The Chinese University of Hong Kong The Nethersole School of Nursing

Cadenza Training Programme

CTP005: Community and Residential Care for Older People

Chapter 1: Demography of ageing in Hong Kong – impacts on the community and residential care services

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Lecture Outline

- Population structure of Hong Kong
- Evidence of an ageing population
- Socio-demographic profile of older persons
- Impacts of population ageing on the
 - economy
 - families of the community
 - healthcare system
 - community services
 - residential care services

Population structure of Hong Kong

- across the life span
- breakdown of older age groups
- compared by country
- population growth by Year 2041



Population by Sex and Age Group 2011

Age	Male		Female		Both sexes	
	('000')	%	('000')	%	('000')	%
0-14	426.2	12.9	397.3	10.5	823.6	11.6
15-64	2438.5	73.8	2868.2	76.2	5306.7	75
65 or above	438.3	13.3	503.1	13.3	941.3	13.4
Total	3303	100%	3768.6	100%	7071.6	100%

(Census and Statistics Department, 2012b)

Population structure across the lifespan

Summarized trends:

- proportion of females and males:
 - below 15 years: more males(51.8%) than females(48.2%)
 - adolescent to 64s: more females(54%) than males(46%)
 - over 64s: more females (53.4%) and males (46.6%).
- total population over 65s in 2011 is 13.4% (941,312).

Hong Kong Population Projections 2012- 2041

Age	Mid 2011	Mid 2016	Mid 2021	Mid 2026	Mid 2031	Mid 2036	Mid 2041
0-14	12%	11%	11%	11%	10%	10%	9%
15-64	75%	73%	70%	66%	63%	62%	62%
65 or above	13%	16%	19%	23%	26%	29%	30%
Older persons dependency ratio	177	216	272	346	418	467	497
Median age	41.7	43.4	45.1	46.3	47.7	48.9	49.9

Population structure across the lifespan

Summarized trends for the coming 30years:

- the Hong Kong Resident Population is projected to increase at an average annual rate of 0.6%, from 7.07 million in mid 2011 to 8.47 million in mid 2041
- The proportion of the population aged 65 and over is projected to rise markedly, from 13% in 2011 to 30% in 2041
- The increasing median age of the population which will rise from 41.7 in 2011 to 45.1 in 2021, and further to 47.7 in 2031 and 49.9 in 2041.

Population structure by breakdown of older age groups

Summary:

In 2011, 13.3% (941,312) of older persons were over 65s:

- ★ 3.3% (234,300) are 65-69 yrs
- ♣ 6.2% (435,591) are 70-79 yrs
- 3.8% (271,421) are over 80s

Ageing Population in the world in the year 2012

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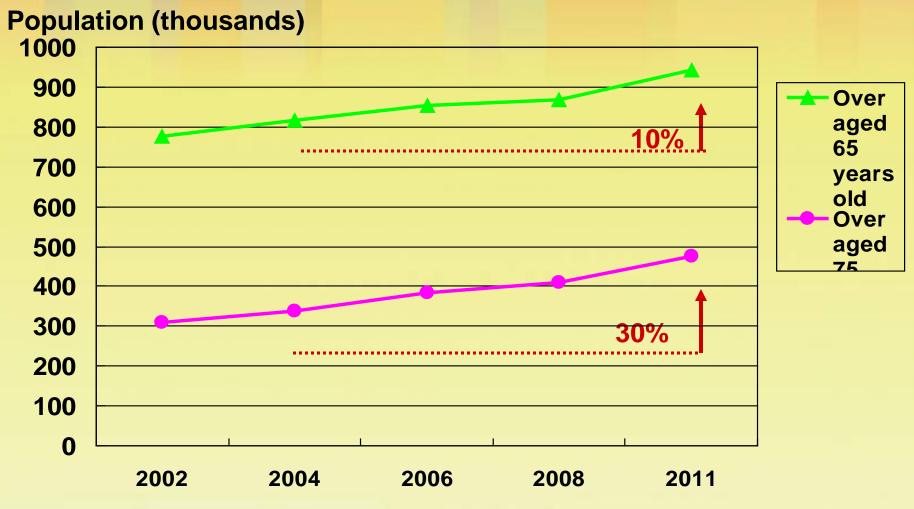
Population structure compared by countries

Hong Kong's aging population is comparable with other international countries and 2nd highest proportion of aged population among the Asian countries

Time to think.....

By the Year 2050, what do you anticipate to be the population growth in the profile of aged 65+ and aged 75+ in Hong Kong?

Hong Kong Elderly Population aged 65+ & aged 75+ 2002 - 2010



Year

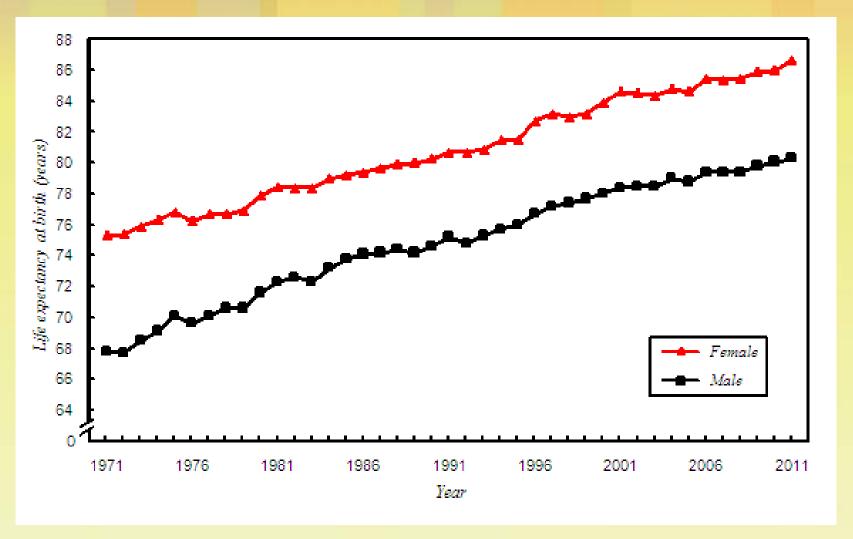
(Source of data: from HAHO SHIS Web page)

Ageing population is a reality ...

This is evidenced by data demonstrating:

- 1. An increased life expectancy
- 2. A steady or decreased mortality rate
- 3. A decreased fertility rate

Life Expectancy at Birth



In 2011, the expectation of life at birth (provisional) was 80.3 years for males and 86.7 years for females

CADENZA Training Programme (Centre for Health Protection, 2012c)

(Centre for Health Protection)

Life expectancy at birth (2011-2041)

	2011	2016	2021	2026	2031	2036	2041
Male	80.5	81.4	82.2	82.9	83.5	84.0	84.4
Female	86.7	87.6	88.5	89.2	89.8	90.3	90.8

30 years later, the life expectancy for male has increased 3.9 years, for female has increased 4.1 years

Time to think ...

What possible factors have brought about increased life expectancy?

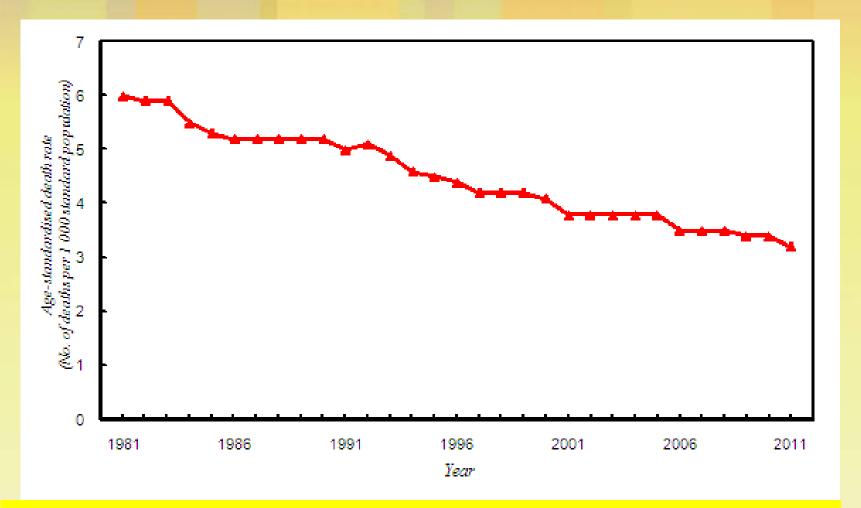
Write down 3 – 4 factors before proceeding to look at the answers



- 1. Better sanitation and hygienic environment
- 2. Reduced infant mortality rate
- 3. Improved nutrition
- 4. Improvements in public health measures
- 5. Advances in medical knowledge and care

Evidence of a steady or decreased mortality rate

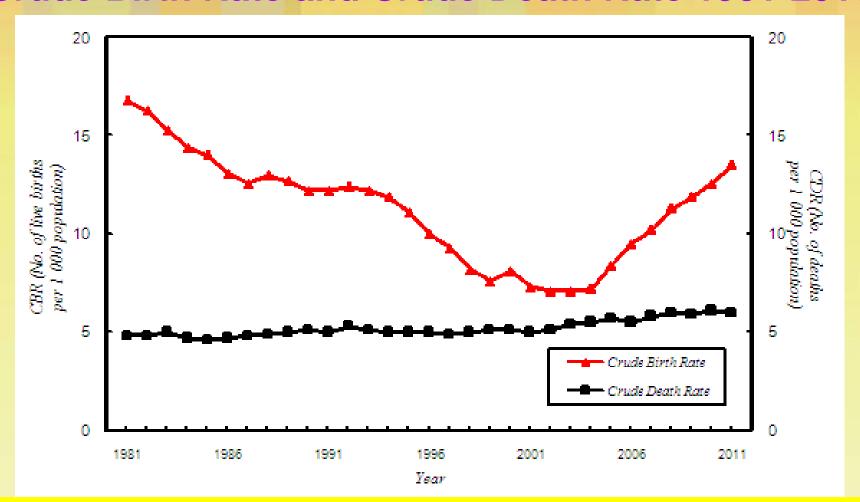




The age-standardised death rate has decreased from 6.0 per 1000 standard population in 1981 to 3.2 in 2011.

Evidence of reduced fertility rate

Crude Birth Rate and Crude Death Rate 1981-2011



The crude birth rate has decreased from 16.8 per 1000 population in 1981 to 7.1 in 2002, but then rebounded significantly to 13.5 in 2011. The crude death rate increased marginally from 4.8 per 1000 population in 1981 to 6.0 in 2011.

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(Centre for Health Protection, 2012b)²¹



- Marital status
- Educational attainment
- Living arrangement
- Social participation



In 2008, 67.5% of older persons were married, 25.1% were widowed, 4.7% were divorced/separated and 2.8% were never married.

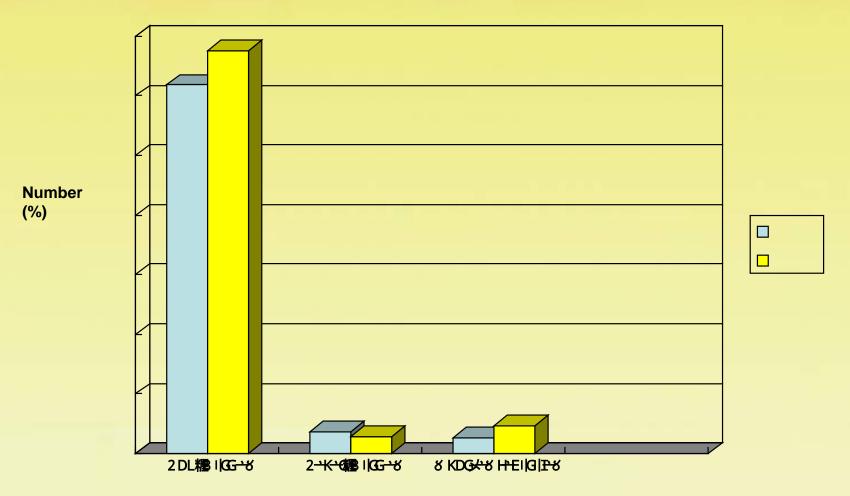
In 2006, 61.8% were married, 31.9% were widowed, 3.7% were never married and 2.7% were divorced/separated.

Older men are more likely to be "now married" and older women are more likely to be widowed.

(Census and Statistics Dept 2009)

Marital status

Older person by age group and martial status, 2006 & 2008



Educational attainment

In developed countries, education is a strong predictor of ones' health status and mortality (United Nations, 2012)

United Nations (2012)

In Hong Kong, 37.7% of 1,129,900 older persons attained primary education, 28.8% attained pre-primary education and below.

26.6% had attained secondary/six-form education and 6.9% had attained post-secondary education

(Census and Statistics Dept, 2009)

Educational attainment

Older persons by educational attainment (Highest level Attended), 2006 & 2011

Educational attainment (highest)	No. of Person in '000 (%) in 2006	No. of Person in '000 (%) in 2008
No schooling/ pre- primary	305.5 (35.8%)	325.9 (28.8%) 🁌
Primary	334.4 (39.2%)	426.0 (37.7%) 🁌
Secondary/ Sixth-form	156.8 (18.4%)	300.3 (26.6%) ñ
Post-secondary	55.9 (6.6%)	77.7 (6.9%) ň
Total	852.8 (100%)	1,129.9 (100%)



In 2006, about 90% of those aged 65 and above lived in domestic households:

Increasing numbers living alone with age (due to widowhood and moving away of adult children)

Drop in those living with children and spouse, and living with children alone

Living arrangement Older persons by living arrangement, 2001 & 2006

Living in domestic	20	001	2006		
household	Older person	population	Older person	population	
Living alone	84,767 (11.3%)	289,032 (4.3%)	98,829 (11.6%)	267,653 (5.4%)	
Living with spouse					
•And with children	239,680(32.1%)	2,307,863(34.4%)	259,154 (30.4%)	2,256, 867 (32.9%)	
•And not with children	137,590(18.4%)	623, 471 (9.3%)	181,139 (21.2%)	728,754 (10.6%)	
Sub total	377,270(50.5%)	2,931,334 (43.7%)	440,293 (51.6%)	2,985,621 (43.5%)	
Live with child(ren) only	184,324(24.7%)	394,011 (5.9%)	196,581 (23.1%)	446,763 (6.5%)	
Others	32,736 (4.4%)	2,924,82 (43.6%)	31,522 (3.7%)	2,836,872 (41.3%)	
Living in non- domestic household	67,955 (9.1%)	169,192 (2.5%)	85,571 (10%)	227, 437 (3.3%)	
Total	747,052 (100%)	6,708,389 (100%)	852,796 (100%)	6,864,346 (100%)	



Most employed older persons were between 60-69 years (88.6%). There were more older persons aged between 60-64 (30.4%) were employed.

By economic activity analysis, 13.7% older persons were still economically active, 56% of the older persons were retired.

The labor participation rate of older persons declined steadily from 7.2% to 7.0%. This was attributable to the rising number of older persons retired at as a result of the change in general economic conditions, and the continual increase in share of oldest old amongst all older persons.

Social participation

Employed older persons by age in 2008

Older per	sons by	economic	activity
status			

Age	No.	%	Rates*
grou	perso		
р	ns		
	('000')		
60-64	93.0	67.1	30.8
65-69	29.8	21.5	13.5
70-74	9.6	6.9	4.2
<u>></u> 75	138.7	100	12.3

Economic activity status	No. persons ('000)	%
Economically active*	154.6	13.7
Economically inactive	975.3	86.3
Total	1,129.9	100. 0

^{*} As a percentage of all persons in the respective age groups. For example, among all persons aged 60-64, 30.8% were employed.

^{*} Economically active persons comprise employed persons and unemployed persons

Time to think.....

Nowadays, the number of older persons in Hong Kong has a tendency of ...

- --- increasing the number of widow
- --- higher education standard
- --- increasing number of living alone
 What do you think the needs and impact of the future ageing population???



- 1. Economy
- 2. Families in the community
- 3. Healthcare system
- 4. Community care services
- 5. Residential care services

1. Impacts on Economy

Reduce output growth

 As the working-age population decreases, Hong Kong will experience declines in human capital, which has the potential to reduce productivity due to labour shortages.

Limits economic welfare

- Pension and social insurance systems can become heavily burdened.
- Older persons face increasing pressure from the pension system to remain in work.

2. Impacts on Families in the community

 The ability to care for the growing older population declines as household sizes decrease.

 Retirees are increasingly dependent on younger generations.

3. Impacts on Healthcare System

- Overstretching healthcare system
 - Consumption of disproportionately more healthcare resources:
 - Health care facilities per capita deteriorate, since the part of the population that is dependent on health care is growing.
 - The older persons face sharply increased health care needs and costs (to deal with multiple chronic diseases).

3. Impacts on Healthcare System

Demands on human resources

 Population ageing will lead to a demand for additional health professionals (doctors, nurses, and other medical personnel) and infrastructure for medical facilities.

EXAMPLE ONE:

Let's take a look at the utilization rate of Accident and Emergency Departments by older people.

Elderly A&E admission

Year 2006	Total	Aged ≥ 65 (% of Total)
HK Resident Population ¹	6 864 346	852 796 (12.4)
A&E admission (MED) ²		
No. of patients	166 929	107 189 (64.2)
No. of episodes	258 836	181 023 (69.9)

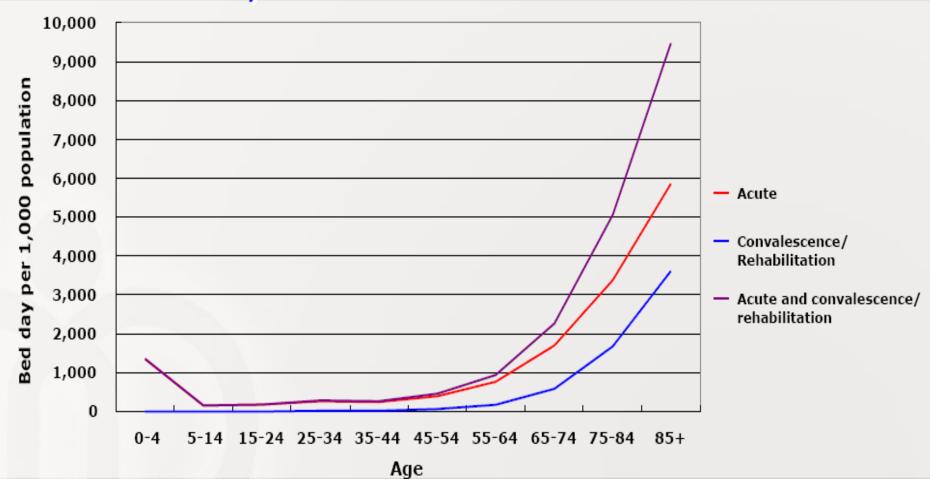
Elderly accounted for a disproportionate high share of medical emergency admissions of public hospitals.

Source: Census & Statistics Department, 2008

EXAMPLE TWO:

Let's take a look at the utilization rate of hospital services for older persons within the Hospital Authority in 2004.

Age-specific IP utilization rates (per 1000 population) (excl. INF/PSY/MH) in 2004



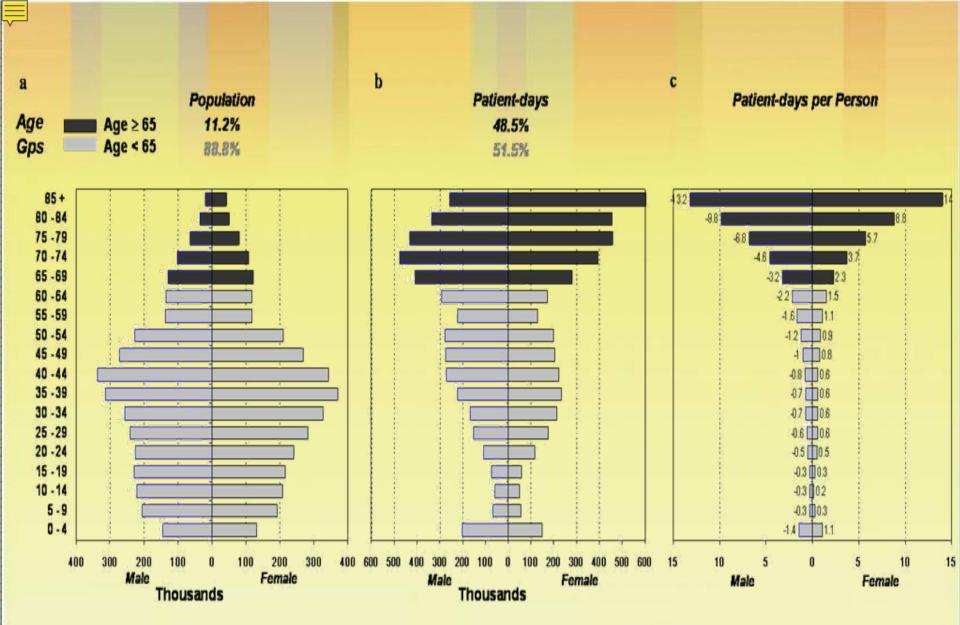
Utilization rate of hospital admission

A 2008 report from Hospital Authority disclosed that:

- Over 50% of acute hospital beds are occupied by people aged 65 or above;
- Examples of local hospital bed occupancy by older persons:
 - Over 70% in Ruttonjee Hospital (RH)
 - Over 75% in Pok Oi Hospital (POH)
 - Over 90% in Buddhist hospital (BH)

EXAMPLE THREE:

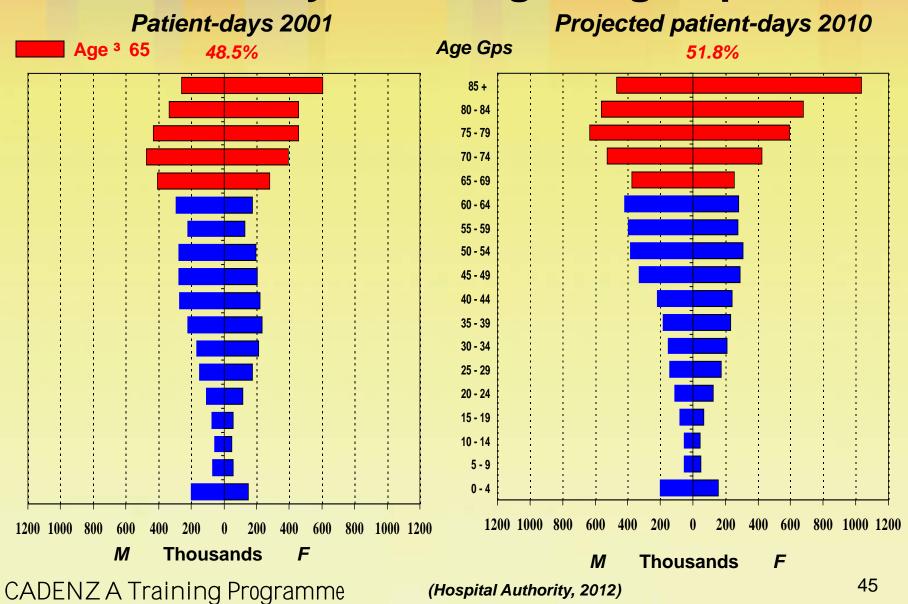
Let's take a look at the proportional rate of bed days occupied by older persons compared to the general population.



EXAMPLE FOUR:

The situation will be worsened in the year 2010, as illustrated in the next diagram.

HA Patient-days vs Hong Kong Population



4. Impacts on community care services

Evidenced by:

- Increasing the financial assistance to the needy elderly
- Growing needs for community support services to cater for individual needs (e.g. home care and support, day care, social centre).
- Increased financial expenditure on community services for the older persons

Government Social Security System

For instance, in 2008/2009:

– The total expenditure of SWD was 39.2 billion, the allocation of provision by programme:

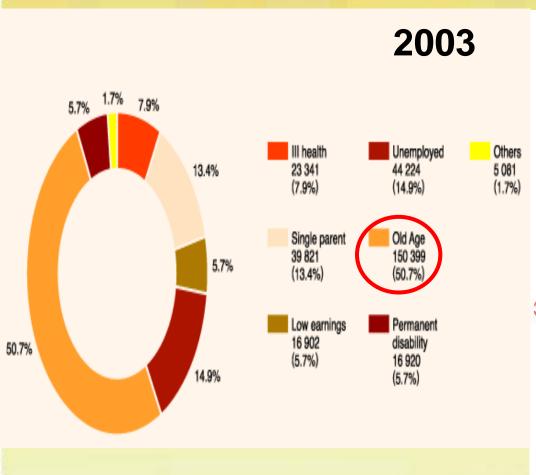
1st share: Social security

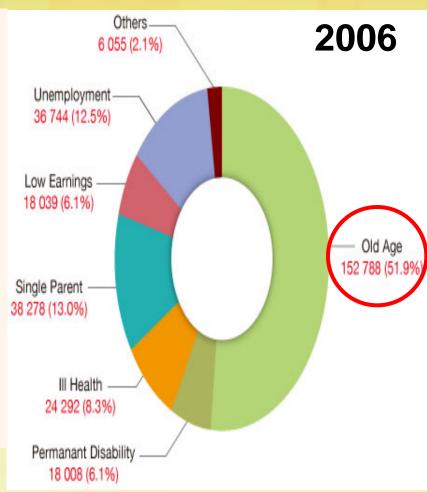
2nd share: elderly services

3RD share: rehabilitation and medical social services

 Among the total expenditure for the social security service, over 53% of the CSSA recipients were elderly.

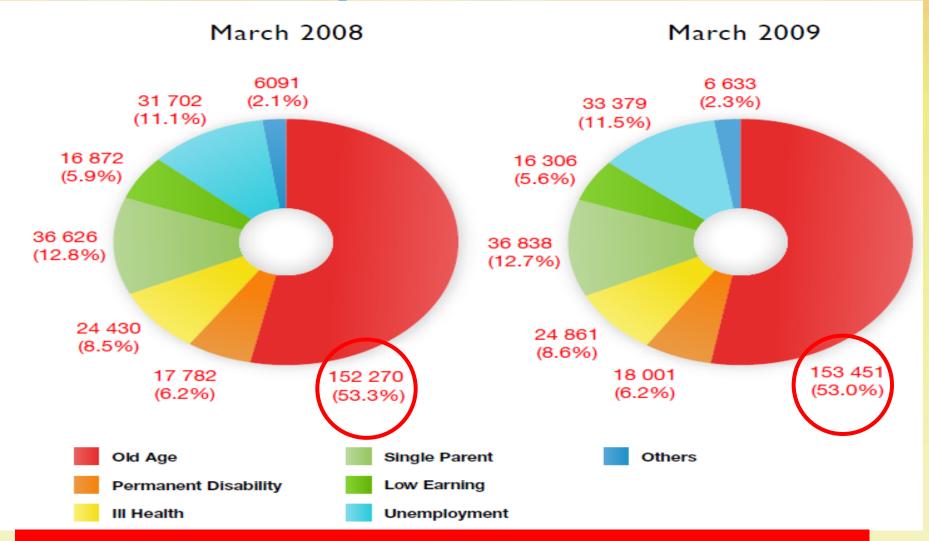
Annual expenditure on CSSA





(Social Welfare Department, 2005)

Annual expenditure on CSSA



The number of older people received CSSA has been increasing

Annual expenditure on OAA

表 6.2 按性別劃分的領取公共福利金人士

Table 6.2 Persons Receiving Social Security Allowance by Sex

								Number	人數 of persons
類別	Туре	性別	Sex	1996	2001	2006	2007	2008	2009
高齡津貼	Old Age Allowance					1000			1
高額高齡津貼	Higher Old Age Allowance	女男	F M	168 344 125 809	189 573 148 969	216 277 172 192	222 500 178 327	229 667 184 780	235 356 190 837
普通高齡津貼	Normal Old Age Allowance	女男	F M	78 895 62 575	66 452 52 625	41 744 34 612	37 604 32 085	36 204 32 399	36 231 32 934

Normal old age allowance(OAA) is a benefit for older people aged 65-69 years, higher old age allowance (HOAA) is for 70 years or more.

Old age allowance (OAA) expenditure is expected to increase as more older persons *live longer* and become *more frail*, also increasing pressure on medical and community support services provided by the government.

CADENZ A Training Programme (Social Welfare Department 2012d)

CSSA and **OAA**

• The annual expenditure on older persons aged 60 or above can rise to over \$30 billion by 2032 (as compared to \$11.6 billion in 2004/05).

 The CSSA and OAA expenditure on older persons will triple in thirty years' time.

Community support and care services in Hong Kong

Community Support Services in Hong Kong

- Around 214 centres for older persons, with over 193,934 members
 - District Elderly Community Centre (DECC) -41 centres
 - Neighborhood Elderly Centres (NEC) 117 centres
 - Social Centres for the Elderly (SC) 53 centres
 - Support Teams for the Elderly (STE), 41 teams serving over
 59,059 cases

Community support and care services in Hong Kong **Community Care Services in Hong Kong**

- 85 elderly service teams, serving over 24.827 clients
 - Integrated Home Care Service Teams (IHCS)- 60 teams
 - Enhanced Home & Community Care Service Teams (EHCCs)- 24 teams
 - Home Help Team (HH)-1 team
- 58 Day Care Centres (DCC) with over 2,591 places
- Day respite services for the older persons, 19 places serving 79 places

Community support and care services in Hong Kong

Other services

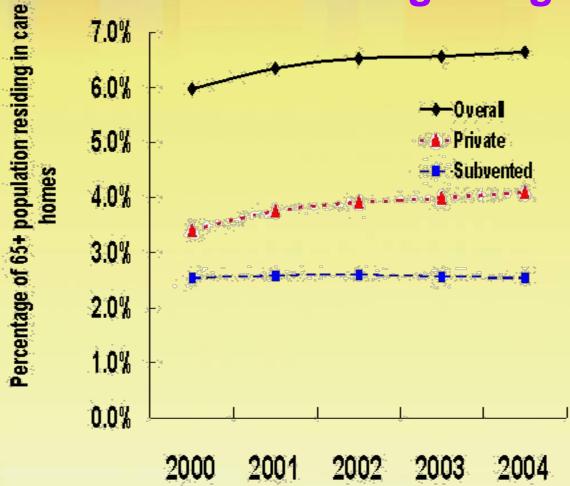
- 1 holiday centre
 - Cheung Muk Tau Holiday Camp
- Senior Card Scheme
 - 8,582units with 1,267,420 cases
- Opportunity for the Elderly Project
- Carer Support Service
- Home Environment Improvement Scheme for the Elderly

(Social Welfare Department, 2012d)



- Declining functional status of the older persons (6.5% in 2004 to 6.9% in 2008).
- Increase in the demand for residential care with increase in the number of older persons
- Increase in intention to move into a local residential care home from 2.8% to 3.6% in 2008.
- Gradual increasing the rate of institutionalization in Hong Kong recently

Rising Institutionalization Rate of Older Persons in Hong Kong



(Hong Kong Geriatrics Society, 2005)

Rates of institutionalization in Hong Kong

HK figure 4% of >60 years; 6.3% of >65 years.

- Increasing trend in Hong Kong:
 - -6.0% in 2000
 - -6.7% in 2004
 - -8.2% in 2007



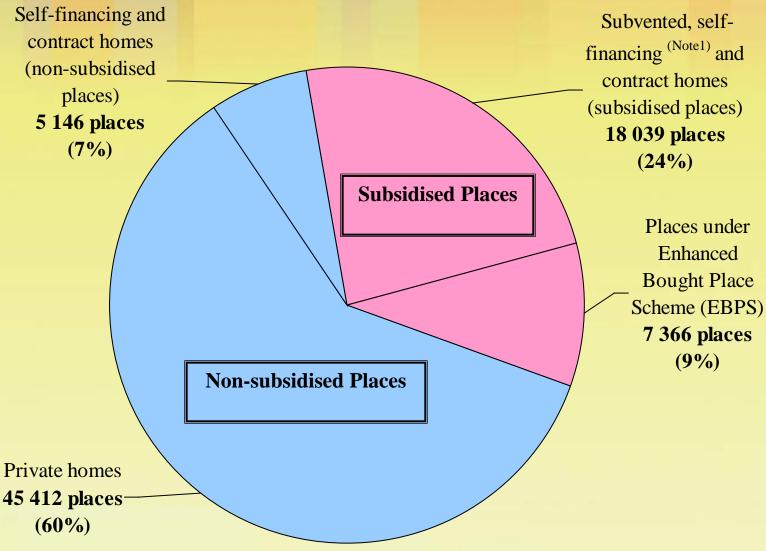
Rate of Institutionalisation in Hong Kong

Summary:

- Rate is increasing.
- Higher rate among those living alone & never married.
- Less likely to be in professional or managerial occupation.
- Gender & economic resources not significant.

Overview of growth of a selection of residential care homes in response to demographic aging

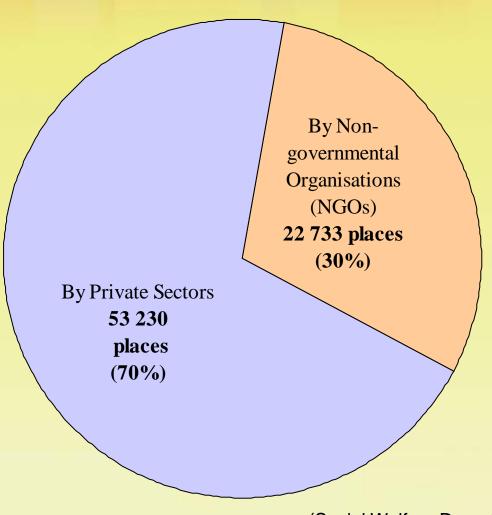
Provision of Residential Care Services for Elders (Subsidised versus Non-subsidised Places) (as at 30.9.2012)



Note 1: Self-financing homes participating in the Nursing Home Place Purchase Scheme (NHPPS)

(Non-governmental Organisations versus Private Sector) (As at 30.9.2012)

Provision of Residential Care Services for Elders



• HOSTELS (挎驛)

- 6 self care places in one hostels; stopped 2003;
- 24 in subvented while 15 in self-financing hostels
- \$502 per month.
- HOMES FOR THE AGED (薯鄹咢)
 - 1769 places in 75 homes; stopped 2003;
 - \$1429-1506 per month.
- CARE AND ATTENTION HOMES (C&A) (瑳粁薯鄹咢)
 - 12,927 places in 122 subvented homes.
 - 22,532 waiting for 33 months.
 - 21,605 bought place scheme in 135 private homes;
 - 70 numbers of self-financing C&A Homes, with total 5,156 places
 - \$1605-1813 per month(government subvented home)

- - 1,170 places in 16 Homes
 - \$1,813 to \$2,000 per month
- NURSING HOMES 瑳跕咢
 - the SWD has since 2010 purchased vacant nursing home places from self-financing nursing homes operated by the bona-fide non-governmental and non-profit-making organizations under the 'Nursing Home Place Purchase Scheme'(NHPPS).
 - 1,723 places in 10 homes;
 - \$1994 \$2,000 per month

SELF FINANCING HOMES鍋杈呁練咢:

5,156 places in 70 homes

PRIVATE NURSING HOMES 牘瑀薯鄹咢

58,474 places in 574 homes

RESPITE SERVICES IN HOMES 靈蘸鞠挎猦俁鐲姴

- All EBPS homes provide residential respite service by using casual vacancies of subsidised places with effect from 1 March 2012.
- 11 places in 11 homes

本地報章報導

直積5000長者等到死

广 政府資助護理安老院及護養院宿位僧多粥少,每年不少長者「等到死」都未獲安排入住院舍。 社會福利署數字顯示,過去五年「等到死」的長 者不斷增加,去年兩類宿位分別有近三千二百名 及近二千名長者在輪候期間死亡,較五年前分別 **結粉駕僉寎黧氏**廴

(?1]蝃 ,2012)

广社會福利署向立法會財務委員會提交的資料顯示,過去五年輪候資助護理安老院期間死亡的長者不斷增加,由〇七年的二千四百四十九人,逐年增至去年的三千一百八十九人; 而輪候資助護養院期間死亡的長者亦增多,由〇七年的一千六百一十九人增至去年的一千九百五十八人。**廴**

广社署表示,上年度至一四/一五年度期間,將增加逾二千六百個資助安老宿位,並已在九個發展項目內預留地方興建新的安老院舍,有助紓緩輪候時間。 **廴**

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- The population in Hong Kong is rapidly aging, especially in the very old group.
- The underlying factors of an ageing population are increased life expectancy, decreased mortality rate and reduced birth rate.
- Population ageing has significant impacts on the healthcare system, community care and residential care services.

End of the Chapter

Need to know more about: Policies and services governing social and health issues for older persons and their family members.

Please proceed to Chapter 2

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