## Myanmar - June 2020





# COVID-19 rapid needs assessment of older people

#### **Annexes**

#### **Priorities for older people**

| What are your priorities?  |     | Total |     | Men |     | Women |     |     | Older people with disabilities |     |     |     |
|----------------------------|-----|-------|-----|-----|-----|-------|-----|-----|--------------------------------|-----|-----|-----|
|                            | 1st | 2nd   | 3rd | 1st | 2nd | 3rd   | 1st | 2nd | 3rd                            | 1st | 2nd | 3rd |
| Food                       | 21% | 32%   | 21% | 16% | 34% | 27%   | 26% | 30% | 15%                            | 25% | 35% | 21% |
| Medicines                  | 15% | 25%   | 15% | 18% | 21% | 13%   | 13% | 28% | 18%                            | 17% | 27% | 16% |
| Getting sick from COVID-19 | 1%  | 2%    | 5%  | 0%  | 3%  | 3%    | 1%  | 1%  | 8%                             | 1%  | 3%  | 5%  |
| Income/<br>livelihood      | 33% | 21%   | 19% | 38% | 25% | 13%   | 29% | 16% | 25%                            | 35% | 21% | 23% |
| Drinking water             | 7%  | 1%    | 3%  | 6%  | 0%  | 6%    | 8%  | 3%  | 0%                             | 4%  | 1%  | 2%  |
| Protection/safety          | 10% | 6%    | 7%  | 11% | 4%  | 10%   | 9%  | 8%  | 4%                             | 6%  | 4%  | 4%  |
| Wellbeing                  | 7%  | 6%    | 15% | 6%  | 7%  | 14%   | 8%  | 5%  | 15%                            | 6%  | 5%  | 15% |
| Other                      | 3%  | 5%    | 13% | 4%  | 4%  | 13%   | 3%  | 6%  | 13%                            | 3%  | 2%  | 10% |

#### **COVID Awareness and Behaviour**

#### **Restrictions of movement**

| Are you currently observing any movement restrictions? (Q5) | Total | Older<br>men | Older<br>women | Older<br>people<br>with<br>disabilities |     | 70s |
|---|-------|--------------|----------------|---|-----|-----|
| No movement restrictions                                    | 79%   | 78%          | 80%            | 82%                                     | 83% | 70% |
| Observing governmentally instituted movement restrictions   | 31%   | 32%          | 30%            | 34%                                     | 31% | 32% |
| Social distancing – without government restrictions         | 12%   | 14%          | 10%            | 11%                                     | 9%  | 22% |

#### **Protection**

| What can you do to protect yourself from COVID-19? (Q9)                    | Total | Older<br>men | Older<br>women | Older people<br>with<br>disabilities | 60s | <b>70s</b> |
|--|-------|--------------|----------------|--------------------------------------|-----|------------|
| Handwashing  | 91%   | 90%          | 93%            | 91%                                  | 92% | 95%        |
| Avoiding touching face   | 29%   | 32%          | 25%            | 30%                                  | 24% | 42%        |
| Coughing or sneezing into your elbow or a tissue                           | 30%   | 31%          | 29%            | 21%                                  | 24% | 46%        |
| Keeping 2 meters away from people  | 46%   | 55%          | 35%            | 36%                                  | 50% | 42%        |
| Avoiding groups or gatherings, shaking hands, and stay at home if possible | 61%   | 70%          | 53%            | 58%                                  | 69% | 54%        |

| Which of these are you unable to do and why? (Q10)                         | Total | Older<br>men | Older<br>women | Older people<br>with<br>disabilities | 60s | 70s |
|--|-------|--------------|----------------|--------------------------------------|-----|-----|
| Handwashing  | 7%    | 8%           | 6%             | 8%                                   | 5%  | 5%  |
| Avoiding touching face   | 45%   | 48%          | 43%            | 39%                                  | 48% | 37% |
| Coughing or sneezing into your elbow or a tissue                           | 27%   | 32%          | 22%            | 26%                                  | 32% | 15% |
| Keeping 2 meters away from people  | 30%   | 32%          | 29%            | 36%                                  | 28% | 37% |
| Avoiding groups or gatherings, shaking hands, and stay at home if possible | 12%   | 13%          | 11%            | 14%                                  | 7%  | 22% |

## **Barriers to Health Messaging**

| Do you have barriers in accessing COVID-19 health messaging? (Q11) | Total | Older<br>men |     | Older people<br>with<br>disabilities |     | 70s |
|--|-------|--------------|-----|--------------------------------------|-----|-----|
| Yes  | 9%    | 10%          | 9%  | 11%                                  | 7%  | 12% |
| No   | 91%   | 90%          | 91% | 89%                                  | 93% | 88% |

## Preferred method to receive information related to COVID-19

| How would you prefer to receive any information related to COVID-19? (Q12) | Total | Older<br>men | Older<br>women | Older people with disabilities | 60s | 70s |
|--|-------|--------------|----------------|--------------------------------|-----|-----|
| Radio  | 46%   | 47%          | 45%            | 49%                            | 44% | 56% |
| TV   | 52%   | 54%          | 50%            | 49%                            | 43% | 49% |
| Poster   | 18%   | 14%          | 21%            | 18%                            | 25% | 5%  |

| Phone call        | 9%  | 13% | 6%  | 8%  | 9%  | 12% |
|-------------------|-----|-----|-----|-----|-----|-----|
| SMS               | 6%  | 10% | 3%  | 4%  | 9%  | 2%  |
| Loudspeaker       | 64% | 62% | 66% | 73% | 62% | 66% |
| Church/Mosque     | 1%  | 0%  | 1%  | 1%  | 0%  | 2%  |
| Community meeting | 3%  | 1%  | 5%  | 4%  | 4%  | 0%  |
| Newspaper         | 6%  | 7%  | 5%  | 4%  | 5%  | 10% |
| Internet          | 23% | 28% | 19% | 14% | 29% | 15% |
| Word of mouth     | 34% | 34% | 34% | 33% | 28% | 46% |
| Other             | 13% | 16% | 11% | 7%  | 15% | 10% |

## Health

## **Access to health services**

| Has your access to health services changed since the COVID-19 outbreak began? (Q16) | Total | Older<br>men | Older<br>women | Older people with disabilities | 60s | 70s |
|---|-------|--------------|----------------|--------------------------------|-----|-----|
| Yes   | 24%   | 18%          | 29%            | 25%                            | 26% | 20% |
| No  | 64%   | 68%          | 61%            | 66%                            | 66% | 59% |
| No, need  | 7%    | 7%           | 4%             | 4%                             | 4%  | 7%  |
| Did not have access previously  | 7%    | 7%           | 6%             | 5%                             | 3%  | 15% |

## **Nearest health facility**

| Do you know where the nearest health facility is that is testing and treating people for COVID-19 / coronavirus? (Q19) | Total | Older<br>men | Older<br>women | Older people<br>with<br>disabilities |     | 70s |
|--|-------|--------------|----------------|--------------------------------------|-----|-----|
| Yes  | 66%   | 65%          | 66%            | 68%                                  | 61% | 76% |
| No   | 7%    | 10%          | 4%             | 9%                                   | 8%  | 2%  |
| Not applicable as not testing  | 28%   | 25%          | 30%            | 23%                                  | 32% | 22% |

| How far is the testing / treating centre from your shelter/home from your home (Q20) | Total | Older<br>men | Older<br>women | Older people with disabilities |     | 70s |
|--|-------|--------------|----------------|--------------------------------|-----|-----|
| <30 mins   | 53%   | 55%          | 51%            | 52%                            | 53% | 52% |
| 30 mins-1 hour   | 30%   | 28%          | 31%            | 31%                            | 26% | 39% |
| 1-3 hours  | 6%    | 4%           | 8%             | 5%                             | 7%  | 5%  |
| Cannot access  | 3%    | 3%           | 3%             | 2%                             | 3%  | 2%  |

#### **Access to medicine**

| If you take any medication for your health conditions, have you been able to access them since the COVID-19 outbreak began (Q18) | Total | Older<br>men |     | Older people with disabilities |     | 70s |
|--|-------|--------------|-----|--------------------------------|-----|-----|
| Yes  | 42%   | 44%          | 39% | 47%                            | 45% | 39% |
| No   | 34%   | 34%          | 34% | 35%                            | 28% | 39% |
| Not applicable   | 20%   | 21%          | 19% | 12%                            | 23% | 15% |
| Use traditional medicine   | 5%    | 1%           | 9%  | 5%                             | 4%  | 7%  |

#### **Access to PPE**

| Able to access COVID-19 preventive material? (Q13) | Total | Older<br>men | Older<br>women | Older people with disabilities |     | 70s |
|--|-------|--------------|----------------|--------------------------------|-----|-----|
| Yes, I purchased them                              | 64%   | 68%          | 61%            | 66%                            | 74% | 49% |
| Yes, I received them                               | 31%   | 31%          | 31%            | 29%                            | 36% | 27% |
| No, as not available in the market                 | 8%    | 6%           | 10%            | 8%                             | 7%  | 7%  |
| No, I can't afford them                            | 8%    | 4%           | 11%            | 9%                             | 3%  | 17% |
| No, other  | 11%   | 10%          | 11%            | 8%                             | 8%  | 12% |

#### **Protection**

| Do you have difficulty accessing any of your basic goods and services? (Q21) | Total | Older<br>men | Older<br>women | Older people<br>with<br>disabilities | 60s | 70s |
|--|-------|--------------|----------------|--------------------------------------|-----|-----|
| Health services  | 29%   | 28%          | 29%            | 26%                                  | 37% | 17% |
| Medicines  | 36%   | 30%          | 41%            | 40%                                  | 36% | 34% |
| Drinking water   | 29%   | 27%          | 31%            | 29%                                  | 33% | 22% |

| Toilet                  | 11% | 11% | 11% | 9%  | 13% | 5%  |
|-------------------------|-----|-----|-----|-----|-----|-----|
| Food                    | 46% | 48% | 45% | 53% | 49% | 42% |
| Humanitarian assistance | 5%  | 4%  | 5%  | 4%  | 7%  | 0%  |
| Church/mosque/temple    | 1%  | 1%  | 1%  | 1%  | 1%  | 2%  |
| Other                   | 48% | 50% | 48% | 43% | 47% | 49% |

## Safety

| What do you feel older women are at an increased risk of at this time (Q22)                       | Total | Older<br>men | Older<br>women | Older people with disabilities | 60s | 70s |
|---|-------|--------------|----------------|--------------------------------|-----|-----|
| Neglect   | 11%   | 9%           | 14%            | 10%                            | 11% | 10% |
| Isolation   | 18%   | 9%           | 26%            | 14%                            | 17% | 17% |
| Physical abuse  | 4%    | 3%           | 5%             | 4%                             | 2%  | 7%  |
| Emotional abuse   | 9%    | 4%           | 14%            | 11%                            | 7%  | 17% |
| Sexual violence/abuse   | 2%    | 0%           | 4%             | 1%                             | 1%  | 2%  |
| Financial abuse   | 6%    | 6%           | 6%             | 7%                             | 3%  | 15% |
| Harmful traditional practices   | 1%    | 0%           | 1%             | 0%                             | 0%  | 2%  |
| Denial of resources, opportunities or services – including due to movement restrictions introduce | 1%    | 0%           | 1%             | 1%                             | 0%  | 2%  |
| Threat of violence/being threatened with violence   | 0%    | 0%           | 0%             | 0%                             | 0%  | 0%  |
| Regular armed violence  | 0%    | 0%           | 0%             | 0%                             | 0%  | 0%  |
| No major safety concerns  | 56%   | 61%          | 53%            | 62%                            | 57% | 61% |
| Other   | 38%   | 35%          | 39%            | 31%                            | 40% | 27% |
|   |       |              |                |                                |     |     |

| What do you feel older men are at an increased risk of at this time (Q23) | Total | Older<br>men | Older<br>women | Older people with disabilities |     | 70s |
|---|-------|--------------|----------------|--------------------------------|-----|-----|
| Neglect   | 7%    | 4%           | 10%            | 7%                             | 7%  | 7%  |
| Isolation   | 10%   | 4%           | 15%            | 6%                             | 10% | 7%  |
| Physical abuse  | 1%    | 3%           | 0%             | 2%                             | 1%  | 2%  |
| Emotional abuse   | 3%    | 4%           | 3%             | 4%                             | 2%  | 2%  |
| Sexual violence/abuse   | 0%    | 0%           | 0%             | 0%                             | 0%  | 0%  |

| Financial abuse   | 9%  | 7%  | 10% | 12% | 4%  | 17% |
|---|-----|-----|-----|-----|-----|-----|
| Harmful traditional practices   | 1%  | 0%  | 1%  | 0%  | 0%  | 2%  |
| Denial of resources, opportunities or services – including due to movement restrictions introduce | 0%  | 0%  | 0%  | 0%  | 0%  | 0%  |
| Threat of violence/being threatened with violence   | 0%  | 0%  | 0%  | 0%  | 0%  | 0%  |
| Regular armed violence  | 0%  | 0%  | 0%  | 0%  | 0%  | 0%  |
| No major safety concerns  | 57% | 59% | 55% | 63% | 57% | 61% |
| Other   | 36% | 34% | 38% | 27% | 40% | 27% |

## **Caring for others**

| Older people caring and in what way (Q7)                   | Total | Older<br>men | Older<br>women | Older people<br>with<br>disabilities | 60s | 70s |
|--|-------|--------------|----------------|--------------------------------------|-----|-----|
| Basic care & support (food and shelter)                    | 15%   | 20%          | 11%            | 12%                                  | 20% | 7%  |
| Providing emotional (care, love, empathy & social support) | 25%   | 32%          | 19%            | 23%                                  | 32% | 12% |
| Providing financial support (e.g. pay for school, etc)     | 24%   | 21%          | 26%            | 19%                                  | 13% | 10% |
| Providing child minding (for parents at work)              | 9%    | 9%           | 9%             | 8%                                   | 13% | 2%  |
| No providing support to others                             | 58%   | 51%          | 65%            | 65%                                  | 47% | 78% |

## **Food and income**

#### Diet

| Have you had to change your diet since the outbreak started? (Q28) | Total | Older<br>men | Older<br>women | Older people<br>with<br>disabilities | 60s | <b>70s</b> |
|--|-------|--------------|----------------|--------------------------------------|-----|------------|
| Yes, reduced quantity  | 24%   | 16%          | 31%            | 23%                                  | 24% | 27%        |
| Yes, reduced quality   | 23%   | 23%          | 24%            | 24%                                  | 24% | 22%        |
| Changes to what I usually eat                                      | 3%    | 3%           | 3%             | 2%                                   | 1%  | 5%         |
| No changes   | 64%   | 69%          | 59%            | 64%                                  | 63% | 66%        |

| How many days of sufficient food is available in your house? (Q27) | Total | Older<br>men | Older<br>women | Older people with disabilities | 60s | <b>70s</b> |
|--|-------|--------------|----------------|--------------------------------|-----|------------|
| Less than 2 days   | 21%   | 16%          | 26%            | 26%                            | 25% | 25%        |
| 2 days to 1 week   | 22%   | 24%          | 20%            | 21%                            | 30% | 29%        |
| 1 week to 2 weeks  | 12%   | 17%          | 8%             | 12%                            | 8%  | 7%         |
| More than 2 weeks  | 45%   | 44%          | 47%            | 42%                            | 39% | 39%        |

#### **Income**

| Since the COVID-19 / coronavirus outbreak, what is your source/s of income (Q26) | Total | Older<br>men | Older<br>women | Older people with disabilities | 60s | 70s |
|--|-------|--------------|----------------|--------------------------------|-----|-----|
| Business   | 13%   | 18%          | 8%             | 12%                            | 9%  | 17% |
| Agriculture/livestock  | 46%   | 56%          | 36%            | 47%                            | 55% | 27% |
| Pension or other cash transfers  | 21%   | 14%          | 26%            | 22%                            | 16% | 29% |
| Remittances from relatives   | 31%   | 25%          | 35%            | 33%                            | 30% | 29% |
| COVID-19 related government or humanitarian agency assistance                    | 2%    | 0%           | 4%             | 3%                             | 0%  | 5%  |
| Regular salary   | 5%    | 3%           | 6%             | 3%                             | 4%  | 7%  |
| Formal or informal loans   | 9%    | 9%           | 10%            | 10%                            | 9%  | 7%  |

# Wellbeing

| Since the COVID-19 outbreak started, do you feel worried or anxious about the situation (Q29) | Total | Older<br>men | Older<br>women | Older people with disabilities | 60s | 70s |
|---|-------|--------------|----------------|--------------------------------|-----|-----|
| All the time  | 6%    | 4%           | 8%             | 4%                             | 7%  | 5%  |
| Most of the time  | 36%   | 30%          | 43%            | 35%                            | 40% | 27% |
| Some of the time  | 31%   | 35%          | 28%            | 32%                            | 27% | 44% |
| A little of the time  | 15%   | 13%          | 16%            | 15%                            | 16% | 15% |
| None of the time  | 14%   | 20%          | 9%             | 17%                            | 12% | 10% |

| Since the COVID 19 outbreak started do you feel depressed about the current situation (Q30) | Total | Older<br>men | Older<br>women | Older people with disabilities |     | 70s |
|---|-------|--------------|----------------|--------------------------------|-----|-----|
| All the time  | 3%    | 0%           | 5%             | 1%                             | 2%  | 2%  |
| Most of the time  | 13%   | 7%           | 19%            | 17%                            | 13% | 10% |
| Some of the time  | 29%   | 30%          | 29%            | 35%                            | 23% | 44% |
| A little of the time  | 17%   | 14%          | 19%            | 14%                            | 15% | 22% |
| None of the time  | 39%   | 49%          | 30%            | 35%                            | 47% | 24% |

## **WASH**

| Since the COVID-19/coronavirus outbreak started, what challenges, if any, do you have in accessing drinking water, handwashing, bathing or toilet facilities? (Q24) | Total | Older<br>men | Older<br>women | Older people<br>with<br>disabilities |     | 70s |
|---|-------|--------------|----------------|--------------------------------------|-----|-----|
| Lockdown or social isolation does not allow me to leave my home to access the facilities  | 0%    | 0%           | 0%             | 00%                                  | 00% | 00% |
| I am too scared of contracting the virus to leave my home to access the facilities  | 1%    | 0%           | 1%             | 00%                                  | 00% | 00% |
| Not enough facilities   | 9%    | 7%           | 10%            | 00%                                  | 00% | 00% |
| No privacy  | 0%    | 0%           | 0%             | 00%                                  | 00% | 00% |
| Too hard to access/use  | 8%    | 6%           | 10%            | 00%                                  | 00% | 00% |
| Too far away  | 8%    | 10%          | 6%             | 00%                                  | 00% | 00% |
| Not clean   | 1%    | 1%           | 1%             | 00%                                  | 00% | 00% |
| None of these apply to me   | 82%   | 83%          | 80%            | 00%                                  | 00% | 00% |