

AGEING ISSUES IN SRI LANKA

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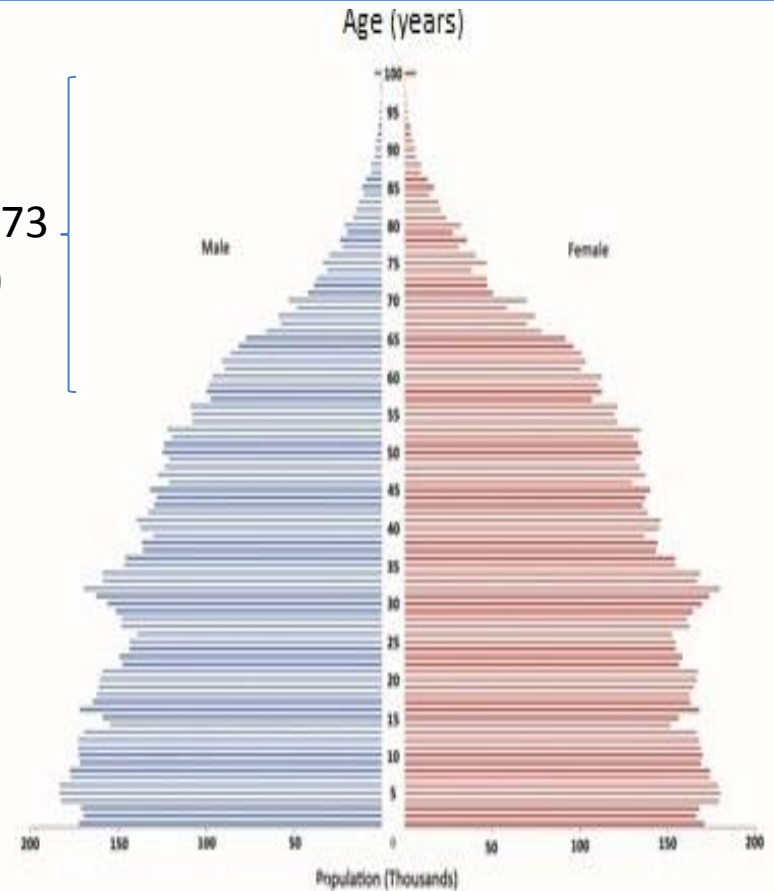
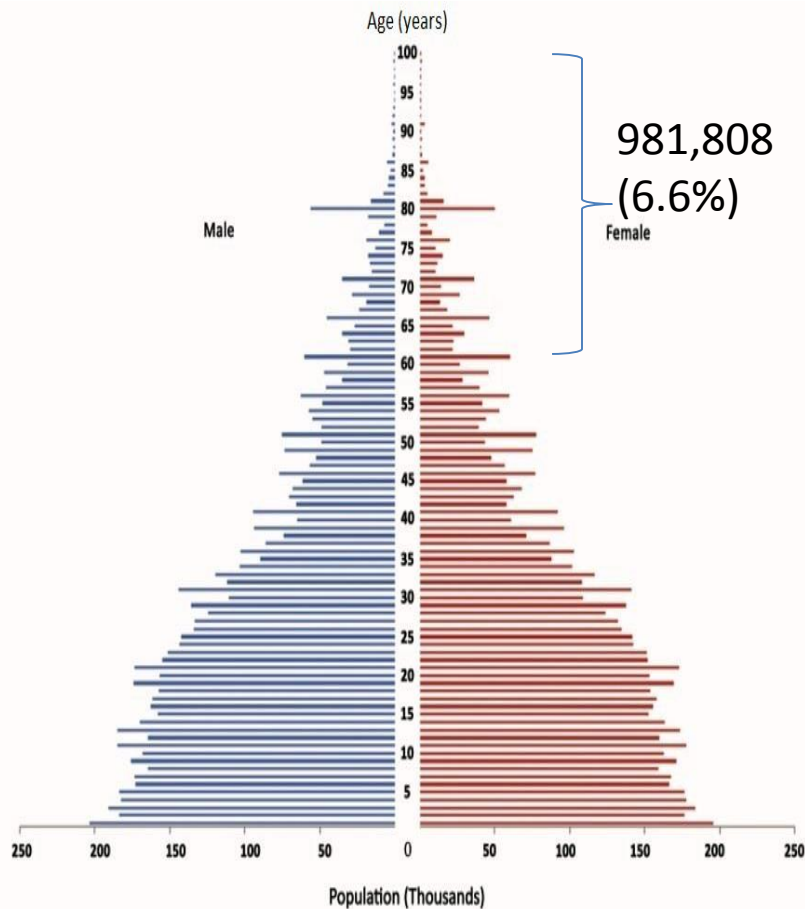
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Population distribution by single years of age and sex

1981

2012



Source: Dept. of Census and Statistics (2015) Census of population and housing 2012.

Population (2012 census)

- Sri Lanka 20,359,439
- Males 9,854,053
- Females 10,505,386

- Below 15 years of age 5,154,935 (25.3%)
- 15-59 years 12,683,931 (62.3%)
- 60 years and above 2,520,573 (12.4%)

Distribution of Elderly by Age 1971 to 2041

Year	Percentage		Number (‘000) 60+
	60-74	75+	
1971	80.5	19.5	807
1981	78.9	21.1	986
1991	78.8	21.2	1,393
2001	76.3	23.7	1,916
2012	75.9	24.1	2,468
2021	75.8	24.2	3,997
2031	70.1	29.9	5,103
2041	67.2	32.8	6,305

Old-old category is increasing rapidly

Remember!

- Elderly are a diverse group
- Not all elderly are frail, dependant and ill
- Only a small minority account for a larger use of health services (80/ 20 rule)
- They can contribute to economy at national and family level directly and indirectly

Policies relevant for the elderly

- Protection of the Rights of the Elderly Act No. 9 of 2000 and amendments
- National Charter for Senior Citizens and National Policy for Senior Citizens Sri Lanka - 2006
- National Elderly Health Policy (draft)
- Minutes of Pension and Social Security – 1901 and other pension schemes
- Widows and Orphans Act – 1983
- EPF and ETF Acts
- Public assistance schemes

Health services for the elderly

- National Elderly Health Policy (draft)
- Special counters with priority in hospitals
- PG Diploma in Elderly Medicine
- Consultant geriatrician
- Well Women Clinics
- Healthy Lifestyle Clinics

Services for the elderly

- Establishment of Elders Committees at village, divisional, district, provincial and national levels - Supported by the National Secretariat for Elders
- Conducting of pre retirement seminars
- Intra ocular lenses for elderly cataract patients
 - should be a low income (less than Rs. 3,000.00 per month) earner
- Registration of organizations and Individuals providing services for the elders

Services for the elderly

- Renovation of Elders Homes by providing financial assistance through provincial councils
- "Wedihiti Awarana Kepakaru" Sponsorship Scheme
 - Rs. 500.00 per month from his/ her sponsor
- Issuing of Elders Identity Cards
 - Priority in government & private sector services, additional interest for fixed deposits in NSB, 5% discount from National Pharmaceuticals Department when medicines are purchased

Services for the elderly

- Home Care Services for Elders by well trained, trustworthy home care workers
 - ***24 Hours Hot line - 0712087950***
- Maintenance Board for Elders
 - The elders who have been neglected by their children, and if the elders do not have sufficient income for their sustenance could make their application to the above Board claiming maintenance from their children

Services for the elderly

- Senior citizen Allowance for Strengthen Elderly
 - Those over 70 years old whose monthly income is below Rs. 3000.00 are given a monthly allowance of Rs. 2000.00
- Day Centres for elders
 - Financial assistance of Rs. 25,000.00 for each Elders Day Care Centre

Be aware of ...

- Elder abuse
- Ageism
- Lack of team work

Elder abuse

- An intentional act, or failure to act, by a caregiver or another person in a relationship involving an expectation of trust that causes or creates a risk of harm to an older adult
- Proactively lookout for signs of elder abuse

Ageism

- The stereotyping, prejudice and discrimination against people on the basis of their age
- Overlooked for employment, restricted from social services and stereotyped in the media
- Prevents the elderly from seeking healthcare leading to delayed presentations

Team work

- Physiological changes due to ageing
- Unexpected adverse effects, drug interactions due to changed pharmacodynamics and pharmacokinetics
- Atypical presentations
- Poor compliance due to cognitive & functional issues, financial problems & lack of knowledge
- Polypharmacy

Multidisciplinary team

- Physician, geriatrician, psychiatrist, psychologist, religious dignitary, social worker, occupational therapist, podiatrist, physiotherapist, nutritionist, clinical pharmacologist/ pharmacist

Thank You