

# AGEING IN NEPALI SOCIETY

**Talk Series – II**  
**Health link Nepal**  
**BNMT**  
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# Talking points

- **Elderly population in Nepal – demographic scenario**
- **ACT, Rules, Policies, Plans on elderly population and status of implementation**
- **A short review of old age homes**

# Global Scenario

- Almost 10% of population are above 60 years of age at 700 million
- By 2020, 1 billion elderly people in the world
- By 2030, more people over 60 years than under 15 years
- By 2050, 30% of population estimated to be over 60 years at 2 billion and will outnumber those under 15 years.
- 80% of these elderly people will be living in developing countries mainly in Asia and Africa.

# Country Context

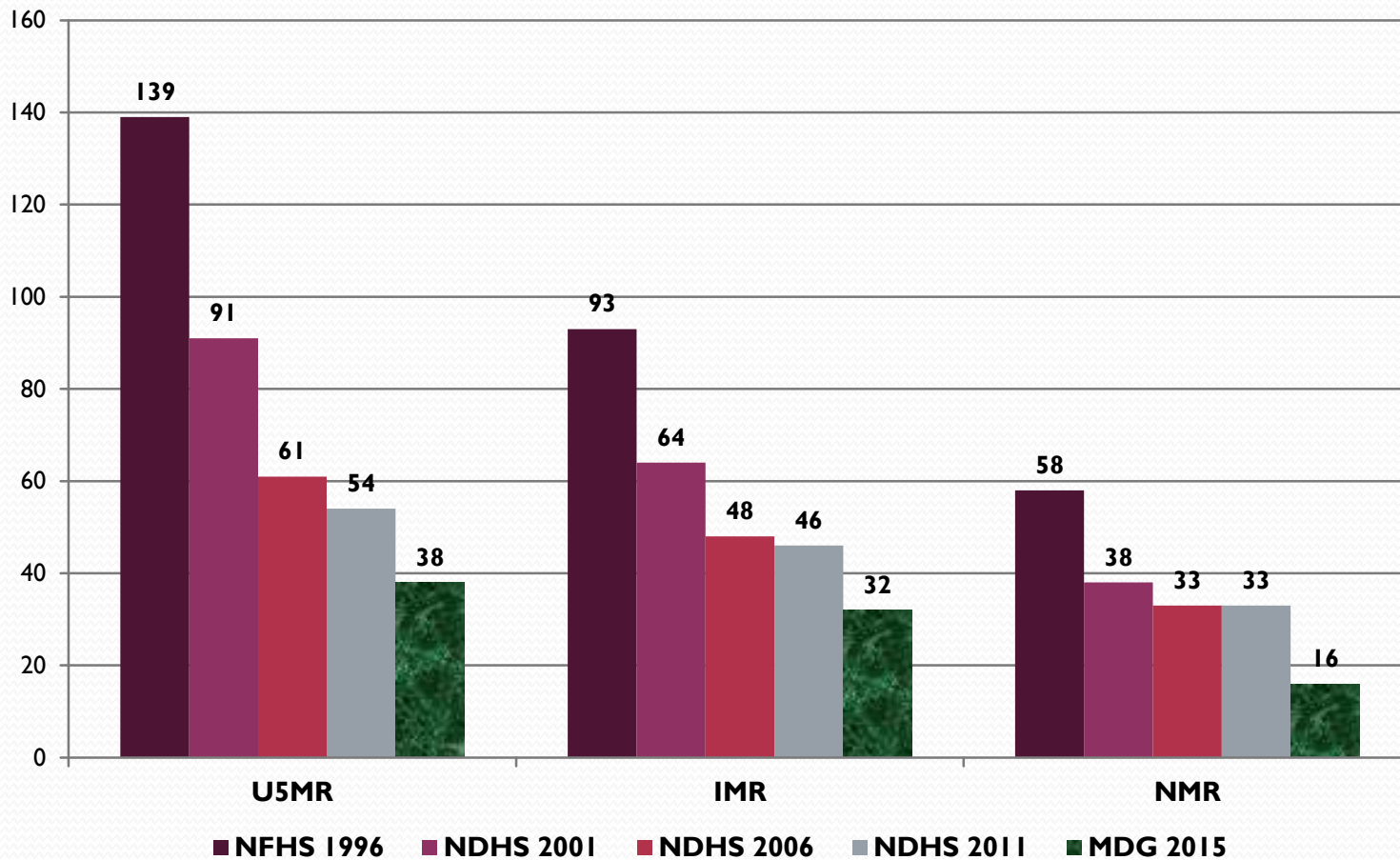
- **Elderly people (WHO definition for above 60 years of age) are addressed as Senior Citizens in Nepal by the Senior Citizen Act, 2063 BS. It differs by various sectors for benefits and retirement age.**
- **Increase in 75% of elderly population over 60 years from 1952/53 to 2011 period (5% to 8.1%).**
- **It is estimated to be at 10% in 2014 and double at 20% by next census 2021.**

# Key demographic features

- Population growth rate: 1.35%
- Life expectancy for both sexes – 68.5 years

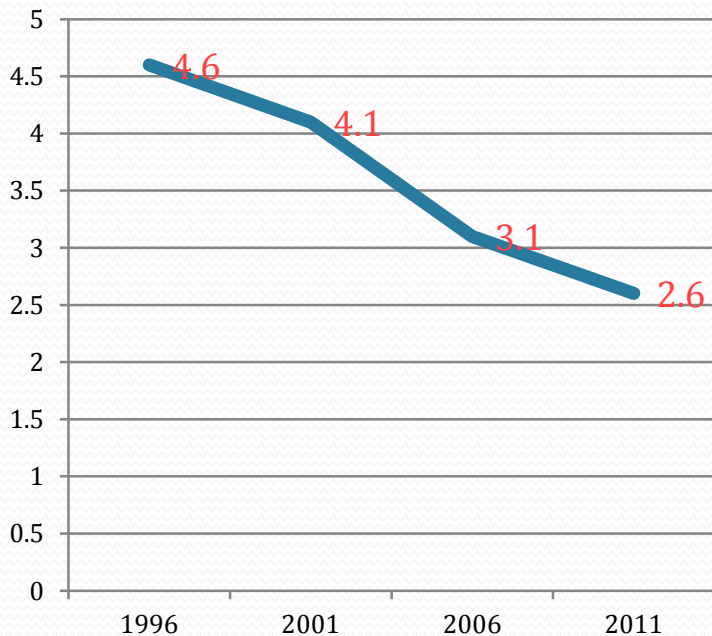
*Source - NDHS 2011, CBS 2011*

# Trend of mortality in infant and children

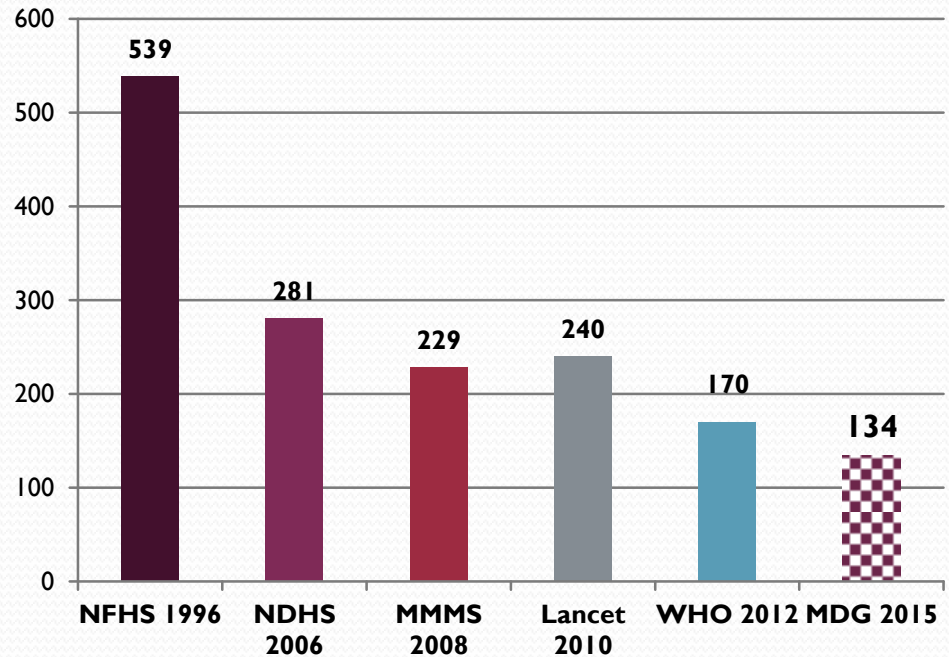


# Significant improvement in maternal health

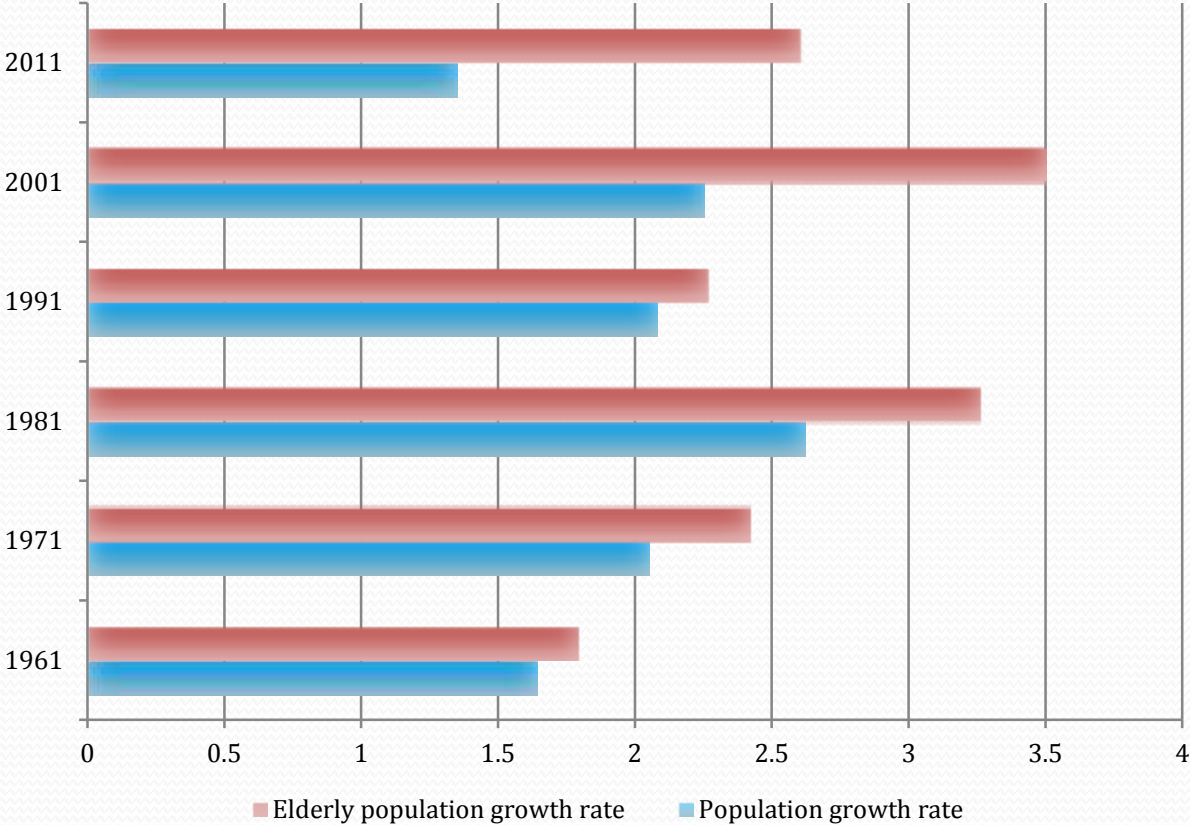
## Total Fertility Rate



## Maternal Mortality Ratio (per 100,000 live births)



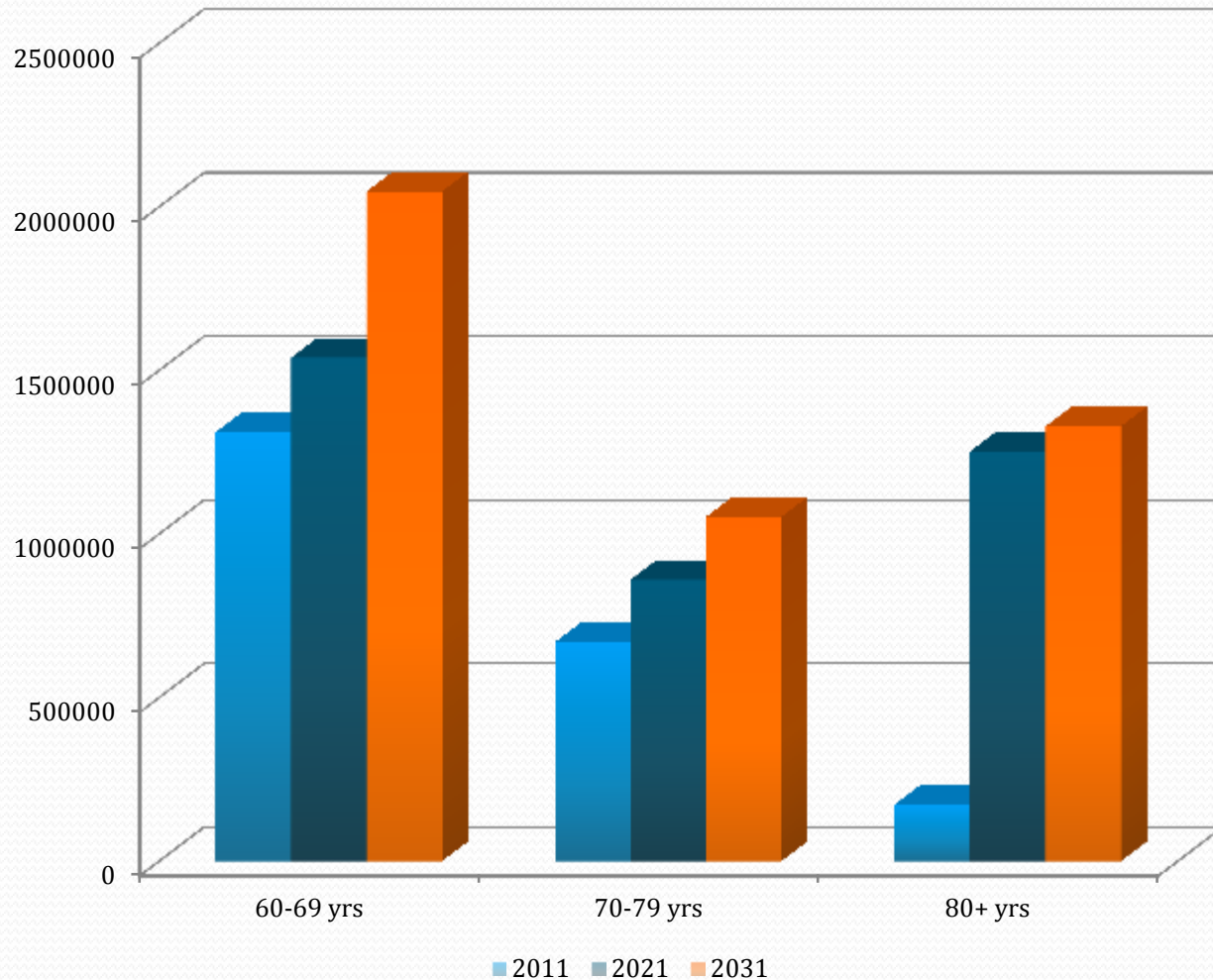
# Senior citizens growth rate exceeds rate of general population growth rate





# Trend of aging population in Nepal

(Source: Dr. P Gautam' presentation on National training of Doctors in Geriatrics, Nov. 2-7, 2014, MMTH)



# Age Dependency Ratio

- Old age dependency ratio is the ratio of the elderly population to working age people of 15-59 years.
- It is estimated at 14.28% indicating increase in dependency of old age people to the working age people, more in WDR and CDR

# Aging Index

- Aging Index is the proportionate ratio of population aged 60 years and above to the children aged less than 15 years.
- This index lower than 15 indicates the young population and elder ones when the value is more than 30.
- The aging index of Nepal was 23.30 that mean the population of Nepal is moving towards to elderly age.

# Senior Citizen Act and Rules

Senior Citizen Act 2006 AD (2063 BS) and Rules  
under the Maintenance & Welfare of Parents &  
Senior Citizens Act, 2007 (2065 BS)

# On various sections of the ACT 1

- **Respect senior citizens and provide maintenance and care to them**
- **Power to procure service of elderly people**
- **Facilities and concessions for Senior citizens: provide necessary services, facility and assistance to the senior citizens in any public vehicles, public undertakings, medical services, religious and public places.**

# On various sections of the ACT 2

- **Establishment of central and district level Senior Citizen Welfare Committees and its functions, duties and powers in favor of senior citizens.**
- **Establishment of a Senior Citizen Welfare Fund**
- **Establishment and operation of senior citizen care centers under the prescribed norms under approval of the prescribed authority.**

# Eighth Plan (1992-1997)

- Announcement of OAA and allowance to widows of a sum of Rs.100/month and free health care.

# Local Self Governance Act 1998:

- **Includes provisions for protection of elderly people**
- **Monthly allowance of Rs.200 to elderly above the age of 75 years**
- **Persons above 60 years with no source of income, no family support, no personal assets and widows without husband's pension are eligible for monthly allowance of Rs.150**



# Ninth Plan 1998-2000:

- Outlined a separate policy, strategy and programs to safeguard the rights of elderly and providing essential service and facilities
- Provision of subsidized treatment, setting up geriatric wards in all zonal hospitals, establishment of elderly homes by development regions,
- Utilization of experience, skills and knowledge of elderly people in development programs.

# National Plan of Action for Senior Citizens 2005

**Mentions work plans to address the issues of:**

- Social security, health and nutrition, participation, education and entertainment, as well as on legal questions.
- Effective execution of the plan to be carried out by related ministries and authorities in cooperation with NGOs.
- Identification cards for older persons to facilitate easy access for dedicated services.

# Tenth Plan 2002-2007

- **Four pronged approach to be adopted**
  - a) utilizing the experience of senior citizen into national development process
  - b) review the existing laws related to senior citizens and reform to ensure their economic, social and human rights,
  - c) develop a network of elderly people
  - d) implement social security and rights oriented programs.

# Three Year Plan 2011-2013

- Policy and institutional provisions to utilize knowledge, skills and experience of senior citizens
- Expand access of older persons to economic and social security programs through public private partnership
- Launch special programs targeting senior citizens who are abandoned, victims of violence, and those with some degree of disability and vulnerability.

# Observations in existing Rules and Plans - 1

- **Act and Rules are updated by MOWCSW**
- **Fragmented approach in program design and gap in inter-sectoral coordination**
- **Not viewed on Rights perspective**
- **Central senior citizen welfare committee is not active**
- **District level DSCWCs are not functional at par in all districts.**
- **Made provision of Rs. 500/month as OAA to 75+ years, to all widows, Janjati and Dalits and to MWDR and FWDR people above 60 years**

# **Observation in implementation of existing Rules and Plans - 2**

- **Central Senior Citizen Welfare Fund is not functional.**
- **Guideline for establishment and monitoring of old age homes is updated by MOWCSW**
- **Proposed Senior Citizen Commission establishment is yet awaited.**
- **A large number of senior citizens are deprived of Old age pension due to lack of citizenship certificates and local level embezzlement by VDCs**

# Ongoing initiatives from GON

- Initiated establishment of Geriatric wards in few hospitals, geriatric OPDs and training of Doctors and Nurses
- Free medicine and treatment up to NRs 2000 at a time
- Free care for heart and kidney patient of 75 years of age and above
- Source book on elderly people that informs vulnerability of old age and care needs.
- National Aging Survey started in 2014

# Samaj Kalyan Briddhashram, Pashupati





# Inappropriate living conditions



# Lack of adequate caregivers



# Residents at meal time





# Traditional Cooking Practice



# Attending Nurse and clinic



## 2. Tapasthali Briddhashram – Chapali, Kathmandu



# Resident women





# Women residents' room





# Water supply system



# Food Hygiene



# Shri Nizanand Briddhashram, Chalnakhel, Kathmandu



# Residents at family environment





# Hard life of old rural woman



# Active aging, Age demands action



# **Strengthen Intergenerational Bonding**

**THANK YOU**

