Session 2: Active ageing: Facilitating older persons’ participation in cultural, economic, political, and social life

Active Aging in Japan: Policy, Practice, and Research

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Nov. 6-7, 2015
Demographic Change in Japan

Population (in thousands)
- 0~14 yrs old
- 15~64 yrs old
- 65 yrs or older

Average Life Expectancy
- Women's Average Life Expectancy
- Men's Average Life Expectancy

Source: National Institute of Population and Social Security Research,
Government Expenditure on Social Security

Social Security Expenditure for the elderly

Social Security Expenditure for child and family

## Life Expectancy and Healthy Life Expectancy in Japan

<table>
<thead>
<tr>
<th>Japan</th>
<th>Life expectancy at birth</th>
<th>Life expectancy at age 60</th>
<th>Healthy life expectancy (HALE) at birth</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Both sexes</td>
<td>Female</td>
<td>Male</td>
</tr>
<tr>
<td>Japan</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2013</td>
<td>84</td>
<td>87</td>
<td>80</td>
</tr>
<tr>
<td>2012</td>
<td>84</td>
<td>87</td>
<td>80</td>
</tr>
<tr>
<td>2000</td>
<td>81</td>
<td>85</td>
<td>78</td>
</tr>
<tr>
<td>1990</td>
<td>79</td>
<td>82</td>
<td>76</td>
</tr>
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</table>

*Source: Global Health Observatory (GHO) data*
The Basic Law on Measures for the Aged Society (Law No.129, 1995).

Article 2. (Basic Objective)
The basic objective of measures for the aging society is to create a society as described in the following items.
i) A fair and energetic society where people can be ensured that they have the opportunity of participating in diverse social activities or working throughout their lives.
ii) A society where people are respected as important members throughout their lives where local communities are formed based on the spirit of independence and solidarity.
iii) An affluent society where people can live peacefully and with fulfillment throughout their lives.

General Principles Concerning Measures for the Aged Society

Article 3. (Duties of the National Government)
Article 4. (Duties of Local Governments)
Article 5. (Efforts of People)
Article 6. (General Principles Concerning Measures Concerning Measures for the Aged Society)
Article 7. (Legislative Measures, etc.)
General Principles Concerning Measures for the Aged Society (revised in 2012)

**Fundamental Principles**

i. Change of Awareness on “Elderly Persons”—How to conceptualize them

ii. Establishment of social security system for securing peace of mind in people’s old age

iii. Utilization of will and capability of the aged

iv. Strengthening of regional power and realization of stable regional society

v. Realization of safe and peaceful living environment

vi. Preparation for “Age of a 90-year lifespan” from the younger time and realization of generation circulation
Healthy Japan 21 (secondary): Direction in Health Promotion for the Elderly

Longer healthy life expectancy / Closing the health gap

- Improving QOL
- Improving social environment
- Preventing long-term care or delaying it
- Social participation and contribution by the elderly

**<Individual behavior change>**
- Maintaining and promoting physical, mental and social functions
- Preventing geriatric syndrome such as dementia, locomotive syndrome, depressive mode, homeboundness, and low nutrition
- Good food and nutrition
- Physical activity and strength
- Social participation and social network

**<Achieving good social environment>**
- More opportunities for social participation, securing a fair society, improving access to support for health (public health, medical, and care services).
- Health promotion based on community networks
Healthy Japan 21 in Practice in a Municipality

The Case of Yokohama City
Policies Related to Active Aging from Long-term Care Perspectives

Amendment of the Long-Term Care Insurance Law (2006)

- Establishment of Prevention-oriented System
- Establishment of Community General Support Centers

1. Population Approach

- Health education on individual, group or community basis
  - Physical activity
  - Nutrition
  - Social participation
  - Volunteering

2. High-risk Approach

- Screening using uniform check-list
  - Falls, lower nutrition, homeboundness, cognitive decline, depressive mood

- Long-term care prevention program for high-risk persons
Localized, comprehensive, single point of access centers for the entire elderly population

- Established in 2006 ⇒ 4,323 centers in 2012
- Located in every junior high school district
- Public health nurse, chief care manager, and certified social worker assist the elderly
Amendment to the Act on Stabilization of Employment of Elderly Persons in 2004 and 2012

1. Abolition of the scheme to exclude some of their employees from coverage by the continued employment system
2. Expanding the scope of companies employing persons covered by the continued employment system
3. Announcing the name of companies in breach of the obligation

The policy promotes the hiring of workers over 60 years old.

→ Since 2013, companies have to employ people who wish to work after the retirement at age of 60.
Elderly People in Labor Force

Modified from Historical data 2  Population aged 15 years old and over by labour force status - Whole Japan  Source: Ministry of Internal Affairs and Communications, Statistics Bureau
Working as active aging to improve quality of life

In a question to elderly over 60 years old, and currently not employed, as to why they would like to work in the future,

- “For health and to prevent aging”
- “For making friends and colleagues through working”
- “As a source of income”

Source: Cabinet Office “7th International Comparison Survey on Elderly Life and Attitude 2010”
Social Participation and Health
Social Participation and the Effect on Health

8 year longitudinal survey in a suburb in Tokyo

People who volunteered and who have hobbies maintain their independence.
Social Participation and the Effect on Health

Change in the basic ADL scores

People who had a job maintain their independence
Social Participation Program
“REPRINTS”
Read Aloud Picture Books Training Program (designed by TMIG Social Participation Team)

Training
Learning method to select good picture books, practicing to read fluently, understanding the state of today’s children, theories and practices of volunteer activities

Health checkup
指先機能チェック
身体機能チェック

Kawasaki, Yokohama,
Chuo-ku, Suginami-ku
Toshima-ku
Ota-ku
Bunkyo-ku, Itabashi-ku
Kita-ku
Fuchu
Tokyo
REPRINTS Training Program: Read Aloud Picture Books

Building Body, Expression, Reading Comprehension etc.

Voice Training

Flexibility Training

Reading Comprehension

Solo Performance

Participants in group create a 30 min program and perform it in the last seminar
Understanding human memory and how you train in daily life from lecture, texts, games and songs.
Good Practices connecting generations

Reading picture books to kids in a community center

Reading at nursery school
Effect on Seniors

Psychological Effect
- Self-esteem
- Self-efficacy
- Social Support and Network

Physical Effect
- Increased physical activities by participation
- Warming up before reading
- Voice training

Cognitive function Effect
- Executive function
- Language function
- Memory function
Cognitive intervention through a training program

The elderly participants improved and retained the delayed verbal memory.
Policies related to Active Aging from Educational Perspectives

Public Sector

- Kominkan (公民館)
- Lifelong Learning Centers
- Volunteer Center
- School Support Regional Headquarters

Private Sector

- Correspondence Learning
- Cram School Business
- Culture School
- Communication Education

In 2011, there were 14,681 centers. In 2013, there were 3,527 headquarters and 8,342 coordinators.
Home Econ Class

Field Trip Assistant

First grader Support

Elementary school students performing at daycare service center
Japanese Elderly Attitude toward Volunteering

“Are you volunteering or participating in some kind of social activities?”

“Never participated”

<table>
<thead>
<tr>
<th>Japan</th>
<th>USA</th>
<th>South Korea</th>
<th>Germany</th>
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<tbody>
<tr>
<td>2005</td>
<td>2010</td>
<td>2005</td>
<td>2010</td>
</tr>
<tr>
<td>53.4%</td>
<td>51.7%</td>
<td>32.3%</td>
<td>33.1%</td>
</tr>
<tr>
<td>2005</td>
<td>2010</td>
<td>2005</td>
<td>2010</td>
</tr>
<tr>
<td>72.5%</td>
<td>74.2%</td>
<td>46.2%</td>
<td>42.9%</td>
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</tbody>
</table>

from 7th International Comparison Survey of the Daily Life and Attitudes of Elderly Persons
source: Cabinet Office
Social and economical needs for the elderly’s productivity (work, social participation and social contribution) is high.

Older people’s health has improved enough to respond to such needs.

The needs and improvement of health supported by the policies and system drive Active Aging in Japan.

However, the gap in health between those who are involved in activities and those who are not widens.

More inter-section collaboration from national to local level is necessary.