

LTC for Older Persons in the Philippines A Situational and Capability Analysis

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The Institute on Aging of the NIH
University of the Philippines Manila
guides policy makers in the
enactment of health laws, policies and
clinical guidelines which improve delivery
of quality health programs for older
persons.



"Towards healthy aging and quality of life"



Long-Term Care

- “The activities undertaken by others to ensure that people with or at risk of a significant ongoing loss of intrinsic capacity can maintain a level of functional ability consistent with their basic rights, fundamental freedoms, and human dignity”

WHO World Report on Ageing and Health

- Also includes services such as home-based care and community services





The SiCAP Study

SITUATIONAL AND CAPABILITY ANALYSIS FOR
LONG-TERM CARE IN THE PHILIPPINES (SiCAP
LTC)

FUNDING AGENCY:

NIH 2022-003



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NATIONAL INSTITUTES OF HEALTH
UNIVERSITY OF THE PHILIPPINES MANILA



SiCAP LTC Project Investigators

- **Principal Investigator, Affiliation:**

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- **Implementing Unit:**

Institute on Aging, National Institutes of Health, University of the Philippines Manila

SiCAP LTC Project Collaborating Units

- **Collaborating Units:**
 - Institute of Health Policy and Development Studies, NIH;
 - College of Medicine;
 - Philippine General Hospital;
 - College of Public Health, UP Manila.
- **Cooperating units/agencies:**
 - Department of Health;
 - Department of Social Welfare and Development;
 - National Commission on Senior Citizens;
 - Philippine College of Geriatric Medicine;
 - Nursing Homes Federation of the Philippines;
 - Retirement Healthcare Coalition;
 - Professional Regulation Commission;
 - Technical Education and Skills Development Authority



SiCAP LTC Project Research Objectives

General Objective: To determine the current situation of long term care service provision in the country

Specific objective/s:

- To review evidence, policies, and programs related to long term care in the Philippines and Southeast Asia (SEA)
- To describe the capability and readiness of the health workforce for long term care
- To describe the estimated cost of LTC provision in government and private institutions
- To describe the readiness of community leaders, retirement benefit providers, older persons and carers towards long term care

SiCAP LTC Project Methods

Project 1: Systematic
Search Strategy

Project 2: Cross
sectional study design
mixed methods.
KII, FGD, Survey

Project 3: Markov
modelling based on the
available and relevant
long term care data will
also be performed.

Project 1: Evidence Review The SiCAP Study

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SiCAP LTC Project 1:

Evidence Review

Philippines:

- Most articles on the experiences of caregivers and patients
- Few articles on workforce capability for dementia, scope of training

SouthEast Asia:

- Caregiver burden
- Cost and financing
- Need for LTCs to develop and improve policies for better care provision
- Perceptions on LTC

Project 2: Situational Analysis The SiCAP Study

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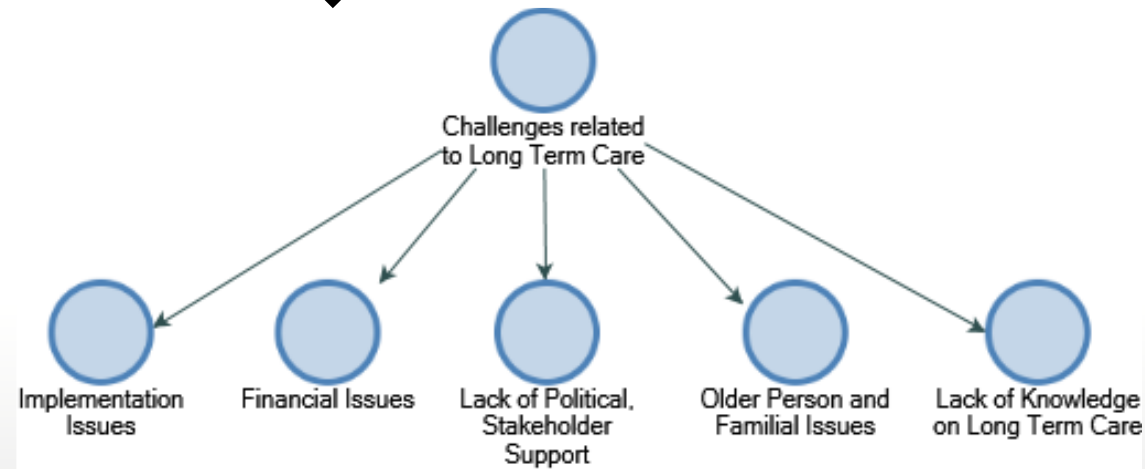
SiCAP LTC Project

General objective

To determine the current situation of long-term care service provision in the country

Specific objectives

1. To review evidence, policies, and programs related to long-term care in the Philippines and Southeast Asia
2. To describe the capability and readiness of the health workforce for long-term care
3. To describe the estimated cost of LTC provision in government and private institutions
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SiCAP LTC Project KII Results: Organization's Challenges

DELA VEGA S 2025

SiCAP LTC Results (KIIs)

LTC challenges:

- implementation issues,
- financial issues,
- lack of political and stakeholder support,
- OP and familial issues, and
- lack of knowledge on LTC;

Quotes re LTC challenges

“Sorry, I’m not ano [against] the LGUs, but for me, It is the problem that we’re facing with the non-readiness of the health workers. And lalo na, Geriatric Care kasi ang pinag uusapan.”
-KII011

“Yung absence po ng law. Kasi, yan yung ini-envision sana namin. Actually, isa po ito sa nakapila dapat dati na ma-i-promote namin for policy ng ating policy-maker, of course. Para long-term care. Iba kasi kung may batas na nagsasabi.”
- KII008

SiCAP LTC KII Results

KIIs

Q: Who should be in charge of LTC in PH?

Responses:

- DOH
- NCSC
- NIH

*Collaboration and integrated system is needed

Quotes re agency in charge of LTC

"I think it's the Department of Health. I think it's really important that the DOH is really on top of, and would be in-charge for the long-term care program in the country. To ensure that mas ano siya, ah... because the DSWD will only come in to talk about the vulnerable sectors. But talking about long-term care, it's not just about the socio-economic, but the poor who need our help. It talks about the universe of the senior citizens who should have an option, once they feel na hindi na safe ang kanilang environment for themselves." - KII003

"For that po, we would recommend na ang in-charge po for this one po is National Commission for Senior Citizens, kasi they have the mandate. The Republic Act 11350, kung saan nakalagay na sila yung, uhm, parnag oversight, titingin ng implementation ng program regarding senior Citizens. Actually, doon rin po nakalagay na eventually, from DSWD, i-turn over to the National Commission or NCSC, yung mga kanilang funds."

-KII002a

SiCAP LTC Results (FGDs)

OPs have expressed their **willingness** to utilize LTC and **preferred LTC arrangements**

Identified factors:

- capability to spend/budget
- health condition of OP
- family's caring capacity
- situation of the family in general

Topics that the carers would like to learn related to LTC:

- Caregiving skills
- Understanding and handling of OPs
- Physical activities
- Health protocols
- Self-care and medical management, and
- First aid treatment

SiCAP LTC Project Survey Results: Challenges Long-Term Care



Workforce 6



Funding 3



National/local
policies 2



Facility 2



Equipment/supplies
2



Guidelines/standards
1



Coordination and/or
referral among
stakeholder 1

SiCAP LTC Conclusion

No National LTC
policy

- Most are focused on the establishment of local facilities.

No specific agency
in charge for long-
term care in the
country.

LTC services are
available in the
country and are
delivered through:

- Government-run residential care facilities
- Private nursing homes, residential facilities, and home care providers.

SiCAP LTC Conclusion

- ❖ Major challenge: Lack of knowledge and political and stakeholder support
 - Consistent with the findings of other studies conducted in the US⁶, Thailand⁷, and other countries in the Asia Pacific.⁸

- Garcia AP, de la Vega SAF, Balingbing AMS, Orlino MACD, Herber JMM, Vilorio-Larin AL. Are Filipinos Ready for Long-term Care? Acta Med Philipp. 2025 Feb 28;59(3):21-38. doi: 10.47895/amp.vi0.9778.
- PMID: 40151223; PMCID: PMC11936774.

ORIGINAL ARTICLE

**Are Filipinos Ready for Long-term Care?
A Qualitative Study on Awareness, Perspectives,
and Challenges of Relevant Organizations,
Community Leaders, Carers, and Older Persons
in Select Sites in the Philippines**

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Project 3: Economic Modelling The SiCAP Study

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SiCAP LTC Project Cost-Effectiveness Analysis

- Two scenarios:

Domiciliary and Home Care service only versus
Full long-term care service.

Markov model with an annual cycle lasting 20 years involving
a population of individuals 60 years old and above

Willingness-to-Pay (WTP) threshold helps determine if an
intervention is cost-effective and guides decision-makers in
allocating resources

Results

Healthcare facility	Baseline average annual cost per patient (PHP)	ICER baseline	WTP (PHP)	Average annual cost threshold per patient (PHP)	
Nursing Home	984,918	929,088	697,990	736,810	Need to be 25% lower
Assisted-Living Facility	504,918	929,088	697,990	423,696	Need to be 16% lower

SiCAP LTC Project Price Threshold Analysis

Healthcare facility	Baseline average annual cost per patient (PHP)	ICER baseline	WTP (PHP)	Average annual cost threshold per patient (PHP)
Nursing Home	984,918	929,088	697,990	736,810
Assisted-Living Facility	504,918	929,088	697,990	423,696

SiCAP LTC Study Recommendations



National Policy on LTC



Ensuring the adequacy of human resources in LTC



Ex. Curriculum of Health Professions, microcredentialling



Awareness on LTC for policymakers, thought leaders, family and community



Training of LTC Managers and providers to ensure Quality of LTC



Study and Plan for LTC financing and insurance system in the country.

Home and Long Term Care Guideline Development Project Phase 1

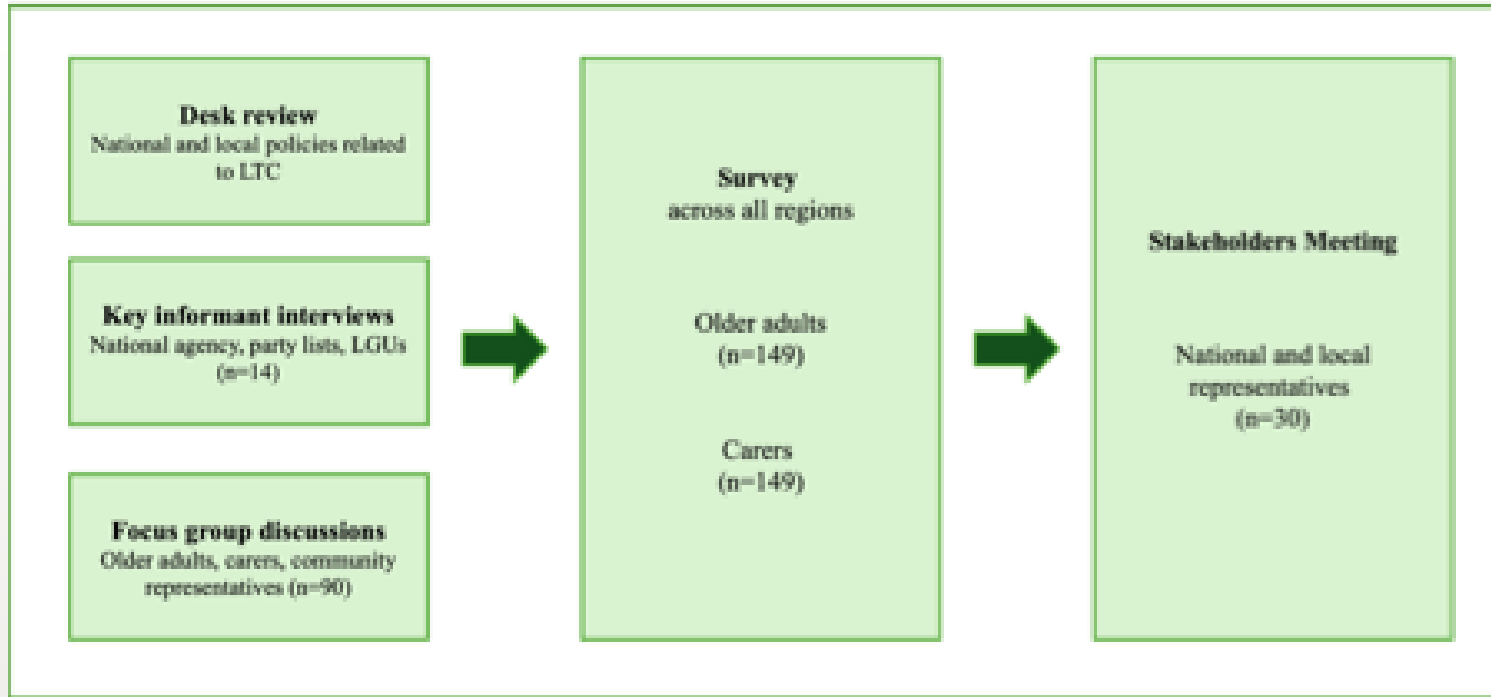
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HLTC Objectives

- **General objective:** To comprehensively describe the long-term care needs of older adults, while also assessing the influence of their current health environment and the availability of healthcare mechanisms and services tailored to their unique requirements.
- **Specific objectives:**
 1. To analyze the stakeholders of the home and long-term care
 2. To understand the concept of inclusive and community based home and long term care guidelines aligned with the strengthening of primary care services.
 3. To develop recommendations for person-centered health and long-term care planning that address the specific service delivery needs, requirements, and preference of older persons and their communities.
 4. To propose strategies for strengthening community -based support systems and services to cater to the diverse needs of older adults and their caregivers.



HLTC Methodology



- KII, FGD, Survey
- More Nationally representative samples
- Major Island Groups
- 90 FGDs (urban and rural)
- Survey: All Regions
- 149 older people and their carers

HLTC Desk Review: Administrative Orders Relevant to LTC

Administrative Orders relevant to home and long-term care

Administrative Order no:	Title of the AO
AO 05, Series of 2010	DSWD Long Term Care Program for Senior Citizens (LTCSC) General Implementing Guideline
AO 04, Series of 2010	Guidelines on the Home Care Support Services for Senior Citizens (HCSSC); Superseded AO 37, s.2003 or the Neighborhood Support Services for Older Person (NSSOP).

HLTC Desk Review: Administrative Orders Relevant to LTC

AO 09, Series of 2010	Guidelines of the National Inspectorate Committee for DSWD Centers and Residential Care Facilities
AO 012, Series of 2010	Guidelines for the Availment of Fifty Percent (50%) Discount on Electricity, Water and Telephone Consumption of Senior Citizen Centers, Residential Care Facilities and Group Homes for the Elderly Per Republic Act No. 9994
AO 015, Series of 2012	Amended Administrative Order No. 11, s.2007 Entitled Revised Standards on Residential Care Service
AO 008, Series of 2021	Amendment to Administrative Order No. 9, Series of 2010 Entitled "Guidelines of the National Inspectorate Committee (NIC) for DSWD Centers and Residential Care Facilities

HLTC Project Identified Themes, KII

Recommendations to improve LTC in the country	Strengthen workforce for LTC	KII-003, 005, 008, 009, 010, and 011
	Policy reforms	KII-001, 003, 005, 008, 012, and 013
	Maximize community-based resources for LTC (e.g. data, services, volunteers)	KII-003, 004B, 007, 010, and 011
	Promote awareness on LTC among policy makers and community members	KII-003 and 004B

Institute on Aging NIH University of the Philippines Manila

Website:

<https://nih.upm.edu.ph/institute/institute-aging>

Facebook:

<https://facebook.com/InstituteonAging2012>

YouTube: <https://tinyurl.com/InstionAging>

Dementia Resources

www.healthyaging.ph



"Towards healthy aging and quality of life"

