

Hyobum JANG, MD, MPH
Ageing and Health Unit/MCA
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Framework for Countries to Achieve an Integrated Continuum of Long-Term Care



The FUTURE

The number of 60 years and older will have grown by 34%, to reach 1.4 billion by 2030, 2050 more than doubled to 2.1 billion

80% of older people will be living in low- and middle-income countries in 2050

The number 80+ is projected to increase more than threefold by 2050

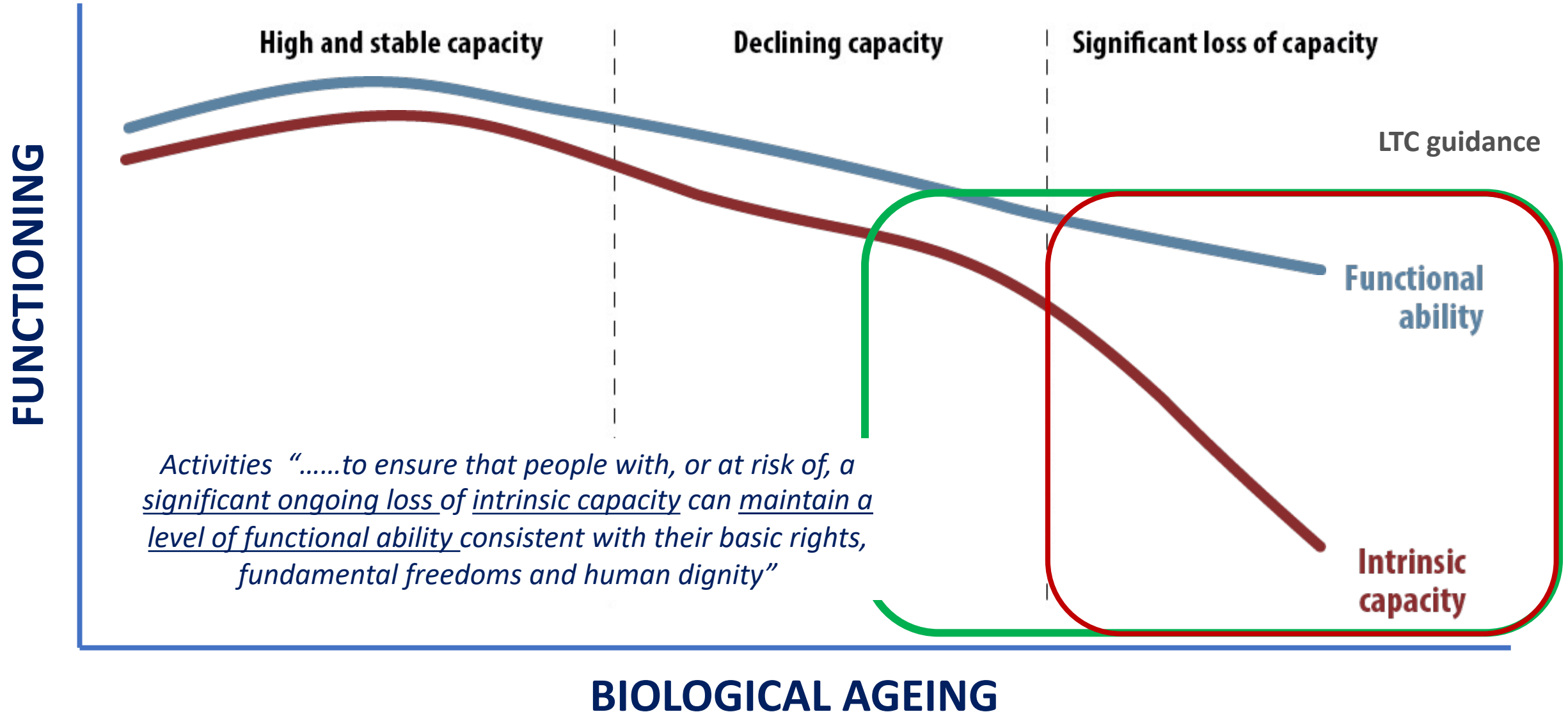


The CHALLENGE

Approximately two thirds of people who achieve old age will probably need care and support from others to perform activities of daily living.

There are at least 142 million older persons worldwide (14% of the global older population living in 42 countries) who are unable to meet their needs.

Integrated care for healthy ageing



Long-term Care services

- Assistive care (e.g. caregiving) and social support
- Palliative services

- Management of geriatric syndromes
- Rehabilitative
- Preventive services
- Promotive services

INTEGRATION

CONTINUING

CONTINUUM

PERSON-CENTRED SERVICES

LTC in WHO Healthy Ageing agenda

- World Report on Ageing and Health (2015)
 - Long-term care systems: workforce, sustainable and equitable financing, integrated care
- WHO Global Strategy and Action Plan on Ageing and Health (2017)
 - Developing sustainable and equitable systems for long-term care, workforce capacity and support caregivers, quality of person-centred and integrated long-term care

WHO recent works on LTC

- WHO LTC Series: Towards long-term care systems in sub-Saharan Africa (2017)
- WHO guidance on LTC during COVID-19 (2020-2021)
 - Preventing and managing COVID-19 across long-term care services
 - Infection prevention and control guidance for long-term care facilities in the context of COVID-19 update: Interim guidance
- LTC financing: Pricing long-term care for older persons (WHO Kobe Centre and OECD, 2021)
- WHO Regional Offices (EURO): regional LTC assessment framework, country profiles, LTC fora



UN Decade of Healthy Ageing (2021-2030)

“Providing older people with access to long-term care”



Action Areas

- i. Changing how we think, feel and act towards age and ageing
- ii. Developing communities in ways that foster the abilities of older people
- iii. Delivering integrated care and primary health services responsive to older people
- iv. Providing older people who need it with access to long-term care

Partnering for change “enablers”

- i. Voice and engagement of older people , families, communities
- ii. Nurturing leadership and capacity building
- iii. Connecting stakeholders
- iv. Data, research and innovation





ACTIONS FOR WHO Secretariat with other UN AGENCIES

**Provide technical support for national situation analyses of long-term care :
WHO Integrated Continuum of Long-term care Readiness Framework**

**Design tools and guidance for a minimum package of long-term care as
part of universal health coverage : UHC Integrated Continuum of LTC
service package**

Provide online resources for informal caregivers

Improve the working conditions of care workers

**Assess the health impact of social protection programmes, including
pensions**

The WHO Integrated continuum of LTC Readiness Framework

WHO?

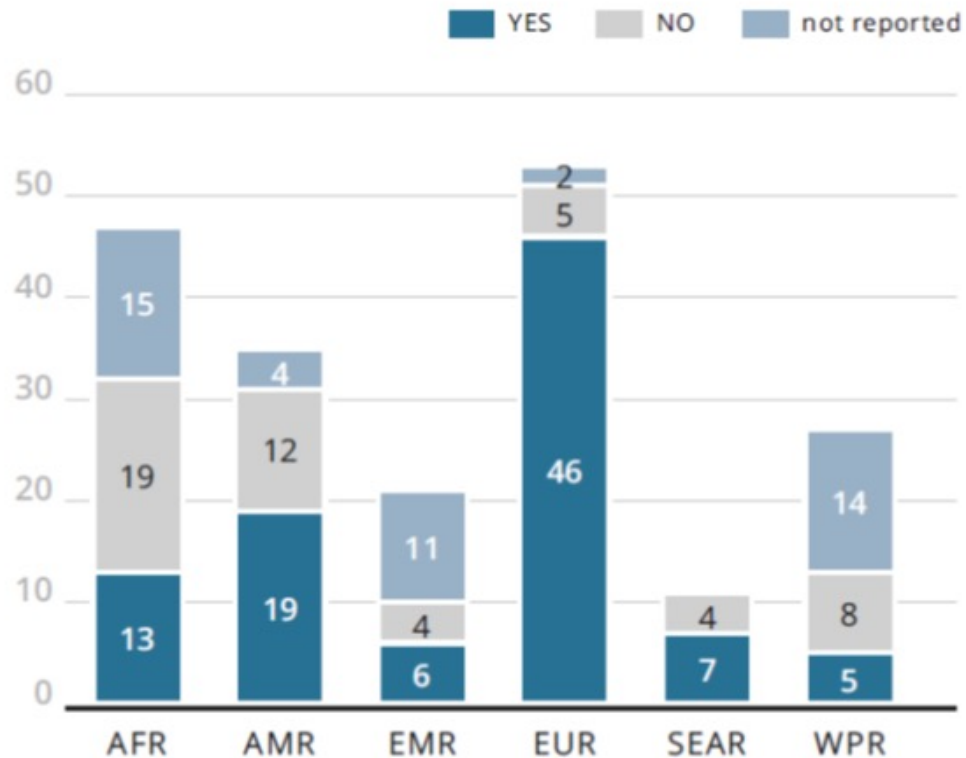
Support policy makers
and system-level
planners, funders and
decision makers

WHAT?

Provide a framework for
countries to look at
system elements to
evaluate when assessing
country readiness for the
implementation of long-
term care services



Number of countries with
a national policy on long-term care,
including homes, communities and
institutions when needed, 2020 → 3.2



Percentage of countries reporting a national policy on long-term care

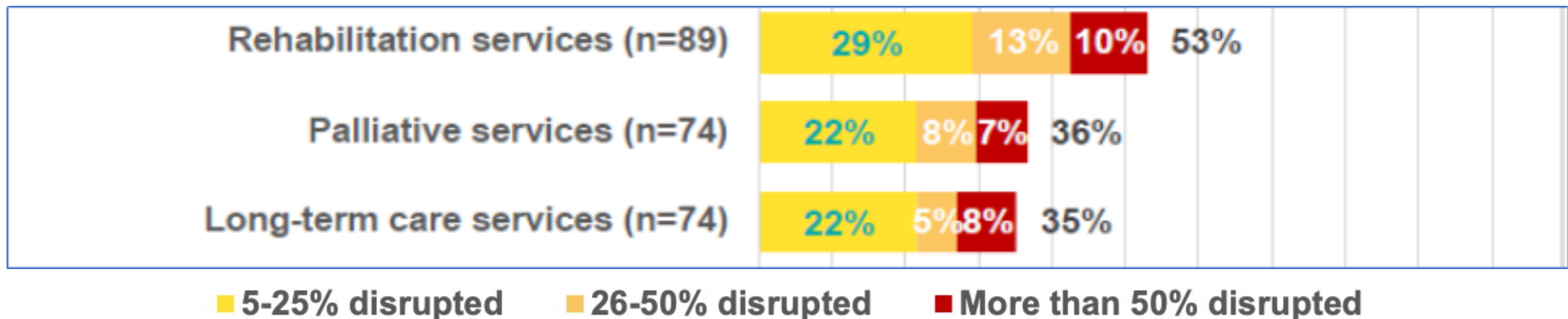
	2018	2020
Globally	41%	49%
AFR	23%	28%
AMR	46%	54%
EMR	14%	29%
EUR	72%	87%
SEAR	64%	64%
WPR	19%	19%

Member States commit to ensure legal frameworks and sustainable financial mechanisms for provision of long-term care, within the Decade action area "provide access to long-term care for older people who need it".

Disruption of LTC services during COVID-19

- WHO national PULSE survey, 2nd round (Jan-Mar 2021)

Primary care, rehabilitative, palliative and **long-term care** are most heavily affected, with over 40% of countries reporting disruptions that affect the availability of and access to quality services, including for the most vulnerable individuals.



Learning from the COVID-19 pandemic

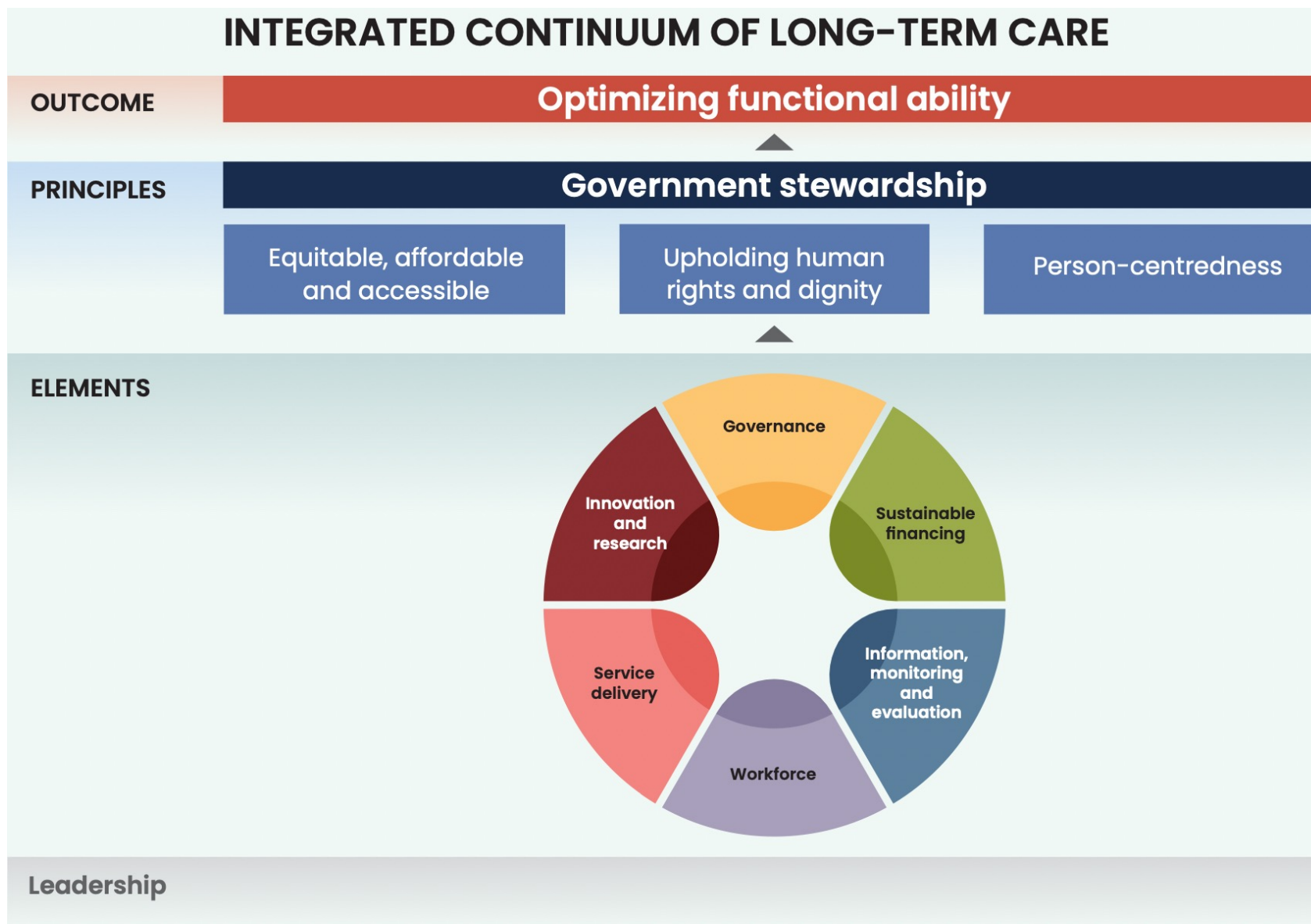
Challenges revealed

- Fragmentation of long-term care services within existing care systems
- Lack of legislation, poorly qualified and low-paid staff, and inadequate national strategies and frameworks for long-term care
- Inappropriate regulation and quality of services

Needs for strengthening

- Intersectoral coordination mechanisms
- Quality assurance mechanisms
- Health sector oversight of long-term care services and facilities
- LTC services are integrated and provided alongside the traditional continuum of care

WHO Integrated Continuum of Long-Term Care framework



Core principles of integrated long-term care systems

- Be person-centred and aligned with the person's values and preferences
- Optimize functional ability over time and compensate for loss of intrinsic capacity
- Be provided preferably in the community, promoting ageing in place
- Provide integrated services in a continuum
- Include services that empower the older person
- Emphasize support for carers and care workers

Checklist: core elements and key action points for strengthening long-term care systems

The checklist should be:

- used as a general reference tool for assessing the country long-term care situation at a macro level in conjunction with other more in-depth harmonized normative products on long-term care by WHO;
- adapted to national and local contexts by taking account of a country's policies, guidance, local risks, requirements, standards and practices;
- used periodically to monitor the progress of country preparedness to provide an integrated continuum of long-term care services.

Total 84 action points with 6 core elements

- **Not available:** indicate that the action was not initiated yet.
- **Partially functional, initiated, implemented or covered:** indicate that current action has been initiated but is only partially created or implemented.
- **Fully functional, implemented and covered:** indicate that current action is fully implemented and is being continuously refined and improved.



1. GOVERNANCE

Rating



1. Include long-term care within the portfolio of national and regional or municipal governments with the designation of a dedicated focal coordinating body aiming at reaching leadership and engaging community representatives and other relevant stakeholders.
2. Formulate legislation for long-term care that includes a mandate for governance structure, financing mechanism, service provision with a defined target population, and monitoring of quality care and performance.
3. Formulate legislation to ensure protection of rights and entitlements of both older people and carers.
4. Establish an overarching national (and relevant regional) plan, strategy or framework that sets the directions and outcomes to achieve an organized and sustainable long-term care system operationalized at subnational level with a specified target population.
5. Map key stakeholders in the development of policy and strategy for long-term care.
6. Formulate an explicit long-term care policy document developed as a stand-alone national document, usually including a multistage stakeholder process, led or supported by the focal governmental entity dedicated for long-term care.
7. Steer roles of national, regional and municipal government in the assurance, financing, regulation and provision of long-term care services, including the roles of public and private providers and nongovernmental organizations.
8. Establish a detailed action agenda with essential implementation strategies.
9. Create and support a regular decision-making body for integrating all levels of the long-term care sector, including collaboration of health and social workforce organizations, aiming at fostering dialogue and formulating processes, norms, standards and regulations.
10. Define strategies and actions to facilitate leadership, foster collaboration between health and social systems, and enable alliances to promote more integrated models of long-term care.
11. Define how public funds will be allocated and distributed for the implementation of the national or subnational plan in a sustainable manner.
12. Allocate and coordinate budgets across multiple levels of governance to implement an integrated long-term care system.



2020
-2022

WHO Integrated continuum of LTC Framework
WHO UHC LTC Service Package

2022 -

EXPAND Online platform for caregivers
PROVIDE Implementing tools

2024 -

Global guidance on
Models of Long-term care



WHO global LTC activities for 2022-2023

- UHC Integrated continuum of LTC service package
- Implementing tools for long-term care systems and services
 - Online training tool for caregivers on provision of long-term care services
 - Long-term care systems and services assessment tool
 - Implementation handbook of UHC LTC service package
 - Sustainable financing, cost effective analysis
- Country support: 3-level collaboration to support countries
- Global Network on Long-Term Care (GNLTC) meetings and workstreams: connecting on the impact of COVID-19 on LTC