

3rd WELL AGING SOCIETY SUMMIT ASIA-PACIFIC

Perspectives on Digital Health and Aging



AGING IN INDIA

CHALLENGES & OPPORTUNITIES

CHALLENGES OF AGING IN INDIA

- ▶ 10% of of the population/ large number (140 million)
- ▶ Doubling in next three decades
- ▶ 80+ fastest growing age group
- ▶ State Response:
 - ▶ In place: policies, legislations, programs and schemes
 - ▶ In evolution: Health assurance schemes, dedicated health care
- ▶ Need to establish: universal health coverage, universal pension, long term care, other social interventions for older population

CHALLENGES OF AGING IN INDIA

- ▶ Large burden of non-communicable diseases
- ▶ Large burden of sensory & locomotor disability
- ▶ Increasing frequency of frailty, cognitive decline and care dependence in rising 80+ population
- ▶ 25% over 80 years are home bound
- ▶ Many home bound older persons are bedbound

CHALLENGES OF AGING IN INDIA

- ▶ **Limited Training of health professionals in old age care**
- ▶ **Limited access (physical and financial) to health care**
- ▶ **Limited application of technology in health care delivery**
- ▶ **Limited application of health care and monitoring in distance mode**
- ▶ **COVID 19 Pandemic exposed the challenges of access to health system on the part of older population**

AGING IN INDIA: WAY FORWARD

- ▶ Use of digital technology in health system limited
- ▶ Assistive devices as a part of health care is not very wide accepted in Indian health system.
- ▶ Local assistive technology production is not able to compete , imported products with increase in cost
- ▶ Regulatory mechanisms are not well developed
- ▶ Lack of awareness about assistive technology among health professionals and general population limits application

AGING IN INDIA: WAY FORWARD

- ▶ **Strengthening of health care for older people**
 - ▶ **Expansion of National Program for Health Care of the Elderly**
 - ▶ **Expansion of *Ayushman Bharat* (health assurance scheme)**
 - ▶ **Expansion of Health and Wellness Centers with geriatric care**
 - ▶ **Implementation of WHO's Integrated Care for Older People (ICOPE)**
 - ▶ **Implementation of WHO's long term care protocol (ICARE)**

AGING IN INDIA: WAY FORWARD

- ▶ Expansion of mobile telephony use in preventive health (mAging program)
- ▶ Health care in distance delivery mode (telemedicine/ remote monitoring)
- ▶ Greater use of assistive technology in old age care
- ▶ Large data and machine learning and AI based clinical diagnosis and management
- ▶ Innovation in tele-health
 - ▶ Tele psychiatry
 - ▶ Tele consultation and prescription
 - ▶ Tele memory clinic

AGING IN INDIA: WAY FORWARD

▶ National Digital Health Mission:

▶ Initiated in 2017

▶ Greater impetus since 2020 August

▶ Components:

▶ Health ID

▶ Digi-Doctor

▶ Health Facility Registry,

▶ Personal Health Records

▶ Electronic Medical Records

▶ Enormous opportunity for modernizing the health system



***Let's Celebrate Decade of Healthy Aging
as an Opportunity to place Healthy Aging in
Developmental Agenda***