Regional Expert Consultation on Long-term Care of Older Persons
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Long-term care of older persons
The case of Japan

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Where are the elderly in Japan (Aged 65+, 2010)

<table>
<thead>
<tr>
<th>Living Arrangement</th>
<th>Number</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>At home alone</td>
<td>4,790,768</td>
<td>16.4%</td>
</tr>
<tr>
<td>At home with spouse</td>
<td>9,864,505</td>
<td>33.7%</td>
</tr>
<tr>
<td>At home with children/family/other</td>
<td>12,922,551</td>
<td>44.2%</td>
</tr>
<tr>
<td>Facility</td>
<td>1,201,136</td>
<td>4.1%</td>
</tr>
<tr>
<td>Hospital</td>
<td>448,748</td>
<td>1.5%</td>
</tr>
<tr>
<td>Other</td>
<td>17,977</td>
<td>0.1%</td>
</tr>
<tr>
<td>Hospital Other</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: Census 2010  www.e-stat.go.jp
Calculated from Table 6. Household Members, by Type of Household (2 Groups), Family Type of Household (16 Groups), Type of Institutional Household (6 Groups), Marital Status (4 Groups), Age (Five-Year Groups), Sex and Average Age - Japan* and Prefectures*
Long-term care insurance system in Japan

<table>
<thead>
<tr>
<th>Source of financing</th>
<th>Premium</th>
<th>Subsidy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary insured</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aged 65+</td>
<td></td>
<td>National</td>
</tr>
<tr>
<td>Secondary insured</td>
<td></td>
<td>Prefectural</td>
</tr>
<tr>
<td>Aged 40-64</td>
<td></td>
<td>Municipal</td>
</tr>
</tbody>
</table>

Co-payment

Insurer and Operator
Municipalities (Shi-Ku-Cho-Son 市区町村)

Care-needs assessment and Care-Plan elaboration by Care-manager

Operation

- In-home services
- Facility services
- Community-based care services
- Nursing care prevention services
- Community-based nursing care prevention services
The number of persons certified for the long-term care by care/support level (in 1,000)

Source: Report on the Status of Long-term Care Insurance, etc.
Notes: Data are of April each year. Due to the Great East Japan Earthquake, 11 and 3 municipalities data are not included in the data of 2011 and 2012, respectively.
In comparison with other countries, the proportion of the elderly housings established to the total elderly population in Japan is low.

The proportion of admission capacities of nursing homes/elderly housings, etc. to the total elderly population (2008)

<table>
<thead>
<tr>
<th>Country</th>
<th>Admission Capacities</th>
<th>Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Japan</td>
<td>5.0%</td>
<td>※1, ※2 (3.5%), ※1 (1.5%)</td>
</tr>
<tr>
<td>Sweden</td>
<td>6.0%</td>
<td>※3, ※6</td>
</tr>
<tr>
<td>Denmark</td>
<td>8.7%</td>
<td>※4, ※7 (7.4%)</td>
</tr>
<tr>
<td>U.K.</td>
<td>10.4%</td>
<td>※5</td>
</tr>
<tr>
<td>U.S.</td>
<td>6.5%</td>
<td>※6</td>
</tr>
</tbody>
</table>

※1 Silver housing, high-quality rental housings for the elderly; rental housings dedicated for use by the elderly (both are based on the surveys conducted by the Ministry of Land, Infrastructure, Transport and Tourism), fee-based homes for the elderly, care facilities for the elderly, and moderate-fee homes for the elderly (Survey on Social Welfare Institutions in 2008)
※2 3 facilities covered by long-term care insurance and group homes (Survey of Institutions and Establishments for Long-Term Care in 2008)
※3 Statiska Centralbyrån, “Statistik Årsbok för Sverige 2010”
※4 Danmarks Statistik, “StatBank Denmark”
※5 Estimates based on Laing and Buisson, “Care of Elderly People UK Market Survey 2009,” and Age Concern, “Older people in the United Kingdom February 2010”
※6 Administration on Aging U.S. Department of Health and Human Services, “A Profile of Older Americans: 2009”
※7 Plejehejm - Intensive care home for the elderly; Plejeboliger - Elderly housings with care service; and Elderboliger - Elderly housings

The admission capacities of elderly housings/nursing homes

Source: Material 2 submitted at the Council on social security, 48th subcommittee of long term care insurance, 18 Sep. 2013
### 費用と保険料の推移

<table>
<thead>
<tr>
<th>事業運営期間</th>
<th>事業計画</th>
<th>給付（総費用額）</th>
<th>保険料</th>
<th>介護報酬の改定率</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000年度</td>
<td>第一期</td>
<td>3.6兆円</td>
<td>2,911円</td>
<td>H15年度改定</td>
</tr>
<tr>
<td>2001年度</td>
<td>第二期</td>
<td>4.6兆円</td>
<td>2,911円</td>
<td>▲2.3%</td>
</tr>
<tr>
<td>2002年度</td>
<td>第三期</td>
<td>5.2兆円</td>
<td>2,911円</td>
<td></td>
</tr>
<tr>
<td>2003年度</td>
<td>第二期</td>
<td>5.7兆円</td>
<td>3,293円</td>
<td>H17年度改定</td>
</tr>
<tr>
<td>2004年度</td>
<td>第三期</td>
<td>6.2兆円</td>
<td>3,293円</td>
<td>▲1.9%</td>
</tr>
<tr>
<td>2005年度</td>
<td>第四期</td>
<td>6.4兆円</td>
<td>3,293円</td>
<td>H18年度改定</td>
</tr>
<tr>
<td>2006年度</td>
<td>第五期</td>
<td>6.7兆円</td>
<td>4,090円</td>
<td>▲0.5%</td>
</tr>
<tr>
<td>2007年度</td>
<td>第五期</td>
<td>6.9兆円</td>
<td>4,090円</td>
<td></td>
</tr>
<tr>
<td>2008年度</td>
<td>第四期</td>
<td>7.4兆円</td>
<td>4,160円</td>
<td>H21年度改定</td>
</tr>
<tr>
<td>2009年度</td>
<td>第四期</td>
<td>7.8兆円</td>
<td>4,160円</td>
<td>▼3.0%</td>
</tr>
<tr>
<td>2010年度</td>
<td>第四期</td>
<td>8.2兆円</td>
<td>4,160円</td>
<td>H24年度改定</td>
</tr>
<tr>
<td>2011年度</td>
<td>第五期</td>
<td>8.9兆円</td>
<td>4,972円</td>
<td>▼1.2%</td>
</tr>
<tr>
<td>2012年度</td>
<td>第五期</td>
<td>9.4兆円</td>
<td>4,972円</td>
<td></td>
</tr>
<tr>
<td>2013年度</td>
<td>第五期</td>
<td>-</td>
<td>4,972円</td>
<td></td>
</tr>
<tr>
<td>2014年度</td>
<td>第五期</td>
<td>-</td>
<td>4,972円</td>
<td></td>
</tr>
<tr>
<td>2025年度</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td></td>
</tr>
</tbody>
</table>

### 年

- 年

※2010年度までは実績であり、2011～2012年度は当期予算、2013年度は当期予算（案）である。
※2025年度は社会保険に係る費用の将来推計について（平成24年3月）

Source: Website of Ministry of Health, Labour and Welfare,
National government budget 2013

Servicing government bonds, 23.3, 24%
Education and research, 5.4, 6%
Infrastructure, 6.0, 6%
Decentralization, 16.1, 17%
Social security 30.5 trillion yen, 32%
Other, 9.7, 10%
Defence, 4.9, 5%

Total General Budget = 95.9 trillion yen

Employment, 0.2, 1%
Welfare 5.5, 18%
Care for Elderly 2.6, 9%
Pension 10.7, 35%
Health 11.2, 37%
Integrated Community Care system

Healthcare

Living support

Long-term care

Prevention

Commuting to medical facilities/care facilities

Home-visit care
• Nursing care

Own home/elderly housing with long-term care

Integrated community care support center/care manager

Provides consultation and coordinating services

Old people’s club, residents’ association, long-term care prevention, living support, etc.
Example: Kashiwa city, Chiba Prefecture

Kashiwa city
Aged 65+: 19.9% (2010)
26.7% (2030)
Distance from Tokyo: 30km
40 min. by train from Tokyo stn.

Toyoshikidai Complex
Public housing development since 1964
4,850 households Aged 65+: 40%

Collaboration with
- Community doctor / Nurse
- Hospitals
- Nursing homes
- Municipality
- University (research)

Community health care
Job creation for the elderly
Housing / neighborhood renovation
Human Resources for Health

demand projection (Japan, 2011, 2015, 2025)

reference material 1-2 supplied at 10th Meeting on the Intensive Consultation on the Social Security
(第10回社会保障改革に関する集中検討会議), 2 June 2011, Cabinet Secretariat
Shortage of labour?

• Robots
• The old care the older (老老介護)
• Better working condition with appropriate career path
• From family to community
• Foreign care workers
## Number of entries under EPA from Indonesia, Philippines, Vietnam

<table>
<thead>
<tr>
<th>Year</th>
<th>Nurse candidate</th>
<th>Care-worker candidate</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>104</td>
<td>104</td>
<td>208</td>
</tr>
<tr>
<td>2009</td>
<td>266</td>
<td>406</td>
<td>672</td>
</tr>
<tr>
<td>2010</td>
<td>85</td>
<td>159</td>
<td>244</td>
</tr>
<tr>
<td>2011</td>
<td>117</td>
<td>119</td>
<td>236</td>
</tr>
<tr>
<td>2012</td>
<td>57</td>
<td>145</td>
<td>202</td>
</tr>
<tr>
<td>2013</td>
<td>112</td>
<td>195</td>
<td>307</td>
</tr>
<tr>
<td>2014</td>
<td>98</td>
<td>410</td>
<td>508</td>
</tr>
<tr>
<td>Total</td>
<td><strong>839</strong></td>
<td><strong>933</strong></td>
<td><strong>2,377</strong></td>
</tr>
</tbody>
</table>

Compiled from [http://www.mhlw.go.jp/bunya/koyou/other22](http://www.mhlw.go.jp/bunya/koyou/other22)
Transition of dependency ratio
Asian countries

Foreign careworkers

- Ageing population in Asia > shortage of labour everywhere
- EPA (Economic Partnership Agreement)
- Under discussion
  - Technical Intern Trainees
  - Status of residence : Medical
- Development of Human Resources for Health for ASIA
Proportion of the aged 75 years and over in 2040 municipality level
(2010=100)
Household number by size (household members) Japan (1920 – 2010)

Data source: Census data, Statistics Bureau of Ministry of Internal Affairs (www.stat.go.jp)
Single or only couple (without children) household in Japan (65+)

from living together to living close

Source: 7th Migration Survey of Japan, IPSS

<table>
<thead>
<tr>
<th>Year</th>
<th>Different prefecture</th>
<th>Same prefecture</th>
<th>Same municipality</th>
<th>Same house</th>
</tr>
</thead>
<tbody>
<tr>
<td>2001</td>
<td>38.2</td>
<td>26.9</td>
<td>25.4</td>
<td>9.5</td>
</tr>
<tr>
<td>2011</td>
<td>39.0</td>
<td>27.1</td>
<td>30.8</td>
<td>3.1</td>
</tr>
</tbody>
</table>

n=4,694 for 2001
n=4,793 for 2011
Intention of long-term care

[If you need long-term care]

1. Live at home receiving cares by mainly my family
2. Live at home receiving combination of external long-term care services and care by my family
3. Receive long-term care at home if there are services that enable me to live at home independently of my family members
4. Move into fee charging home for the aged or house for the elderly with care to receive long-term care

[If your parents need long-term care]

1. At home with family care
2. Live at home with family and external care
3. Live at home independently with external care
4. Fee charging nursing home
5. Special nursing home
6. Hospital
7. Others
8. N.A.

Source: “Opinion collection from the citizens concerning long-term care insurance system (result outline)” by Health and Welfare Bureau for the Elderly of MHLW
Healthy Life Expectancy Japan - Male

Year

66
68
70
72
74
76
78
80
82

Years

Life Expectancy

HLE not in bed

not bed-ridden

no need for care

independent

Male