

Innovations and community interventions in long-term care in Latin America and the Caribbean

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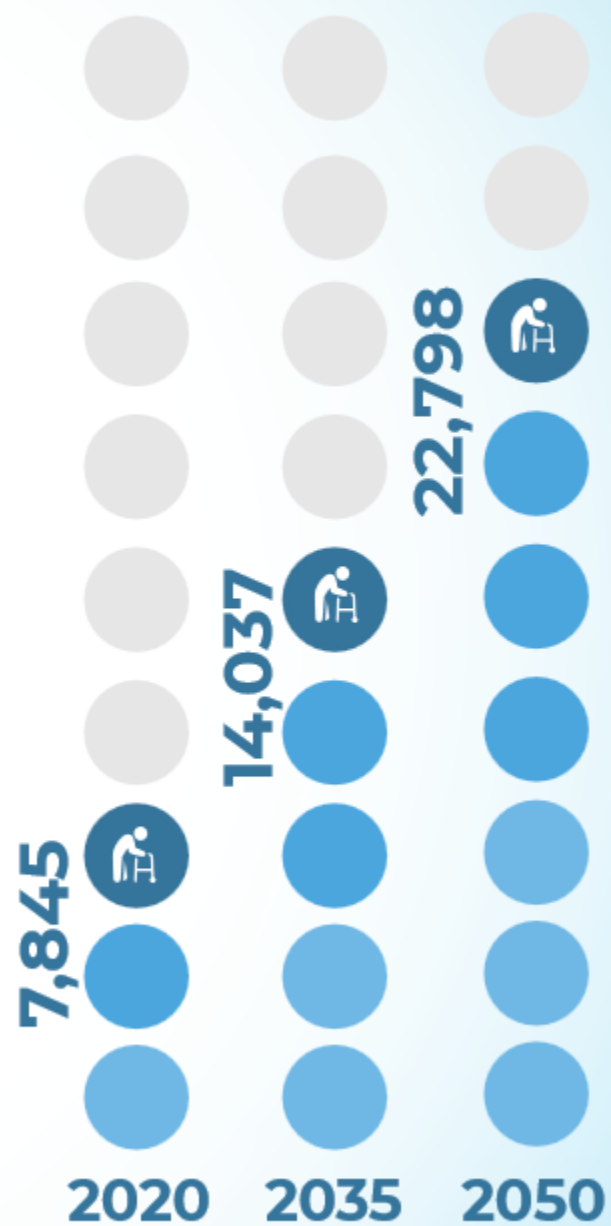


LTC DEMAND > SUPPLY



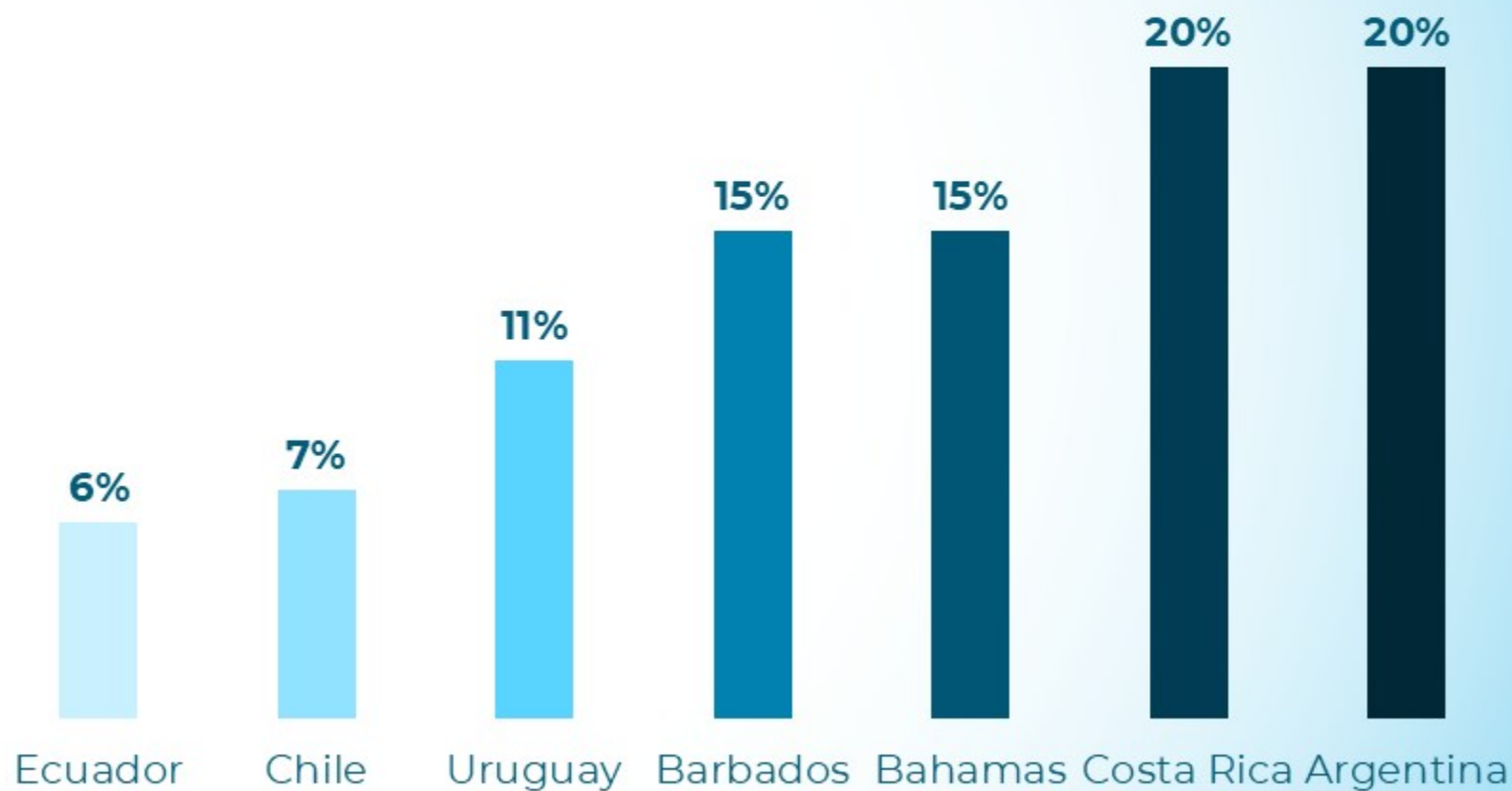
DEMAND FOR LTC *WILL TRIPLE IN 3 DECADES*

Older people with
difficulties in daily
activities (thousands)



COVERAGE OF *PUBLIC LTC* SERVICES IS LOW

% of care dependent population 65+



FAMILY AND PAID CAREGIVERS



UNPAID CAREGIVERS

25
million



MEN



WOMEN

AVERAGE
WEEKLY
HOURS:

7.5

60%
WOMEN

EFFECTS OF UNPAID CAREGIVING



-8pp

PARTICIPATION
IN PAID WORK



34%

SYMPTOMS OF
DEPRESSION



55%

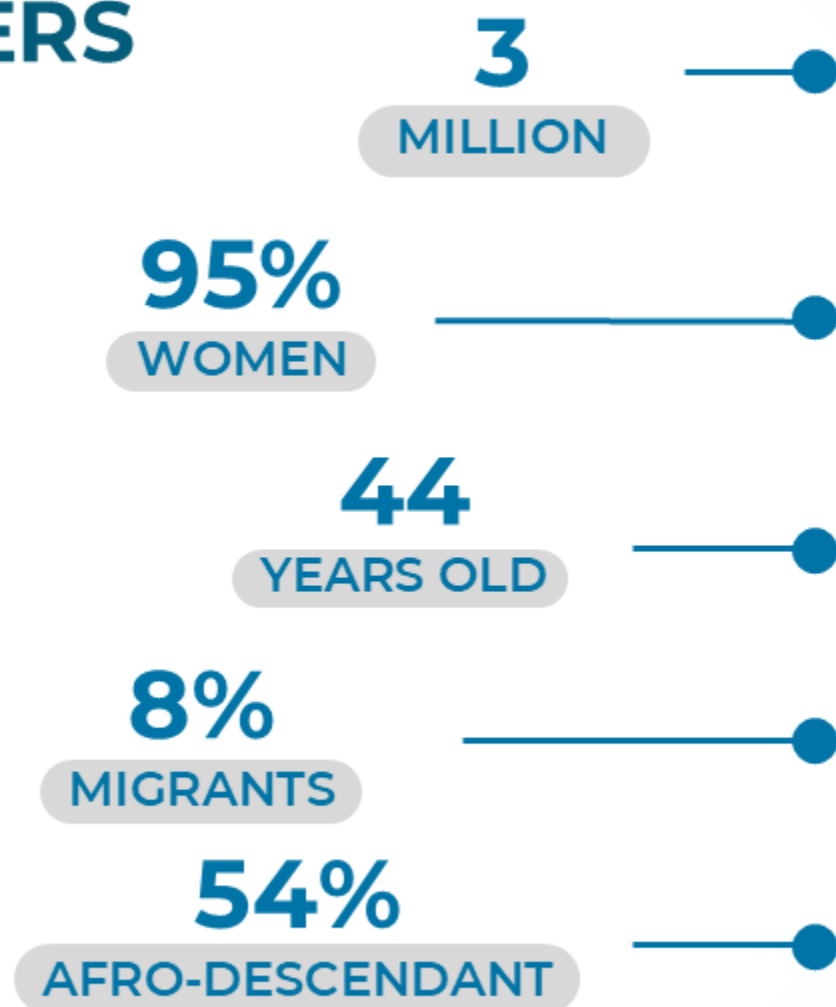
FEELING OF
LONELINESS



39%

NEGATIVE HEALTH
IMPACT

PAID CAREGIVERS



PRECARIOUS CONDITIONS

MOSTLY PART-TIME

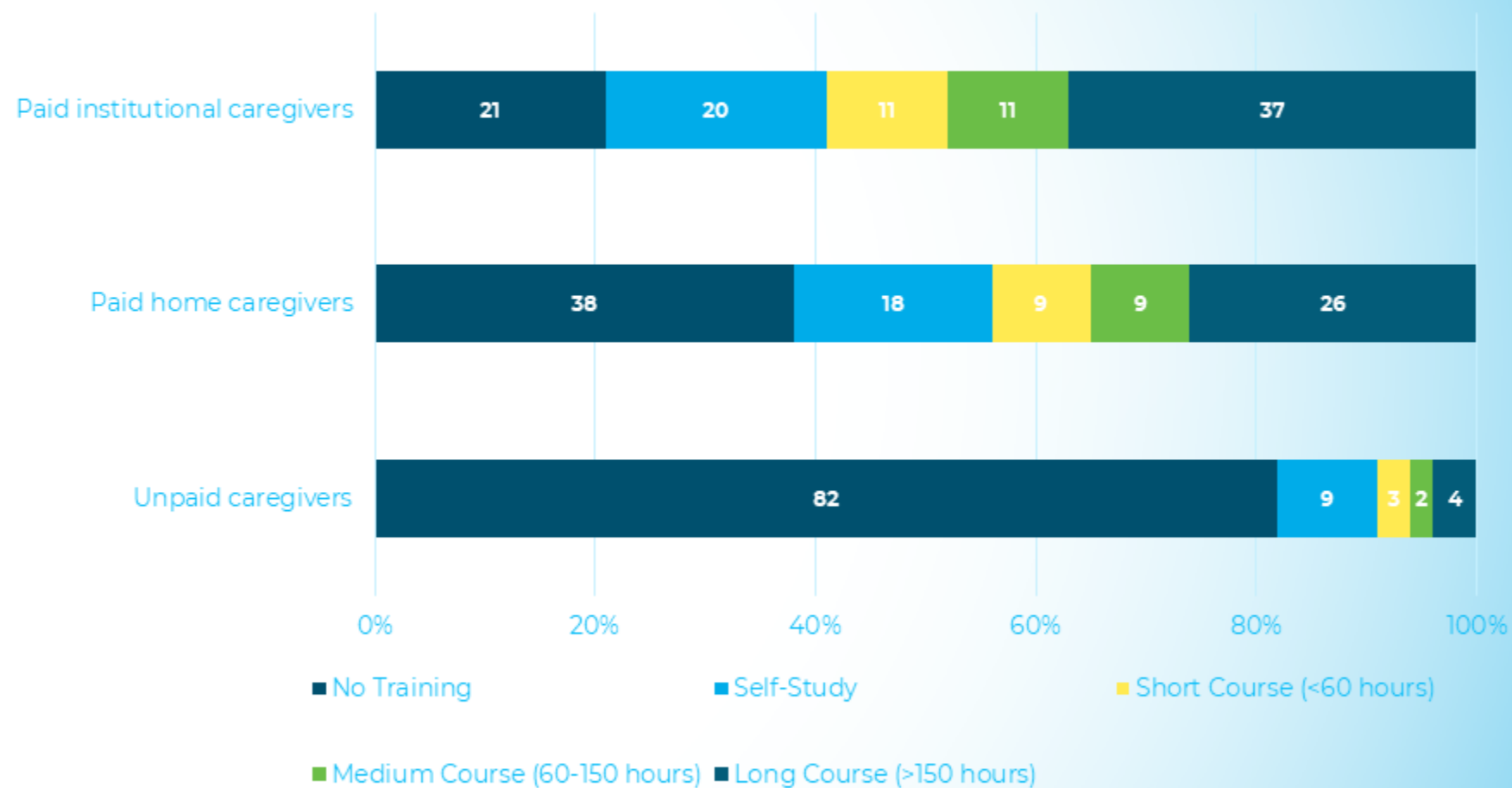
26%
CONTRIBUTE TO
SOCIAL SECURITY

33%
HAVE A
CONTRACT

90%
OF THE MINIMUM
WAGE

20%
EXPERIENCE
SYMPTOMS OF
DEPRESSION

TRAINING IS INSUFFICIENT







POLICIES / PROGRAMS



The countries of the region
**are building national long-term
care systems** (Uruguay first,
Costa Rica, Rep. Dom., Panama)



4 EXAMPLES

- **Care communities** in the *Dominican Republic* 
- **Care blocks** in *Bogota, Colombia* 
- **Club for older people**, IMSS, *Mexico* 
- **Caregivers registries** (*Costa Rica, Paraná*)  

DOM. REP. CARE COMMUNITIES

- Caregivers **are organized in cooperatives**
- They are members of households receiving CCT
- **Provide services to vulnerable households,** but also sell services on the market
- **Link care – antipoverty**



HOME VERSUS COMMUNITY



Intensive services for highly dependent persons



Need to **start from highly visible initiatives:** community interventions **focused on prevention**



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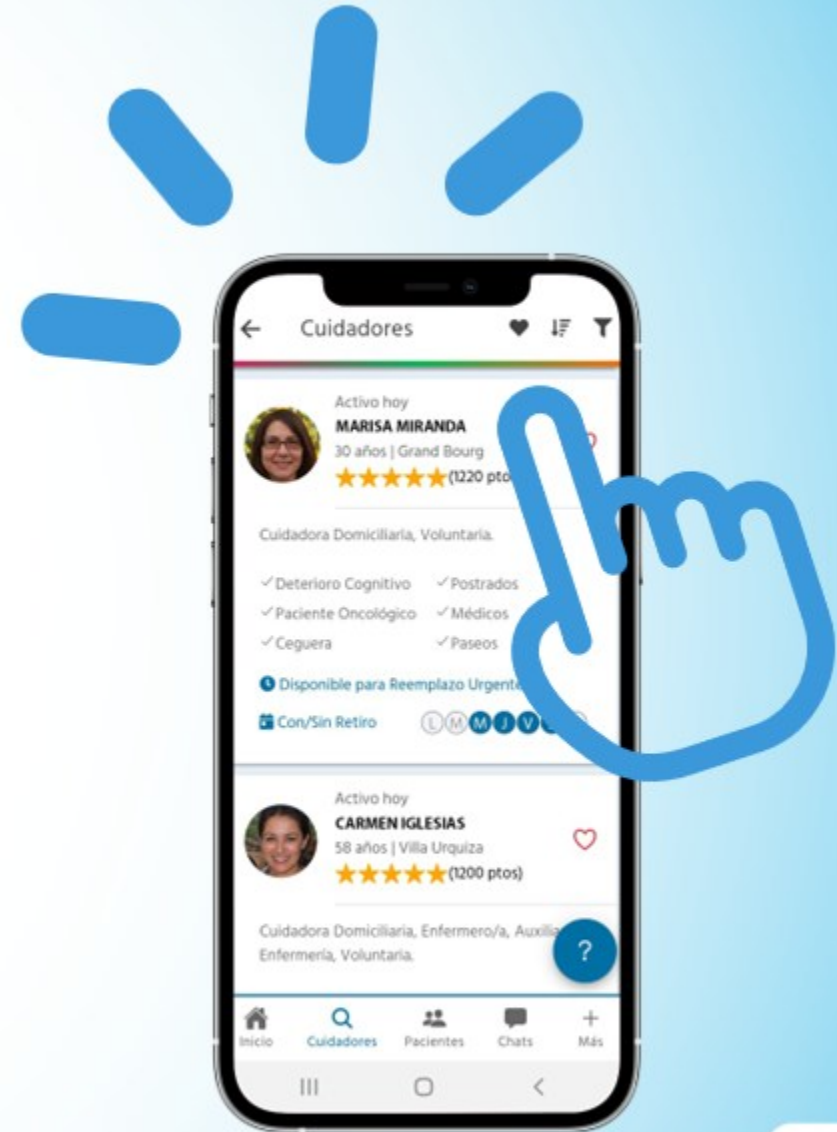
MEXICO CLUB OF OLDER PEOPLE

- **Comprehensive intervention:**
 - Cognitive stimulation
 - Physical stimulation and nutrition
 - Social connections
 - Emotional care
- **Limited professional staff, leverages volunteers**
 - 1 social worker, 1 center manager
 - Users become trained volunteer instructors



CAREGIVER REGISTRIES

- **Cuidar.cr QR code**, training
- **Cuidarlos job match**, Argentina & Paraná
- **De-atomize market – cooperatives?**



WAY FORWARD, GIVEN LIMITED RESOURCES

1. Community day centers

- Comprehensive approach for prevention

2. Caregivers registries

- Training
- Job matching
- Cooperatives

3. Work with private sector

- Establish training standards
- Improve quality of existing services (regulate, supervise)
- Stimulate private sector initiatives



THANK YOU



6 EXAMPLES

- **Personal assistants** in *Uruguay* 
- **Care communities** in the *Dominican Republic* 
- **Care blocks** in *Bogota, Colombia* 
- **Club for older people**, IMSS, *Mexico* 
- **Paraná Friend of Older People**, *Brazil* 
- **Caregivers registries** (*Costa Rica, Paraná*) 

URUGUAY FLAGSHIP PERSONAL ASSISTANTS

- **20 hours of personal caregiving** at home
- For severely **dependent persons >80 or <30**
- Trained caregivers, **earn 2x the minimum wage**
- Recent cooperatives



PARANA FRIEND OF OLDER PEOPLE

- **State policy approved** by Law
- Contract between state and municipality
- **Municipality establishes care unit**
- **State transfers funds for approved projects**
- **Cidade Idoso:** community day center with **curriculum focused on prevention**

