TRACK D: Age Friendly Societies

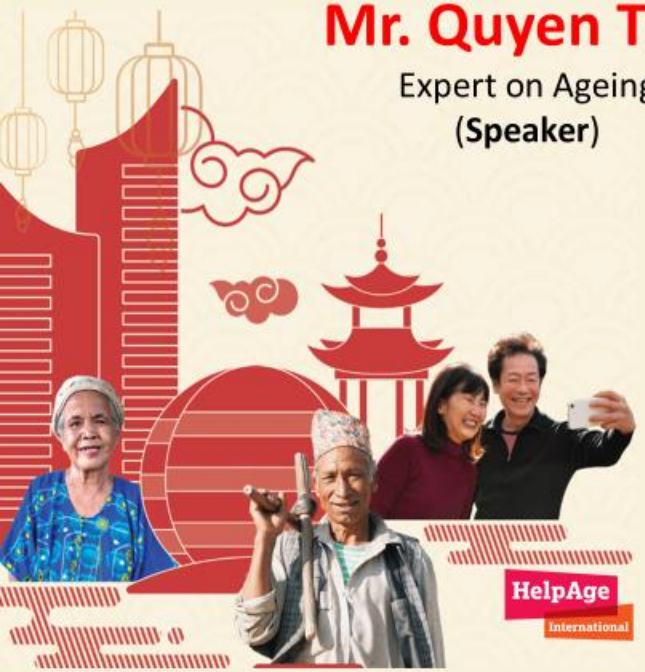
Asia and Pacific Regional Conference

Community Power: The Role of CBOs in Advancing Age-Friendly Communities



Mr. Quyen Tran

Expert on Ageing
(**Speaker**)



DATE
Wed, 28 Oct 2026

TIME
08:30–10:00 (UTC+8)

银龄在线
中国老龄协会 China National Committee on Ageing

UNFPA

Mr. Quyen Tran brings over 30 years of experience in research, emergency response, and community development across Asia. He provides technical support in food security, healthy lifestyles, care, and disaster preparedness.

Since 2006, he has been instrumental in transforming project-focused Older People Associations into sustainable, community-led, multifunctional models that are cost-effective and replicable in urban and rural LMICs. He played a pivotal role in developing Vietnam's Intergenerational Self-Help Clubs (ISHC), now scaled nationwide as official policy.

Presentation: Intergenerational Self-help Clubs and Age-friendly Communities in Vietnam







The Intergenerational Self-help Clubs (ISHC) and Age Friendly Communities in Vietnam







1 OPA in Asia














UNITED NATIONS



In the 1st World Assembly on Ageing, held in 1982, the meeting resolution recommended member countries to consider supporting the formation of Older People Associations (OPA).

OPAs in Asia

- **At country level, have different names, but they have similar purpose**
  1. Older Persons' Associations (OPA) in China and Cambodia
  2. Association for the Elderly (AE) in Vietnam and Mongolia
  3. Older Citizen Monitoring (OCM) in Bangladesh (RIC)
  4. Older People Clubs (OPC) in Thailand and Nepal
  5. Older People Organizations (OPO) in Philippines
  6. **Intergenerational Self-Help Club (ISHC) in Vietnam** and Bangladesh (SHARE)
  7. WOW group in Cambodia
  8. Older Persons Self-Help Groups (OPSHG) in Myanmar, Nepal and India (GRAVIS)
  9. Elder Self-Help Groups (ESHG) in India (HelpAge India)
  10. Inclusive Self-Help Groups (ISHG) in Myanmar
  11. Inclusive Community Organizations (ICO) in Pakistan
  12. Intergenerational Groups (IG) in Indonesia
  13. Senior Citizen Committee (SCC) in Sri Lanka and Singapore
  14. Senior Citizens Organisations in Malaysia
  15. Senior Citizen Association in Japan and S. Korea
- **At regional level, we refer to them as OPAs**

2 Intergenerational Self-help Club (ISHC)












The ISHC Development Model

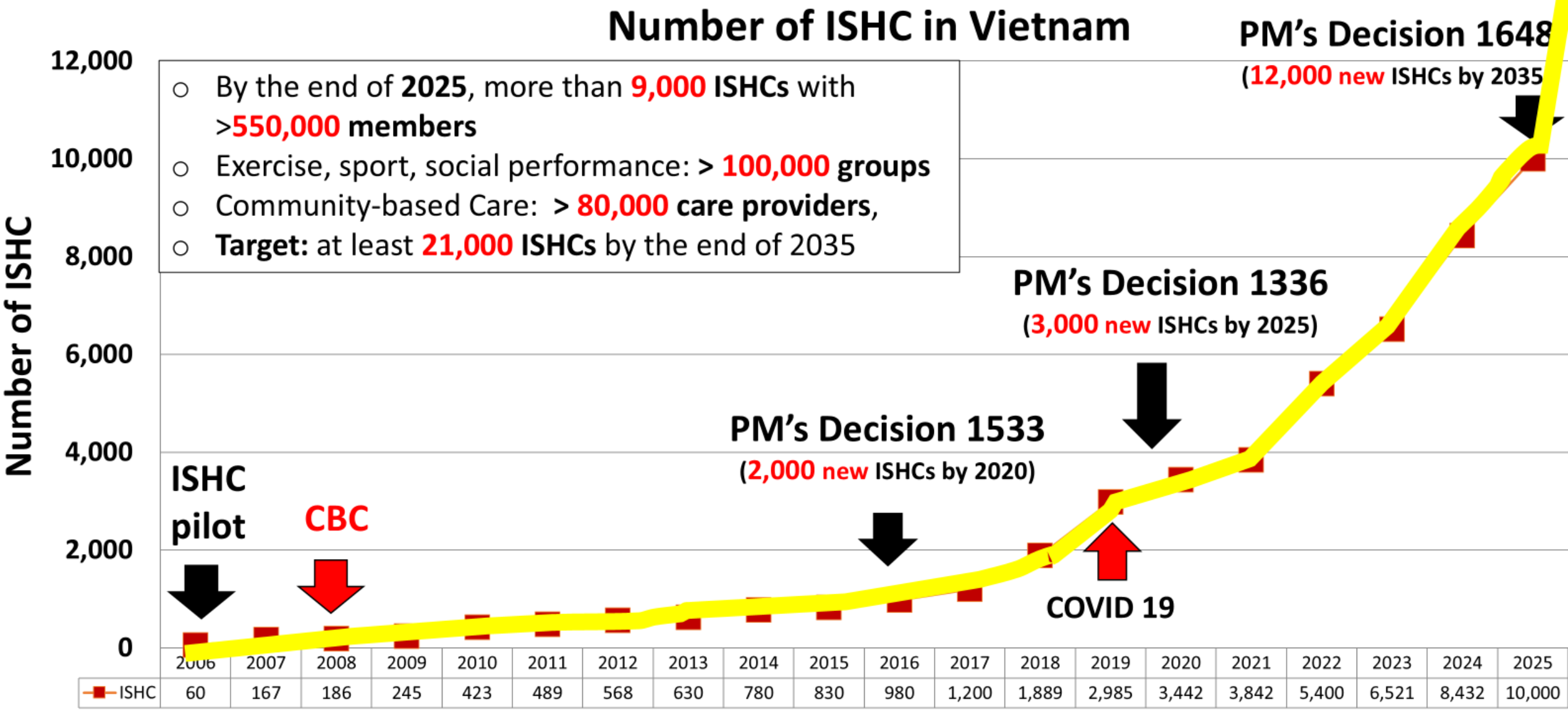
- **Development process**, **resources** and **decision-making** authority directly to community groups.
- **Best judges** of how their lives can be improved
- Motivated by their trust in people
- People as **assets and partners**
- **Responsive** to local demands, is more inclusive and cost-effective







ISHC: From Pilot to National Scaleup



	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
ISHC	60	167	186	245	423	489	568	630	780	830	980	1,200	1,889	2,985	3,442	3,842	5,400	6,521	8,432	10,000

Note: Prime Minister's (PM) Decision on ISHC Scale-up



3 Mainstreaming AFC



Age Friendly Cities and Communities



An Age-Friendly City or Community is a place that:

- enables people of all ages to actively participate in community activities.
- treats everyone with respect, regardless of their age.
- makes it easy to stay connected to those around you and those you love.
- helps people stay healthy and active even at the oldest ages. and
- helps those who can no longer look after themselves to live with dignity and enjoyment.

Eight Age Friendly City/Community Domains



TRANSPORTATION

1



HOUSING

2



SOCIAL PARTICIPATION

3



RESPECT & SOCIAL INCLUSION

4



CIVIC PARTICIPATION & EMPLOYMENT

5



COMMUNICATION & INFORMATION

6



COMMUNITY SUPPORT & HEALTH SERVICES

7



OUTDOOR SPACES & BUILDINGS

8

Transportation

1





Online taxi



Online shopping and delivery service





Disability access



Free bus card for older people



Escort volunteers from the ISHC

Housing

2





Housework (cleaning, cooking, etc.)





Repair & improvement



Home Protection



House for the poor and needy



legal service - property right and ownership



State home for destitute older people

Social Participation

3



Hobby (bike) clubs



Dancing groups



Exercise groups



Aerobic groups



Older People Associations/ clubs



Cultural groups



Chess clubs

Respect & social inclusion

4



Social and cultural



Birthday celebration & home visit (loneliness)



Celebrating diversity/ culture/ethnicity



Homecare – joining community activities



Homecare – social care (information sharing)



Homecare – personal care



Homecare – healthcare

Civic participation & employment

5



Community clean up and improvement day



Include in local meeting & planning



Community volunteer



Included in charity and relief works



Vocational Training



Work and employment programmes

Communication & information

6





ISHC monthly meeting







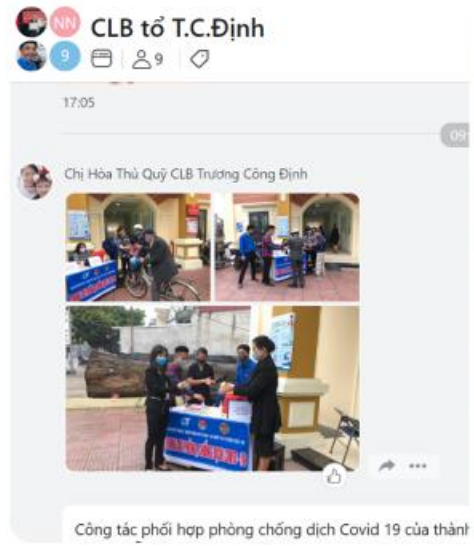
Information on Com. Loudspeaker



Older people website and apps



OP Newspaper reading group/clubs



Chat group



Home visit (1 to 1)

Community Support & Health services

7



Health Awareness





Health promotion (exercise and sport)





Health screening (monthly)



Health checkup (semi-annually)



Health Insurance & medical referral



Community-based care

Outdoor spaces & building

8



Advocate for open space with benches and wide side-walk



Large public square (for large social events)



Community Centers





Exercise equipment & playground for children



Weight-lifting areas to attract men

Urban & community gardens/green spaces

















4 Conclusion



Conclusion:

Include and invest in OPAs





- Greater and lasting impacts
- Reach millions of people
- Visibility and credibility
- Open new opportunities



Thank You