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AGRICULTURE • INNOVATION • LIFE

Social care for older persons in Malaysia

Minhat HS

MyAgeing™

Universiti Putra Malaysia,
43400 Serdang, Selangor, MALAYSIA

Outline



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- Introduction
- Malaysian Research Institute on Ageing @ MyAgeing
 - Population Ageing in Malaysia
- Services & facilities for older person in Malaysia
- Social care for older person in Malaysia
 - Preliminary research findings
 - Conclusion: Issues & challenges



Introduction



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- Faculty of Medicine & Health Sciences/
Malaysian Research Institute on Ageing,
Universiti Putra Malaysia
- Newton Advanced Fellowship Scheme -
Managing a greying social care workforce:
a Malaysian ageing population imperative
 - Interviews with carers (employees), employers
& stakeholders
 - Training/ intervention for employers



MyAgeing™

Malaysian Research Institute on Ageing

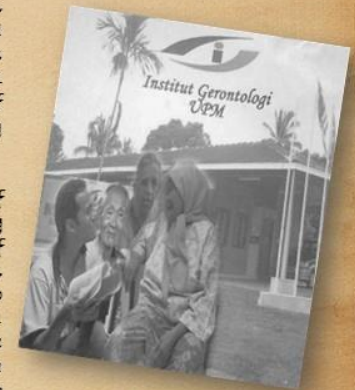


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- Research – aged & ageing
- Institute of Gerontology (IG)
- Officially established March 8, 2002
- Prof. Dr Tengku Aizan – funder & director
- Rebranding to MyAgeing™ - March 20, 2015 in order to recognize the contribution & role played by the institute in the field of ageing in Malaysia

Malaysian Research Institute on Ageing (MyAgeing™), UPM is a research institute that works specifically for conducting research related to aged and ageing. At first, MyAgeing™ is known as the Institute of Gerontology (IG), which its establishment was approved by the Ministry of Education (MOE) on March 8, 2002 and officially established on 1 April 2002 with the vision and mission to be a world-class center of excellence in gerontology and geriatrics through research, education and professional services. Professor Dr. Tengku Aizan Hamid is the founder and director of the Institute of Gerontology and she is assisted by a Deputy Director and two (2) Laboratory Head.

In recognition of the contribution and role played by the Institute of Gerontology (IG) in the field of ageing in Malaysia and in line with policy recommendations, the cabinet endorsed a joint submission by the Ministry of Education, the Ministry of Women, Family and Community Development, and the Ministry of Science, Technology and Innovation on 20 March 2015 to rebrand IG as the Malaysian Research Institute on Ageing (MyAgeing™). The institute will be responsible for the coordination and monitoring of the population ageing agenda as outlined in the forthcoming 11th Malaysia Development Plan (RMK11). It will function as a national center for research in gerontology, geriatrics and gerontechnology as well as driving innovations to address the multidimensional challenges of old age and ageing in Malaysia and the South-east Asian region.



MANAGEMENT



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DIRECTOR

Prof. Dr. Tengku Aizan Hamid



DEPUTY DIRECTOR

Assoc. Prof. Dr. Siti Anom Ahmad



HEAD

MEDICAL GERONTOLOGY LABORATORY

Assoc. Prof. Dr. Halimatus Sakdiah Minhat



HEAD

SOCIAL GERONTOLOGY LABORATORY

Assoc. Prof. Dr. Sharifah Azizah Haron



HEAD

GERONTECHNOLOGY LABORATORY

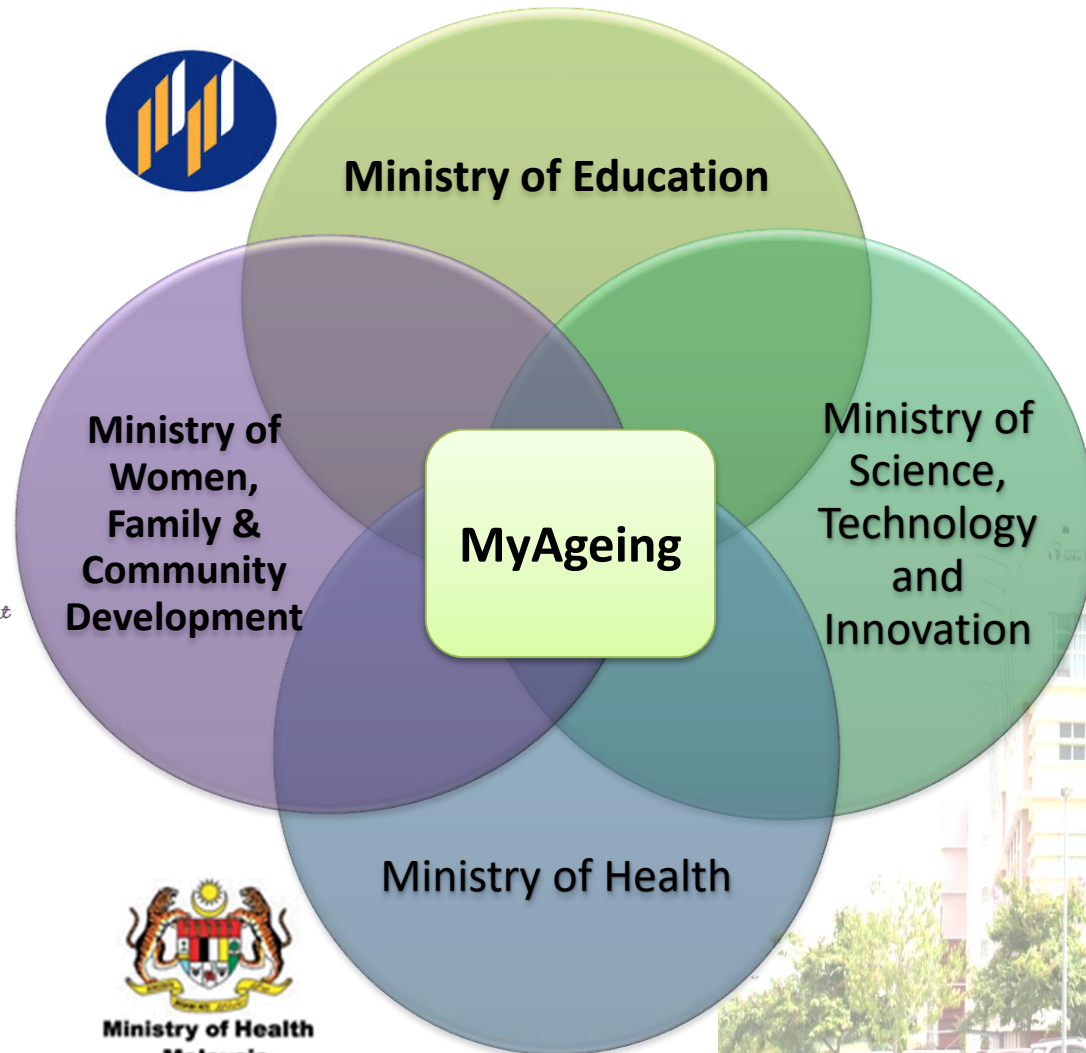
Prof. Dr. Tengku Aizan Hamid



STAKEHOLDERS



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*Ministry of Women,
Family and Community Development*



**Ministry of Health
Malaysia**



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MOU / MOA



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MOU

- Pentadbir Pencen Swasta
- University of Adelaide
- The National Council of Senior Citizens Organizations Malaysia
- Department of Statistics, Malaysia
- The International Institute on Ageing, United Nations Malta
- Iowa State University



MOA

- United Way Worldwide (Citibank)
- United Nations Population Fund, Malaysia



Local Agency

- Ministry of Women, Family & Community Development
- Department of Social Welfare
- Ministry of Health
- Ministry of Education
- Dewan Bahasa dan Pustaka
- Gerontological Association of Malaysia
- Malaysian Medical Association
- Ministry of Housing and Local Government
- Dewan Bandaraya



KEMENTERIAN PENDIDIKAN TINGGI



Jabatan
KEBAJIKAN
Masyarakat



LIAISON & NETWORKING



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International Agency

- International Institute on Ageing, United Nations, Malta
- National Institute Longevity Science, Japan
- World Health Organization, Kobe Centre
- World Bank
- United Nations Population Fund
- United Nations Development Programme
- United Nations Economic and Social Commission for Asia and the Pacific
- Gerontological Association of Singapore
- Singapore Action Group of Elders



International Institute on Ageing,
United Nations-Malta (INIA)



World Health
Organization



SIGNITURE PROGRAMME (U3A)



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- Life long learning program for senior citizens based at UPM Serdang campus
- Collaborative and strategic partnerships
- Older persons for older persons
- Expanding to Selangor CCs & other states

U3A MALAYSIA



Berkerusi roda tidak halang Hamidah menuntut ilmu

Warga emas dapat diploma

Oleh NAZMIL NASIRUDDIN
penarang@utusan.com.my

PUTRAJAYA 10 Dis. - Biar pun bergerak dengan menggunakan bantuan kerusi roda ketika usia sudah pun menjelang 70 tahun, semangat menuntut ilmu tidak pernah luntur dalam jiwa seorang warga emas, Hamidah Mohd. Salleh.

Hamidah merupakan salah seorang peserta program Persatuan Pembelajaran Sepanjang Hayat untuk Warga Emas (USA) Kuala Lumpur dan Selangor, mengikuti kursus bahasa dan muzik dengan kerjasama Universiti Putra Malaysia (UPM).

Beliau berkata, program yang diikuti bersama-sama suaminya, Zainal Ahmad, 75, itu memberinya peluang mendapatkan ilmu pengetahuan dan mengisi masa lapang.

"Saya gemar belajar dan tidak boleh duduk diam sahaja di rumah biar pun luput separuh badan sejak 1993. Setiap ilmu yang diperoleh tidak boleh dilepaskan kerana ia memberi banyak faedah," katanya.

Beliau berkata demikian ketika ditemui pemberita pada Majlis Penyerahan Sijil dan Hari Terbuka Program USA di Palm Garden Hotel di sini hari ini.

Hadir sama, Timbalan Ketua Setiausaha (Strategik), Kementerian Pembangunan Usahara, Koperasi dan Masyarakat, Harjeet Singh dan Pengarah Institut Gerontologi UPM, Profesor Dr. Tengku Aizan Hamid.

Semalam 196 peserta menerima sijil masing-masing pada majlis dianjurkan oleh Institut Gerontologi UPM itu.

Sementara itu, Zainal berkata, penyerahan dalam program tersebut memberinya peluang menambah ilmu pengetahuan dan dalam bidang agama Islam, bahasa Arab dan



ZAINAL Ahmad (tiga kanan) bersama isterinya Hamidah Mohd. Salleh meraihan kejayaan mereka sambil diperlihatkan rakan-rakan lain selepas menerima sijil masing-masing di Palm Garden Hotel, Putrajaya, semalam.

seni muzik.

"Berkongsi minat yang sama dengan suami, saya dan dia berminat untuk mengikuti kursus yang ditawarkan di UPM."

"Masa ada ada tidak boleh dibarkan begitu sahaja di rumah," kata bekas kakitangan Malaysia Airlines System Bhd. (MAS) itu yang sering menemani isterinya. Dalam perkembangan lain, Pengarah

Institut Gerontologi UPM, Profesor Dr. Tengku Aizan Hamid berkata, pihak pengurusan tertinggi universiti akan sentiasa memberi sokongan kepada program tersebut.

New skills, new life

RETIRED Tenaga Nasional employee P. Subramaniam, 63, has sentimental reasons for taking up home gardening at the University Of The Third Age last September. The course lasted through November.

Subramaniam, a member of the Pure Life Society (a home for the orphans and the underprivileged in Puchong) since 2004, helps in carpentry, gardening and electrical works. He wants to share his knowledge in gardening with the orphans.

gardening, calligraphy and digital photography.

One of her favourites is yoga which has helped her condition. She was surprised to learn that she could learn oil painting too.

"I did a portrait of my husband after eight lessons," said Tam with a smile. "I never thought I could do it. My husband and children are very supportive of my learning."

She said another advantage is people her age are able to make friends at the courses.

Jamilah Abdullah, 66, is a Filipino married to pilot Mohd Nor Abdul Rahman from Taiping. Both live in Shah Alam. The couple go to classes together and have fun doing vocal training, ballroom dancing, digital photography and computer studies. The university is helped up their life, they said.

Like many Filipinos, her favourite course at the USA is vocal training. The lively and conversant amilah, who has studied at the university for three years, said she was thrilled to find that popular singer Dila Dila was a lecturer for vocal lessons.

Jamilah, who runs a souvenir shop in Shah Alam, said her life has blossomed in her golden years.



Subramaniam takes up gardening to help orphans.



Tam takes up courses to help about her health problems.



Jamilah attends courses with her husband.

Tan Muk Sing, 79, from Cheras, took up gardening, pottery and computer studies. The gardening course is particularly helpful as Tan has mango, rambutan, longan, banana and citrus trees in his garden. "Learning is my hobby," said Tan. Now that he knows more about tending to his fruit trees, he has enough fruit to share with his relatives and neighbours.

The digital photography knowledge comes in handy for the couple who love to travel. "We took some 8,000 pictures when we travelled to New Zealand," said Mohd Nor. South Island is very beautiful," he said.

The courses are popular with old people who pursue a few to fill up their time. The reason for the university is achieved if more retired people join USA and

PAGE 2 | NEW STRAITS TIMES

LIFE & TIMES PEOPLE

Never too late to bloom

Retirees are getting a new lease of life as they gain new knowledge and skills at a university for the aged, writes **John Tiong**



"Through continuous learning, we can delay ageing."
Azzam Hussain

NEW STRAITS TIMES | PAGE 3

LIFE & TIMES PEOPLE

Gamelan lessons at U3A

LIFE is blossoming for many retirees who have the luxury to go back to school at the University of the Third Age Malaysia (USA) in the Institute of Gerontology, Universiti Putra Malaysia, Serdang.

Even 80 year-olds are finding a new life here.

Most of the 300 students are learning things they never had time for in their younger years. You see smiles of contentment on the faces of the grey-haired, whether they are touching up the fine lines of a mug they have made, or stepping out to dance.

The sense of contentment is infectious as the retirees learn something new that enriches their lives.

They are finding lots of advantages here. One student said he would never have been able to afford the basic Digital Photography and Intermediate Digital Photography courses otherwise.

Another said he found it difficult to learn blogging and social networking from friends and children because they had no time for him, while a woman said she took up courses at U3A because sitting at home with nothing to do aggravates her eye twitching problem. Another woman travels from Seremban monthly to attend a course.

The courses are popular with old people who pursue a few to fill up their time. The reason for the university is achieved if more retired people join USA and

sain, president of the Association For Lifelong Learning Of Older Persons In Kuala Lumpur And Selangor.

"Through continuous learning and using the mind, we can delay ageing," said Azzam.

To make the courses affordable, costs are kept to a minimum. With RM80, you can sign up for three courses in a semester. Each term, as many as 22 courses are available, organised after consultation with members of the association.

There are no degrees or diplomas to award. Students learn new knowledge and skills at leisure. And yes, almost every student here wears a smile to their classes. Many of the courses are active in nature so that the aged get physical with gardening, swimming, dancing and fitness yoga. Those who love to

work with their hands take up handicraft courses like pottery, ceramics and cross stitch.

Those who have a knack for the arts are take up courses like batik painting, oil painting and Chinese and Arabic calligraphy. Languages include Mandarin and Arabic for special purposes.

And those who wish to learn their own tradition can either choose Islamic Aqidah or Chinese Folklore & Mythology.

Those who love gardening can opt for Home Horticulture and Edible Vegetable Gardening. Some retired couples are even learning intimacy in courses such as Relationships & Sexual Health for Ageing Couples. Most of those who sign up for this course also take up Nutrition In Old Age.

USA was set up in 2008 after

Be a member

• You have to register as members at: **University of the Third Age Malaysia** c/o Institute of Gerontology, Universiti Putra Malaysia 43400 UPM Serdang, Selangor.
Tel: 03-8947 2756 / 2740
E-mail: u3am@upm.edu.my

• There are two categories of members for the U3A: Those between 50 and 54 join as associate members and full members are for those over 55.

• With RM80, you can sign up for three courses in a semester.

Old is gold drive

> Getting senior citizens to be active and productive

By CHONG BOON SEW
news@theira.com.my

SEMIKOTA: An active senior citizen is vital to the country's health as Malaysia faces an ageing population.

Director of Universiti Putra Malaysia's Gerontology Institute Prof Dr Tengku Aizan Hamid (left) expressed concern about the health and well-being of golden citizens in Kuantan.

"The more mentally and physically active we become, the more important it is to the country's health as Malaysia faces an ageing population," he said.

Adding that the figure is set to double by 2020, he said the government should be more proactive in addressing the needs of the elderly.

"There are many elderly who are able to contribute socially in any way they are able to. Programmes such as the U3A will help them to do so."



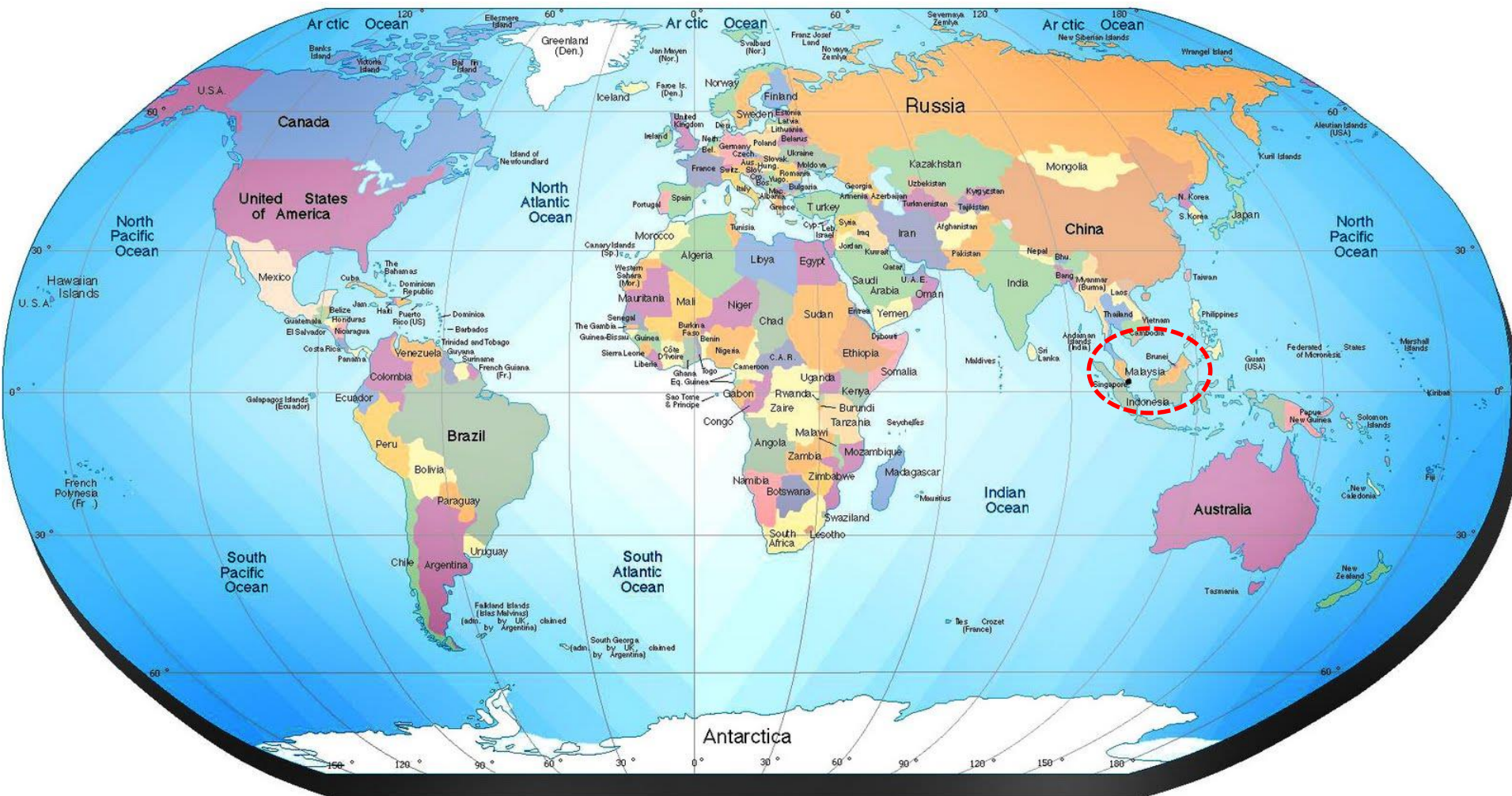
Senior citizens learning to play the shudu at the U3A program.

Population Ageing in Malaysia



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The Nations of the World



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Robinson Projection



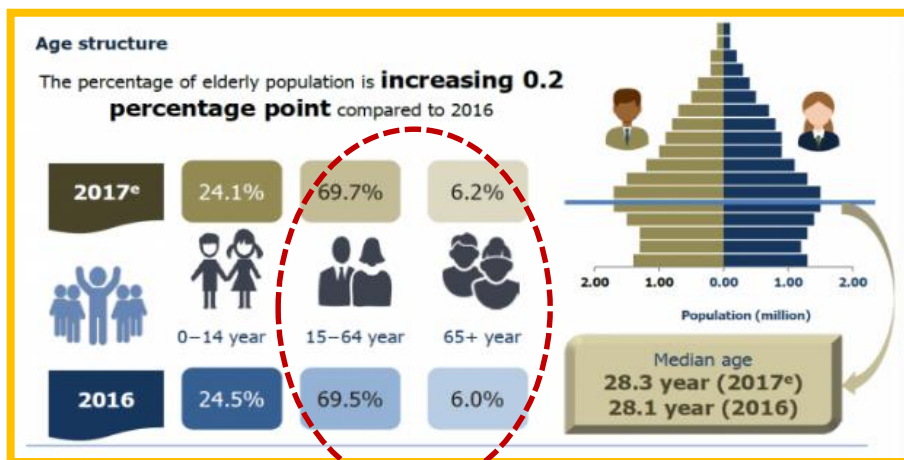
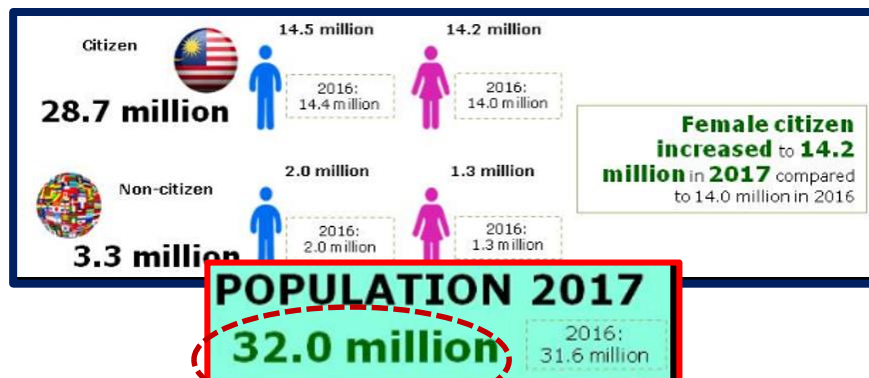
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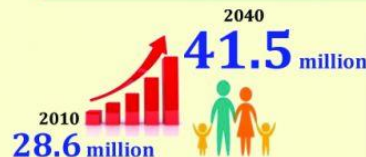
- Southeast Asia
- Divided into two main geographical regions - Peninsular Malaysia and East Malaysia (Borneo)
- With an area of 329,750 sq km
- Multicultural society

Population Trends and Patterns

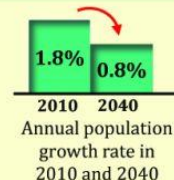


POPULATION PROJECTIONS (REVISED), MALAYSIA, 2010-2040

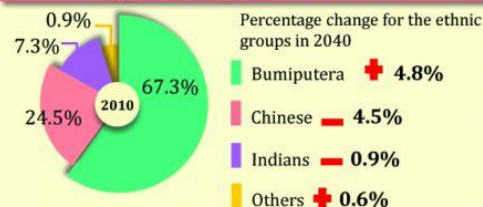
Malaysian population increases at a slower rate



Malaysia's population increased by **12.9 million** people for a period of 30 years



Bumiputera recorded the highest percentage i.e. 4.8%



Male more than female



Changes in population age structure

Age 0-14 years Age 15-64 years Age 65+ years



Percentage of old age increases significantly

Effects of changes in age structure

The increase in the median age



2040: the median age is **38.3 years** an increase of 12 years over a 30-year period

The increase in the dependency ratio



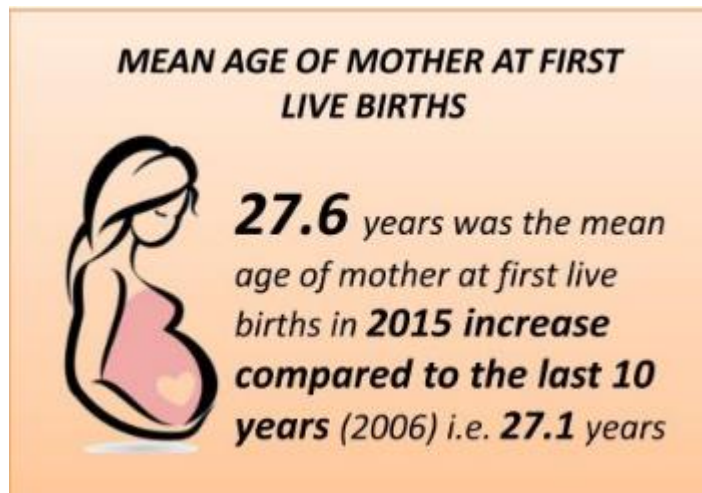
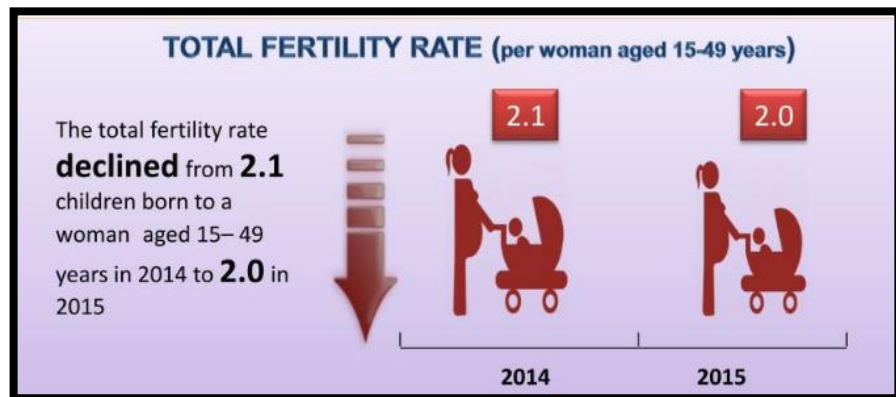
The population in the age groups of young and old age to be bear for every 100 people of working age

Ageing population

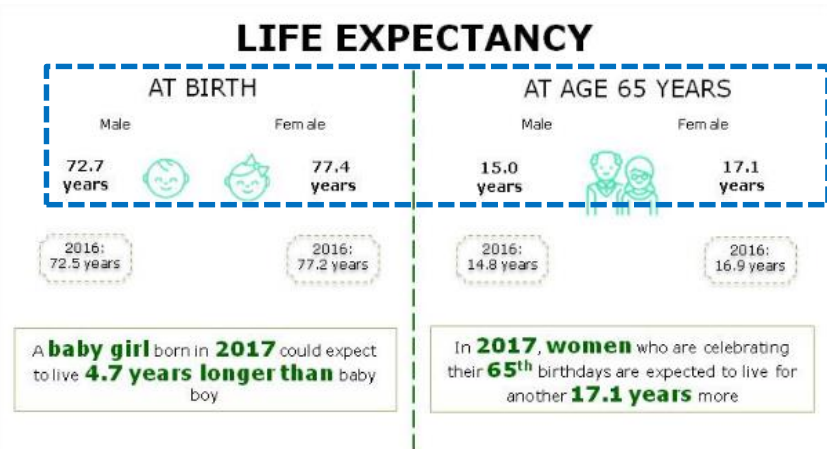


2020: old age population (65+ years) is **7.2%**

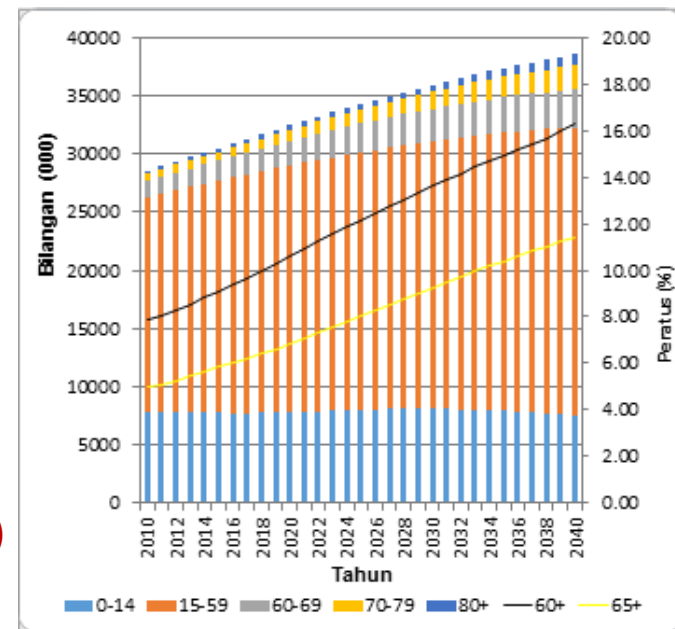
- Ageing population:
 1. Life expectancy increases (F>M)
 2. Reduce TFR
- Female: 77.2 (2016) → 77.4 (2017)
- Male: 72.5 (2016) → 72.7 (2017)
- As the life expectancy of the elderly increases, the level of poverty also increases - increase the fiscal and financial pressure of a country



Reduce TFR → ageing population
 2.1 (2014) → 2.0 (2015)
 → 1.9 (2017)*



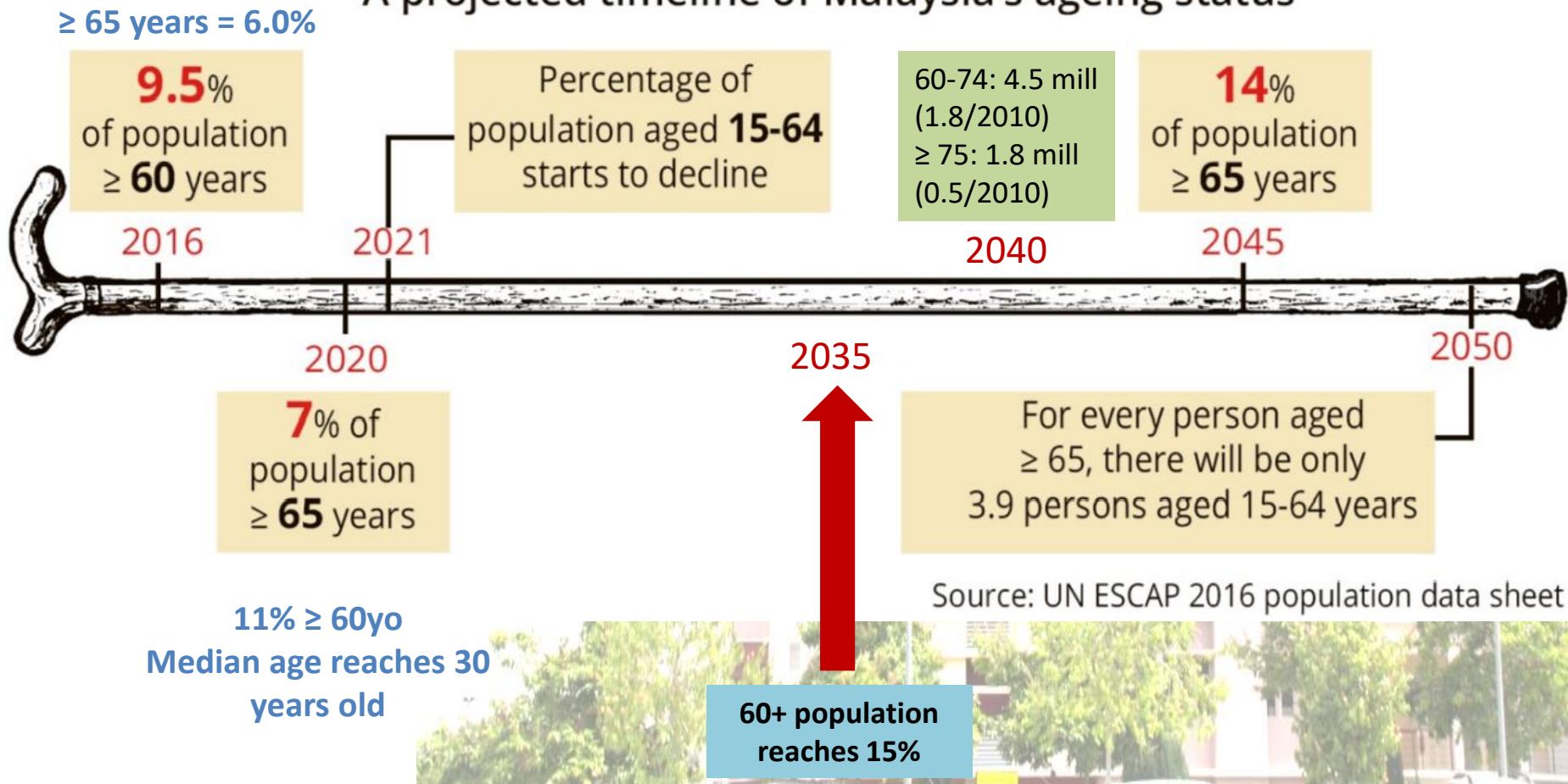
Increasing of life expectancy at birth is one of the factors contributing to the ageing population



DOSM, 2013

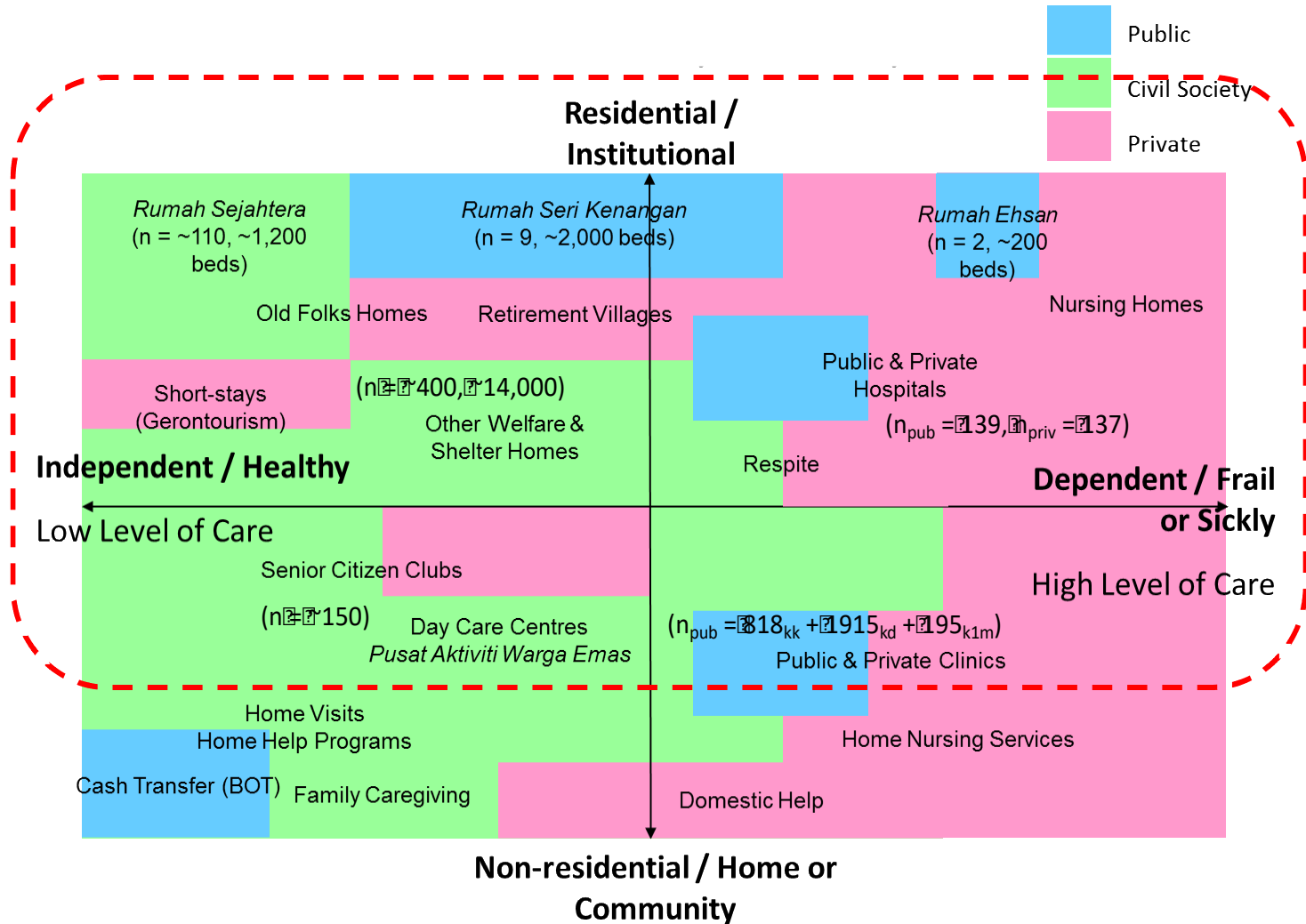
Getting older

A projected timeline of Malaysia's ageing status



Services & facilities for older person in Malaysia

Care for Older Malaysians: A Conceptual Mapping



Social Care for older person in Malaysia



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- Public/ Public-Private/ Private & NGOs/ Charity based
- Residential care – LTC/ STC/ respite care
- Activity centers
- Government/ public – fully subsidized – neglected elderly/ without heirs – stigma
- Home based – maid services – house chores/ physical care



- Department of Social welfare (Ministry of Women, Family & Community Development)
 - Home Help Services Programme (HH) – volunteers
 - Activity center for older persons x 56
 - Mobile unit for older persons (Senior Citizens Care Unit Programme) – transport facilities/ services
 - Respite care @ (RSK Cheras)
 - LT care/ residential home/ welfare institution for older persons – dependent & dependent elderly
 - Dependent @ Rumah Ehsan x 2
 - Provide care, treatment and protection to the elderly who are sick, homeless and without heirs – care & protection, guidance & counselling, physiotherapy, religious guidance, recreation & job recovery, medical treatment.
 - Applications for admission is voluntary according to Home Patient Management Regulations 1978.
 - Independent @ Rumah Seri Kenangan x 10
 - Provide care and protection to the poor/ neglected elderly – 3 yrs
 - Entry method:
 - Voluntary: Applications for admission processed in accordance with the Rules for the Management of Old Folks Home in 1983
 - A court order: Entry is by order of the Court under the provisions of the Destitute Persons Act 1977 (beggar, homeless)

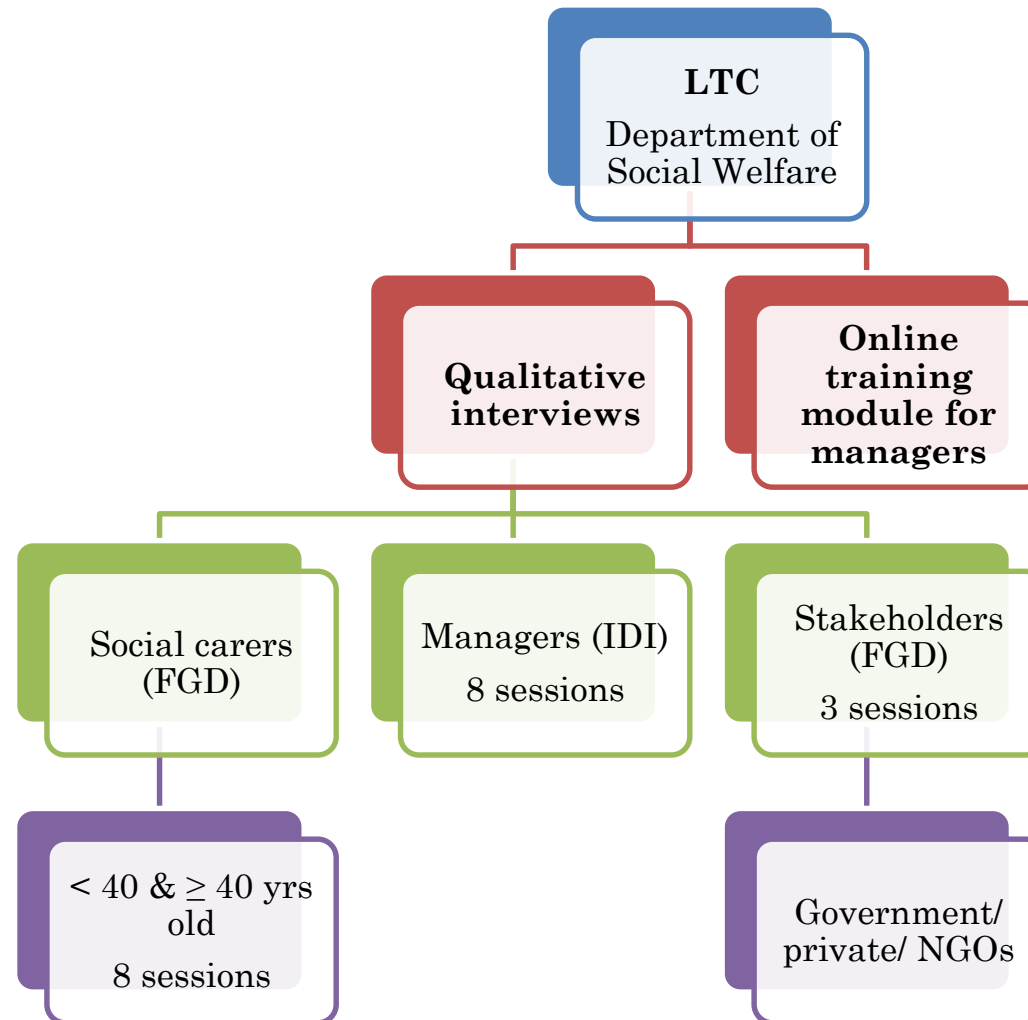
Preliminary research findings

Social carer:

- Impressions/ views
- Impact (mental & physical) – scope/ nature of work
- Willingness/ intention to quit – *driving/ demotivating factors*
- Older workers and social care sector

Managers:

- Understanding @ social care
- Current employment scenario
- Support for workers (physical/ mental)
- Older workers and social care sector
- Best/ good practice



Characteristics of respondents for focus group discussion



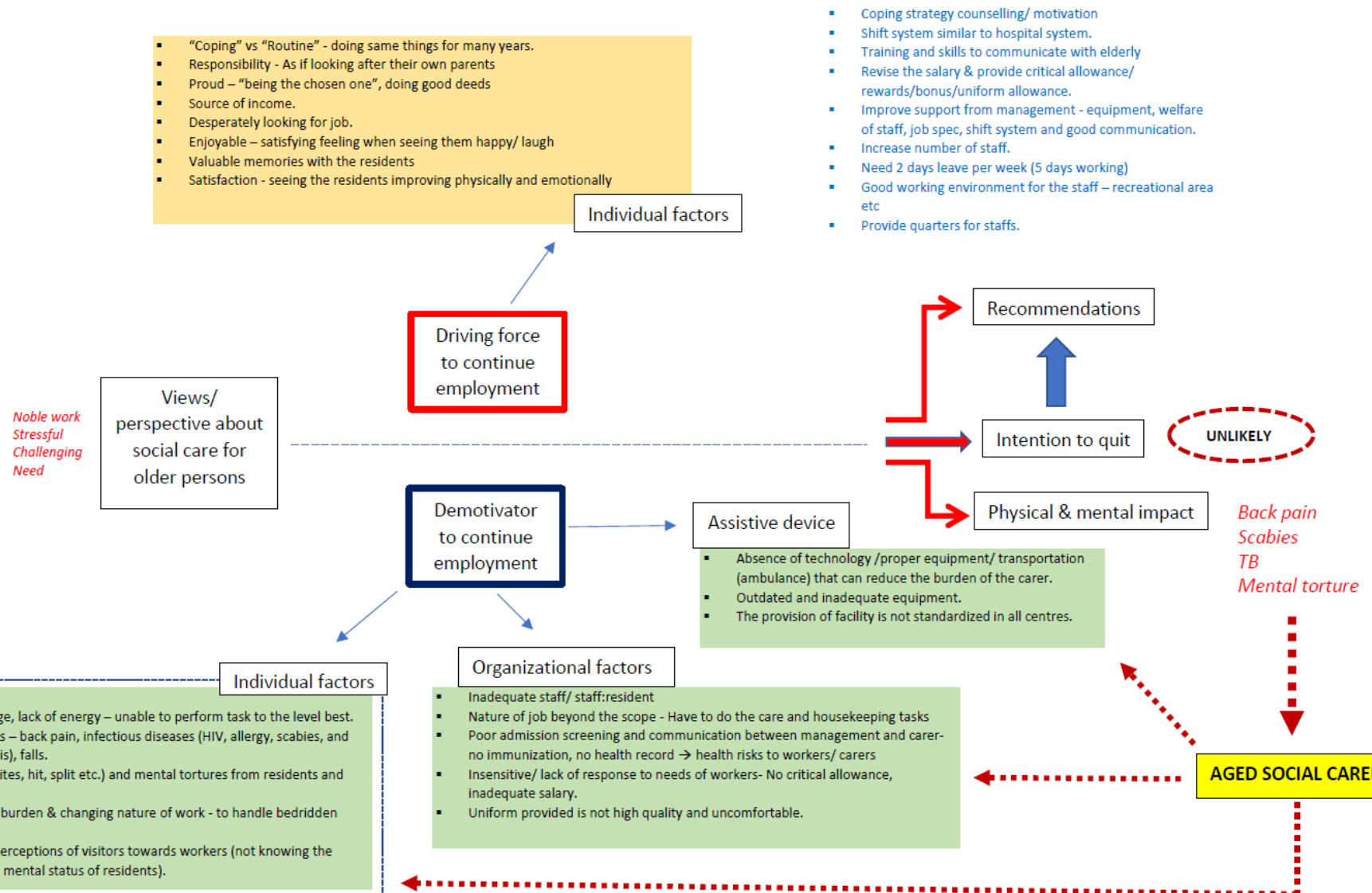
Variable	Frequency (%)	Mean(SD)
Age		41.53 (9.97)
Age category		
<40	29 (50.9)	
≥40	28 (49.1)	
Gender		
Male	28 (49.1)	
Female	29 (50.9)	
Race		
Malay	53 (93.0)	
Indian	2 (3.5)	
Orang Asli	2 (3.5)	
Working period		15.7(10.05)

Characteristics of respondents for in-depth interview

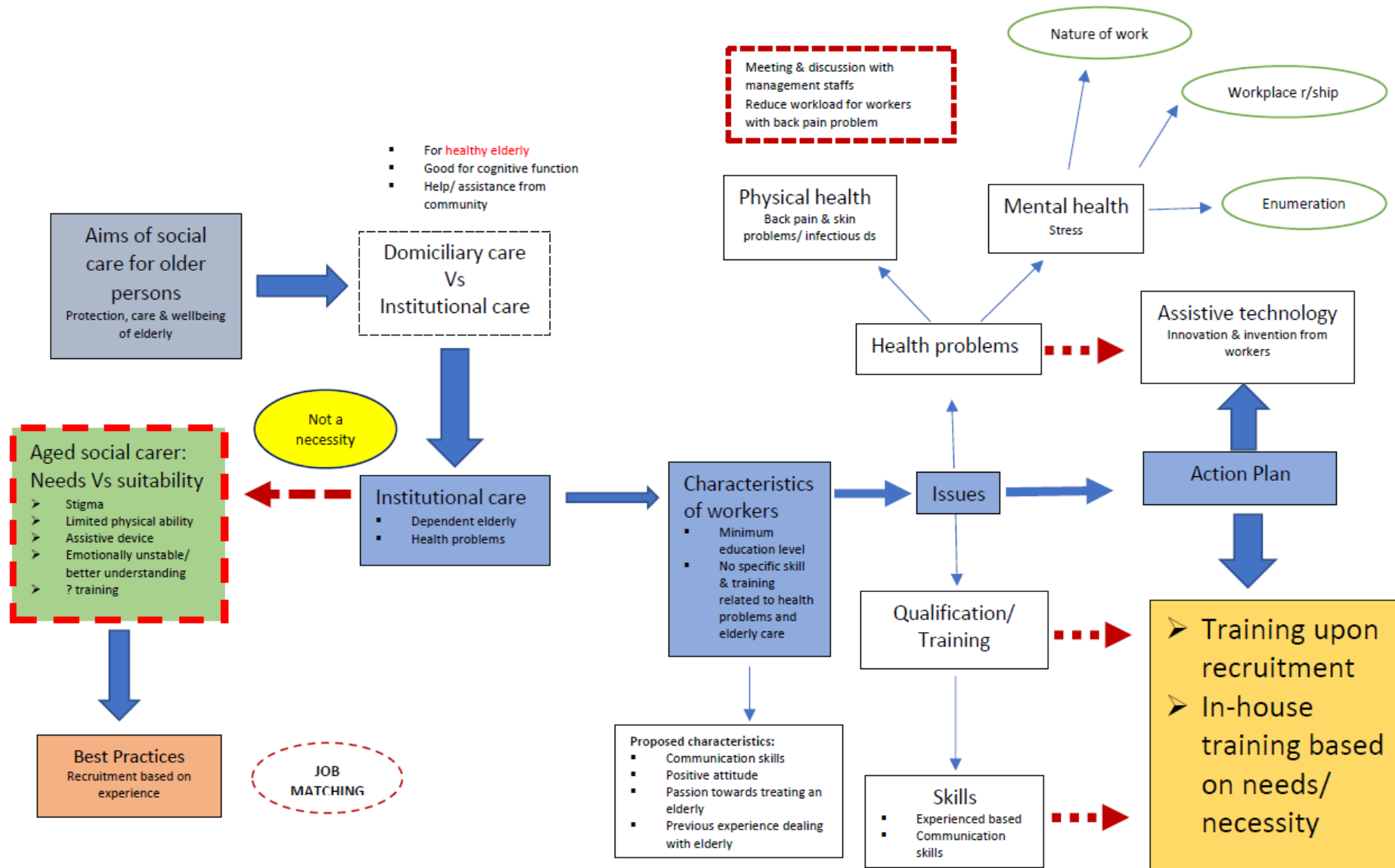
Variable	Frequency (%)	Mean(SD)
Age		46.38 (6.91)
Gender		
Male	4 (50.0)	
Female	4 (50.0)	
Race		
Malay	8 (100.0)	

FGD for stakeholders – 6 government/ 11 NGOs

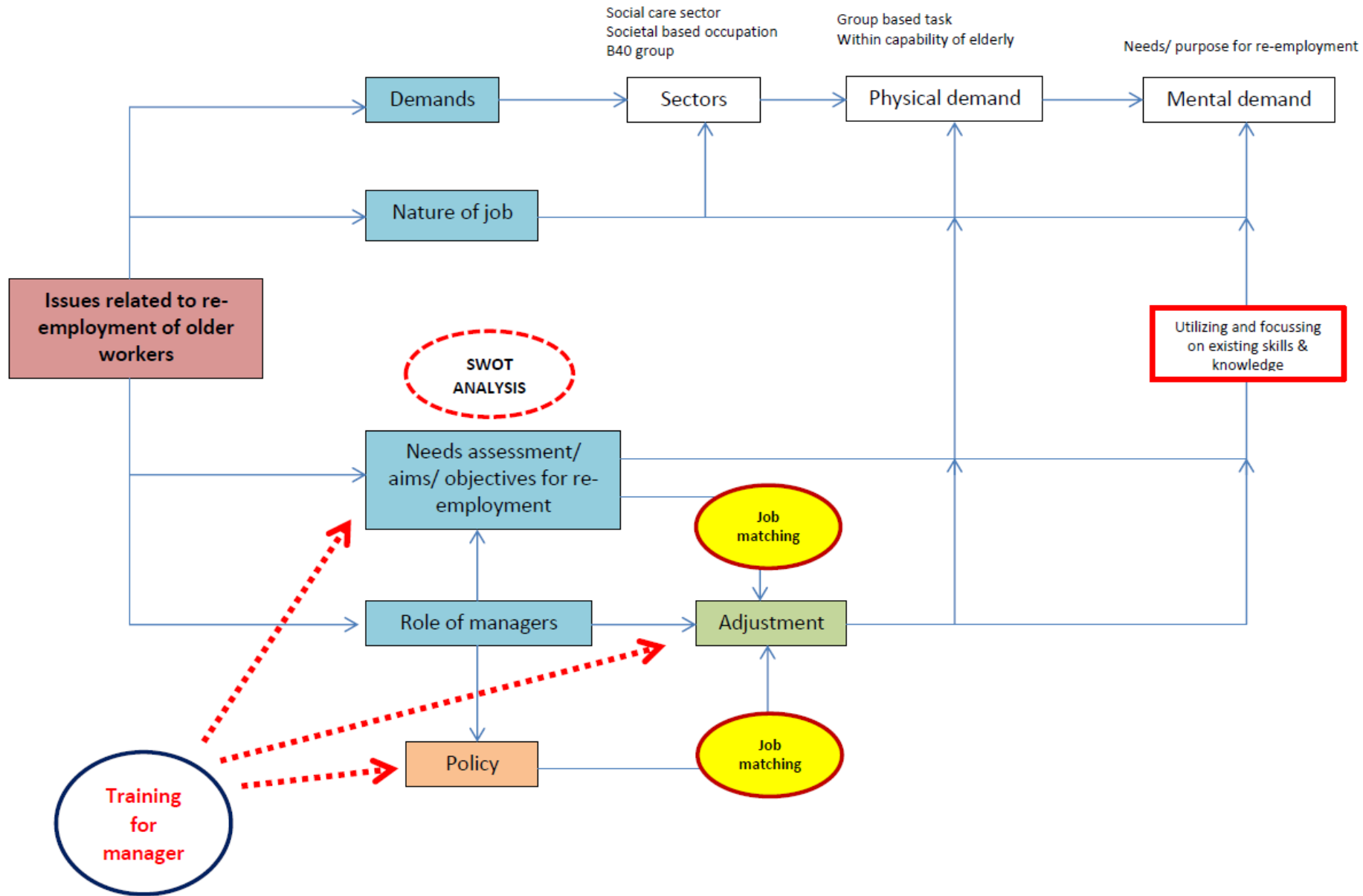
A framework on the social care for the older persons in Malaysia: Formal carers' perspectives



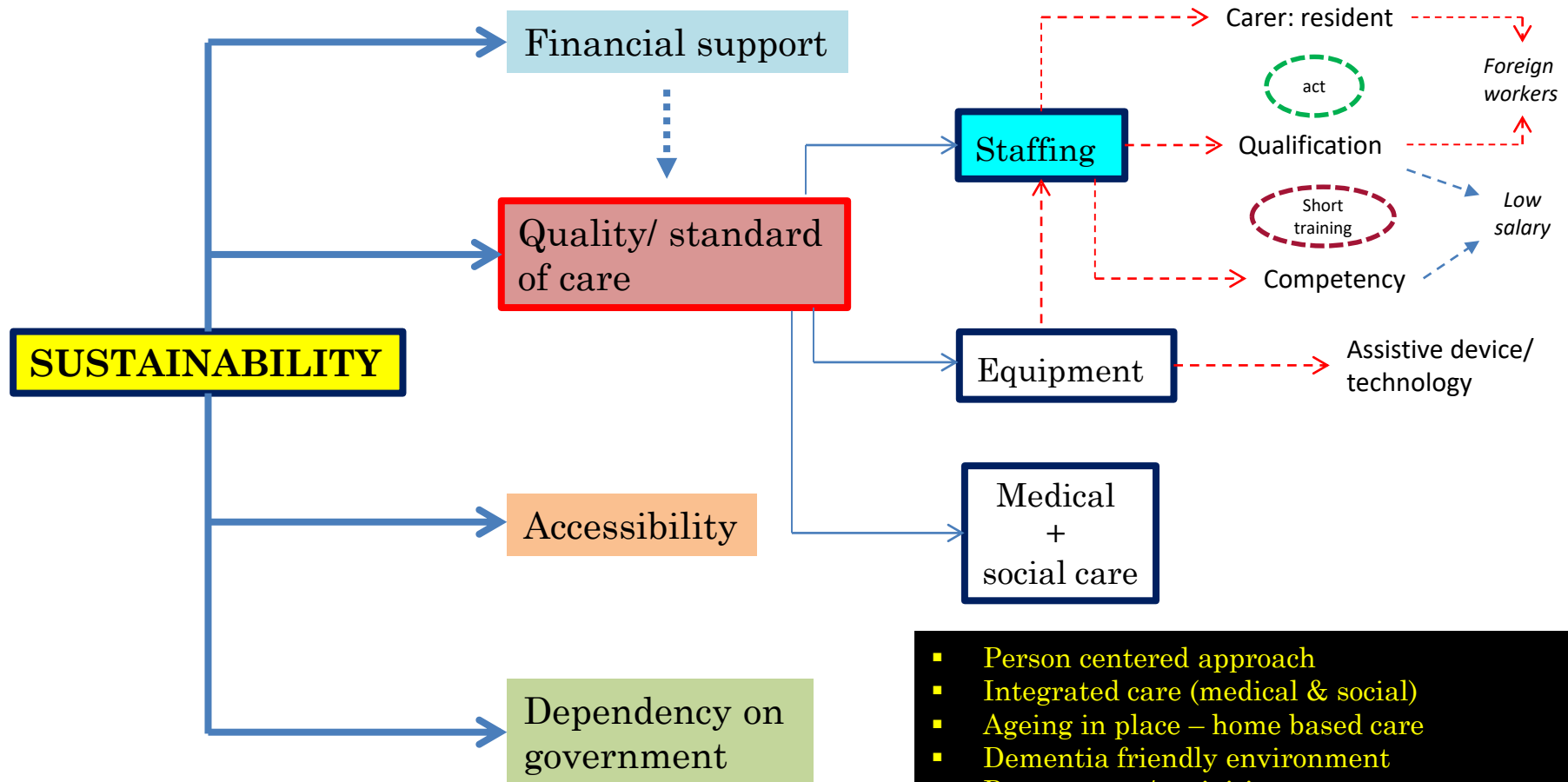
A framework on the aged social carers for the older persons in Malaysia: Managers' perspectives



Managing aged social care workers framework: Stakeholders' perspectives



Issues and challenges



- Person centered approach
- Integrated care (medical & social)
- Ageing in place – home based care
- Dementia friendly environment
- Programmes/ activities
- Awareness
- Perceptions/ stigma/ acceptance
- Untrained foreign workers as carers



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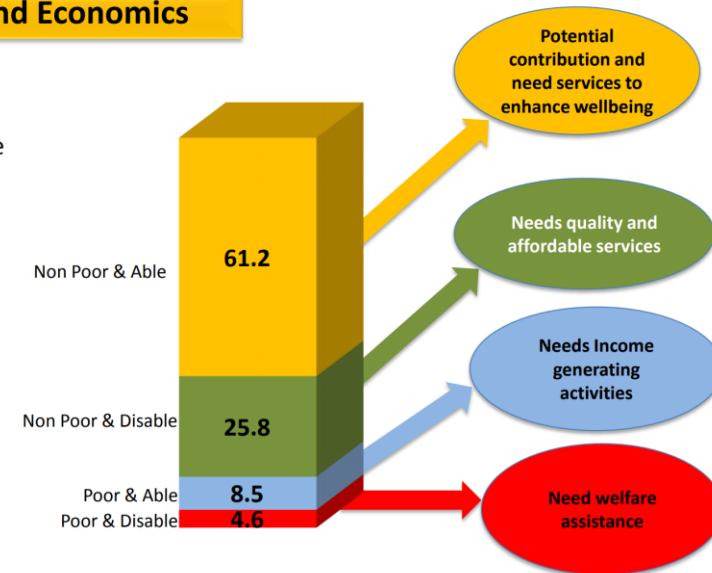
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Conclusion:

- ❑ Aged social carer - ? **Not yet an issue in Malaysia**, BUT the social care sector is a demanding and suitable re-employment sector for the low-middle income group older people especially of the home based/ domiciliary care
- ❑ Re-employment assessment → **JOB MAPPING**
- ❑ Adjustment need to be made to accommodate the working needs and environment of older social carer
- ❑ Creating awareness – domiciliary care is not only for healthy older people, strengthening and changing the structure of the service (volunteerism → wage based): AGEING IN PLACE
- ❑ Utilizing the productive/ healthy elderly

Health and Economics

Low Care
Partial Care
High care





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Terima Kasih | *Thank You*