

Introduction

The age structure is vital for its impact on society and the economy (Lee & Mason, 2011). The population of Pakistan has doubled in size between 1990 and 2019, moving up in rank from 8th to the 5th position in the world. The expected population of Pakistan will be 403 million in 2050 (UN, 2019). Around 7 percent population is above age 60 (GoP, 2020). In terms of the ratio of older people to the children and working-age population Pakistan comes at 123rd globally, showing that a large part of Pakistan's population belongs to the working class or youth (Adnan et al., 2018).

Since its inception, Pakistan has paid less attention to develop a comprehensive policy framework to deal with the rising needs and health demands of older people (Iqbal & Nawaz, 2017; UI Haq, 2012). The lack of a policy framework undermines the provision of fundamental rights to older people. Employees Old-Age Benefit programs and pension schemes with limited coverage failed to serve the broader needs of older people in Pakistan. The recent estimates show that around 13.7 million people are aged above 60 in Pakistan. Out of 13.7 million older people, only 1.8 million are getting a pension or any allowance from social protection programs such as the Benazir Income Support Program (BISP) and Pakistan Bait-ul-Maal (PBM) (GoP, 2020).

Out of 13.7 million people, around 1.8 million older people live below the poverty line without any social protection support. Approximately 0.415 million more senior people who belong to the lowest income percentile are sick in Pakistan. An ageing population increases the health services demand. Therefore, these poor elderlies need a health protection program to meet their health expenditures. The estimates also indicate that in future, comparatively more people will claim pension benefits due to increased life expectancy in Pakistan (Raza, Ahmed, Mohiuddin, & Osama, 2017). This will increase the burden on the economy and slow down productivity growth. Therefore, Pakistan needs a robust social protection system to cope with the current and future needs of the poor elderly of Pakistan.

Due to the poor management and inadequate public institutions system, many poor elderlies are highly vulnerable and face financial constraints to meet their basic needs. This increases the dependency ratio of older people on their young ones and creates more economic burden on Pakistan's poor and unemployed workforce (Ashiq & Asad, 2017). Older people are an integral part of any society, yet the older people in Pakistan lack adequate resources to meet their daily expenditures, resulting in income