

CHANGING THE NARRATIVE ON LONG-TERM C RE

PHILIPPINE PERSPECTIVES & EVIDENCE-BASED PATHWAYS FORWARD

PRESENTED BY 
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PHILIPPINE AGEING LANDSCAPE

AGED 60 & ABOVE

10%
11 M
2025

11%
13.1 M
2030

17%
23.6 M
2050

Philippine Statistics Authority (PSA), 2020



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LONGEVITY



OVERALL

LIFE EXPECTANCY

63.4

69.9

66.4

71.92 (2025)

Healthy
LIFE EXPECTANCY

57.1

60.8

58.8

NO DATA (2025)

WHO, 2021



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CHRONIC DISEASE BURDEN

- **Hypertension:**
57% prevalence
- **Diabetes: 22%**
- **Dementia:**
10–12% of 60+ adults;
~1.2 million Filipinos
(Dominguez et al., 2020)
- **Frailty prevalence: 12.4%**,
increasing to **52%** for ages
80+ (Abellana et al., 2021)



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68%

rely on **informal** family caregiving, often **unpaid** and **unsupported**.

(Dominguez & Gonzalez, 2020)



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The Philippines is ageing

BEFORE IT BECOMES ECONOMICALLY WEALTHY

—**COMPLICATING** THE DEVELOPMENT OF
SUSTAINABLE LTC SYSTEMS.



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2 MYTHS IN LONG-TERM CARE

“Long-Term Care Is Still Mainly
a **Family Responsibility**”

MYTH #1

“Developing Countries **Cannot
Afford** Long-Term Care
Systems”

MYTH #2



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MYTH #1 “Long-Term Care Is Still Mainly a Family Responsibility”

1. Data that **contradicts** the myth:

- a. Shift in household composition:
 - i. Decreased household size **5.1 (1990) → 4.1 (2020) (PSA)**.
 - ii. **1 in 3** of older Filipinos now **live alone** or only with another senior (HelpAge International, 2020).



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MYTH #1 “Long-Term Care Is Still Mainly a Family Responsibility”

2. Caregiver burnout data:

- a) **68%** report moderate to severe **stress**.
- b) **42%** experience **income loss** due to caregiving responsibilities (Apolinario et al., 2019).
- c) Female caregivers perform **77%** of **unpaid** care work, amounting to 4.7 hours/day (PSA “Unpaid Care Work Satellite Accounts”, 2022).



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Family care remains **central** but is

NO LONGER SUFFICIENT

REQUIRING **SYSTEMIC** SUPPORT.

Long-term care is **not** just a private responsibility. It is a **public good**.



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MYTH #2 “Developing Countries **Cannot Afford** Long-Term Care Systems”

Evidence and Comparative Data

1. Cost-effectiveness of community-based LTC:

- WHO ICOPE pilot projects show up to **30% reduction** in hospital readmissions for older adults receiving community-based monitoring.
- Comprehensive Geriatric Assessment (CGA) **reduces** functional decline by **14–29%** (Stuck et al., 2002).



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MYTH #2 “Developing Countries **Cannot Afford** Long-Term Care Systems”

Evidence and Comparative Data

3. Economic rationale:

- For every **\$1** invested in preventive LTC, **countries save** between **\$1.4 and \$2.7** in acute hospital care (OECD, 2020).
- PhilHealth (Philippines) **spends ₱37.1 billion/year (USD 630.5B)** on senior citizen claims—**80%** for hospital-based acute care (PhilHealth Annual Report, 2023).



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Early LTC investment

REDUCES COSTLY HOSPITALIZATIONS

AND ALIGNS WITH **FISCAL SUSTAINABILITY.**

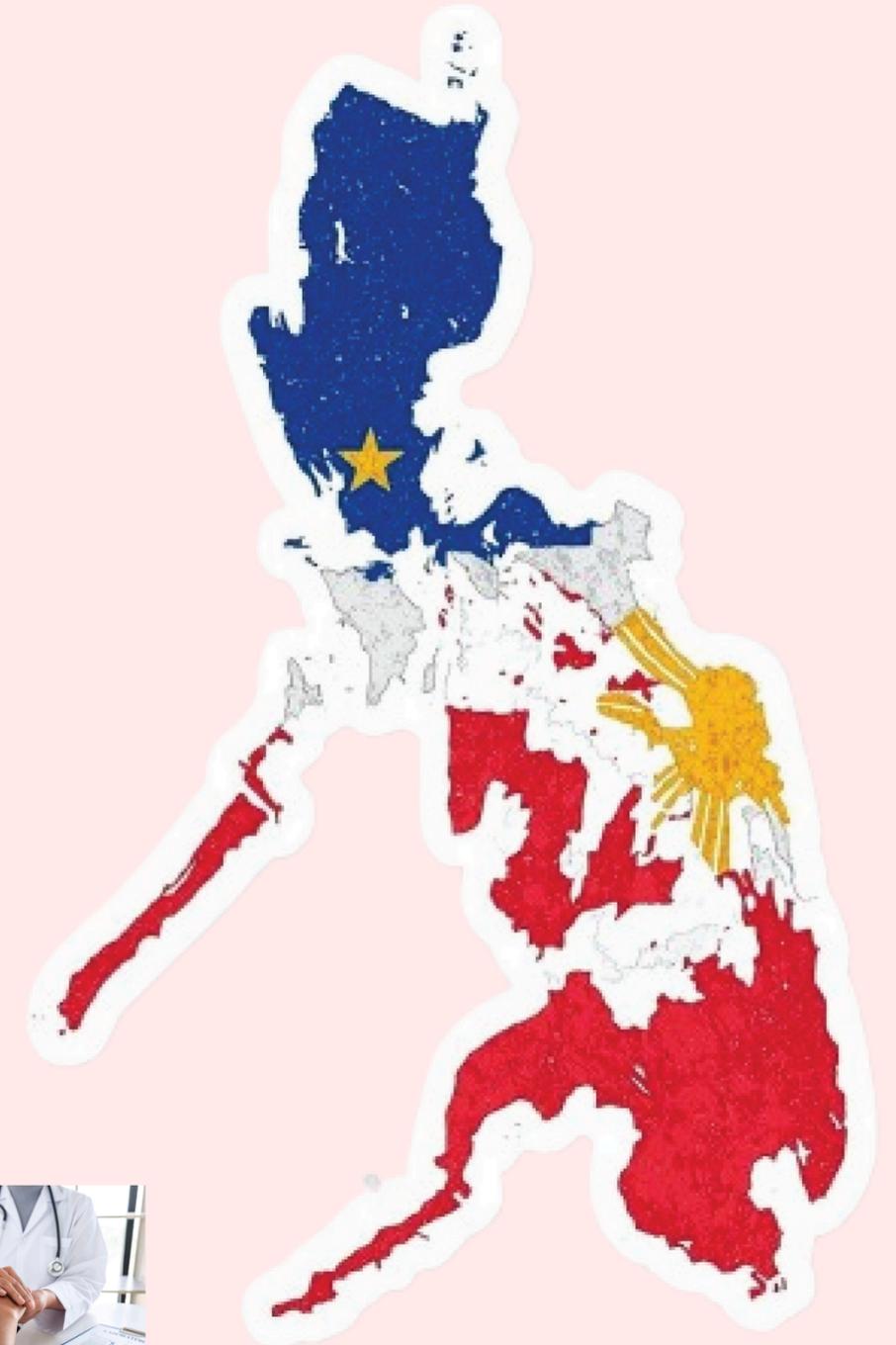


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KEY ISSUES & CHALLENGES IN THE PHILIPPINES

1. Fragmentation and Underdevelopment
2. Healthcare Access Indicators
3. Dementia Care Gaps
4. Financial Protection Gaps



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1. FRAGMENTATION AND UNDERDEVELOPMENT

- a) Only **38% of LGUs** have functional Senior Citizens Centers (COA 2023 Performance Audit).
- b) Only **4%** have programs that include geriatric assessment or home visits.
- c). Only **148** geriatricians serve 11 million Filipinos—ratio: **1:74,324 seniors**.



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2. HEALTHCARE ACCESS INDICATORS

- a) **53%** of older adults have **unmet healthcare needs** (World Bank, 2023).
- b) Out-of-pocket health spending among seniors: **57%**, among the highest in ASEAN (WHO GHED, 2021).



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3. DEMENTIA CARE GAPS

- a) **70%** of dementia cases are **undiagnosed** (Dominguez et al., 2020).
- b) **No national dementia strategy;** care heavily reliant on families.



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4. FINANCIAL PROTECTION GAPS

- PhilHealth LTC benefit packages are still **under development**; existing schemes are illness-based, not care-based.



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The **Philippines** is still in the

INITIAL PHASE

OF BUILDING A **NATIONAL LTC ECOSYSTEM**



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NCSC Evidence-Based INITIATIVES UNDER DR. LORECHE

1. Senior Citizens Community Care Center (SC3C) Framework
2. Training of Trainers (TOT) Programs
3. Conservative Kidney Management (CKM) Advocacy
4. Policy groundwork

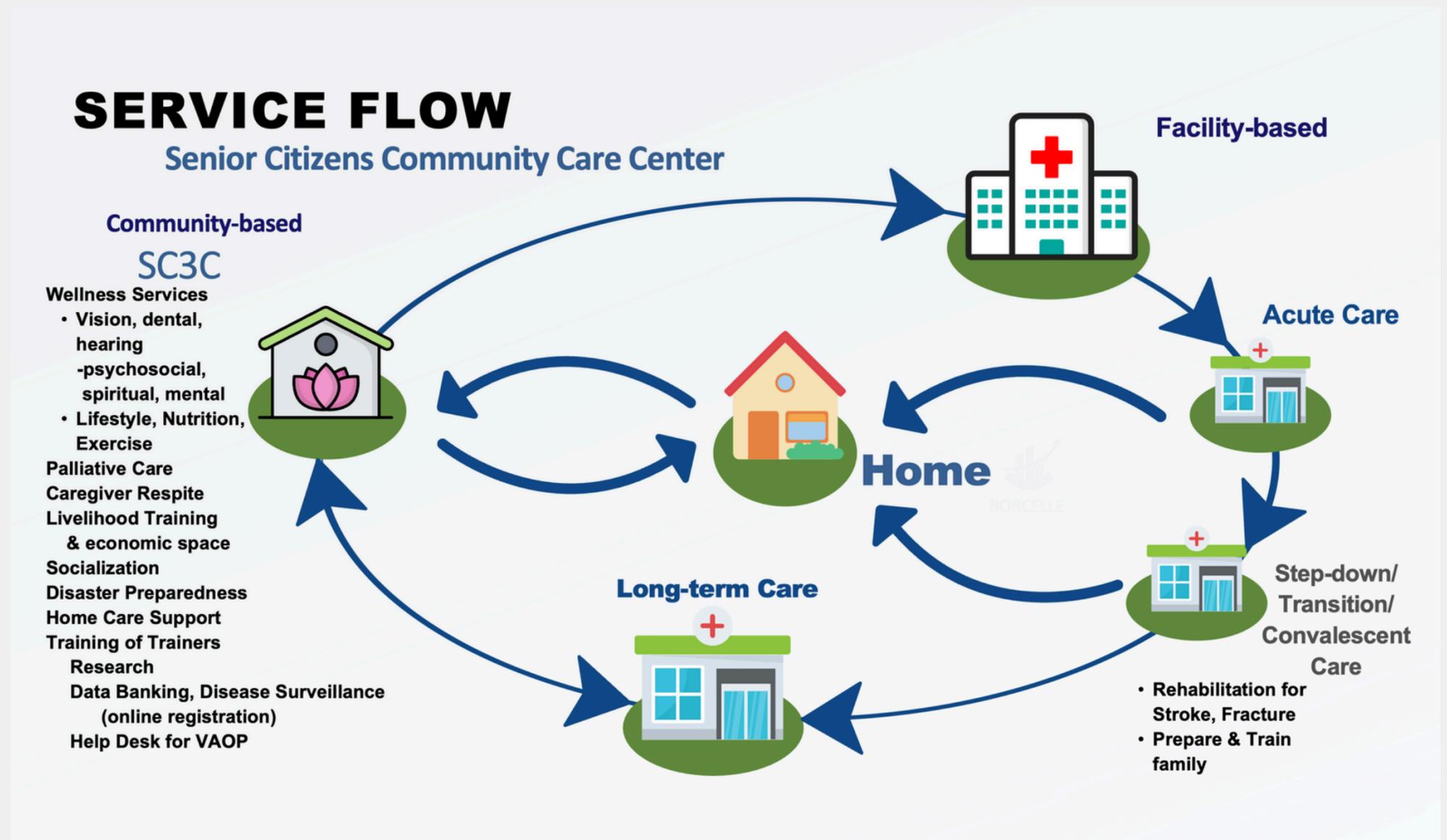


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1. SENIOR CITIZENS COMMUNITY CARE CENTER (SC3C)

- Early screening: **2,000+** seniors in pilot LGUs
- Cost model: **₱10.5–12M** LGU startup
- Projected **20–25%** reduction in hospitalizations



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2. TRAINING OF TRAINERS (TOT) PROGRAMS



- OSCA heads, community health officers and workers
- **92% increase** in geriatric screening competence
- **88% confidence** in dementia detection



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3. CONSERVATIVE KIDNEY MANAGEMENT (CKM) ADVOCACY



- Based on evidence that CKM offers **equal or improved quality** of life for frail seniors from **70 years old and above** compared to dialysis (Murtagh et al., 2014).
- Engagement with Philippine Society of Nephrologists to design CKM pathways.



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4. POLICY GROUNDWORK

- Initiated technical work toward a Philippine LTC Strategy, aligning with global LTC frameworks.
- Advocacy for PhilHealth LTC benefit design for home care, caregiver training, and assistive devices.



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PERSONAL ADVOCACY = **ESTABLISHING A FOUNDATION**
FOR HEALTHY AGEING AND COMMUNITY CARE



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FOUNDATION CORE FOCUS AREAS



Scaling SC3C Model



Workforce Training & Caregiver Certification



Research & LTC Policy Development



Public Education: Dementia & Healthy Aging



Innovation Hub for Low-Cost LTC Solutions



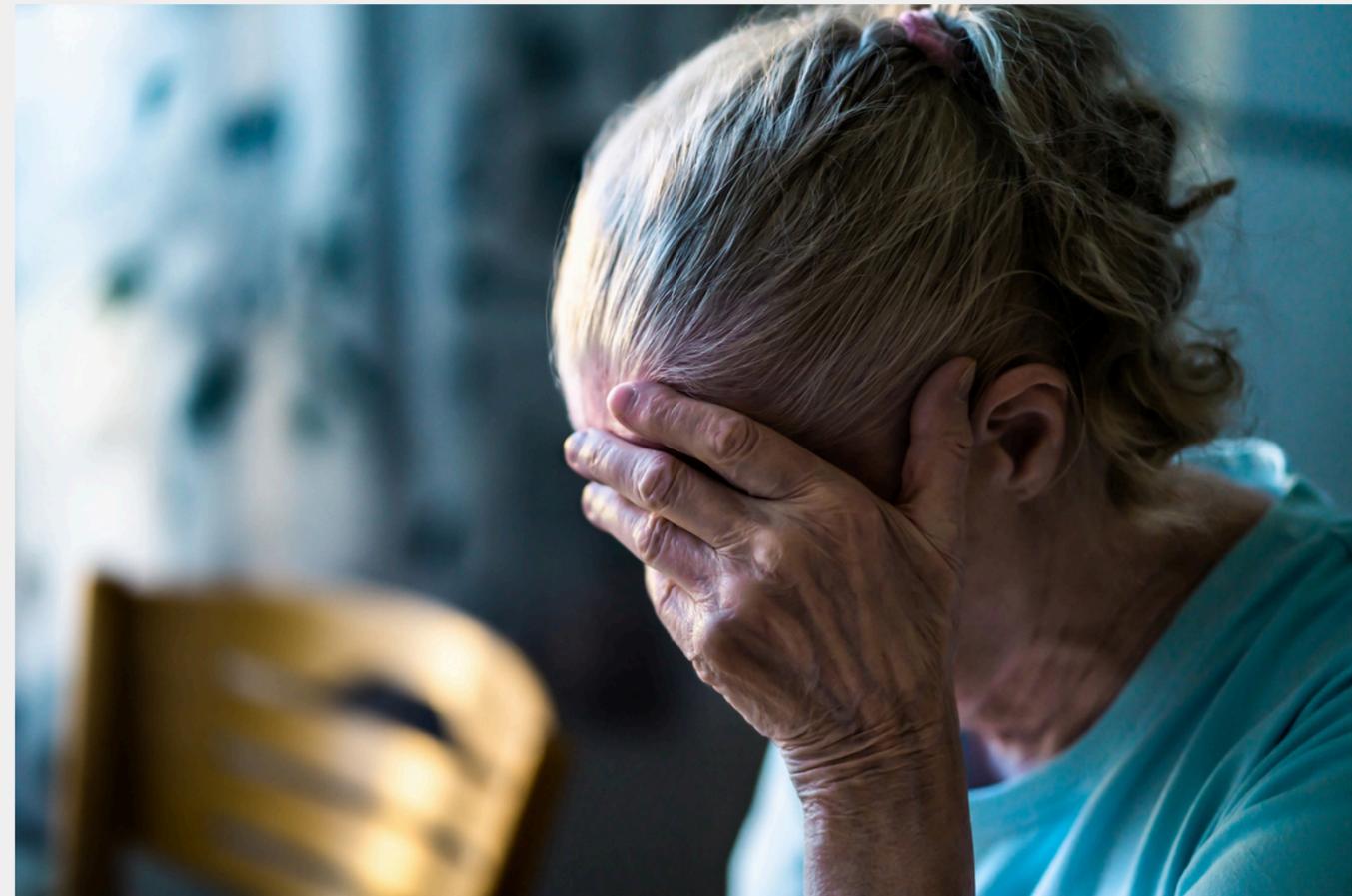
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ALIGNING WITH GOLTC'S PURPOSE

Shared Challenges

- a) **Ageism** and misconceptions limiting policy ambition
- b) Over **reliance** on unpaid care
- c) Workforce **shortages** in geriatrics
- d) **Underfunded** LTC infrastructure
- e) **Fragmented** social and health systems



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ALIGNING WITH GOLTC'S PURPOSE

Opportunities

- a) Adapting **ICOPE** at scale
- b) Benchmarking LTC **financing models** of Thailand, Japan, and Chile
- c) **Standardizing** caregiver certification
- d) Integrating **digital** monitoring tools for aging-in-place



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CHANGING THE NARRATIVE

Recognizing Care Work
as Formal Labor



Moving from Disability
Care to Meaningful-
Living Frameworks



LTC as
Development
Investment



**DATA-DRIVEN
IMPERATIVES**

Designing an
LTC System
Suited for LMIC
Realities



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CHANGING THE NARRATIVE

Data-Driven Imperatives

1. LTC as a development investment

- Each ₱1 in preventive care → **saves ₱1.5–₱2.0** in hospital costs

2. Recognizing care work as essential labor

- **Unpaid** care work: **₱2.67T (USD 45T)** or **15%** of GDP (PSA)

3. Shift to meaningful-living frameworks

- **Community** support ↑ **QoL** scores by **30%** (ILPN/LSE studies)



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CHANGING THE NARRATIVE

Data-Driven Imperatives

4. Build LTC suited for Low- Middle Income Countries (LMIC) realities

- Home- and community-based models
- Incremental workforce development
- UHC-aligned benefit packages
- Integration of social and health services



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Real **transformation** requires a **new narrative**--
one that recognizes

LONG-TERM CARE NOT AS A BURDEN, BUT AS A PILLAR

OF HUMAN DEVELOPMENT, DIGNITY, AND FAIRNESS.



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THANK YOU!

I LOOK FORWARD TO
DEEPER COLLABORATION
WITH GOLTC, ILPN, AND ALL
REGIONAL PARTNERS.



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