Ministry of National Development Planning/Bappenas Republic of Indonesia

Navigating NCDs and Mental Health Care for Older People in Indonesia Through Innovative Regulation and Policymaking

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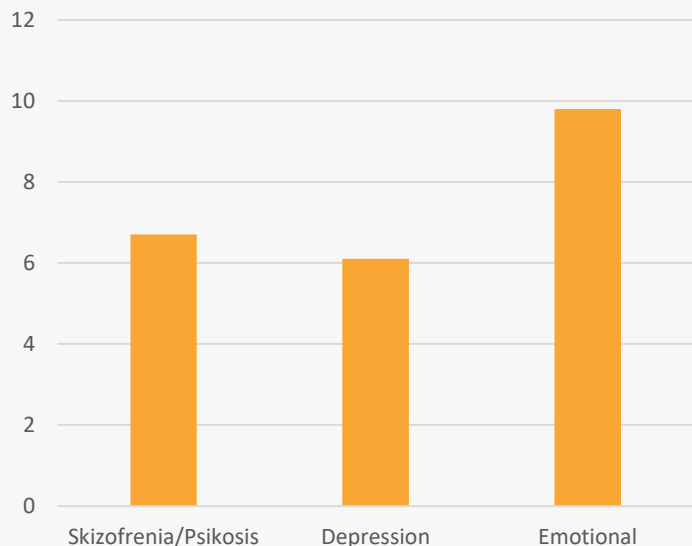Ministry of National Development Planning/BAPPENAS

Manila, 18 June 2024

Prevalence of Mental Health in Population Aged >15 Years

Source : Riskesdas, 2018

Category	Value
Skizofrenia/Psikosis	~6.7
Depression	~6.1
Emotional	~9.8

Mental Disability

Any person who experiences limitations in thinking, emotional, behavioral and/or sensory functions for a long period of time, including: psychosocial (e.g. schizophrenia, bipolar, depression, anxiety and personality disorders); and developmental disabilities that affect social interaction abilities (Autism and Hyperactivity).

Source : Indonesia Law No. 8/2016 about PwD

Difficulty in Seeing
1.937.465 people
39,7%

Difficulty in Walking/Climbing Stairs
1.724.313 people
35,3%

Difficulty in Hearing
1.007.660 people
20,7%

Difficulty in Using Hands
783.380 people
16,1%

Difficulty in Controlling Behavior
627.581 people
12,9%

Having a Depression
712.671 people
14,6%

Difficulty in Remembering/ Concentrating
805.967 people
16,5%

Difficulty in Speaking/ Communicating
704.176 people
14,4%

Difficulty in Learning
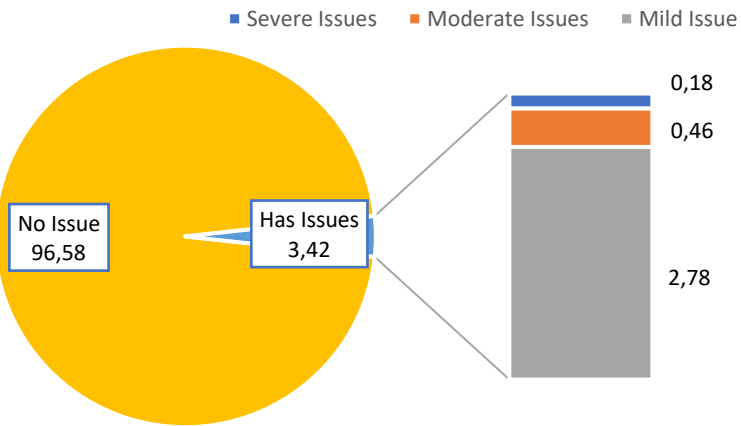1.006.78 people
20,6%

Difficulty in Selfcare
847.701 people
17,4%

Source : Regsosek, 2022

Percentage of Older People with Behavioral/Emotional Issues (Mental Disability)

- Severe Issues
- Moderate Issues
- Mild Issue

No Issue 96,58

Has Issues 3,42

0,18
0,46
2,78

Source: Susenas, 2023

Percentage of Respondents with Symptoms of Depression, by Age

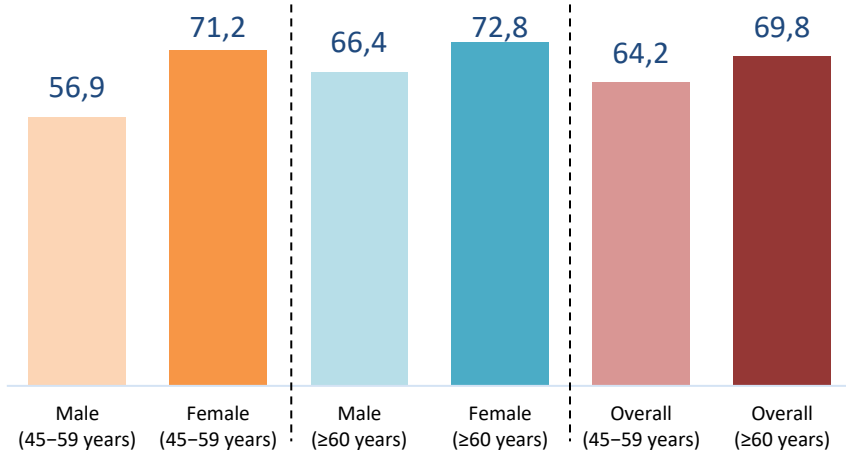| Age	Value
Overall	9,3
80+	7,4
75–79	4,4
70–74	5,5
65-69	7,3
60–64	6,7
55–59	12,0
50–54	7,9
45–49	13,2

Overall for Older People: 6.6%
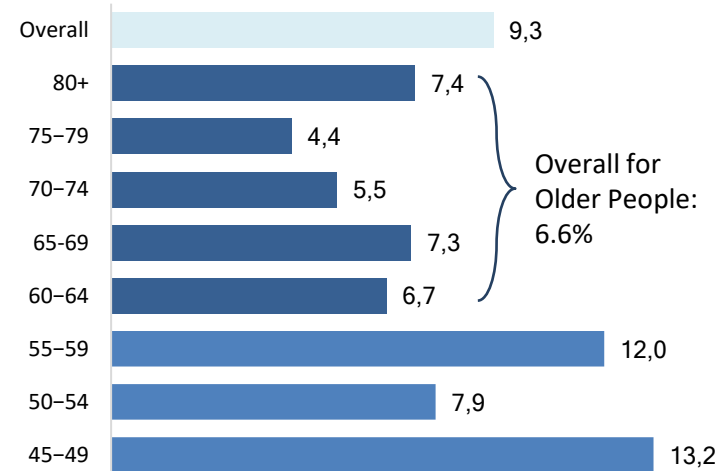
Source: ILAS, 2023

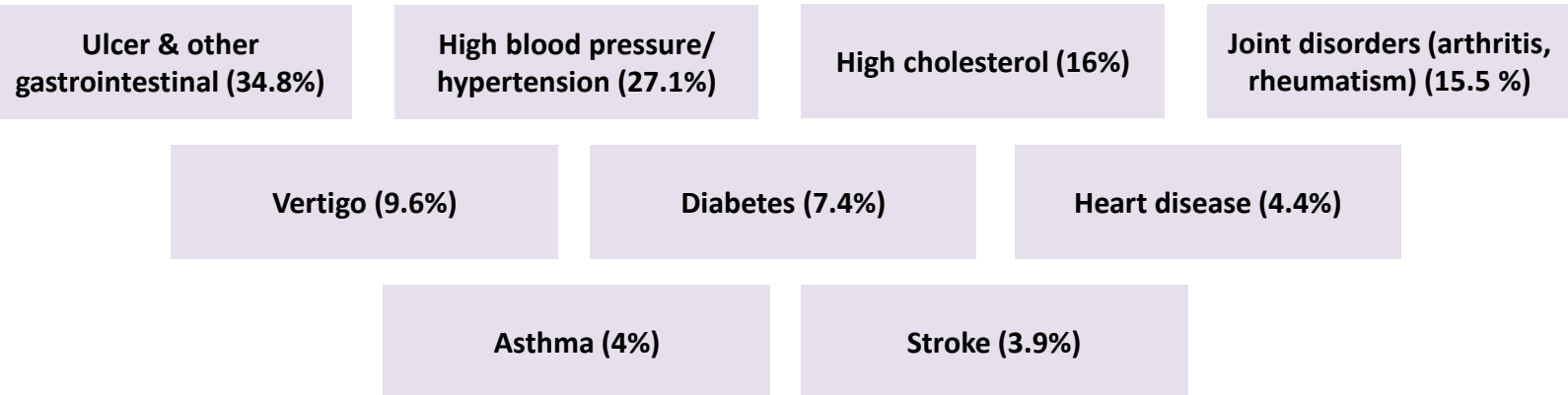Over **one million** of older people in Indonesia experience behavioural or emotional issues (Susenas, 2023),

And, symptoms of depression are found in **6.6%** of older people (ILAS, 2023)

Percentage of Respondents with One or More Diagnosis of NCDs

Category	Value
Male (45–59 years)	56,9
Female (45–59 years)	71,2
Male (≥60 years)	66,4
Female (≥60 years)	72,8
Overall (45–59 years)	64,2
Overall (≥60 years)	69,8

Source: ILAS, 2023

69.8% of older people have been diagnosed with 1+ NCD by a doctor or health-care provider (ILAS, 2023)

- Ulcer & other gastrointestinal (34.8%)
- High blood pressure/ hypertension (27.1%)
- High cholesterol (16%)
- Joint disorders (arthritis, rheumatism) (15.5 %)
- Vertigo (9.6%)
- Diabetes (7.4%)
- Heart disease (4.4%)
- Asthma (4%)
- Stroke (3.9%)

2.7% of older people who needs LTC do not have caregiver

8,4%

2,7%

7,8%

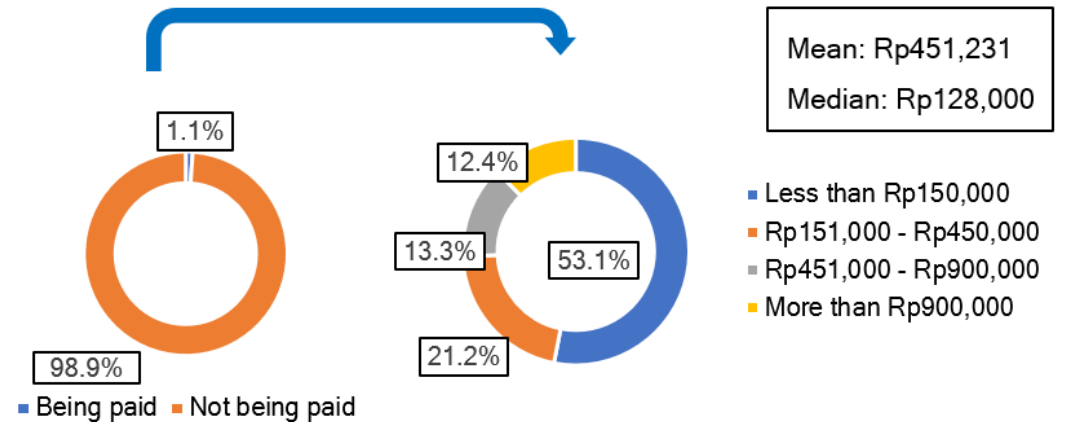Active older people | In need of LTC | Overall
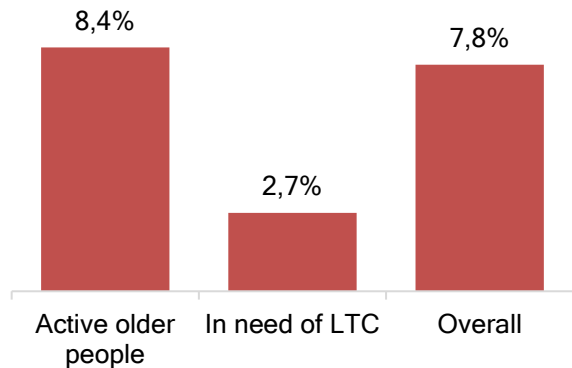
Proportion of Older People without Caregiver by Health Status

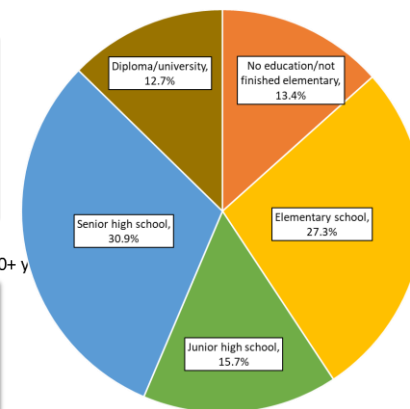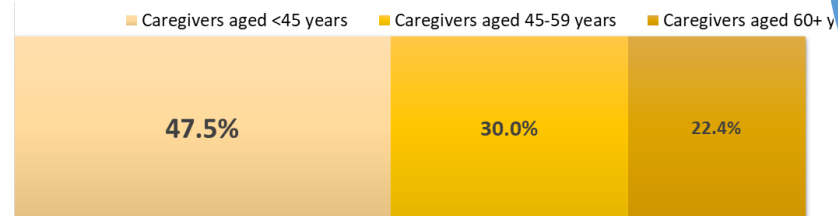## Most care work are done occasionally, approximately 4 hours per week

Frequency of care work	%	Mean hours
Daily (routine caregiver)	39.2	3.3 hours/day
Occasionally (non-routine caregiver)	60.8	3.9 hours/week

Care work is also disproportionately done by women, creating an unrecognized and unrewarded burden for them

ILAS (2023), not to be circulated.
N: 4.084

Nearly every caregiver does not get paid for the work, those who do mostly receive less than Rp150,000 per month

Mean: Rp451,231
Median: Rp128,000

1.1%

98.9%

12.4%

13.3%

53.1%

21.2%

■ Less than Rp150,000
■ Rp151,000 - Rp450,000
■ Rp451,000 - Rp900,000
■ More than Rp900,000

■ Being paid ■ Not being paid

Yet, **most caregivers (77.5%) are in their productive years** and **over 40% hold at least a high school degree.**

Diploma/university, 12.7%

No education/not finished elementary, 13.4%

Senior high school, 30.9%

Elementary school, 27.3%

Junior high school, 15.7%

■ Caregivers aged <45 years ■ Caregivers aged 45-59 years ■ Caregivers aged 60+ y

| 47.5% | 30.0% | 22.4% |

Coverage of Older People Programs In Indonesia

Institution	Program	Aging Coverage	Target
	Cash Transfer Program for Older Persons (PKH Lansia)	2023 = **23,18%** (Susenas, 2023)	Older persons in the 20% poorest family, specified benefit (about 4.8 M older people)
	Food needs (Sembako) Program	2023 = **31,93%** (Susenas, 2023)	Older persons in the 25% poorest family, no specified benefit
	Social Rehabilitation (ATENSI LU)	2022 = **1,62** 2023 = **2,73** (Susenas, 2023)	Older people in need of specific services, including social rehabilitation and long term care
	Primary Health Center for Older Person (Puskesmas Santun Lansia)	5,694 (**55,32%**) Community Health Center (Kementerian Kesehatan, 2023)	All older people accessing health services at the Community Health Center
	Integrated Service Post for Older Person (Posyandu Lansia)	**100.470** Integrated Service Post for Older Person (Kementerian Kesehatan, 2020)	All older people in the catchment area
	National Health Insurance	81,54% (Susenas, 2020)	All older people, subsidy for those in the 40% poorest families
	The Chronic Disease Management Program (Prolanis)	N/A	Older people under JKN coverage with chronic conditions
	Developing The Older Persons Family (BKL)	52.350 groups (SIGA BKKBN, 2023)	All families with older people in the catchment area

This intergenerational support in Family

Financial Support	Emotional Support	Caring Support
• The amount of financial transfer between generations. • The foundation for older people to achieve high-level needs	• An intangible construct referring to companionship and communication • increase their involvement in society	• Tangible forms of support which include personal care and undertaking household chores. • To help maintain their social capital

- Fulfill older person basic needs
- Increase older adults health (physical and mental) indicators
- Promote older people's life satisfaction
- Enhance older adults' wellbeing

Building Care Economy

Care Economy is included & accommodated in the 2025-2045 National Long-Term Development Plan

Promotes programs, policies, and practices that **increase cooperation, interaction, and exchange** between people of different generations

Provides adequately for the **safety, health (physical and mental), education and basic necessities** of life for people of all ages

Due to the success in the pilot locations, Ministry of National Development Planning/Bappenas is currently expanding "**Integrated Older People Care**" to reach more beneficiaries

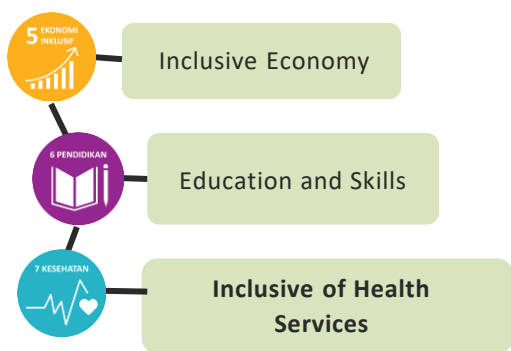**Master Plan for Persons with Disabilities (25 years)**

Way Forward

The Ministry of National Dev. Planning Regulation Number 3 of 2021:

- National Action Plan for Persons with Disabilities (RAN PD)

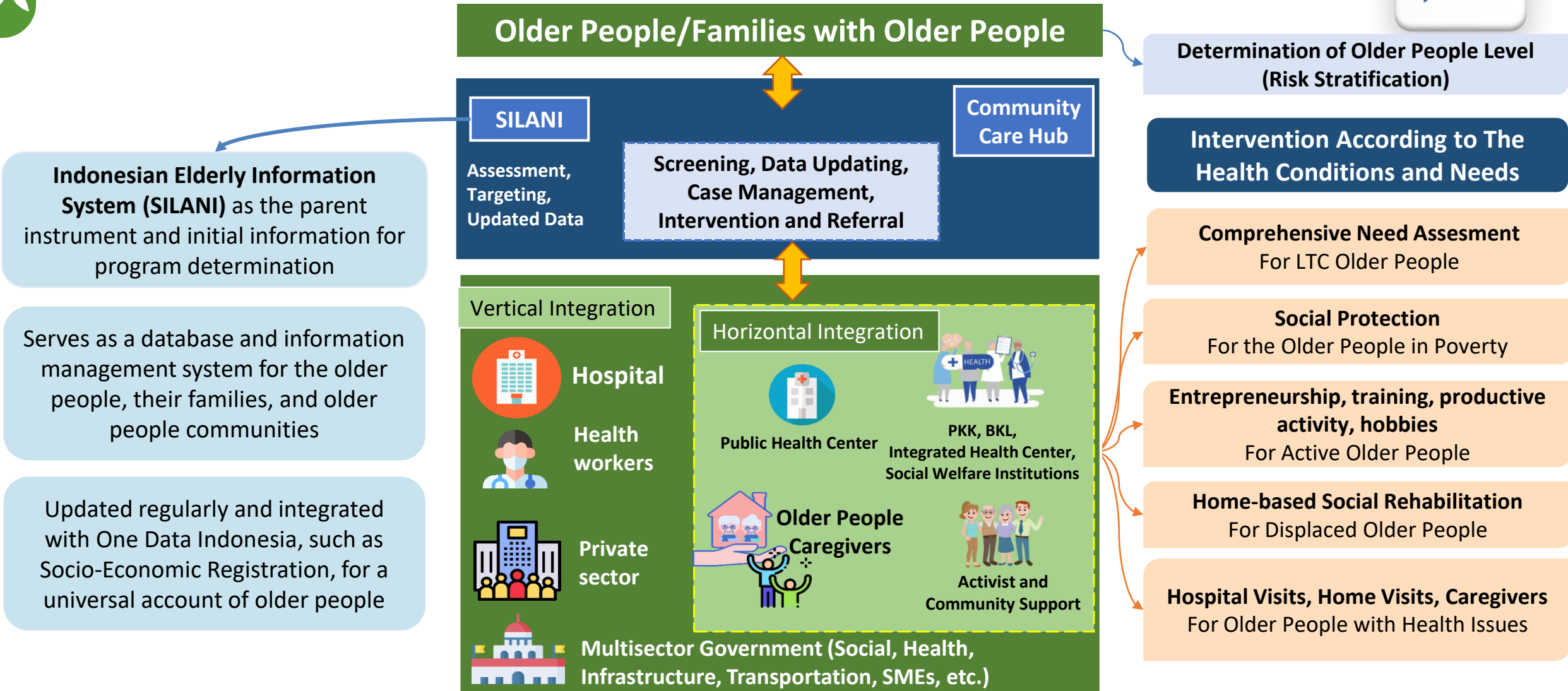- Provincial Action Plan for Persons with Disabilities (RAD PD).

7 Strategic Goals

1 PENDATAAN — Inclusive Planning and Data Collection

2 LINGKUNGAN TANPA HAMBATAN — **Inclusive Society and Environment for PwD**

3 KEADILAN — Protection of Rights and Access to Justice

4 PEMBERDAYAAN — **Empowerment and Independence of PwD**

5 EKONOMI INKLUSIF — Inclusive Economy

6 PENDIDIKAN — Education and Skills

7 KESEHATAN — **Inclusive of Health Services**

Indonesia's Commitment to People with Mental Disabilities

1. Based on Law no. 8 of 2016 about PwD, people with disabilities have various types: physical, sensory, intellectual and **mental disabilities;**

2. As a form of State responsibility in encouraging the implementation of Respect, Protection, Fulfillment, Enforcement and Promotion of Human Rights (PSHAM) for Persons with Mental Disabilities, Minister of Law and Human Rights formed the P5HAM Working Group in 2021;

3. The P5HAM Working Group's roadmap has established from 2023-2026 with the vision of "Stopping Violence and Fulfilling the Right to Live Inclusively in Society for People with Mental Disabilities in Indonesia".

Older People/Families with Older People

Determination of Older People Level (Risk Stratification)

SILANI

Assessment, Targeting, Updated Data

Community Care Hub

Screening, Data Updating, Case Management, Intervention and Referral

Intervention According to The Health Conditions and Needs

Indonesian Elderly Information System (SILANI) as the parent instrument and initial information for program determination

Serves as a database and information management system for the older people, their families, and older people communities

Updated regularly and integrated with One Data Indonesia, such as Socio-Economic Registration, for a universal account of older people

Vertical Integration

Horizontal Integration

Hospital

Health workers

Private sector

Public Health Center

PKK, BKL, Integrated Health Center, Social Welfare Institutions

Older People Caregivers

Activist and Community Support

Multisector Government (Social, Health, Infrastructure, Transportation, SMEs, etc.)

Comprehensive Need Assesment For LTC Older People

Social Protection For the Older People in Poverty

Entrepreneurship, training, productive activity, hobbies For Active Older People

Home-based Social Rehabilitation For Displaced Older People

Hospital Visits, Home Visits, Caregivers For Older People with Health Issues

Source: Results of Community-based LTC Mapping and Assessment conducted with ADB support, TA 2020

SILANI reinvents the digitalization, accessibility, and good governance in older people care.
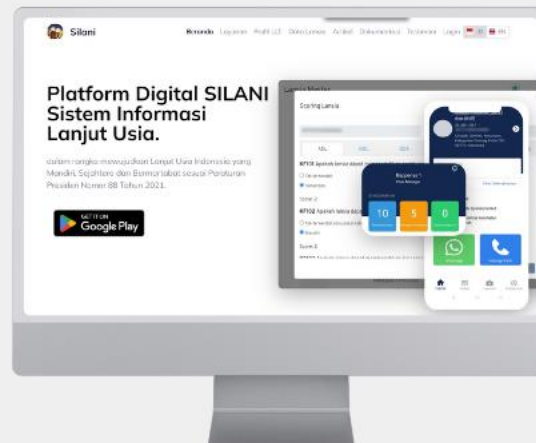
Winner of **Best Smart Care Technology**

11th ELDERCARE INNOVATION AWARDS 2023 — Operational Management Solution End-User

Mobile App for Older People and their Caregivers in the Family/Community

Dashboard System for Monitoring, Evaluation, and Operational Management

Bappenas develops SILANI Digital Platform (SDP) as an MIS and operational management solution to connects older people and their caregivers in the community to the care and services that they require

The implementation of SILANI Digital Platform in Indonesia emphasizes on the outreach to older people, especially those in need of services, by case managers through need assessment and referral services.

ACCESSIBLE VIA SILANI.BAPPENAS.GO.ID

- Data collection
- Needs Assessment and Care Planning
- Social Assistance
- Condition Screening
- Referral to Services

SILANI

*The digitalization of elderly care and empowerment helps **bridging** the digital divide, as paths to strengthens social protection for older persons. In addition, it promotes the development, production, availability, and use of assistive, innovative digital tech that increases access to good-quality health and social services.*
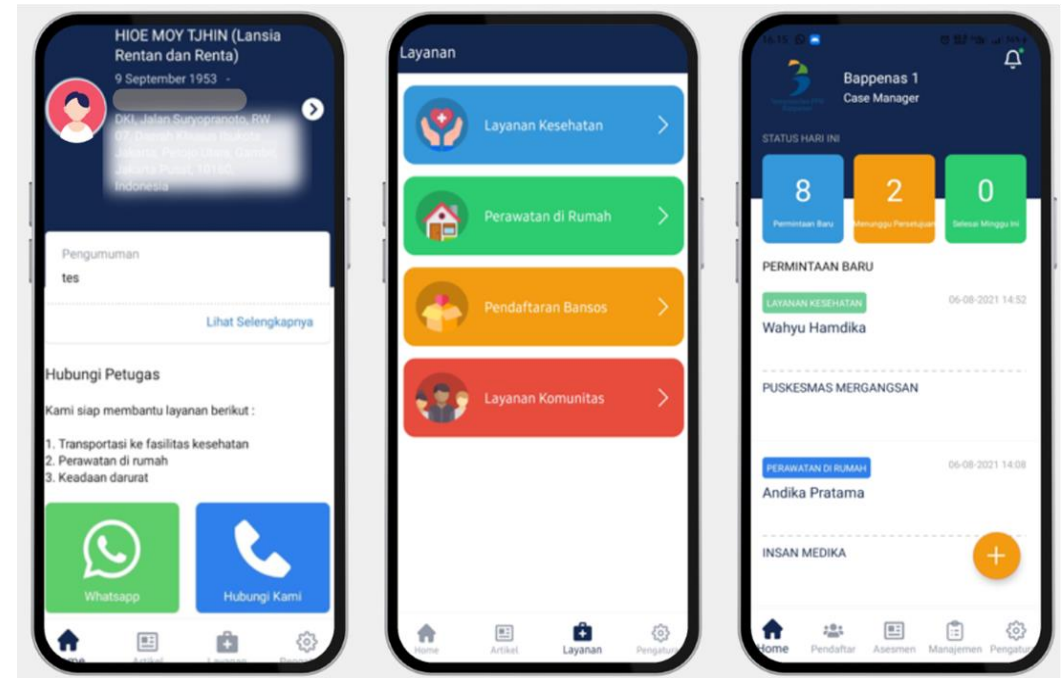
ASSESSMENT OF THE PSYCHOLOGICAL STATE (GDS)

Instructions: Circle the answer score that corresponds to the elderly

No	Question	Scoring	Result
1	**In the past week,** Were you actually satisfied with your life?	0. Yes 1. No	
2	**In the past week,** Do you feel bored?	0. No 1. Yes	
3	**In the past week,** Do you often feel helpless?	0. No 1. Yes	
4	**In the past week,** Do you prefer to stay at home rather than going out and doing something new?	0. No 1. Yes	
5	**In the past week,** Do you feel worthless?	0. No 1. Yes	

Scoring total (sum up the result)

Considered to have a mental disorder if the total score is 2 or more
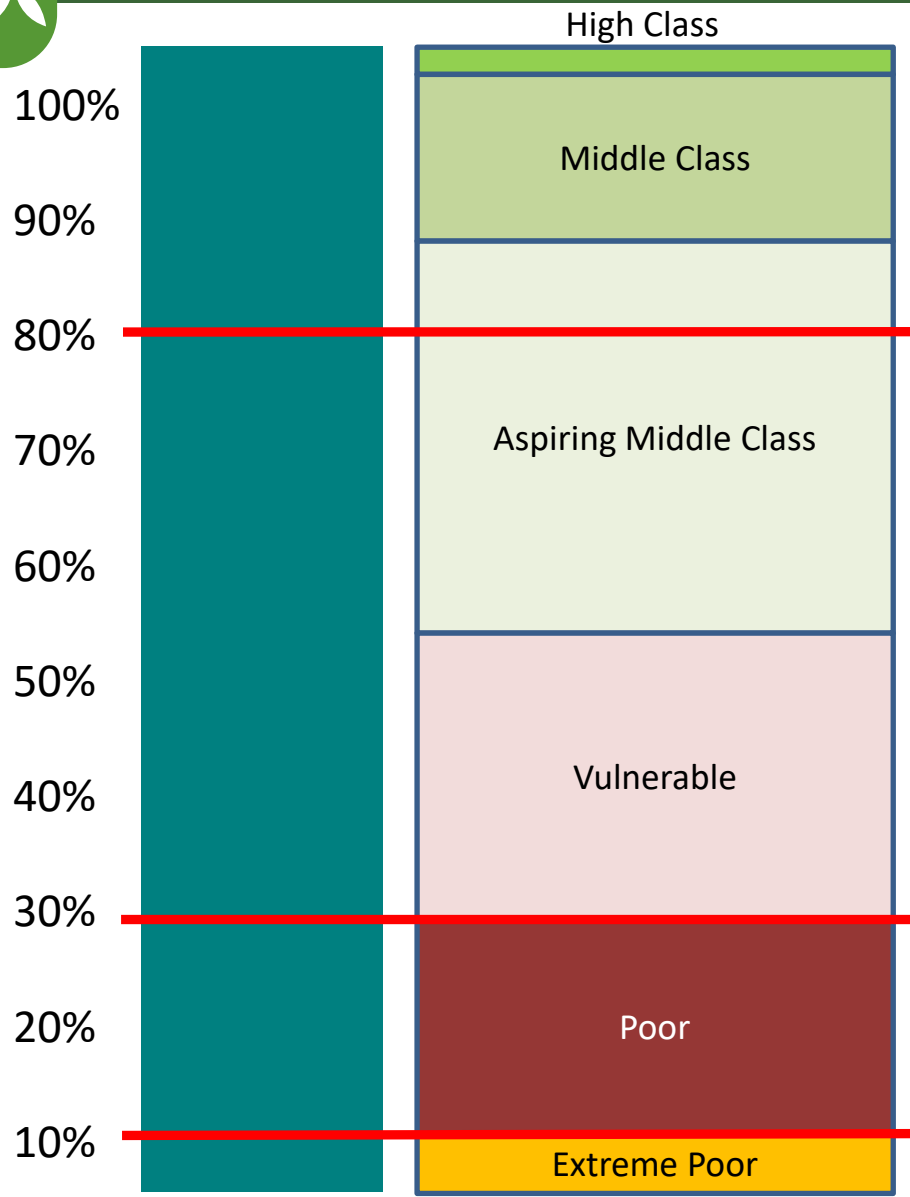
Target Population: GDS can be used on healthy, sick and elderly people who experience mild to moderate cognitive problems. This scale has been used widely in the community, in acute and long-term care.

Source: try this: Best Practices in Nursing Care to Older Adults, Hartford Institute of Geriatric Nursing. Issue No. 4, revised 2012
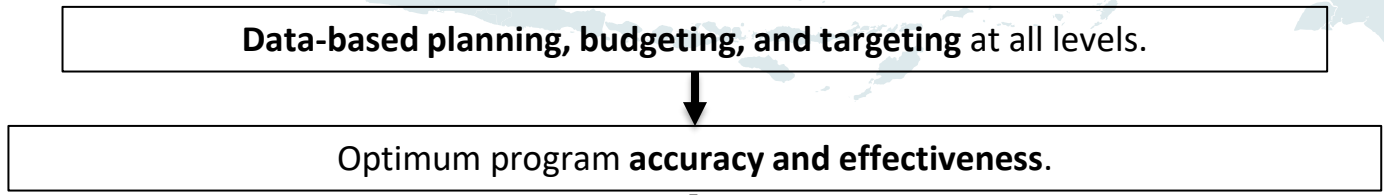
High Class

100%	Middle Class
90%	
80%	Aspiring Middle Class
70%	
60%	
50%	
40%	Vulnerable
30%	
20%	Poor
10%	Extreme Poor

Social Economic Registry covering 100% population and all economic classes.

Data-based planning, budgeting, and targeting at all levels.

Optimum program **accuracy and effectiveness**.

Supporting National Programs

1. Improving targeting accuracy for vulnerability-based social protection.
2. Supporting planning and budgeting for disaster-related social protection.
3. Supporting program modification to improve preparedness and resiliency in facing disaster risks, climate change, and other emergencies.
4. Supporting quick mitigation and recovery process post emergencies.
5. **Supporting health and care provision policy:**
   - **Older people**
   - **People with disabilities, including mental disabilities**
   - **People with NCDs – potential integration with MoH data**

Routine Exercise for Older People

Collaboration with Universities: Routine Check Up

Economic Empowerment and Small Business Training

Art Activities

Craft Making

Community Care Hubs in DI Yogyakarta and Bali provide and link supports for older people, including programs to maintain older people mental health through intergenerational activities and routine checkup as preventive measures for NCDs.
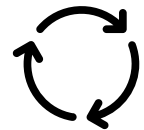
Guarantee of Inclusive Life In Society (Deinstitutionalization) for Older People, including those with Mental Disabilities

Encouraging intergenerational programs and best practices in families and communities

Improving inclusion through intergenerational approach and community-based initiatives

Expanding the access of disability and older people to social protection and care services for all types of vulnerability, make it affordable based on data and information technology

Thank You

Kementerian PPN/Bappenas

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SAVE THE DATE

Asia-Pacific Regional Conference on Population Ageing

11–13 September 2024, Bali, Indonesia

"Reframing Ageing"

Rapid population ageing is affecting the way societies and economies function, creating challenges and opportunities. Adapting to the changing demographic configurations requires rethinking ageing in a comprehensive manner.
The conference is a multistakeholder event that will provide space for sharing experiences, learn from innovations and establish multiple connections. It will also discuss the intersection with other mega-processes like climate change and technological development.

Contact us at:
APRC2024@helpage.org
@HelpAgeAPRO

Kementerian PPN/ Bappenas

Mental Health

Mental Health is a condition in which an individual can develop physically, mentally, spiritually, and social so that the individual is aware own ability, can handle pressure, can work productively, and be able to deliver contribution to his community.

Source : Undang-undang Republik Indonesia No. 18 of 2014 about Mental Health
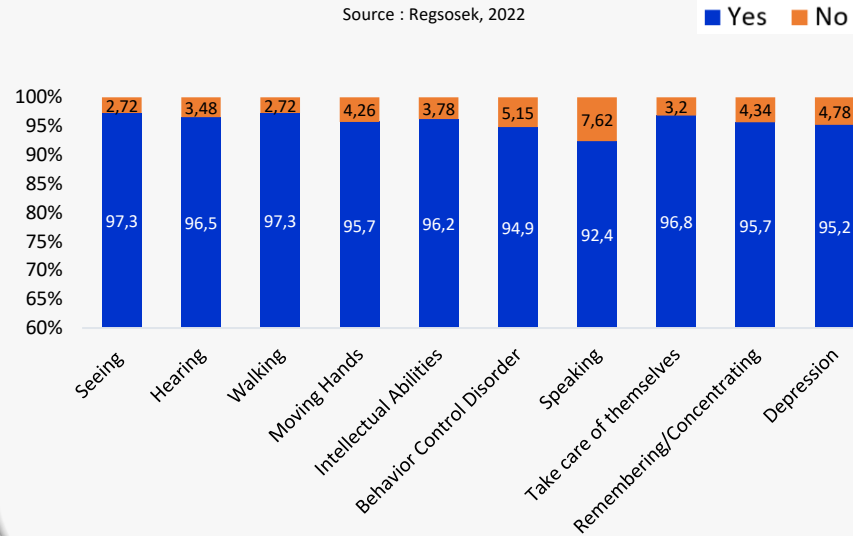
Mental Disability

Any person who experiences limitations in thinking, emotional, behavioral and/or sensory functions for a long period of time, including: Psychosocial (e.g. schizophrenia, bipolar, depression, anxiety and personality disorders); and Developmental disabilities that affect social interaction abilities (Autism and Hyperactivity).

Source : Undang-undang Republik Indonesia No. 8 of 2016 about Different Ability People

Type of Disability based on Various Difficulties

*) *PwD with moderate and severe difficulties*

Source : Regsosek, 2022

Legend: ■ Yes ■ No

Category	Yes	No
Seeing	97,3	2,72
Hearing	96,5	3,48
Walking	97,3	2,72
Moving Hands	95,7	4,26
Intellectual Abilities	96,2	3,78
Behavior Control Disorder	94,9	5,15
Speaking	92,4	7,62
Take care of themselves	96,8	3,2
Remembering/Concentrating	95,7	4,34
Depression	95,2	4,78

Prevalence of Mental Health in Population Aged >15 Years

Source : Riskesdas, 2018

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