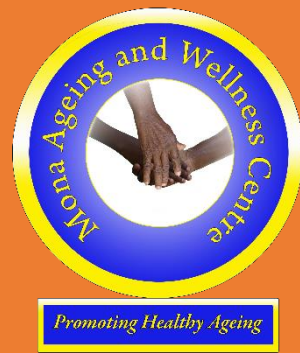




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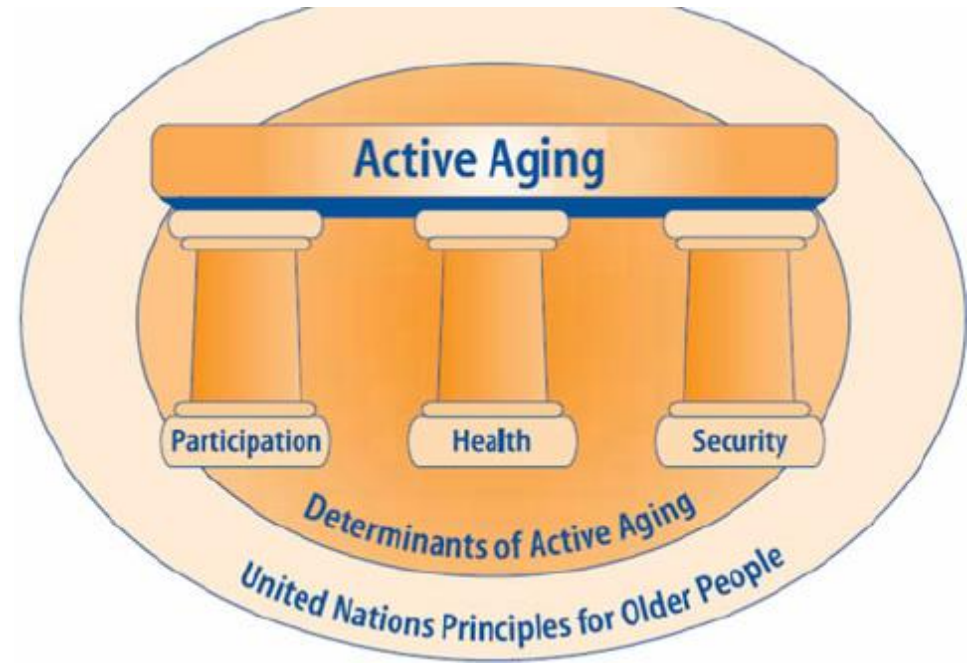
Role of the health and care sectors in promoting active ageing, social well-being, and mental health

Douladel Willie-Tyndale, PhD
Senior Lecturer & Director
Mona Ageing and Wellness Centre, UWI

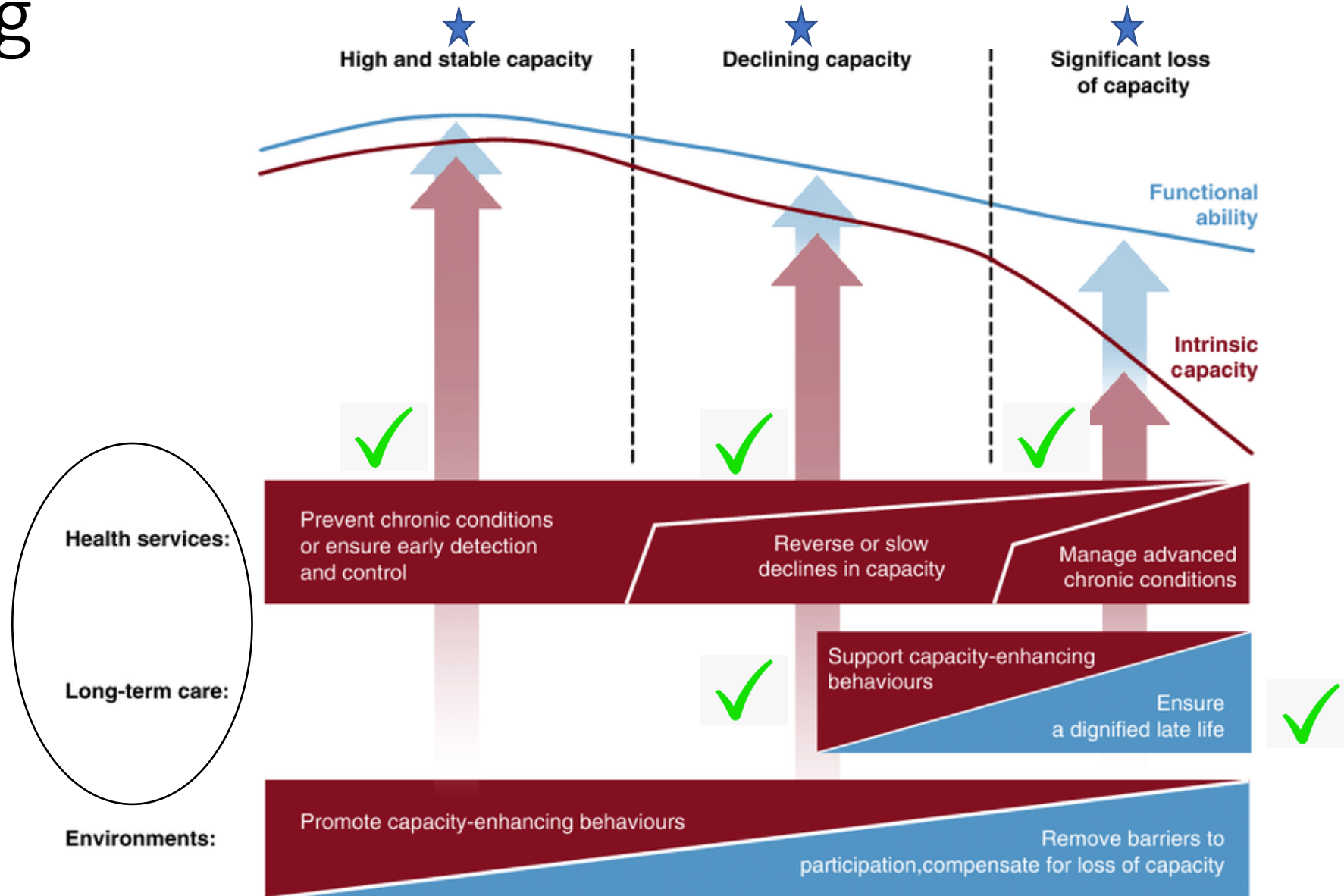
***Ageing, social well-being, and mental health in the Caribbean:
a side event of the Fifth Regional Intergovernmental
Conference on Ageing and the Rights of Older Persons
Santiago, Chile, December 13 –15, 2022***

Active Ageing (Continued participation)

- Active ageing is the process of optimizing opportunities for health, participation and security to enhance quality of life as people age.
- **Many determinants/inputs** including social wellbeing, physical health, mental health, etc



WHO's Public Health Framework for Healthy Ageing



Organization and delivery of health and care services

Formal

- Government
- Private, for-profit
- Private, not-for-profit
- Public-Private arrangements
- Faith-based

Financing arrangements

- Free to user
- At minimal cost
- At full cost
- Health insurance

Informal

- Family/community



MIPAA and Health Care

Priority direction II: Advancing health and well-being into old age

Issue 1: Health promotion and well-being throughout life

- Objective 1
- Objective 2

Issue 2: Universal and equal access to health-care services

- Objective 2
- Objective 3

Issue 4: Training of care providers and health professionals

- Objective 1

Issue 5: Mental health needs of older persons

- Objective 1



Priority direction III: Ensuring enabling and supportive environments

Issue 2: Care and support for caregivers

- Objective 1

MIPAA and Health Care

- **Priority direction II:**
 - **Issue 1: Health promotion and well-being throughout life**
 - *Objective 1: Reduction of the cumulative effects of factors that increase the risk of disease and consequently potential dependence in older age.*
 - *Objective 2: Development of policies to prevent ill-health among older persons.*
 - **Achievements:**
 - **NCD response:** Many countries with laws, national policies, strategies, or plans addressing NCD risk reduction and management

HP Campaign: From *Jamaica Moves* to *Caribbean Moves*

- Launched April 7, 2017 as a national response to the increased incidence of NCDs in Jamaica.
- Goal: reduce NCD burden by 25% by the year 2025.
- Gained national, regional and international attention; won local awards, endorsed publicly by the Director General of the WHO, Dr Tedros Ghebreyesus, as well as CARICOM leaders.
- St Kitts & Nevis, Barbados, Trinidad & Tobago and St Lucia



MIPAA and Health Care

- **Priority direction II:**
 - **Issue 1: Health promotion and well-being throughout life**
 - Recommendations
 - Address the so-far neglected risk factors (including those around nutrition)
 - Include consistent, comprehensive, and appropriate health promotion and education initiatives targeting older persons in the primary care setting
 - Monitor and evaluate the implementation and impact of policies, strategies, and plans
 - Wide dissemination of information

MIPAA and Health Care

- **Priority direction II: Advancing health and well-being into old age**
 - **Issue 2: Universal and equal access to health-care services**
 - *Objective 2: Development and strengthening of primary health-care services to meet the needs of older persons and promote their inclusion in the process.*
 - *Objective 3: Development of a continuum of health care to meet the needs of older persons.*
 - Achievements:
 - Public sector health care financing
 - Removal of user fees
 - Drug subsidies
 - Minimum co-payments
 - Provision of services
 - Primary Health Care Reform for Jamaica 2021-2030
 - Geriatric Hospital, The Bahamas and Barbados
 - Barbados Home Help and Elder Care (Companion) programmes
 - IDB- sponsored Community-based Caregiving Pilot project – MAWC, UWI, Jamaica

MIPAA and Health Care

- **Priority direction II: Advancing health and well-being into old age**
 - **Issue 2: Universal and equal access to health-care services**
 - Recommendations
 - Service provision
 - Ensure high-fidelity implementation of primary health care reform activities
 - Standardize screening programmes and well visits in early and midlife to prevent premature death and disability in old age
 - Formal programme reviews
 - Improve data collection, storage, and access to include digitized health information systems and processes
 - Upskilling of health care workers in geriatrics and gerontology
 - Improve investments in health
 - Improve systems to successfully and efficiently negotiate public-private partnerships

MIPAA and Health Care

- **Priority direction II: Advancing health and well-being into old age**
 - **Issue 4: Training of care providers and health professionals**
 - *Objective 1: Provision of improved information and training for health professionals and para-professionals on the needs of older persons.*
 - Achievements (Academia):
 - Development of graduate-level degree programmes and non-degree training at UWI with regional uptake
 - Gerontology
 - Geriatrics
 - Palliative care (UWI MOOC)
 - Caregiving
 - Partnerships with private allied health training institutions
 - Achievements (Health Care)
 - Acknowledged need for geriatric and gerontology competence
 - Support training of health care workers

MIPAA and Health Care

- **Priority direction II: Advancing health and well-being into old age**
 - **Issue 4: Training of care providers and health professionals**
 - *Objective 1: Provision of improved information and training for health professionals and para-professionals on the needs of older persons.*
 - Recommendations:
 - Provide incentives or support for training
 - Partner with academic institutions to facilitate fieldwork/clinical experience
 - Link training to promotional opportunities
 - Training institutions can develop non-degree training programmes which carry continuing medical education credits to encourage uptake
 - Focused training addressing common geriatric syndromes, community, home and palliative care services

MIPAA and Health Care

- **Priority direction II: Advancing health and well-being into old age**
 - **Issue 5: Mental health needs of older persons**
 - *Objective 1: Development of comprehensive mental health-care services ranging from prevention to early intervention, the provision of treatment services and the management of mental health problems in older persons.*
 - Achievements
 - Barbados Companion programme to reduce social isolation and loneliness which threaten psychological and emotional well-being
 - Dementia research

MIPAA and Health Care

- **Priority direction II: Advancing health and well-being into old age**
 - **Issue 5: Mental health needs of older persons**
 - *Objective 1: Development of comprehensive mental health-care services ranging from prevention to early intervention, the provision of treatment services and the management of mental health problems in older persons.*
 - Recommendations
 - Depression screening in primary care
 - Regular cognitive assessments
 - Increased availability of medications in subsidized programmes
 - Facilitation of support groups for patients with specific diagnoses

MIPAA and Health Care

- **Priority direction III: Ensuring enabling and supportive environments**
 - **Issue 2: Care and support for caregivers**
 - *Objective 1: Provision of a continuum of care and services for older persons from various sources and support for caregivers.*
 - Achievements
 - Previously mentioned long-term care initiatives and plans
 - Institution
 - Community-based
 - Recommendations
 - Expand day centres and services
 - Support faith-based and NGOs
 - Improve referral system between health and social services



MIPAA and Health Care

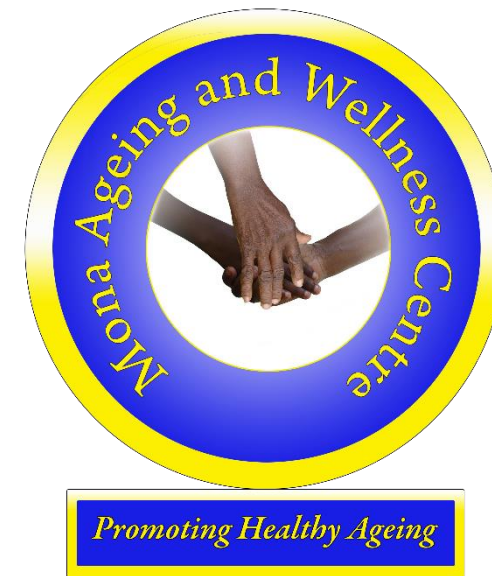
Good health is an asset

Older persons are entitled to preventive, curative, rehabilitative care and services and to specialized geriatric care services

Collective responsibility



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¡Gracias!