



### **Ms Thuy Bich TRAN**

*Country Director, HelpAge International in Vietnam*

Ms Thuy Bich Tran is the country director of HelpAge International in Vietnam. She holds a master's degree in development management from Asian Institute of Management (AIM). She has 25 years of experience working in the development area and of those, 15 years working in the area of ageing. She is one of the founders of a community-based, comprehensive and affordable model in Vietnam, so called Intergenerational Self-Help Clubs (ISHCs), which promotes healthy and active ageing in Vietnam using community-driven development approach. From an international funded project model, the ISHC has now become the national model which has been promoted to scale up by the government. Currently Ms Thuy Bich Tran and her team in Vietnam provides technical support for both national and local partners including Association of the Elderly in replicating the model.

### **Topic: Intergenerational Self-help Clubs (ISHCs) of Vietnam**

Vietnam has one of the fastest ageing population in the world. However, the country is still a low middle income country thus has limited resources to properly respond to rapid ageing. In this context, the governments promotes Intergenerational Self-help Clubs (ISHC) - a community based and older people led social mechanism. ISHC aims at promoting the well-being of poor and disadvantaged people, majority of them are older people, and contributing to inclusive and sustainable community development. The club is established at village level, as a self-managed organization and is overseen by local Association of the Elderly and authority.

The model is based on the combined approaches of mutual support, intergenerational engagement, participation, capacity building and influencing. Clubs are multi-functional and include 8 areas of activities: 1) health care, 2) home care, 3) income generation, 4) access to rights and entitlements; 5) support in emergency & community development; 6) Cultural performance and entertainment; 7) lifelong learning and 8) local resources/fund raising.

After joining the clubs, most members report that they feel happier, wealthier, and healthier, and they feel more empowered and confident. The clubs not only bring benefits for their members, but many disadvantaged people in the community. ISHCs also help change the perception of seeing older people as passive beneficiaries to active development actors. Establishing the clubs is affordable—one to two years after being established, the clubs are self-sustainable, both financially and technically. The ISHC model has rapidly grown over the years. By end of 2020, 3,500 ISHCs have been successfully established in 61 out of 63 provinces/cities in the country benefiting hundreds thousands of people annually. With the new national ISHC replication plan, the country will target at least 3,000 more ISHCs in the next 5 years.



### Thuy Bich TRAN 女士

國際助老會 越南國家主任

Thuy Bich Tran女士 是國際助老會 (HelpAge International) 的越南國家主任，擁有亞洲管理學院 (Asian Institute of Management) 的發展管理碩士學位，從事發展工作25年，其中15年更重點專注老齡範疇。她是越南所謂跨代自助俱樂部 (Intergenerational Self-Help Clubs)，一個全面、可負擔、以社區為基礎的發展模式的創始人之一。該俱樂部利用社區為本的發展模式，在越南推動健康及積極老齡化。ISHC已經由國際資助的項目模式，發展成由國家政府推動規模化。目前Thuy Bich Tran 女士和她在越南的團隊，為國家及地方合作夥伴複製模式提供技術支援。

## 題目: 越南的跨代自助俱樂部 (Intergenerational Self-help Clubs)

越南是世界人口老齡化速度最快的國家之一，但由於是中低收入國家，沒有足夠資源應對人口老化問題。因此，政府推動以社區為基礎、以長者為主導的跨代自助俱樂部 (Intergenerational Self-help Clubs，簡稱ISHC)。ISHC旨在促進貧困和弱勢群體 (長者佔大多數) 的福祉，並為共融和可持續社區發展作出貢獻。俱樂部建基於傳統村落，採取自我管理形式，並由當地長者協會和政府監督。

俱樂部的模式是建基於互相支持、跨代互動、社區參與、能力建設、及互相影響的目標。多功能的俱樂部提供 8 項活動範疇：1) 醫療保健，2) 家庭護理，3) 產生收入，4) 爭取權益；5) 緊急支援及社區發展；6) 文化表演及娛樂；7) 終身學習 以及 8) 資源分配/籌款。

大部分成員指出，加入俱樂部後他們更快樂、富裕和健康，並且生活充滿力量和自信。ISHC 同時亦惠及社區其他弱勢群體，成功改變大眾對長者受助的刻板印象，轉為積極參與的角色。成立俱樂部所需的資金在負擔能力以內，兩年後已經能夠自負盈虧及自行營運。其營運模式已迅速發展，至2020年底，全國有63個省及城市，當中已經有61個成功建立3500個相同的俱樂部，侍年惠及數百萬人。根據國家最新推出的ISHC計劃，將會積極在未來 5 年內至少再推動多3,000 個 ISHC。