



SUPPLEMENT

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Growing ageing population in Pakistan: Challenges and remedies

Outline

1- Introduction

Thesis statement: In Pakistan, growing ageing population poses several challenges, which need speedy remedies. Healthcare expenditure, economic strain, awareness campaign etc are few among evidences. However, with rational steps, growing ageing population can be curbed.

2- Understanding the notion "growing ageing population"

3- Chief reasons behind growing ageing population

- Rising female literacy rate of the country
- Continual decline in fertility rate
- Long-prevailing dilemma of brain drain

4- Challenges of growing ageing population

- Rising demand of healthcare expenditure
- Massive economic strain of the country



- c) Low-quality of labour market
- d) Increasing dependency syndrome
- e) Birth of social isolation
- f) Demand of special care facilities
- g) Failure of the national economic development

5 Remedies to address growing aging population

- a) Increase in healthcare expenditure
- b) Promote community engagement and harmony
- c) Focus on financial planning
- d) Strengthen government and NGOs co-operation
- e) Enhance capability of education
- f) Launch awareness campaign on growing aging population
- g) Frame sustainable family policies

6 Conclusion

Rising demand of healthcare expenditure

Rising demand of healthcare expenditure is a chief challenge of growing aging population in Pakistan. Undenably, growing aging population needs effective healthcare system for life and health safety. This highlights that healthcare expenditure in Pakistan needs to be increased for sustainability of healthcare. According to the report by Pakistan Bureau of Statistics, "Pakistan allocated approximately 2.1pc of its GDP, which is about \$40 billion - very low healthcare expenditure in federal budget 2023-2024." (Pakistan Bureau of Statistics, 2023). This serves as a clear demonstration that rising demand of healthcare expenditure is a chief among challenges of growing aging population in Pakistan.