Intergenerational Self-help Clubs (ISHHCs) in Rapid Ageing Vietnam

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Rapid ageing in Vietnam

Only 25 years to move from an ageing to aged society

Source: UN Population Division Department of Economic and Social Affair
Situation of older persons (OP) in Vietnam

- 15% OP live in poverty or near poverty (VNCA, 2023)
- 54% OP: no social or contributory pensions (VNCA, 2023)
- High average life expectancy (nearly 74 yrs.) but low average healthy life expectancy (64 yrs.)
- Increase in proportion of OP living alone, or with their older spouse or with only children (35%)
- OP are very active: community leaders, carers, volunteers, informal works, 35% have paid jobs (50% in age group 60-69)…
- Not fully included in socio-economic policies, seen more as passive beneficiaries
- Some good policies on OPs but poor implementation
- Wider intergenerational gap (less interaction, ageism, impact of digital world…)
WHY Intergenerational Self-help Clubs (ISHCs)?

Vietnam: Getting old before getting rich - challenges in meeting SDGs

Intergenerational Self-Help Clubs (ISHC) – a community led innovative, cost-effective and affordable model that responds to and takes advantages of rapid ageing, challenge ageism through intergenerational approach
What is ISHC?

• A voluntary social organization of 50-70 members, established at village level under the overall management of Association of the Elderly (AE), with a purpose to improve the well-being of their members, majority of whom are older people (OP), women and other vulnerable groups, using intergenerational and mutual support approach.

• ISHCs is attractive and benefit both young and old, men and women, poor and non-poor, members and non-members.
ISHC’s Organizational Structure

Membership:
- 50-70- in one village

ISHC Members:
- 70% OP, 30% younger
- 70% Women,
- 70% social/economically disadvantaged

ISHC 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

Interest groups:
- Social and cultural group
- Physical exercise and sport group
- Homecare volunteer group
- Livelihood support group
- Resource mob. group
- Community devt. group
- Emergency respon. group

Diversity to promote social connections among and between generations
At least 8 core areas of activities

1) Social/Cultural
2) Food & Income S.
3) Healthy Ageing
4) Community-based Care
5) Self-help & CD.
6) Life-long Learning
7) Rights & Entitlement
8) Resource Mobilization
1. SOCIAL AND CULTURAL COMPONENT

1. Games & team building

2. Cultural performance

4. Exchange and sharing
2. FOOD & INCOME SECURITY COMPONENT

1) Revolving fund scheme

2) Pro-poor & age friendly livelihoods

3) Support groups

4) Livelihood Volunteers
Climate change in IGAs activities
3. Healthy & Active Ageing Com.

1) Physical exercise & sport

2) Monthly health screening
   Monthly weight and blood pressure measurement and recording
   At least one a month for ISHC members and OP receiving health screening
   Weight pressure and BP monitoring booklet

3) Health & care awareness

4) Health check up by doctors

5) Health insurance

6) Medical referral
4. COMMUNITY-BASED CARE COMPONENT

Home care services by homecare volunteers (5-10), 2 visits/week

Care Plan
1. Social care
2. Personal Care
3. Medical/Health care
4. Living support
5. SELF-HELP & COM. DEVELOPMENT COMP.

Self-help & community Development discussion at monthly meetings

1) In cash or in-kind

2) Labor contribution

3) Community improvement activities (weekly or monthly)
6. LIFE-LONG LEARNING COMPONENT

1) Monthly learning talk/training

2) Study visits & exchanges

3) Intergenerational cross learning and sharing
7. RIGHT AND ENTITLEMENT COMPONENT

1) Awareness on rights & entitlements
2) Monitoring the implementation
3) Provide legal services & supports
4) Dialogue with local authorities
8. RESOURCE MOBILIZATION COMPONENT

1) Local donations (in cash, in kind or labour)

2) Monthly membership fees

3) Revolving fund scheme

4) Collective income generating activities
Benefits to the ISHC members through social connections and intergenerational approach

- Happier: 98.6%
- Improved solidarity: 95.9%
- Enhanced confidence: 93.2%
- Empowered: 91.0%
- Healthier: 90.6%
- Wealthier: 88.7%
Financial support

For non members

ISHCs provide support to many non members both young and old

Emotional support

Education support

Technical support
**ISHCs: change in the way people think, feel and act towards older people in communities – reduce intergenerational gap**

<table>
<thead>
<tr>
<th>Before ISHCs</th>
<th>After ISHCs</th>
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<tbody>
<tr>
<td>Most of older people are frail and need care</td>
<td>Most of OP are still healthy and only small portion need care care</td>
</tr>
<tr>
<td>OP need help from others</td>
<td>OP can help themselves, others and communities</td>
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<tr>
<td>Older people can not repay loans</td>
<td>OP are bankable – the repayment rate is higher compared to other age groups</td>
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<tr>
<td>OP income relies only on their children</td>
<td>OP can generate income if they have access to financial services and knowledge, skills for income generating activities</td>
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<tr>
<td>OP can not learn new things</td>
<td>OP can learn new things, just need age friendly approach</td>
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<tr>
<td>Less engaged OP in community events</td>
<td>Consult with &amp; engage; Ask for help</td>
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<tr>
<td>Reluctant to invest in ISHCs self managed revolving fund</td>
<td>Allocated budget to support ISHCs self managed revolving fund</td>
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ISHC promotes Intergenerational bonding

1. It promotes mutual understanding - Break down stereotypes among generations

2. It promotes interaction between and engagement of each generation; gives them a sense of purpose.

3. It promotes shared learning: younger generations share new technology; older generations share life skills & wisdom. It helps keep local stories, history and custom alive.

4. Helps prepare younger generation for old age.

5. Enhance mutual support, collaboration and empowerment.
ISHCs in national policies

- **National ISHC Replication Project (2 phases),** approved by Prime Minister target 2,000 new ISHCs by 2020 and 3,000 new ISHCs by 2025 while maintain the existing ISHCs.

- **National Program on Older people for 2021-2030:** which target by 2030, at least 80% of the communes and wards will have at least one ISHC or the like.

- **National Program on Health and Care for Older People 2021 to 2030** also have a target on ISHCs

- **Finance for ISHCs:** Government, private sectors, community, member contribution...

- ISHCs is the performance target of Association of the Elderly (AE)

- AE has MOU with health, social welfare, inf & communication, agricultural depts, Women’s Union, ....to support ISHCs
Rapid growth of ISHCs – with government support

Number of ISHCs in Vietnam

- By end of 2022, more than 5,400 ISHCs have been established in all 63 provinces and cities in the country.
- With more than 270,000 members
- Benefiting million of people.
- Targets to have 6,500 ISHCs by 2025, and 10,000 by end of 2030 (NPOP)

Note: Prime Minister’s (PM) Decisions on ISHC national Scale-up
Thank you!