Ageing populations and care ecosystems: Policy complementarity, substitution and disconnect

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Population Ageing

Demographically speaking

Structural changes

Speed

Long Term Care (eco) systems

→ Care Models

→ Direction of developments

→ Contexts & challenges

• Old and new-comers

• Comparative perspective
  – Examples from Europe and the Middle East and North Africa (MENA region
  – Similarities & differences
  – Two-directional learning (global north & south)

• Introduce MENARAH network
What is Population Ageing?

Changes to the whole structure of a population

Measurements

- Age Index
- Age dependency ratio,
- Percentage over 65+
- **Dynamic**: prospective ageing

- Societal/population level
- Linked to economic productivity (retirement)
- Individual’s perception of ageing
  - What one can and can not do!
  - Expectations from and opportunities at old age
- Differentials by societal & individual factors
- Variations in health and wellbeing at older age is not random
Demographic Transitions

Determined jointly by three demographic processes: fertility, mortality and migration.

The tempo, or speed, has been different across the world.

Historical and recent changes
By 2050, 80% of the world older people will be living in LMICs

Source: WHO, additions by author
Changes are more pronounced in LMIC

Kite vs. rectangular shapes
Not all years gained are healthy years

- Both life expectancy and healthy life expectancy are increasing
  - Nature longevity limit?
  - HLE not growing as fast as LE
- High number of years lived with LTC needs
- Significant gender, ethnic & socio-economic differentials
- Differentials within and across countries

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Average LE & HLE at birth in 2019, source: World Health Organization

PHP Seminar, LSHTM 11/5/2021 @DrShereeHussein
Long Term Care Eco-systems - Europe

- What is LTC?
- LTC systems relatively young
  - Governance spread - horizontally & vertically
  - Funding - cost reduction
  - Workforce - shortages
- (dis)connect to health services
  - Integration aspiration
- links to social protection & welfare benefits
- Influenced by a range of policies
  - Public health, migration & employment
- Informal care
LTC models - Europe

Care regimes

- Care Mix (Western)
- Universal (Nordic)
- Family-based (Mediterranean)
- Transition (Central/East Europe)

Convergence of care models across Europe

- Marketisation/Commodification
- De-institutionalization/Ageing in place
- Fragmentation
- Informal/private arrangements
- Migrant workers

The role of the state, family and individuals

- Shifting responsibilities
- Familisation/Intergenerational support
- Re-emergence of caring communities
Policy complementarity, substitution and disconnect

Financing & governance

Formal and informal spheres of care
- Duties & responsibilities (inc. legal)
- Family care seen as the cheapest option

Availability & access
- Migration
- Changes in family structures
- Diverse experiences

Care gaps
- Informal care burden
- Workforce shortages
- Care chains

- Systems inter-dependencies
- Weakening supply of care
  - Both familial & formal
- Connections across health and care
  - Continuity of care is not linear but more complex
- Care and the climate
- A crisis phenomena
  - Funding, public confidence, political
- System shocks
  - COVID19: current & future LTC organization & delivery
Population Ageing the context of MENA Region

- ‘Rapid’ process of ageing
  - Fast and steep
- High level of unpreparedness
  - Health and care services
  - Infrastructure
- Social & economic opportunities
- Social-determinants of health and wellbeing at old age
- Nested within other demographic dynamics (pop. growth & dividends)
- Socio-political structures
- Perceived age-related roles & duties

Map produced by authors
• Universal health coverage remains an aspiration
• LTC is in a policy blind-spot, for many reasons
  • Reliance on families (traditional hubs of care)
  • Within a context of dynamic changes in family structures, living arrangements ...
• Environment & infrastructures

• Some recent national, regional and global policy attention
  — Narratives of intergenerational solidarity, families & ageing in place
• Limited LTC services
  — Primarily community based, NGOs and informal arrangements
• Lack of acknowledgment of caring burdens (provided mainly by women)
• Opportunities: population dividends & labour supply
A growing interest in global ageing, particularly healthy ageing

The UN decade of health ageing (2021-2030) – building on the 2030 SDGs

An interest in LMIC and the MENA region in developing ageing policies and supporting the community as a whole

Realization of the need for data, evidence and dialogue

A new initiative to bring stakeholders together (MENARAH)
Substitution & Complementarity

- **Europe**
  - Increasing role of the individual, family & communities
  - Fragmentation vs. integration
  - Crisis narratives

- **MENA**
  - Early developments
  - Informal care (embedded in policy development)
  - Fiscal & governance constraints
  - Opportunities within an evolving crisis
The Middle East and North Africa Research on Ageing Healthy (MENARAH) Network: www.menarah.org

- Launched Sep. 2020; funded by QR GCRF funding
  - Builds on activities since 2015
- Focuses on healthy ageing in its broadest meaning
- A network of researchers, NGOs, policymakers and many more
- Aims to
  - Raise awareness and connect different actors
  - Conduct research and knowledge mobilisation activities
  - Inform policy and practice formulation & development
Placing LTC on the agenda!

(In)Equality

Rethinking the life-course
  – Learning, training and work

Care continuum

Inclusivity of the built and socially-constructed environment

Assistive technology and LTC

Re-thinking the notion of ‘ageing’
  – While acknowledging inequalities

Sustainability

Paradigm shift from a notion of ‘crisis’ to realising opportunities

The flow of knowledge and ideas is two-directional

Significant role of informal care
  Including social capital and community

Unequal experiences/pathways but common goals

Global LTC eco-systems
Thank you for Listening

Any Questions

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