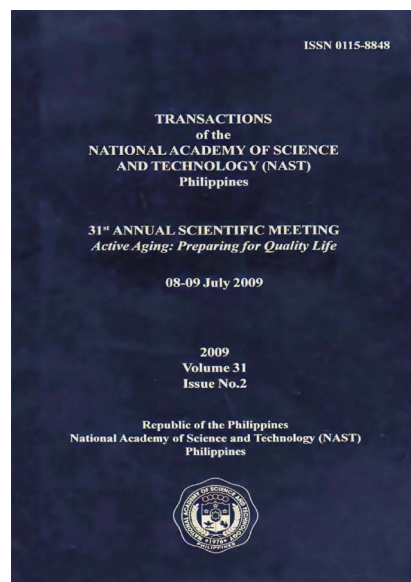


Transactions NAST PHL, is the official journal of the National Academy of Science and Technology Philippines. It has traditionally published papers presented during the Academy's Annual Scientific Meeting since 1979 to promote science-based policy discussions of and recommendations on timely and relevant national issues as part of its functions as a national science academy. Starting in 2021, this journal has been open to contributions from the global scientific community in all fields of science and technology.

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## Resolution on Active Aging

### RESOLUTIONS

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**NATIONAL ACADEMY OF SCIENCE AND  
TECHNOLOGY (NAST), PHILIPPINES**

**31<sup>st</sup> Annual Scientific Meeting**

08-09 July 2009; The Manila Hotel

**Resolution on Active Aging**

Whereas, in the global scene, the population of older persons grows at a rate of 2.6 percent every year, which is significantly faster than the population as a whole, which increases at 1.1 percent annually;

Whereas, in the Philippines, the population 60 years and above, has grown at a very rapid rate increasing from 3.2 million in 1990 to 4.6 million in 2000;

Whereas, in the Philippines, the rate of growth of the population 60 years and above, is at 3.6 percent per annum;

Whereas, the 1987 Philippine Constitution, Republic Act Nos. 7876, 8425 and 9257, General Appropriations Act of 2006, and Executive Order No. 266 were formulated to take care of its elderly members to design programs which will be beneficial to senior citizens, their families and the rest of the communities that they serve;

Whereas, the Philippine Plan of Action for Senior Citizens covering the period 2006-2010 identified major areas of concerns, target outputs, and responsible agencies/institutions, which have to be fully implemented;

Whereas, active aging is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age;

Whereas, active aging allows people to realize their potential for physical, social, and mental well being throughout the life course and to participate in society according to their needs, desires and capacities, while providing them with adequate protection, security and care when they require assistance;

Whereas, the active aging approach is based on the recognition of the human rights of older people and the United Nations Principles of independence, participation, dignity, care and self-fulfillment.

NOW, THEREFORE, the National Academy of Science and Technology, Philippines on their 31<sup>st</sup> Annual Scientific Meeting recommends the following action point to be addressed accordingly by the appropriate agencies.

#### Service Delivery

- ✓ Recognize home and residential care as a significant strategy for better care for the aging population, through standardized guidelines (DOH and DSWD);
- ✓ Designate health professionals, trained and dedicated to the care of the senior citizens in all hospitals, especially in the DOH retained hospitals (DOH);
- ✓ Subject services, drugs and other items to 20% discount based on the retail price which already includes VAT (DOF);
- ✓ Create an enabling and conducive work environment while allowing the elderly to work and remain productive (DSWD and DOLE);

#### Research and Innovation

- ✓ Conduct research to address pressing concerns and issues affecting the aging population (DOST and DSWD);
- ✓ Establish an institute for aging that will identify and implement priority researches on the aging population including the development of new parameters for defining and characterizing the dependency ratio for senior citizens (UPM-NIH);

- ✓ Create innovative mechanism for savings and income generation for the purpose of providing regular pension for senior citizens (DOST);
- ✓ Create an investment mechanism and income protection for the senior citizens (BSP and NEDA);
- ✓ Develop nutritional standards for the elderly that are affordable and cost effective (DOST);
- ✓ Develop technology for improved access, functional independence, and social connectivity for senior citizens (DOST).

#### **Training and Education**

- ✓ Give high priority to the promotion of quality aging by all sectors of both public and private sectors (DepEd);
- ✓ Launch information and education campaign to promote lifestyle change through primary and secondary education on aging (DepEd);
- ✓ Incorporate in the school curriculum values formation specially for better appreciation of the elderly (DepEd); and
- ✓ Educate middle age workforce on the benefits of senior citizens and prepare them for retirement (GSIS, SSS, DSWD);

#### **Policy**

- ✓ Revisit the composition of the National Inter-Agency Coordinating and Monitoring Board (DSWD);
- ✓ Review existing laws to ensure their proper implementation (DSWD);

- ✓ Establish, fully implement, and further strengthen the Office for Senior Citizens Affairs (OSCA) in all Local Government Units (DILG); and
- ✓ Consolidate and update national data related to aging (DSWD).

IT IS FURTHER RESOLVED that the National Academy of Science and Technology, Philippines supports the national program for aging and commits to the creation of the National Advisory Council on Active Aging that will further define the strategies and programs that have to be implemented to realize the aforementioned objectives.

*(Note: The July ASM was followed by series of meetings, which led to the creation of the National Advisory Council on Active Aging with Academician Ernesto O. Domingo as the Chair. The Committee will assume a recommendatory function and will also monitor the recommendations it would endorse for appropriate action.)*