

PS 1.5

NO ONE LEFT BEHIND: INCLUSIVE POLICIES FOR VULNERABLE AND AT-RISK GROUPS IN AN ERA OF DEMOGRAPHIC CHANGE

| BACKGROUND

As global demographics shift—through aging populations, urbanization, migration, and changing family structures—vulnerable and at-risk groups often remain excluded from the benefits of development and social progress. This session explores how inclusive policy design and innovative interventions can ensure equity for vulnerable and at-risk groups, such as the older persons, people with disabilities, migrants, indigenous populations, and gender minorities. With examples from diverse global contexts, the session offers actionable insights for building socially cohesive and inclusive societies amidst demographic transitions.

| OBJECTIVES

By the end of the session, participants will:

- Understand the differentiated impacts of demographic transitions on vulnerable and at-risk groups.
- Learn from real-world examples of inclusive policy innovations.
- Be equipped with practical tools and guiding principles to apply equity-focused thinking to policy design.
- Engage with global voices and perspectives on inclusive development.



Speaker

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Dr. Nik Norliati Fitri Md Nor is a Senior Lecturer at the School of Distance Education, Universiti Sains Malaysia (USM). She holds a Doctor of Philosophy (PhD) in Population Geography (2016), a Master of Arts in Demography (2011). Her academic expertise encompasses population geography, demography, aging, fertility, mortality, as well as urban and rural spatial dynamics. Dr. Nik is actively engaged in research focusing on population aging issues in Malaysia, particularly on the living arrangements of older adults, healthcare access, and the development of community support models to promote active and dignified aging. Her research also explores how evolving family structures and fertility patterns affect the future of elder care in Malaysian society. She has led several research projects funded by university and national grants focusing particularly on aging, elderly well-being and demographic shifts. Dr. Nik has published numerous articles in indexed journals on topics including population aging, social support for older adults, active aging, living arrangements and the growing trend of voluntary childlessness (childfree lifestyle) in Malaysia. Her scholarly work reflects a strong commitment to understanding the demographic transformations that shape the future of Malaysian communities, with an emphasis on social resilience and inclusive policy development.