



健康老龄化和服务体系的融合

Integration of healthy aging and service system

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老龄化的挑战和WHO的倡导

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健康老龄化和服务体系的融合

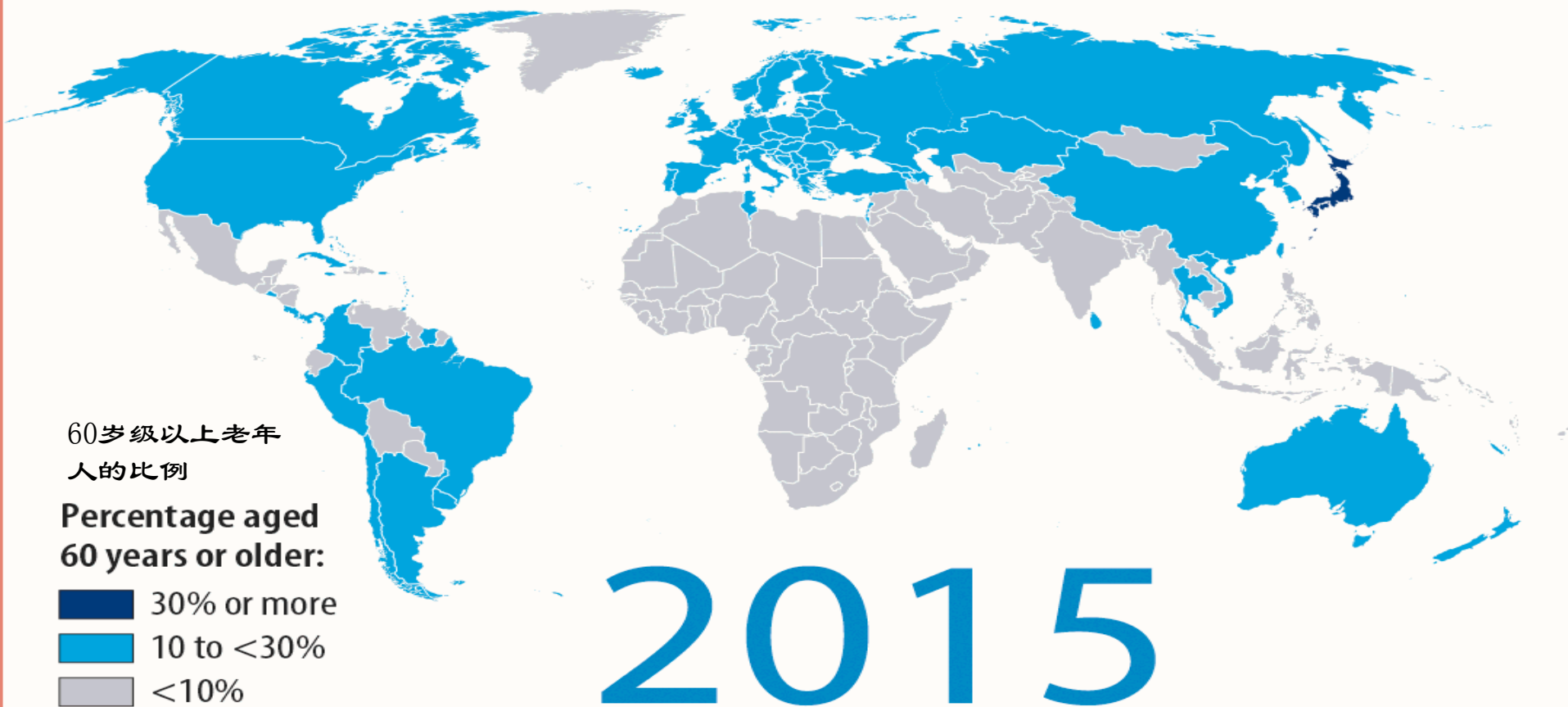
Health aging and service integration

1

老龄化的挑战和WHO的倡导 Challenges of ageing and WHO's advocacy

人口正在变老

Populations are getting older



World Health Organization

老年疾病负担

Burden of diseases

- **全球疾病负担的23%由老年人引起的（约1/2的疾病负担在高收入国家，1/5在中低收入国家）** 23 percent of the global burden of disease is caused by the elderly (about half of the burden is in high-income countries and one-fifth in low-income and middle-income countries);
- **慢性非传染性疾病占全球疾病负担的绝大部分（前五位分别是：心血管疾病、癌症、慢性呼吸道疾病、肌肉骨骼疾病、精神和神经系统疾病）** Chronic noncommunicable diseases account for the vast majority of the global disease burden (the top five are cardiovascular diseases, cancer, chronic respiratory diseases, musculoskeletal diseases, mental and neurological diseases);
- **人口老龄化是增加老年人疾病负担的主要原因** Population aging is the main reason to increase the disease burden of the elderly.

*source: Martin J Prince, Fan Wu, Yanfei Guo, etc. The burden of disease in older people and implications for health policy and practice, The Lancet, Vol 385 February 7, 2015.

老龄化对医疗费用的影响

The impact of ageing on health care costs

- **上海每位市民一生中68.6%的医疗费用发生在65岁以后** 68.6 percent of the medical expenses of every Shanghai citizen in their lifetime are paid after the age of 65;
- **41.7%的医疗费用发生在65岁到84岁** 41.7 percent of medical expenses are paid between the ages of 65 and 84;
- **死亡前1个月的住院费用占临终两年总费用的38%** In one month before death, the cost of the hospitalization accounted for 38 percent of the total cost of dying two years.

数据来源：上海市卫生发展研究中心《老龄化对上海市医疗费用影响研究》，会议报道

Data source: study on the impact of ageing on medical expenses in Shanghai, Shanghai health development research center, conference report

中国老年人患病和失能情况

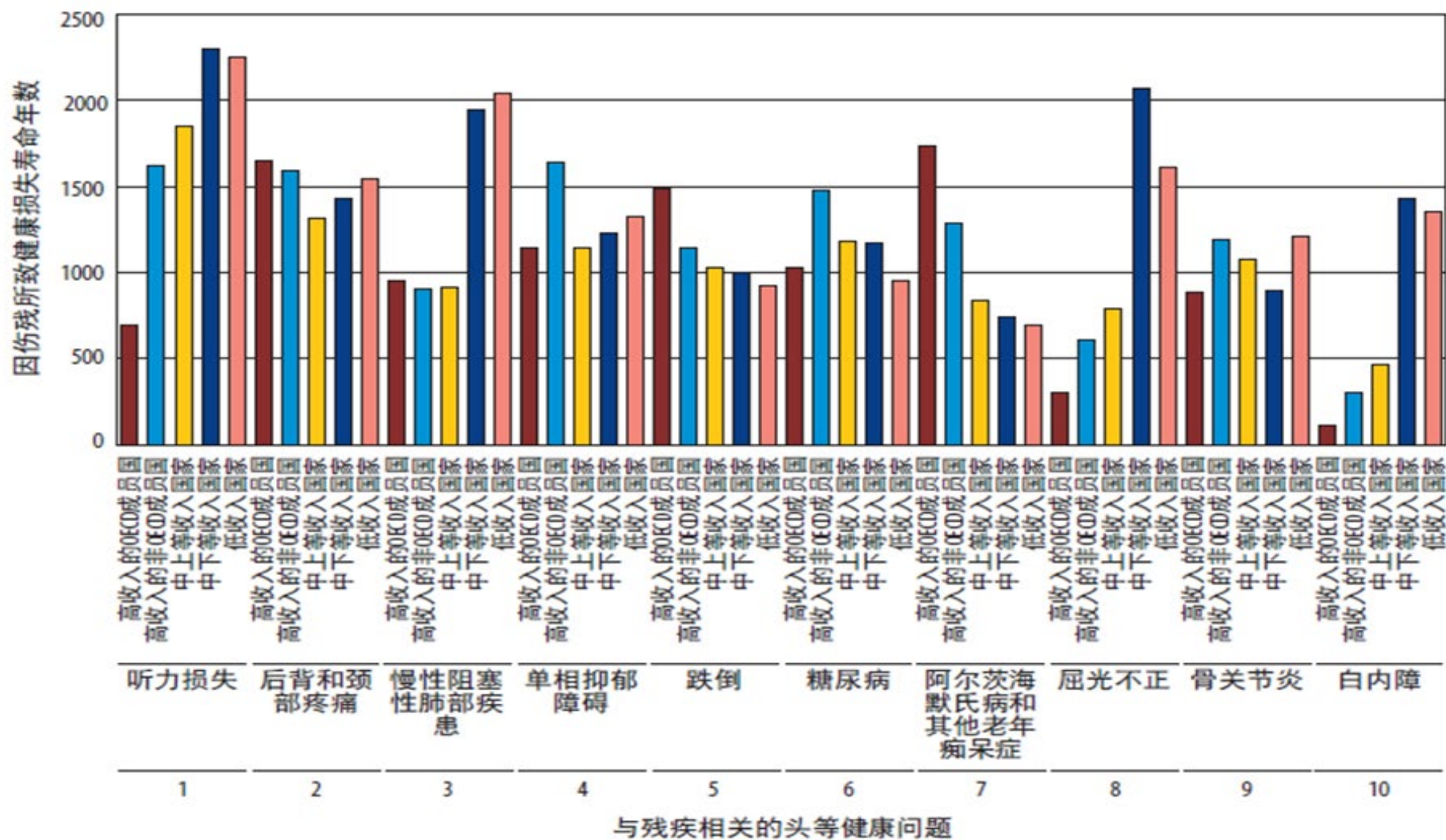
Illness and disability of the elderly in China

中国老年人健康状况 Health condition of the elderly in China	比例proportion
处于患病、带病状态In the state of illness and disease	50%
应住院而未住院治疗Should be but not hospitalized	50%
60岁以上人群长期失能率Long-term disability rate for people over 60 years old	31.1%
长期卧床bedfast for a long time	4.0%
很难听清楚 hearing disorder	7.3%
说话有困难 logopathy	14.5%
视力极度困难 Vision difficulties(extremely)	4.3%
城市老年人中生活起居需要照顾Urban senior citizens need to be taken care of	14.1%

数据来源：全国第四次卫生服务调查 Data source: the fourth national health service survey

每10万老年人因伤残导致健康寿命损失的年数及十大与失能相关的健康问题 (2012年)

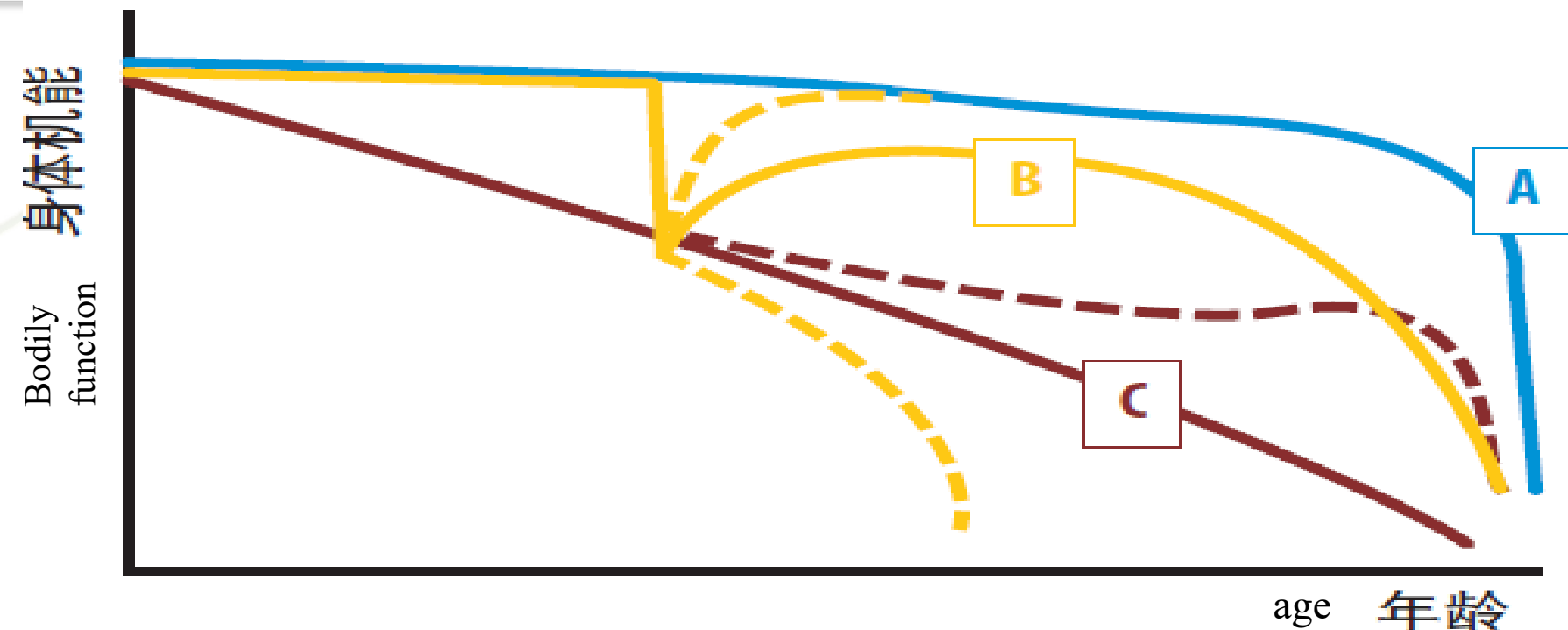
loss of Every 100,000 seniors' the healthy life due to injury and disability and top 10 10 incapacitation-related healthy problems(2012)



Source: World Report on Ageing and Health 2015

假设的身体机能变化轨迹

The assumed trajectory of bodily function



A.最优轨迹，内在能力维持在高水平直至终老。A. The optimal trajectory, inner ability is maintained at a high level until the end of life.

B.最受干扰轨迹，某事件导致能力下降，随后有所恢复。B. The most disturbed trajectory, an event causes the ability to drop and then recover.

C.下降轨迹，能力逐渐下降直至死亡。C. Down the trajectory, the ability to gradually decline until death.

虚线表示代替轨迹。

The dotted line represents the alternative trajectory.

WHO 2016-2020年老龄化与健康全球战略和行动计划战略目标*

the WHO's goals of Global strategy and action for aging and health from 2016 to 2020 *

- 促进各国的健康老龄化 Promoting healthy aging in all countries
- 创建关爱老人的环境 Create an environment that CARES about the elderly
- 使卫生系统适应老年人口的需求 Adapt health systems to the needs of the elderly population
- 建立提供长期照护的系统（家庭、社区，专门机构） Establish systems that provide long-term care(family, community, specialized agencies)
- 提高“健康老龄化”的衡量、监测和研究水平 Improve measurement, monitoring and research of Healthy aging

*: The Global strategy and action plan on ageing and health, WHO 2016

宜昌老年护理服务策略规划

Yichang elderly care service strategic plan

---亚洲发展银行 (Asian Development Bank) 宜昌技术援助项目

- the Asian Development Bank yichang technical assistance project

Peter Chan, 教授, 资深老年和老龄服务专家

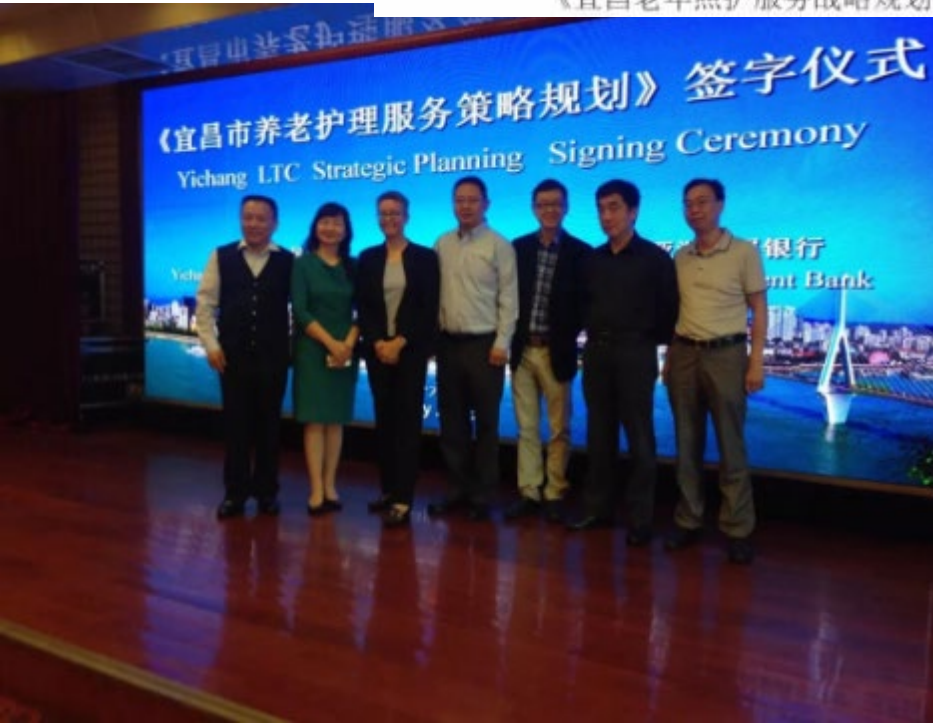
徐月宾 教授, 资深社会学和调研专家

王小龙 PhD, 资深私营部门开发专家

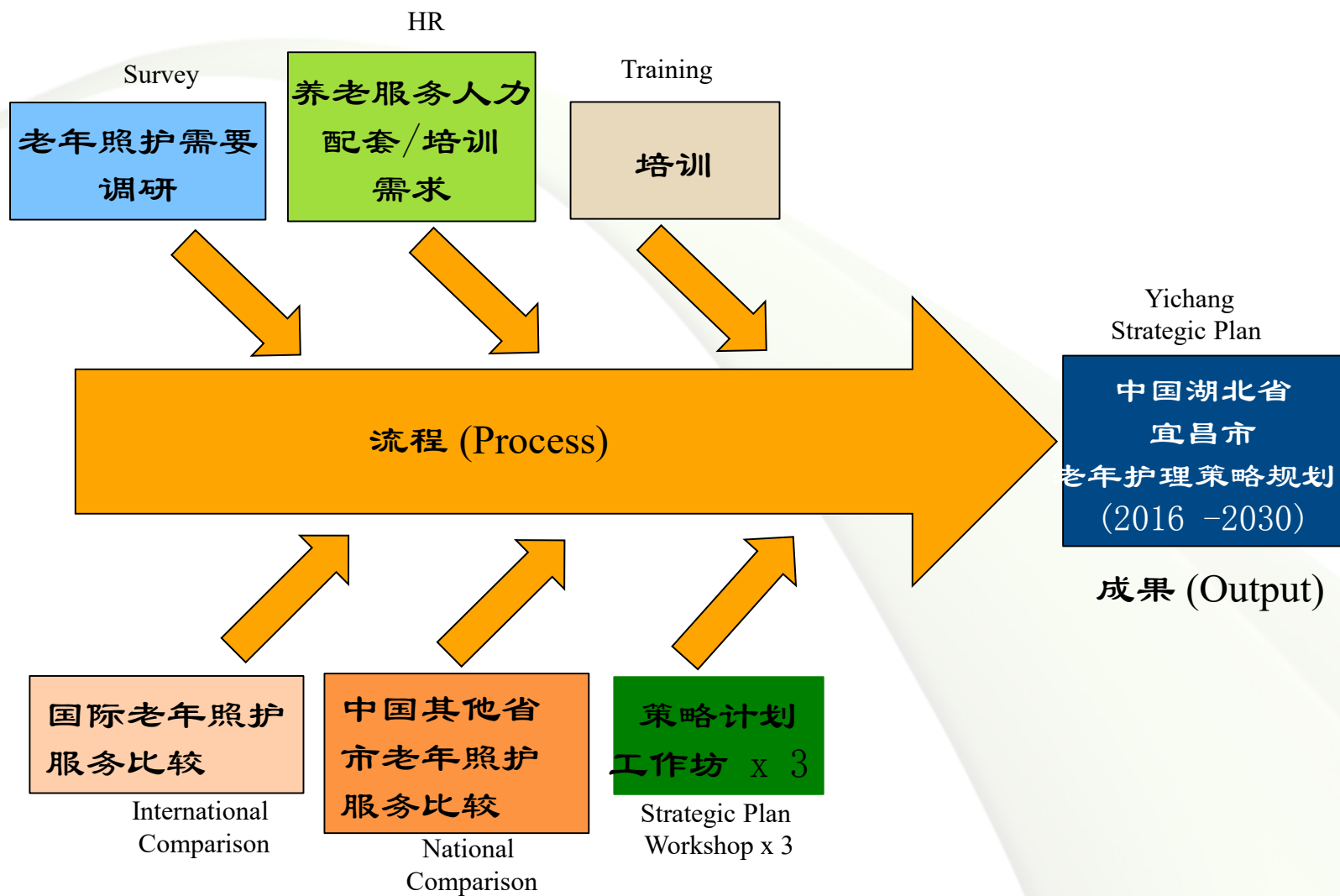
李国红 教授, 资深社会学和老年专家(项目组长)



《宜昌老年照护服务战略规划》研究成果移交签字仪式



策略规划的流程 (HOW)



循证为基础的策略规划的制定

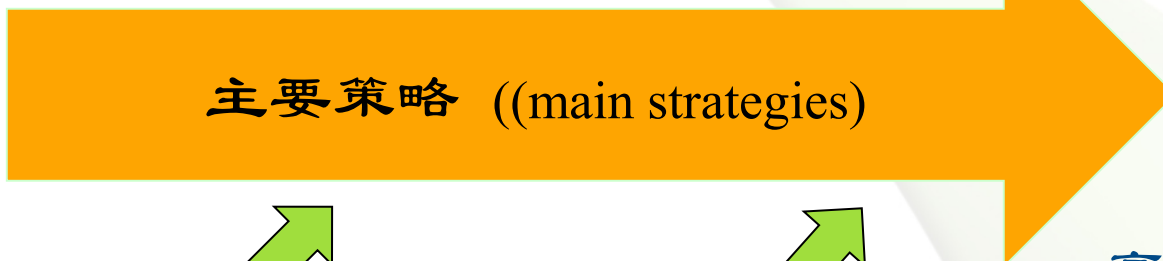
Evidence based

- **宜昌的老年护理服务策略规划是一个以证据为基础的规划。** The eldercare service strategic plan in Yichang is evidence-based.
- **证据包括：** The evidence includes:
 - **定量数据,四次调查** Quantitative data, four surveys
 - **焦点组访谈** Focus group interview
 - **利益相关者的分析** Stakeholder analysis
 - **二手数据的收集** Collection of secondary data

湖北省宜昌市老年服务策略规划 (Strategic plan)

质量及风险管理
(Risk & Quality)

老年护理服务伙伴
(Partnership)



主要策略 ((main strategies))

高质量养老服务

服务成果
(Output/
Outcome)

高效能老年服务系统

人力资源
(HR)

财力持续发展
(Finance)





上海长期照护保险试行办法

Tentative plan for long term care insurance in Shanghai

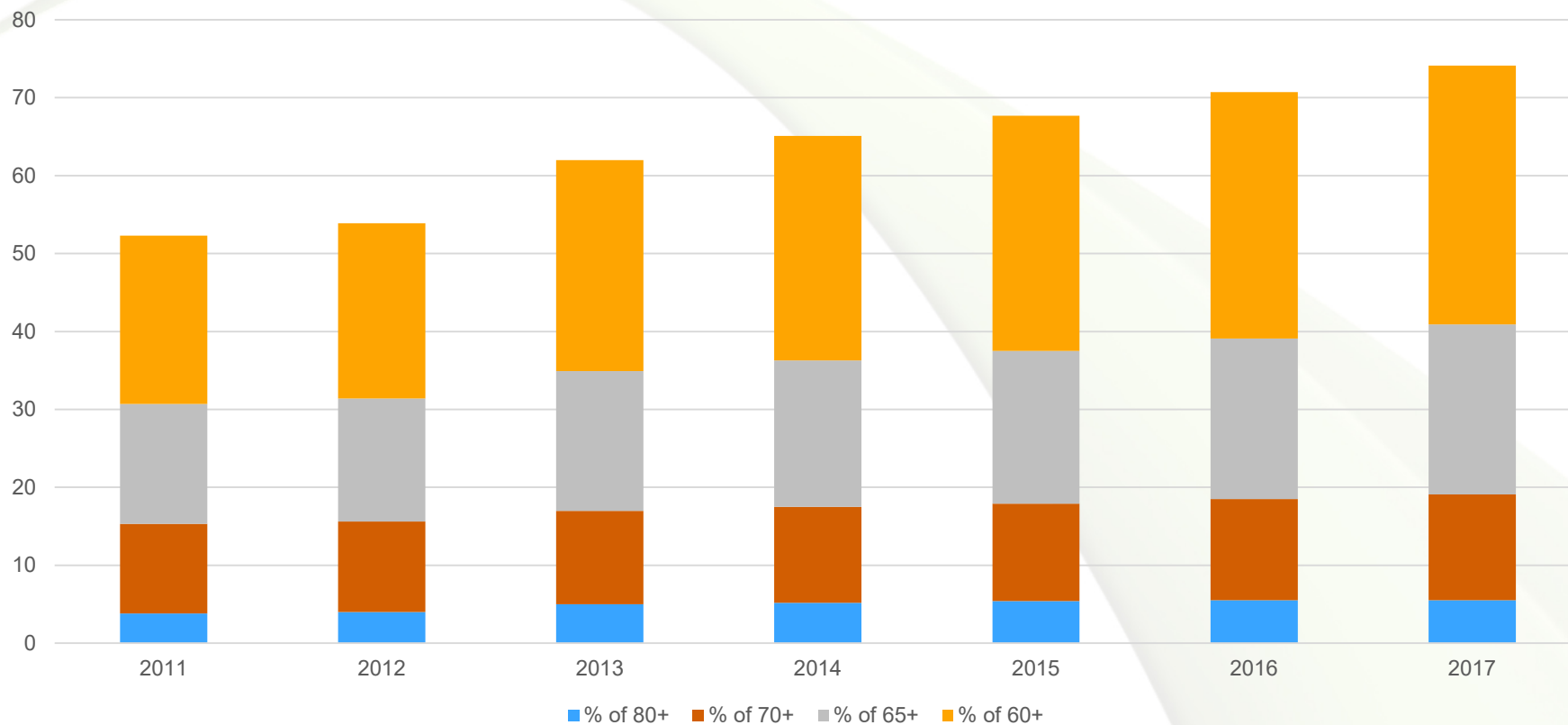
上海市人口老龄化现状

Shanghai's aging population

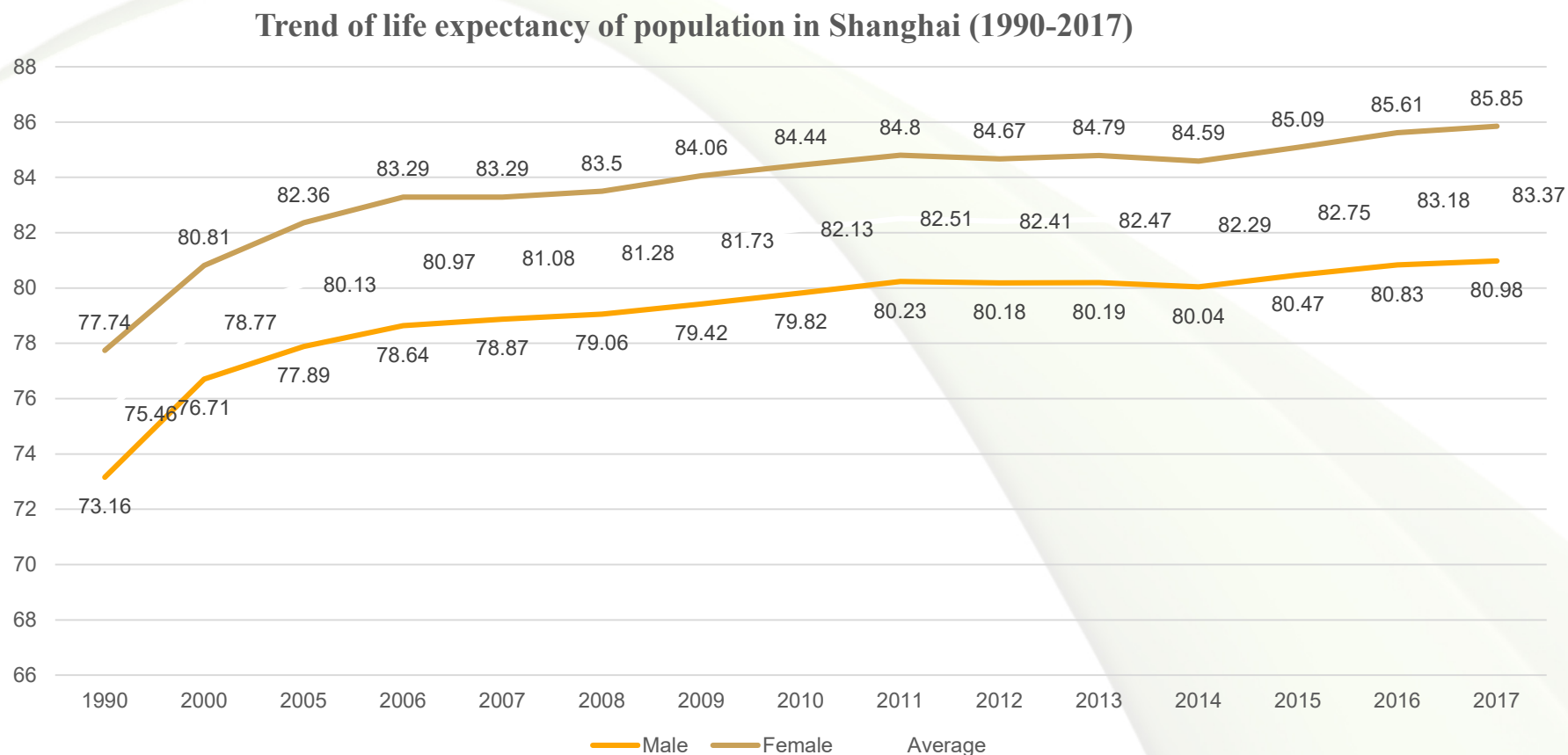
- ① **人口老龄化是上海市当前面临的重大挑战之一。**据上海市民政局、市老龄办、市统计局联合发布的最新统计，截至2017年12月31日，60岁及以上老年人口483.60万人，占总人口的33.2%；65岁及以上老年人口317.67万人，占总人口的21.8%；80岁及以上高龄老年人口80.58万人，占60岁及以上老年人口的16.7%。The aging of population is one of the major challenges in Shanghai. According to the latest statistics jointly published by Shanghai municipal bureau of civil affairs, municipal office of aging and municipal bureau of statistics, the population aged 60 years and above reached 483.60 million, accounting for 33.2% of the total population. The population aged 65 years and above is 3.1767 million, accounting for 21.8 percent of the total population. The population aged 80 years and above is 80.58 million, accounting for 16.7% of the population aged 60 years and above, as of December 31, 2017.
- ② **市民政、卫生计生、医保等部门，均采取了不同的措施来应对老龄化产生的涉老服务需求问题。**Municipal civil affairs, health and family planning, medical insurance and other departments have taken different measures to cope with the demand for elderly services arising from ageing.

上海老龄人口(2011-2017)

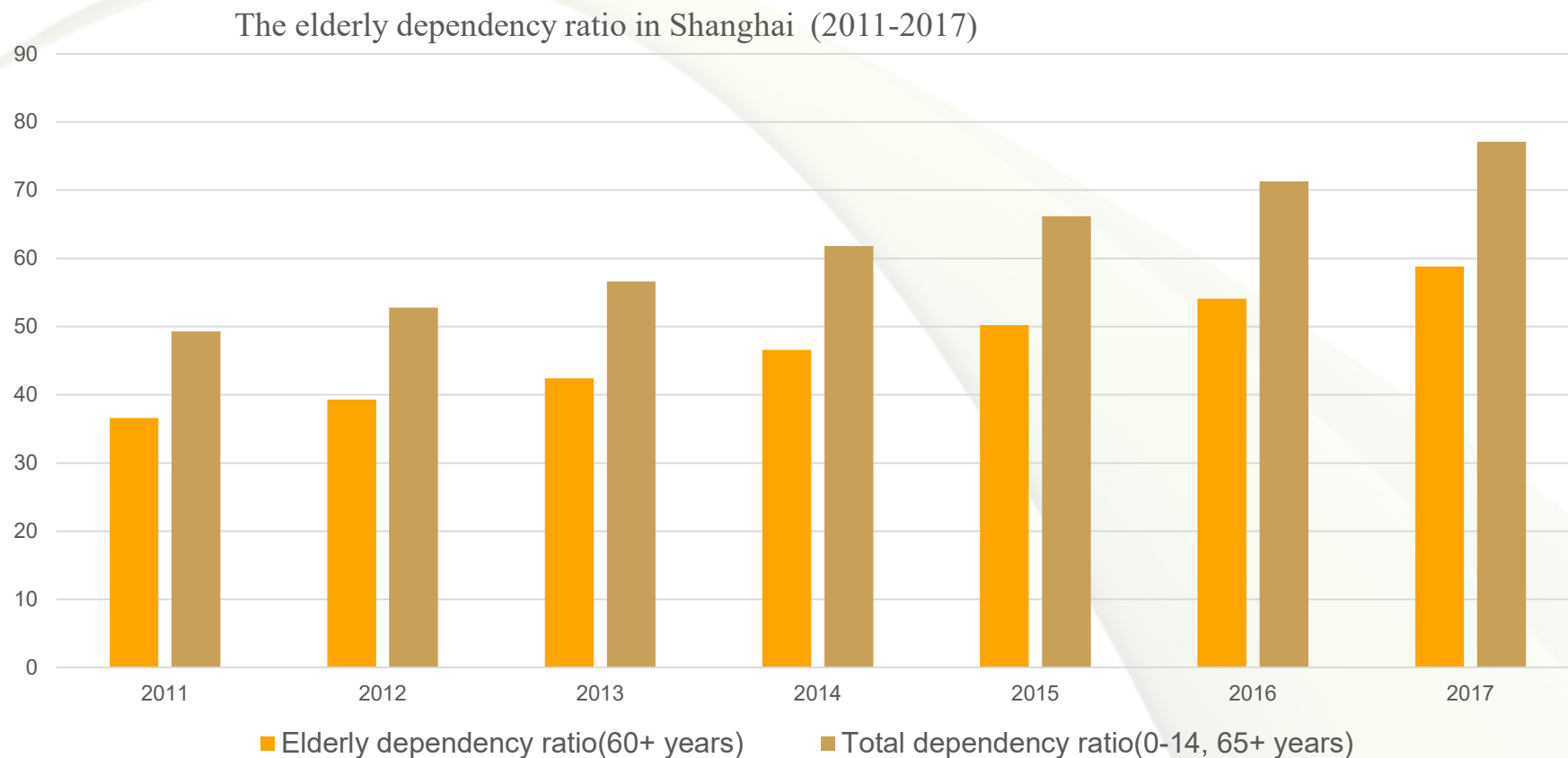
Trand of the elderly account for total population in Shanghai (2011-2017)



上海人口期望寿命(1990-2017)

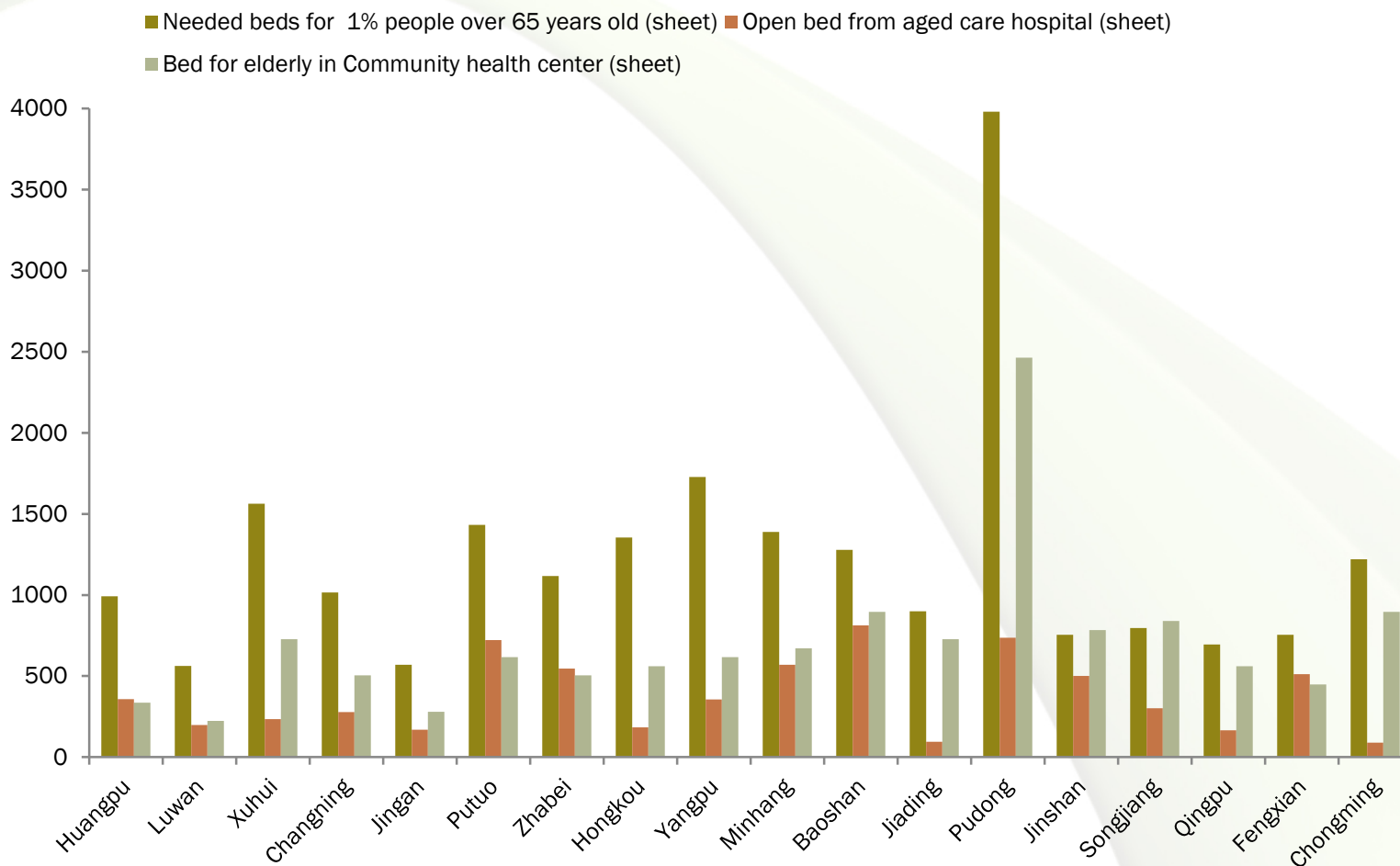


上海老龄抚养比(2011-2017)



上海各区老龄卫生服务提供能力

Shanghai district elderly health services to provide capacity



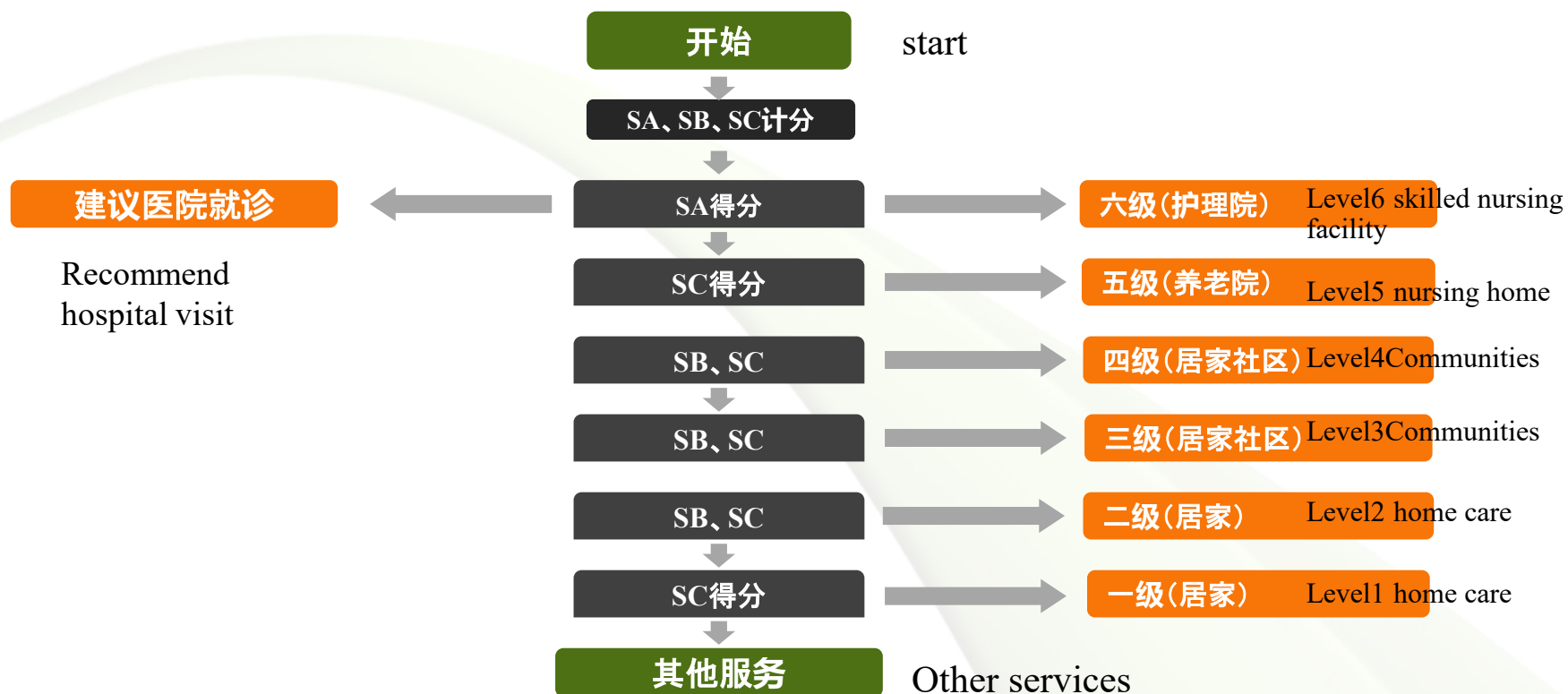
上海市部门标准

Shanghai department standard

- **民政部门：**市民政局早在2006年出台了《上海市养老服务需求评估标准》，与养老服务补贴制度相配套，对申请服务补贴的老年人统一进行身体状况评估。后又编制《老年照护等级评估要求》，于2013年5月1日起正式实施。
- **卫生部门：**2012年，市卫生与计划生育委员会针对老年护理院床位周转慢等问题，委托交通大学医学院牵头，由本市部分老年护理医院、社区卫生服务中心、二三级医院康复老年科专家、护理学专家等成立课题组，研究制订了老年护理院出入院标准。
- **医保部门：**2012年初，市人力资源社会保障局和市医保办开始牵头探索建立符合本市经济社会发展的高龄老人医疗护理保障计划，于2013年7月在6个街镇开始试点运行。

标准整合分类示意图

Schematic diagram of standard integration and classification



- SA 主要依据市卫生计生部门制定的老年护理院出入院标准 SA is mainly based on the admission standards of geriatric nursing homes established by municipal commission of health and family planning
- SB 主要依据市医保部门编制高龄老人老年服务需求评估表 SB is mainly based on Elderly service needs assessment form made by Municipal medical insurance department
- SC 主要依据市民政局制定的老年照护等级评估要求 SC is mainly based on Assessment requirements for elderly care levels formulated by the municipal civil affairs department

上海市长期护理保险试点办法

Shanghai's long term care insurance

- **适用对象：**参加职工基本医疗保险（第一类人员）和城乡居民基本医疗保险（第二类人员）的60周岁及以上的人员；Applicable objects: People aged 60 years or above participated in basic medical insurance for employees (category 1) and basic medical insurance for urban and rural residents (personnel of category
- **管理部门：**市发改委、民政局、卫计委、人力资源社会保障局、财政局共同推进；Management department: the municipal development and reform commission, the civil affairs bureau, the health and family planning commission, the human resources social security bureau and the finance bureau;
- **资金筹集** fund-raising
- **评估认定** Evaluations
- **定点护理机构：**需要资质认定和评估，主管机构与其签订协议。Designated nursing institutions: needing qualification, identification and evaluation; signing an agreement with the competent agency.

资金筹集(Financing)

第一类人员

Category I

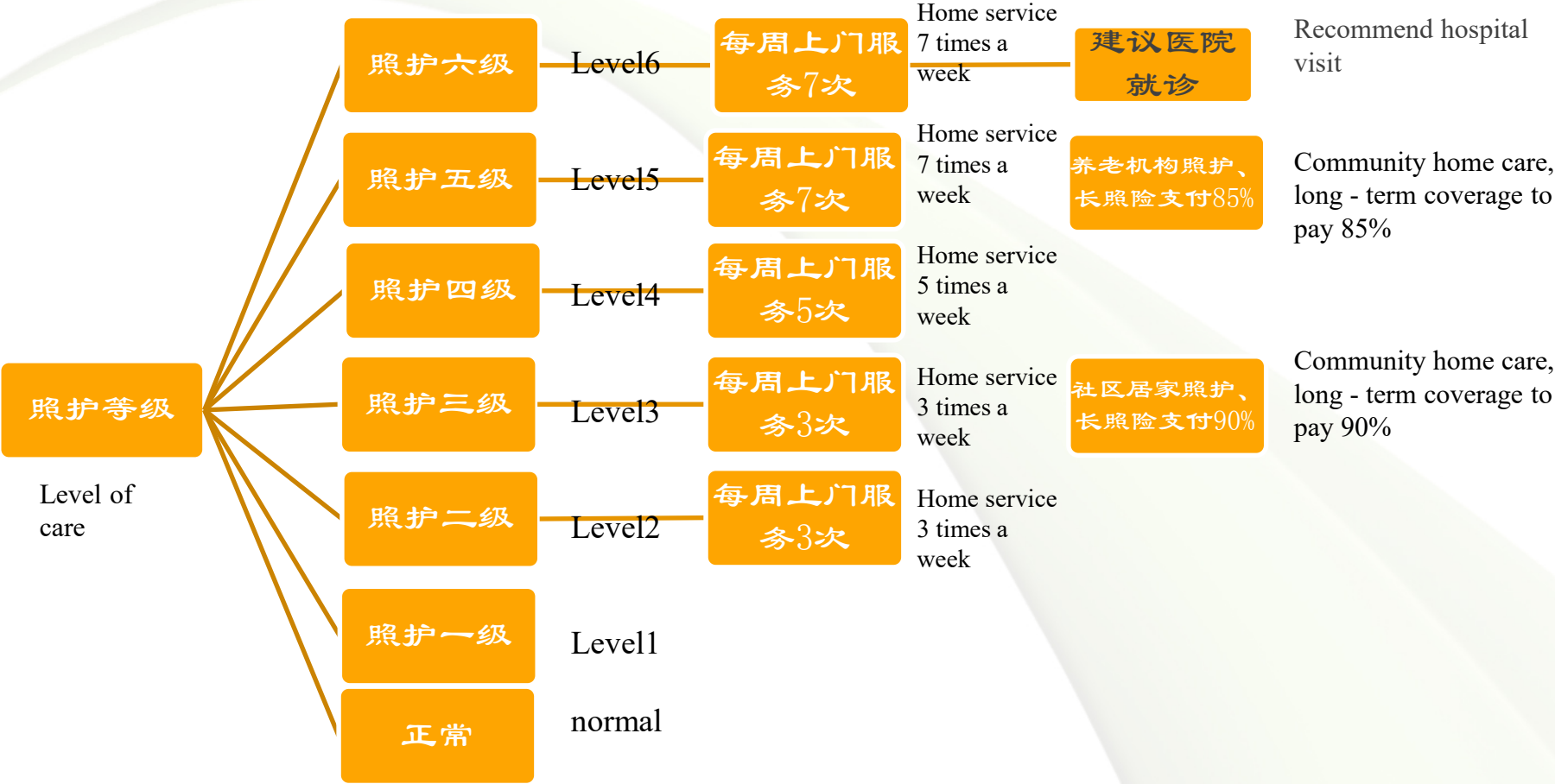
- 缴纳本单位职工医保缴费基数的1%
1% of the payment base of medical insurance for employees

第二类人员

Category II

- 略低于第一类人员的人均筹资水平，
从居民医保统筹基金中按季调剂资金，
作为长期护理保险筹资 Slightly below the
level of per capita financing of category I personnel,
From the resident health insurance pooling fund by
season adjustment funds, as long - term care
insurance financing

上海市老年照护需求评估(Assessment)



4

健康老龄化和服务体系的融合

Health aging and service integration



comprehensive assessment

老年服务体系

Elderly service system



老年服务体系筹资和支付

elderly care financial



连续性整合照护

Life Care Service System

■ 预防照顾(Preventive Care)

- 居家和社区的健康护理
- Health care at home and in the community

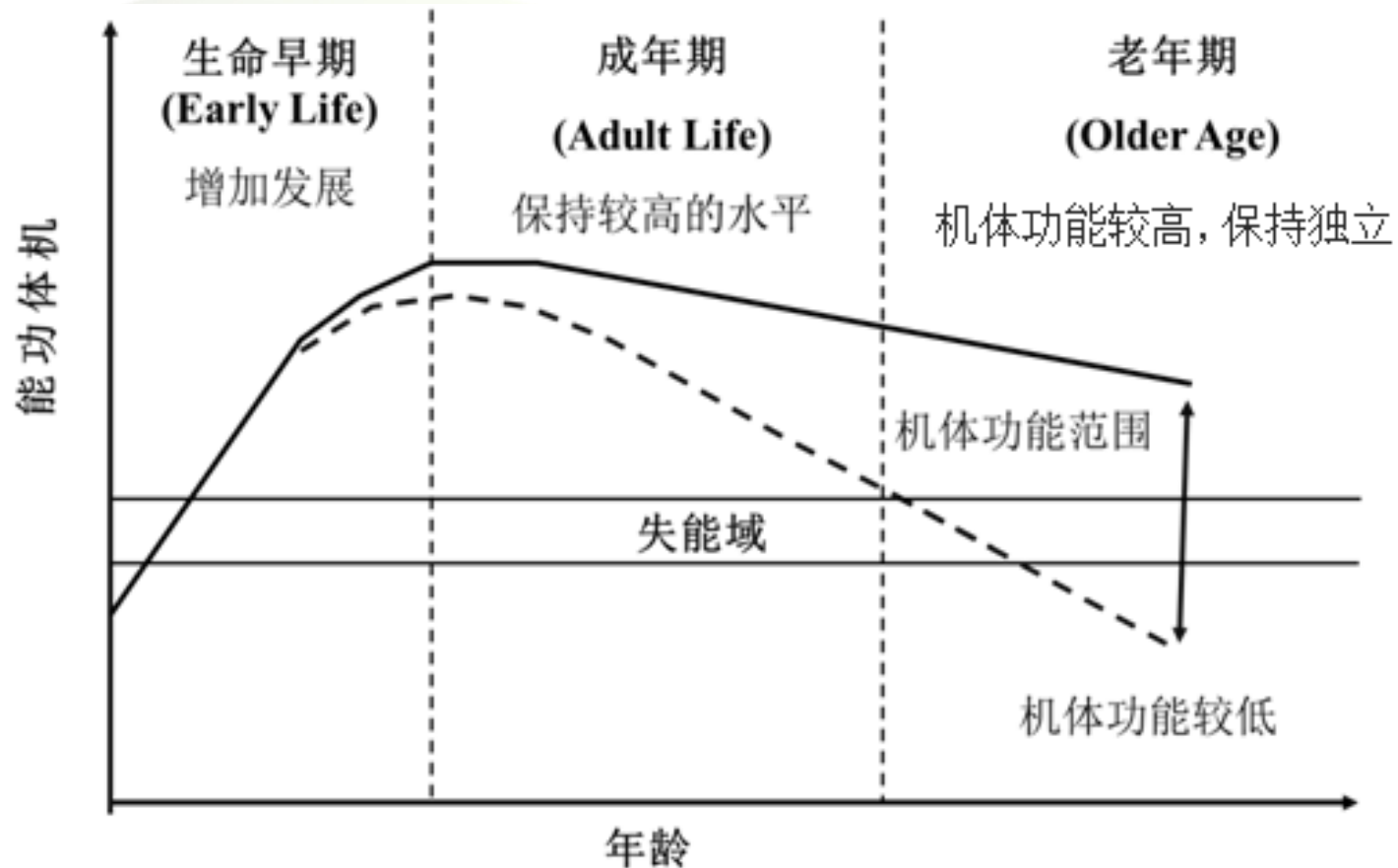
■ 医疗照护(Medical Care)

- 出院准备服务计划
- Discharge readiness service plan

■ 长期照护体系(Long Term Care, LTC)



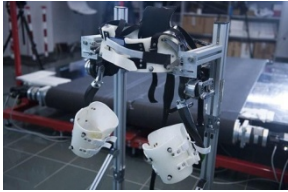
“生命全程路径管理 (life course approach)”



生命全程的机体功能变化趋势

数据来源: Kalache and Kickbusch, 1997

科技创新(innovate)



健康老龄化需要每个人的参与

Healthy aging requires everyone's participation

- ✓ 鼓励每个人为其老年做好准备
- ✓ 健康的生活方式以及积极、老有作为的重要性。

Encourage everyone to prepare for their old age

The importance of Healthy lifestyle being active and active.



谢谢！

Thanks for listening

