Myanmar: The power of people - an untapped resource towards inclusive, holistic health
The ISHG Model - *lu hmu ar man* – social capital

- Led by older people
- Working for the development of the community
- Filling the needs of older people and other at-risk groups
- Maximising opportunities for intergenerational collaboration
- Able to link with PHC facilities or other private healthcare services
- Fulfilling a range of community needs, through; health and care, social welfare, and livelihood activities
- Built into a nationwide network of organisations
- Capable, committed and adaptable.
Self-care, family care, and community care

• ISHG build the capacity for self-care at the community and individual level – in SUNI-SEA project through use of a self-care application and by building health literacy and confidence in management of own health.

• Comprehensive information sharing and services of ISHG’s- not only NCDs, other health and social protection issues, referral services, accompanying the patients etc.

• ISHG build capacity of homecare volunteers to support with care services at the village level.
Self-care application

In the 8 months since it has been launched

• 2000+ people have downloaded the application
• 1830 people have been screened for NCD and mental health conditions
• 215 at-risk people were identified and referred to the health facilities
• 107 people were diagnosed (34.6%, ISHG/SHG members) and 53 people were treated

Key to its success is its integration into the ISHG model.
Specifics of achievements of ISHG as part of SUNI-SEA

- Improved access to basic NCD services
- Community involvement in healthy living
  - Early risk assessment of NCDs and mental health
  - Increased awareness of NCDs and prevention.
  - Low-cost high impact intervention has high potential for scale up
How ISHG play a role in achieving Universal Health Coverage (UHC)

• Through a structured network, ISHCs are able to connect with public authorities to develop or expand services and resources provided to communities.

• ISHG increase availability and accessibility of healthcare services – they root health services at the community level.

• ISHG improve the financial stability of members, ensuring out of pocket health expenses are less likely to result in financial hardship.

• ISHG include an emergency pot to help eliminate barriers to accessing healthcare including transportation.

• ISHG multi-component focus is intended to improve well-being and quality of life of communities, and not just contribute to preventing and treating disease and illness.