

Population ageing and the emerging long term care markets in the Middle East and North Africa

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HYGIENE
& TROPICAL
MEDICINE



The unique features of ageing in the MENA region

- Pace of ageing
 - Within a dynamic political, socio-economic & epidemiological changing landscape
- Levels of unpreparedness
 - Policy and Practice
- Burden of disease
- Perceptions of and expectations from ageing
- Competing priorities and limited resources
- Population dividends
 - A window of opportunity, but
 - Differences between population and system demographics: high levels of unemployment and low levels of contribution

Opportunities & Challenges for the MENA region

Fiscal constraints

Competing policy priorities

Challenges to traditional
social structures

- Extended families, closed-net communities

Environment & infrastructure

Awareness & stigma

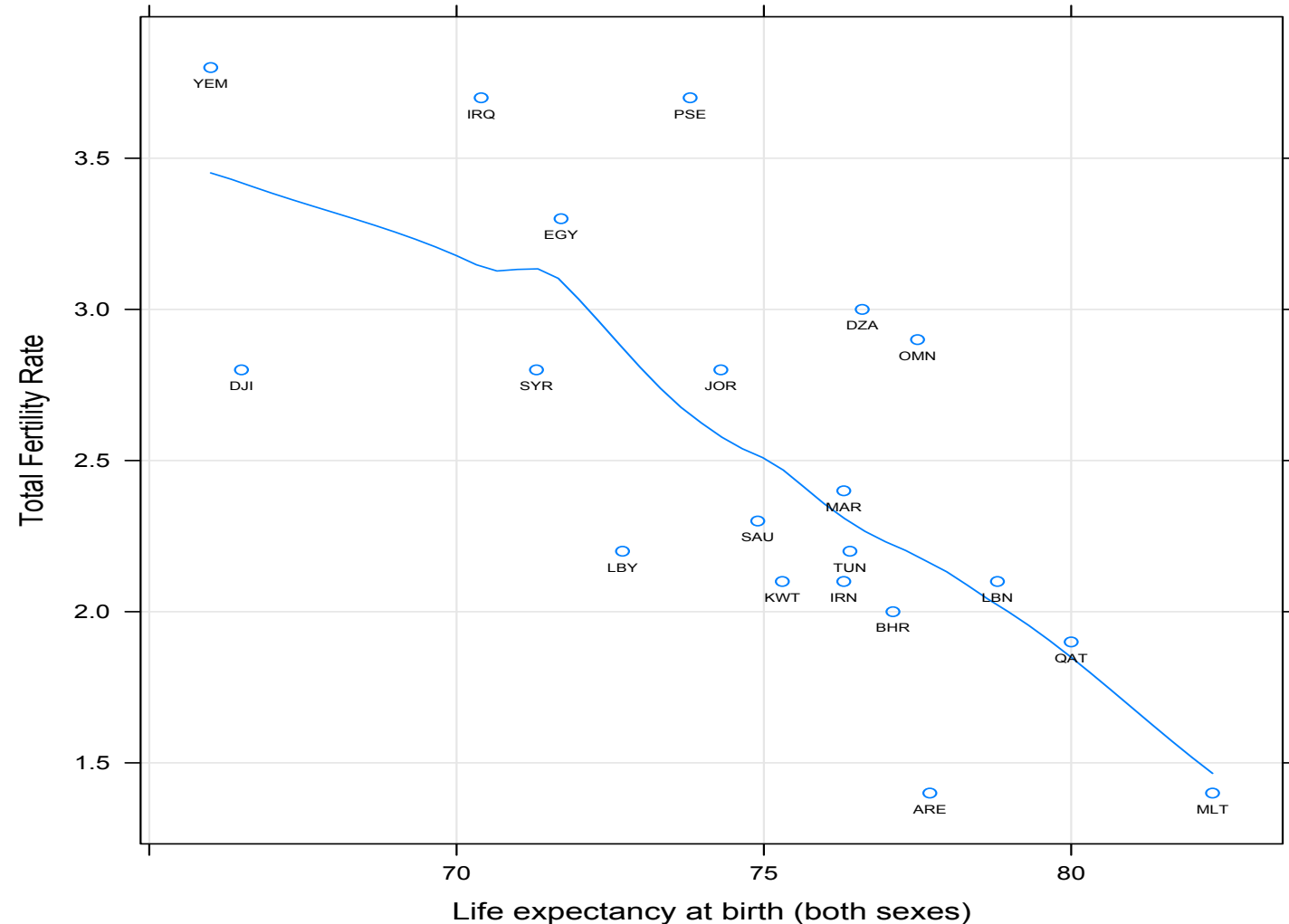
- E.g., Dementia

- A growing interest in global ageing, particularly healthy ageing
- The UN decade of health ageing (2021-2030) – building on the 2030 SDGs
- An interest in LMIC and the MENA region in developing ageing policies and supporting the community as a whole
- Realization of the need for data, evidence and dialogue

Fertility & Life Expectancy in the MENA region

Different countries at different stages

There is an inverse relationship between fertility and LE across the region

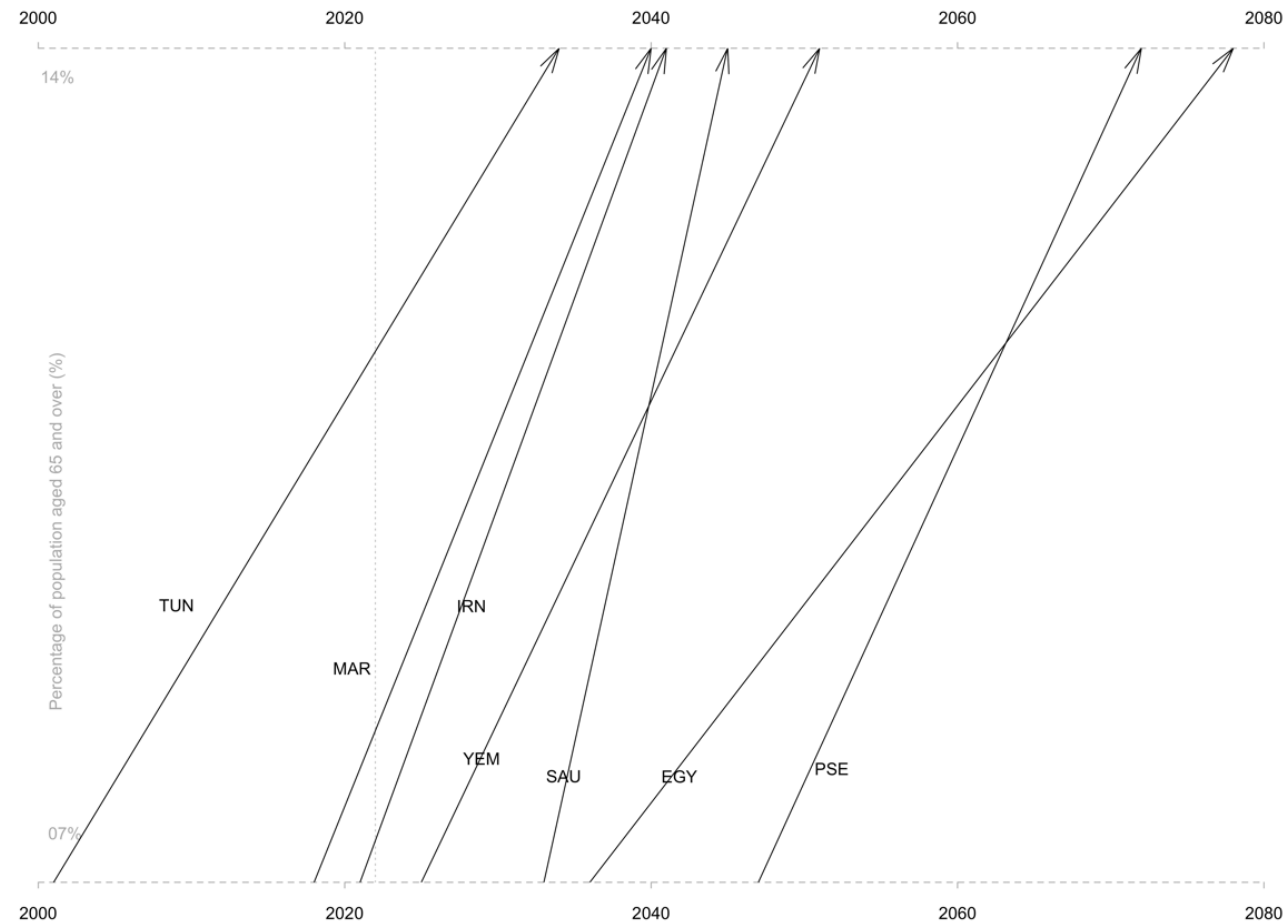


The pace of ageing transition

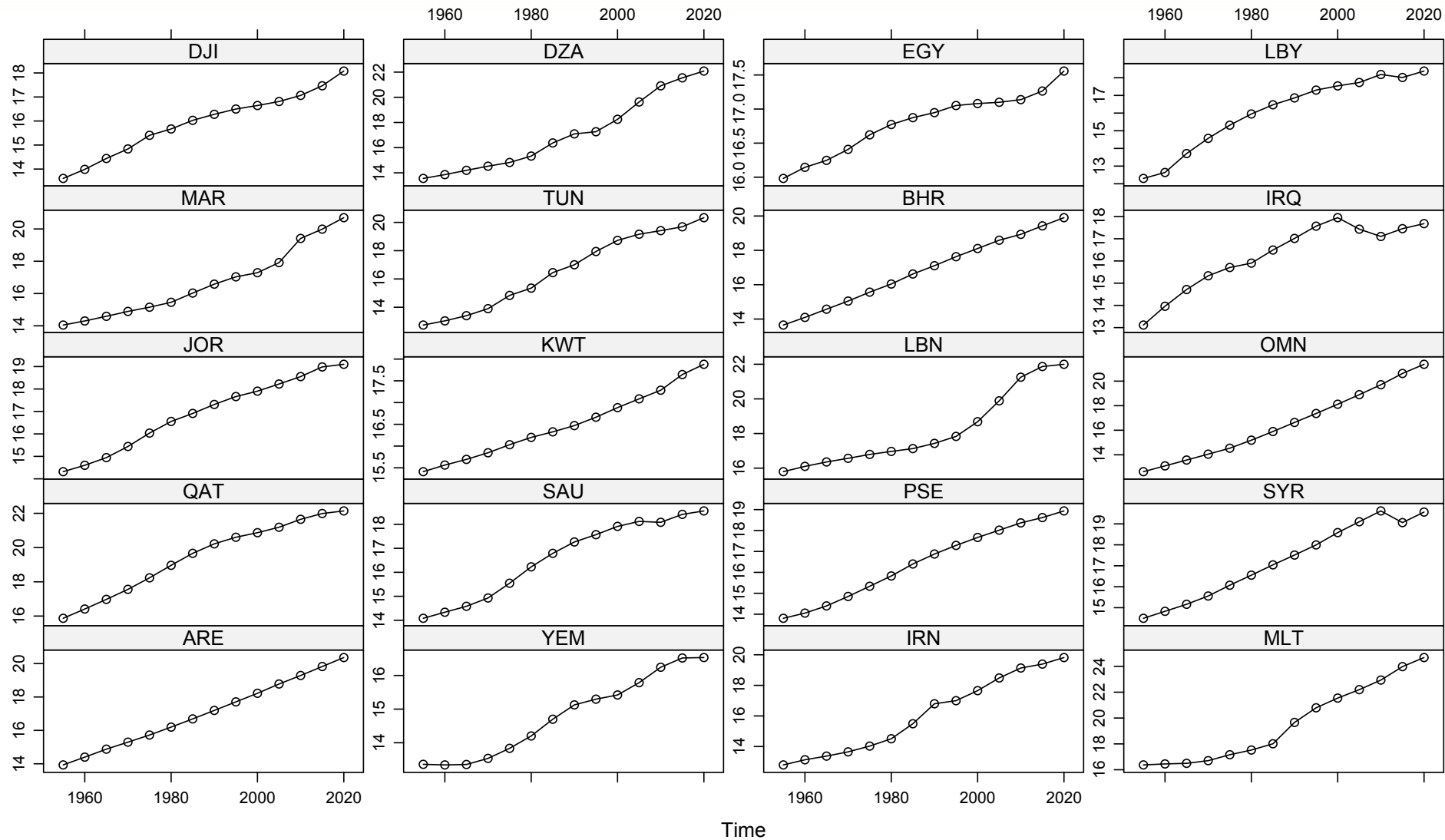
Only Tunisia, Iran, Lebanon and Morocco have started the transition

The pace of change in Iran is considerable (20 years in total)

By 2041, 14% of the Iranian population will be aged 65 or more



Life expectancy at age 60 is also increasing



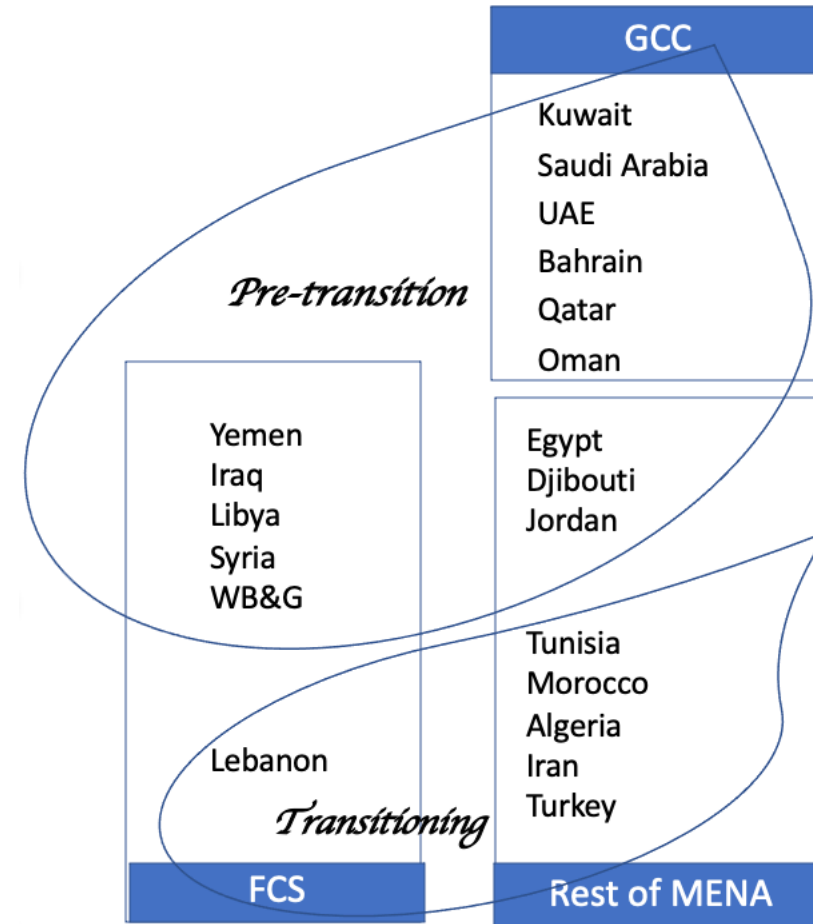
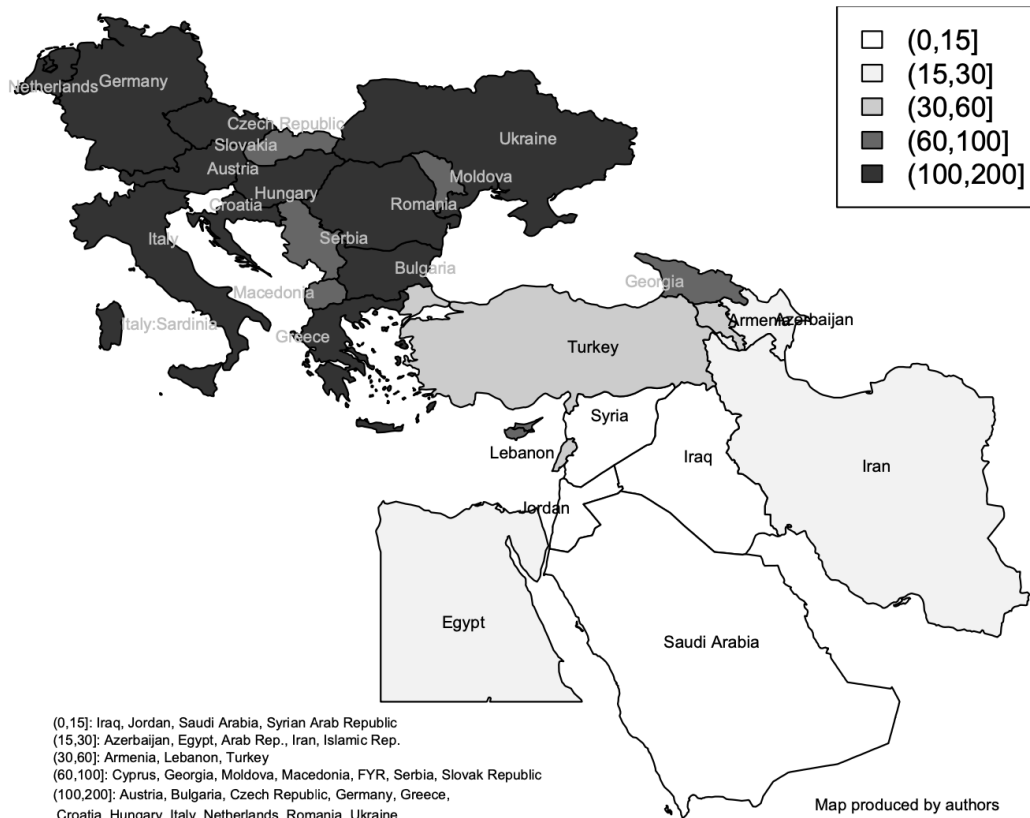
Not all years gained are healthy years

- Both life expectancy and healthy life expectancy are increasing
 - Nature longevity limit?
 - HLE not growing as fast as LE
- High number of years lived with LTC needs
- Significant gender, ethnic & socio-economic differentials
- Differentials within and across countries

Country	Life Expectancy at birth		Healthy life expectancy at birth		Difference between life expectancy and healthy life expectancy in years	
	Male	Female	Male	Female	Male	Female
Malta	79.9	83.8	70.9	71.9	9.0	11.9
Kuwait	79.3	84.0	69.5	71.1	9.8	12.9
Tunisia	74.9	79.2	66.1	67.7	8.8	11.5
Jordan	77.0	78.8	68.1	67.2	8.9	11.6
Iran	75.7	79.1	66.0	66.5	9.7	12.6
Lebanon	74.0	79.2	65.1	67.1	8.9	12.1
Libya	74.2	77.3	64.9	65.5	9.3	11.8
Algeria	76.2	78.1	66.7	66.1	9.5	12.0
UAE	75.1	78.4	65.8	66.2	9.3	12.2
Oman	73.0	75.3	64.5	64.5	8.5	10.8
Qatar	78.0	76.6	68.1	65.1	9.9	11.5
Bahrain	75.0	77.0	66.0	65.5	9.0	11.5
Egypt	69.6	74.1	62.3	63.7	7.3	10.4
Morocco	71.7	74.3	63.7	63.7	8.0	10.6
Iraq	69.9	75.0	61.6	63.7	8.3	11.3
Saudi Arabia	73.1	76.2	63.8	64.4	9.3	11.8
Syria	71.2	74.3	62.5	63.3	8.7	11.0
Djibouti	64.1	67.8	57.2	58.9	6.9	8.9
Yemen	64.4	68.9	57.0	58.0	7.4	10.9

Average LE & HLE at birth in 2019, source: World Health Organization

Common yet nuanced experiences



Malta (comparator)

- High Income
- EU island, transit labour migrant workers
- Completed ageing transition, very high old-age dependency rate
- High FLP rate & F-M LP ratio
- Existing LTC systems & policies
- High health expenditure

GCC (Saudi, Oman, Qatar, UAE, Kuwait, Bahrain)

- High Income
- Currently, the least aged (low old-age dependency ratio)
- Will start ageing transition in 7-12 years
- Fast-paced ageing process (10-19 years)
- Medium FLP rate & medium to high F-M LP ratio
- High contribution of migrant labour
- Largest gains in life expectancy (at birth and at age 60)
- High health expenditure

Ageing in the MENA region

FCS (Lebanon, Syria, Iraq, Libya, Yemen, WB&G)

- Life expectancy varies, trends affected by conflicts
- Ageing transition to start in 3-27 years (except Lebanon already started)
- Majority to complete ageing transition in 12- 30 years (except Iraq & WB&G up to 73 years)
- Low FLP rate (except Libya)
- Forced out-migration; disruption of traditional family aged care

Rest of MENA (Algeria, Tunisia, Morocco, Egypt, Jordan, Iran, Turkey, Djibouti)

- Middle income, high out-migration
- Majority started, or are about to start, the ageing transition (within 14 years)
- Most will complete ageing transition in 12-36 years (except Egypt projected to take 66 years)
- Modest to medium FLP rates

- Informal, unregulated and fragmented care
 - Provided by families, domestic workers and charitable organisations on ad hoc basis
 - Intergenerational exchange (bi-directional)
 - Lacks a coherent framework
 - Questions on sustainability and suitability
- Job creation opportunities
 - One of the fastest growing markets for employment globally, esp. for women
 - Training and career development
 - Trust and perceptions

Paradigm shift from a notion of 'crisis'
to realising opportunities

The flow of knowledge and ideas is
two-directional

Significant role of informal care
Including social capital and
community

Unequal experiences/pathways but
common goals

- Placing LTC on the agenda!
- (In)Equality
- Rethinking the life-course
 - Learning, training and work
- Care continuum
- Inclusivity of the built and socially-constructed environment
- Assistive technology and LTC
- Re-thinking the notion of 'ageing'
 - While acknowledging inequalities
- Sustainability

Four ways knowledge flow

- Europe

- Increasing role of the individual, family & communities
- Fragmentation vs. integration
- Crisis narratives

- MENA

- Early developments
- Informal care (embedded in policy development)
- Fiscal & governance constraints
- Opportunities within an evolving crisis



Reliance on the family
The 'invisible' welfare
scheme

(un)sustainability of family
care

- Socio-economic and demographic changes
- Emotional burden
- Competing opportunities

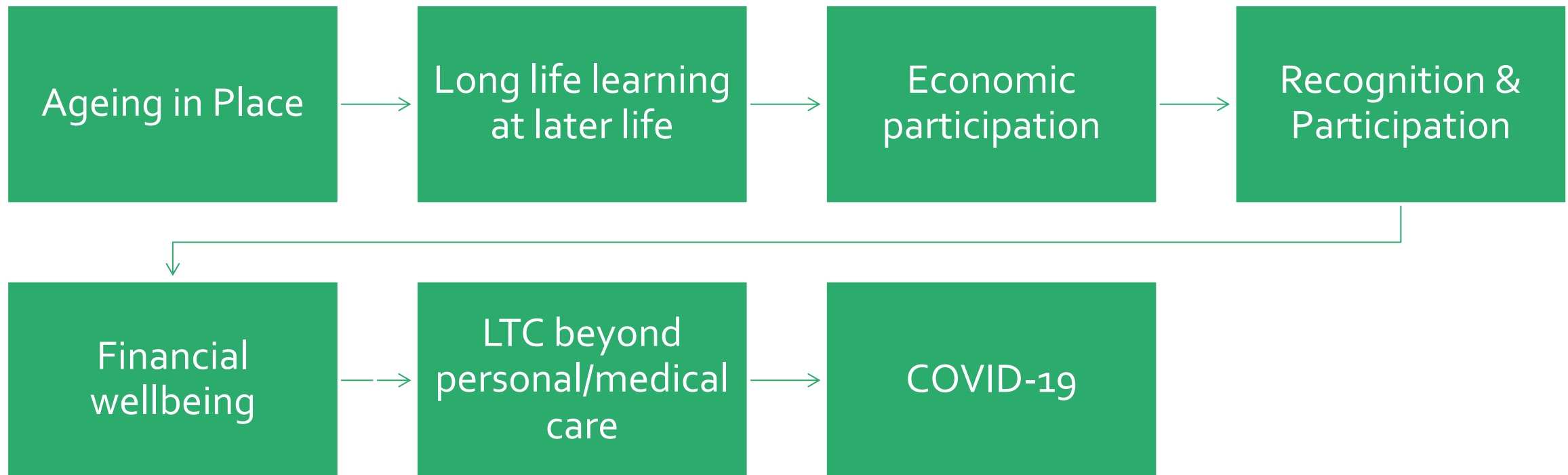
Suitability/adequacy of
care

LTC jobs one of the fastest
growing markets across
the globe

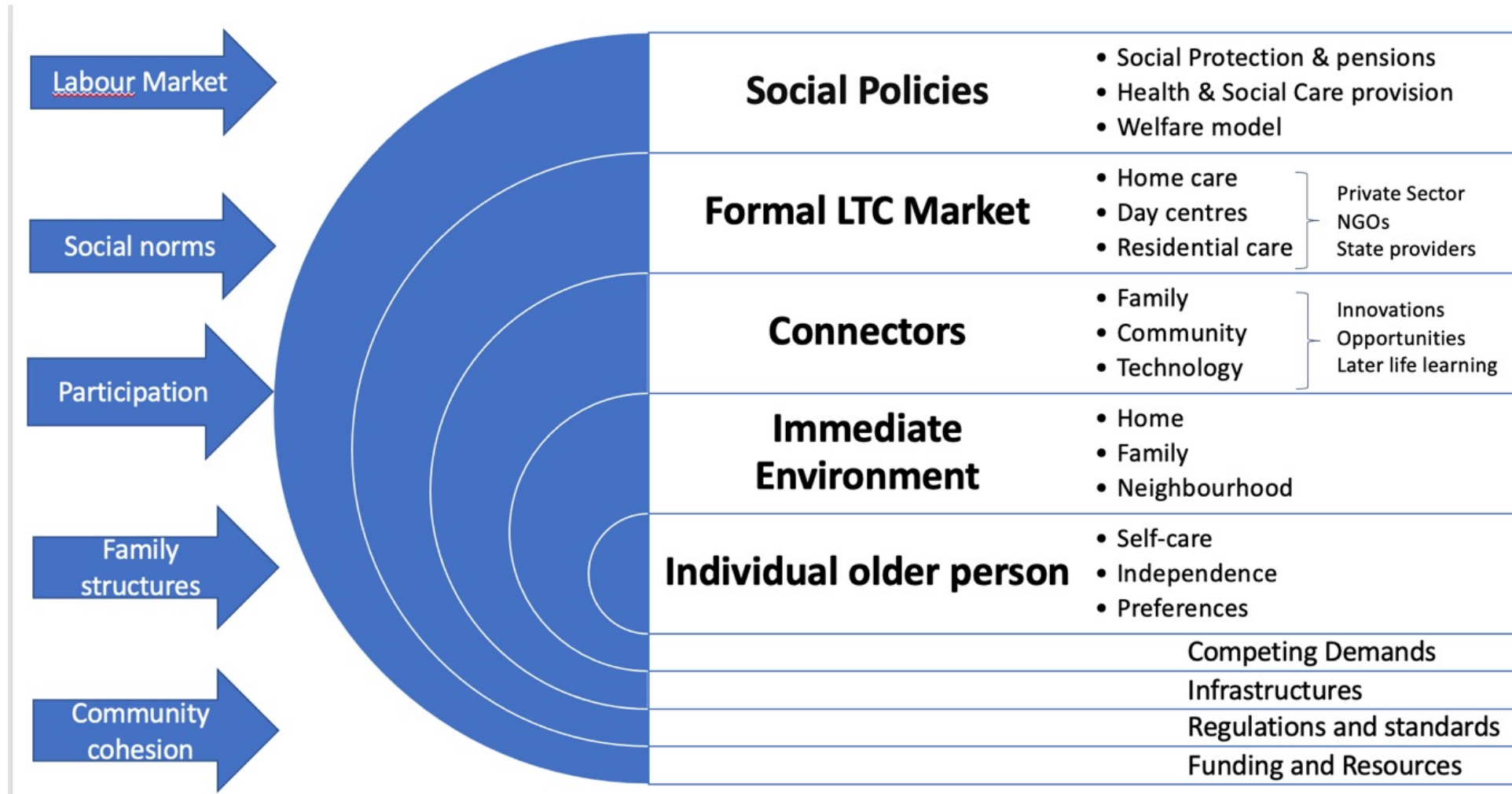
Attracting women in
particular
Labour gender-gaps

Employment opportunities
within a context of high
female unemployment
rates

Potential of LCT services to achieve healthy ageing



The LTC eco-system



Proposed LTC services: based on needs



Fully independent older people

- Community participation
- Later life learning
- Day centres
- Home support services
- Preventative services
- Digital literacy



Older people with care needs

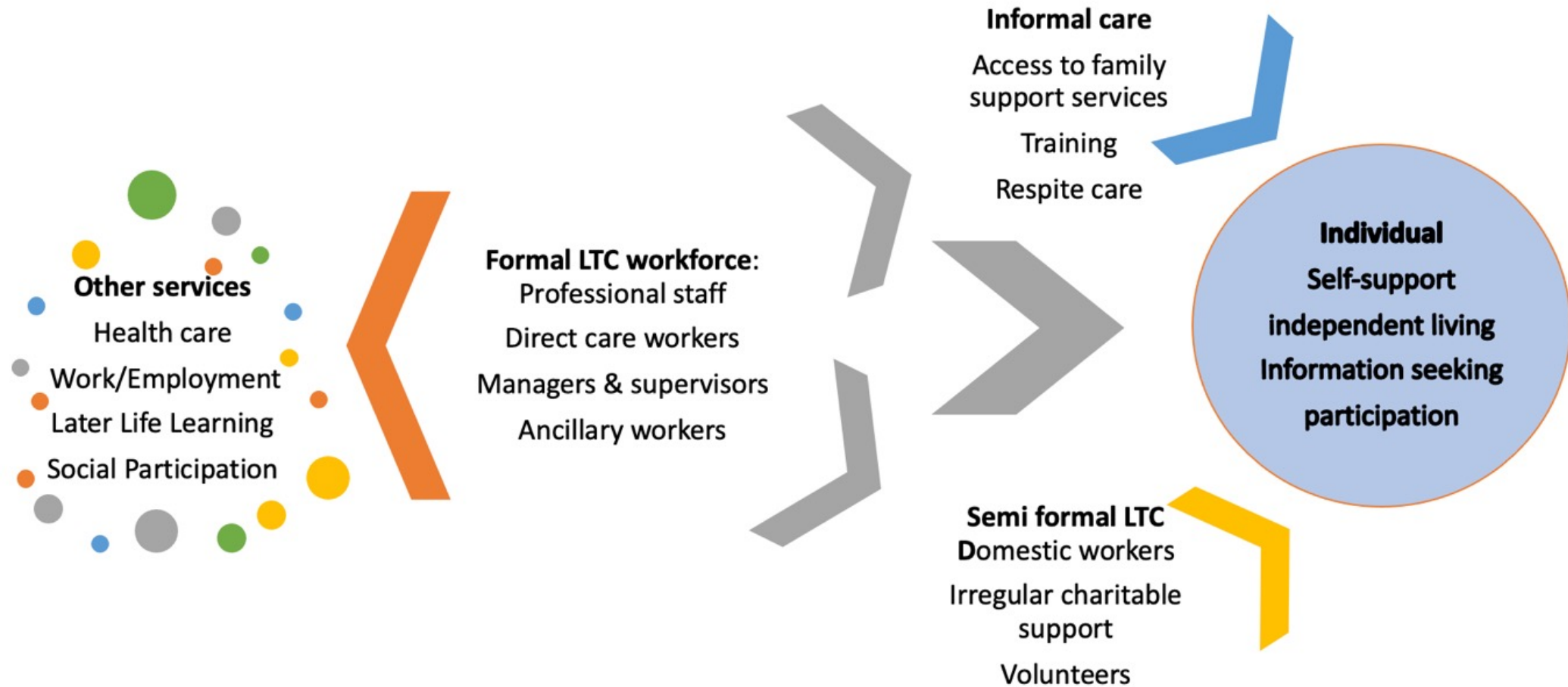
- Home care
- Day care
- Home support services
- Supported living
- Family support services
- Community support



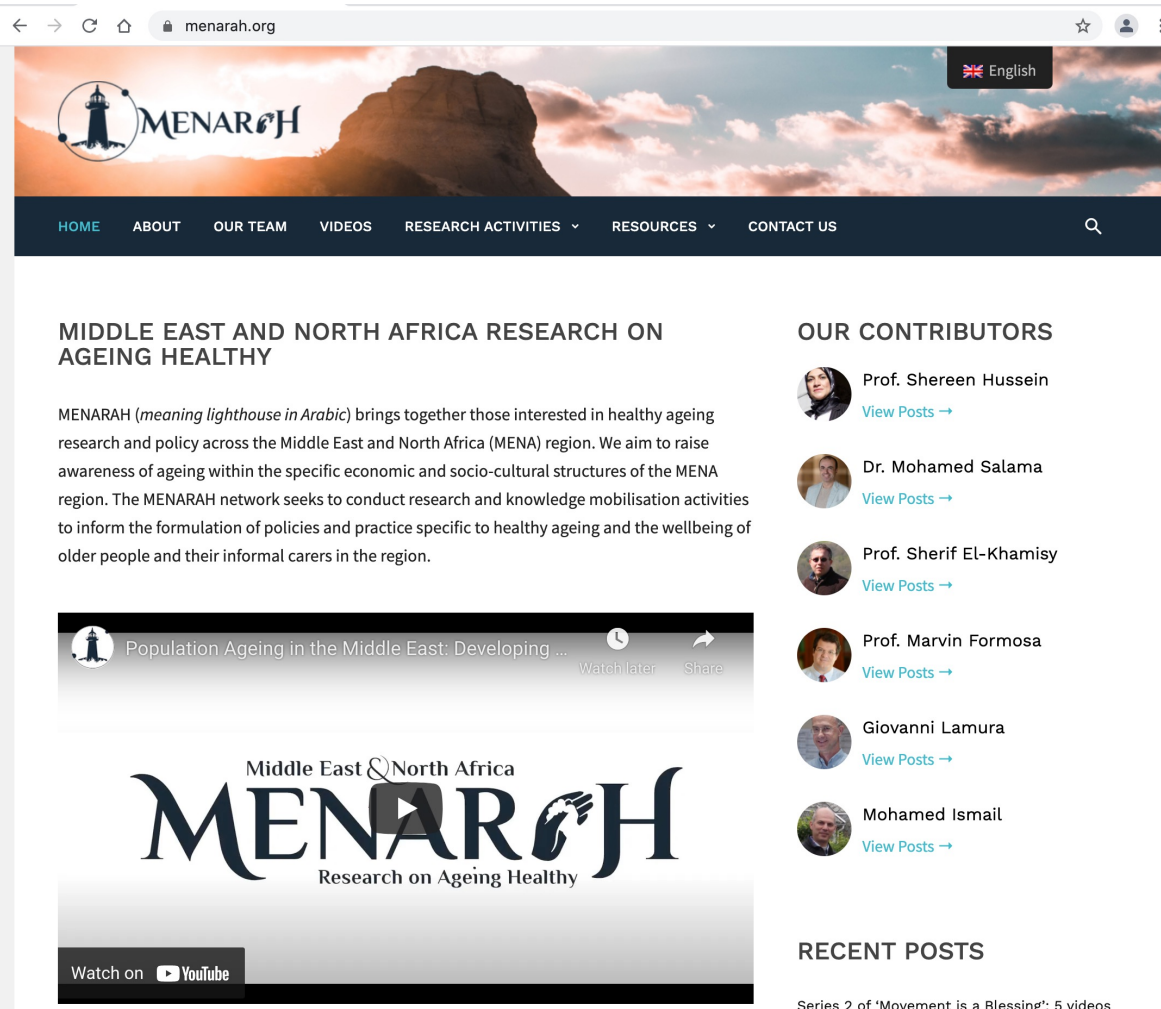
Older people with complex needs

- Care homes
- Nursing homes
- Palliative care
- Family support services
- Specialist care services (e.g. Dementia care)

The interactive role of the LTC workforce



The Middle East and North Africa Research on Ageing Healthy (MENARAH) Network



The screenshot shows the homepage of the MENARAH website. At the top, there is a navigation bar with links for HOME, ABOUT, OUR TEAM, VIDEOS, RESEARCH ACTIVITIES, RESOURCES, and CONTACT US. Below the navigation bar, the main content area features a large banner image of a lighthouse on a rocky shore. The text on the page reads: "MIDDLE EAST AND NORTH AFRICA RESEARCH ON AGEING HEALTHY". Below this, a paragraph explains the network's mission: "MENARAH (meaning lighthouse in Arabic) brings together those interested in healthy ageing research and policy across the Middle East and North Africa (MENA) region. We aim to raise awareness of ageing within the specific economic and socio-cultural structures of the MENA region. The MENARAH network seeks to conduct research and knowledge mobilisation activities to inform the formulation of policies and practice specific to healthy ageing and the wellbeing of older people and their informal carers in the region." To the right of the main text, there is a section titled "OUR CONTRIBUTORS" listing six individuals with their names and "View Posts" links. Below this, there is a "RECENT POSTS" section with a link to a video series. At the bottom of the page, there is a "Watch on YouTube" button.

- Launched Sep. 2020 (www.menarah.org)
 - Builds on activities since 2015
- Focuses on healthy ageing in its broadest meaning
- A network of researchers, NGOs, policymakers and many more
- Aims to
 - Raise awareness and connect different actors
 - Conduct research and knowledge mobilisation activities
 - Inform policy and practice formulation & development

International, regional and national collaborators

- Global Health Equity Foundation
- London School of Economics (STRiDE)
- Healthy Life Span Institute
- United Nations International Institute on Ageing
- Oxford Institute of Population Ageing
- Social Research Centre, American University in Cairo
- Italy's National Institute of Health and Science on Ageing
- HelpAge International
- Institute of Global Health and Human Ecology, Egypt
- Adnan Menderes Üniversitesi, Turkey
- Global Brain Health Institute

MENARAH Network
31 subscribers

CUSTOMISE CHANNEL MANAGE VIDEOS

HOME VIDEOS PLAYLISTS CHANNELS DISCUSSION ABOUT

Uploads PLAY ALL SORT BY

Row 1:

- Movement is a Blessing - Series 2: Video 5 (5:23)
- Movement is a Blessing - Series 2: Video 4 (5:41)
- Movement is a Blessing - Series 2: Video 3 (4:00)
- Movement is a Blessing - Series 2: Video 2 (6:55)
- Movement is a Blessing - Series 2: Video 1 (4:34)
- MENARAH Network Launch event on the 29th of... (1:49:24)

Row 2:

- Life Stories: Growing old in the Middle East (3:37)
- Population Ageing in the Middle East: Developing... (16:55)
- Life stories: caring for our parents, the Middle East (11:35)
- Life Stories: Caring for our parents (8:45)
- Life Stories: Old people's narratives from the Middle... (5:23)
- Interview with Dr Mohamed Salama, Associate Proffeso... (3:52)

Row 3:

- Interview with Professor Victor Valcour, Global Brain... (4:54)
- Interview with Professor Zeinab Khadr, American... (16:59)
- Interview with Professor Hoda Rashad, Director, Soci... (13:07)
- Interview with Claudia Di Matteo, INCRA-RCCS,... (13:23)
- Interview with Giovanni Lamura, INRCA-IRCCS,... (14:49)
- Interview with Angelo Rossi Mori, National Research... (33:26)

MENARAH's Network Aims and Objectives

1

Promoting the ageing agenda and dialogue

- Dialogue & Mapping
- Awareness raising
- Cultural & context specific

2

Linking stakeholders

- NGOs, international agencies, governments, individuals
- Building capacity

3

Providing technical assistance

- Directly to governments or through international agencies and NGOs
- Consultancies

4

Knowledge translations and exchange

- Publications' hub
- Regular commentaries
- Lay summaries of research

Examples

Latest ▾

COVID19 AND THE WELLBEING OF OLDER PEOPLE IN THE MIDDLE EAST

The role of physical activities and the use of technology to enhance older people's wellbeing in the Middle East during COVID19 Pandemic: A pilot study Informal carers in Egypt are one of the main groups of large access and use of mobile phones in Egypt, and the use of apps such as WhatsApp and Facebook are widespread. For example, mobile shipments to Egypt were 14.9 million units in 2019 alone, with 72% being smartphones. This project aims to capitalise on the use of smartphones and apps to provide a timely and unique platform for information, advice and service dedicated to ensuring the health and wellbeing of older people through the following activities that will be brought together under one online platform. Egypt, similar to many other LMIC, suffers from poor infrastructure and support for older people. The COVID19 pandemic presents an unprecedented situation where older people and those with long term care needs are forced to self-isolate in homes. Utilising social media, telemedicine and the online platform becomes necessary within such a situation to maintain the physical and mental wellbeing of older people. The project consisted of four main activities:

1. Piloting a virtual doctor 'Doctori' platform, an initiative to connect older people and their carers to doctors online
2. Developing and producing physical training instruction video specific to older people at home during quarantine and beyond. These are aimed at both older people and carers to support them.
3. Conducting scoping research on the use of telecare simple devices in monitoring and supporting older people's health.
4. Developing a Facebook Group 'our elderly health at home', hosting the above activities and providing signposting to relevant charities and organisations and a platform for communications with carers.

Research team: Professor Shereen Hussein (PI) in collaboration with Dr Mohamed Salama at the American University in Cairo, Sport Makers and Arrow Systems, Cairo, Egypt. **Funding:** The University of Kent, Global Challenges Research Fund, Emergency research Fund.

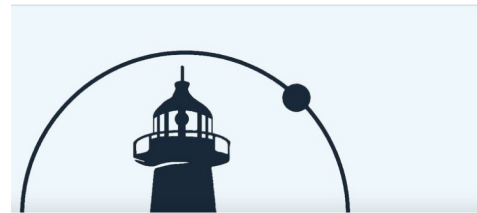


Share Suggest Edits ... Send Message

صحة أهاليينا Our Elder's Health
e 2020 · 🌐

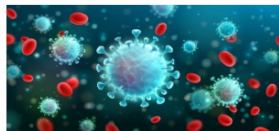
أهلاً ومرحباً بكم جميعاً في صفحتنا "صحة أهاليينا" 😊👍
رعاية أهاليينا والإهتمام بهم وبصحتهم من أهم وأعظم المهام والتي ت
من مسؤولياتنا وبنقى مهتمين إزاي نحافظ ونعتني بصحتهم وسعادته
النفسية على أذ ما نقدر بس أحياناً بنواجه صعوبات وبنقى مش قادر
الأفضل ليهم. يعني عايزين نخلي حياتهم مريحة وسهلة وهما بيكبروا
في نفس الوقت بيكون مهم جداً ليهم النشاط والحركة وإتنا نهياألهم
يقضوا وقت مع العائلة وتكون ليهم أنشطة وحياة إجتماعية لطيفة

...
Continue reading



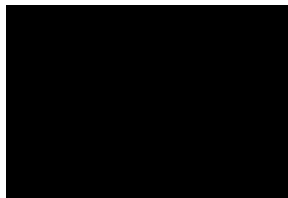
COVID-19, Social Distancing and Lockdown: Implications on Older People in the...

July 7, 2021



COVID-19 in the Middle East and North Africa Region

October 5, 2020



Series 2 of 'Movement is a Blessing': 5 videos

May 10, 2021



Telemedicine solutions for older people in the MENA region

July 14, 2020

OUR CONTRIBUTORS

- Prof. Shereen Hussein [View Posts](#)
- Dr. Mohamed Salama [View Posts](#)
- Prof. Sherif El-Khamisy [View Posts](#)
- Prof. Marvin Formosa [View Posts](#)
- Mohamed Ismail [View Posts](#)
- Giovanni Lamura [View Posts](#)

RECENT POSTS

How to promote healthy ageing in the MENA region? The role of practitioners and local actors

RESOURCES

This section contains our resources across blogs, publications, presentations and useful links.

Blogs

Read our latest blogs and news:

INTRODUCING MENA REGIONAL AGEING

Blogs, Resources, Videos

Law and Ethics of Care of Older People in the MENA region

In December 2021, MENARAH network lead, Professor Shereen Hussein, was invited by Weill Cornell Medicine Qatar's (WCM-Q) to shed light on the ethics of long-term care (LTC) in the context of the Middle East and North Africa (MENARAH) region. The event

... Continue Reading

Publications

members' publications:

Blogs, Publications, Resources

The Golden Paper on Fixing Pension Systems in MENA Region

All Arab countries, except for three, have deficits in their pension funds exceeding 50%. As for the three countries, two of them started their social insurance relatively late and the third one had to significantly recapitalize its fund early last

... Continue Reading

Events

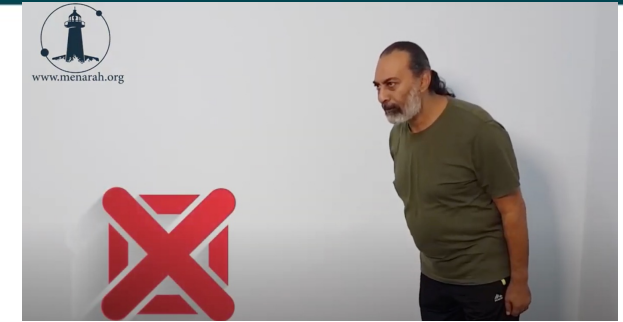
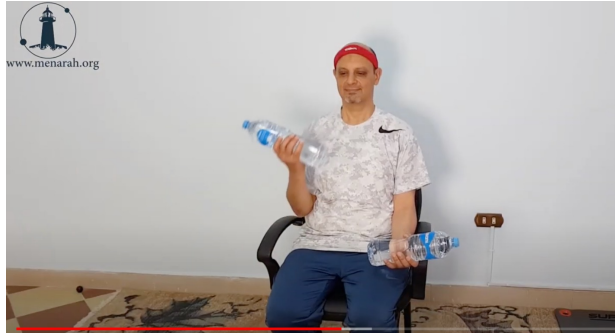
Conferences and events:

COVID-19 and the Wellbeing of Older People in the MENA Region

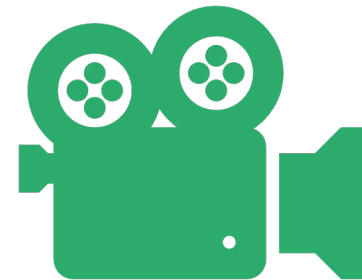
COVID-19, Social Distancing and Lockdown: Implications on Older People in the Middle East & North Africa

... Continue Reading

Creating practical and accessible tools during COVID



Movement is a Blessing
Culturally tailored physical training videos: 10 episodes



Supporting Regional Policy Development: Building Forward Better for Older Persons in the Arab Region



E/ESCWA/CL2.GPID/2022/1/POLICY BRIEF.1

BUILDING FORWARD BETTER

Ageing trends and socioeconomic status of older persons in the Arab region



1

In this brief

- Demographic trends
- Socioeconomic status
- Health
- Education
- Poverty
- Evidence base



This brief is based on PDR 9, available at: <https://www.unescwa.org/publications/population-development-report-9>



E/ESCWA/CL2.GPID/2022/1/POLICY BRIEF.2

BUILDING FORWARD BETTER

Social protection for older persons in the Arab region



2

In this brief

- Social protection
- Coverage
- Adequacy
- Gender lens



This brief is based on PDR 9, available at: <https://www.unescwa.org/publications/population-development-report-9>



E/ESCWA/CL2.GPID/2022/1/POLICY BRIEF.3

BUILDING FORWARD BETTER

Long-term care for older persons in the Arab region



3

In this brief

- Long-term care (LTC)
- Case studies
- Egypt
- Saudi Arabia
- Syrian Arab Republic
- Formal LTC markets



This brief is based on PDR 9, available at: <https://www.unescwa.org/publications/population-development-report-9>

Case studies: Egypt, Syria, Kingdom of Saudi Arabia (KSA)

Characteristics	Syria	Kingdom of Saudi Arabia	Egypt
Average Life Expectancy at Birth (2019):			
Total	73 years	75 years	72 years
Males	68 years	74 years	70 years
Females	78 years	77 years	74 years
Percentage of the population 65+ (N) in 2020	4.9% (853,056)	3.5% (1,217,949)	5.3% (5,456,144)
Old Age dependency Ratio in 2020	8.8	5.3	10.2
Total Fertility Rate (2019)	2.8	2.3	3.3
Female Employment Rate in 2019	16.7%	15.8%	20.6%
Net Migration (2017)	-2,136,954	674,895	-190,164
GDP per capita (USD) (2019)	1,194 \$	23,337 \$	3,153 \$
Health Care Expenditure as % of GDP (year)	3.57% (2012)	6.36% (2018)	4.95% (2018)
Year ageing transition start (years to complete)	2035 (17 years)	2033 (12 years)	2036 (42 years)
Context	Low income; Political Conflict; Levant Region	High income; high levels of in-migration; Gulf region	Low-Middle Income; most populous; North Africa

Case Study 1: The Evolving Long Term Care Market in Syria

War/conflicts affected all age groups including older people

The Syrian Commission for Family and Population Affairs study (2019)

- Assessing the needs of older people between 2011 to 2019
- Primary data collection comprising 94 in-depth focus group discussions (10 in each governorate) and four workshops with 950 participants
- The needs for effective social protection mechanisms
- Developing formal long term care services to complement family aged care

Current LTC services in Syria

Perception of Ageing: intersectionality of gender, employment & socio-economic status

Health status: co-morbidity, access to health services & regional variations

Social participation: paid employment, recreational activities

LTC services: the role of family, NGOs & charitable organisations. Broader services meals, clothing, financial support + residential and home care. Decline since the war; geographical disparities. Lack of specialist services (e.g. dementia care)

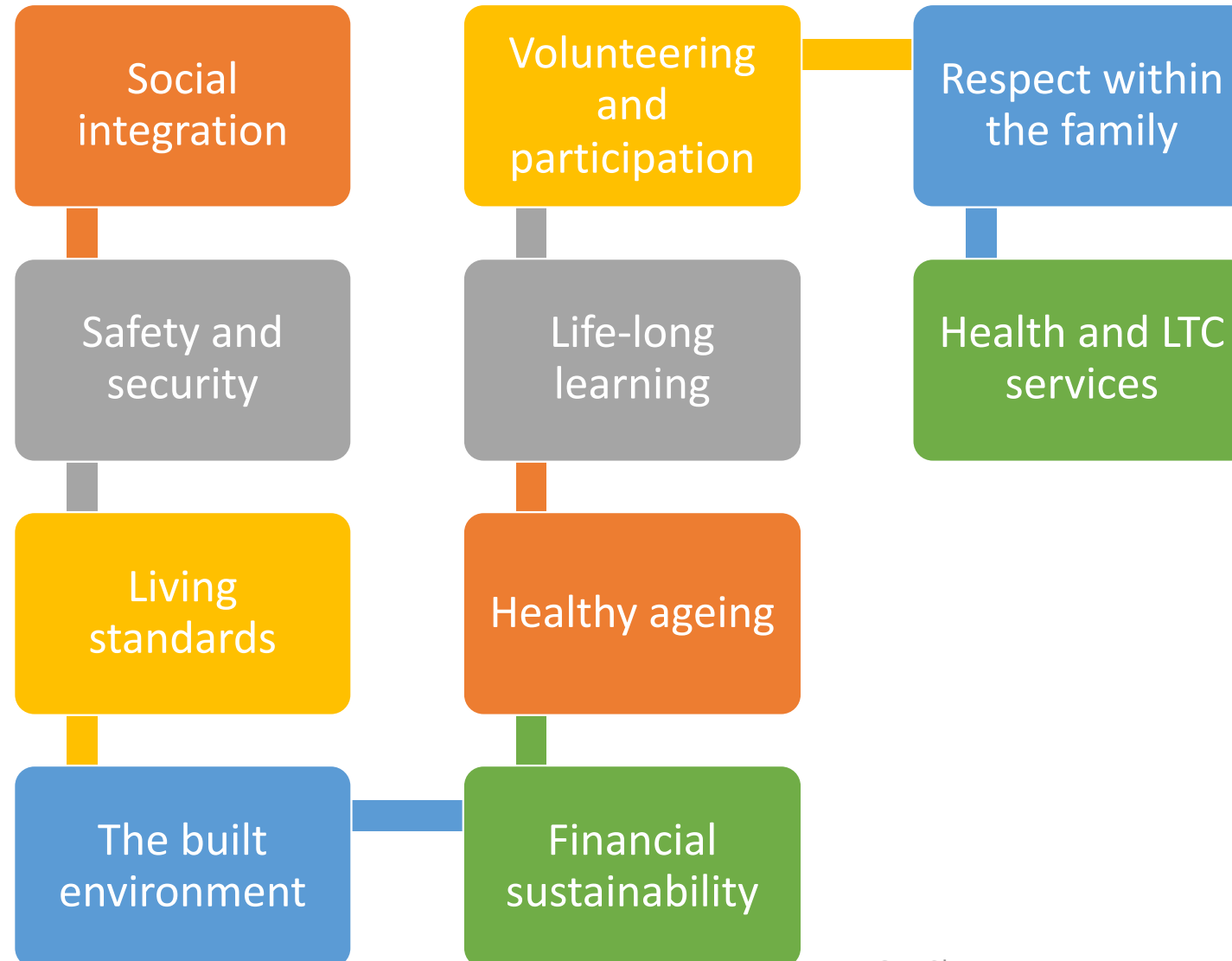
Case Study 2: The evolving LTC markets in the Kingdom of Saudi Arabia

LTC market is estimated to be one of the major growth sectors in KSA (esp. rehabilitation, extended care facilities, psychiatric centres and home health care)

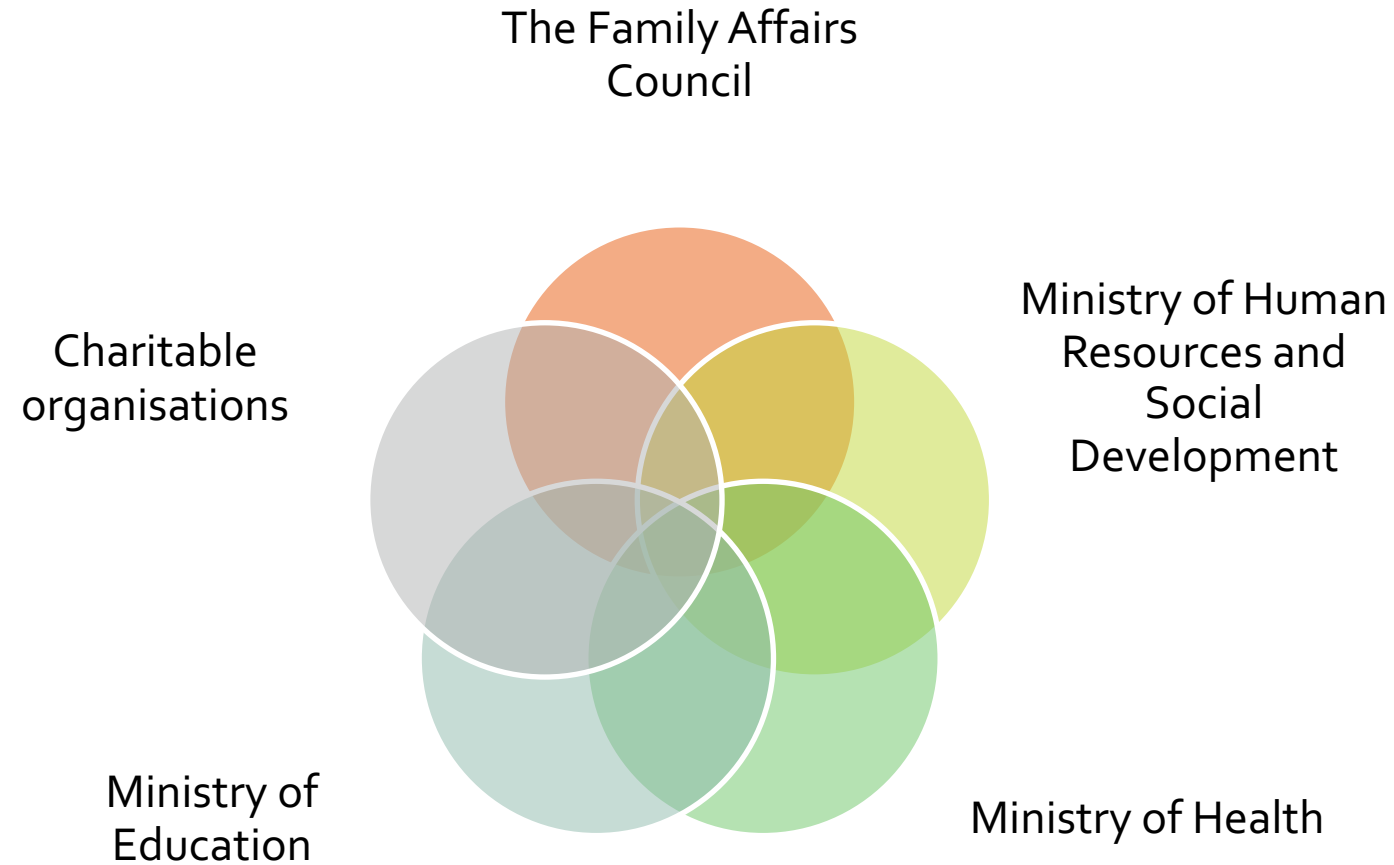
Health care transformation as a part of the 'Saudi Vision 2030'. Home care is a core element

Funded by the government with some services purchased from the private sector

KSA National Strategy for the Family



Cross-ministerial efforts to support older people



Case Study 3: LTC in Egypt

The role of families & charitable organisations

The Universal Health Insurance (UHI) launched in 2018

Social protection: two schemes 'Takaful' (solidarity) and 'Karama' (dignity) since 2015

The Older People's Rights' Law currently, 2021, being debated

New initiatives currently in progress: The Golden Card; 'Al-Tadamun' older person's companionship programme

- Piloted in 2019 with 51 successfully trained individuals
- A new scheme is currently being prepared

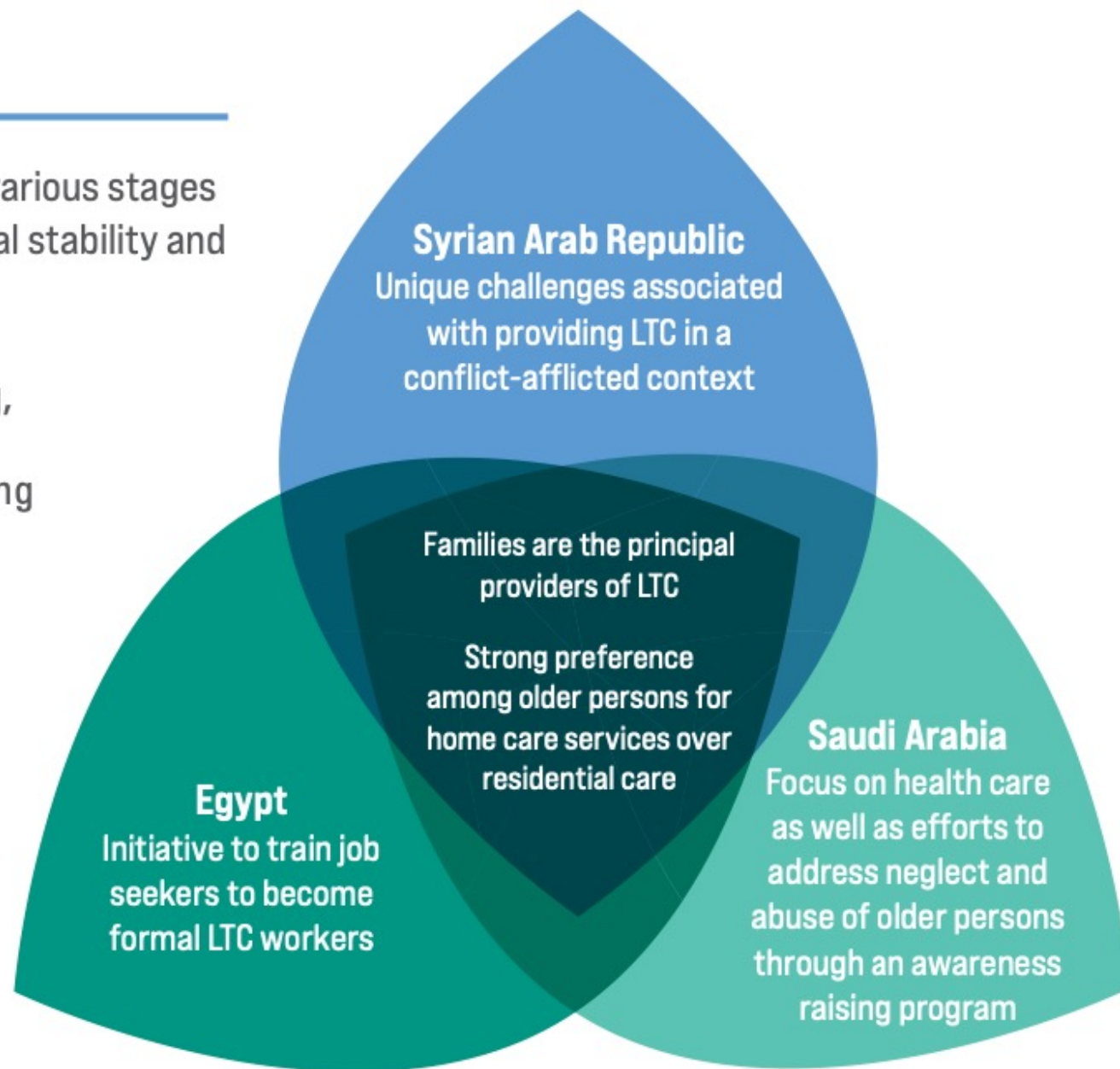
Demand for a formal LTC market: A recent phone survey (Baseera)

Statement	Level of agreement				
	Totally agree	Agree	Neutral	Disagree	Totally disagree
If someone is not able to take care of their parents, they may admit them to a nursing care home	6.2%	21.3%	3.0%	12.6%	56.8%
If someone is not able to take care of their parents, they may hire a formal LTC provider	18.9%	48.5%	2.2%	10.7%	19.7%
The formal home care worker could be left alone with the older person	10.1%	34.1%	5.0%	30.7%	30.1%
Having formal LTC services for older people is essential	20.0%	31.4%	4.1%	24.9%	19.6%
Most of those who work as formal LTC workers do not have specialized training	15.8%	27.2%	37.4%	14.2%	5.4%
Formal LTC services must be specialized	66.1%	19.3%	3.2%	10.4%	1.0%

Case studies

Three case studies represent countries at various stages of the ageing transition, economic and social stability and sub-regions, among other characteristics.

- **Syrian Arab Republic:** moderate ageing, low income, and relatively low health care expenditure per capita, transitioning from a prolonged conflict.
- **Egypt:** low-middle income populous country in the North Africa region.
- **Saudi Arabia:** high-income Gulf Cooperation Council (GCC) country.



Modelling LTC cost in MENA countries



Review
An Evidence Review of Ageing, Long-Term Care Provision and Funding Mechanisms in Turkey: Using Existing Evidence to Estimate Long-Term Care Cost

Mohamed Ismail^{1,2} and Shereen Hussein^{3,*}

¹ Oxford Institute for Population Ageing, University of Oxford, Oxford OX2 6PR, UK; mohamed.ismail@ageing.ox.ac.uk
² Analytical Research Ltd., Surrey GU24 0ER, UK
³ Department of Health Services Research and Policy, London School of Hygiene and Tropical Medicine, London WC1H 9SH, UK
 * Correspondence: shereen.hussein@lshtm.ac.uk; Tel.: +44-7952740146

Abstract: Turkey is transitioning from an ageing to aged population at a fast pace. This process requires immediate policy and practice planning and actionable strategies. Formulating and implementing such policies needs to acknowledge parallel demographic and socio-economic changes ensure adequate resources and appropriate services are developed to enhance the growing older population's quality of life and wellbeing. Limited long-term care (LTC) provision, funding mechanisms and reliance on informal support primarily provided by women pose considerable challenges to stakeholders, including the state, families and older people. This paper provides an evidence review on older people's status and their health and care needs, current LTC policies, provision and funding mechanisms in Turkey. It employs a mixed review methodology, making use of published statistical indicators and literature. The study also adapts existing LTC funding estimation models to predict LTC cost for Turkey. The review highlights the increasing share of older people in Turkey, the fast pace of population ageing, and escalating health and LTC unmet needs. Older people are reported to have high levels of depression, loneliness and co-morbidity with regional, gender and education differentials. The Turkish LTC and welfare models rely on the family, particularly women, to meet increased demand. A hierarchical model with random intercept was implemented and estimated the LTC cost in Turkey to be 0.02% of GDP, acknowledging the high proportion of people at labour

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 Citation: Ismail, M.; Hussein, S. An Evidence Review of Ageing, Long-Term Care Provision and Funding Mechanisms in Turkey: Using Existing Evidence to Estimate Long-Term Care Cost. *Sustainability* 2021, 13, 6306. <https://doi.org/10.3390/su13116306>

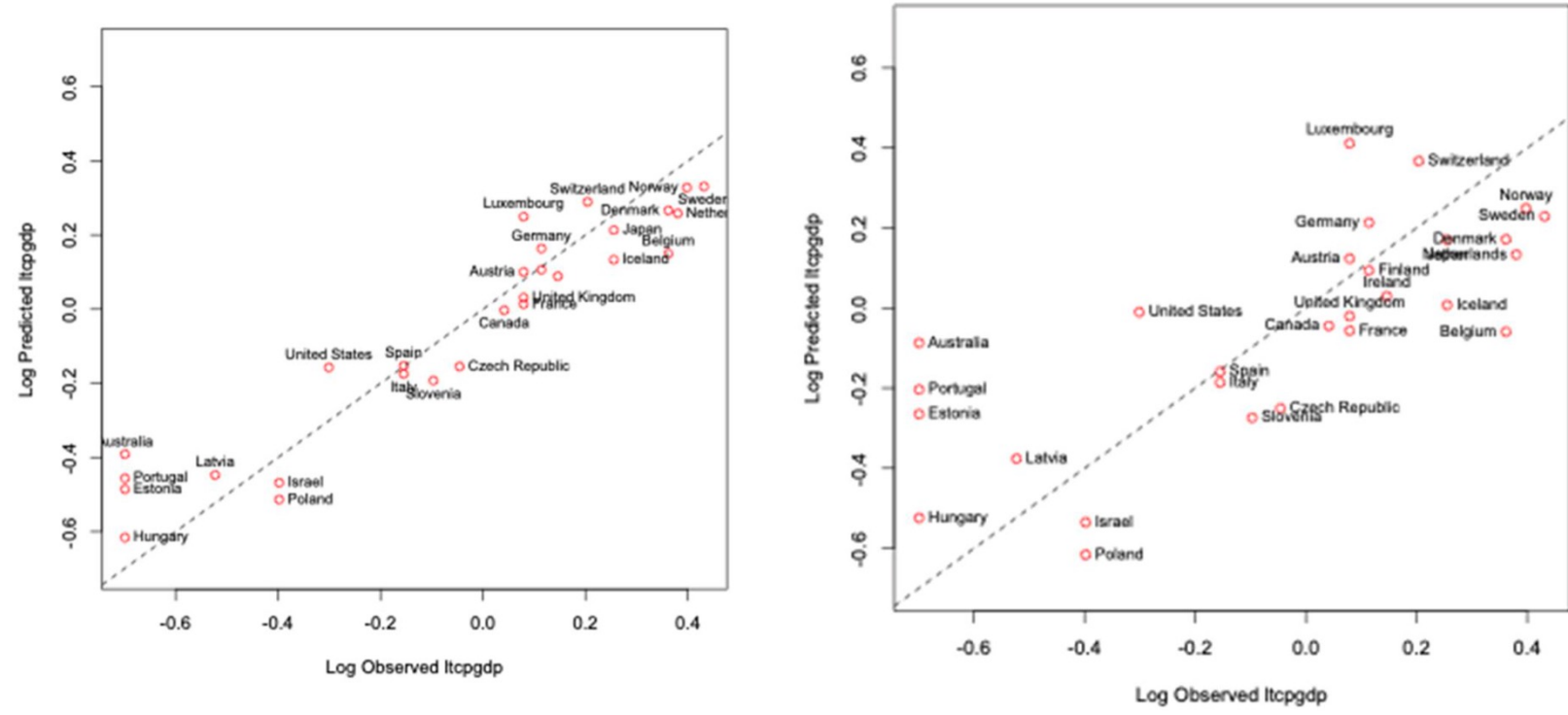
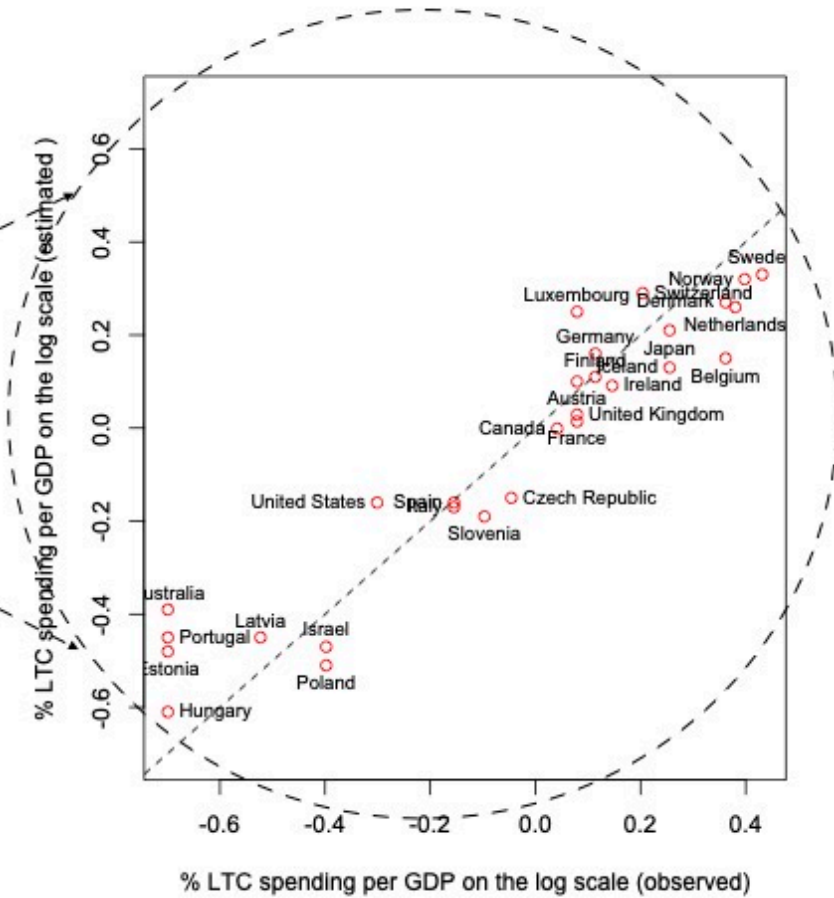
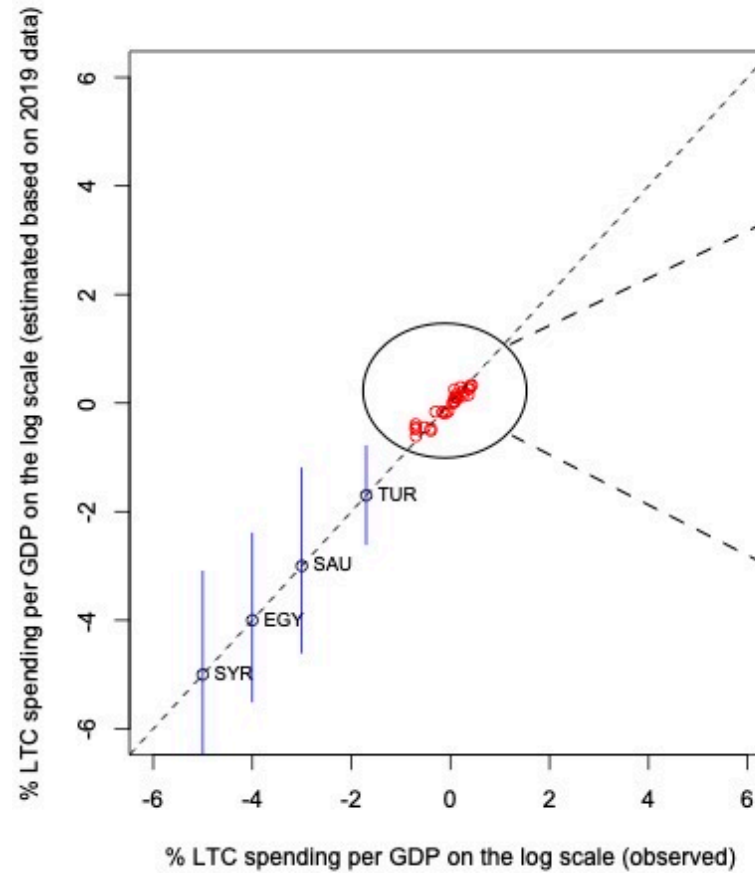
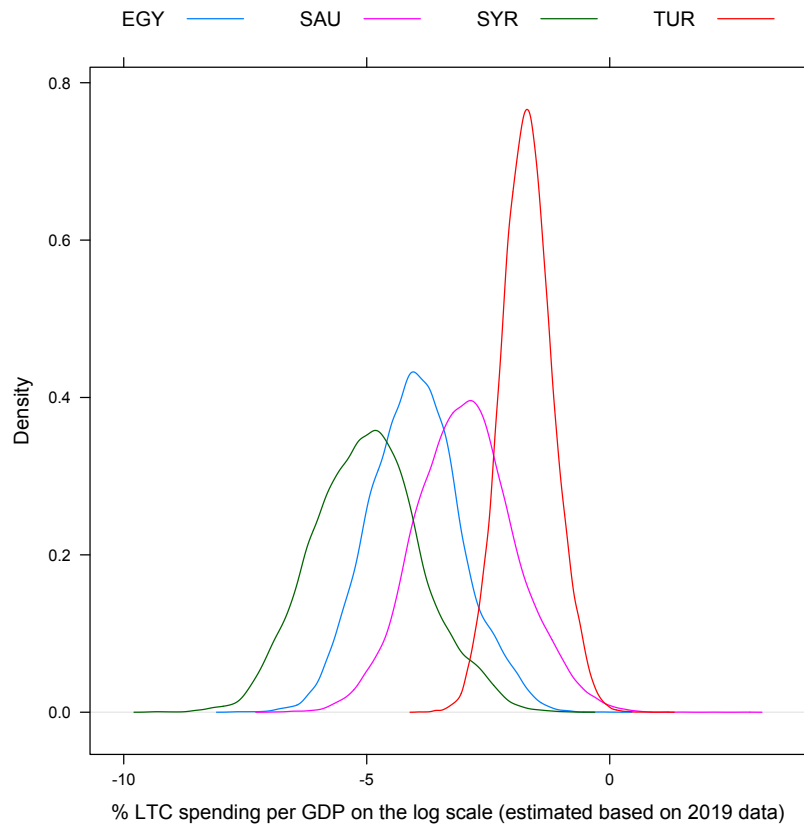


Figure 4. The mean values of the percentages of LTC spending as percentage of GDP as predicted by the final model (left panel) against the values observed by the OECD on the logarithmic scale. The right panel shows the results for the common intercept model.

• Source: Ismail & Hussein (2021)

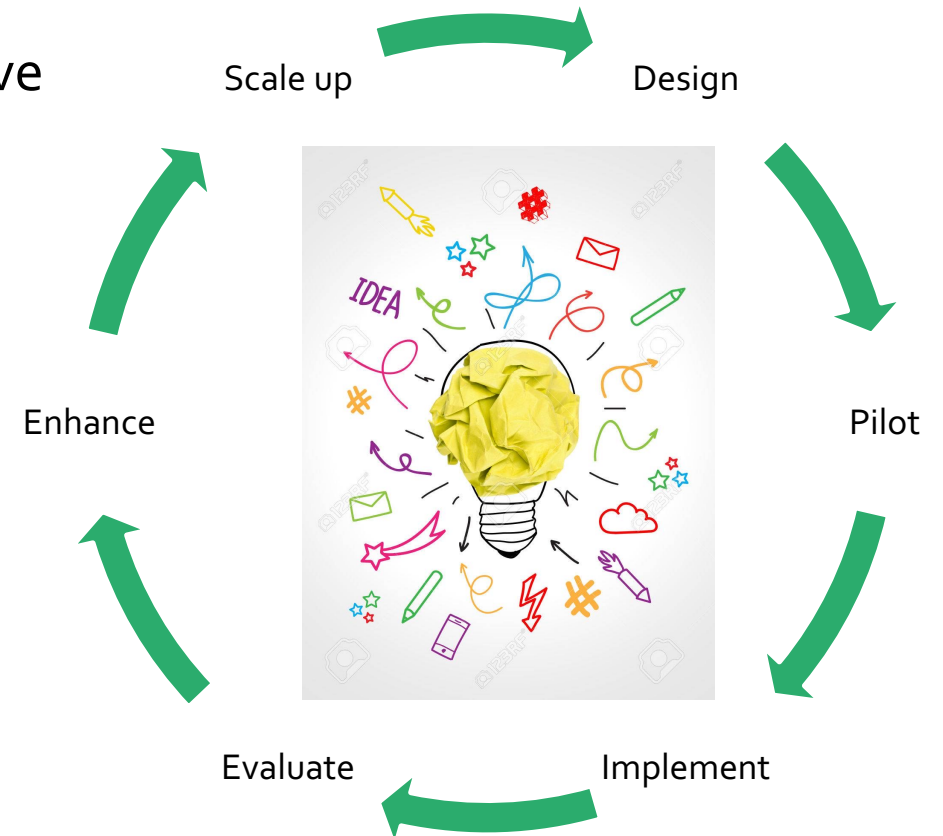
Estimated LTC as a percentage of GDP



• Source: UN/ESCWA PDRg (2022)

Designing policy services & interventions

- Theory of Change
- Data & evidence
 - Diversity of sources: opinion polls, administrative data, small surveys, scientific studies
 - Indicators: individual, community and national levels
 - Accumulative knowledge/situational analysis
- Consultations
 - Ensuring the voices of different groups and stakeholders
- Language and terminologies
 - Communications
- Test pilots and scaling up
 - Implementation & evaluation



Moving forward

Enhancing healthy ageing behaviours & outcomes

- Definitions and concepts (including the notion of ageing itself)
- Creating participation opportunities

Addressing current & future needs

- Policy reforms (retirement, pensions, long-life learning, social protection)
- Fiscal consequences at the individual, families and state levels

Diverse and unequal experiences

- Targeted interventions

Capitalize on international activities

- High level of policy attention (SDS/ Decade of healthy ageing etc.)
- Global context and knowledge flow (four-ways)

A dynamic & shifting landscape (COVID19, conflicts & mobility)



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Thank you for Listening

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