Planning for the Future Elderly Services – A Local Perspective

Hong Kong Hospital Authority Convention 2017 | 17 May 2017
Dr. LAM Ching-choi | Chairman of Elderly Commission
Elderly Services Programme Plan (ESPP)

Elderly Commission formulates ESPP to strengthen mid-to-long term planning

Extensive three-staged public engagement (Scoping, Formulation and Consensus Building)
Demographics of Hong Kong in 2064

Increasing elderly population

Increasing dependency ratio

Note: (*) The figures represent the proportions of elderly people in total population.
Data source: Census and Statistics Department.
The Future Generation of Ageing baby-boomers

Ageing Baby-boomers with spending potential

Professionals with higher level of education
→ More health conscious
→ Care about QUALITY

Witnesses of the first computer and mobile
→ More access to information
→ Care about TECHNOLOGY

Recipients of tailor-made customer service
→ More expectation on autonomy
→ Care about DIVERSITY

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Impact of Ageing Population in numbers

Hospitalization rate

- 65 or above: 4 times of
- Below 65: 1 times of

General bed utilization rate

- 65 or above: 9 times of
- Below 65: 1 times of

Service utilization statistics in 2014 (Hospital Authority Strategic Plan 2017 – 2022)

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Impact of Ageing Population in numbers

Population

- Below 65: 85%
- 65 or above: 15%

GOPC attendance

- Below 65: 62%
- 65 or above: 38%

Resources spent

- Below 65: 54%
- 65 or above: 46%

Patient days

- Below 65: 50%
- 65 or above: 50%

Service utilization statistics in 2014 (Hospital Authority Strategic Plan 2017 – 2022)
Impact of Ageing Population in numbers

Chronic conditions are prevalent in people aged 65 or above, posing a major burden to the healthcare system

No. of Deaths by Leading Cause of Death in Ages 65 and Above (2014)

Source: Centre for Health Protection

Service utilization statistics in 2014 (Hospital Authority Strategic Plan 2017 – 2022)
Impact of Ageing Population in numbers

Projected increase in number of patients with chronic conditions in 2024 compared to 2014

- Diabetes: ↑53%
- Stroke: ↑47%
- Hypertension: ↑43%
- Coronary heart disease: ↑42%

Service utilization statistics in 2014 (Hospital Authority Strategic Plan 2017 – 2022)
# Impact of Ageing Population in numbers

## Comparisons across countries – Place of Death

<table>
<thead>
<tr>
<th>Country</th>
<th>No. deaths</th>
<th>Year</th>
<th>Hospitals</th>
<th>Home</th>
<th>Others (incl Elderly Home)</th>
</tr>
</thead>
<tbody>
<tr>
<td>UK</td>
<td>501,404</td>
<td>2014</td>
<td>~ 48%</td>
<td>~ 23%</td>
<td>~ 29%</td>
</tr>
<tr>
<td>Taiwan</td>
<td>163,858</td>
<td>2015</td>
<td>~ 40%</td>
<td>~ 40%</td>
<td>~ 20%</td>
</tr>
<tr>
<td>Singapore</td>
<td>19,393</td>
<td>2014</td>
<td>~ 61%</td>
<td>~ 27%</td>
<td>~ 12%</td>
</tr>
<tr>
<td>HK</td>
<td>45,710</td>
<td>2014</td>
<td>~ 90%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Ref: Mingpao News July 10, 2016
Impact of Ageing Population in numbers

Figure 1. Cumulative Health Care Expenditures from the Age of 65 Years until Death, According to the Type of Health Service and the Age at Death.

Spillman & Lubitz (2010)
If no paradigm shift...
Medical-Social – Community Collaboration

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

- World Health Organization, 1948
Recommendations from ESPP Consultations With Specific Relevance to the Healthcare Industry
Revamping of DECC and NEC

Health-oriented
• Healthy diet and exercise
• Support to community elders with chronic disease
• Early detection of dementia symptoms

Forward-planning
• Retirement planning
• More than Advance Directive (AD) → Advance Care Planning (ACP)
Bridging well with transitional care

Smooth transition back to the community
• Enhancing access to medical social service in hospitals
• Expansion of support coverage of discharged patients

More coordinated community service
• Enhanced role of **CGAT**: rehabilitation and direct care
Enhanced **support to RCHEs** in terms of nursing, pharmacy and allied health support
• **7-day community support services** to avoid holiday admission surge
Partnership with informal carers

Empowerment of ability to care
• Extended-hours community care service and respite service
• Availability of information
• Tailor-made home-based training to family carers and foreign domestic helpers (constituting 26.3% of major carers for the elderly *)

Establishment of an Integrated Carers’ Support Centre in the Expansion of Haven of Hope Hospital

Public-private partnership & Silver hair market

Public-private partnership
• Expansion of cataract surgeries, diagnostic imaging, haemodialysis PPP programs

Setting the stage for the silver hair market to flourish
• “Money following the user” approach
• Incentivize private service providers of primary healthcare services and community & residential care services
• Top-up flexibility available for users to choose
Quality end-of-life care

Making dying-in-place possible

• With reference to FHB study on end-of-life care, and in collaboration with healthcare and welfare sectors, develop:
  • Training and protocol
  • Work flow
  • Legislation
  • Manpower
  • Facilities and space requirements

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Can our healthcare system be more efficient?

Hong Kong ranked #1 among 55 regions by Bloomberg

- Bloomberg Health-Care Efficiency Index measures the **life expectancy**, **health-care spending per capita** and **relative spending as a share of GDP**
- High ranking mainly due to government subsidy
- US was ranked #50, it has the highest health expenditure per-capita per year on the list (USD 9,403 vs. USD 2,201)
The Paradigm Shift: Medical - Social – Community Collaboration

Prevention
Early detection
Chronic disease management
Step-down care
Self empowerment

Healthcare outside the hospital walls.
Any Questions or ideas to share?