



## Inclusive, Sustainable, Prosperous and Resilient Health Systems in Asia and the Pacific INSPIRE Health Forum

7-11 July 2025 • A Hybrid Event



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# From Policy to Implementation: Building Sustainable Systems for Long-term Care to support Healthy Aging in Asia-Pacific, Panel discussion



Ms. Tran Bich Thuy Country Director, Help Age International in Vietnam

## Building community-based long term care model in Vietnam



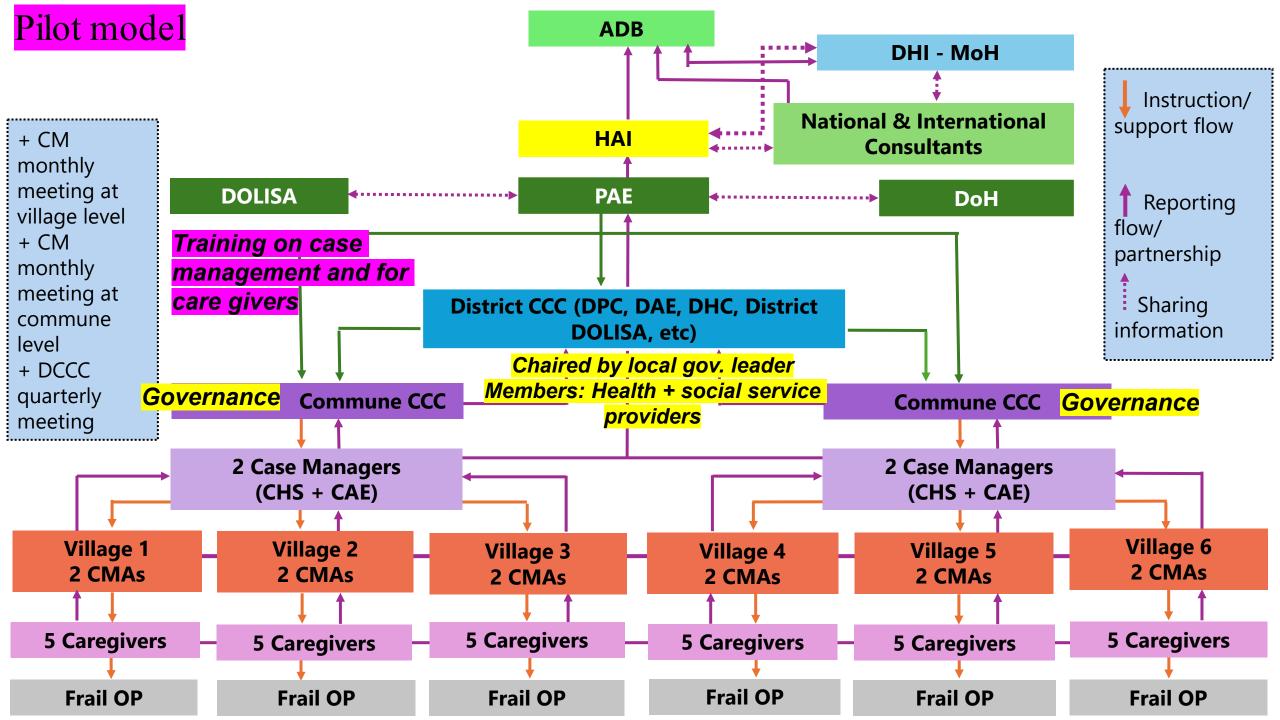
#### Thuy Bich Tran

Country Director, HelpAge International in Vietnam

CEO, VIOBA (Vietnam Organization

For Better Ageing) social enterprise

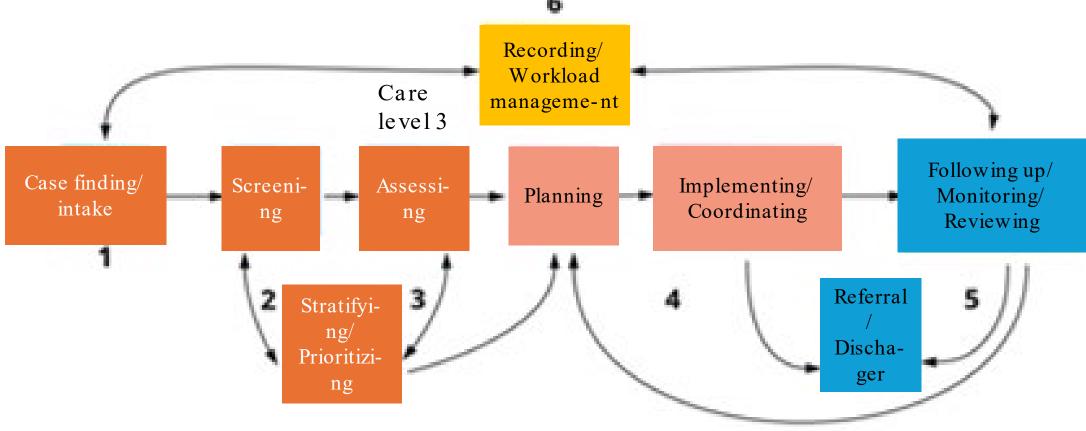
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#### Case Management process

Older persons centered, integrated, comprehensive and systematical approach

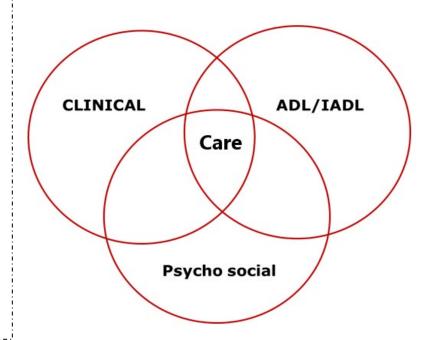
Recording/



Each step in the CMS Process uses its own set of tools.

#### Care services

- Nursing
- Physical therapy
- Rehabilitation
- Vaccination
- Drug reviews
- Communication about self-care
- Nutrition
- Palliative care



- BADLs (feeding, washing face, combing hair, bathing, etc.)
- Help with house chores
- House repair
- Help with cooking
- Help with shopping
- Help with paying bills
- Communication support
- Help with taking medicine

- Be friending
- Help participate in interest group activities/Associations (Poetry Club, Women's Union, AE, Teachers' Association, etc.)
- Companionship (taking OPs to the market/shopping, medical examination, going to the temple, etc.)
- Helps access rights and entitlements; protect the rights of OPs











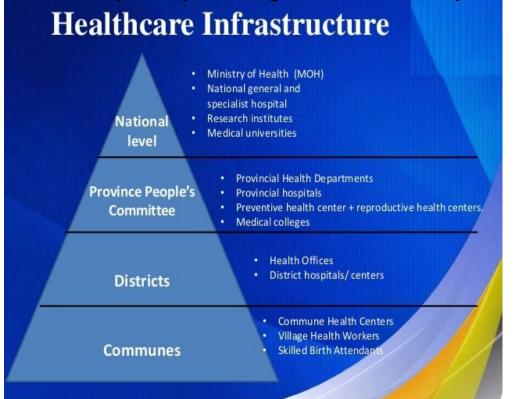


#### Role of Health sector

#### Opportunities:

- Merging of social affairs dept into MOH; CHS under local gov

Greater priority to integrated community based care



- Role & responsibility (Gov, CHS, AE); well resourced (staff+capacity building, training modules)
- Guidelines; digitalized CMS and reporting;



MOU Annual plan



Vietnam Association of the Elderly (CSO)

National Level

<u> 1 National Office</u>

Provincial and City Levels
34 Provincial and City

Commune and Ward Levels
3,321 Commune and Ward

104,578 AE at village & community

Village and Community Levels
With more than 14 million
members

Intergenerational self help clubs (ISHCs): 80% communes by 2035

## Intergenerational selfhelp clubs (ISHC)- national model

Community based older people led organization, 50-70 members, at village level



1) Revolving fund scheme

2) Pro-poor & age friendly livelihoods

3) Support groups

4) Livelihood Volunteers

2) Study visits & exchanges



1) Social and cultural

2) Food and income

3) Health care

Monthly community-led development 1) Helping needy cases

1) Monthly LLL talks

2) Community clean up

Clean up

3) Community improvement activities

3) Intergenerational cross learn

5) Emergency support & 6) Life-long learning Community



7) Rights and entitlement

4) Community-based care



8) Resource Mobilization



### **THANK YOU**