

Family and State Roles in Promoting the Well-Being of Older Filipinos

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Outline of the Presentation

The demography of aging in the Philippines

Well-being of the older Filipinos

- Economic well-being
- Health status and lifestyle
- Social well-being

Family and state roles in promoting well-being of older Filipinos

- Family as the main source of support
- Laws and programs to advance the welfare of older Filipinos

Conclusion

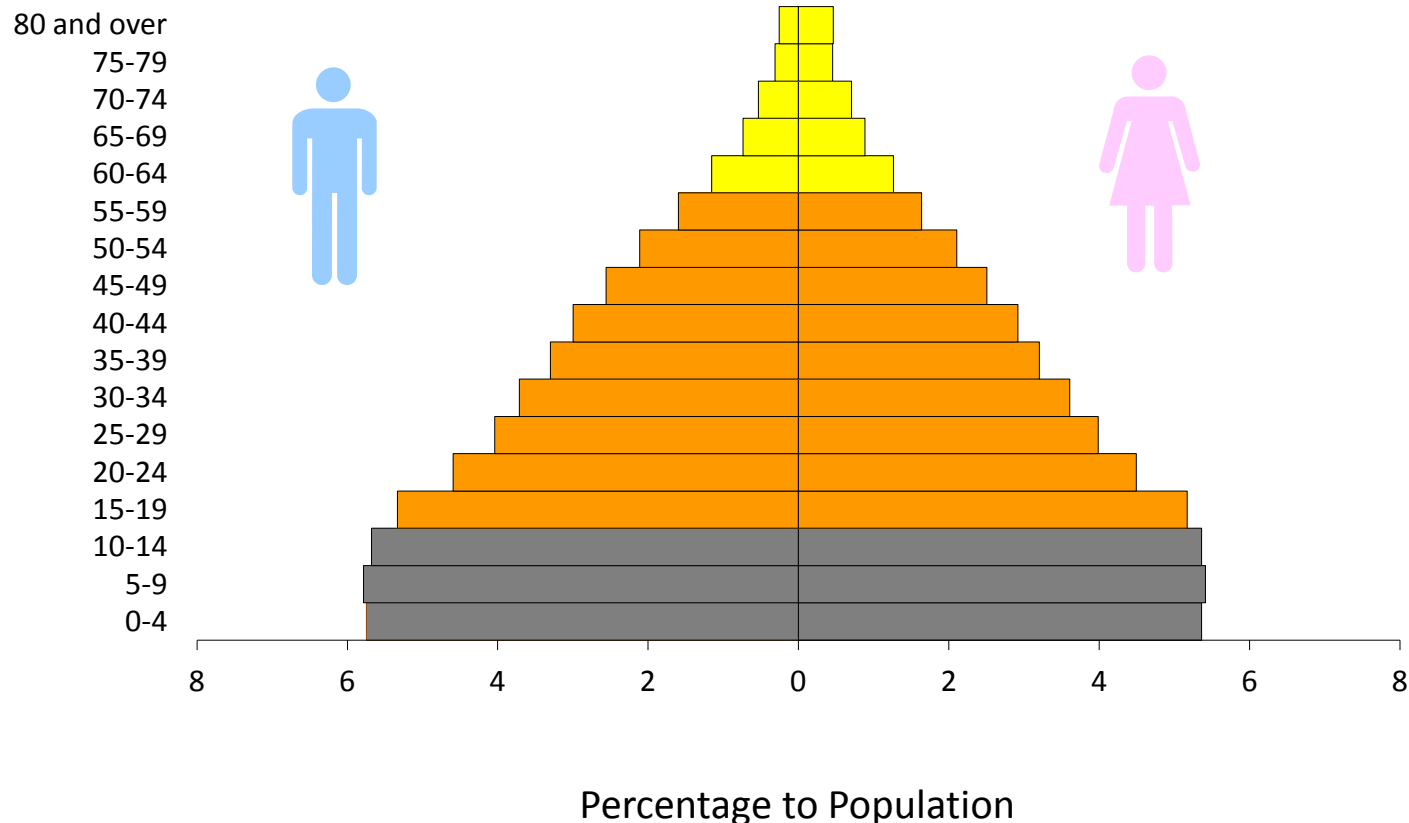
Sources of data

- 2007 Philippine Longitudinal Study of Aging (PLSOA)
 - Nationally representative sample population 60+
 - N of cases: 3,105
 - Multi-stage sampling design
 - Response rate: 94%
 - Designed to be comparable to the Japanese Longitudinal Study of Aging (NUJLSOA) and Singaporean Longitudinal Study of Aging (SLSOA)
- Various census data
- Related studies on aging

Demography of aging in the Philippines

The Philippines has a young population with a small **(6.8%)** proportion of the population in the older ages **(60+)**

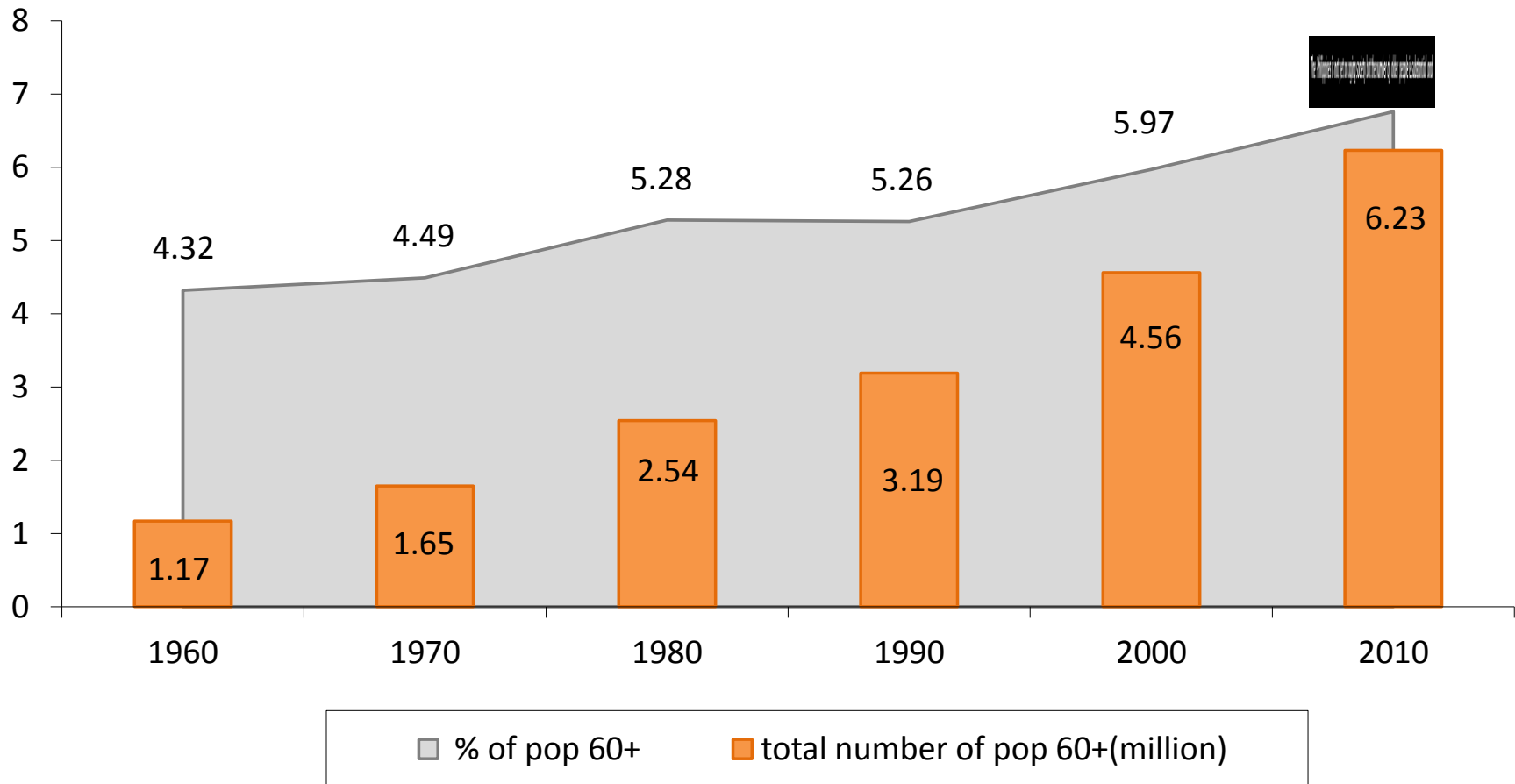
Population Philippines 2010



Trends in aging

Philippines 1960-2010

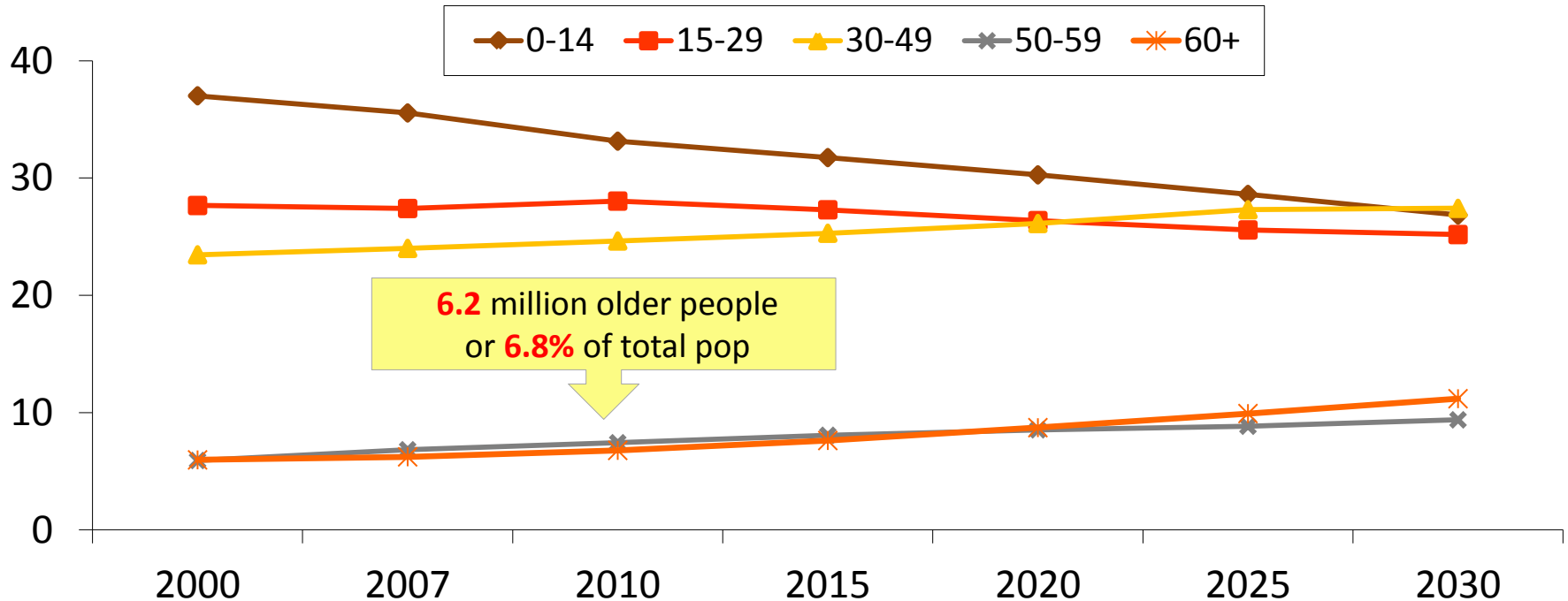
The Philippines is not yet an aging society, but the number of older people is substantial.



Source: Census, 1960-1980 (total population), 1990-2010 (household population)

The number of older people is expected to continue to increase in the future.

Percent distribution of the population by age group



6.2 million older people
or 6.8% of total pop

By 2025, we would have 11.9 million older people accounting for about 10% of the total population. By then, the Philippines will be an aging population by UN definition.

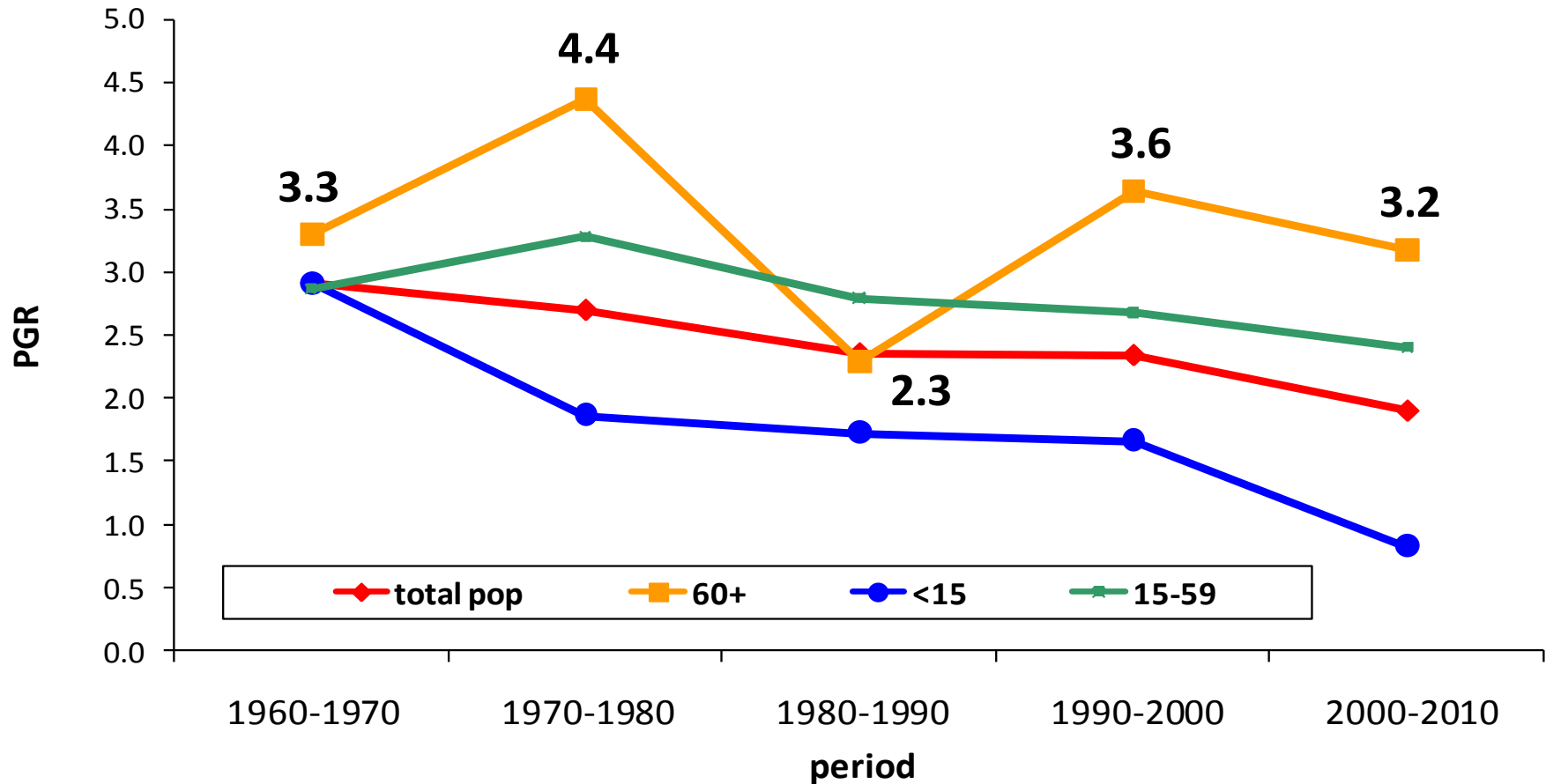
Source: CPH 2000; CPH 2007
Years 2010-2030 from 2000-based projections,
medium assumption

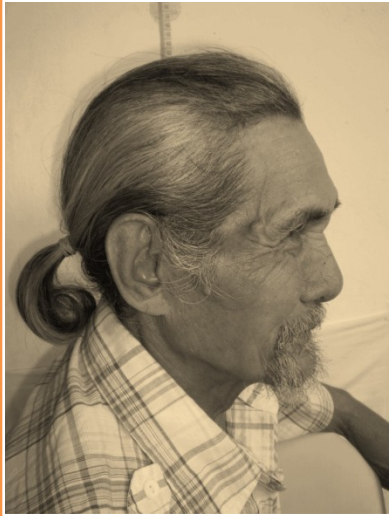
Increasing number and proportion of older people is the result of the increasing longevity

Life expectancy at birth is increasing over time.

	Life expectancy at birth			Life expectancy at age 60		
	Male	Female	Gender Diff	Male	Female	Gender Diff
1970	57.3	61.5	4.2	16.3	17.1	0.8
2000	65.0	70.3	5.3	17.9	20.1	2.2

The older population is the fastest growing sector of the Philippine population since the 1960s.



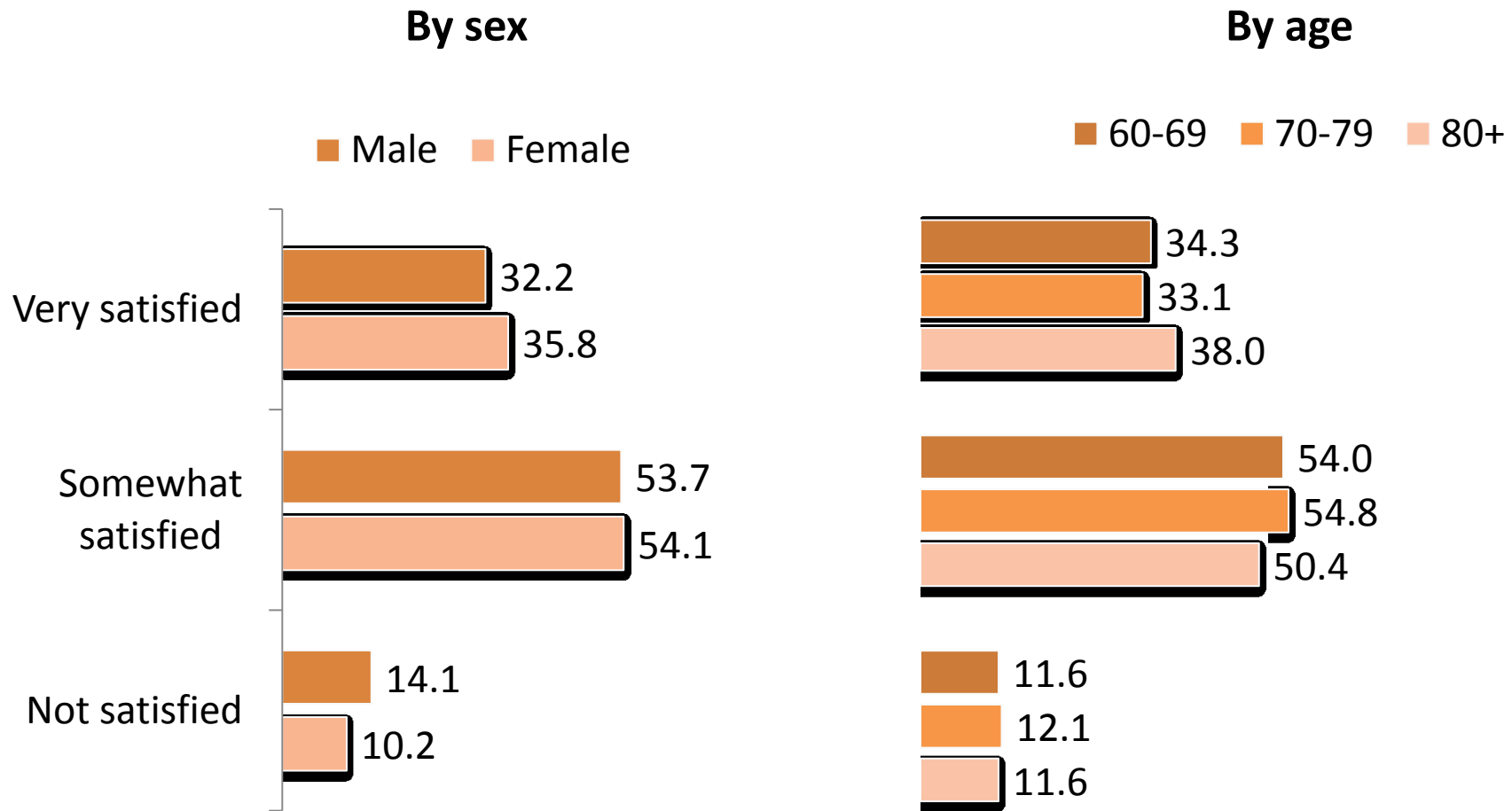


Well-Being of the Filipino Older People

Life satisfaction

- Level of satisfaction with present life
 - 34.3%** very satisfied
 - 53.9%** somewhat satisfied
 - 11.8%** not satisfied

Females and older cohorts are more satisfied with their present life



Older Filipino are in a precarious economic situation

- **39%** are working
 - Males: 47% (majority in the agriculture sector)
 - Females: 33%
- **22%** receive income from pension
- Most common assets
 - House they are currently residing in (77%)
 - Appliances (60%)
 - Farm/fishponds (21%)
- **6%** have bank accounts
- **15%** have liabilities
 - 50% have personal loans
 - 29% have loans from money lenders
 - 13% have bank loans

Older Filipinos have low economic status

- Meager income although they have multiple sources of income (average of 2)
 - Median monthly income: **PhP3,000 (US\$73)**
- **53%** expressed some or considerable difficulty in meeting household expenses

Most older people rely on informal sources of support, especially transfers from their children

- Sources of income

Money from children within the country (58%)

Earnings from work (29%)

Income from farm (22%)

Pension (22%)

Money from children outside the country (20%)

- Most important sources of income

Males

Earnings from work

Pensions

Money from children in the country

Income from farm

Money from children abroad

Females

Money from children in the country

Pensions

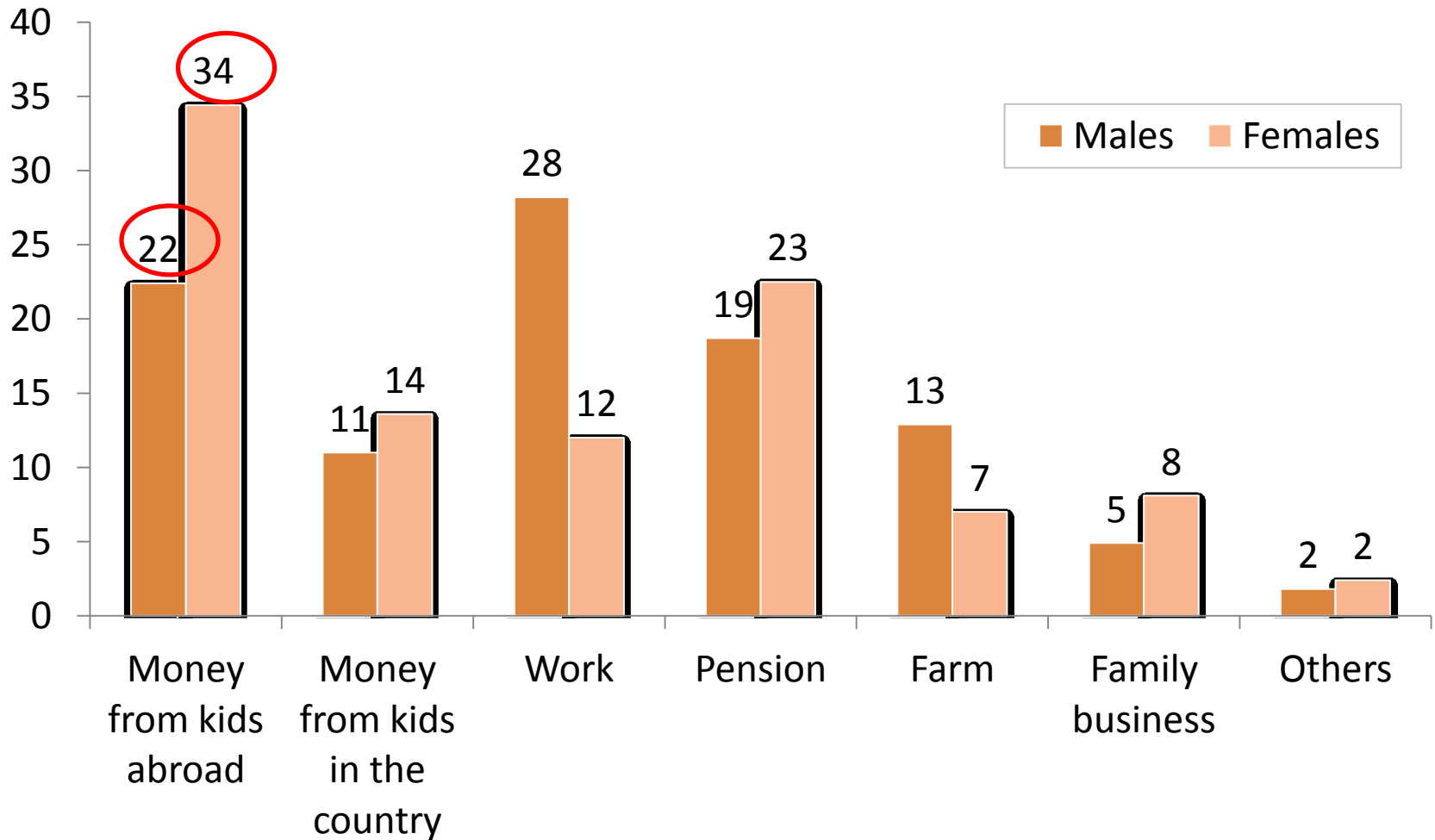
Earnings from work

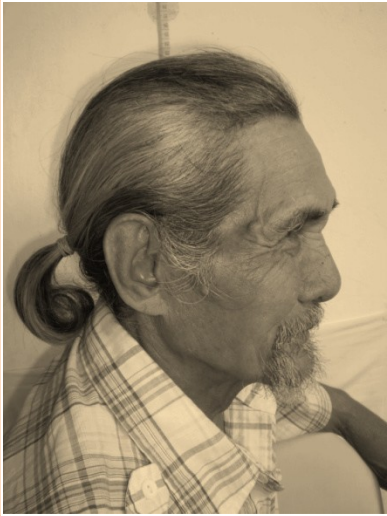
Money from children abroad

Income from farm

Remittances are the main source of income, particularly for older females with children overseas

Main sources of income of older Filipinos





Health Status and Lifestyle

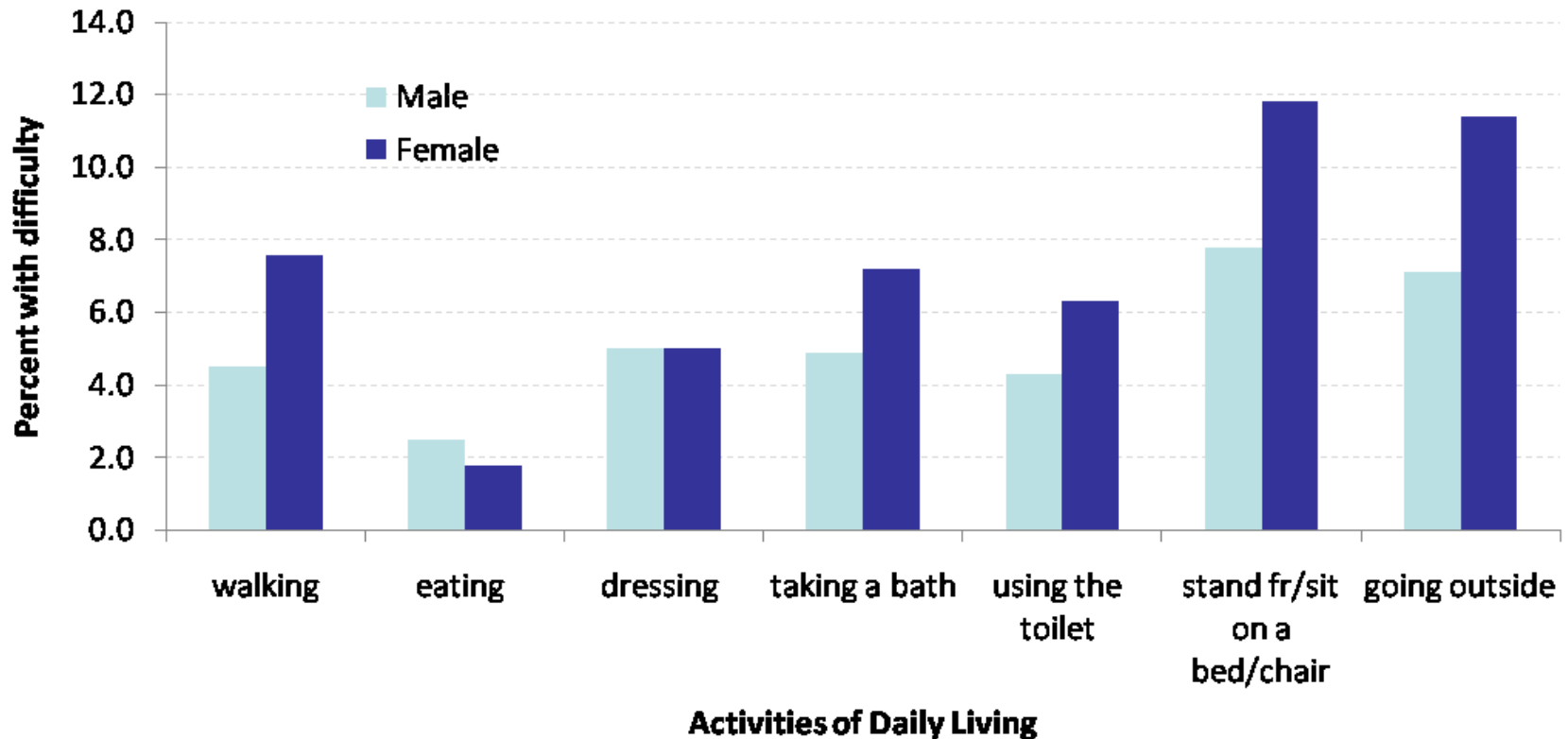
Self-assessed health status

Most older people, regardless of sex, think they have an average health status.

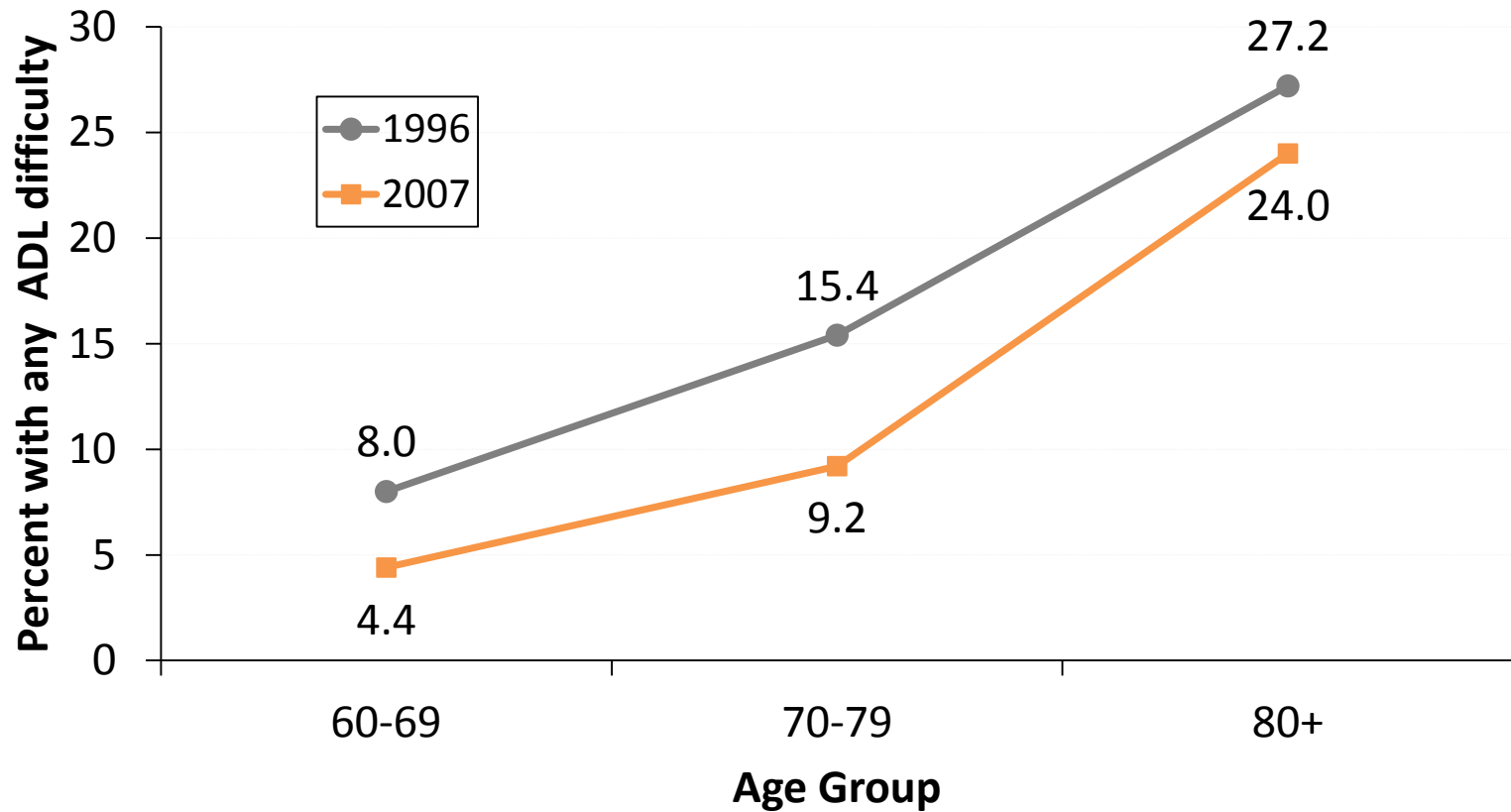
Self-assessed health status	Male	Female
Very healthy	8.4	6.9
Healthier than average	14.9	13.4
Of average health	48.1	47.0
Somewhat unhealthy	23.0	26.9
Very unhealthy	5.7	5.8
TOTAL	100%	100%

Functional health

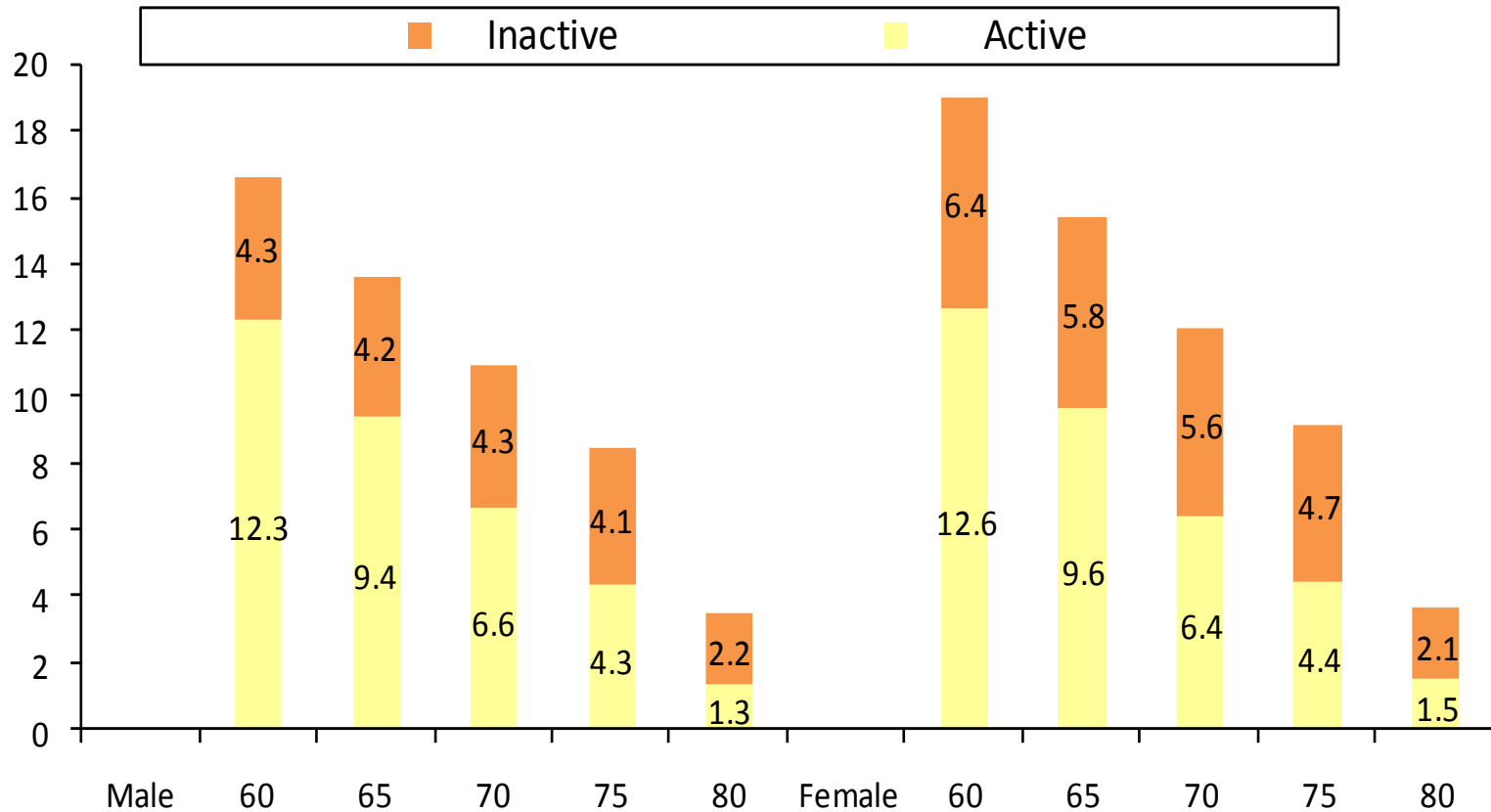
15% have at least one ADL (Activities of Daily Living) difficulty.
Older females exhibit greater functional disability than males.



While a considerable proportion of the OP's life is lived in disability, there is an improving functional health status over time



Active Life Expectancy: Females live longer but experience greater disability than males



Generally, older people are satisfied with their sleep.

Males experience less sleep problems compared to older females.

Sleep indicators	Male	Female
% who are satisfied with their sleep	84.3	81.8
Average number of hours of sleep per night	6.1	6.1
% who take naps regularly	43.4	37.8
Average duration of nap (in minutes)	55.8	48.4

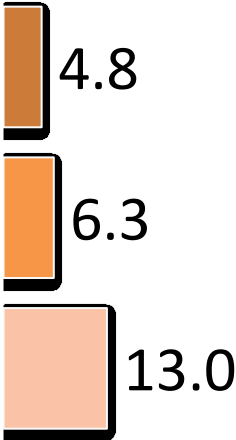
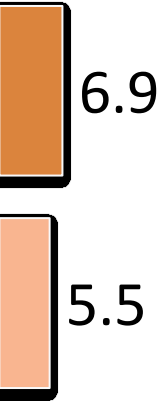
Percent with loss of vision in at least one eye

By sex

By age

■ Male ■ Female

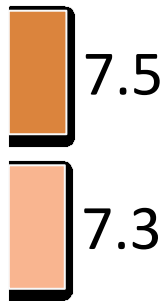
■ 60-69 ■ 70-79 ■ 80+



Percent who are unable to hear in at least one ear

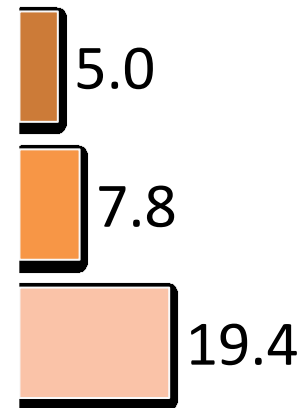
By sex

Male Female



By age

60-69 70-79 80+



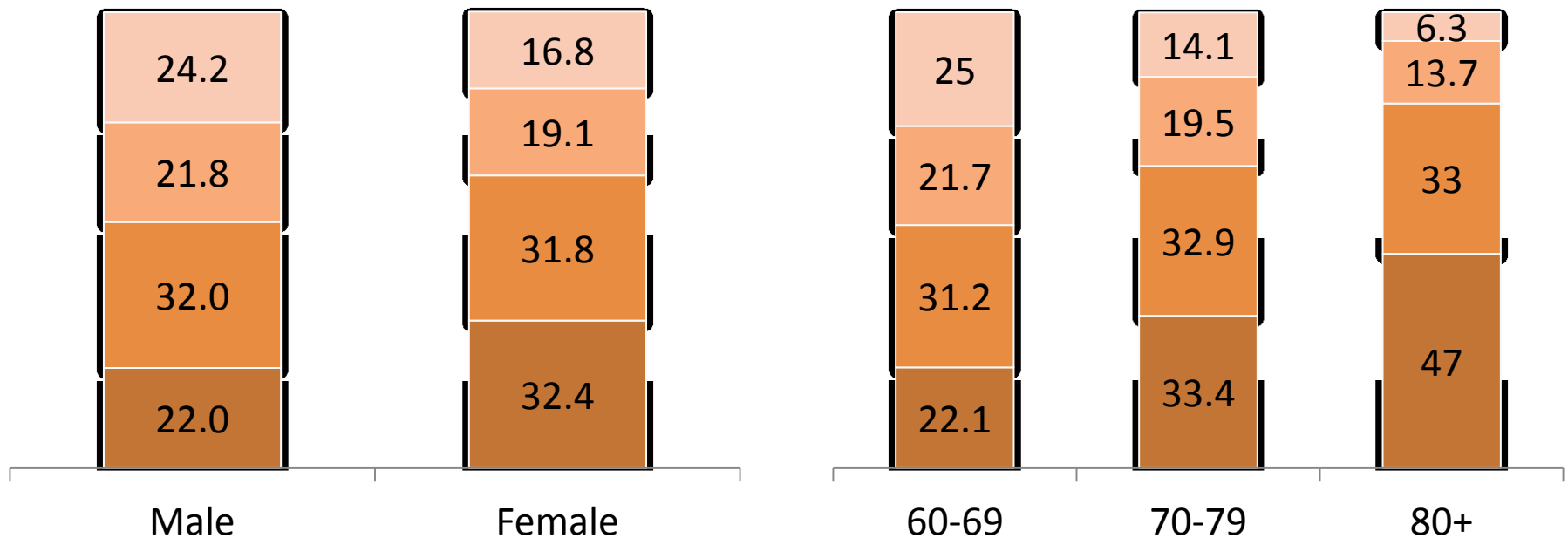
Oral health: Low number of remaining teeth

By sex

By age

■ None ■ 1 to 9 ■ 10 to 19 ■ 20+

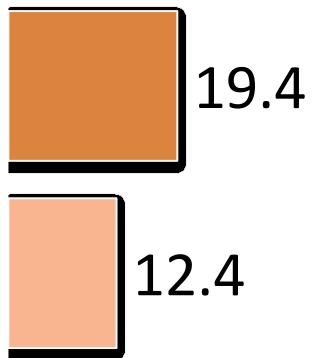
■ None ■ 1 to 9 ■ 10 to 19 ■ 20+



Percent with health insurance

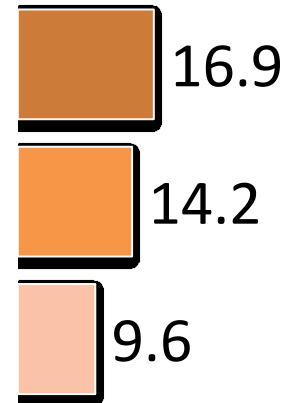
By sex

■ Male ■ Female



By age

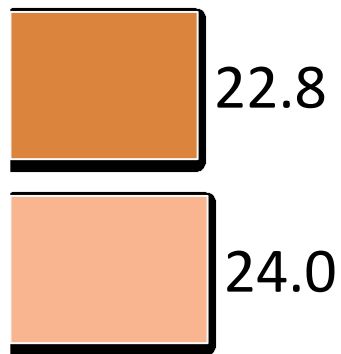
■ 60-69 ■ 70-79 ■ 80+



Percent with unmet need for health care due to financial reason

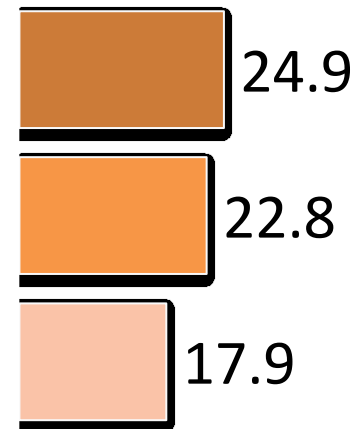
By sex

■ Male ■ Female



By age

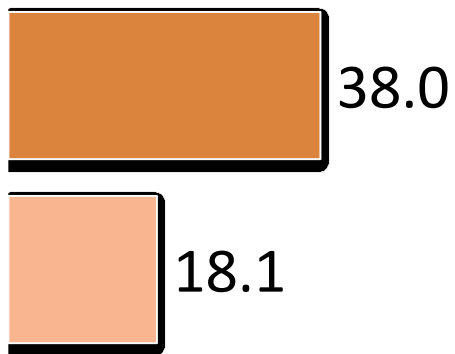
■ 60-69 ■ 70-79 ■ 80+



Percent who are currently smoking

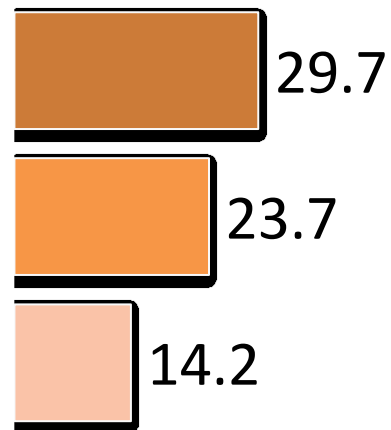
By sex

■ Male ■ Female



By age

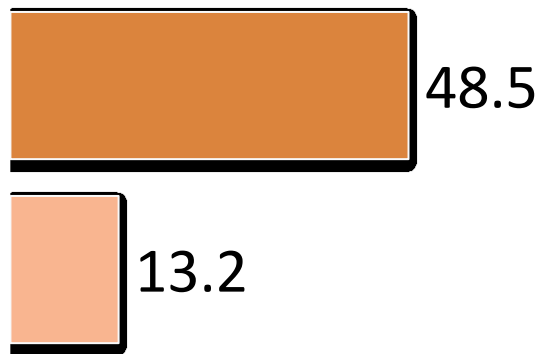
■ 60-69 ■ 70-79 ■ 80+



Percent who are currently drinking alcohol

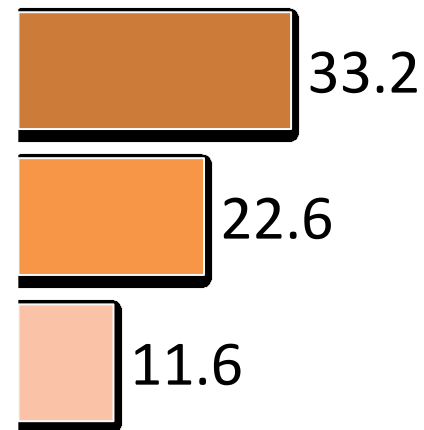
By sex

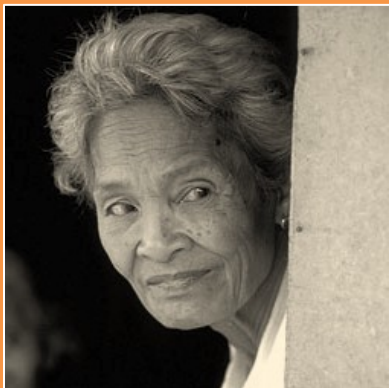
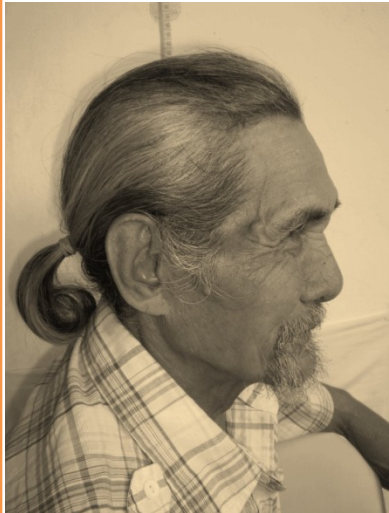
■ Male ■ Female



By age

■ 60-69 ■ 70-79 ■ 80+





Social Well-Being

Most older people coreside with their children; only a few live alone.

More females than males live alone.

Living arrangement	Male	Female
% Living alone	3.3	5.3
% Living with spouse only	9.9	6.8
% Living with children	74.5	73.4
% Other composition	12.4	14.4
TOTAL	100.0%	100.0%

Social contact with noncoresident children

Active exchange of visits and communication between the older person and noncoresident children

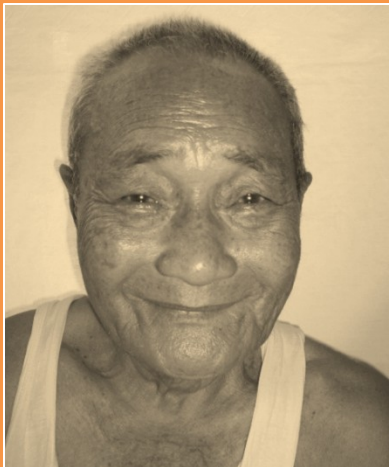
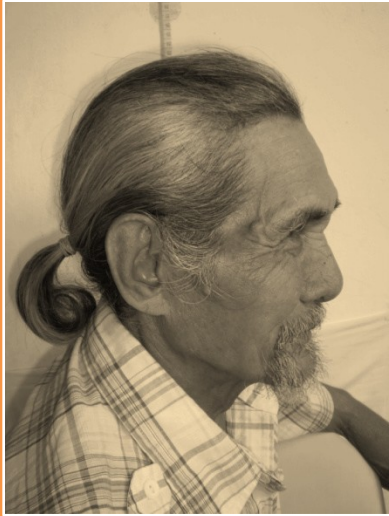
- **82.8%** exchanged visits with any noncoresident child in the past year
- **65.7%** exchanged letters, calls, text messages with at least one noncoresident child in the past year
- **6%** have not been in touch with any noncoresident child in the past year
- **Females** are more in touch with their noncoresident children compared to the males

Older Filipinos are socially connected

- **51%** attend religious activities or services outside the home (weekly)
- **41%** are members of an organization (religious and non-religious)
- **21%** are engaged in volunteer work in church/community
- **26%** hang out with friends and neighbors (daily)
- **73%** feel that their family, relatives, or friends are willing to listen when they need to talk about their worries or problems

Information technology promotes social connectedness

- **12.3%** know how to use cell phone to text
 - of which 90% used cell phone to text
- **20.3%** know how to use cell phone to call
 - of which 97% used cell phone to call
- **1.2%** know how to use email
 - of which 83.8% used email



Family and State Roles in Promoting Well-Being of Older Filipinos

Family: Main source of old-age support

- In the absence of a formal welfare system, the family, specifically children are the main source of old-age security.
- Strong family ties are indicated in the intergenerational exchange of support and coresidential arrangement between older people and at least one of their living children.
- The Philippine Constitution mandates the family to assume a predominant caregiving role for their elderly members.

State role in ensuring the well-being of older people

- The constitution ensures that older Filipinos receive due care not only from the family but also from the state.
 - Accordingly, considerable state efforts have been exerted to advance the welfare of the elderly, most of which have centered on the need to provide healthcare.

Legislative milestones for older people

- **Republic Act 7432 (1992)**

An act maximizing the contribution of senior citizens to nation building, grant benefits and special privileges and for other purposes

- **Republic Act 7876: Senior Citizens Center Act (1995)**

An act establishing a senior citizens center in all cities and municipalities and appropriating funds therefore or the Senior Citizens Center Act of the Philippines

- **Republic Act 9257 Amendment to RA 7432 (2004)**

An act granting additional benefits and privileges to senior citizens amending for the purpose Republic Act No. 7432.

Legislative milestones for older people

- **Republic Act 9994: Expanded Senior Citizens Act (2010)**
 - grants additional benefits that essentially expand the medical cost provisions to include free medical and dental health services
 - entitlement to free secondary, tertiary, and vocational education in both private and government learning institutions
 - exemption from training fees for socioeconomic programs
 - avail of livelihood and training programs and self-employment assistance
 - social pension for indigent elderly
- **Republic Act 9336**
 - allocates one (1) percent of the total budget of government agencies for the implementation of programs and services for senior citizens
 - complements RAs 9994 and 7876

Legislative milestones for older people

- IRR of R.A. 9994 provides for a Social Pension as well as mandatory PhilHealth coverage for indigent senior citizens.
 - monthly allowance of P500.00 per indigent senior citizen
 - automatic membership to the Philippine Health Insurance Corporation or PhilHealth, the state-owned medical insurance corporation

Percent who are aware of senior citizen privileges

By sex

■ Male ■ Female



By age

■ 60-69 ■ 70-79 ■ 80+



Percent with a senior citizen card

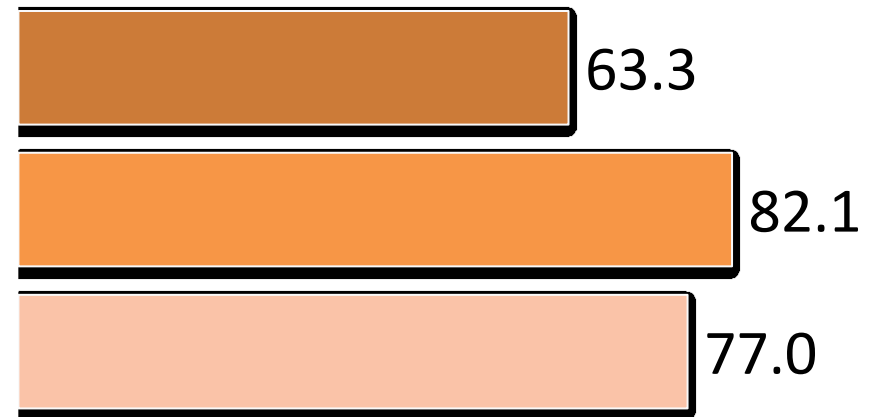
By sex

■ Male ■ Female



By age

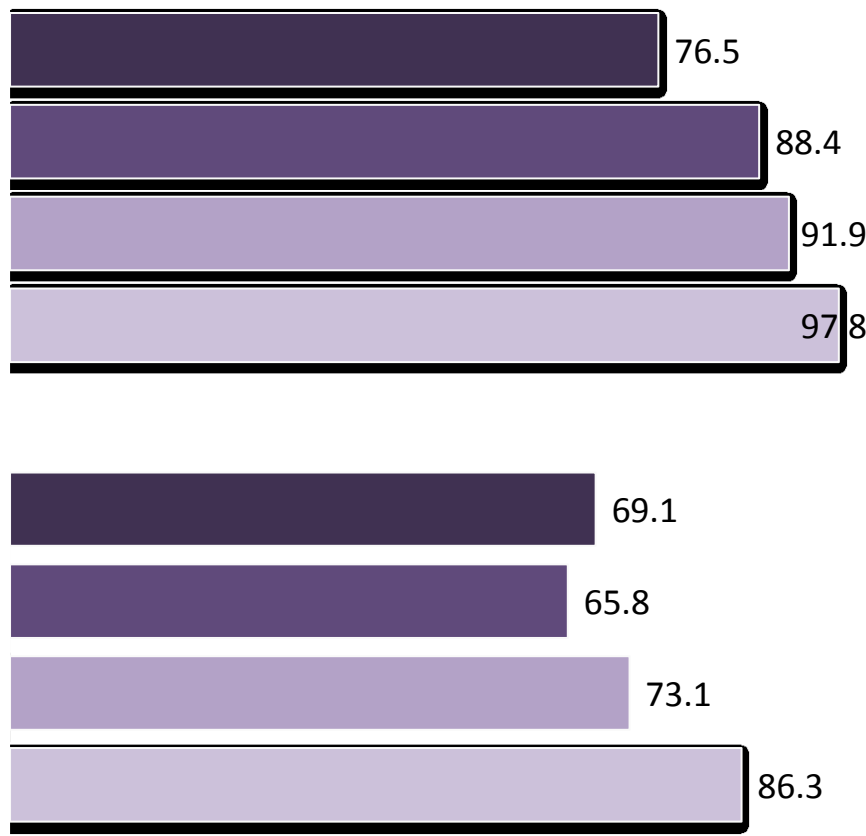
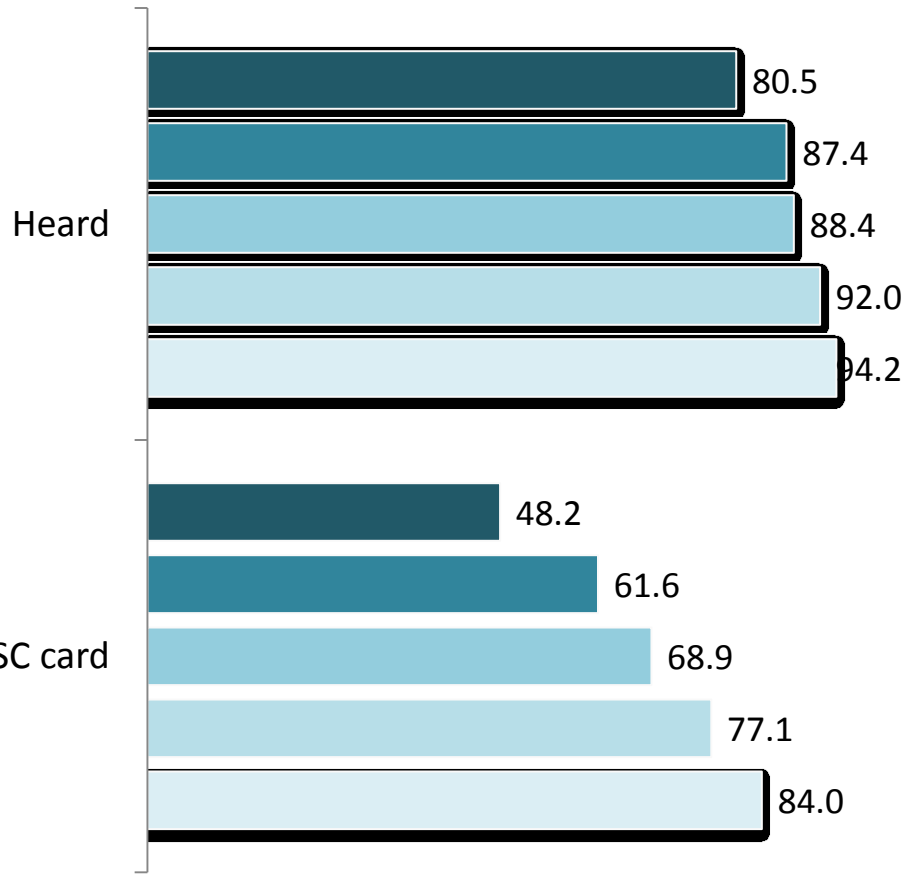
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Richer and better educated older people are more aware and have better access to gov't programs re: privileges to senior citizens

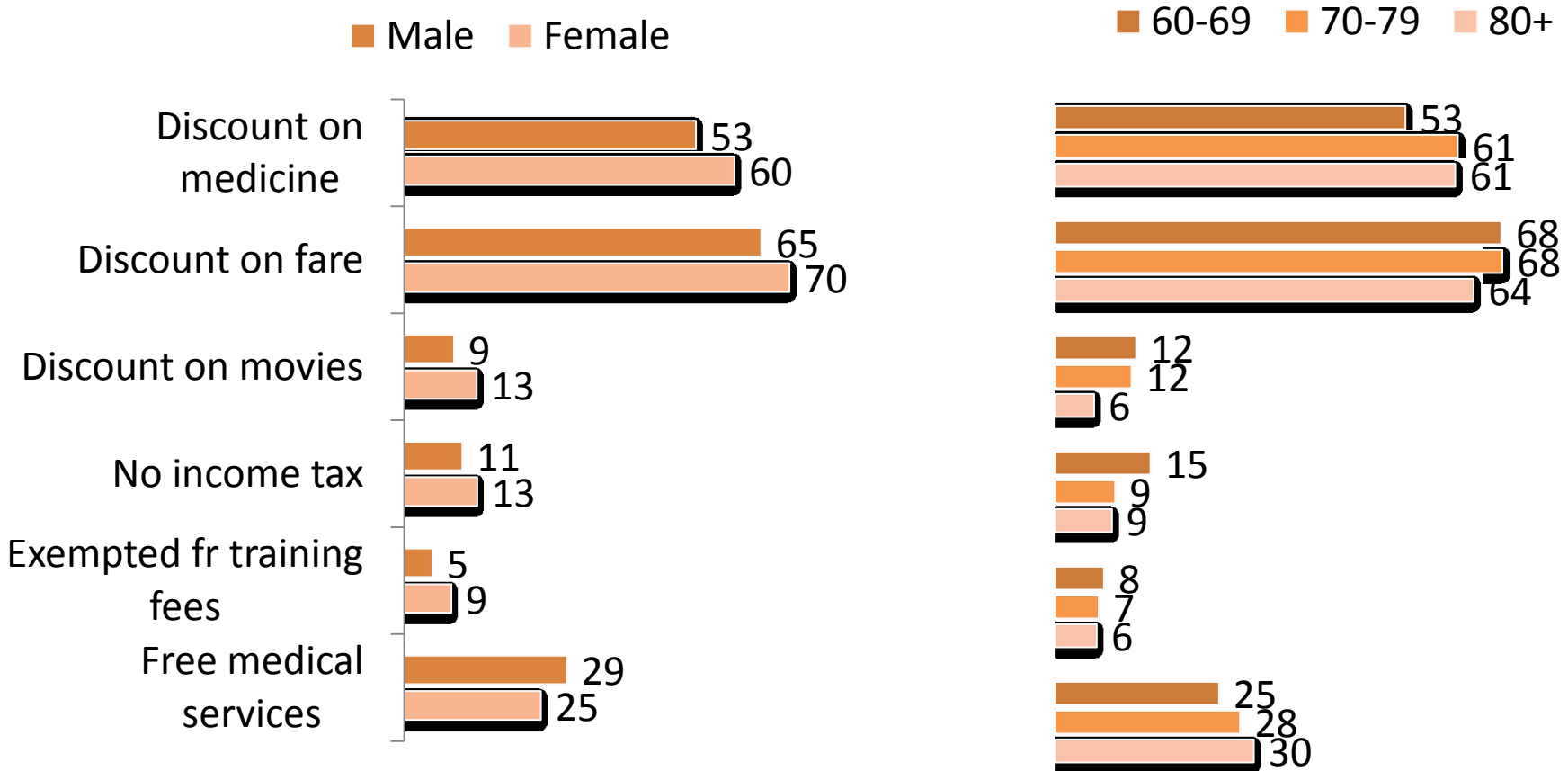
■ Poorest ■ 2 ■ 3 ■ 4 ■ Wealthiest

■ No formal education ■ Some / elem
 ■ Some / HS ■ Some / college +

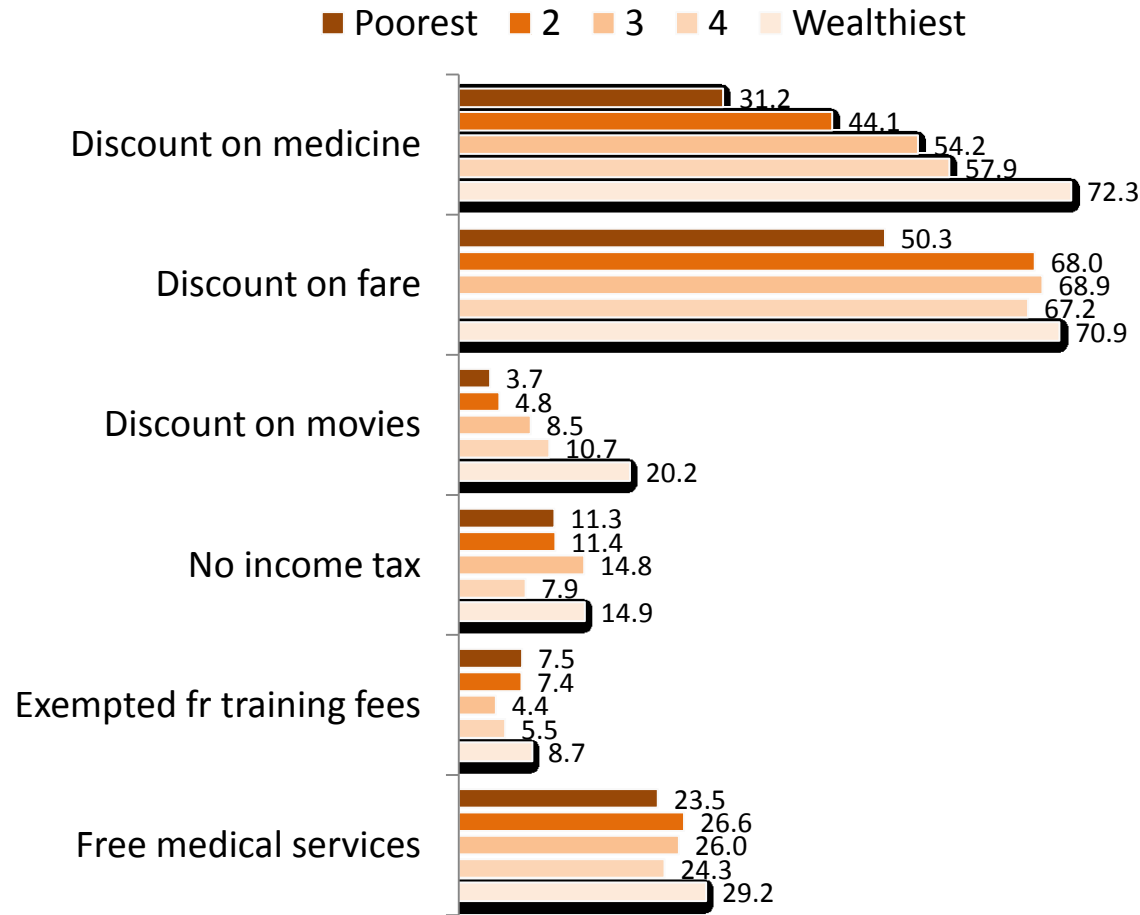


Percent availing of privileges among those with senior citizen card

Senior citizen privileges that are based on discounts benefit the richer, more educated elderly

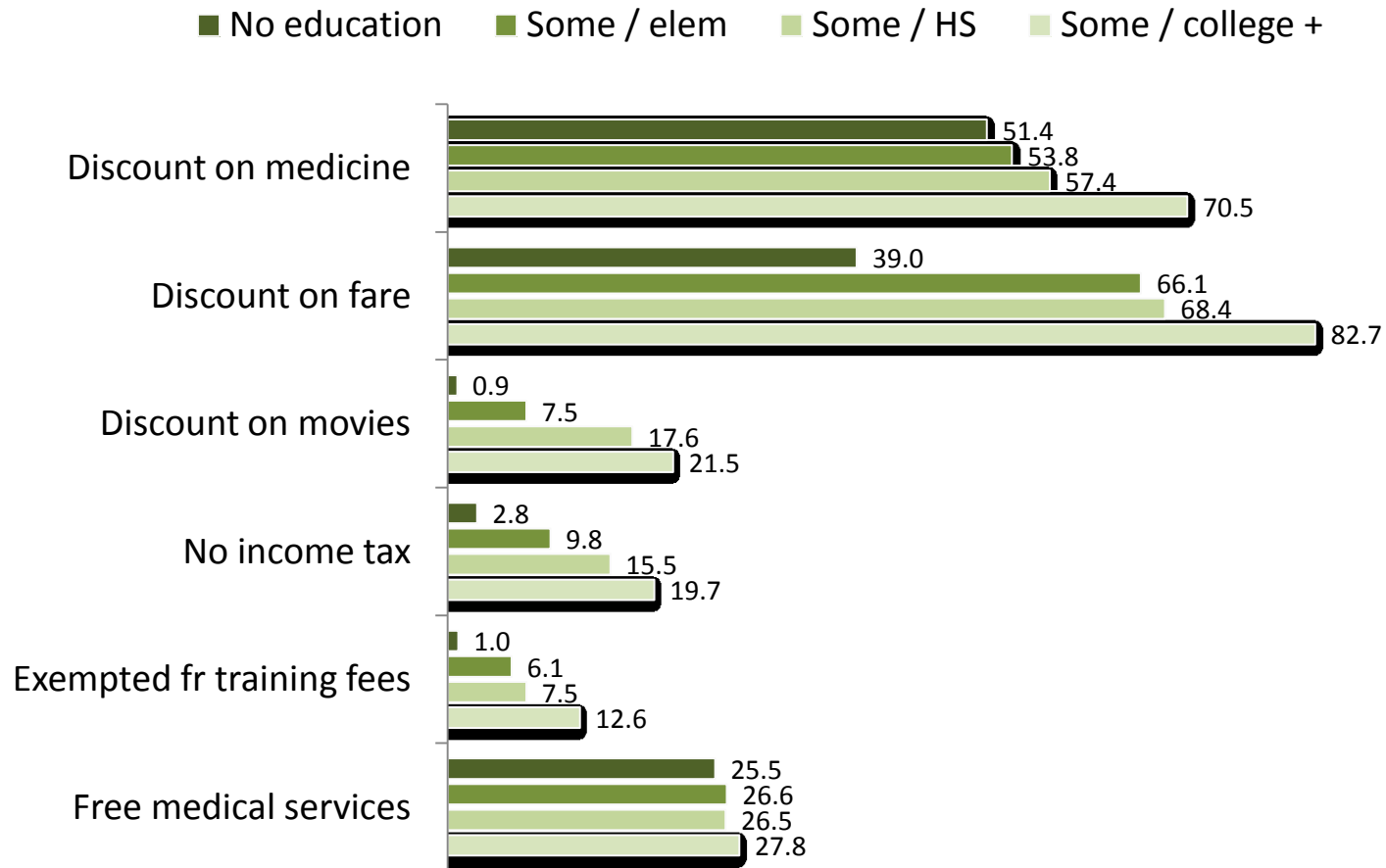


Senior citizen privileges that are based on discounts benefit the richer...



...and better educated older people.

Senior citizen privileges that are based on discounts benefit the more educated elderly

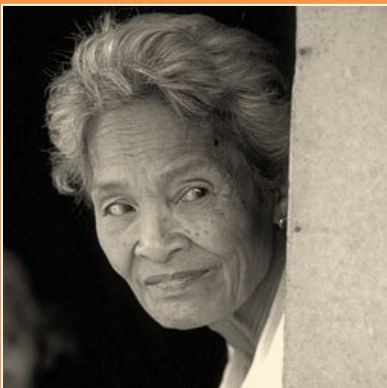
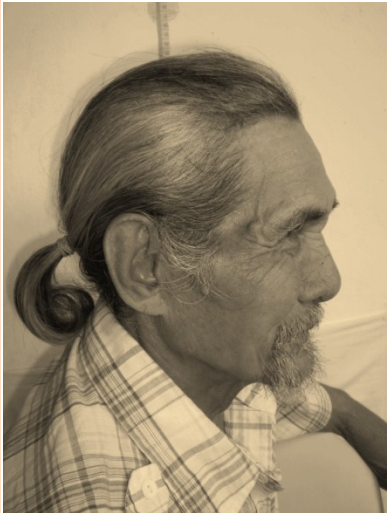


Conclusion

- The Filipino older people are in a precarious economic condition.
- Despite increasing longevity, there are gaps in their health status.
- BUT they enjoy high level of social well-being
 - family is still the primary safety net of Filipino older people
 - Strong community connectedness
 - Role of the church and religion

Conclusion

- Demographic change such as increased longevity, increased preference for smaller family size and international migration can challenge the family's continued ability to provide support for its elderly.
- Need for greater state support to enhance the well-being of older Filipinos
 - fine tune the implementation of existing laws for better targeting of the most vulnerable older people
 - provide more social security and health care benefit as an alternative to the possible loss of family support due to international migration



Thank you!

Other programs provided by the government and NGOs

- Department of Social Work and Community Development
 - Homes for abandoned ones and neglected senior citizens
 - Pre-retirement orientation program in government and private agencies
 - Provide accessible microcredit/finance to senior citizens
- NGOs: Coalition of Services of the Elderly (COSE)
- Local government units

Other programs provided by the government and NGOs

- Department of Health adopted a Health Care Program for Older Persons (HCPOP) in 1998 (presently renamed Health Development Program for Older Persons)
 - Establish geriatric wards in every government and private hospital
 - Ensure that all caregiver training schools will require their students to provide community training and caregiving to frail senior citizens in the community

Leisure activities

- **69%** watch TV daily
- **59%** exercise daily
- **39%** listen to the radio daily
- **26%** garden daily
- **18%** attend social activities monthly
- **10%** gamble for leisure monthly
- **9%** read daily

Active flow of economic support between the older people and their children

	Males	Females
Among older persons with at least one child living outside the household: % who receive economic support from non-coresident child	74.8	73.2
Among older persons with at least one surviving child: % who plan to rely on children for financial support	39.0	41.4
