Successful Aging in Japan

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Prolonging Life Expectancy in Japan

<table>
<thead>
<tr>
<th>Year</th>
<th>Life Expectancy for Men</th>
<th>Life Expectancy for Women</th>
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<tbody>
<tr>
<td>1955</td>
<td>63.6</td>
<td>67.75</td>
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<td>1965</td>
<td>67.74</td>
<td>72.92</td>
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<td>1975</td>
<td>71.73</td>
<td>76.89</td>
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<td>1985</td>
<td>74.78</td>
<td>80.48</td>
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<td>1995</td>
<td>76.38</td>
<td>82.85</td>
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<td>2005</td>
<td>78.56</td>
<td>85.52</td>
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<td>2010</td>
<td>79.55</td>
<td>86.3</td>
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Age-friendly System in Japan

- Infrastructure
  - Securement of Stable Supply of Elderly Persons' Housing
  - Accessibility Improvement for Transportation and buildings

- Social Security
  - Public Health
  - Public Assistance
  - Social Welfare
  - Pension
  - Health Insurance
  - LTC Insurance
  - Unemployment Insurance
  - workers' accident compensation insurance

- Research & Development
  - Redesigning Communities for Aged Society (RISTEX)
  - Grant-in-Aid for Scientific Research Neo-Gerontology
  - Health and Labor Sciences Research Grant

- Activation
  - Stabilization of Employment of Older Persons
The 2\textsuperscript{nd} Demographic Transition

- Child-dependency ratio
- Old-age dependency ratio
- Dependency ratio

Demographic Bonus → Demographic Onus
Japanese Population from 2010 to 2035 by Age (in thousand)

- Rapid Decreasing of Younger Population
- Retirement of 2nd Baby-boomers & Decreasing of Working Population
- Increased Older Old Population

Age-friendly System in Japan

Integrated Community Care System

Infrastructure
- Securement of Stable Supply of Elderly Persons' Housing
- Accessibility Improvement for Transportation and buildings

Social Security
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Public Assistance
- Social Welfare

Stabilization of Employment of Older Persons

Activation

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LTC needed by Age in 2009, Japan

MHLW. 2009. Survey on Grant for Long-Term Care Benefit Expenses.
Age-friendly System in Japan

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- Health and Labor Sciences Research Grant
- Research & Development

Infrastructure
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Stabilization of Employment of Older Persons

- Health and Labor Sciences Research Grant
- Research & Development

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Activation
Stabilization of Employment of Older Persons
Increasing Centenarians in Japan

persons

male
female

0  5000  10000  15000  20000  25000  30000  35000  40000  45000  50000

20  36  62  102  174  359  680  1225  2158  3779  5869  6162  6534  6791

Residents in Institution/ Private Household by Age (%)
Healthy Aging in Prefectures
Life Expectancy at 65 & Rate of LTC needed at 65+
Activation Strategies of Life Time

- Masterliness with Spending Time = Art
- Management of Time = Business
- Donation of Time = Volunteerism
- General Exchange of Time = Local Currency
- Sharing of Time = Community
- Longevity = Resources of Anti-Aging Goods
- Relay of Time = Local Multiplier Effect
- Trade of Time = Wage = Labor Market
Centenarians as Masters

Shigeaki Hinohara, MD
MD 101

Jusetsu Miwa, Potter
101

Michio Mado, Poet
104

Aiko Kano, Pianist
106

Kiyo Kato, Beautician
100

Mitsue Hayashi, Sculptor
100

From Life-long Play to Liberal Profession
Decent Work of Older Persons

IRODORI Co. LTD. Leaf Art on Dishes. An older woman gained ¥10,000,000 as an annual income. She can operate ICT which is designed age-friendly. Since 1987.

OGAWANOSHO Co. LTD. Rural Food Maker. More than half of the company’s 90 employees are 60+. They are working at their discretion. Since 1986.

“Michi-no-Eki.” Highway-side Stations. About 1,000 places. Rural older persons engage in farming, selling, working and investing them.

From Self-Support to Community Businesses
Paid Volunteerism by Older Persons


Inagi-city started to estimate older persons’ volunteerism with reduction of premium for the Long-term Care Insurance. Since 2010.

From Not-paid Volunteer to Paid volunteer
Time-Currency for Exchange in Kind

SORYO-FUKUSHI-KAI. Social Service Provider. Vegetables of older persons are purchased by tickets. Foods are served for older persons and their grandchildren by tickets. 2012.

SHIRAKAWAGO village. World Cultural Heritage. Villagers and their offsprings are exchanging their labor beyond their life.

From Shadow Work to Local Currency
Rite of Passage in Later Life

Ceremony for older persons by local municipalities.

Rite of passage for an older person by family. Celebrating at 60, 70, 77, 80, 88, 90, 99. Okinawan celebrate 97 years old too.

SUGAMO-JIZO. Older pilgrims in order to pray their healthy life.

From Sharing Consumption to Effective Demand Economy
Gerontechnology

From Lifestyle of Centenarians to Anti-Aging Market
Worthy Resources against Dumping

From Discovering Local Resources to Local Multiplier Effect
Individual Resources in Later Life: Wisdom and Skills

• Retired and senior persons have lesser physical strength than youngsters have.
• However, they have more experienced wisdom and skills than youngsters have.
Skilled Life Artists
Individual Resources in Later Life: Economic Capital

• Retired and senior persons have not earned wages.

• However, they might have plenty saving money, investing fund, and organizing workers’ collective.
Wealthy Japanese Seniors

Thank you!

• Aging society is not a burden one, but is a garden for blooming older persons.
• The life-time is a social resource for older persons.
• In order to construct an active aging society, we should focus on developing programs of life-time by older persons.