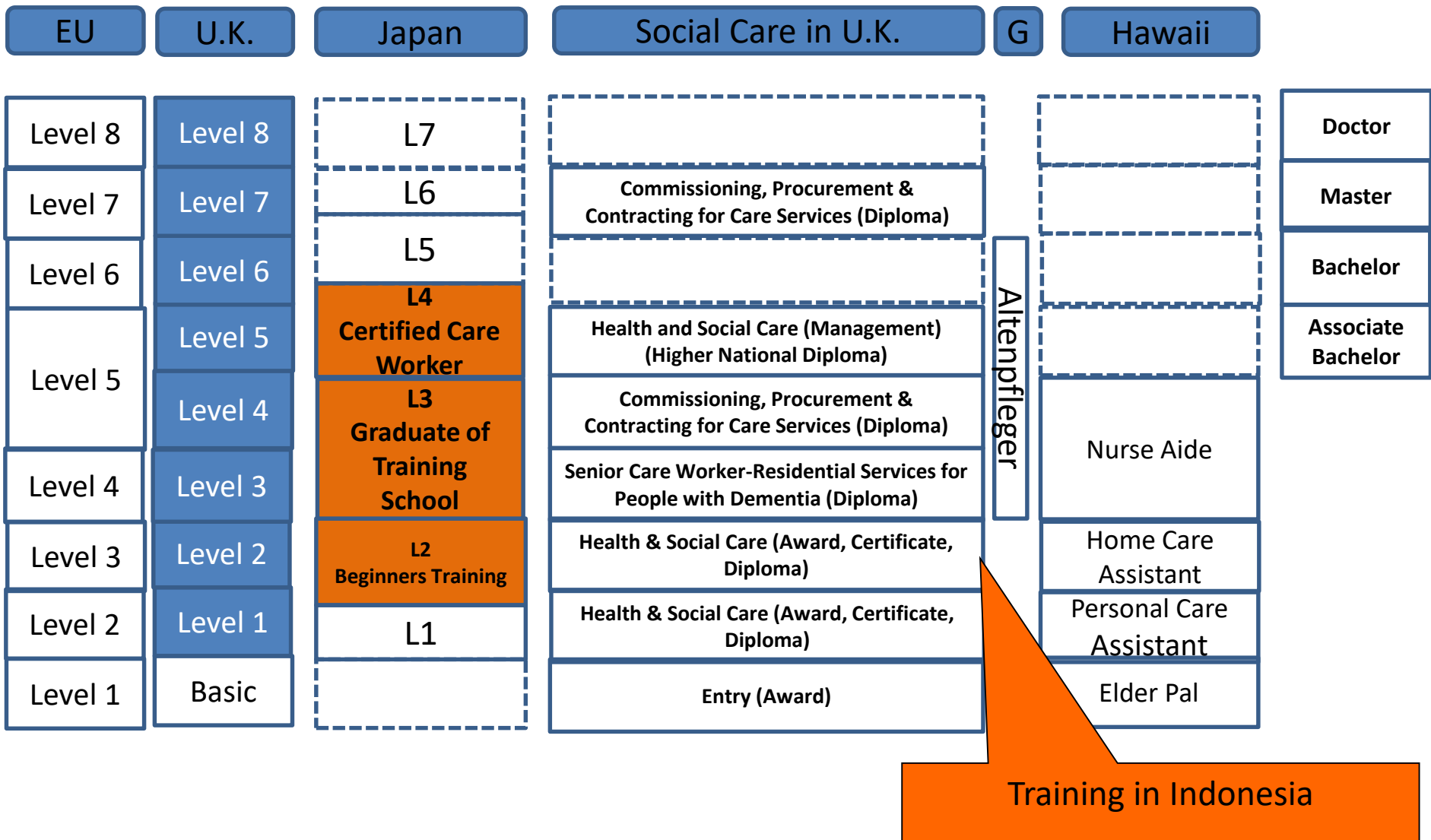
Seminar, Workshops and Student Exchange

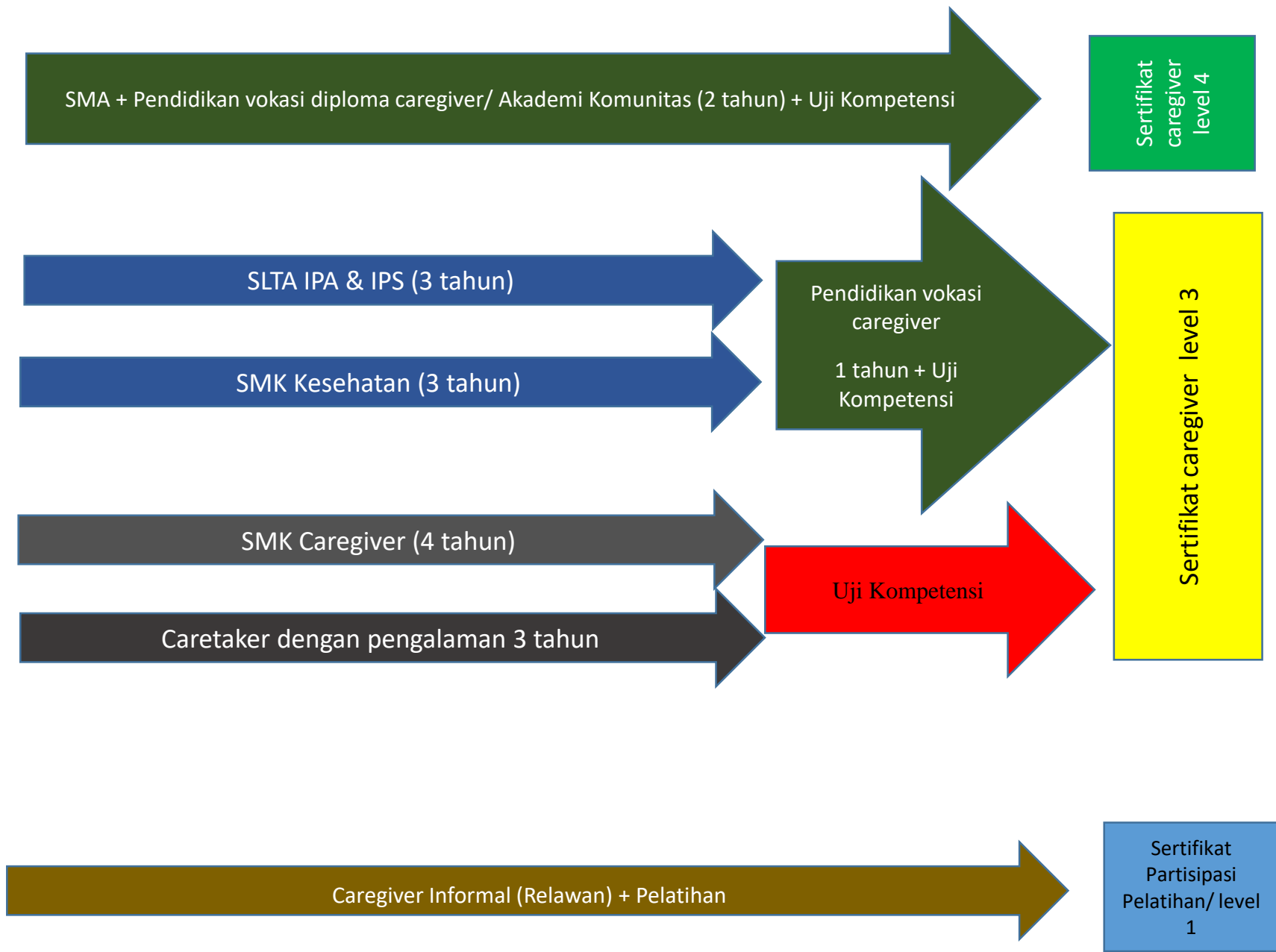
Sakura Science Program
2015, 2016, 2017

Seminar and workshops



Training for care givers (Takeo Ogawa, AABC 2013)





SMA + Pendidikan vokasi diploma caregiver/ Akademi Komunitas (2 tahun) + Uji Kompetensi

Sertifikat caregiver level 4

SLTA IPA & IPS (3 tahun)

SMK Kesehatan (3 tahun)

Pendidikan vokasi caregiver
1 tahun + Uji Kompetensi

Sertifikat caregiver level 3

SMK Caregiver (4 tahun)

Caretaker dengan pengalaman 3 tahun

Uji Kompetensi

Caregiver Informal (Relawan) + Pelatihan

Sertifikat Partisipasi Pelatihan/ level 1

Collaboration in Community and LTC Training Programs



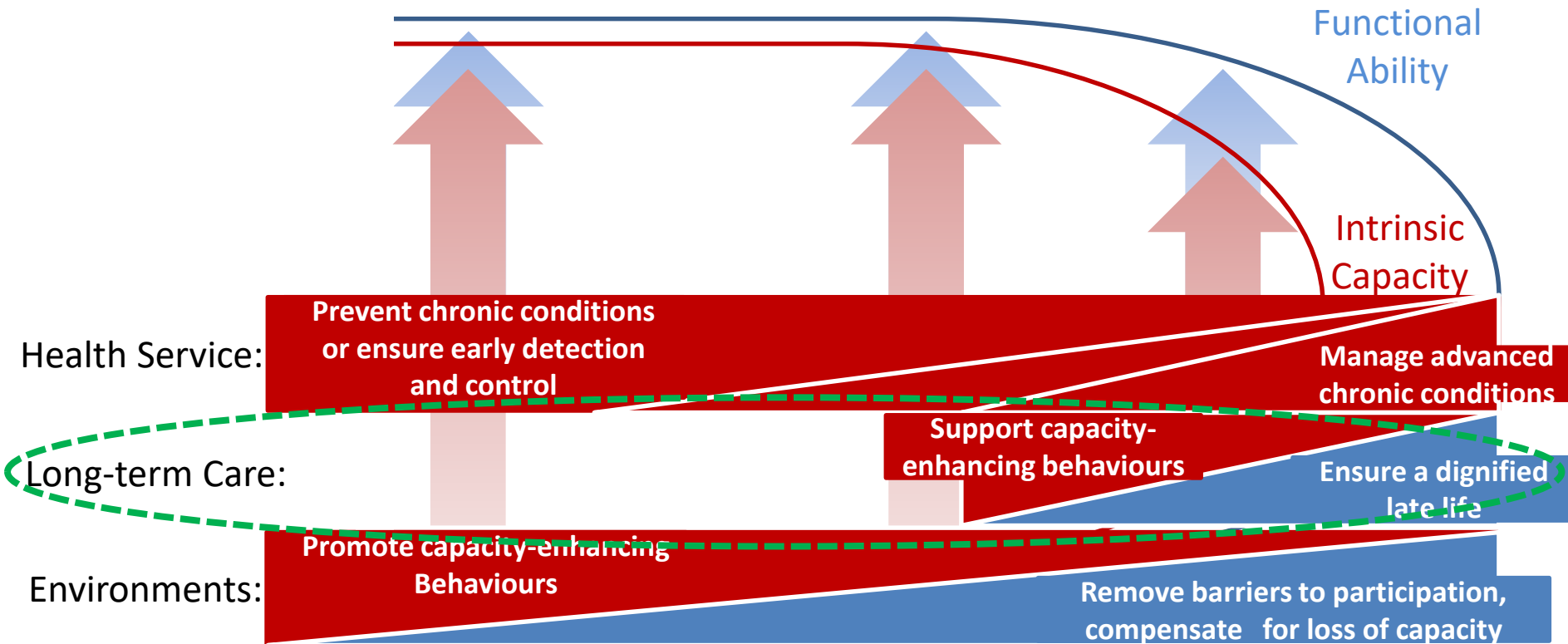


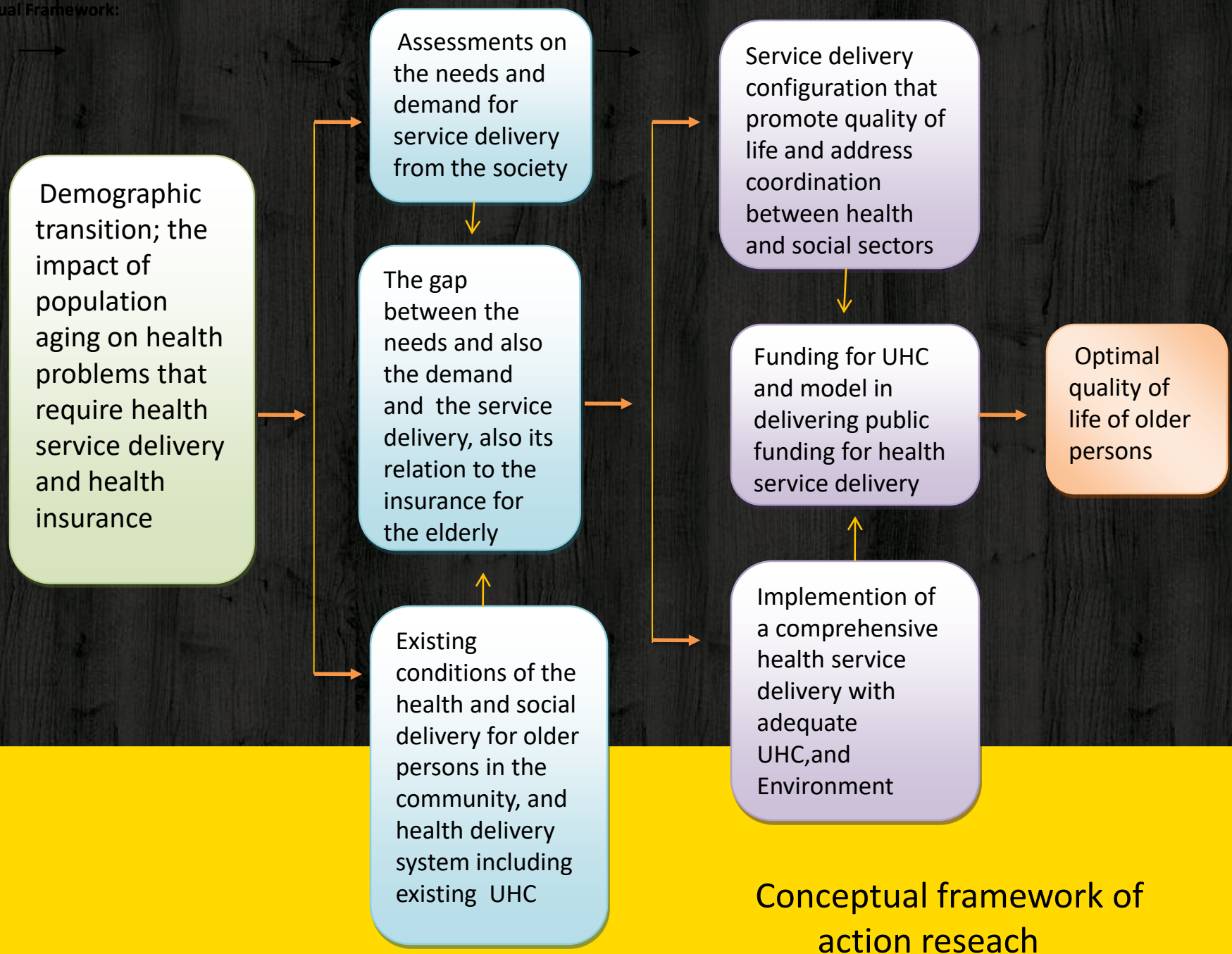
Care Giver Training in community

Action research that should
be done

A Public-Health Framework for Healthy Ageing (WHO,2016)

High and Stable Capacity Declining Capacity Significant Loss of Capacity





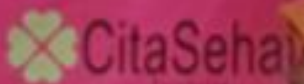
Conceptual framework of
action research

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

Launching Program Pendampingan
DUSUN RAMAH LANSIA
Karet, Pleret, Bantul

Home Visit Lansia "Ngaruhke Simbah"
Edukasi Kesehatan Lansia
Pelayanan Lansia
Senam Lansia Sehat
Pemberdayaan Lansia Produktif
Pemeriksaan kesehatan berkala



Pendampingan Lansia
Warga Duk. Karet, Pleret, Bantul

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