

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

INSPIRE Health Forum

7-11 July 2025 • A Hybrid Event



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



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Building community-based long term care model in Vietnam



Thuy Bich Tran

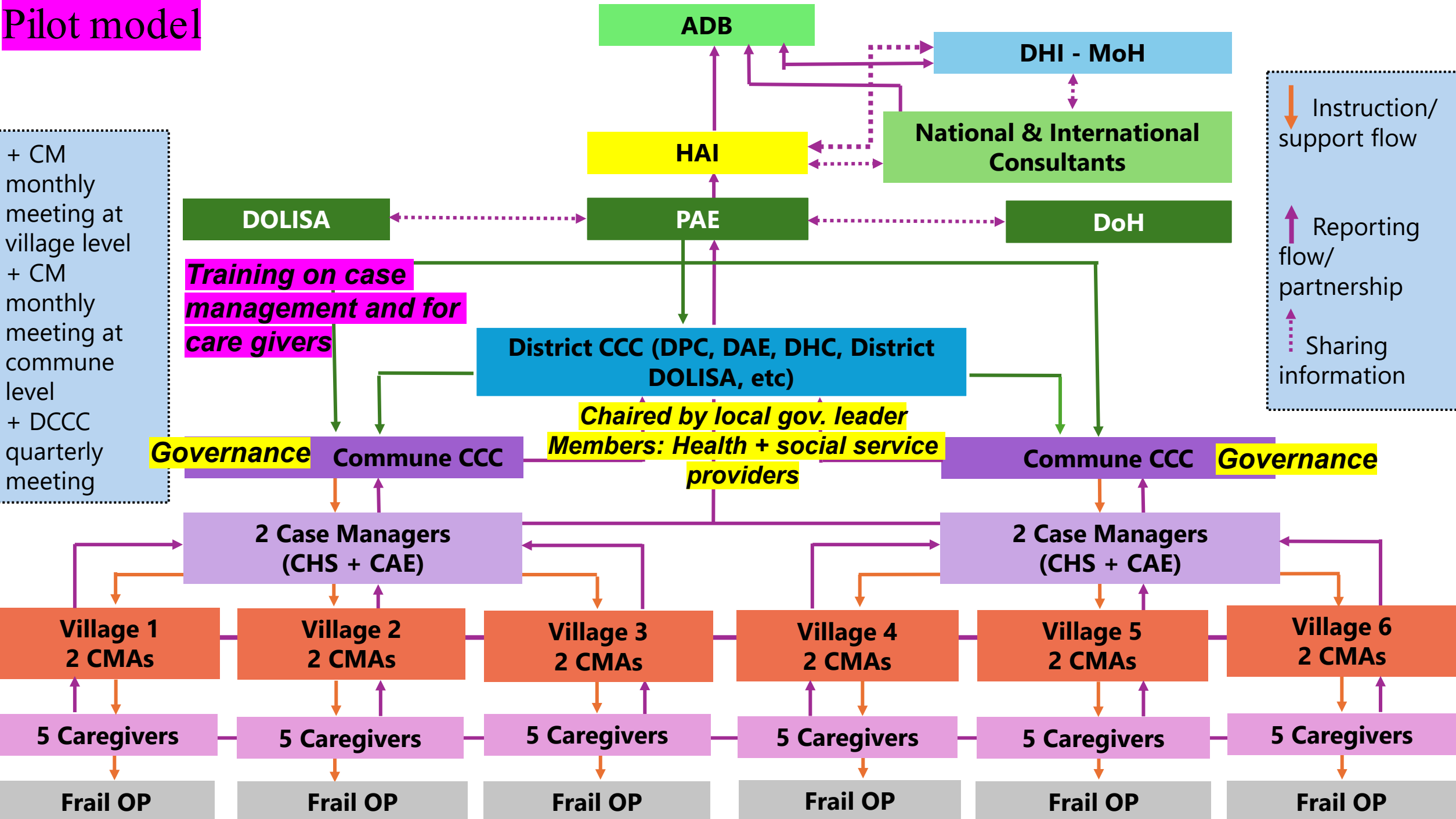
Country Director, HelpAge International in
Vietnam

CEO, VIOBA (Vietnam Organization

For Better Ageing) social enterprise

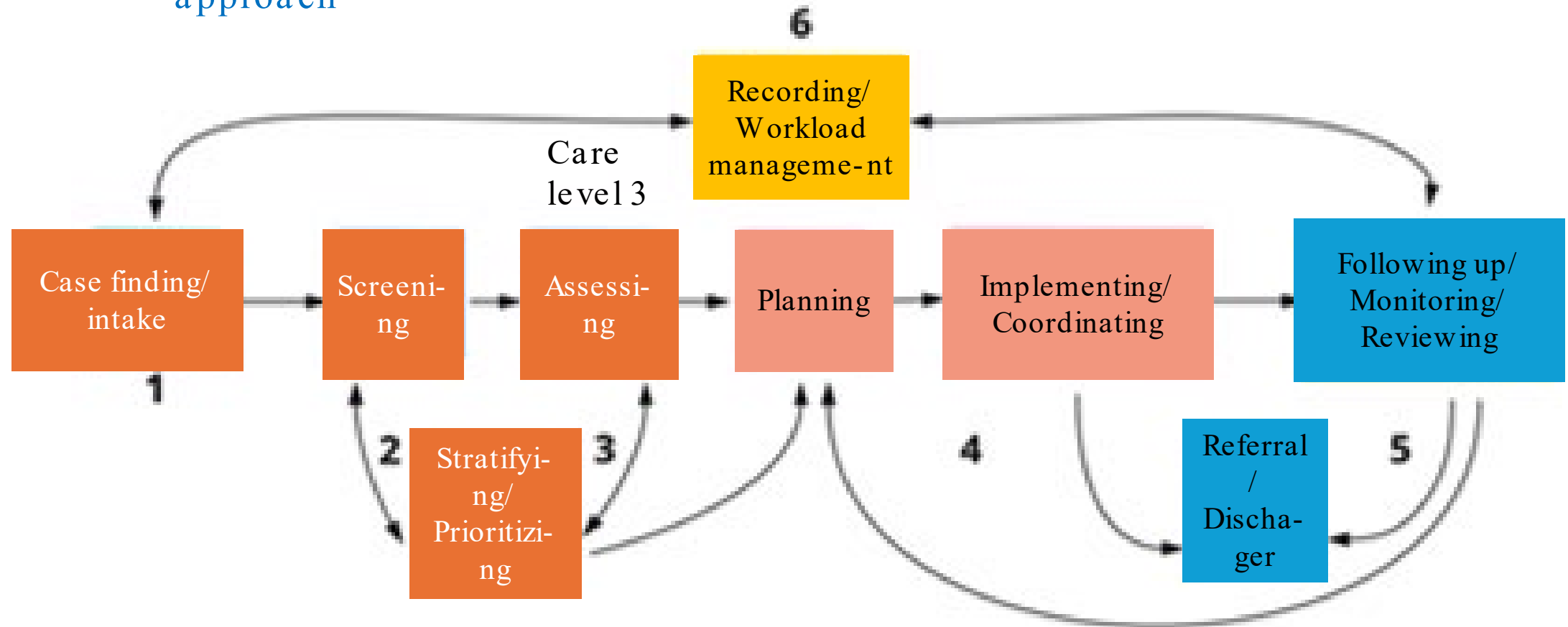
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Pilot model



Case Management process

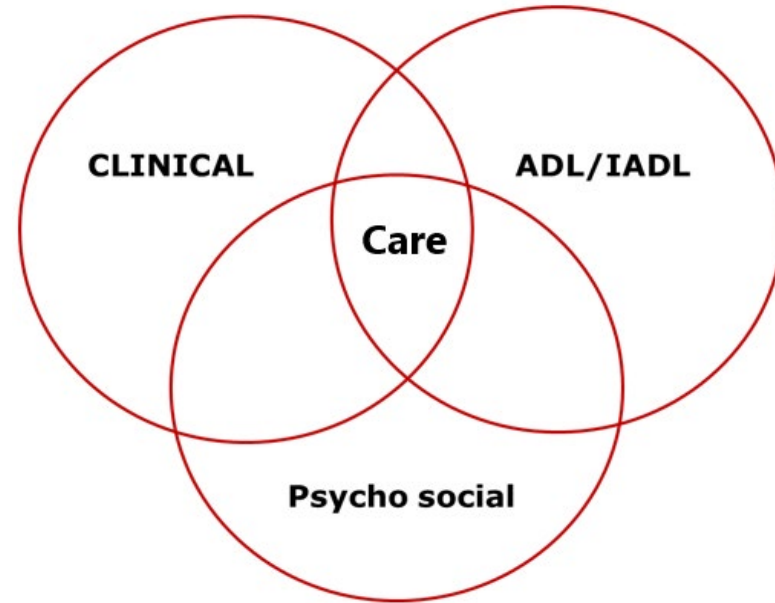
Older persons centered, integrated, comprehensive and systematic approach



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

Healthcare Infrastructure

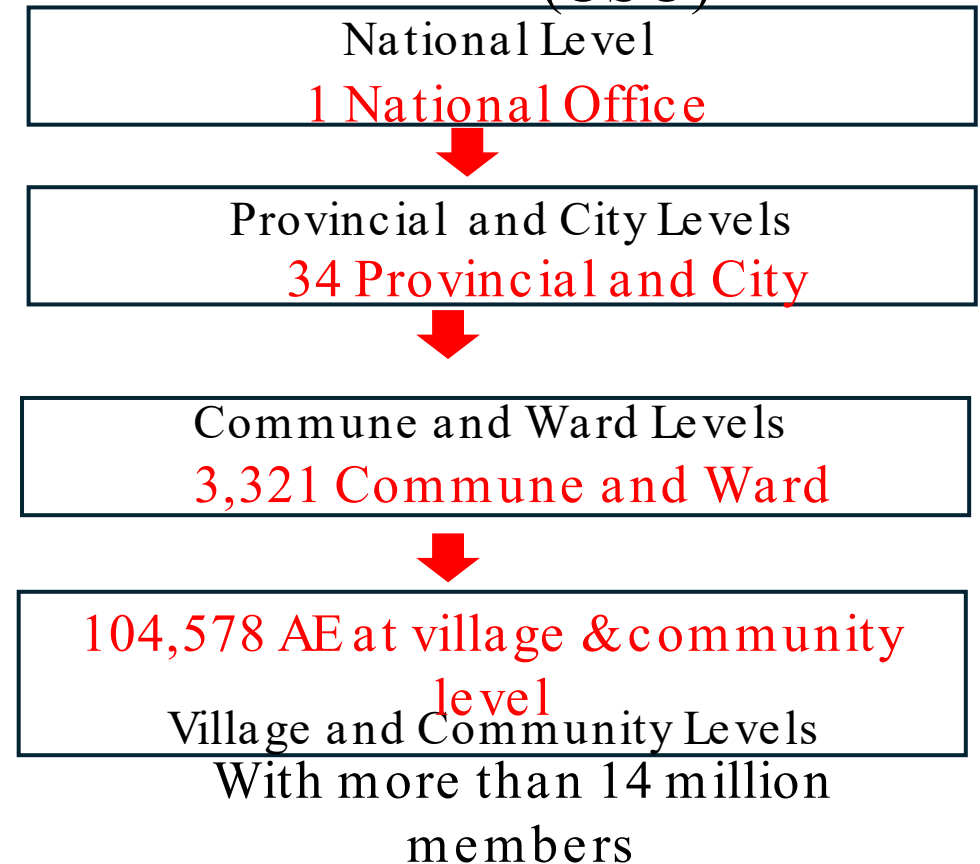


Partner
-ship

MOU
Annual
plan



Vietnam Association of the Elderly (CSO)



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

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

Intergenerational selfhelp clubs (ISHC)- national model

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



1) Social and cultural

2) Food and income

3) Health care

4) Community-based care



5) Emergency support & Community

6) Life-long learning

7) Rights and entitlement

8) Resource Mobilization



THANK YOU