

# UNECE Policy Webinar on Ageing Older persons in emergency situations

lessons learned from the COVID-19

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## General data on aged population in Kazakhstan

General population

**18,63** million people



Proportion of older persons

**11%**

increased by 2 times since 2015 year  
expected by 2030 year

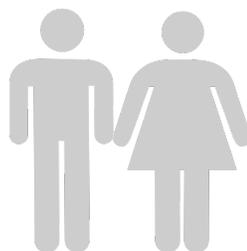


**14%**

Gender composition

**70%** women  
(1 421,491 people)

**30%** men  
(608,720 people)



Living Area

**57%** urban area  
(1, 157 220 people)  
**43%** rural area  
(872,991 people)



Average pension

**85 785 T** (≈200 USD)



Employment of aged people

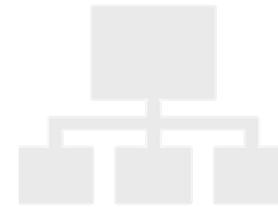
**3,1%** 68,700 people  
**19,3%** 416,584 self-employed



General expenditure from  
national budget on social protection  
in 2020 year

**14% from total budget** (≈72 billion USD)

# First Pilot Centre of Active Ageing in Almaty, Kazakhstan



## Structure of the Centre:

- Playroom, cinema, gym, medical facility
- Summer playground for occupational therapy, yoga, Nordic Walking
- IT- and smart-literacy, language courses
- Legal advice, psychological support and medical consultations
- Social tourism within the city
- Entrepreneurship with following employment



Project budget- 100,000 USD

Staff- 15 specialists

**Daily attendance- 350 people per day before Covid-2019**

**Daily attendance after COVID-2019 second wave- 150 people**

**Classes go in 2 formats- online and offline**

Number of services provided- 157, 960 in 2020 year

## Confinement measures introduced in response to COVID-2019 in Almaty to aged people

<b>A</b>	On 2 March, the Minister of Health informed the public about measures taken to protect the population of Kazakhstan from coronavirus infection, including regular hygiene, treatment of face and hands
<b>B</b>	Quarantine measures were first implemented on 19-Mar-20, in Almaty and Nur-Sultan. By the decision of the State Commission for ensuring the state of emergency, a quarantine was introduced which included restrictions on the entry and exit of people over than 55.
<b>C</b>	On March 30 By the decision of the State Commission for the state of emergency, the quarantine had been strengthened: in Nur-Sultan and Almaty, the exit of citizens from their places of residence became limited, with the exception of the purchase of food, medicine and going to work. All crowded places were closed, public transport is limited. People aged over 65 were restricted on movement
<b>D</b>	The Prime Minister of Kazakhstan, Askar Mamin, announced that the lockdown in the country is extended from 20 July till 2 August. People aged over 65 were restricted on movement
<b>E</b>	According to the Chief State Sanitary Doctor's Decree No. 65 of 26 October 2020: people over than 65 are restricted on freedom of movement



## Government policy in support of aged people who are in need of Long Term Care

### Support measures for aged people, who are in need, involved the following:

1. Financial support for the period of 1st Wave of Covid-2019.  
In particular, 202 participants of WWII received one-time payment, ( 1 million tenge  $\approx$  2,336 USD).  
18 296 of aged and in need of LTC received one-time payment in the amount of 20 monthly calculated index (55 560 tenge  $\approx$  129 USD).
2. Covering utility bills for 3 months
3. Provision of one-month basic foodstuffs
4. Free PCR testing
5. Mobile Medical Team for people over 65 years

### Systematic issues that appear in the medical and social system services

- No integrated database on people over 65 years
- No integrated database of aged disabled people, those who live alone
- No reliable data on covid-19 epidemiology in people over 65 years
- Old people left without pensions as banking system went online
- Deficit of medical and social workers



## COVID-2019 by aged generation representatives living at home/at LTC residence

**“Before COVID-2019 social workers used to visit me twice a week, but now they come once in two or 3 weeks time...That is really challenging as I am not able to self-service myself at this age”**

Petrova G., 81 -year old lady, living alone

**“ I did not believe in any COVID-2019 global pandemic, I thought it is international political games, but when I got ill I changed my mind. Fortunately, I survived, thanks to doctors. Now I realize that it is us who are responsible for our health. I re-evaluated many things, I started to appreciate my Family and friends...”**

65 year old lady, Badayeva A

**«...I was told that scientists developed this virus to get rid of us, pensioners, as we are not useful for the government. They introduced self-isolation so we can die at home»...**

Kaliyeva R, 70-year old disabled person, II group of disability

**“...it was extremely hard to be restricted in movement, especially, the first 2 weeks... Fortunately, children presented me a smartphone so I had to learn to use it. We have vide-calls every day...”**

87 year old, lady, Berezkina L., resident of LTC facility in Almaty

## COVID-2019 by formal and informal caregivers

**“Thanks y COVID-2019 my grandma and I became friends during the lockdown. My 86-year old grandma and I have many things in common...We, literally, got to know each other as we were restricted to move so we had to communicate to each other...She’s really gorgeous ...”**

24-year old medical student, Rakhmanov D.

**“My Mum suffers from Alzheimer’s Disease, she is 89. My Family followed all the rules to avoid COVID-2019 infection. Somehow, she got ill. Unexpectedly, she survived, probably, as we did our best to save her. But I, myself, got morally and physically exhausted...I was totally depressed...”**

Gusseinova N., 42-year old lady, gerontopsychologist

**“ I did not believe in any COVID-2019 global pandemic, I thought it is international political games, but when I got ill I changed my mind. Fortunately, I survived, thanks to doctors. Now I realize that it is us who are responsible for our health. I re-evaluated many things, I started to appreciate my Family and friends...”**

65 year old lady, Badayeva A

**“ According to chief sanitary doctor, we isolated our residents at Veterans Home in order to prevent covid-2019 infection spread, but this period is worst in my life. Our residents become extremely aggressive and suspicious... Some are getting depressed, others even psychotic...”**

Bukenova L, 54-year old medical nurse at Veteran’s Home

## Favorable changes in the system due to COVID-2019

- ✓ **Integrated database of volunteers in the city of Almaty**
- ✓ **Integrated database of aged people in the city Almaty**
- ✓ **Mobile Multidisciplinary Medical Teams for people over 65 years.**
- ✓ **Telemedicine**
- ✓ **Round-the-clock helpline 1308 for the aged people**
- ✓ **Moral values and inter-generational ties have strengthened**
- ✓ **Aged people start to use more actively internet- based informational resources, e-learning, online services such as e-banking**
- ✓ **Sport becomes more popular with aged people**
- ✓ **A pilot project “alarm button” was introduced for the aged people with disabilities and those who live alone**

Thank you for your  
attention!

If you have any questions, I would be happy to  
answer them!

