

## Home health care for the elderly in Vietnam

Hanoi and Ho Chi Minh City, Vietnam  
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### Organization type:

hybrid

Project Stage:

Idea

### Budget:

\$50,000 - \$100,000

 SHARE

- [Aging](#)
- [Health care](#)

### Project Summary

#### Elevator Pitch

#### **Concise Summary: Help us pitch this solution! Provide an explanation within 3-4 short sentences.**

Services to meet the health care needs of the elderly are increasingly urgent yet alarmingly rare. In countries like Vietnam, traditional family structures and norms have changed. Women are rapidly joining the workforce in higher numbers, thus leaving aging parents who often live with their offspring with increasingly severe health and psychosocial needs that are difficult, if not impossible, for families to meet.

Our plan is to develop low-cost and high-quality home-based care services for the elderly in Vietnam that are ultimately housed in a social enterprise that generates its own income for such services.

#### About Project

#### **Problem: What problem is this project trying to address?**

Help families care for elderly relatives at home As populations throughout the world are aging, even in traditional developing countries, services to meet the health care needs of the elderly are increasingly urgent yet alarmingly rare. This is especially the case as traditional family structures and norms have changed. Women are rapidly joining the workforce in higher numbers, thus leaving aging parents who often live with their offspring with increasingly severe health and psychosocial needs that are difficult, if not impossible, for families to meet. Vietnam is particularly affected by this trend. A demographic transition is firmly in place, with the aged the fastest growing segment of the population. Vietnam's economy has enjoyed multiple years of double-digit growth rates that have slowed in recent years but that have nevertheless dramatically affected family caregiving dynamics. While families are still the major caregivers for their aging parents, they are increasingly unable to meet these needs because both men and women are working outside the home. Families are often left with unskilled and untrained help from rural areas. The result is low quality care, increased hospitalizations, and disrupted family dynamics.

#### **Solution: What is the proposed solution? Please be specific!**

Western countries have long benefited from well-established home-health programs that have increased the quality-of-life of the elderly, reduced unnecessary and costly hospitalizations, contributed to stabilizing the family environment, and allowed women to continue to work outside the home, thus raising overall family income. Similar programs have also been found to be effective in developing countries. Although some of these home-health programs globally have come from governments or been paid for by insurance, others have come from private sector organizations, otherwise known as social enterprises, which have competitively offered these services for payment, often on a graduated scale. They are thus sustainable organizations that meet a health market need and are not reliant on outside donor funding.

#### Impact: How does it Work

#### **Example: Walk us through a specific example(s) of how this solution makes a difference; include its primary activities.**

Our plan is to develop low-cost and high-quality home-based care services for the elderly in Vietnam that are ultimately housed in a social enterprise that generates its own income for such services. Care services that will be offered to families will be trained personnel who will visit families on an agreed-upon basis (daily, 2/times per weeks, weekly) to assist families with care provision for the elderly in the household. Depending on individual needs, this care will include the following: • Bathing • Household assistance such as cooking, cleaning • Advice on nutrition • Adherence support for medications • Emotional needs and companionship • Linkages to quality medical care, including hospitalization when needed

**Marketplace: Who else is addressing the problem outlined here? How does the proposed project differ from these approaches?**

Elderly home-based health care is an emerging field in Vietnam, with high needs and limited services. Our services will be marketed through newspapers, magazines, hospitals, clinics and social media. We will collaborate with other organizations involved in elder care such as Help Age, RECAS, the Aging Association, and the Women's Union to ensure that services take advantage of existing expertise and are non-duplicative. We will also work with the One Foundation and the Centre for Social Initiatives Promotion (SCIP) which assists individuals and organizations with establishing new ideas in the marketplace.

**Source URL:** <https://www.changemakers.com/node306408/entries/home-health-care-elderly-vietnam>