

ILC-Japan Activity Report (2022)

Summary

ILC-Japan has actively organized a variety of initiatives to promote ILC's philosophy: productive aging.

- In 2022, we conducted studies on ways to promote collaboration with businesses in supporting daily life and preventing frailty of older adults, aiming to develop community-based integrated care systems. We widely disseminated their results through presentations at seminars and publication of reports.
- Reablement services started in the UK and have been growing across Europe. To promote these services in Japan as well, we published a booklet "The Reablement" and an educational video. We also organized a symposium on reablement at the 17th Conference of the Society for Applied Gerontology-Japan, and it was well-received by the participants. We also provided training on this topic to a number of local municipalities across the country.
- We hosted online café (informal meetings) for community support coordinators ("*seikatsu shien coordinators*" or SCs in Japanese) on a regular basis to promote their networking.
- In PR & communication, we actively collaborated with businesses and organizations.
- We arranged places to visit for international researchers coming to Japan according to their research themes.
- We provided information to a wide range of people, from government officials to the general public.

(1) Research

1. Studies on ways to promote collaboration with businesses in supporting daily life and preventing frailty of older adults, aiming to develop community-based integrated care systems

- i) Frailty prevention: the ideal high-risk approach and roles of businesses
 - a. Publication of a manual on short-term, intensive, and preventive reablement services
- ii) Implementation support for collaborative projects with businesses
 - a. Development of a project to coordinate support focusing on work-related activities (Hachioji City, Tokyo)
 - b. Creation of support hubs to help daily life of older adults (supermarkets)
- iii) An international comparative study on decision-making and financial-management support in daily life
 - a. A survey with regional comprehensive support centers in Japan; international comparisons with the UK, the Netherlands, Australia, and Singapore; and interviews with relevant organizations in the UK via zoom, based on the new perspective of supporting older adults' future lives.

(2) Advocacy

1. Organizing a symposium at the 17th Conference of the Society for Applied Gerontology-Japan (November 13, 2022)

Responding to a request from the conference secretariat, we organized one of the public symposiums during the conference, focusing on reablement. Representatives from ILC-Japan introduced international trends in reablement and an actual example in Japan with a video, showing a person gradually regaining his previous lifestyle through reablement.

These reports were followed by a discussion, where municipal workers shared issues and questions on implementation of reablement services, to find tips on how to introduce these services.

2. Organizing an international symposium at the Summit Meeting for “Developing Meaning of Life and Mutual Supporting in a Community” in Tokyo (September 1 to 2, 2022)

The event was hosted by Sawayaka Welfare Foundation, one of the largest intermediary organizations in Japan. ILC-Japan, being in charge of organizing an international symposium in this event, hosted a session titled, “How do other countries support lives of older people through mutual support in communities?” In this symposium, based on international experiences shared by two guests from the UK, Dr. Brian Beach from University College London and Ms. Thea Monk from Ambition for Ageing, as well as presentations on our previous international field studies, the panelists discussed various issues including: how communities in other countries support lives of older adults, how older adults themselves maintain their independence, how communities in different countries respect and leverage their lifestyles and abilities, and how Japan should move forward.

3. A statement and recommendations on a population-based approach in frailty prevention

In order to make health and social care sustainable in Japan, a super-aged society facing a population decline, it is essential that people maintain their physical and mental independence as long as possible in later life. The key to achieving this is to practice frailty prevention and management as part of the industry-government-academia collaboration in community development. To promote these efforts, we formed an expert committee on promotion of frailty prevention. The committee developed an evidence-based statement for systematic frailty prevention based on a population-based approach, stressing the need for industry-government-academia collaboration in an integrated manner to move it forward.

4. Collaborative studies with other organizations

- The project to support enhancement of short-term, intensive, and preventive services in municipalities across Japan
Organizing and providing advice on training programs for municipalities, professionals, and service providers that were interested in introducing short-term, intensive, and preventive services (reablement).

(3) Policy

- Providing lectures to officers responsible for policies in the Ministry of Health, Labour, and Welfare, leading to policy recommendations.
- Publishing a booklet to help communities develop a system to support older adults through collaboration among various local actors. We sent the booklet to prefectures and local municipalities so that it can be widely used.

(4) Publications & Communication

<Publications>

- Compiling a wide range of information and news related to population aging in other countries and posting it on our website.
- Publishing a booklet “The Reablement.” (in Japanese)

- Producing an educational video “Short-Term, Intensive, and Preventive Home-Visit Reablement Services.” (in Japanese)
- Publishing a booklet “COVID Revolution: Resilience of Older Adults in the COVID-19 Pandemic.” (in Japanese)

<Communication>

- Cooperating with ILC-UK in their international comparative study on pneumococcal vaccination.
- Ms. Lily Persey (ILC-UK) visited Japan: co-hosting a seminar, “Health equals wealth – The economic impact of healthy ageing” at the British Embassy in Tokyo (July 14, 2022)
- Dr. Victoria Cornell (Research Manager at ECH, a comprehensive welfare service provider in Australia) visited Japan: arranging places for her to visit to help her research on new housing options for older adults in Japan.
- Exchanging ideas with Mr. Charles Goddard (Editorial Director at The Economist Group, UK)
 - Theme: Global initiatives starting from Japan, “Adaptation and transformation for a longevity society” (November 7, 2022)
 - We will continue to exchange opinions.
- Assisting in planning for an online seminar to be held in January 2023, co-hosted by the National Graduate Institute for Policy Studies and ILC-UK (a project commissioned by the Ministry of Foreign Affairs of Japan).