

ILC-Japan Activity Report (2024)

1. Sharing information on productive aging

<https://ilcjapan1990.blogspot.com/>

For years, we have shared information on Japan's longevity society, including results of our research and events, mainly through reports and our website. To make it more flexible and accessible, we have also started our blog as a new communication channel.

It covers a broad range of topics, from what is great about older people and aged societies within and outside Japan to challenges facing us and directions we discuss. Each post is brief and easy to read.

2. Reablement remote intervention (pilot program)

In reablement, rehabilitation professionals provide short-term (3 months) and intensive intervention to frail older people mainly through motivational interviews. This service has shown a remarkable effect in some Japanese communities including Neyagawa City (Osaka Prefecture) and Hofu City (Yamaguchi Prefecture). It enables people to restore an active lifestyle by using community resources and helping them find a role, without using any additional items or touching their bodies. We tested a remote reablement program by using an online meeting platform.

Its effectiveness is yet to be demonstrated due to the limited number of examples. But we are confident that it will bring significant benefits and would like to continue this work.

3. Support for the Program to Develop a Support System in Daily Living

We have conducted the following activities to support Seikatsu Shien Coordinators (SCs, meaning "community support coordinators"), whose roles include supporting daily living of and providing frailty prevention to older people in a community setting.

(1) SC Café

<https://ilcjapan.org/sccafe/>

There are 9,000 SCs across Japan. We organized six webinars for these SCs and municipality staff working on the SC program. The most popular session attracted more than 3,000 participants.

(2) SC supervision (pilot program)

We have developed a one-year pilot program combining two activities: 1) creating a web map on community resources for daily assistance and frailty prevention benefiting older people and 2) collecting older people's needs for support from care managers and home care workers to address them. We invited participants in this program, and 10 municipalities showed interest. The program is in progress.

(3) Lifestyle Study Group

This group (consisting of members from the business, public, and academic sectors) examines and shares information on best practices regarding collaboration with private companies in developing community-based support systems for daily assistance and frailty prevention for older people. Examples include operations of mobile retail stores by a major drug store and services for older people by a large supermarket. We introduced these practices nationwide through the SC Café.