

CHAI SEN TYNG

15, Jalan Semanja 3/5, Taman Semanja / Semanja Garden Homes, 43000 Kajang, Selangor, Malaysia

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Profile

Senior researcher in the field of social gerontology with multi- and interdisciplinary work experience. Proficient in both quantitative and qualitative methods of data analysis/mining, interpretation & presentation.

Education

Master of Science (Human Development) [Faculty of Human Ecology, UPM, Serdang]	In Progress
The International English Language Testing System (IELTS), Overall Band Score - 8.5	2019
Bachelor of Science [Faculty of Human Ecology, Universiti Putra Malaysia, Serdang]	2000
Major: Human Development; Minor: Writing & Journalism (CGPA: 3.667 [2 nd class upper])	

Publications (Selected)

ORCID: 0000-0001-5486-7759; Scopus Author ID: 36918026700

- Rahimah I, Tengku Aizan H, Asmidawati A, **Chai ST** & Norisma AI (2026). Malaysia. In Irene B, Nicholas M & Virginija P (Eds.). *Long-term Care for Older Adults: Challenges, Innovations & Reforms*. New York: Routledge.
- Rahimah I & **Chai ST** (2025). LTC in ageing society. In Puteri NAY, Muhammad S & Tan WP (Eds.). *Investing in Malaysia's Care Future* (Pp. 79 - 101). Kuala Lumpur: ISIS & APPGM-SDG.
- Chen X, Rahimah I, Lee YF, Tengku Aizan H & **Chai ST** (2025). Home-based community elderly care quality indicators in China: A systematic literature review. *Healthcare*, 13, 1637.
- Lee WL, Vimala DJ, **Chai ST**, Rahimah I & Zamzalina AM (2025). COVID-19 infection prevention & control program for aged care providers: A quasi-experimental study of Telegram-based training. *Educational Gerontology*, 51(3), 286-298
- Siti Farra ZA, Foong HF, **Chai ST**, Jasmine AM, Rahimah I & Tengku Aizan H (2024). Social participation, gender & well-being in older adults: Insights from the Malaysian Active Ageing Index (AAI) study. *Southeast Asia Psychology Journal*, 12(1), 146-157.
- Tengku Aizan H, Wan Alia, WS, Mohamad Fazdillah B & **Chai ST** (2022). Policy development on ageing in Malaysia: Issues and challenges. In Goh, C. S. (Ed.), *Healthy Ageing in Asia: Culture and Tradition in Prevention and Wellness* (Pp. 25 - 62). Florida: Taylor & Francis.
- Kejal H, Hakimah MS, Tan MP, Cheah WK, Rahimah I & **Chai ST** (2020). *The LTC COVID-19 Situation in Malaysia*, available at LTCcovid.org, International Long-term Care (LTC) Policy Network, CPEC-LSE, 2 Oct. 2020. 10.13140/RG.2.2.17823.38563
- Tengku Aizan H, Noor Syamilah Z, Nur Aira AR, **Chai ST** & Siti Aisyah NA (2019). Moving the needle on U3A in Malaysia: Recent developments and prospects. In Formosa, M. (Ed.), *The University of the Third Age and Active Ageing: International Perspectives on Aging* (Pp. 195-206). New York: Springer International.
- Rahimah I, Tengku Aizan H, **Chai ST** & Asmidawati A (2018). Malaysia. In. Loichinger, E & Pothisiri, W (Eds.) *Research Project on Care for the Elderly in ASEAN+3: The Role of Families and Local and National Support Systems* (Pp. 113-140). Bangkok: Department of Older Persons, Ministry of Social Development & Human Security, Thailand.
- Rahimah I, Noor Syamilah Z, Tengku Aizan H & **Chai ST** (2017). On 'learning for leisure' & margins of mainstream education: A critical review of the U3A movement in Malaysia. *Int. J. on Ageing in Developing Countries*, 2(1), 41-58.
- Rahimah I, Tengku-Aizan H, **Chai ST** & Siti Farra ZA (2016). Malaysia. In Findsen B. & Formosa M. (Eds.). *International Perspectives on Older Adult Education: Research, Policies & Practice* (Pp. 247-260). NY: Springer International.
- Chai ST** & Tengku-Aizan H (2015). Population ageing & the Malaysian Chinese. *M'sian J of Chinese Studies*, 4(1), 1-13.
- Yadollah AM, Rahimah I, Tengku-Aizan H & **Chai ST** (2015). Smoking and cognitive impairment among older persons in Malaysia. *American Journal of Alzheimer's Disease & Other Dementias*, 30(4), 405-411.
- Ong FS, Phillips DR & **Chai ST** (2013). Life events and stress: Do older men and women in Malaysia cope differently as consumers? *Journal of Cross-Cultural Gerontology*, 28(2), 195-210.
- Tengku Aizan H & **Chai ST** (2013). Meeting the needs of older Malaysians: Expansion, diversification and multi-sector collaboration. *Malaysian Journal of Economic Studies*, 50(2), 157-174.
- Yadollah AM, Tengku-Aizan H, Suraya Y, Rahimah I, **Chai ST**, Nurizan Y & Siti Suhailah A (2012). Loneliness as a risk factor for hypertension in later life. *Journal of Aging and Health*, 24(4), 696-710.
- Tengku-Aizan H, Siti Suhailah A, **Chai ST** & Asnarulkhadi AS (2012). Caring for parents with Dementia: Working adult children as caregivers. In Tengku-Aizan H, Husna S & Siti Farra ZA (Eds.). *Profile of Older Malaysians* (Pp. 167-189). Serdang, Selangor: UPM Press.
- Yadollah AM, Tengku-Aizan H, Rahimah I, Nurizan Y & **Chai ST** (2011). Moderating effect of religiosity on the relationship btw social isolation & psych. well-being. *Mental Health, Religion & Culture*, 14(2), 141-156.
- Loke SC, Siti Suhailah A, **Chai ST**, Tengku-Aizan H & Nurizan Y (2011). Assessment of factors influencing morale in the elderly, *PLoS ONE*, 6(1), e16490.
- Tengku-Aizan H, **Chai ST**, Jariah M & Nurizan Y (2006). Socioeconomic status and health of older women in Malaysia. *Asia Pacific Journal of Public Health*, 18, S42-S53.
- Tengku-Aizan H, Jariah M & **Chai ST** (2004). Socioeconomic status of older Malaysians: A gender comparison. *Malaysian Journal of Family Studies*, 1(1), p. 54-69.

Google Scholar Citations = 592, GS h-index = 10; Scopus Citations = 200, Scopus h-index = 5

Employment

2005 - present	Research Officer [Malaysian Research Institute on Ageing, UPM, Serdang]
2003 - 2005	Science Officer [Institute of Gerontology, Universiti Putra Malaysia, Serdang]

Journal Reviewer (Selected)

1. The Journals of Gerontology Series B: PS&SS	ISSN: 1079-5014	[Q1, IF = 3.2 (2024)]	2025
2. Archives of Gerontology and Geriatrics	ISSN: 0167-4943	[Q1, IF = 4.0 (2022)]	2024 - 2026
3. Asia Pacific Journal of Public Health	ISSN: 1010-5395	[Q2, IF = 2.5 (2022)]	2013 - 21, 2024 - 25
4. China Population and Development Studies	ISSN: 2096-448X	[Q3, IF = 1.1 (2025)]	2026
5. The Journal of Frailty and Ageing	ISSN: 2260-1341	[Q1, IF = 3.3 (2025)]	2026

Research Grants (Selected)

<i>Period</i>	<i>Agency</i>	<i>Project Title [Project No.]</i>	<i>Role</i>	<i>Amount</i>
2005 - 07	UNFPA	Promoting Active and Productive Ageing [MYS0P203]	Project Officer	USD 200,000
2006 - 2008	e-Science, MOSTI	Access and Utilization of Computers and the Internet among Older Malaysians [01-01-04-SF0649]	Co-researcher	RM 121,900
2008 - 12	UNFPA	Lifelong Learning for Older Malaysians [MYS3P41A]	Project Officer	USD200,000
2011	UNESCO	Bridging t. Generation Gap: Images of t. Elderly among Adolescents	Co-researcher	USD25,880
2011 - 2013	RUGS (Initiative 5)	Portrayal of Older Persons in the Malaysian Press: Images of Old Age and Ageing [06-01-11-1322RU]	Principal Investigator	RM 30,000
2011 - 2013	ERGS	Standards for Residential Care Facilities and Services for the Aged in Malaysia [ERGS/1/11/SS/UPM/02/36]	Co-researcher	RM 50,000
2013 - 18	UNFPA	Addressing the Needs of Older Malaysians [MYS4U101]	Project Officer	USD 252,500
2014	World Bank	Advisory Assignment on Social Protection Reform	Co-consultant	USD16,000
2015 - 2017	e-Science, MOSTI	Reframing Retirement Planning: A Holistic Approach to Understanding Consumer Financial Planning, Attitudes & Behaviour Surrounding the Silver Industry [06-02-12-SF0311]	Co-researcher	RM 155,440
2015 - 2016	DSW, MWFC	Study on the Facilities and Services to Meet the Needs of Older Malaysians by 2030 [400/12/25 Jld 4(1)]	Co-consultant	RM 639,685
2015 - 2017	DSW, MWFC	Study on the Effectiveness of Financial Assistance Programs under the Dept. of Social Welfare, MWFC [400/12/25 Jld (2)]	Co-consultant	RM 1,397,718
2019	FRGS, MOE	Multicriteria Optimization Decision Model to Improve Operational Efficiency of Social Welfare Case Management	Co-researcher	RM 89,200
2019 - 22	UNDP	Age-friendly City for Taiping [MyIC 2019-042]	Sub-consultant	USD99,802
2020 - 2022	UNFPA	Ageing and Sustainable Development in Malaysia: Investing in Intergenerational Cohesion [MYS05]	Project Officer	USD 77,500
2020	WHO	Supporting the Aged Care Sector in Preventing & Mitigating the Negative Impact of COVID-19 on OPs in Malaysia [2020/1026103-0]	Sub-consultant	RM 200,000
2021 - 2022	FRGS, MOE	Dev. of Harmonized Time-Use Survey Protocol to Assess Intra-Household Allocation of Economic Resources [FRGS/1/2020/SS0/UPM/02/7]	Co-researcher	RM 67,100
2021 - 2022	FRGS, MOE	Socio-economic Evaluation of the Aged Care Industry in Malaysia: Cost, Quality & Access Issues in the Marketization of Eldercare	Co-researcher	RM 83,600
2021	ASEAN	Study on Poverty & Active Ageing in ASEAN: Trends & Opp.	Sub-consultant	USD17,702
2023 - 2025	UNFPA	Promoting a Whole-of-Government & Whole-of-Society Approach to Sustainable Ageing [MYS06]	Project Officer	USD 200,000
2024	World Bank	Advisory Assignment on Aged Care in Malaysia / Consulting Firm to Support the National Ageing Blueprint Study [7211741]	Co-consultant	USD 20,000
2025	NCEMH-Hasanah	Program Sejahtera Emosi dan Sosial menerusi Interaksi Intergenerasi (PESONA) [Gerontological Association of Malaysia (GeM)]	Team Member	RM50,000
2025	NPFDB	Feasibility of Household Registry Sys for M'sian Family Panel Study	Co-researcher	RM20,000
2025	TAF	Exploring Home-based Care Models in M'sia: A Mixed Mode Survey	Co-researcher	RM80,000
2025 - 2026	ACAI	Advancing Active Ageing in ASEAN: Strategy Mapping & Regional Monitoring through the ASEAN Active Ageing Index (AAAI)	Team Member	USD5,000
2026	YIM	National Study and Training Module Development for MyIS Golden STI Program - Empowering Older Persons through STI	Co-consultant	RM300,000
2026 - 2027	ERIA	Financial Sustainability of Integrated Care for Older Persons in ASEAN and East Asian	Team Member	USD49,000

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Professional Affiliations

UNDP Global Policy Network Express (ExpRes) Roster Taskforce on Healthcare Reform (TF3), Policy Advisory Committee to the Prime Minister (PMAC)	Expert / Consultant	since 2026
Technical Committee, 6 th Malaysian Population and Family Survey (MPFS-6), NPFDB	TF3 Member	May - Sept, 2025
Malaysian Ageing Research Network (MARN)	Permanent Member	2023 - 2026
Asian Population Association (APA)	Member / Secretariat	2019 - 2024
Gerontological Association of Malaysia (GEM)	Student Member	since 2009
	Life Member	since 2006
	Ex-Co Member	2023; 2025;
	Assistant Secretary	2015 - 16; 2025 - 28
Malaysian University Research Officer Society (MROS)	Member	2023 - 2025
Panel Pembangunan Standard Kemahiran Pekerjaan Kebangsaan (NOSS) - bidang Penjagaan Warga Emas	Panellist (Tahap 1 - 5)	Oct - Nov, 2012
Malaysian Social Sciences Association (MSSA)	Life Member	since 2006

Honours and Awards

2026	Champion (<i>Gabungan 3</i>), Putra i-Games UPM (Staff) Mixed Chess Championship [Feb 13] - 2 nd Board Player (3-0)
2025	Champion (<i>Gabungan 5</i>), UPM (Staff) Mixed Chess Championship [July 12] - 4 th Board Player (7-0)
2025	Certificate of Appreciation (High Impact Journal Publication: JCR - Q2), Publication, Research & Innovation 2024, MyAgeing®, UPM
2025 - 26	UPM Media Visibility Award 2024 & 2025 (Non-academic), Centre for Corp. Strategy & Relations (PSPK), UPM
2024	NCA2024, Putrajaya, Malaysia - Best Poster Presentation (Social Gerontology) (S6), MyAgeing®, UPM
2023	12 th IAGG-AOR Congress 2023, Yokohama, Japan - Outstanding Poster Presentation Award (P01-58-1149)
	12 th IAGG-AOR Congress 2023, Yokohama, Japan - Student / Early Career Scholar Travel Scholarship
2017	RO – Promotion (<i>Kenaikan Pangkat</i>) from Q44 to Q48
2015	Award for High Impact Industry and Community Relations 2014 (Category: Non-academic Staff (Community)), DVC (JINM), Universiti Putra Malaysia
2013	RO – Promotion (<i>Kenaikan Pangkat</i>) from Q41 to Q44
2009	Champion (FMHS-IG Team), UPM (Staff) Mixed Chess Championship [April 19] & Best 3 rd Board Player

Training (Selected)

Actuarial Modeling for Social Protection Analysts 2025 (COA), International Training Centre of the International Labour Organization (ITC-IL) [Online]	6 Oct - 21 Nov 2025
11 th Summer Seminar on Population (Workshop 1 - 3: Demographic, Fertility & Mortality Analysis), Statistics Korea (KOSTAT) & UNFPA, Seoul & Daejeon, South Korea. [Partial KOSTAT Sponsorship]	1 - 19 July 2024
20 th Informal ASEM Seminar on Human Rights (ASEMHRS) Training on “Innovative Ways to Protect and Improve the Human Rights of Older People in the Era of Digital Transformation”, Asia-Europe Foundation, Singapore & ASEM Global Ageing Center, Korea [Online].	13 Oct. - 12 Nov. 2021
Asia-Pacific Workshop on Measuring Population Ageing and Assessing its Economic and Fiscal Consequences & Asia-Pacific Workshop on Developing Tools to Measure Inclusive & Active Population Ageing, UNESCAP & HelpAge, UN Convention Centre, Bangkok, Thailand.	24 - 28 June 2019
Executive Course on Designing and Extending the Social Protection System in Malaysia, International Training Centre of the ILO (ITC-ILO), EPF Learning Centre, Selangor	15 - 19 Aug. 2016
Asian MetaCentre’s Research Workshop on Demographic Analysis with Applications to Ageing Societies, College of Population Studies, Chulalongkorn University, Bangkok, Thailand.	23 Nov - 4 Dec. 2015
Training of National Partners on DevInfo Platform, v. 7: User and Administration Module, Department of Statistics Malaysia & UNICEF Malaysia, DOSM, Putrajaya.	21 - 25 Oct. 2013
The Regional Training Course / Workshop on Analysis of Population and Housing Census Data with Gender Concern, United Nations Statistical Institute for Asia & the Pacific (UNSIAP-ESCAP) & Statistics Korea (KOSTAT), Daejeon, South Korea. [Partial KOSTAT Sponsorship]	8 - 11 Nov. 2011
International Training Programme in Social Gerontology, The International Institute on Ageing (INIA), United Nations-Malta, Sliema, Malta. [Partial INIA Scholarship]	18 - 29 Feb. 2008
Regional DevInfo Training of Trainers Workshop, UNICEF, UNESCAP, UNESCO & UNDGO, JW Marriott Hotel, Bangkok, Thailand. [Partial UN Sponsorship]	9 - 13 Oct. 2006
2 nd Sub-regional Training Course / Workshop on Statistics for MDG Indicators, UN Statistical Institute for Asia and the Pacific (UNSIAP) & the Government of China, Beijing. [Full UNDP Sponsorship] (Project RAS/04/060)	20 June - 1 Jul. 2005

Date of Birth	: 4 August 1978	Place of Birth	: Seremban, Negeri Sembilan
Marital Status	: Married	No. of Children	: 2
Nationality	: Malaysian	Place of Residence	: Kajang, Selangor
Languages	: English, Malay, Mandarin, Khek (Hakka) & Cantonese		
Software/App	: SPSS, MS OFFICE (Word, Excel, Powerpoint, Publisher, Sway, Form), AMOS, R, STATA, DevInfo, Adobe Acrobat Pro, Adobe Illustrator, Google Form, Wordpress, Wix		

1. Dato' Dr. Tengku Aizan Hamid
Chairman, Board of Directors,
Private Pension Administrator Malaysia
Level 13A, Bangunan Tierra Crest, No. 3A,
Jalan SS 6/3, 47301 Petaling Jaya, Selangor
Tel.: 019-3513047
2. Associate Professor Dr. Rahimah Ibrahim
Director
Malaysian Research Institute on Ageing
Universiti Putra Malaysia
43400 UPM Serdang, Selangor, MALAYSIA
Tel.: 012-653 5533

Podcasts²⁸

BFM 89.9

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[Budget 2026 And The Needs Of An Ageing Population](#)
-
[Top 5 at 5: Eldercare – A National Concern](#)
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[13MP & Malaysia's Ageing Blueprint](#)
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[Retirement Reform : Are We Ready for Monthly EPF Pensions?](#)
-
[Healthy Ageing: Is Abandonment of Older Adults On The Rise?](#)
-
[Rethinking Retirement: Ageing, Opportunity, And Fiscal Strain](#)
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[A Solution To Elderly Abandonment?](#)
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[Top 5 at 5: Why Did Progressive MPs Approve Regressive Citizenship...](#)
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[Pension Reforms For Meaningful Retirement](#)
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[Top 5 At 5: Pothole Payout Sets Precedent?](#)
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[Making Malaysia's Workforce Age-inclusive](#)
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[Will the Dragon Year Fill More Cradles?](#)
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[Malaysia: Preparing For An Aged Society](#)
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[Public Health: Why We Should Care About The Care Economy](#)
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[Policy Safety Nets For An Ageing Population](#)
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[Elder Care Law is Still in Its Infancy. So What Do We Need To Prioritise?](#)
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[The Importance Of Our Care Economy In An Aging Nation](#)
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[Is It Right To Penalise People Who Neglect Their Parents?](#)
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[Between The State & Adult Children - Who Cares for the Elderly?](#)
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[Only 3% Of Malaysians Can Afford To Retire](#)
-
[Unlicensed Elderly Care Homes Could Affect Vaccination Rollout](#)

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retirement pays hardly sufficient to meet daily cost of living, medical care costs, say experts

ANALYST: CHINA'S MEDICAL CARE WILL BE A MAJOR CONCERN FOR RETIREES

A Malayan retiree, a 60-year-old man, has been paying for his long-term care since he was 55. He has a good pension and a good medical insurance, but he has a big medical bill in many years. He has to pay for his medical insurance and for his long-term care. He has to pay for his medical insurance and for his long-term care. He has to pay for his medical insurance and for his long-term care.

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NEED FOR DELEGATED FUNDING
The need for delegated funding is a major concern for the government. The need for delegated funding is a major concern for the government. The need for delegated funding is a major concern for the government.

Blueprint for

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CHAE SEON TYNG
 Senior Researcher & Chief
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 Malaysian Research
 Institute for Space
 Science and Technology

TENGKU AKA MUZALIAH
 Director General
 United Nations
 Environment Programme
 Regional Office for
 Southeast Asia

DR MELVYN AZE
 Lecturer, Geomatics
 Engineering Department
 The Social Sci-
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 Faculty, Universiti
 Teknologi Malaysia

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