

# Managing longevity: Strategies for sustainable and adequate long-term care and health systems

Stefania Ilinca PhD – Technical Officer for Long-term care WHO Europe



## An achievement to be celebrated ...

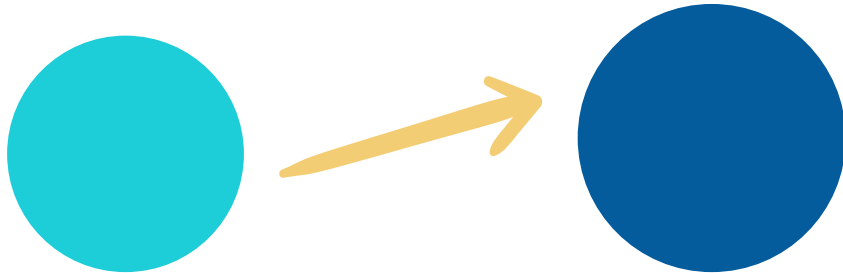
### 65+ POPULATION SET TO DOUBLE

761

MILLION in 2021 to

1.6

BILLION in 2050



### 80+ POPULATION WILL TRIPLE

155

MILLION in 2021 to

459

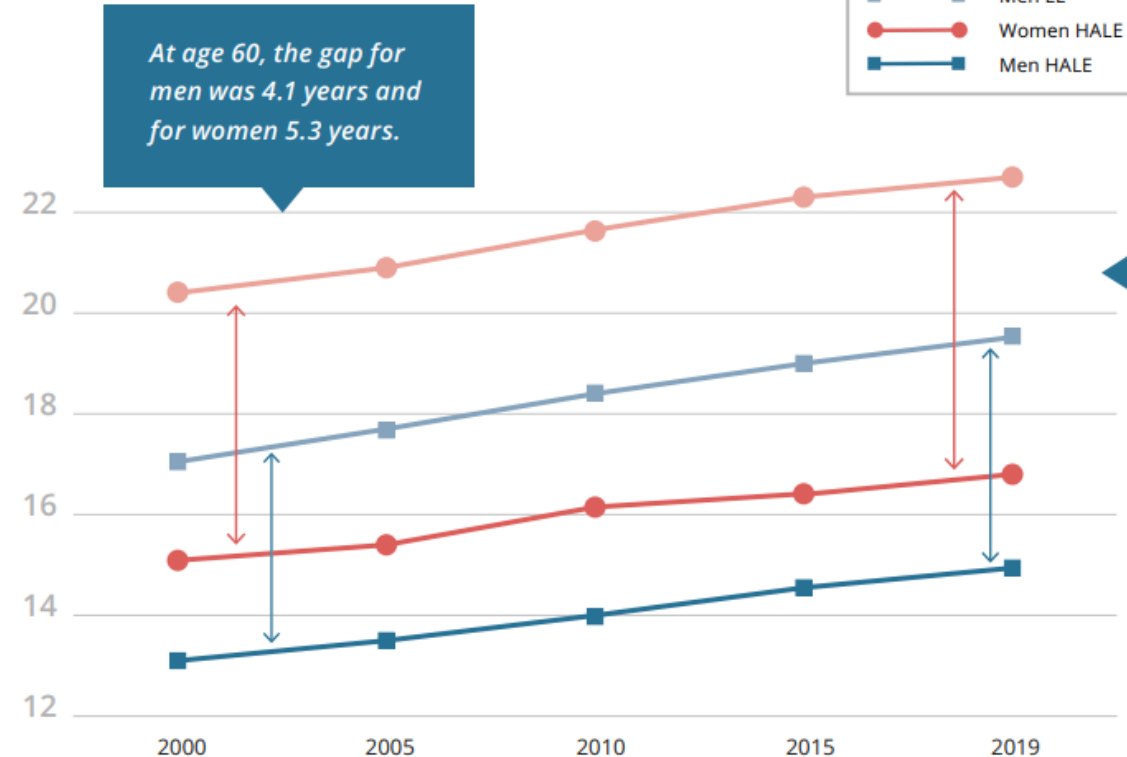
MILLION in 2050



## ... BUT, it matters how we age!

Gap increases between life expectancy and healthy life expectancy at age 60, 2000-2019<sup>147</sup>

EXPECTANCY (YEARS)  
AT AGE 60

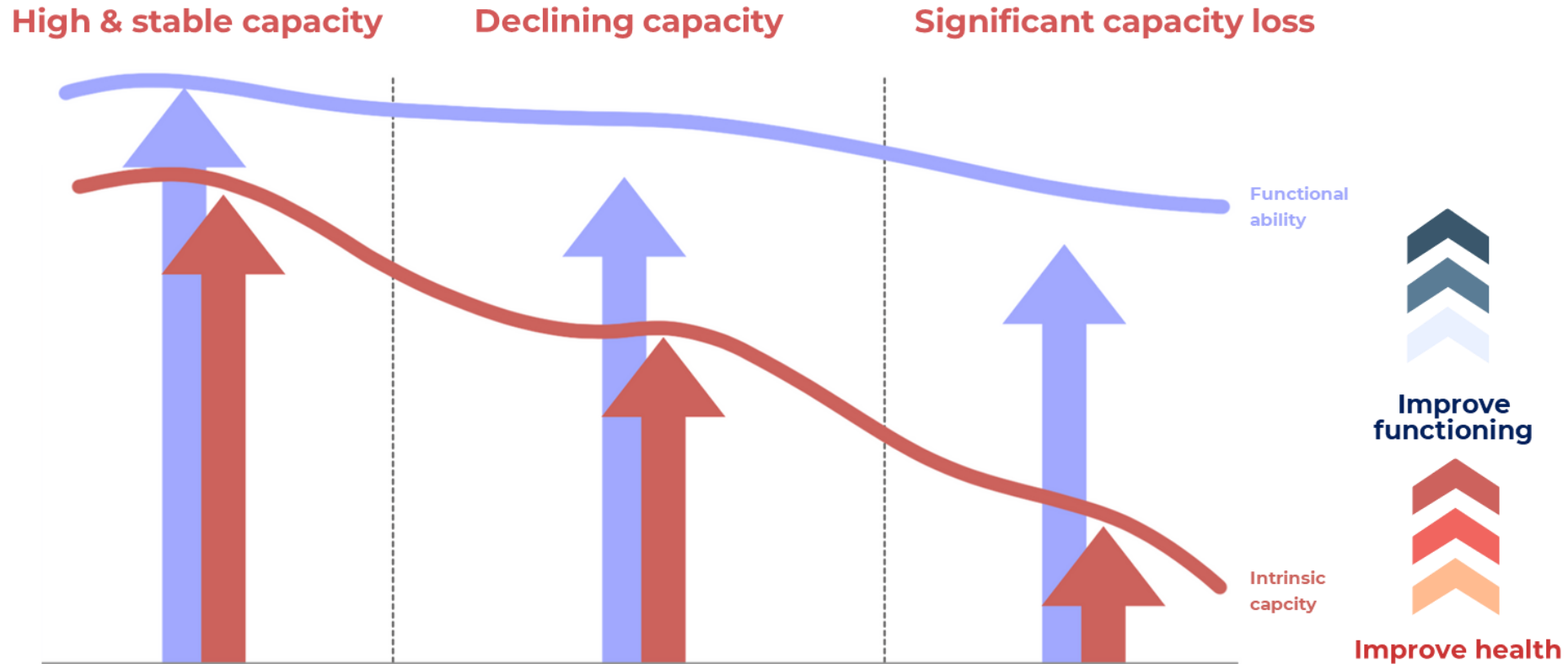


---

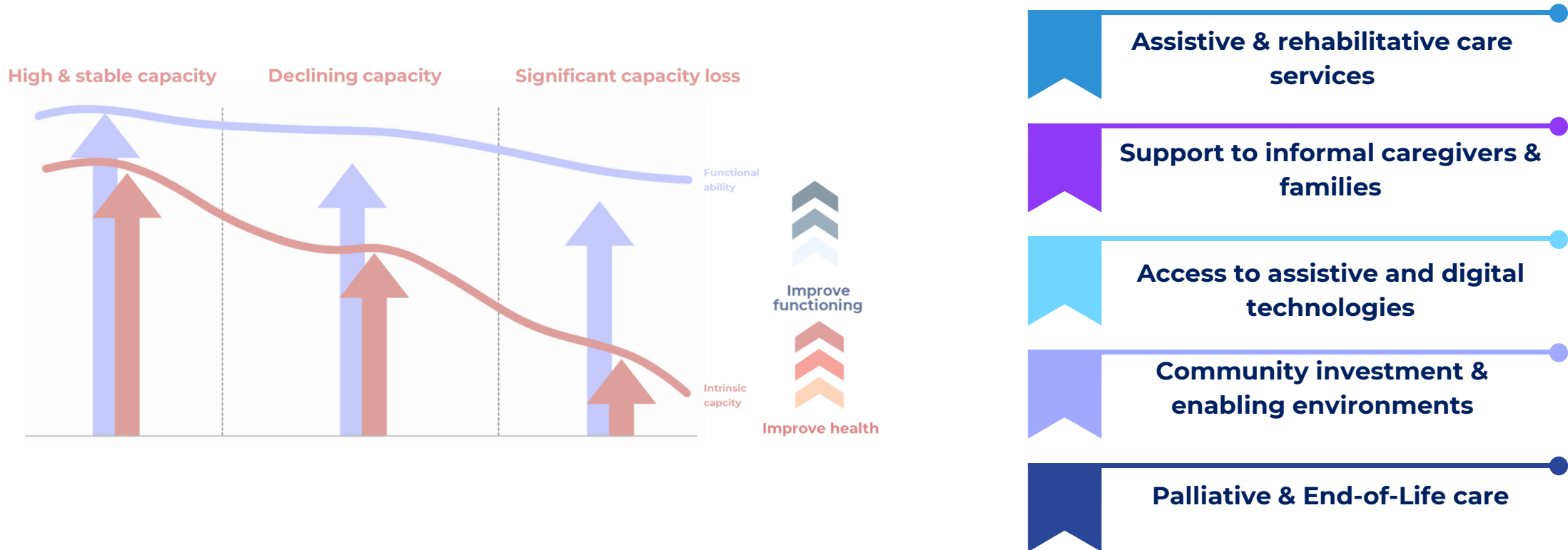
# What drives costs for health and long-term care needs as the population ages?

- **LTC needs are not driven by age but by declines in health and functioning**, which correlate strongly with advanced age
- The problem to address is **that much of the years we have added to life spans are lived in poor health and with disability!**
- **The most important investment** for health and LTC system sustainability, but also for improving quality of life and dignity for people as they age, **is life course prevention for healthy ageing**
  - This requires a cross sectoral, integrated understanding of care needs and how they arise, in order to find the right levers for policy interventions
  - It is best understood through the lens of a public health approach to integrated long-term care delivery

# Public health approach to integrated long-term care service delivery

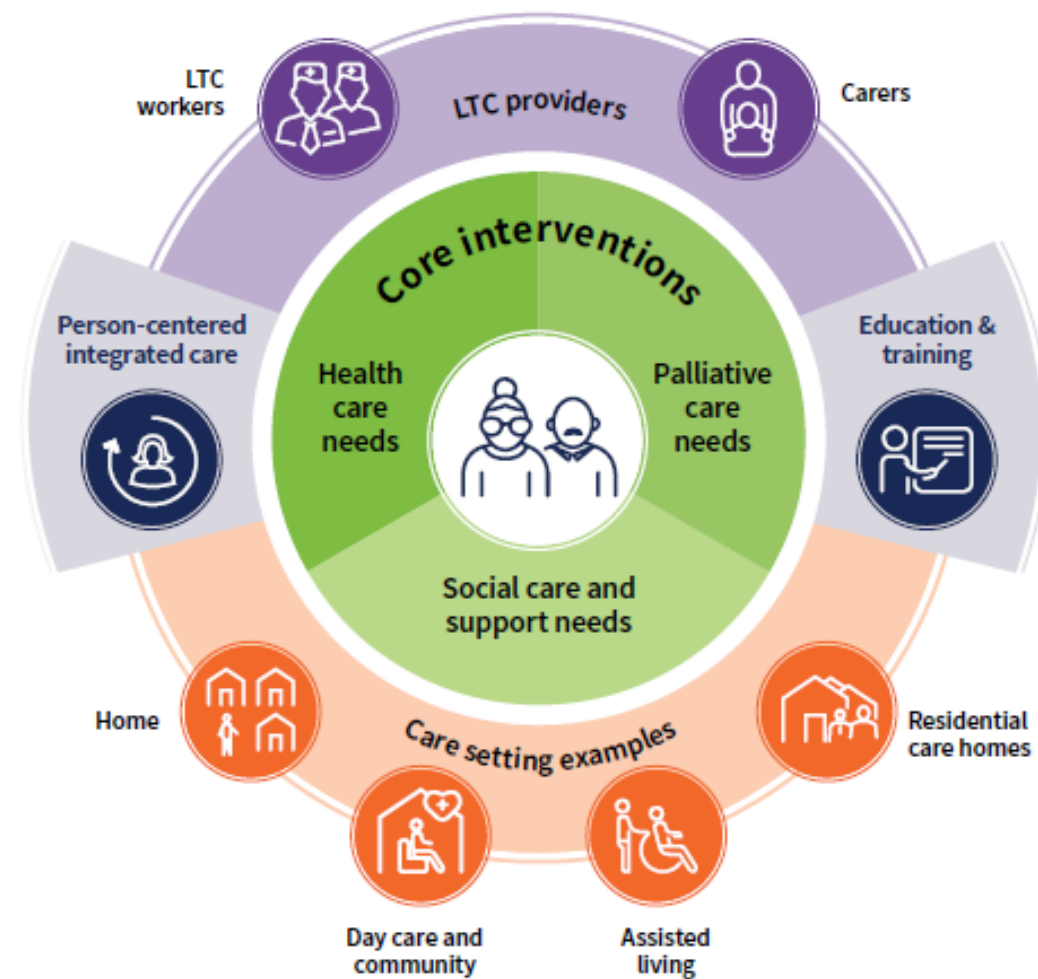


# Key investments in care services and support to improve functioning, quality of life and dignity





# Package of LTC interventions for Universal Health Coverage



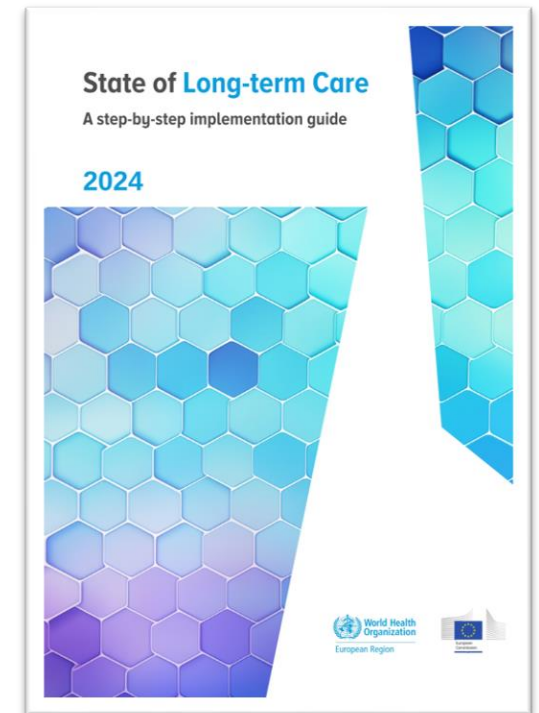
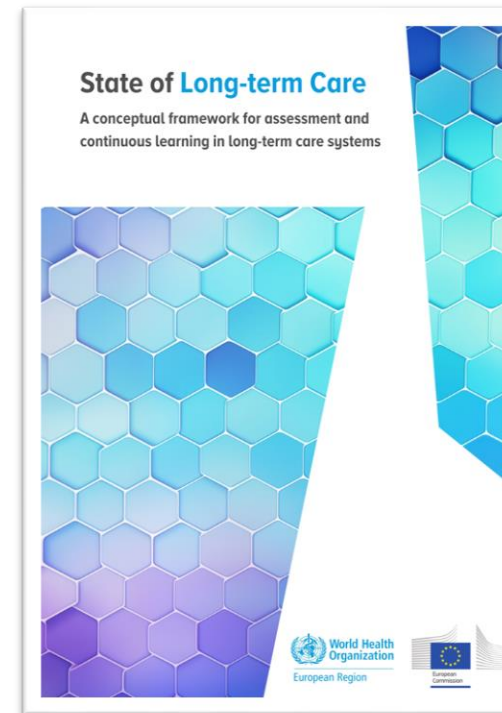
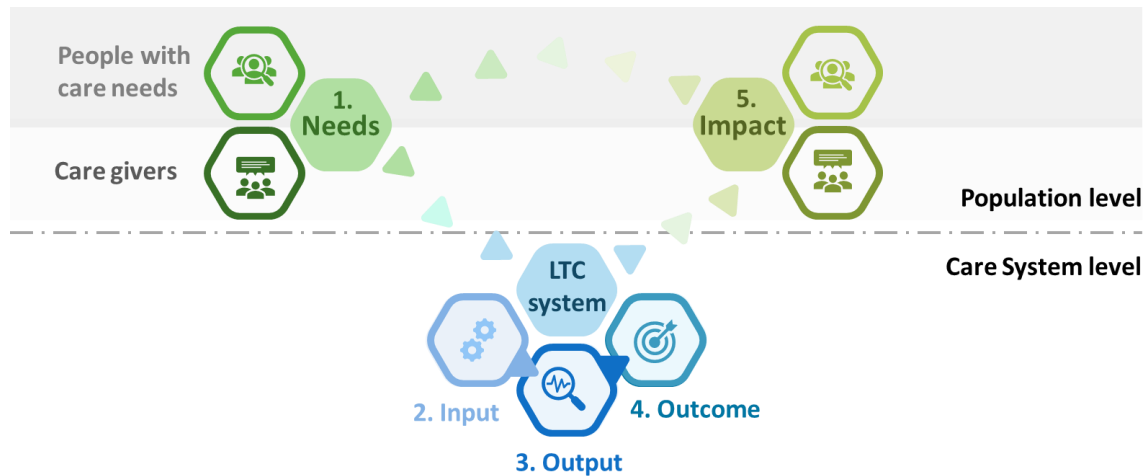
---

# LTC system transformation for sustainability and access

- Integration across sectors and across governance levels is needed to implement transformative LTC policies
- But just as important, we need **partnerships between formal and informal caregivers**, as well as **private and public stakeholders** to deliver on a vision of LTC aligned with a rights-based approach and universal health coverage
  - Across EU countries informal caregivers deliver the vast majority of care but are rarely considered partners in the care process
  - In many EU countries private provision outweighs public provision, and it is not uncommon that private providers drive innovation and quality in LTC
- It is essential we reflect these diverse contributions and develop **better mechanisms for meaningful engagement and stakeholder participation in system design and decision making**



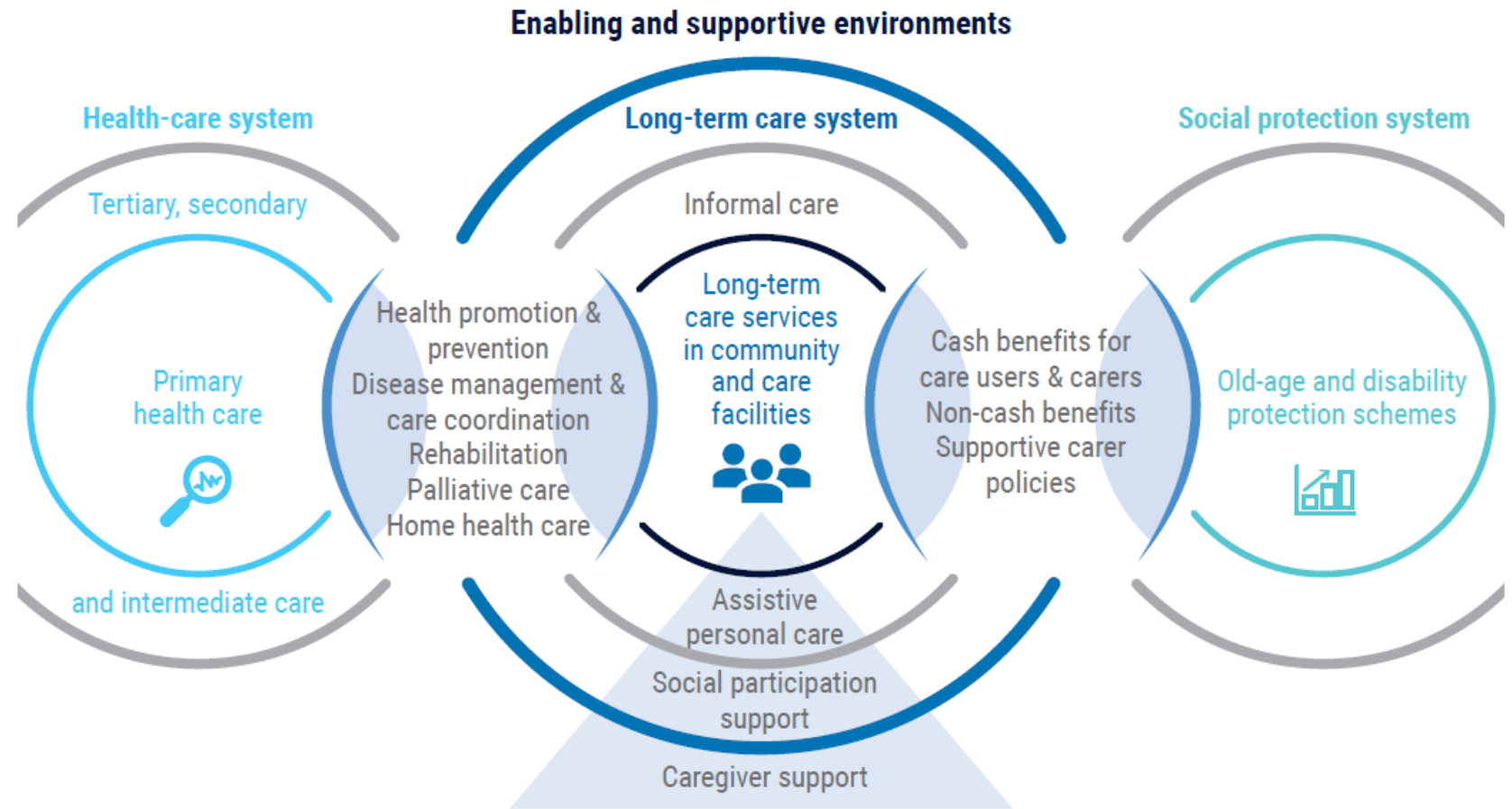
# State of LTC toolkit: framework for assessment and continuous learning in long-term care systems (Oct 2024)



3 national reports



# A mapping of long-term care (eco-)systems



# Investment in LTC benefits pay off... while the cost of inaction is incalculable!

## Benefits to people with care needs



- Dignity, Quality of Life, Independence
- Social participation & connectedness
- Opportunity to engage in productive activities
- Reduced risk of poverty

## Benefits to informal carers



- Equitable opportunity for social & economic participation
- Better physical & mental health
- Reduced risk of poverty and social exclusion

## Benefits to health systems



- Can prevent/delay acute care needs
- Reduce LoS & (inappropriate) hospitalization
- Improved pathways through health system
- More efficient use of resources across care settings

## Benefits to society



- Intergenerational solidarity and equity
- Social cohesion
- Increased productivity from freeing up informal caregivers
- Potential for increased employment creation & tax revenue
- Large social and tech innovation potential

**Investment in care systems is a precondition for gender equity: women need more care, experience more pressure to provide care and deliver the vast majority of formal and informal care**

---

# Thank you very much for your attention!

Please do not hesitate to write for further details:  
[euroltc@who.int](mailto:euroltc@who.int)