

Health Response to Ageing: Reorienting health care from institution to home setting

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Status: Global & SEARO (2023–2024)

Global

1.1 Billion

People aged 60+ worldwide (as of 2023).

73.3 Years

Average global life expectancy at birth in 2024.

Virtually every country is experiencing growth in the number and proportion of older persons, shifting primary demographic centers to low- and middle-income nations.

SEARO

12.2%

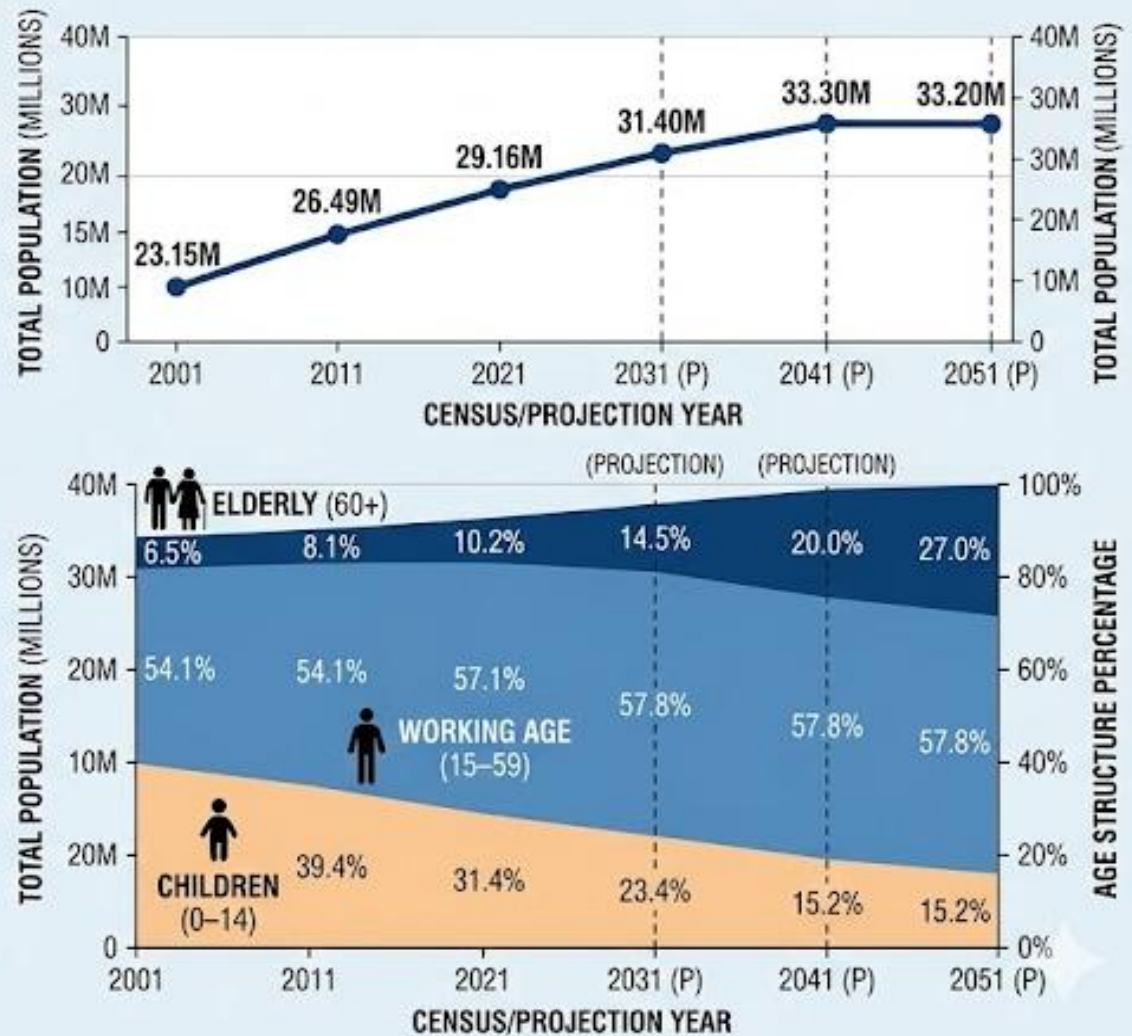
Of the population is 60+ years old (2024).

Facing rapid demographic advancement.

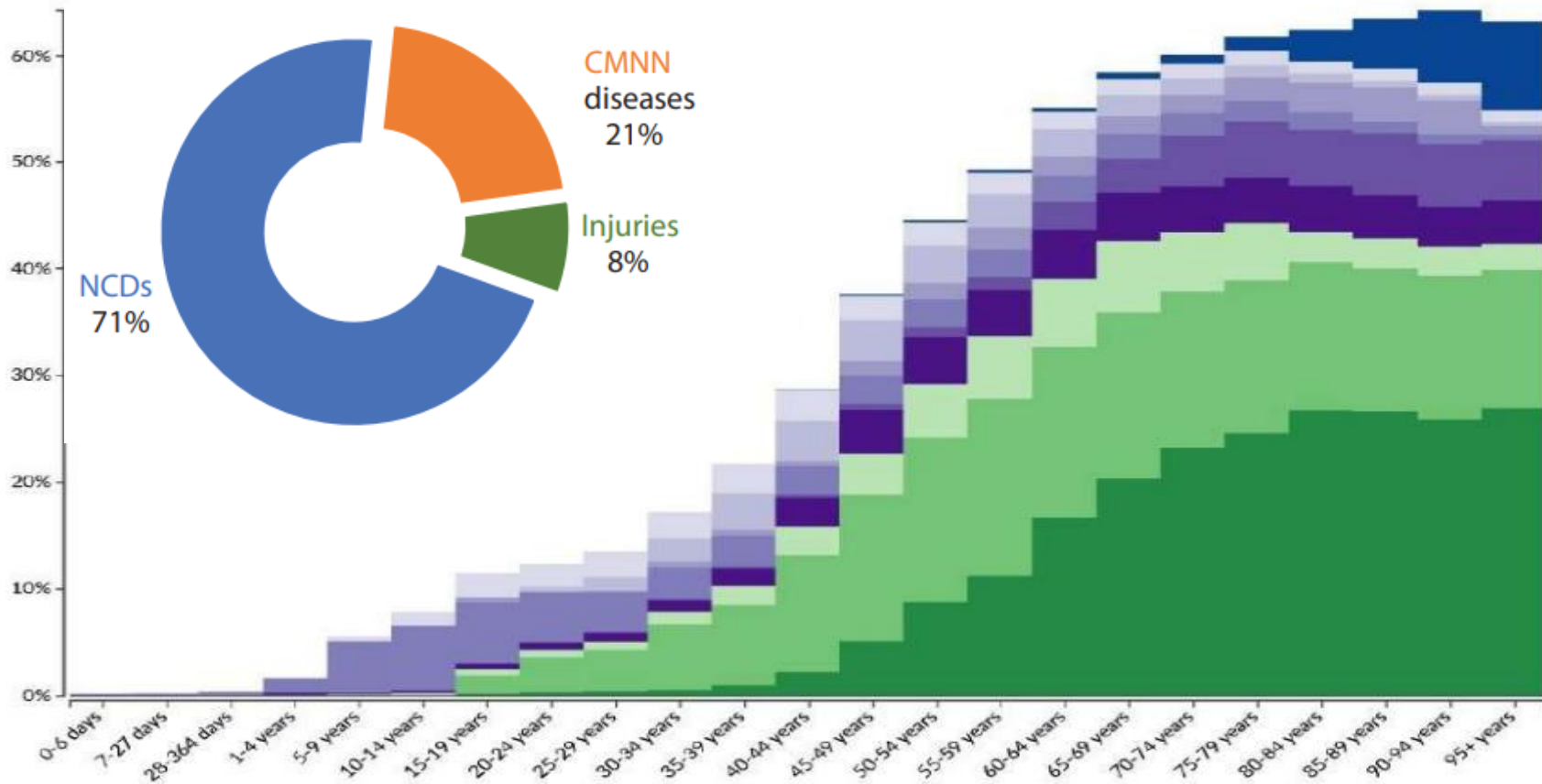
NEPAL'S AGEING TRENDS & PROJECTIONS (2001-2051)

Nepal is ageing faster than its development pace.

By 2051, nearly 1 in 3 Nepalis are projected to be senior Citizen (age 60+ years)



Shifting Burden of Disease in Nepal



Higher proportions of deaths in older age groups were due to NCDs. The proportion of deaths due to NCDs seemed to increase steadily after 30 years of age.

Source: Nepal Burden of Disease in Nepal, 2019

Geriatric Health Burden in Nepal

| Detail | References |
|---|---|
| Multimorbidity Prevalence: National average among age 60+ years is 33.8% | Prevalence, pattern and determinants of chronic disease multimorbidity in Nepal: secondary analysis of a national survey |
| Diabetes Mellitus: Proportion of women with DM among age 60 yrs and above is 13.3% | Prevalence of diabetes mellitus and associated risk factors in Nepal: findings from a nationwide population-based survey |
| Hypertension: Proportion of women with hypertension among age 60 yrs and above 33.4% | Nepal Demographic Health Survey, 2022, |
| Estimated >135,000 people living with dementia in Nepal | Simkhada, Bibha et al. "Risk of dementia in Nepal: A cross-sectional survey in mountainous, hilly, and lowland regions." <i>PloS one</i> vol. 20,8 e0328720. 6 Aug. 2025, |

Legal and Policy Framework

Constitution of Nepal

- Article 35 (Right to Health)
- Article 41 (Rights of Senior Citizens)

Laws & Regulations

- Senior Citizens Act, 2063 (2006)
- Senior Citizens Rules, 2065 (2008)

Policies & Strategies

- National Health Policy, 2076 (2019)
- Geriatric Health Service Strategy, 2078–2086 (2021–2030)

Guidelines

- Geriatric Health Strategy
- Geriatric (Senior Citizen) Health Service Operation Guideline, 2078 (2021)

Geriatric Health services in Nepal

(६) जेष्ठ नागरिक स्वास्थ्य सम्बन्धी सेवा:

| | |
|---|--|
| <p>जेष्ठ नागरिकको स्वास्थ्य समस्या (Geriatric health problem)</p> | <ul style="list-style-type: none">• प्रारम्भिक निदान, लाक्षणिक उपचार, परामर्श तथा प्रेषण• स्वास्थ्य प्रबर्द्धन सेवा• Physiotherapy and rehabilitation• पोषण |
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Geriatric Friendly Health services is expanded up to 67 public hospitals

Basic Health Service provision

Key Challenges

- **Health System related-** Limited geriatric services, trained workforce, weak screening & early detection
 - Fragmented health and social care system
- **Erosion of traditional safety nets**
 - Massive youth in and out-migration
 - Transition from Joint Families to Nuclear Families.
 - Senior citizen left behind - physical or emotional support.
 - 'Care Gap': Families are not around when seniors are most vulnerable.

Urban wealth Vs Rural Vacuum

- **Urban:** Private providers offer home care for those with high purchasing power.
- **Rural:** Private sector non-existent and expensive
- Need for **health system reorientation** to ensure equity for all- urban poor, rural senior citizen.
- Current '**Hospital-Centric**' model fails to deliver the most vulnerable .

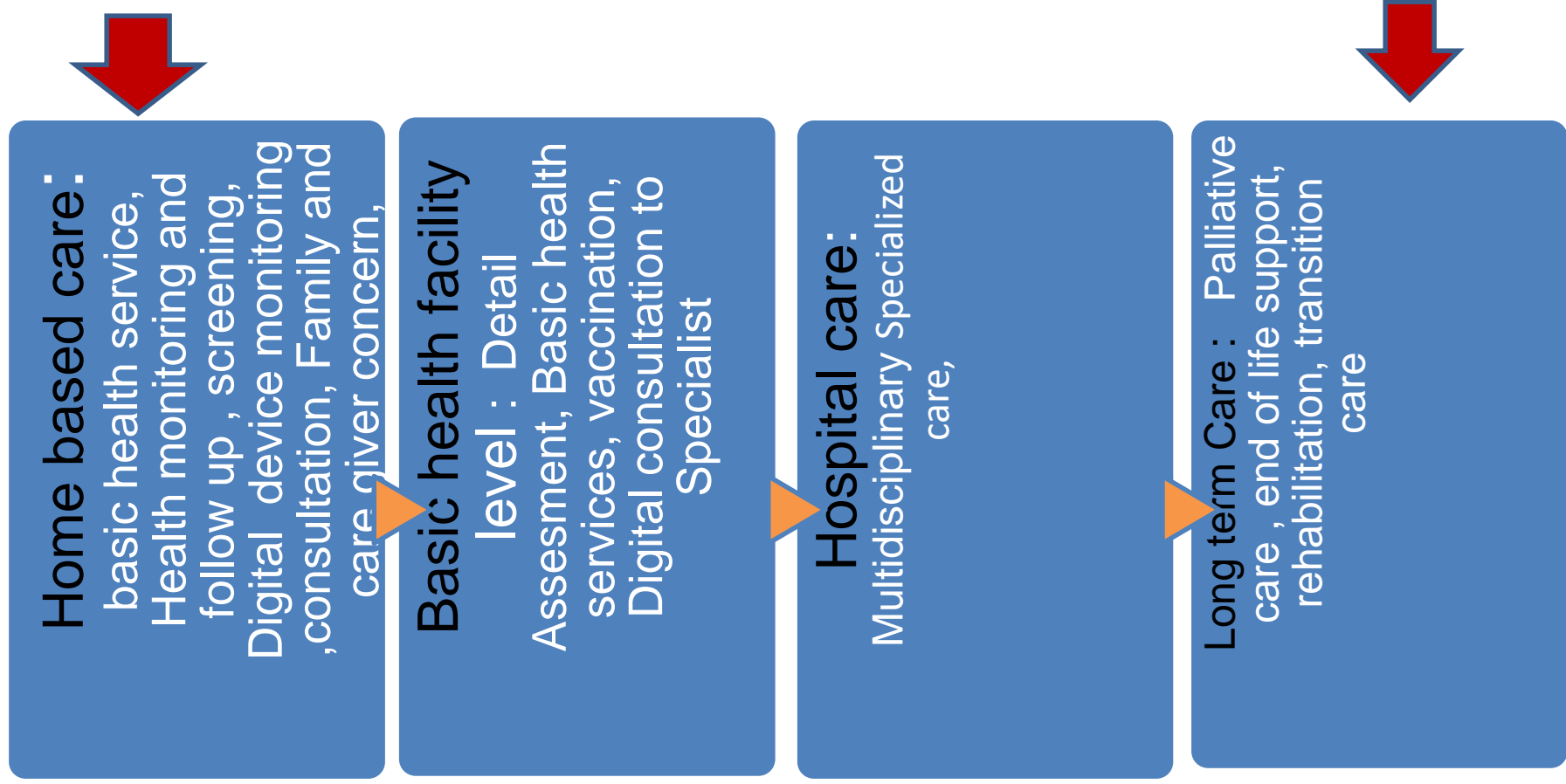
Lets Think about Home-Based Care...

- Right to Health: access should not be restricted by mobility.
- Safety: Avoids risks of nosocomial infections
- Psychological Empowerment: Senior citizen feel safer and more in control at home.
- Average 15-20 OPD visit/Day in basic health center

*To ensure equity for our senior citizens, we must **shift our paradigm**: if the client is unable to reach the HF, **HF must reach the our senior Citizen.***



How can we redesign health service ?



Thank you!!