Long-term care and senior policy in Poland

current situation and challenges

CHANCELLERY OF THE PRIME MINISTER

An ageing population

21.1%

Share of population aged 65+ (2025)



+ 2 M people

29.7%

Share of population aged 65+ (2050)

59.2%

Share of population aged 20–64 years (2025)



- 4.5 M people

53.0%

Share of population aged 20–64 years (2050)

Provision of care and care workers

Up to **80% of care** is currently provided informally by family members.

The ratio of long-term care workers per 100 people aged 65+ in Poland is **0.3**.

OECD average: **5.0**

Data for Poland cover only institutional care.

Population requiring care support

Severe limitations in performing daily living activities

Aged 60–74 years

8.1%

Aged 75+ years

22.9%

Statistical data from 2024

Total Affected Population

Estimated population potentially in need of support in the form of care services.

~1.0 M

Institutional architecture

December 2023

Minister for Senior Policy

Establishment of a dedicated governmental body to define the state's policy directions.

February 2026

Government Plenipotentiary for Senior Policy

Core responsibilities of the Government Plenipotentiary for Senior Policy

- Monitoring & identifying needs
- Initiating & promoting solutions
- Domestic & international cooperation

Inter-Ministerial Team for Systemic Solutions Related to the Care of the Elderly

Established in March 2024 as a forum for cross-sectoral collaboration

Analysis

Evaluating existing mechanisms in elderly care.

Strategic directions

Proposing action plans across care sectors.

Recommendations

Preparing recommendations for legislative changes.

Evaluation

Monitoring the effectiveness of legal solutions.

Working Group on Long-Term Care

Responsible for developing Poland's first integrated definition of long-term care, bridging healthcare and social security systems.

Working Group on Prevention and Supporting Older People

Act on Older Persons and Long-Term Care Coordination

Entered into force: early August 2026

Legal definitions

Formally defines long-term care, informal care, and informal caregivers in Polish law.

County Coordinators

Establishes a dedicated long-term care coordinator role at the county (powiat) level starting 2027.

Senior Voucher

A new social service instrument supporting seniors directly in their homes.

Mandatory Monitoring

Annual publication obligations assessing long-term care performance and results.
Designation of the responsible institutions.

County Long-Term Care Coordinators

Access to information

Guiding seniors and families through available local long-term care services and benefits.

Cross-sector collaboration

Connecting healthcare institutions with social welfare centers (OPS/CUS).

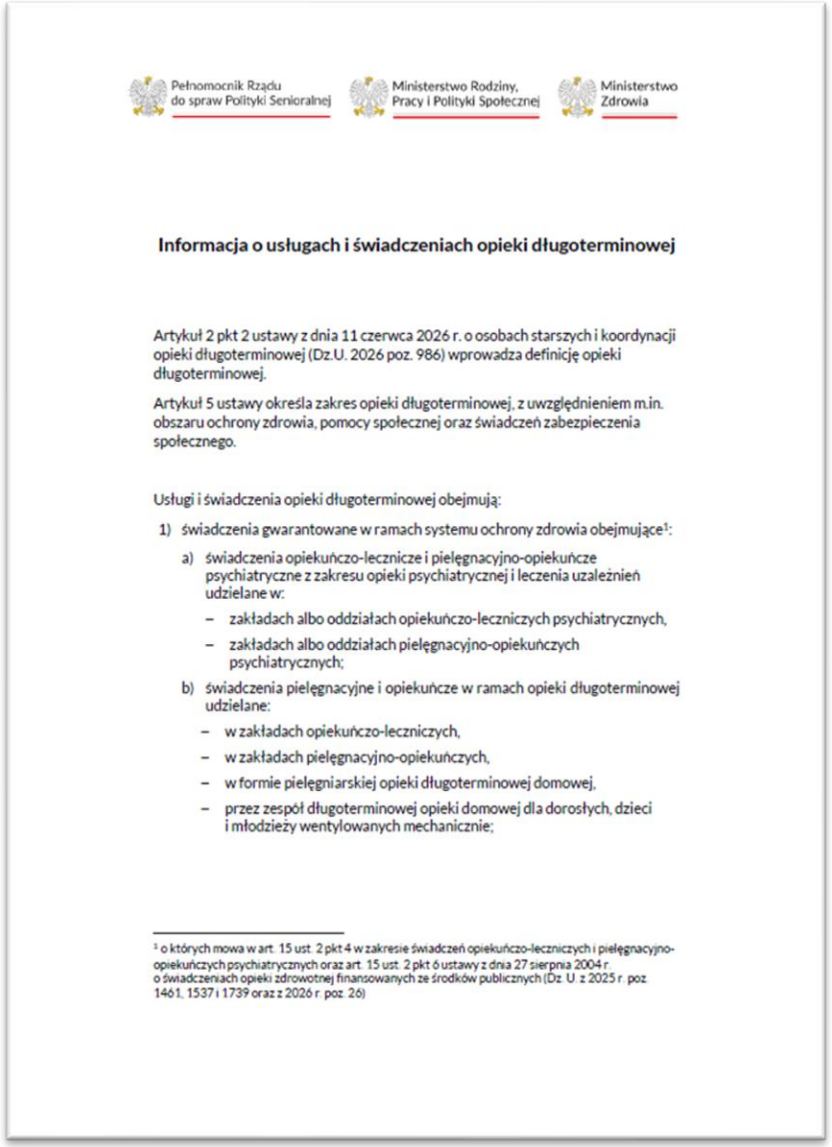
Removing service barriers

Identifying local gaps and constraints restricting access to long-term care.

Information on long-term care services and benefits

Document is available on the website of Public Bulletin of the Chancellery of the Prime Minister.

Covers services and cash benefits in the health care system, social assistance and welfare system.



Pełnomocnik Rządu do spraw Polityki Senioralnej | Ministerstwo Rodziny, Pracy i Polityki Społecznej | Ministerstwo Zdrowia

Informacja o usługach i świadczeniach opieki długoterminowej

Artykuł 2 pkt 2 ustawy z dnia 11 czerwca 2026 r. o osobach starszych i koordynacji opieki długoterminowej (Dz.U. 2026 poz. 986) wprowadza definicję opieki długoterminowej.

Artykuł 5 ustawy określa zakres opieki długoterminowej, z uwzględnieniem m.in. obszaru ochrony zdrowia, pomocy społecznej oraz świadczeń zabezpieczenia społecznego.

Usługi i świadczenia opieki długoterminowej obejmują:

1) świadczenia gwarantowane w ramach systemu ochrony zdrowia obejmujące[1]:
   a) świadczenia opiekuńczo-lecznicze i pielęgnacyjno-opiekuńcze psychiatryczne z zakresu opieki psychiatrycznej i leczenia uzależnień udzielane w:
      – zakładach albo oddziałach opiekuńczo-leczniczych psychiatrycznych,
      – zakładach albo oddziałach pielęgnacyjno-opiekuńczych psychiatrycznych;
   b) świadczenia pielęgnacyjne i opiekuńcze w ramach opieki długoterminowej udzielane:
      – w zakładach opiekuńczo-leczniczych,
      – w zakładach pielęgnacyjno-opiekuńczych,
      – w formie pielęgniarskiej opieki długoterminowej domowej,
      – przez zespół długoterminowej opieki domowej dla dorosłych, dzieci i młodzieży wentylowanych mechanicznie;

[1] o których mowa w art. 15 ust. 2 pkt 4 w zakresie świadczeń opiekuńczo-leczniczych i pielęgnacyjno-opiekuńczych psychiatrycznych oraz art. 15 ust. 2 pkt 6 ustawy z dnia 27 sierpnia 2004 r. o świadczeniach opieki zdrowotnej finansowanych ze środków publicznych (Dz. U. z 2025 r. poz. 1461, 1537 i 1739 oraz z 2026 r. poz. 26)

Senior Voucher Program

Home-based care support designed to prevent institutionalization

Eligibility

Seniors 65+ Years

Individuals with unmet needs in activities of daily living.

Means tested.

Income Threshold:

Max PLN 3,410 gross

Service value

Up to PLN 2,500 / month

In-kind care benefit providing up to 50 care hours per month.

Funding Allocation:

PLN 1 Billion (2026–2028)

Territorial priority

Eliminating Care Deserts

Targeted first at municipalities with zero public senior care services or limited numer of such services.

Launch of the Program:

IV quarter 2026

Spending review on long-term care

Document prepared by the Ministry of Finance.

Close cooperation with the Government Plenipotentiary for Senior Policy, the Ministry of Family, Labour and Social Policy, the Ministry of Health and The National Health Fund.

Includes recommendation for changes that will be monitored by the Ministry of Finance.



Monitoring of the long-term care including the quality of care

Document prepared by the Government Plenipotentiary for Senior Policy.

A proposal for an integrated system monitoring, collecting and utilizing data to evaluate long-term care quality in Poland.

Full implementation – up to 15 years.



Collaboration with the OECD and the European Commission

TSI Project: "Developing a quality monitoring framework for long-term care in Poland"

- In-depth analysis of current state.
- International good practices.
- Proposal of the integrated definition of quality in long-term care.
- Capacity building workshops.
- Final report– December 2026

National Recovery and Resilience Plan

Reform A4.6: Increasing labour market participation of certain groups by developing long-term care

Legal definitions

Enactment of formal terms for long-term care and informal caregivers and informal care.

Standards of home services

Adoption of organizational standards in health and home-based care.

Spending review on long-term care

Proposal of a harmonised system for monitoring long-term care

Publication of the list of services and benefits of long-term care

EU Funds for 2028–2034 and other initiatives

EU Programming 2028–2034

Addressing European Semester CSRs: *"Increase access and quality of long-term care services"*.

Further development of long-term care monitoring system, coordination and evaluation.

Beginning of the proces.

Other initiatives

"Active Seniors - ASY" Program 2026-2030

Fostering social participation.

"Aware Senior- Safe Senior"

Protecting rights and property (with Ministry of Justice).

Dementia Program

National Action Plan for Dementia (leader - Ministry of Health).

Intergenerational School

Building intergenerational ties (with Ministry of Education).

Thank you