Long-term care of older persons
The case of Japan

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Population trend by age group in Japan (1920-2060)

- **0-19 years old**: 37,375 (40%)
- **20-64 years old**: 50,694 (54%)
- **65-74 years old**: 15,173 (12%)
- **75 years old and older**: 11,045 (13%)

Population in 1,000

Projection

Year

- 1920: 55,963
- 1930: 93,419
- 1940: 128,057
- 1947: 14,072 (11%)
- 1950: 15,173 (12%)
- 1955: 74,968 (59%)
- 1960: 22,867 (18%)
- 2000: 41,050 (47%)
- 2005: 11,045 (13%)
- 2010: 11,279 (13%)
- 2015: 23,362 (27%)
- 2020: 41,050 (47%)
- 2025: 11,045 (13%)
- 2030: 11,279 (13%)
- 2035: 23,362 (27%)
- 2040: 41,050 (47%)
- 2045: 11,045 (13%)
- 2050: 11,279 (13%)
- 2055: 23,362 (27%)
- 2060: 41,050 (47%)
Where are the elderly in Japan (Aged 65+, 2010)

- At home alone: 4,790,768 (16.4%)
- At home with spouse: 9,864,505 (33.7%)
- At home with children/family/other: 12,922,551 (44.2%)
- Facility: 1,201,136 (4.1%)
- Hospital: 448,748 (1.5%)
- Other: 17,977 (0.1%)

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></td>
<td>Primary insured Aged 65+</td>
<td>Secondary insured Aged 40-64</td>
</tr>
</tbody>
</table>

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

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

- In-home services
- Facility services
- Community-based care services
- Nursing care prevention services
- Community-based nursing care prevention services

Co-payment
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.
The Situation of Nursing Homes and the Elderly Housings with Care Service in Different Countries

In comparison with other countries, the proportion of the elderly housings established to the total elderly population in Japan is low.

<table>
<thead>
<tr>
<th>Facility Type</th>
<th>Percentage</th>
<th>Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 facilities covered by long-term insurance, etc.</td>
<td>5.0%</td>
<td>Japan</td>
</tr>
<tr>
<td>“Special geriatric care home for the elderly”</td>
<td>6.0%</td>
<td>Sweden※3</td>
</tr>
<tr>
<td>Plejehjem</td>
<td>8.7%</td>
<td>Denmark※4</td>
</tr>
<tr>
<td>Care home</td>
<td>10.4%</td>
<td>U.K.※5</td>
</tr>
<tr>
<td>Sheltered housing</td>
<td>6.5%</td>
<td>U.S.※6</td>
</tr>
</tbody>
</table>

※1 Silver housings: 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-free homes for the elderly (Survey on Social Welfare Institutions in 2006). ※2 3 facilities covered by long-term care insurance and group homes (Survey of Institutions and Establishments for Long-term Care in 2006). ※3 Statistisk Centralbyrå, "Statistik Arbok 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 Plejehjem - Intensive care home for the elderly; Plejeboliger - Elderly housing 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

社会保障審議会介護保険部会(第48回)平成25年9月18日 資料2『施設サービス等について』
expenditure of long term care insurance

介護給付と保険料の推移

〇 市町村は3年を1期（2005年度までは5年を1期）とする介護保険事業計画を策定し、3年ごと
に見直しを行う。
〇 保険料は、3年ごとに、事業計画に定めるサービス費用見込額等に基づき、3年間を通じて財政の均衡
を保つよう設定される。（3年度を通じた同一の保険料）

<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>
</table>
| 2000年度 | 第一期 | 3.6兆円 | 2,911円 | H15年度改定
| 2001年度 | 第二期 | 4.6兆円 | (全国平均) | ▲2.3% |
| 2002年度 | 第三期 | 5.2兆円 | 3,293円 | H17年度改定
| 2003年度 | 第四期 | 5.7兆円 | (全国平均) | ▲1.9% |
| 2004年度 | 第五期 | 6.2兆円 | 4,090円 | H18年度改定
| 2005年度 | 第六期 | 6.4兆円 | (全国平均) | ▲0.5% |
| 2006年度 | 第七期 | 6.7兆円 | 4,160円 | H21年度改定
| 2007年度 | 第八期 | 6.9兆円 | (全国平均) | ▲3.0% |
| 2008年度 | 第九期 | 7.4兆円 | 4,972円 | H24年度改定
| 2009年度 | 第十期 | 7.8兆円 | (全国平均) | ▲1.2% |
| 2010年度 | 第十一期 | 8.2兆円 | | |
| 2011年度 | 第十二期 | 8.9兆円 | 21兆円程度（改革シナリオ） | |
| 2012年度 | 第十三期 | 9.4兆円 | 8,200円 | |
| 2013年度 | 第十四期 | | | |
| 2014年度 | 第十五期 | | | |
| 2025年度 | | | | |

※2010年度までは実績であり、2011〜2012年度は当初予算、2013年度は当初予算（案）である。
※2025年度は社会保障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

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servicing government bonds</td>
<td>23.3</td>
<td>24%</td>
</tr>
<tr>
<td>Social security</td>
<td>30.5</td>
<td>32%</td>
</tr>
<tr>
<td>Education and research</td>
<td>5.4</td>
<td>6%</td>
</tr>
<tr>
<td>Decentralization</td>
<td>16.1</td>
<td>17%</td>
</tr>
<tr>
<td>Infrastructure</td>
<td>6.0</td>
<td>6%</td>
</tr>
<tr>
<td>Defence</td>
<td>4.9</td>
<td>5%</td>
</tr>
<tr>
<td>Other</td>
<td>9.7</td>
<td>10%</td>
</tr>
<tr>
<td>Employment</td>
<td>0.2</td>
<td>1%</td>
</tr>
</tbody>
</table>

**Total General Budget**: 95.9 trillion yen
Integrated Community Care system

**Healthcare**
- Integrated community care support center/care manager
  - Provides consultation and coordinating services

**Long-term care**
- Home-visit care
  - Nursing care

**Housing**
- Own home/elderly housing with long-term care

**Living support**
- Old people’s club, residents’ association, long-term care prevention, living support, etc.

**Prevention**
- Integrated community care support center/care manager
  - Provides consultation and coordinating services

**Commuting to medical facilities/care facilities**

**Integrated Community Care system**
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)

**Job creation for the elderly**
**Community health care**
**Housing / neighborhood renovation**

- Old buildings
- Central shopping mall
- Renewed building
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>839</td>
<td>933</td>
<td>2,377</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
Intention of long-term care

[If you need long-term care]

1. At home with family care 4%
2. Live at home with family and external care 24%
3. Live at home independently with external care 24%
4. Fee charging nursing home 12%
5. Special nursing home 7%
6. Hospital 2%
7. Others 3%
8. N.A. 2%

[If your parents need long-term care]

1. At home with family care 4%
2. Live at home independently with external care 49%
3. Live at home independently with external care 27%
4. Fee charging nursing home 5%
5. Special nursing home 6%
6. Hospital 2%
7. Others 3%
8. N.A. 4%

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

- Life Expectancy
- HLE not in bed
- not bed-ridden
- no need for care
- independent