



International Advocacy

HYBRID 10th WORKSHOP

31 August - 2 September 2022



Lectures 2



ASIA

Trends, options and research on elderly care

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Trends, Challenges and Research on Elderly Care in Asia

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10TH INTERNATIONAL ADVOCACY WORKSHOP

September 2022

Global Aging Trend

- Since 2018, there have been more people over 64 than children younger than 5 globally
- In 2020 - 737 million aged 65+
- Over the next 3 decades, projected to reach 1.5 billion in 2050, about 16% of the total population (UN, 2020)
- 80+ is the fastest growing group – projected to reach 446 million in 2050
- Asia-Pacific has the most rapid growth of older adults (Wan He et al., 2022; UN, 2019). In 2050, [one in four people](#) will be over the age of 60 - three times the number of older persons living in the region in 2010 - more women than men

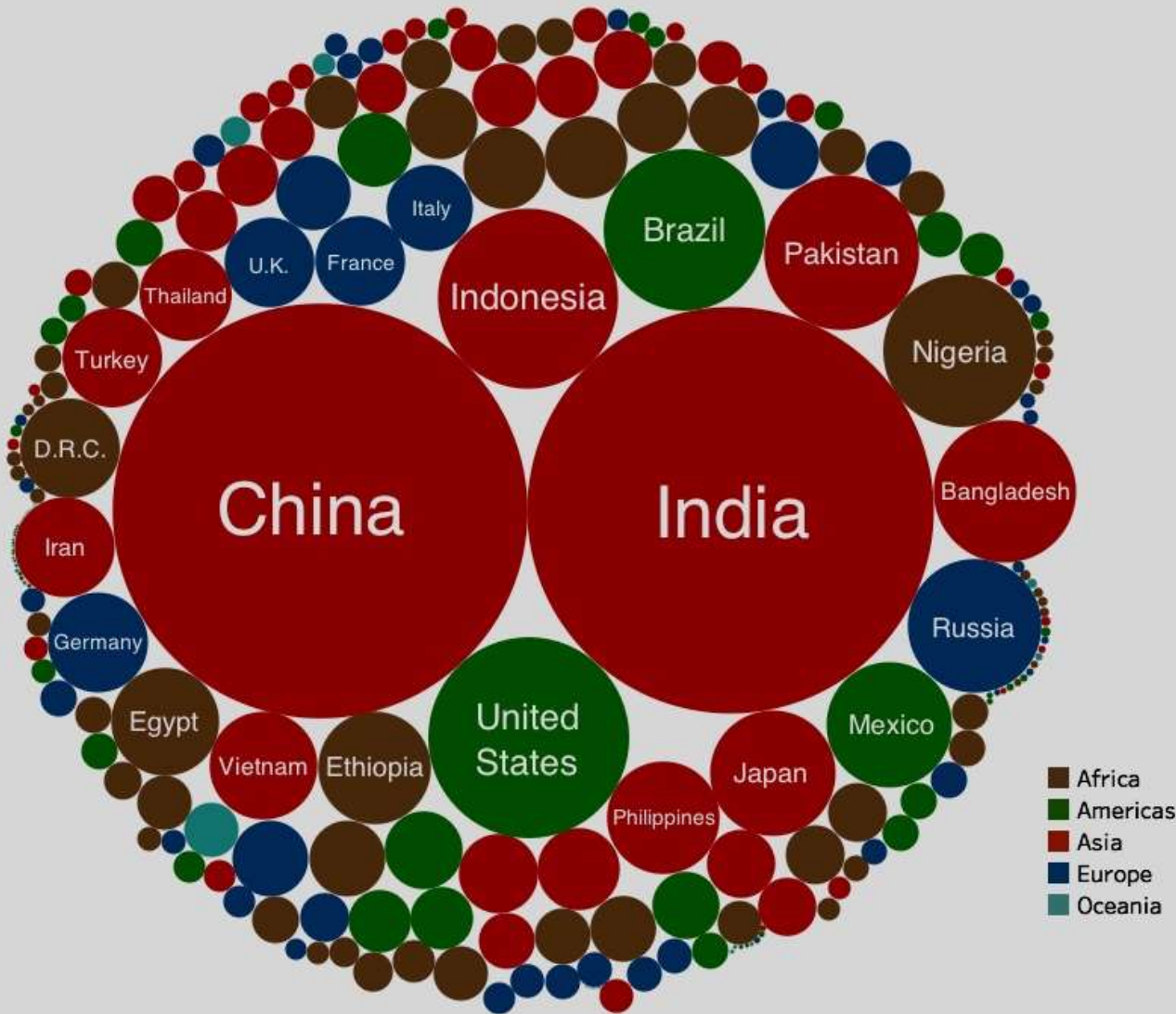
Unique aspects of Aging experience in Asia:

- Pace
- Magnitude
- Economic and social development
- Demographic landscape
- Cultural values and expectations
- Public policies, welfare regime
- This aging trend is occurring in a context often referred to as “compressed modernity” (Chang, 2010) with unprecedented economic growth and sociopolitical transformations, weakening traditional values of filial piety that expect adult children (sons in particular) to care for their aging parents and a strong familistic welfare scheme that provides generally weak public safety nets for older adults (Yeung & Thang, 2018).

Time to transition from an aging (7% 65+) to an aged (14%) society

- France – 115 years
- USA – 65 years
- Japan: 26 years (TFR=4.7 in 1943 to 2.2 in 1963)
- Thailand: est. 22 years
- China: est. 22 years
- Vietnam: ets. 20 years
- Korea, Taiwan & Singapore: 17-18 years

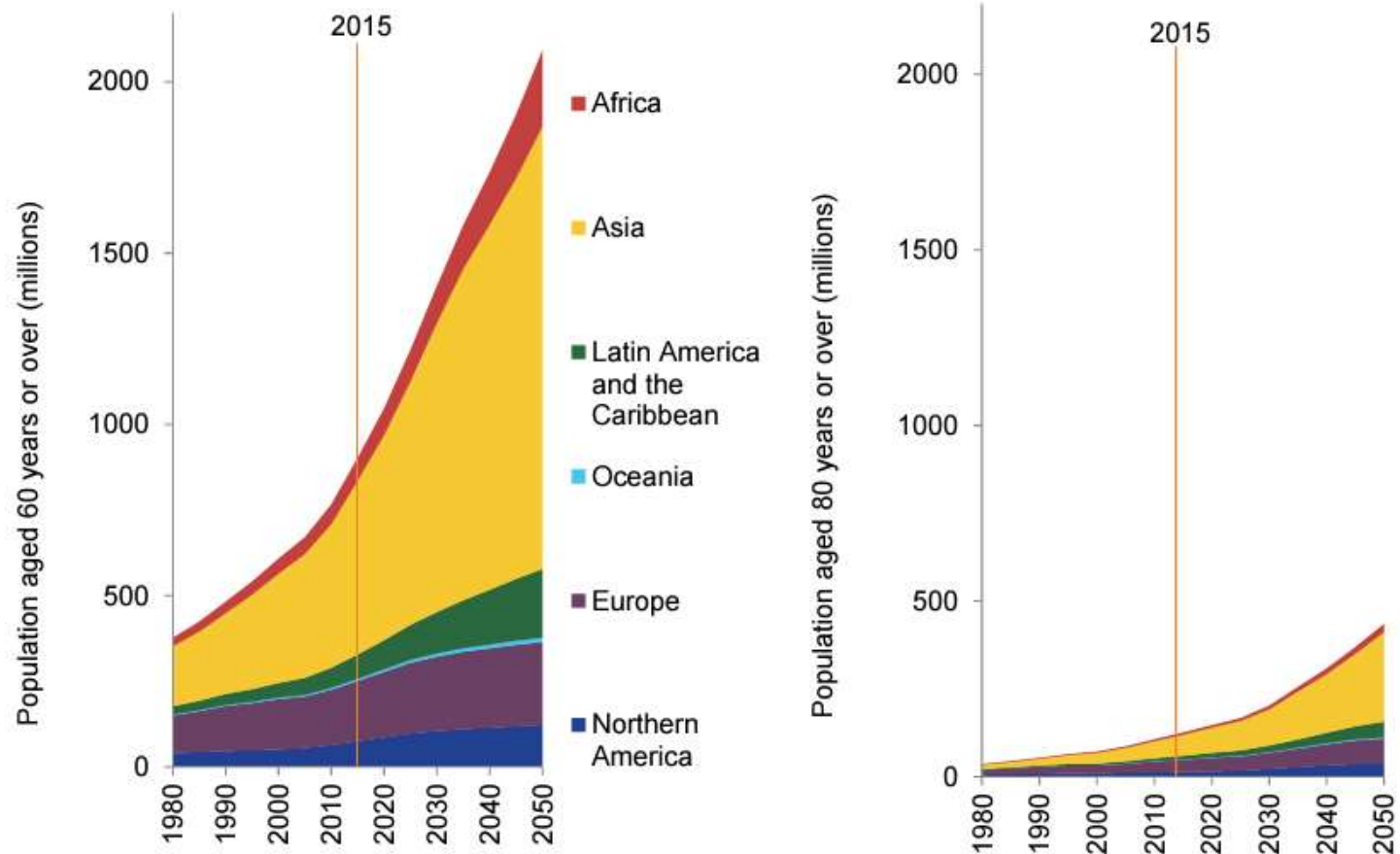
Countries by Population Size



World's 7.97 billion population in Aug. 2022:

Asia	59.5%
Africa	17.2%
Europe	9.6%
North America	4.7%
Latin Am & Caribbeans	7.5%
Ocenaria	0.5%

Figure II.2.
Population aged 60 years or over and aged 80 years or over, by region, 1980-2050



Source: United Nations, World Population Prospective, 2015

Rapid Aging in Asia

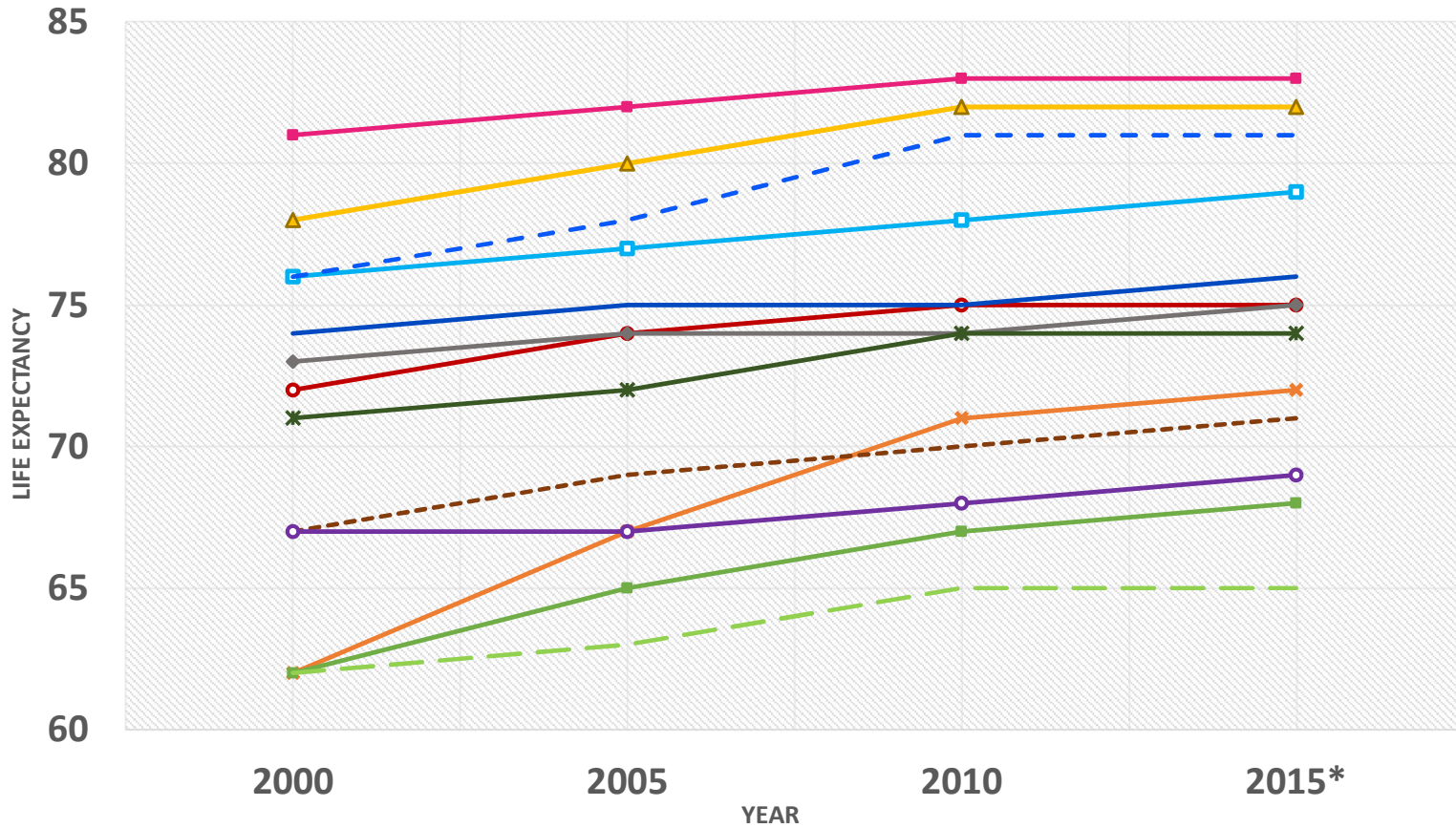
- Japan – a super-aged society with 28.7% 65+, 80,000 centenarians. Its population has started shrinking since 2011
- HK, Taiwan, South Korea, Singapore, and Thailand follow with 19%, 16%, 17%, and 16% of 65+ in 2021 respectively
- China and India, the two largest populations in the world, are expected to have 14% of their population aged 65 and over in 2044 (Martin, 2012). China: 175 million in 2021 – more than all European Union countries combined
- Thailand (13%, 2021), Indonesia, Vietnam and Myanmar are at the key stage where improved average life expectancy and declining fertility rates have resulted in rapidly greying populations
- Malaysia – 7.4% in 2021 will double to 15% by 2050

Region	Total population		Population aged 65 and older			
	2020	2060	2020		2060	
			Number	Percent	Number	Percent
Central Asia.....	70.0	85.6	4.4	6.3	19.1	22.4
<u>Eastern Asia</u>	1,631.0	1,455.5	<u>223.8</u>	<u>13.7</u>	<u>491.1</u>	<u>33.7</u>
South-Eastern Asia.....	675.0	828.8	47.7	7.1	172.6	20.8
Southern Asia.....	1,897.2	2,497.0	122.5	6.5	463.8	18.6
Western Asia.....	273.8	386.4	15.8	5.8	69.3	17.9

Source: U.S. Census Bureau, International Database, 2021.

From Wan He et. Al., 2022, Asia Aging: Demographic, Economic, and Health Transitions.
U.S. Department of Health and Human Services, National Institute on Aging

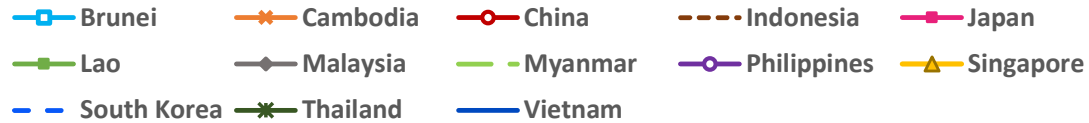
LIFE EXPECTANCY OF ASEAN PLUS 3 COUNTRIES FROM 2000 - 2015



2022 top 8:

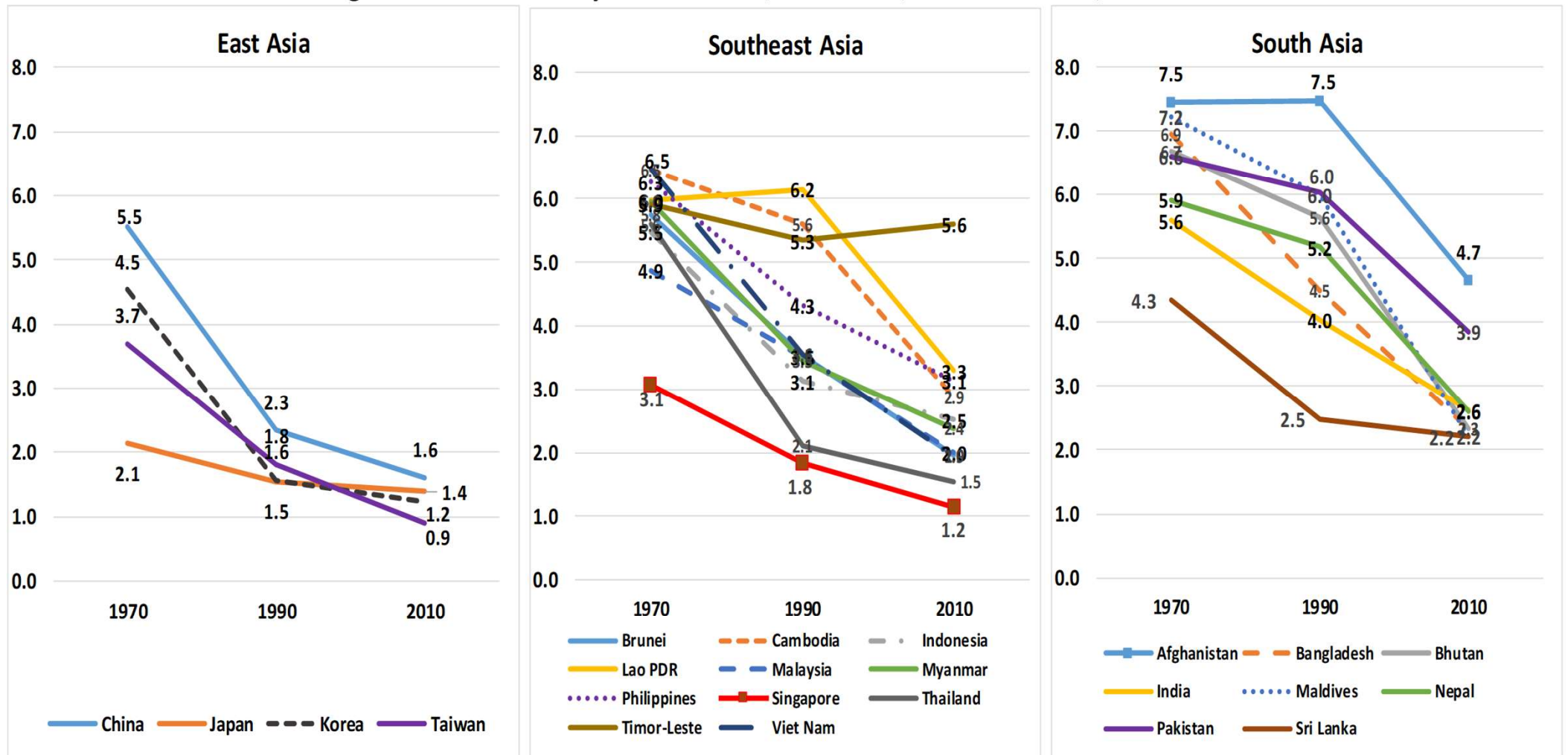
- Hong Kong SAR – 85.3
- Japan – 85.03
- Macao -84.7
- Switzerland – 84.3
- Singapore – 84.1
- Italy – 84.0
- Spain – 83.99
- Australia 83.94

*2015 DATA RETRIEVED FROM THE WORLD BANK



Source: Yeung and Thang (2018), *Journal of Aging and Health*, Long-term Care in ASEAN PLUS THREE

Figure 1: Total Fertility Rates in East, Southeast, and South Asia, 1970-2010

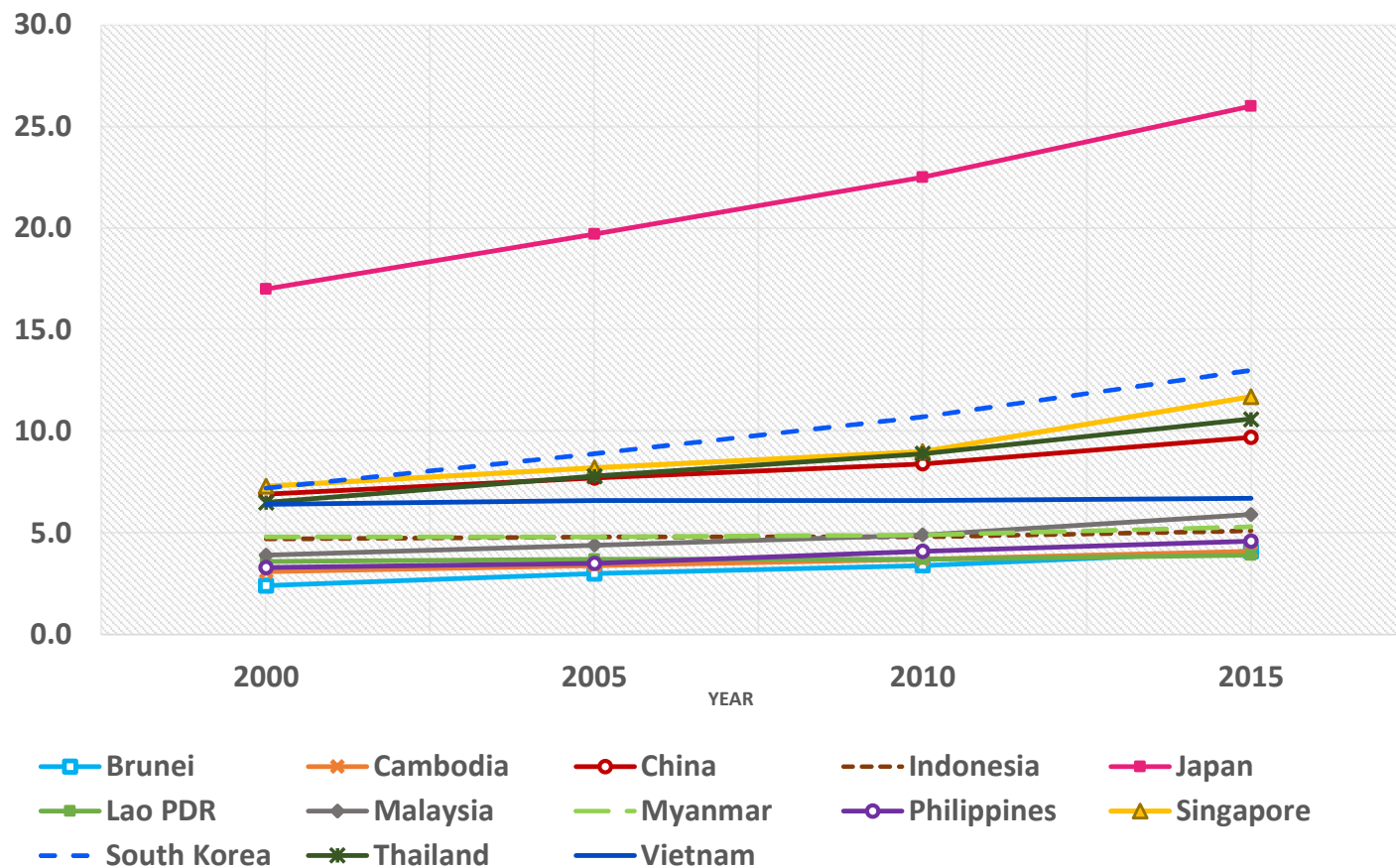


Note: 2010 data of Afghanistan are missing, 2015 data are used.

Source: World Bank database on Health Nutrition and Population Statistics accessed on 25 October 2016. Data for Singapore sourced from UN Population Division (UNPD) World Fertility Data accessed on 2 November 2016.

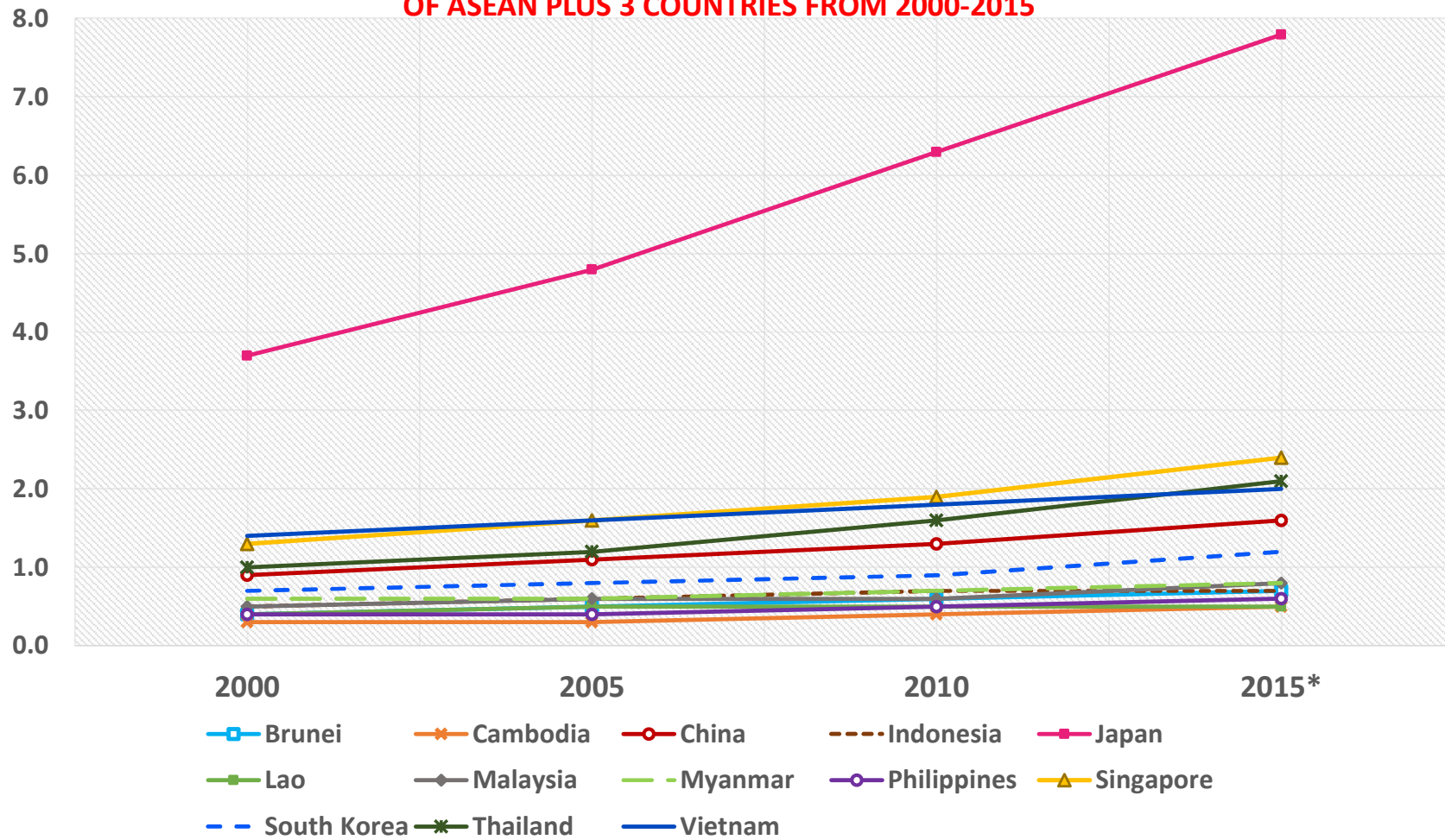
Source: Yeung, Jones, Desai Families in Southeast and South Asia, *Annual Review of Sociology*, 2018

PERCENTAGE OF TOTAL POPULATION AGED 65 AND ABOVE OF ASEAN PLUS 3 COUNTRIES FROM 2000-2015



Source: Yeung and Thang (2018), *Journal of Aging and Health*
 Long-term Care in ASEAN PLUS THREE

**PERCENTAGE OF TOTAL POPULATION AGED 80 AND ABOVE
OF ASEAN PLUS 3 COUNTRIES FROM 2000-2015**

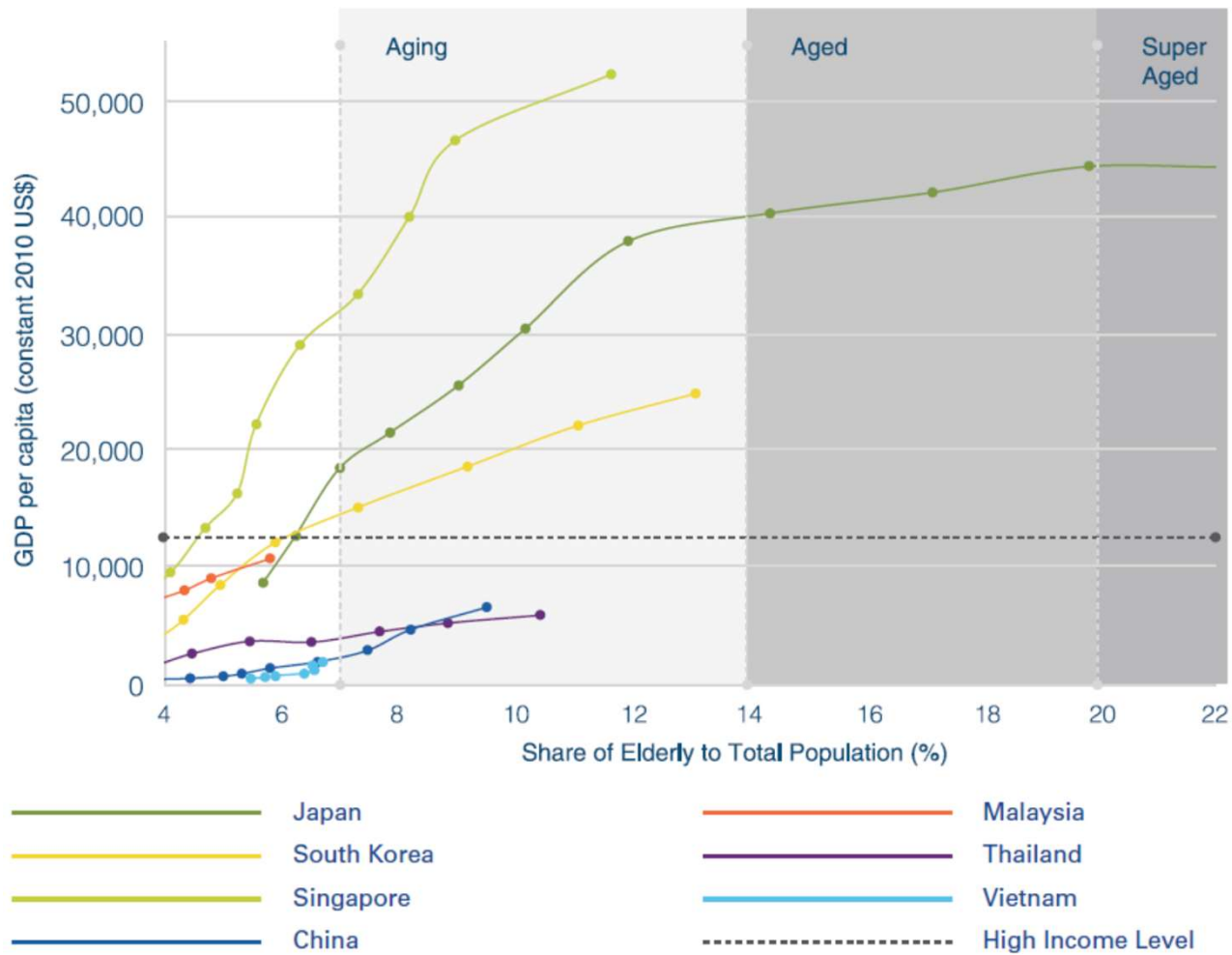


**Thailand- to rise
10-fold between
2000 & 2050
(1-10%)**

Source: Yeung : Yeung and Thang (2018), *Journal of Aging and Health*, Long-term Care in ASEAN PLUS THREE

Aging in Asia : Get old before get rich?

- West – aging only after reaching high GDP per capita
- not in Asia – e.g., China, Thailand, Vietnam, “Get old before get rich”

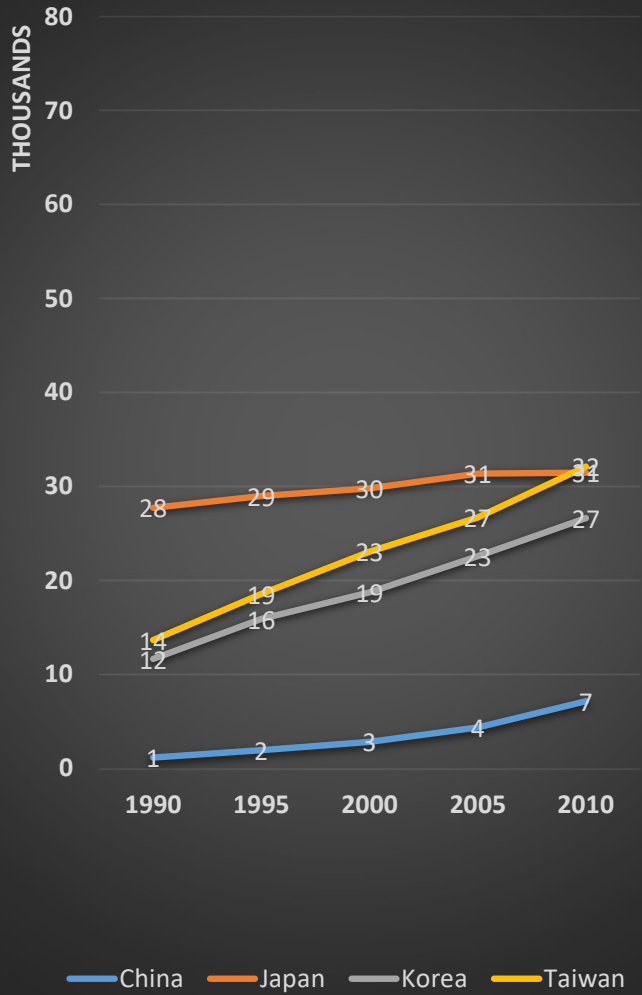


Source: World Bank Data and UN Population Data

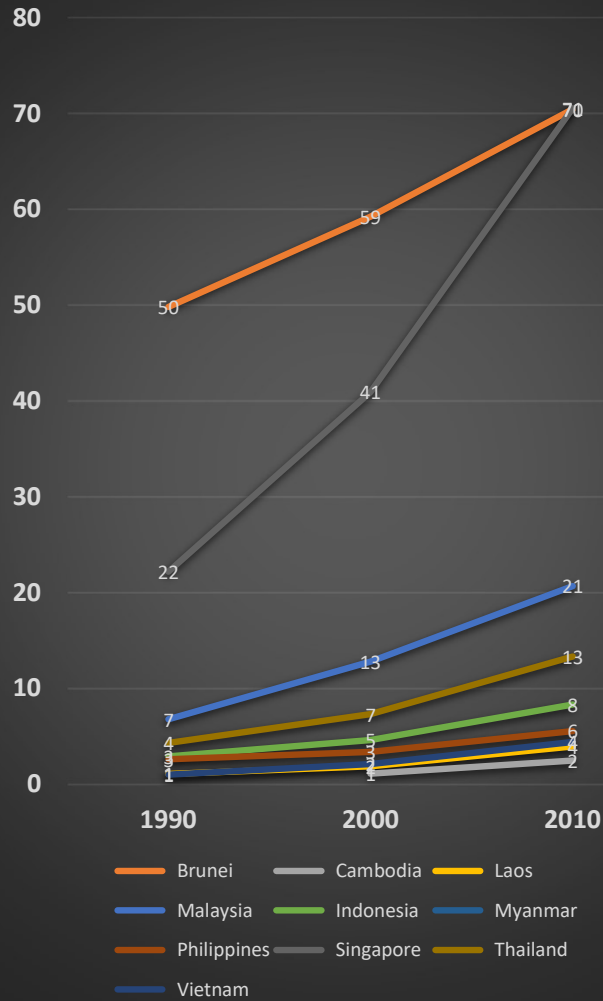
GDP per capita (PPP adjusted), 1990-2010

Source: Yeung, 2016

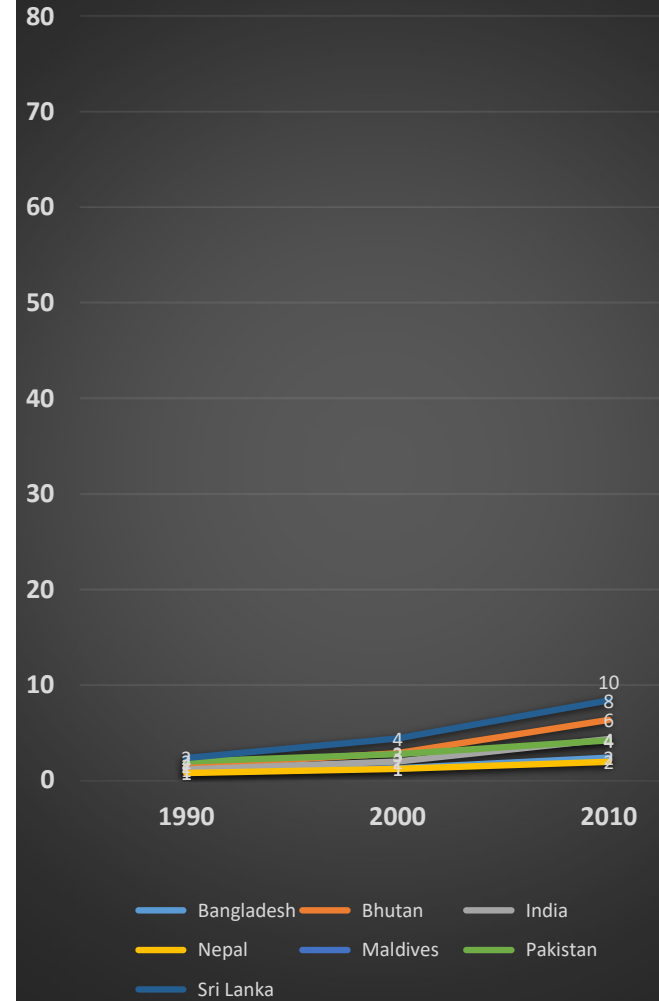
East Asia



Southeast Asia



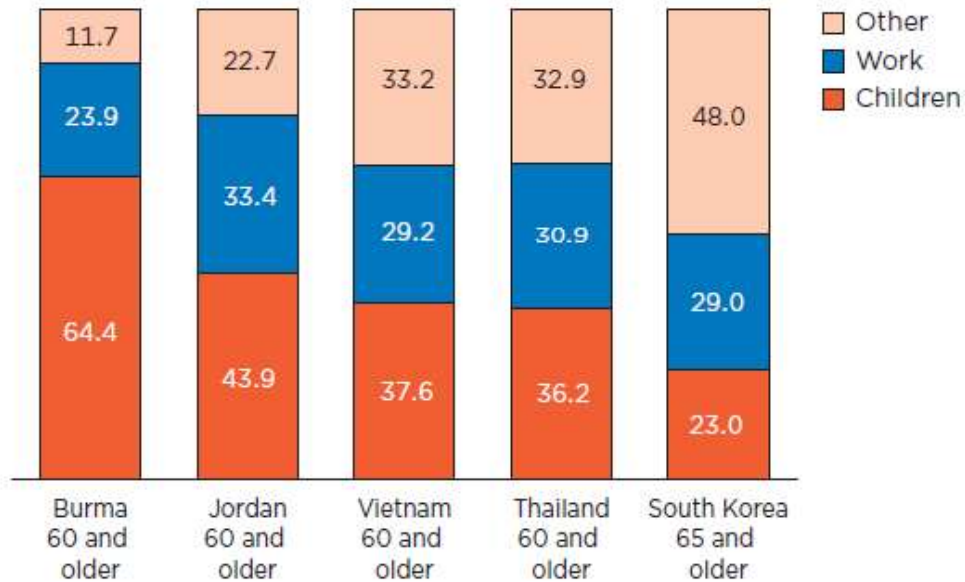
South Asia



Cultural Context

- Asia - prevalent family-based social norms
 - Intergenerational relations –filial piety, more coresidence, patrilineal norm in caregiving
 - Kinship system (EA, SA- patriarchal, SEA- more matriarchal, bilateral)
 - Ethnic, religious diversity – Confucian doctrines, Buddhism, Hinduism, Christianity, Muslims, Indian, Chinese, etc.
 - Gender norms – greater inequality in caregiving responsibility & lower resources for women (low FLPR in many countries – no resources saved through working life)

Figure 3-4.
Main Sources of Income for Older Population In Selected Asian Countries



Note: Other sources include social allowance, private pension, savings/investments, spouse's support, or others. For South Korea, income from "Children" may include other sources from private transfer income.
 Source: Myanmar Aging Survey, 2012; Jordan Household Expenditures and Income Survey, 2017; South Korea 2019 Social Survey, Statistics Korea; Survey of Older Persons in Thailand, 2017; Survey on Older Persons and Health Insurance in Vietnam, 2019.

Source: He et al. 2022, Asia Aging: Demographic, Economic, and Health Transitions, International Population Reports, p.34

Policy context

- Europe – making provision much longer with higher level of financial and other forms of support to families and those needing care and enabling women to pursue a life not completely defined by their care-related obligations
- Asia – “Familialistic” and male breadwinner welfare regime –
 - family as primary institution responsible
 - share developmental/productivist welfare state approach which subordinates welfare development to economic growth (Esping-Andersen, 1997, Kwon, 2009)
 - Assistance level low, with heavy reliance on the family

Care becomes an unprecedented challenge

- Structural change, “compressed modernity” – rapid social, economic, demographic (Jones, 2008; Yeoh, 2007, Yeung et al, 2018)
 - longer life expectancy, declining fertility
 - Dual earner family model – FLFP increased, time available squeezed
 - Change in family structure – 3-generation, empty nested, living alone
 - Migration – consequence of urbanization – internal and international migration, posing questions about the sustainability of family institution in the provision of care
- Ideational shift in family value – intergenerational and gender relations (Thornton, 2005, Lesthaeghe, 2010)
- Challenge the long-standing assumptions about private and public responsibilities for care in Asia

Shifting Boundaries of Care in Asia (Zhang & Yeung, 2012)



Zhang, Y. and Yeung, W. J. 2012. Shifting Boundaries of Care in Asia. Special issues of the *International Journal of Sociology and Social Policy*, 32(11/12).

“Care Diamond” (Evers et al, 1993; Ochiai, 2009) –the relationship between **family, state, market, and voluntary sector** (including community) have shifted over time

Policies have undergone critical transformation – redefine the roles in caregiving and financing for state, family, market and voluntary sectors

Changes reflects the underlying cultural values associated with welfare and the family system, different types of care regimes, socioeconomic development and demographic landscapes

Long-term Care (LTC) – Yeung and Thang, 2018 *Journal of Aging and Health, J Cross-cultural Gerontology*

- Narrow definition – Residential/institutional care
- The full range of health, personal, social services provided at home or in the community for a continuing period for an adult who lack or lost ability to care fully for themselves and remain independent (Evashwick, 2005 ;Yeung and Thang, 2018; Phillips et al, 2002)
- A critical global social issue as it exerts high and continuing economic and emotional demands, and time costs at the individual, familial and societal level (Arnsberger et al. 2000).
- Most Asian countries are ill prepared for long-term care for elderly

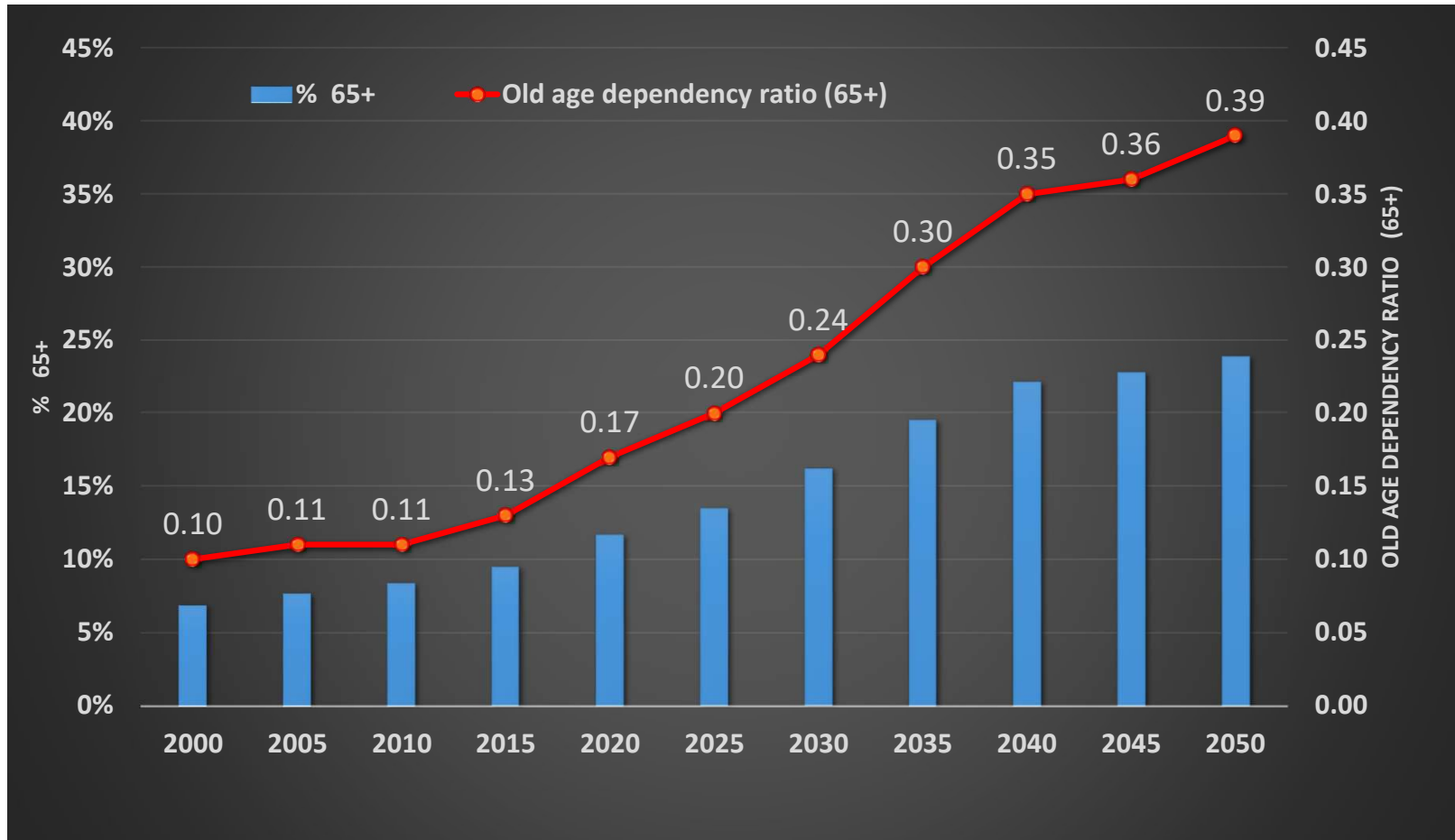
Big challenges for LTC in Asia

- Diminishing family – children, especially spouse and daughters are main caregivers. e.g. Thailand (Knodel et al, 2018) - 22% had only sons and some do not have children + migration
- Singapore – 24% of those born around 1970 are childless and never married
- Sandwiched generation in Taiwan and S. Korea – caring for old and young create strain for married women (Tan, 2018)
- Need to develop community-based and home-based care
- Need qualified caregivers, monitoring system, integrated medical and social care
- Unequal distribution of resources -socio-economic inequality important for needs, poverty contributes to great unmet needs – China (rural women), India (widows)

LTC in Asia

- Japan – respite care since 1963, 2000 national LTC insurance (Hayashi, 2015), community and home based care, technology
- Taiwan - launched the Ten-year Long-Term Care Project (TLTCP) in 2007. A national LTC service framework (NLTCFS) as of 2013, est. 16.5% 65+ with disability (~680,000) (Liu et al., 2016)
- China –
 - # with ADL (limitations on activities of daily living) will increase from 10 million now to 37 million in 2050 (Zeng et al, 2015), some add IADL
 - 68 mil will possess some disabilities by 2030 (Peng, 2015) – but omit cognitively impaired (CI) – so an underestimate
 - # demented elderly – increase from 8.2 mil in 2012 to 20.3 mil in 2030 (Wu et al, 2013)
 - Yang & Yeung (2016) - Chinese Longitudinal Healthy Longevity Survey - 20% of the elderly aged 65-99 reported LTC needs in 2008/9

Aging Trend in China, 2000-2050

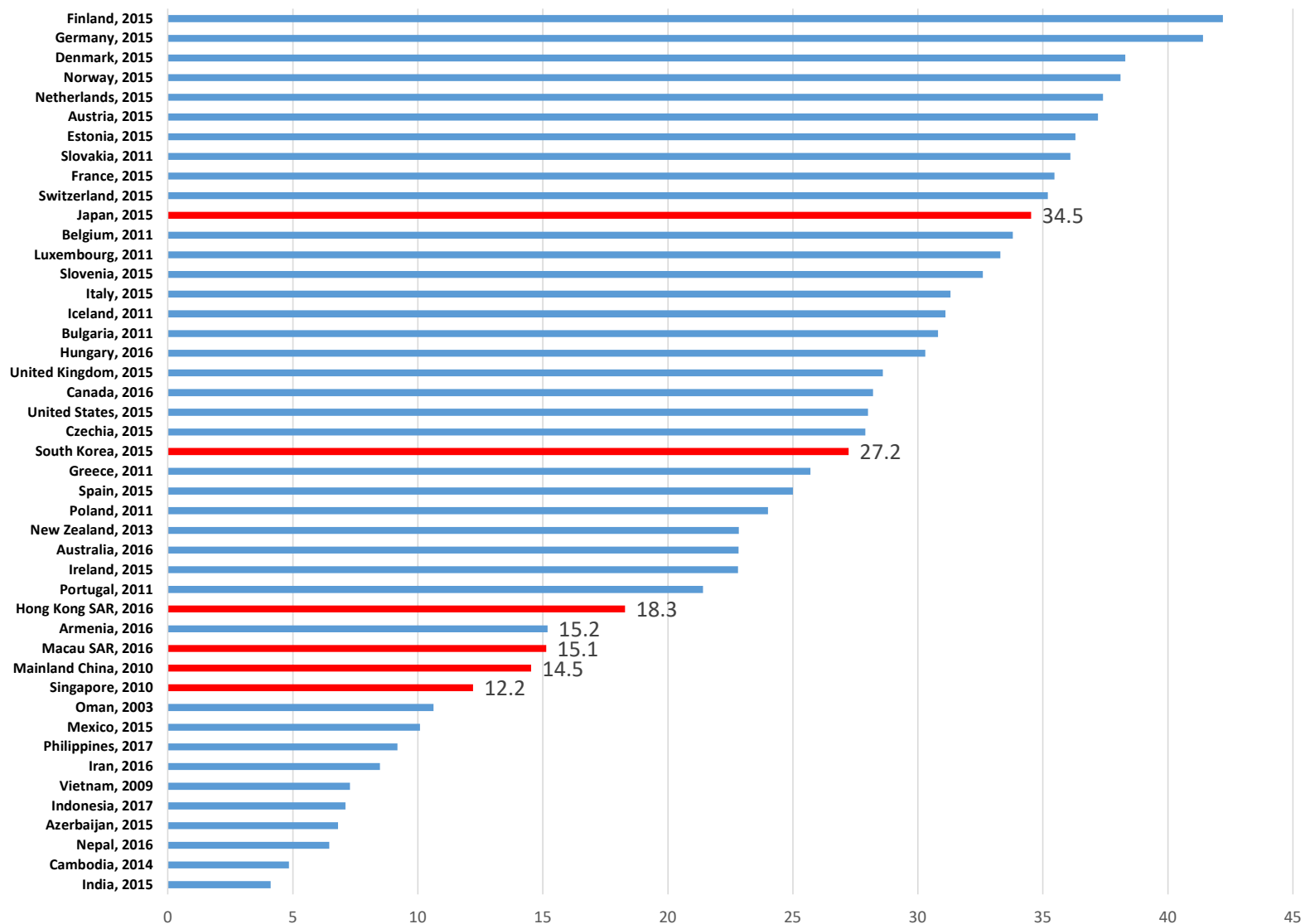


SOURCE: Population Division of the Department of Economic and Social Affairs of the United Nations Secretariat, *World Population Prospects: The 2012 Revision*, <http://esa.un.org/unpd/wpp/index.htm>

LTC in China

- in 2010 -15 mil needs LTC (Zhao, 2010; Chen et al, 2021)
- 2006-2010 – establish formal LTC facilities including geriatric hospitals and hospice care – government emphasized it is particularly important to provide daily care for the oldest-old or empty-nesters
- 2011-2015 – building more rehabilitation centres and geriatric hospitals
- 2013 state council – a more comprehensive LTC system should be fully established by 2020, to include daily care, medical care, and psychological counseling services for all community-dwelling older adults.
- Home-based care, community care support, institutional care supplement
- Huge unmet needs and a high un-occupancy rates simultaneously
- Problems -Lack of qualified caregivers, integrated system, (Wang et al, 2018)

Living Alone - % One-person Households around 2015 (Sources: United Nations Economic Commission (UNECE) Statistical Database, United Nations Department of Economic and Social Affairs Population Division (2019))



Elderly Living Arrangements in China

Yeung, Feng, Zeng and Wong, 2021

Projections with PROFAMY to the next few decades

Micro sample census data:

- 1990 - 1.14 million
- 2000 - 1.26 million
- 2010 - 1.34 million

Shows an increase in empty nesters, and those living alone

Projection of Households by Type in China, 2010 to 2050 (Medium scenario, with Profamy)

	2010	2020	2030	2040	2050	Change in 2010-2050 (%)
One generation %						
One person only	14.53	17.92	20.94	23.12	22.62	108.6
One person and other	2.72	2.25	2.63	2.85	2.76	35.6
Married couple	18.99	17.21	18.36	20.06	20.34	43.5
Two generation %						
Married couple	39.75	39.84	35.1	30.48	29.72	0.1
Single mother	2.63	6.25	9.21	11.14	11.39	479.9
Single father	4	4.71	5.82	6.69	7.25	142.7
Three generation %	17.37	11.8	7.93	5.66	5.92	-54.4
Total number (million)	401.9	486.8	542.4	558.2	538.3	33.9

Source: Prevalence and Characteristics of those who live alone, 2010 to 2050 (Yeung, Feng, Wong and Yi, 2011)

Living Alone in China – the young and the old,

The Economist, Aug, 2015

Young, single and what about it?

This article looks at the sharp rise in young Chinese happy to live by themselves; the next at old people less happy to do so

Aug 29th 2015 | BEIJING | From the print edition



The Economist, 29 August 2015

Ageing

The kin and I

The state is unprepared for rising numbers of old people living alone



June 27 - July 3, 2016

Alone in China

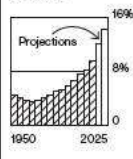
- ▶ More of the young and elderly live by themselves
- ▶ "I just need someone to be nearby, to be with me"

In her Beijing studio, 26-year-old Summer Liu, a management trainee at a multinational, relaxes on a sofa, admiring the pink vase she keeps full of fresh flowers. And in her one-bedroom apartment in the eastern city of Jining, Hu Jiyang, 81, sits on an old bed heaped with clothes, towels, and half a bag of snacks, worrying about the cost of her medicine.

Liu and Hu both live alone, two ends of a fast-growing demographic. The shifts threaten China's traditional family structure and the reverence for the elderly encouraged by Confucian thought.

Instead of spending their final years with sons, daughters, and grandchildren, many Chinese elderly now eke out a meager existence alone. Their children are far away, and their only recourse for assistance is a heavily burdened government social safety net. Solitary young Chinese, while a rich target for consumer-goods companies

Share of Chinese population 65 or older



and real estate developers, also postpone having children, undermining the traditional family structure further. The rise of the single-person household is a big change for China: The erosion of the old social order could in just a generation reorder society. China had 66 million registered one-person homes in 2014, or 15 percent of all households, up from 6 percent in 1990, according to government data. (In the U.S., the number is 27 percent, the United Nations reports.) The actual number of solitary households in China may be as high as 83 million, says Jean

Yeung, director of the Centre for Family and Population Research at the National University of Singapore. That could rise to 132 million by 2050, she says. "Some choose to live alone because they have more economic resources and prefer more time and space for themselves. Others have no choice." Yeung and her colleagues estimate that 53.2 million Chinese age 15 to 54 live alone. Some 30 million over age 54 also keep one-person homes.

These shifts are eating away at an economic system based on extended families that goes back centuries, part of the twin Confucian values of loyalty to the emperor and filial obedience known as *zhongxiao*. "This rapid increase in single-person households represents a fundamental shift at the very bottom of the Chinese social structure," says Wang Feng, a professor of sociology at the University of California at Irvine. "Households, often with many members co-residing, have been the most basic units to organize production and consumption, socialize individuals, and to maintain networks of political power and social support."

The breakdown of the traditional family began with the one-child policy in cities, while rural couples could have two children without incurring penalties. The new rules had a shrinking effect on the big families of old. When millions of migrants began leaving rural China to work in the cities, many left parents behind without any child to support them. As spouses died, those parents often found themselves alone. The number of Chinese 65 or older living alone will reach 46 million by



PHOTOGRAPH BY A CHINESE PHOTOGRAPHER FOR BLOOMBERG NEWS. DATA: UNITED NATIONS, CHINA BUREAU OF CIVIL AFFAIRS

2050, according to the Centre for Family and Population Research.

Hu's daughter, who lives two hours away, is a paraplegic and can no longer visit. Hu's own ailments limit travel, and she hasn't seen her daughter since last summer. Her son lives in a distant city and visits once a year but is too poor to help out, she says. "How can I not be lonely?" asks Hu, who has difficulty breathing and spends much of her time watching TV. "I want someone to live here with me. She doesn't need to pay rent. I just need someone to be nearby, to be with me." Hu spends half her monthly state stipend of 600 yuan (\$91) on medicine.

Many elderly, especially in rural areas, don't have full health insurance or a pension. In that case, the solitary old are more at risk because they lack family support. The government says it's expanded rural health care, encouraged private businesses to invest in retirement homes, and more than tripled the number of beds in nursing homes to 6.7 million.

For the adult children of the affluent, their careers and the pleasures of urban life make it easy to defer setting up house with a

partner. In the 2010 census, 36 percent of men and 22 percent of women age 25 to 29 weren't married, twice the level it was in 2000. In cities, the percentage of unmarried women is as high as 30 percent, according to the

University of California's Wang. "I'm thinking about waiting one or two years before I meet someone and get married," says Liu. "I can do whatever I want living alone." New services are springing up to

cater to these singles. There's the gym where Liu works out and smartphone app Ele.me, which delivers single-portion dinners. The Alibaba-backed company is valued at \$4.5 billion and employs more than 6,000 in over 260 cities. "The rise of one-person homes makes increasing demand for housing. It makes increasing demand for automobiles. It makes increasing demand for energy," says Nicholas Eberstadt, a demographer at the American Enterprise Institute in Washington. "This is part of China's transition into a more consumption-driven economy."

Divorces are swelling the ranks of the solitary. The divorce rate almost tripled from 2003 to 2014, to 2.7 divorces per 1,000 people, according to the Ministry of Civil Affairs. Commentators blame the increase on social media and dating sites, the greater financial independence of women, and regulations that allow quick and cheap divorces.

The aging of China is one of the nation's biggest challenges. The elderly will make up the largest share of single-occupant households, increasing the stress on social services.

197%

Rise in Chinese divorce rate, 2003 to 2014

It takes Ni Yuehua, 82, of Beijing more than an hour to go to and from her supermarket 260 feet away. She must figure out the weight of the yogurt and vegetables because she can't carry more than 11 pounds.

Ni's husband passed away in 2002, and her older daughter died in 2006. She lived in the U.S. with her son, a computer scientist, until 2010, when he was killed in a robbery. A daughter lives in Sydney but is almost blind. So Ni lives alone, afflicted by arthritis, diabetes, and heart disease.

"Early morning is the most difficult time," she says, wiping tears from behind her reading glasses. "I have to turn on the radio so I can distract myself from those sad things."

—Xiaoping Pi, with Kevin Hamlin

The bottom line As many as 83 million adult Chinese live alone, and the number is growing as the population ages.

Employment U.S. Bosses Pay More, Reluctantly

- ▶ Low-skilled workers find jobs seven years into the expansion
- ▶ "I've never seen it this tight, especially at the hourly level"

Kelly Services executive George Corona started noticing the change about six months ago: The \$5.5 billion temp agency was finding it tougher to find workers to fill beginner positions at warehouses and call centers run by Kelly clients. "It's becoming harder and harder to attract people to do these entry-level jobs unless

India's central banker departs. What will happen to inflation? 18

Poland's never-ending coal boom 19

One-Person Households by gender, age and residence in China, 2010 to 2050 (medium)

	2010	2020	2030	2040	2050	Annual change (%)
Total	58,396,340	87227400	113588896	129042832	121,785,904	1.85
Rural	24227444	33196398	41850212	28979044	17,719,078	-0.78
Urban	34,168896	54031000	71738680	100063784	104,066,824	2.82
Female	32571904	40545012	51140416	58326700	54142928	1.28
Male	25,824426	46682376	62448484	70716136	67,642,984	2.44
15-34	16,994,486	33619126	33266790	33968737	29,508,083	1.39
35-54	13,873,178	22347908	33533780	36497559	24,393,748	1.42
55-64	8272318	11536430	18271337	17990711	22,504,160	2.53
65-79	14086960	14362584	21355727	28891952	26,978,995	1.64
80+	5,169,393	5361347	7161264	11693874	18,400,927	3.23

- Faster growth in **urban areas (2.8 times)** whereas the rural OPHs will decline.
- **oldest olds (80+)** will be the fastest growing age group - **3.2 times**

LTC in Singapore

- Focused on facilitating **ageing-in-place** through the development of community-based, integrated care, and home-care services including medical, nursing, therapy, cleaning and befriender services. Working together with **private** medical groups and voluntary welfare organizations (**VWOs**), the Agency for Integrated Care (AIC) aims to develop a community-based model for care of dependent elders in which medical and nursing services, along with elder day care and rehabilitation centres, are more geographically accessible to care recipients.
- Gaps in services, **limits of the family** – address vulnerability of caregivers too
- while siblings and adult children constitute a crucial line of support for informal caregivers, the existence of fractured and antagonistic familial dynamics, role conflicts, and histories of troubled relationships within the context of low-income households appear to bring about more strain than relief for caregivers. (Suen & Thang, 2018)

A CARING & COHESIVE SOCIETY

Supporting Individuals and Families





We will support Singaporeans and their families to better prepare for the future and care for one another

FOREIGN DOMESTIC WORKER (FDW) LEVY

Concessionary FDW Levy of \$60 remains
Other adjustments to moderate the demand for FDWs

SERVICE & CONSERVANCY CHARGES (S&CC) REBATE

Eligible households will receive:

HDB Type	FY2018 S&CC Rebate
1 & 2 Room	 3.5 months
3 & 4 Room	 2.5 months
5 Room	 2 months
Executive/ Multi-Generation	 1.5 months

ENHANCED PROXIMITY HOUSING GRANT

	Buy resale flat to:	Grant
Families	Live <u>with</u> their parents or children*	\$30,000 ENHANCED
	Live <u>near</u> * their parents or children*	\$20,000
Singles	Live <u>with</u> their parents	\$15,000 ENHANCED
	Live <u>near</u> * their parents	\$10,000 NEW

*Within 4km

*Married children, or single children aged 35 and above

-Incentives to live closer to aging parents

- Subsidies for foreign domestic helpers



A CARING & COHESIVE SOCIETY

Strengthening Partnerships with Community

to better care for our seniors and those in need

COMMUNITY NETWORKS FOR SENIORS (CNS)

Expand nationwide by 2020 to strengthen support for our seniors and enable them to age confidently in the community

COMMUNITY SILVER TRUST

Top-up of \$300 million

Expanded to match donations raised by eligible VWOs for active ageing programmes

SENIORS' MOBILITY AND ENABLING FUND

Top-up of \$100 million to provide subsidies for assistive devices and selected consumables

INTEGRATED HEALTH AND SOCIAL SUPPORT FOR SENIORS

- Consolidate social- and health-related services for seniors under MOH
- Agency for Integrated Care (AIC) will be the central implementation agency to coordinate such services for seniors
- Pioneer Generation Office renamed as Silver Generation Office and merged with AIC

SOCIAL SERVICE OFFICES (SSOs)

Strengthen the role and capabilities of SSOs in coordinating the efforts of government agencies, VWOs and community partners to provide more holistic support to those in need



-Enhance community network for seniors, e.g. silver ambassadors

-encourage active healthy lifestyles

- Encourage lifelong learning –upgrade skills

-subsidize public transit cost

-integrated health and social support system

A CARING & COHESIVE SOCIETY

Encouraging a Spirit of Giving

At the core of a caring and cohesive society are people who have the heart to give back to the community and make a difference to the lives of others

ENCOURAGING SINGAPOREANS TO GIVE BACK

- Extend 250% tax deduction for donations made to Institutions of a Public Character (IPCs) until 2021
- Enhance Giving.sg portal
- Increase Community Development Councils' annual matching grant cap to \$40 million to better support the community

EMPOWERING FOR LIFE FUND MATCHING GRANT

\$ for \$ matching

on all donations received by the Fund under the President's Challenge for the next 5 years to support skills upgrading and employment for the most vulnerable

ENCOURAGING CORPORATES TO SUPPORT EMPLOYEES' CONTRIBUTIONS

Extend until 2021:

↳ **SHARE as One**

\$ for \$ matching

↳ **Business and IPC Partnership Scheme (BIPS)**

250% tax deduction on qualifying costs incurred for businesses that support staff to volunteer and provide services to IPCs



Encourage seniors to give back to the community through volunteering, donation, etc.

Keep older adults as healthy as possible and empower them to contribute to the society

Productive Aging

- An emerging strategy - view older adults as assets that can benefit society with their longer healthy life expectancy and rich human capital.
- emphasizes that older adults can be more effectively integrated and engaged in activities that generate continuous contribution to family, community and society, including labor activities, caregiving, volunteering, etc. (Butler and Gleason 1985; Butler and Schechter, 1995; Herzog et al., 1989; Bass and Caro, 1996; Hinterlong et al., 2001).
- MacArthur Study on Aging – confirms that engagement in meaningful activities contributes to good health, satisfaction with life, and longevity, as well as providing a potentially effective means of reducing costs of physical and emotional illness in later life.

Productive Aging in Asia: Definitions, Determinants, and Health (Ko and Yeung, 2018, *Social Science Medicine*)

- **Successful Aging** (Rowe and Kahn, 1997), which focuses on biological benefits of keeping healthy and staying engaged in all kinds of activities
- **Active Aging** (WHO) – health, quality of life
- **Productive Aging** emphasizes social integration and policy responses to rapid changes in the labor market and family structures in this era of population aging (Morrow-Howell and Wang, 2013)



Official and effective retirement age

Table 1: Average effective age of retirement versus the official age, 2007-2012

Country	Men		Women		Goal	Duration	Gender Specificity
	Official ^a	Effective	Official ^b	Effective			
Australia	65	64.9	65 ^d	62.9	67	By 2023; 70 by 2035	N
Austria	65	61.9	60	59.4	65	By 2033	N
Belgium	65	59.6	65	58.7	66	In 2025; 67 in 2030 ^d	N
Canada	65	63.8	65	62.5	67	By 2029	N
Czech Republic	62.5	63.1	61.33	59.8	66.67 ^d	2019-2030	N
Denmark	65	63.4	65	61.9	67	2019/2022	N
Estonia	63	63.6	61	62.6	65	2026	N
Germany	65	62.1	65	61.6	67 ^d	2031	N
Greece ^b	65	61.9	65 ^d	60.3	67	In the next 10 years	N
Hungary	63.5	60.9	63.5	59.6	65	2022	N
Ireland	66	64.6	66	62.6	67	In 2021; 68 in 2028	N
Israel	67	66.9	62	65.1	64	NA	F only
Italy	66	61.1	62	60.5	67	2021	N
Korea	60	71.1	60	69.8	65	2033	N
Netherlands	65	63.6	65	62.3	67	2015-2021	N
Poland	65	62.3	60	60.2	67	F 2040; M 2020	N
Slovak Republic	62	60.9	59.75	58.7	62	NA	F only
Slovenia	63	62.9	61	60.6	65	2016	N
Spain	65	62.3	65	63.2	67 ^d	2013-2027	N
Turkey ^c	60	62.8	58	63.6	65	NA	N
United States	66	65.0	66	65.0	67	By 2022	N
United Kingdom	65	63.7	61.2	63.2	66	2018/2022	N
OECD-34 average	64.65	64.20	63.43	63.06			

Source: Feng, Yeung, Feng, Zeng and Wang (2019) Age at Retirement and Human Capital in Aging China", in *European Journal of Population* 39(1): 29-62.

Example of the impact of delaying retirement (Feng, Yeung, Wang, Zhen 2018, *European J of Population*)

- *Females 60, Males 65*, starting from 2015 & end 2040 - a cumulative of 1.48 billion female and 849 million male person-years, respectively working out to be an average of annual gain of 42 million females and 24 million males per year, will be added to the workforce respectively by 2050.
- Of these cumulatively added workforce, an average of 18.6 million female and 11.7 million male workers will be of “high human capital” per year.
- The worker/retiree ratio will increase by 52%, with the high human capital worker/retiree ratio increases by 46% in 2050 compare to the *No Change* scenario.

Productive Aging in Asia (Ko and Yeung, SSM, 2018 special issue)

	Economic Activities (%)	Caregiving to family (esp. grandparenting)(%) ⁸	Socially Productive Activities (%)
Australia (65+) ¹	16.8	12.8	28.5
China (55+)	63.9	28.2	11.6
Hong Kong (65+)	10.9	--	34.5 ³
India (60+)	37.2	56.2	31.6 ⁶
Indonesia villages (60+) ²	66.4	16.5	46 ⁷
Japan (65+)	--	--	30.9 ³
Myanmar (60+)	23	33	--
Singapore (65+)	--	--	44.5 ³
South Korea (65+; 55+)	14.2 ⁴	12.2 ⁴	39 ⁵
Thailand (60+)	38.4	28	--
Taiwan (65+)	--	--	54 ³
Vietnam (60+)	37.3	34	--

Heterogeneity

- variation by gender, age, urbanicity, family circumstances, cultural norms and policy context
- GENDER -**Koreans** older women are more likely to participate in family care and older men are more likely to engage in paid activities.
- Similarly, Visaria and Dommaraju (2018) show that older **Indian** women continue to play the role of caregiver to grandchildren, whereas older men are more involved in activities outside the household.
- Giang and colleagues (2018) also find consistent gender patterns in **Vietnam**, where older men engage in economic activities and older women engage in caregiving.

Productive Aging in Asia,

Ko and Yeung, *Social Science Medicine*, 2018

- Ko and Yeung (2018) – CHARLS – **better infrastructure** facilities in a community is positively associated to older adults' engagement in paid work, community activities and leisure activities
- Ko and Yeung (2017) – Growing up in a neighborhood with higher cohesion is positively associated with volunteering. The “**long-arm of childhood**”. Birth cohort, Hukou status, & parents' education all influence productive engagement through the effects on midlife and later life cognition. Altruistic and prosocial behavior are shaped from childhood.

PA - Impact on mental health

- Chiao (2018) - in Taiwan, volunteering and social participation are associated with **better cognitive functioning** even after controlling for the positive effects of using the national universal health services (TLSA).
- Lee and Yeung (2018) – KLOSA - engaging in alumni volunteering is associated with a **better cognitive functioning** for Korean men whereas for women, engaging in religious activities has a similar impact.
- Huang (2018) – similar in Hong Kong, Japan, Singapore, Korea and Taiwan.
- Miao, Wu and Sun (2018) - engaging in volunteer work is associated a **lower level of depressive symptoms** among older adults in urban Shanghai, China.
- Lam and Bolano (2018) - having a **spouse** who engages in community activities is associated with better mental health for older adults

Impact - caregiving

- Komonpaisarn and Loichinger (2018) - regular caregiving of grandchildren **negatively** affects self-rated health, physical disabilities and wellbeing of the older adults.
- Liu et al (2018) - **grandfathers** in urban areas enjoy the most health benefits as they receive emotional rewards when conforming to the norms of filial piety. In contrast, for **grandmothers in rural areas**, providing care for parents or parents-in-law negatively impact their health.

Productive Aging in Asia

- Reap silver dividend? How to most effectively engage older adults to ensure positive outcomes to individuals, family and community?
- capture the value of aging adults while they remain healthy, with knowledge, experience and wealth?
 - **raise awareness and reverse ageism** that institutionalize exclusion of older adults from social participation (human resources, hiring practices , public spending, etc)
- Adequate LTC system will require **multisector collaborative** efforts and more integrated ways of data collection, needs assessment, program evaluation, policy formulation and implementation
- provide more **friendly and inclusive** environment, attention to poverty, **older women**
- begins by getting the basics right:
 - improving health care, its affordability and accessibility,
 - improving mobility, and
 - expanding social and professional opportunities

2. 保育園・幼稚園の子育て支援で働く

【現在】保育士の周辺業務部分で高齢者が活躍中

(2010年度)

- 柏市内の子育て事情の情報収集
- 担い手となる事業者を公募⇒採択

(2011年度～)

- 就労シニアは「まちの先生」として、主に以下の業務を担当する

- ① 園児の午睡の準備と導入、見守り補助
- ② 読み聞かせ、折り紙、お手玉、百人一首、伝承あそびの実践

22名
就労
2019年7月

<「読み聞かせ」の様様>



5

- ③ 早朝7時半からの園児受け入れ、保育補助。
- ④ 夕方5時までの保育補助、降園時の親御さんへの引渡し業務。



ありがとう
ございました



「ねぎ」の出荷作業に就労する



① 収穫



② 皮むき



③ 選別



④ 箱詰め

3

多彩な農作業に就労する



①「かぶ」の収穫と出荷作業↑

②ピーマンの苗植え作業↓



③ブルーベリーの枝選定作業↑



④稲作の田植え作業補助↑



①ビニールハウスの張替え作業↑

子どもの見守り



ロボット教室



英対話



Discussions – need a holistic approach

- Asia – most rapid aging, especially 80+ who are more likely to need LTC
- older adults in Asia face challenges in relation to **gender, family dynamics, changing social norms, inadequate support in the system, financial and digital literacy, access to labor markets, and long-term care.**
- The pandemic has heightened the vulnerability of the older adults – physical & mental health, social ties, labor market security. Large % the in informal sector (especially women) not covered by the government systems
- Significant **inequality by gender, social class, race, urban/rural** residence
- Policymakers should use a holistic approach to support the region's rapidly growing elderly population to achieve healthier and more productive lives.