

## ILC-Japan Activity Report

### Summary

In 2015-2016, ILC-Japan actively worked on various efforts to promote Productive Aging, the fundamental principle of ILC.

- Based on “Charter of Productive Aging,” which was stipulated in 2015, we conducted studies, organized symposia/seminars and published reports from the following perspectives:
  - Healthy older people are providers of support in a society, and people remain as independent as possible even when they start needing care.
  - People retain their dignity and make decisions for themselves even at the end of life.
- As for PR and education, we actively collaborated with companies and associations.
- We were able to educate a wide range of people, from government officials to the general public.

### (1) Research

#### 1. International Comparative Study on Productive Aging

We conducted interviews and collected comparative data on systems regarding frailty prevention, rehabilitation and other issues to promote independence among older people in Denmark and the Netherlands.

While the proportions of older people are lower in both countries than in Japan, these two countries have a sense of serious financial crisis. Therefore, they have established systems that do not rely on national services. Various initiatives have been developed, which focus more on self-help and mutual aid rather than on collaborative and public support. The results were extremely helpful for Japan in developing a community based integrated care system.

#### 2. Promotion of “Dementia Meetings by People with Early Dementia” and a study to incorporate perspectives of people with dementia into relevant measures

We carried out a national survey to examine the extent to which local municipalities conducted studies with people with dementia to understand their experience and needs. The results show that over 60% of prefectures have already conducted such studies. Also, about 80% of cities/wards/towns/villages felt such studies would be necessary in the future, and about 90% reported that they would like to learn specific methods and content of such studies.

We also organized workshops on how to nationally promote “Dementia Meetings by People with Early Dementia,” where people with dementia can express their hopes and opinions. We published a guidebook, compiling the results of these workshops and the national survey mentioned above, then distributed it to municipalities nationwide.

### 3. The Effects of Retirement Timings on Health

We participated in the ILC-GA joint study. At the 6th Berliner Demography Forum, we presented the results of the panel study on “Integration of Older Individuals in the Labor Market: Global Perspectives” with representatives of 6 ILC-GA member countries.

## (2) Advocacy

### 1. Co-sponsoring an international symposium “Building a Community for All Generations to Fulfill Their Lives” with Sawayaka Welfare Foundation

The symposium was held in Tokyo on January 30, 2017, co-sponsored by Sawayaka Welfare Foundation, which promotes development of communities based on mutual aid among residents. For this event, we invited the director of a Dutch welfare organization, who gave a report on various activities by mutual-aid organizations and community-based support teams in the Netherlands. This event provided a number of suggestions for Japan to further develop resident-led voluntary activities to provide daily support and community care conferences. About 300 people attended the symposium.

### 2. Collaboration with companies and associations in advocacy

- Japan Home Health Care Alliance (JHHCA) was established in March 2015 to promote home health care. We served as a secretariat of its 3 working groups (academic, movement and system).

- We organized a seminar series “Lifestyle Workshop on Longevity Society” for supporting member companies.

Theme: How technological innovations (e.g., IoT, artificial intelligence, robots and big data) affect an aged society.

- Workshop 1: Study meeting “Innovations and the senior market in a super-aged society.”
- Workshop 2: Educating residents to promote their dialogue with healthcare providers and building collaboration among hospitals, clinics, long-term care providers and the private sector: From a patient’s consent to residents’ participation.
- Workshop 3: Effective use of robot technology in human care business by Daiwa House Industry Co. Ltd.
- Workshop 4: Relay presentations “Technological innovations and an aged society.”
- We developed tools on longevity literacy (e.g. booklets) for corporate clients.
- We organized and sent lecturers for speaking engagements, seminars and symposia.

### 3. Resident-led community development: Compilation and analysis of best practices

A variety of groups have been engaging in activities for a long time to provide

places for older people to belong in a community. We introduced and analyzed some of the best practices.

### **(3) Policy**

- We organized study meetings for policy makers at the Ministry of Health, Labour and Welfare; this should lead to effective policy proposals.
- Our findings from interviews in other countries were introduced in “Annual Report on the Aging Society” by the Cabinet Office.
- The results of our study on “Dementia Meetings by People with Early Dementia” were introduced at the International Conference of Alzheimer's Disease International, which was held in Kyoto in April 2017. Various media covered the event and stressed the importance of such initiatives.

### **(4) Publications & Communication**

- We published a booklet “We Are the 75-year-olds in Japan” to provide a reader-friendly overview of 75-year-olds based on data.
- We exchanged opinions with and provided information to such organizations as United Nations Population Fund, HelpAge International, Diet Caucus on Demographic Issues and JICA.