

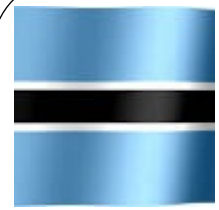


Healthy and Active Ageing Program

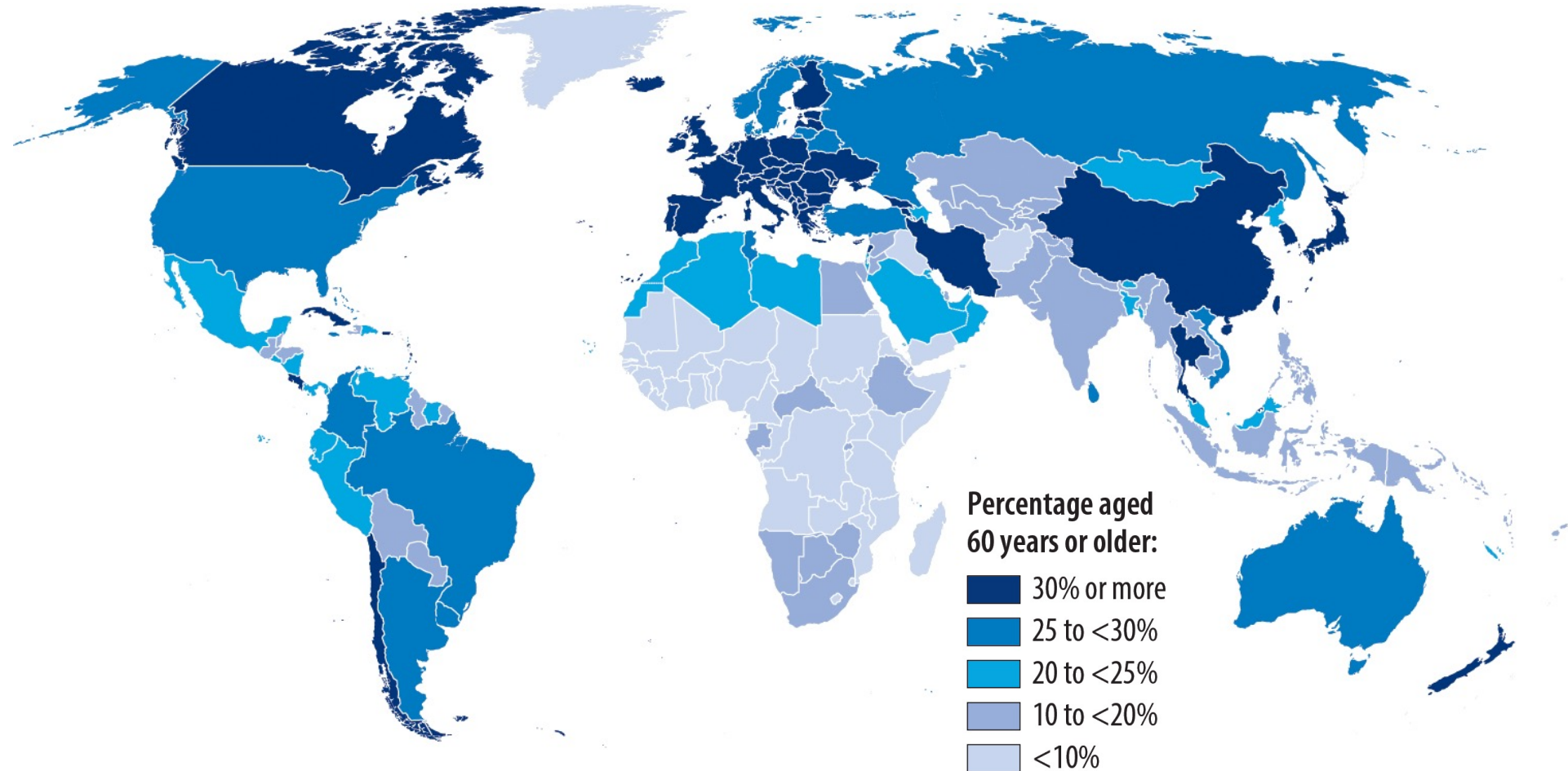
(..is the process of developing
and
maintaining the
functional ability
that enables
well-being
in older age)

Ms Batisi





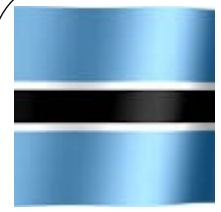
Populations are getting older by 2050





BACKGROUND -BOTSWANA

- A gap in services targeting the peculiar and specific needs of older adults was identified by World Health Organisation
- WHO developed a '**Global strategy and action plan on ageing and health (2016 - 2020)**' in 2014.
- Botswana Ministry of Health and Wellness embraced the development because the Ministry aspires to have Botswana be: '***A Healthy Nation by 2023***'
- A situational analysis was conducted with support from WHO in 2019
- The purpose of the situational analysis was to establish the ageing and health needs of Botswana Older adults.
- Ageing population is defined by WHO as 60+ years and are referred to as 'older adults' and we have decided to adopt the same definition in Botswana.



KEY HEALTH FINDINGS – From study

- High prevalence of Non Communicable Diseases (NCDs); Hypertension, diabetes and parkinsonism disease respectively
- Poor access to services
- Frequent loss of memory among the older adults also identified
- Significant impairment and disabilities among this population which is a consequence of high prevalence of chronic diseases, co-morbidity and natural ageing process



KEY SOCIAL FINDINGS

- High of poverty level among this population group (91%) living below poverty datum line.
- Disintegration of family support systems
- Loneliness
- Abuse
- Mostly heads of families
- Care givers
- Older adults are victims of allegations of witchcraft (Dementia)
- Unhealthy eating habits.
- High tobacco & alcohol use of 18%.



SYSTEMIC FINDINGS

- Availability of universal old age pension that was introduced in 1996 though it barely meets the basic needs of older adults
- Health care system of Botswana is integrative in nature but does not have data disaggregated enough for the health status of older adults to be monitored
- Lack of policy guideline
- No specific law protecting the rights of the older adults

MULTISECTORIAL APPROACH

- **Diverse and Unique needs**



HAA STEERING COMMITTEE/TWG

ORGANISATION	NO
Government Sectors	All-18
University of Botswana	5
Private Sector	2
Human Rights	1
Partners	2



HAA STEERING COMMITTEE/TWG cont..

ORGANISATION	NO
Traditional Doctors Association	1
Churches	3
NGO	1
Media	1



5 YEAR STRATEGIC PLAN

Strategic Foundations

Vision

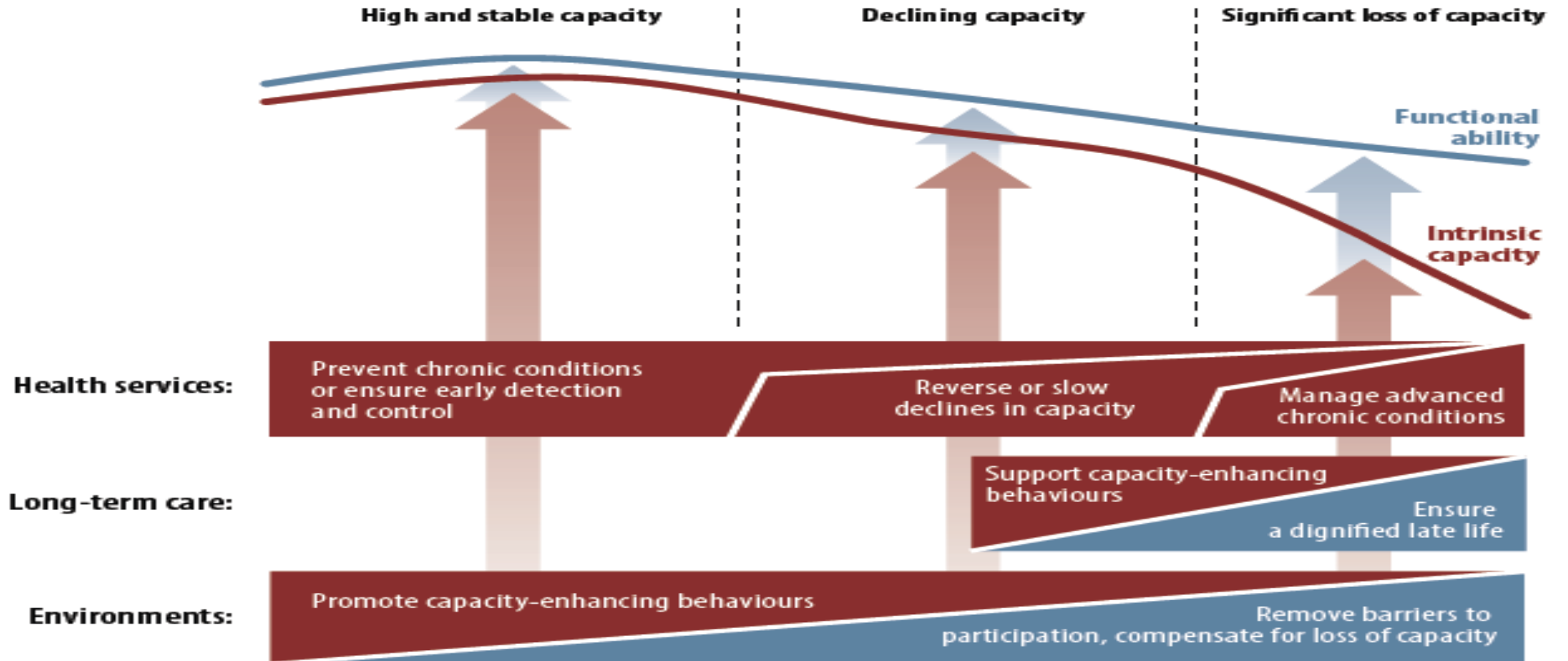
- Botswana in which older adults live a dignified, healthy and productive life.

Goal

- By 2030, health, social systems and services responding to the needs of the older persons in an equitable and sustainable manner.



FRAME WORK ON HEALTHY AGEING




STRATEGIC OBJECTIVE 1: CREATE AGE FRIENDLY ENVIRONMENT

Priority Area of Action	Broad Activities:	Lead /Responsible Agency
1. Commitment to action on Healthy Ageing a. Increase political will and commitment	1. Development of Older Persons' Act, Policy, Long Term Care Policy, National Coordination Council	All sectors
2. Create age friendly environment	1. Support cities, towns and villages to join the global network of age friendly cities 2. Revise Building Control Act to include age friendly requirements	
3. Improve family and community support for older adults	1. Facilitate formation of community groups, organizations and self-help groups of older adults. These should be supported by communities	



STRATEGIC OBJECTIVE 2: ALIGNING NATIONAL SYSTEMS TO THE NEEDS OF OLDER PEOPLE

Priority Area of Action	Broad Activities	Lead / Responsible Agency
<p>1. Align national systems to the needs of the elderly</p>	<p>1. Implement the Older Adults' Policy. 2. Strengthen compliance to the Older Adults' Act</p>	<p>1. All Sectors</p>
<p>2. Invest in appropriate sector human resources to meet the needs of older adults</p>	<p>1. Develop in-service training material for public service providers on older Adults' agenda. e.g ICOPE guidelines 2. Develop and incorporate older adults curriculum at all levels of education 3. Develop and incorporate local languages curriculum at all levels of education</p>	

ICOPE GUIDELINES – HEALTH/SOCIAL PROTECTION

- LOCOMOTOR
- NUTRITION
- ORAL HEALTH
- EYE HEALTH
- AUDIOLOGY
- SPEECH & LANGUAGE
- COGNITIVE
- PSYCHOLOGICAL
- SEXUALITY
- URINE INCONTINENCE
- SOCIAL NEEDS

STRATEGIC OBJECTIVE 3: DEVELOPING SUSTAINABLE AND EQUITABLE SYSTEMS FOR PROVIDING LONG TERM CARE

Priority Area of Action	Broad Activities	Lead / Responsible Agency
1. Improving nutritional support for older persons	<ul style="list-style-type: none"> • Integrate older persons nutritional needs into the national nutrition program • Develop a health monitoring tool for the older adults. 	1. All sectors
2. Improve public service support for older persons	<ul style="list-style-type: none"> • Establish older persons homes & long term care institutions and develop social insurance schemes guided by the Older persons Act. • Develop standard and minimum service packages for long term care and integrate into Palliative care. 	1. All sectors



OBJECTIVE 4. MEASUREMENT, MONITORING & RESEARCH FOR HEALTHY AGEING

Priority Area of Action

Lead /Responsible Agency

1. Institute mechanisms for periodic report as guided by the policy on older adults

1. All sectors

Broad Activities:

1. Develop a Monitoring and Evaluation Framework
2. Advocate for the development of an interfaced national information system
3. Update existing data collection registers & reporting tools to ensure adequate data collection on older adults health
4. Integrate older adults' data into the existing national health information system
5. Strengthen research on ageing



OBJECTIVE 5: ESTABLISH PARTNERSHIPS TO SUPPORT A DECADE OF HEALTHY AGEING FROM 2020 TO 2030

Priority Area of Action	Lead / Responsible Agency
<p>Promote actions in support of the decade of healthy ageing 2021-2030</p> <p>Broad Activities:</p> <ol style="list-style-type: none">1. Facilitate community mobilization programs to build social capital.2. National campaign for elimination of ageism and stigmatization of old age3. Facilitate periodic stakeholders' meeting for planning and monitoring guided by the Law4. Prepare and submit annual budgets as guided by the Law and policy5. Auditing of activities' implementation funds utilization	<ol style="list-style-type: none">1. All sectors



RISK

- Lack of National coordination system may lead to accountability issues resulting in poor implementation.



- Thank you
- Ke a leboga

