

I. RECOMMENDATIONS

1. Based on the workshop deliberations and formulation by the steering committee and final presentation the workshop participants propose the following recommendations on Tracking Progress to Improve Health Care Needs of Older Persons in Indonesia are as follows:

1. Monitor demographic dynamics and the associated health transition, which will account for an increase in the cost of health care in old age.
2. Integrate old age health care in public health programmes, with focus on prevention of old age and chronic diseases through awareness campaigns.
3. Raise awareness and make optimum use of the "demographic bonus", which is currently in place, to enhance the social and economic development of the country as an element of preparing for an ageing society.
4. Use Bottom-up participatory methodologies to better understand the nature, extent, and trends in respect of the specific functional and mental health and social concerns of old persons in Indonesia at all levels of society.
5. Develop interdepartmental and multi-sector indicators to measure programme performance in tracking the progress achieved in the implementation of the Shanghai Implementation Strategy. See the Shanghai Implementation Strategy: Regional Implementation for the Madrid International Plan of Action on Ageing 2002 and the Macao Plan of Action on Ageing for Asia and the Pacific 1999, ESCAP, United Nations, 2002. (SIS) in accordance with the 2004 Macao Guidelines for Review and Appraisal.
6. Prepare for the high-level regional review and appraisal meeting to be held in Macao, China, in 2006, which will provide input to the anticipated five-year global review on the implementation of the Madrid International Plan of Action to be organized at the United Nations headquarters in New York in 2007.
7. Coordinate the above preparations with the National Commission for Older Persons in Indonesia.
8. Translate into Bahasa Indonesia and disseminate the SIS and the 2004 Macao Guidelines for their national implementation in conjunction with the RI National Plan of Action for Older Persons' Welfare at the national, regional and local levels.
9. Examine, and where appropriate, reform the provision of health care for older persons to improve the utility of existing health systems by developing integrated health services such as clinics for older persons that utilize holistic approaches to treatment, including optometry and dental services.

10. Examine, and where appropriate, strengthen the organization of health systems for old age care and their modes of financing to reduce their cost as an important element for ensuring the sustainability and efficiency of the provision of health care.
11. Encourage the establishment of community-based and neighborhood or residential day-care centers for older persons.
12. Incorporate adequate access and accessibility to health care in old age as an integral part of the health care systems.
13. Improve the quality of existing integrated health care systems (Posyandu Lansia) and older persons' friendly health centers to enhance the limited and fragmented residential health care for older persons and reduce institutionalization (promote ageing in place).
14. Better coordinate hospital and clinical out-reach care for inactive older persons with family provided care, as an example of empowering informal care givers and ensuring quality health care provision.
15. Reduce the cost of pharmaceuticals by proposing a national formulary (a list of essential drugs for specific older persons' illnesses approved by a national expert committee) for hospitals and other clinics, and where appropriate, complement it with alternative medicine.
16. Allocate funding for research in the area of ageing and health at national, regional and global levels.
17. Disseminate information on the availability and scope of research funding in the field of ageing and health.
18. Provide free health care starting in 2006 for all persons above the age of 80 years of age to start with, and age-regressively there after.
19. Promote prevention and awareness of healthy ageing to minimize dependence on medical treatment and create a precondition for active ageing.
20. Promote a life-course perspective on healthy ageing and wellbeing (to improve quality of life).
21. Educate the media on the importance of conveying positive messages on healthy ageing at all levels of society.
22. Socialize existing policies and programmes on healthy ageing in Indonesia
23. Accord higher attention to the health needs of older persons living in rural areas.

24. Place emphasis on the suitability of services for older persons and their right of choice.
25. Increase awareness in society about preventing neglect, isolation and abuse of older persons.
26. Promote healthy working environments as an element of preventing orthopedic and ophthalmologic conditions in old age.
27. Provide long-term care as a crucial element for rehabilitating ADL & IADL impaired older persons.
28. Provide contributory, non-contributory and means-tested health insurance schemes for all older persons.
29. Establish older persons activity centers at all levels that are socially and culturally sensitive to the local community.
30. Pilot and replicate the Tegal Alur day-care center in Jakarta and elsewhere, and seek the support of international agencies as well as the public and private sectors.
31. Promote an ageing-paradigm approach that is positive, proactive, non-discriminatory, accommodative and supportive of older persons within the framework of the Madrid International Plan of Action on Ageing.
32. Contribute to the attempts made to change the existing mind-set of society towards older persons by promoting more positive images about old age and the ageing process.
33. Enhance knowledge management and information sharing on healthy and meaningful lives for all older persons.

II. ORGANIZATION OF THE WORKSHOP

A. Objectives of the Workshop

2. The objectives of the workshop was to deliberate on strategic issues related to policy and program of the older population in Indonesia and specifically emphasize on the updating of the 2003 Indonesia National Plan of Action with focus on health and long term care in line with the 2004 Government regulation No. 43 on older person protection, 2004 Presidential decree No. 52 on the National Commission for Older Persons, and 2005 Presidential decree No. 93/M on the member of the National Commission for Older Persons. Another objective of the workshop was to stimulate the participants to prioritize key actions of SIS and familiarize the indicators of the Macao guidelines for review and assessment as follow up of the Madrid International Plan of Action.
3. The participants were selected from ministries of Social Affairs, Health, Women Empowerment, Interior Affairs, People Welfare, Public Works, National Family Planning Body, Religious Affairs, Manpower and NGOs involved in the population ageing sector.
4. Two core documents formed the basis of the discussion during the workshop. These were “Shanghai Implementation Strategy: Regional Implementation Strategy for the Madrid International Plan of Action on Ageing 2002 and the Macao Plan of Action on Ageing for Asia and the Pacific 1999”, and Guidelines on the Implementation of the Macao Plan of Action on Ageing for Asia and the Pacific (ST/ESCAP/2080). The full list of documents that were disseminated at the workshop is in Annex II.
5. In collaboration with HelpAge International partner in Indonesia (a.k.a. Yayasan Emong Lansia) and the RI Department of Health, ESCAP sponsored the workshop. The facilitation of the workshop was done in collaboration with InResAge (Indonesia Research on Ageing population network) Jakarta, Center for Community Health and Population Studies, Faculty of Medicine, Trisakti University, a member of the Indonesia Epidemiology Network (IEN). Other members of IEN participating in this workshop was from University of Indonesia, Atma Jaya Catholic University, and Airlangga University, Surabaya.