Social and Economic Inclusion of Older People through the Older People Association (OPA)
BACKGROUND

Brief introduction

• OPA and 1st World Assembly on Ageing in 1982
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• OPA development for the past 35 years

1) OPA development and promotion materials

2) OPA trainings and exchanges

3) National OPA manual and policies
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• OPA and 1st World Assembly on Ageing in 1982

• OPA development for the past 35 years

• More than 1 million OPA, with hundreds of million of members
Older People Association (OPA)

OPA’s organization structure

Membership:
- 50-70- in one village
- OPA Members:
  - 70% +/-5% OP,
  - 70% +/-5% Women,
  - 70% +/-5% social/economically poor

OPA Management Board Members
- At least 50% are female
- Elected every 2 yrs.

- Chair
- Vice Chair
- Treasurer
- CMB Members

Group 1 Leader
- Group 1
- 8 - 12 members

Group 2 Leader
- Group 2
- 8-12 members

Group 3 Leader
- Group 3
- 8 -12 members

Group 4 Leader
- Group 4
- 8-12 members

Group 5 Leader
- Group 5
- 8-12 Members

Attractive to:
- Young & old
- Men & women
- Poor & non poor
- Rural & Urban

Social and cultural group
- Hobby group

Physical exercise and sport group
- Homecare volunteer group
- Livelihood support group
- Resource mob. group
- Community devt. group
- Emergency respon. group

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Main components of the OPA

1. Social and cultural component
   - Monthly community-led development: 1) Helping needy cases
   - Community clean-up
   - Community improvement activities

2. Food and income security component
   - Monthly food scheme
   - Pro-poor & age friendly livelihoods
   - Support groups
   - Art/Work volunteers

3. Healthy & Active Ageing Component
   - Physical exercise & sport
   - Monthly health screening
   - Semi-annual health check-up
   - Medical insurance
   - Health awareness

4. Community-based care component
   - Community-based care services for all
   - Care services:
     1. Social care
     2. Personal Care
     3. Living support
     4. Medical/Health care

5. Community-led development
   - Monthly community-led development: 1) Helping needy cases
   - Community clean-up
   - Community improvement activities

6. Life-long learning component
   - Monthly LLL talks
   - Study tours & exchanges
   - Intergenerational learning and sharing

7. Right and entitlement component
   - Awareness on rights & entitlements
   - Monitoring the implementation
   - Provide legal services & supports
   - Dialogue with local authorities

8. Resource mobilization component
   - Resolving financial issues
   - Monthly membership fees
   - Local donations (cash, in-kind)
   - Collective funds

9. Community-based disaster risk reduction
   - Training and Planning
   - Actions

10. CLIMATE CHANGE
    - Awareness
    - Eco-friendly Livelihoods
    - Community Actions
    - Eco-friendly power & energy

Other popular components
2. Food and income security component

1) Revolving fund scheme
2) Pro-poor & age friendly livelihoods
3) Support groups
4) Livelihood Volunteers
Food and Income Security Component

Pro-poor and age friendly livelihood

Has more than 400 pro-poor and age friendly livelihood topics to select from

Each person can select what they need and want

Revolving Fund schemes

Self-managed revolving fund schemes
- Own & managed by the ISHC
- Simple requirement and fast
- Low interest (1%/month)
- Remain in the communities

Technical support

Livelihood support groups: at least two livelihood support groups per ISHC

Work (daily labor)

Employment/work for older people
- Wedding
- Funeral
- Handicraft
- Daily labor (farm and construction)
- Care service
- Cultural Performance

Allowance (OA, disability, others)

Access to OA, disability and other allowances
- Awareness
- Monitor access
- Provide legal service

Partnership for Economic Inclusion | Economic Inclusion in an Aging World
Food and Income Security Component

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Other:
Comparing Annual Income in Old Age

Nationally

Source: Vietnam as an Ageing Society 2020
Benefits of work (being active)

- Financial
- Independence
- Social connection
- Productive and more optimistic
- Mental and health benefits
- Enjoyment

Source: Vietnam as an Ageing Society 2020
CASE STUDY

Social & economic impacts of OPAs in Vietnam

3.2 million USD

567 OPA established

$5,738 cost per OPA

30,196 members (74.5% member, 56.0% CMB were women)

674,400 Direct beneficiaries

57.6% Average increased in member annual income

1,086 sport and exercise groups

756 social and cultural groups

97.7% health insurance coverage

97.7% Practice regular exercise (3 times/week)

91,607 health checkups (round)

5,605 community-led dev. activities

3 health checkups (round)

756 social and cultural groups

3,346 community-led dev. activities

5,182 care volunteers

22,722 people received legal support

OPAs generated $1,062,846
CASE STUDY

Impact level results:

1) Happier 98.6%
2) Improved solidarity 95.9%
3) Enhanced confidence 93.2%
4) Empowered 91.0%
5) Healthier 90.6%
6) Wealthier 88.7%
Awards & recognitions

Winner of Healthy Ageing Prize for Asian Innovation (HAPI)

In WHO’s Healthy Ageing 50, **Ms. Thuy** was recognized for her OPA work which contributed to transforming the world to be a better place to grow old.

UNDESA - Best practice in achieving SDGs

Best practice in six WHO publications

Many others

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Reflections

Concluding remarks

• Affordable
• Attractive
• Dynamic
• Sustainable
• Replicable