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Japan's next care system: how do communities participate?

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1. Objectives and Methods

Objective

We wish to discuss the future of Japan's long-term care system, in particular by focussing on community-level activities. We begin by characterising the current situation

Methods

Using social statistics and an analysis of a survey conducted in Adachi-city, Tokyo

Data on

population/ households/ social interaction by single households/ changes within the community/ dying alone/ wish to participate

Key words

social isolation/ community activity/ active ageing/ sustainable system

2. Outline

◇ Long term care system

- long term care insurance system
- Integrated Community Care system

◇ Community participation (describe research question)

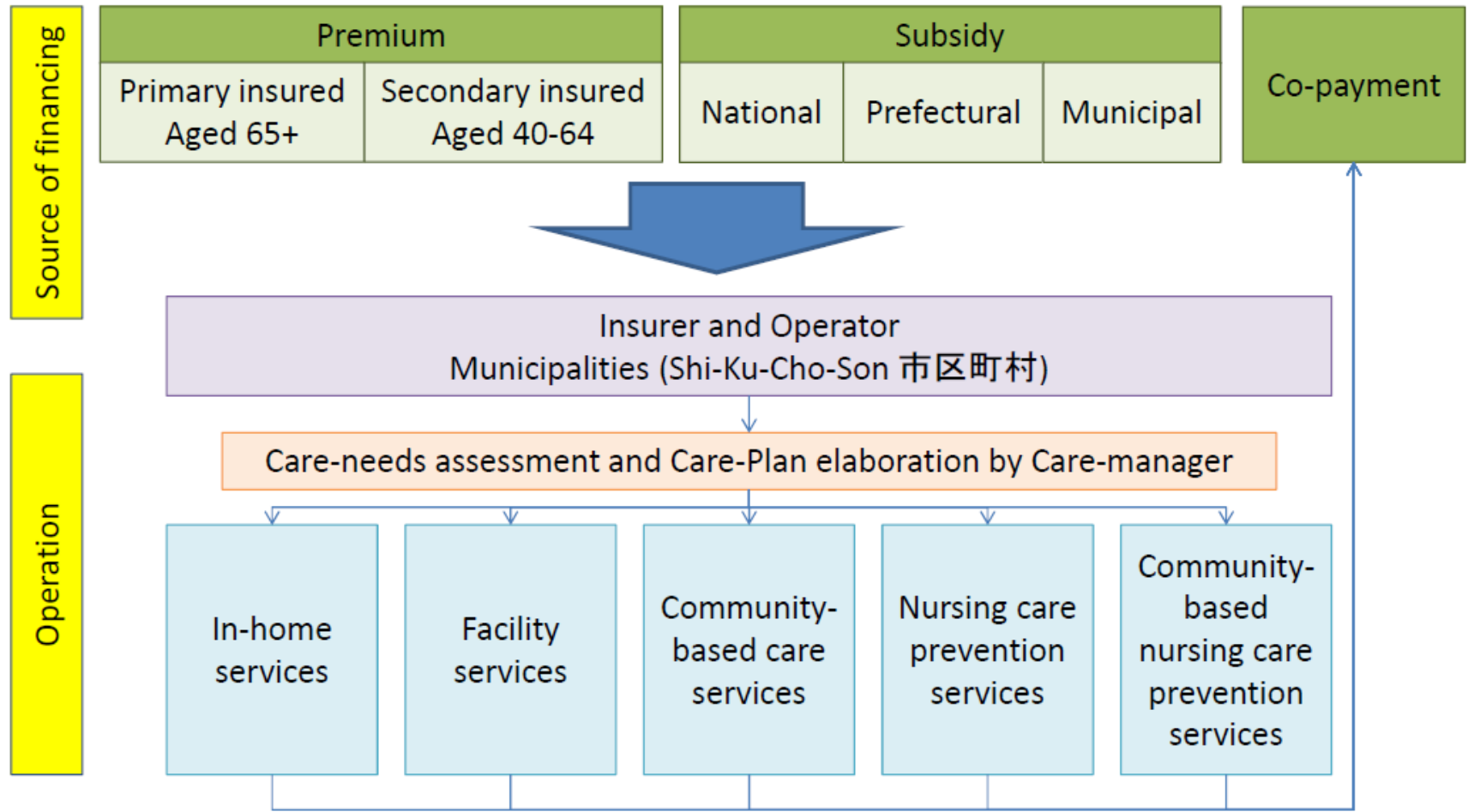
- Community groups/Support organizations

◇ Findings

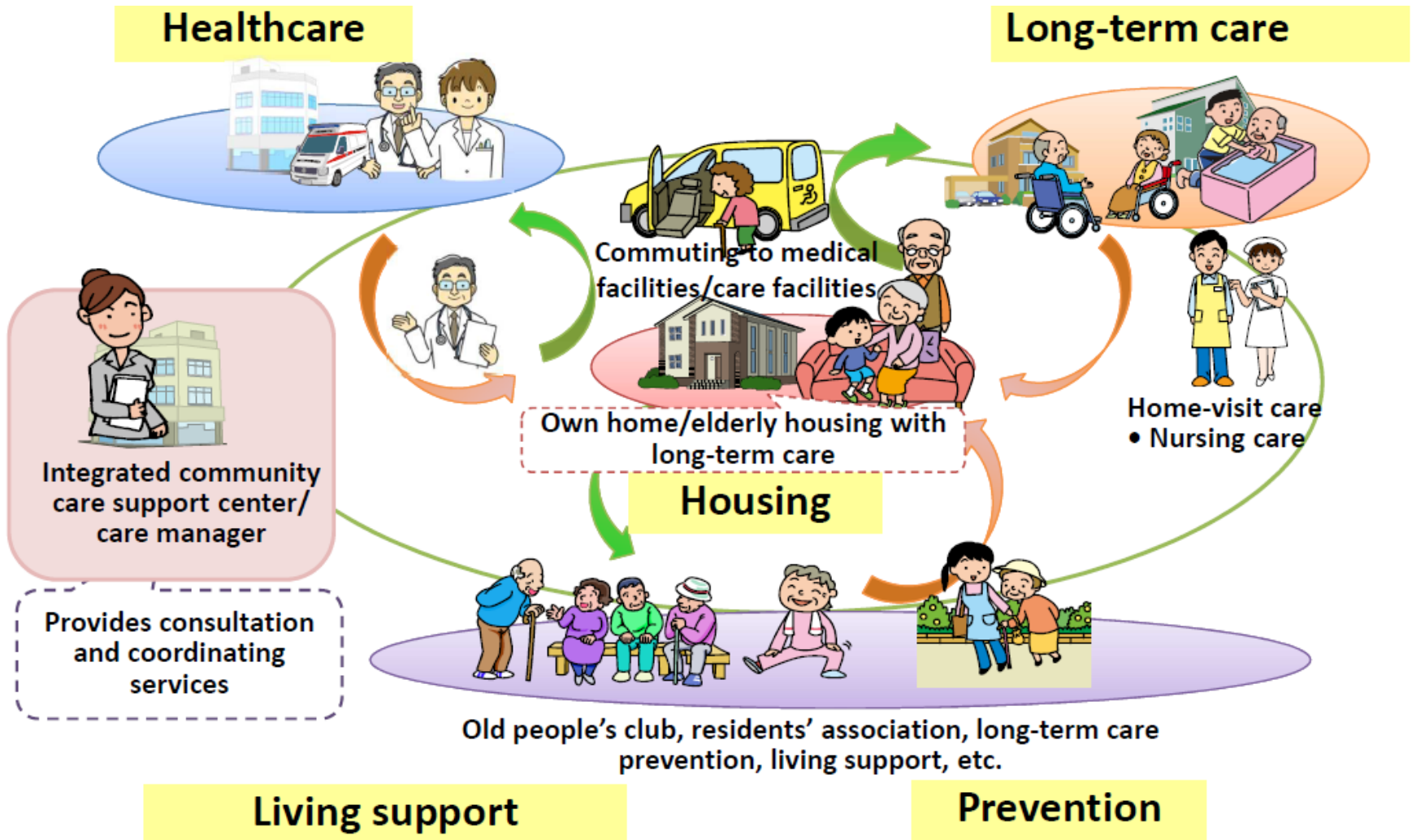
Using survey data from Adachi city 2014

◇ Discussion ▪ the long term care system in Japan

3. Long-term care insurance system in Japan

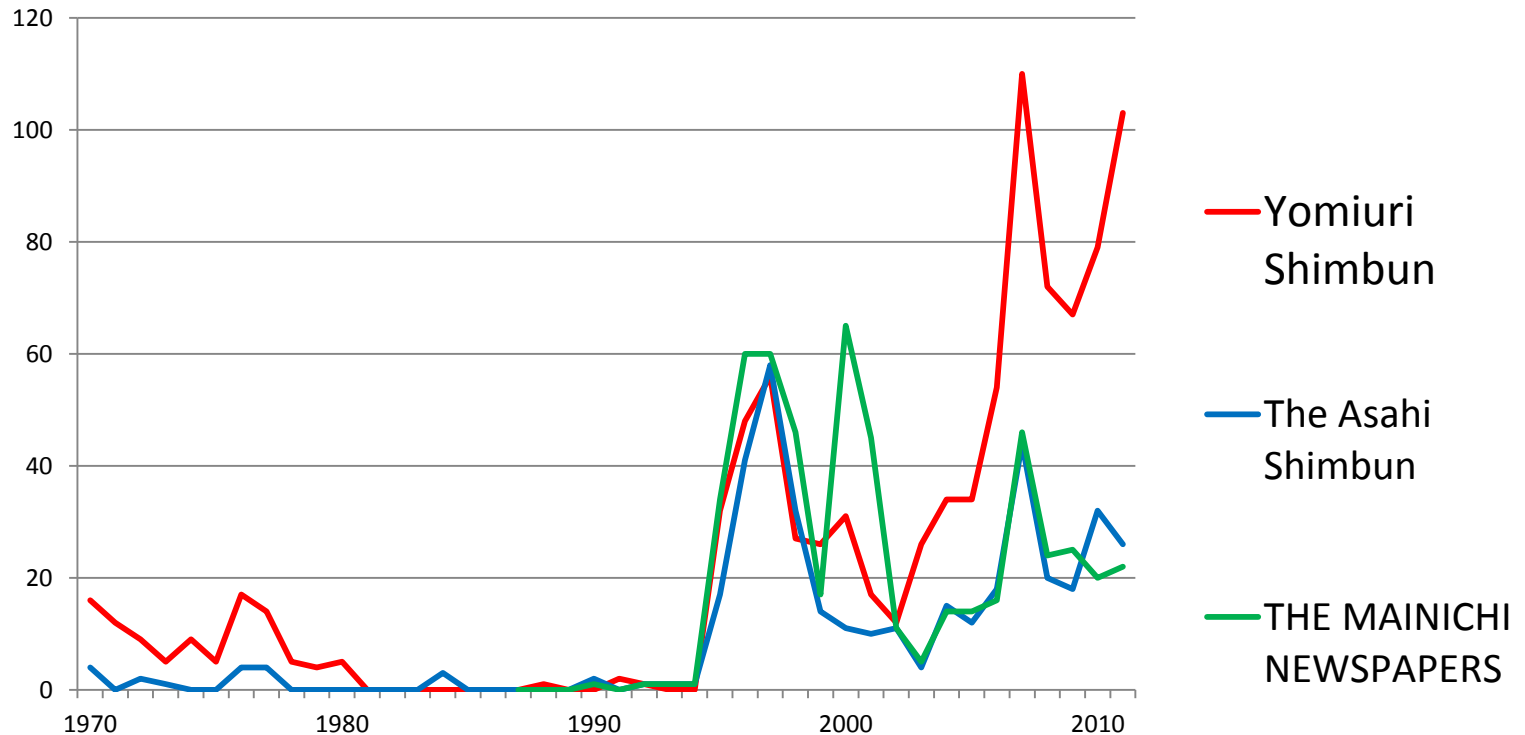


4. Integrated Community Care system



5. Newspaper articles reporting individuals dying alone

Articles per year



Takaki Hori (2012)

6. How do communities participate?

The social changes which the elderly are surrounded by:

- ageing population (care needs have increased considerably)
- increase in single households (reduction in family support)
- relationship between neighbours lessens
- financial crisis (anxious element increase in sustainable system)

Resent course of action of reform in long term care insurance system

- participate in informal sector in the system

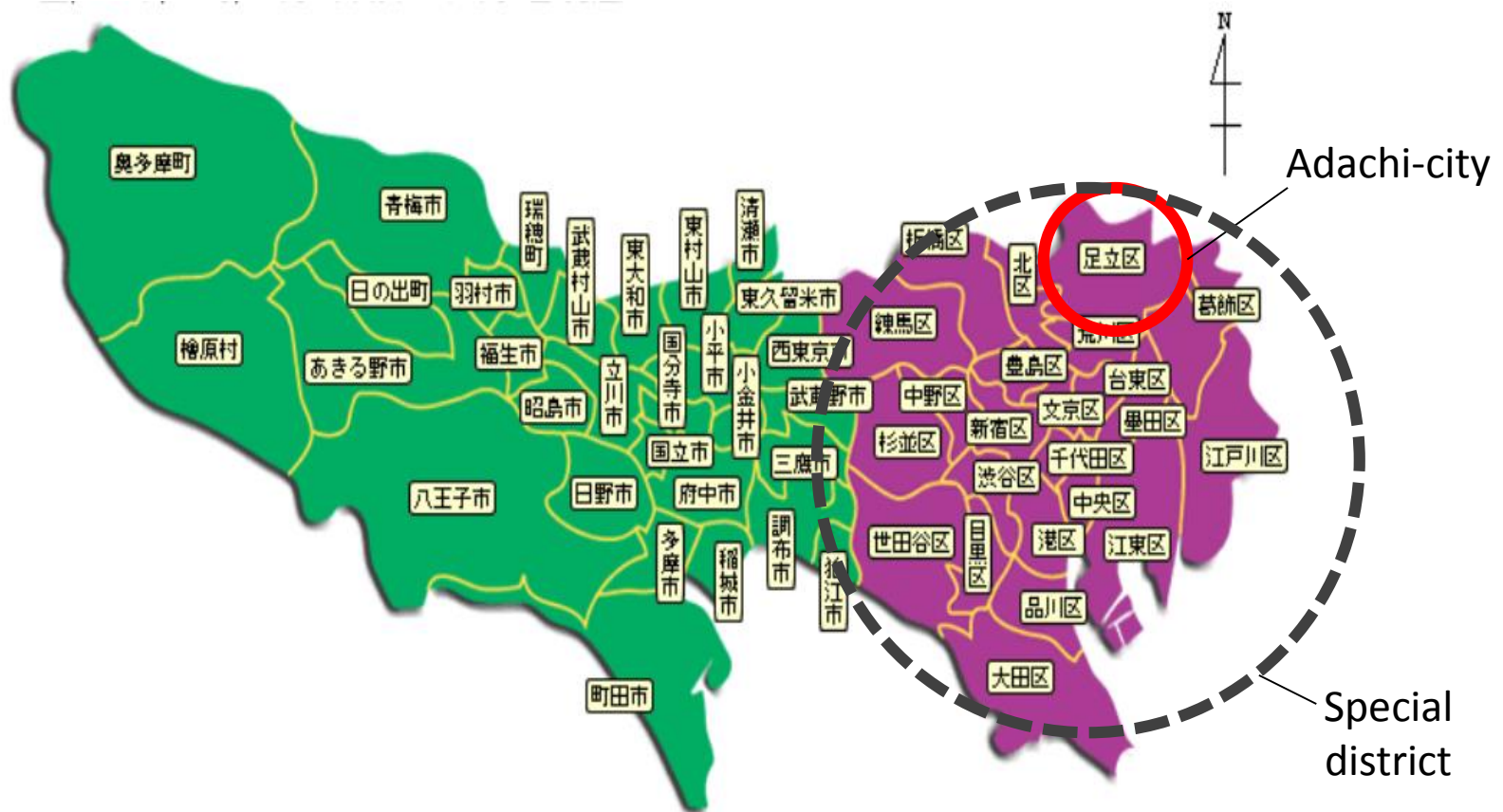
Community participation

- informal services such as residents, neighbour, community activities
- is it possible for informal services to play the provider role?

7. Greater Tokyo with Adachi-city highlighted

Adachi-city in Tokyo

- population : 669,143 (2013)
- the rate of ageing: 22.9% (2013) ※national average 24.1% (2012)



8. Contents of the survey

National Census

- of households

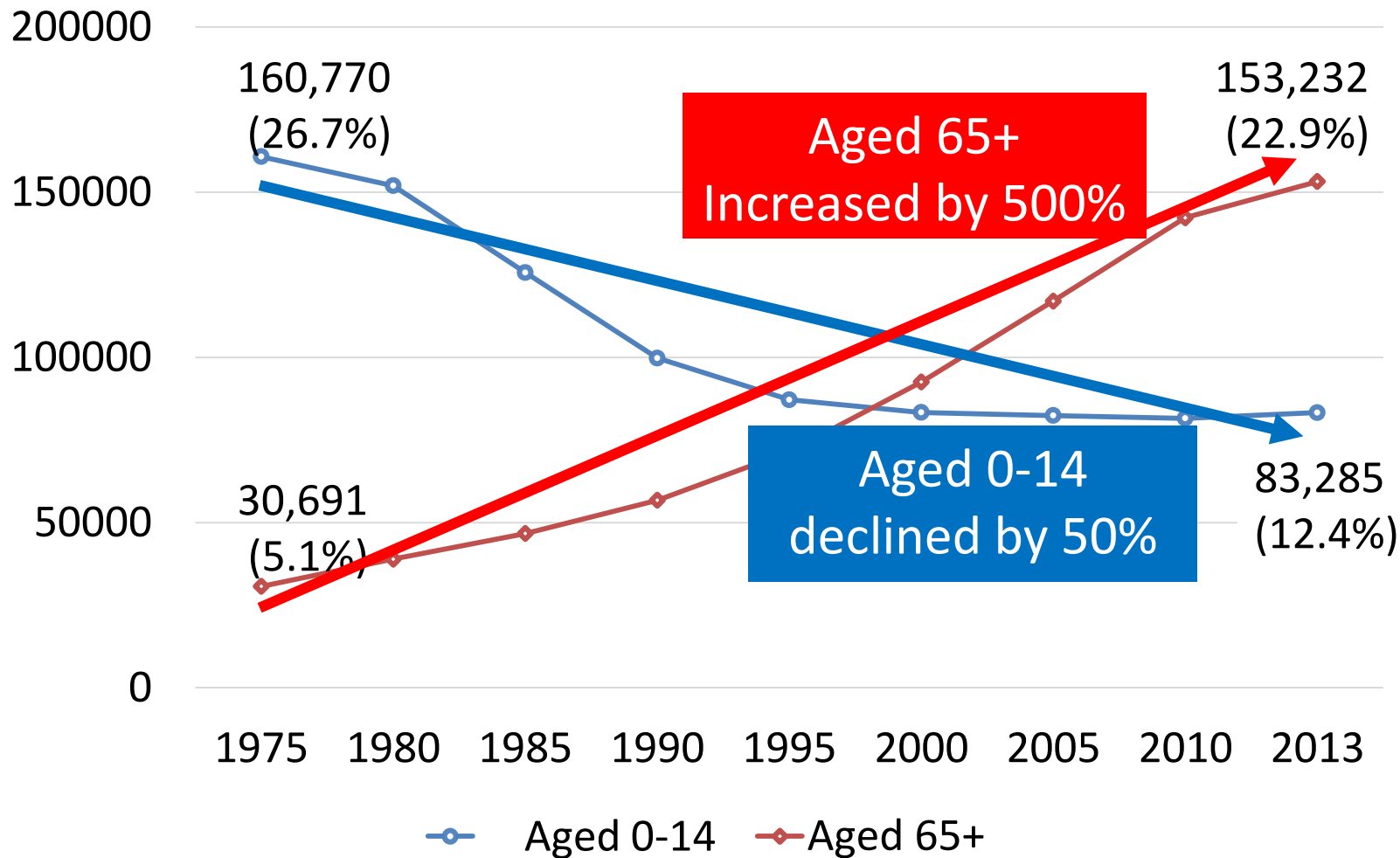
Social statistics

- population, community groups (Adachi city)
- unnatural deaths (Medical Examiner's Office, Tokyo)

Questionnaire survey by Adachi City Council of Social Welfare

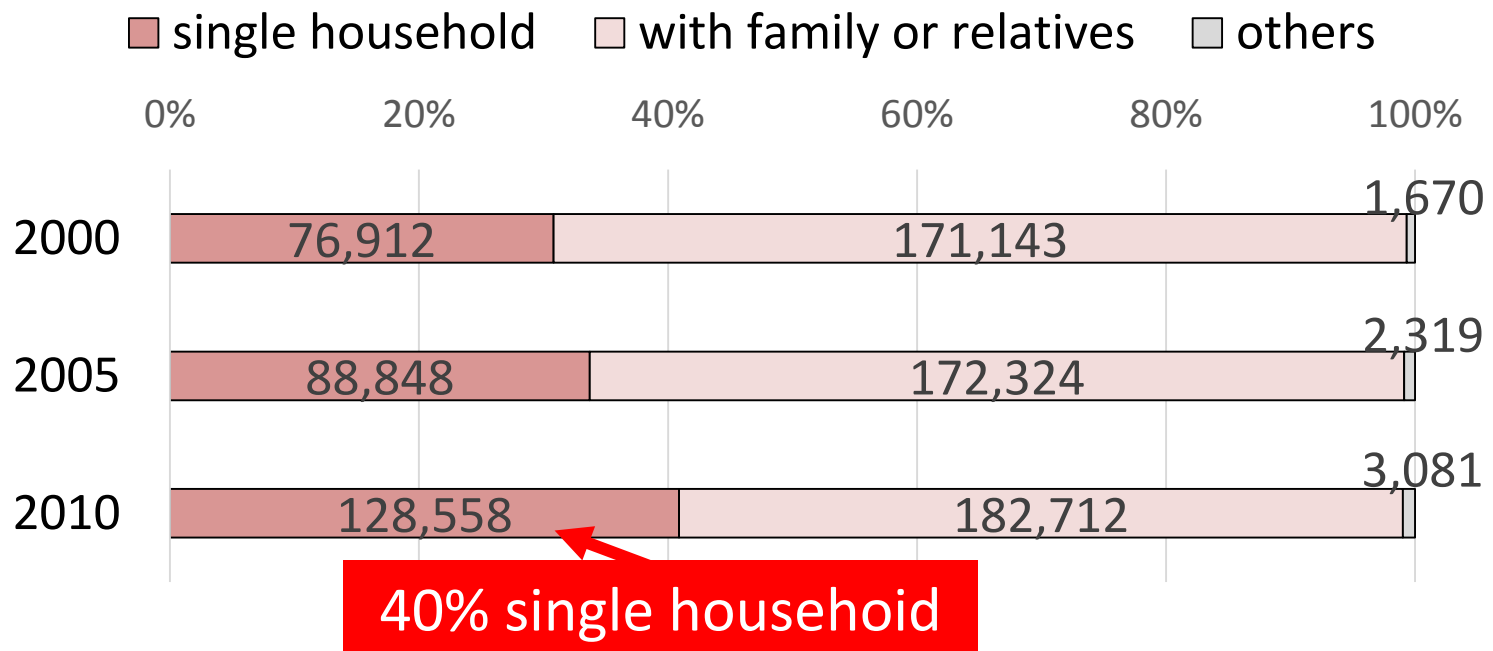
- subjects: Men and women over the age of 18 living in Adachi city (3,553)
- methods : post
- date and time : 20 January – 18 February 2014
- results : 1,438 answers (40.5%) ✕ effective answers

9. Dependency changes, Adachi-city 1975-2013

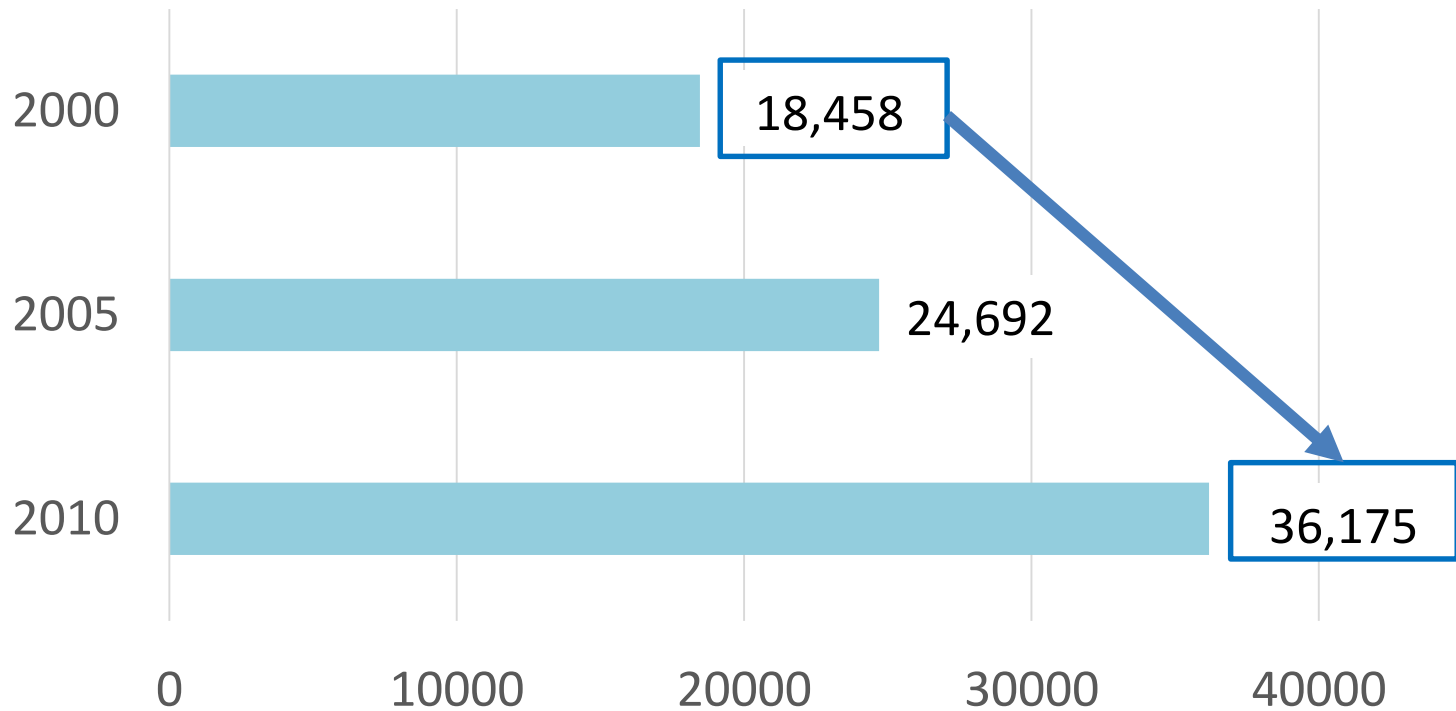


10. Household changes

- 40% single households in 2010
- 1.7 times increase over a decade
- This is significant because the traditional Japanese family was multi generational

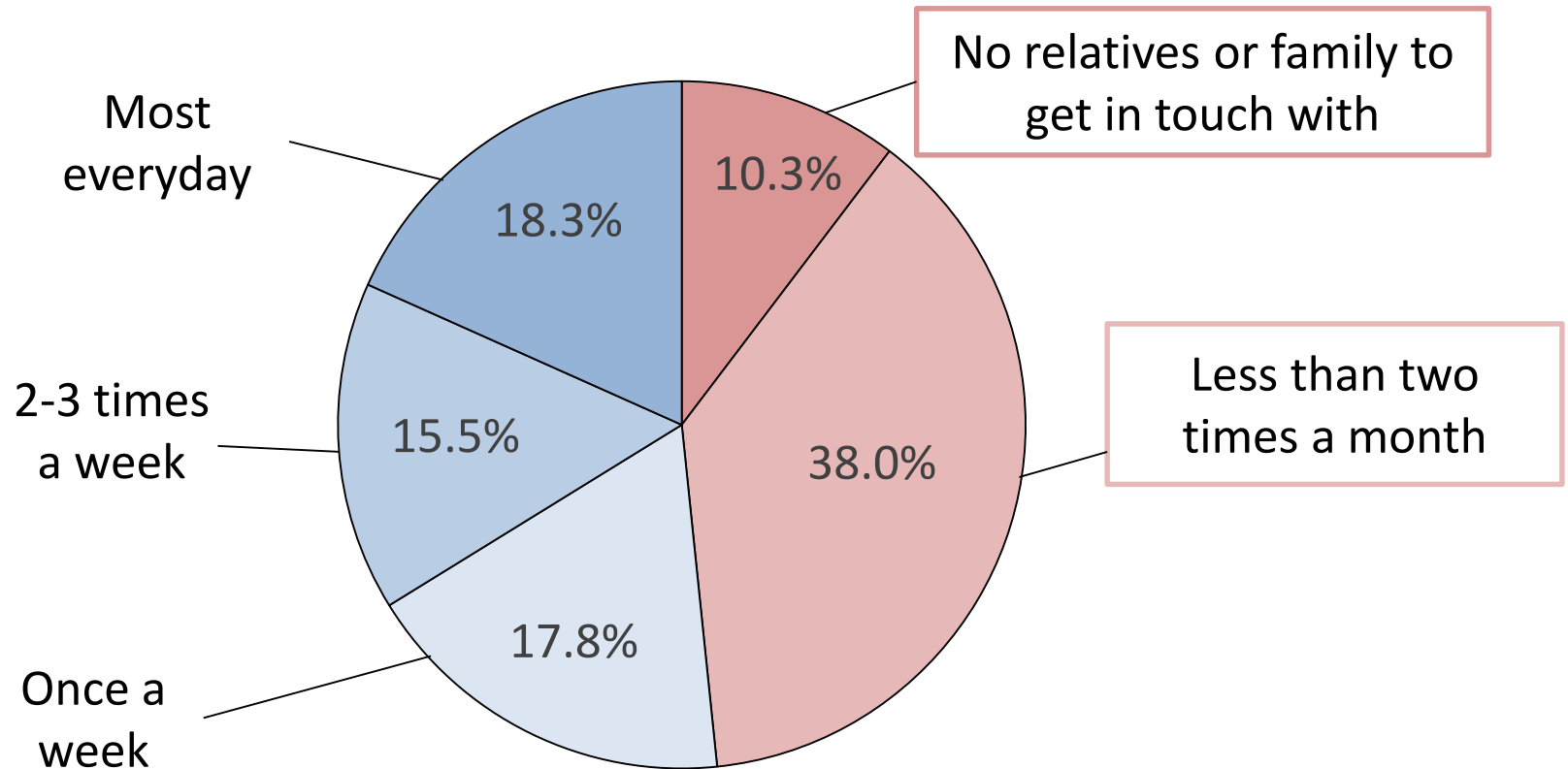


12: Change in old single households

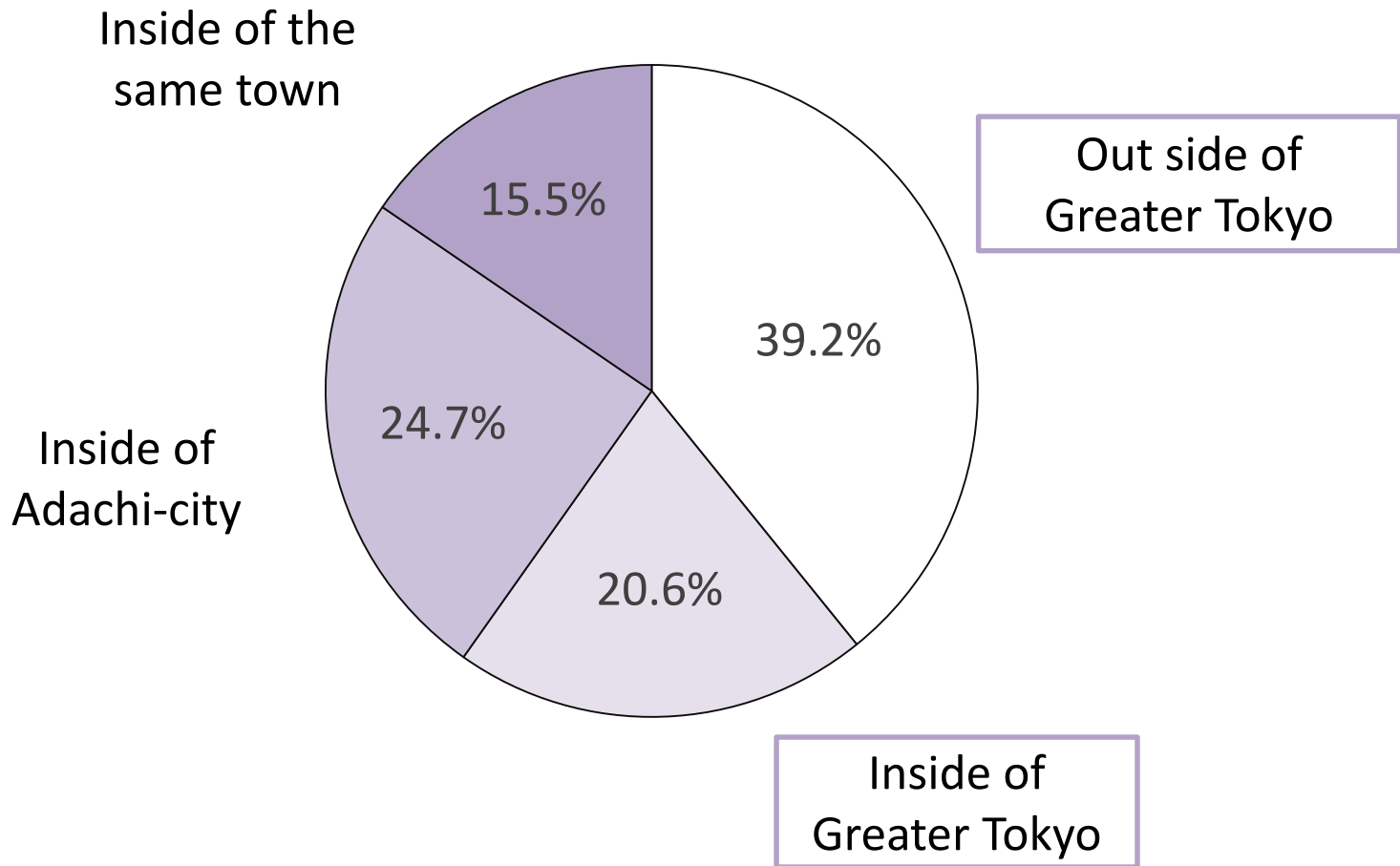


13. Social interaction with family or relatives amongst single households

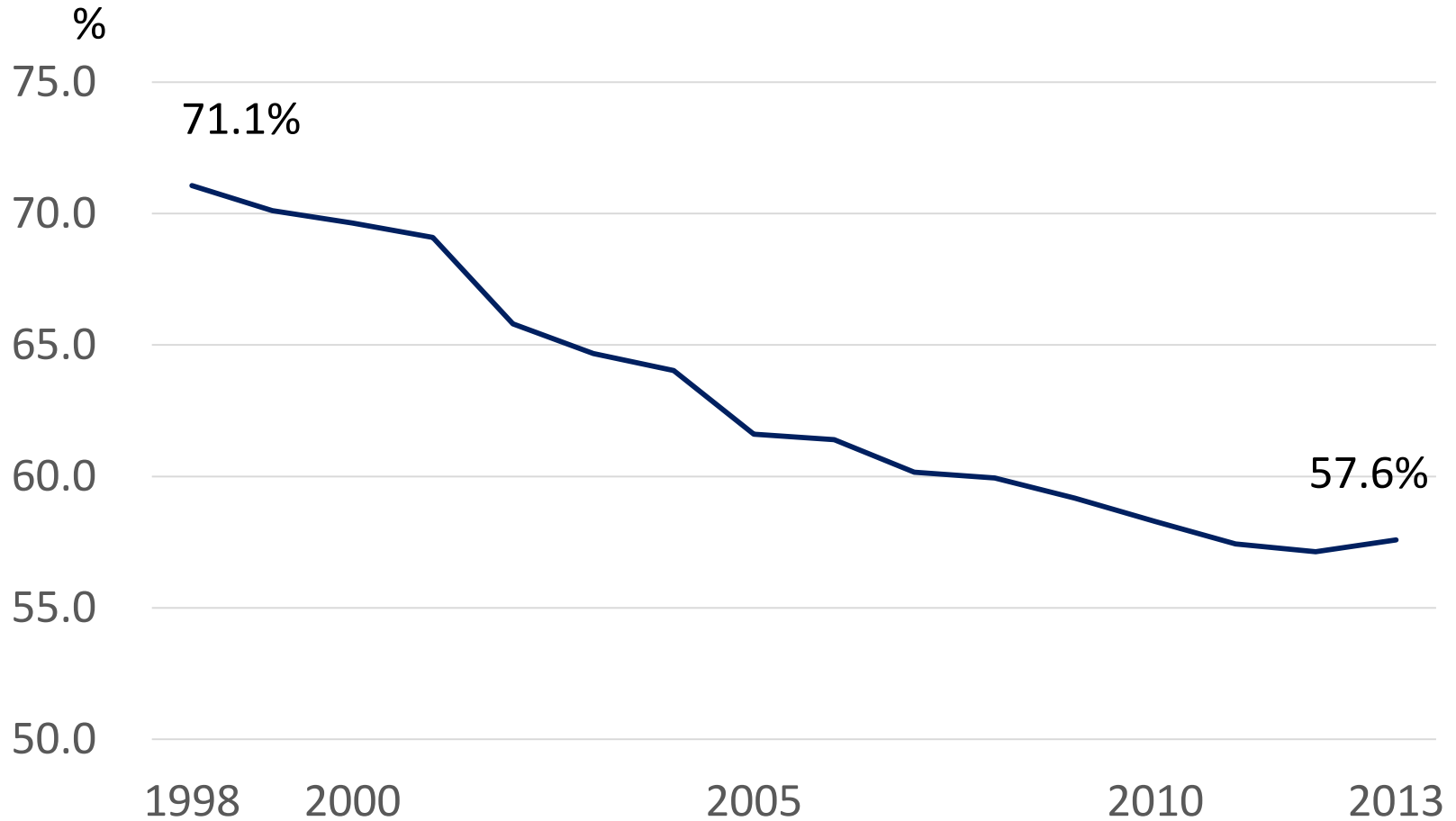
About 50% of single households see family or relatives less than two times a month.



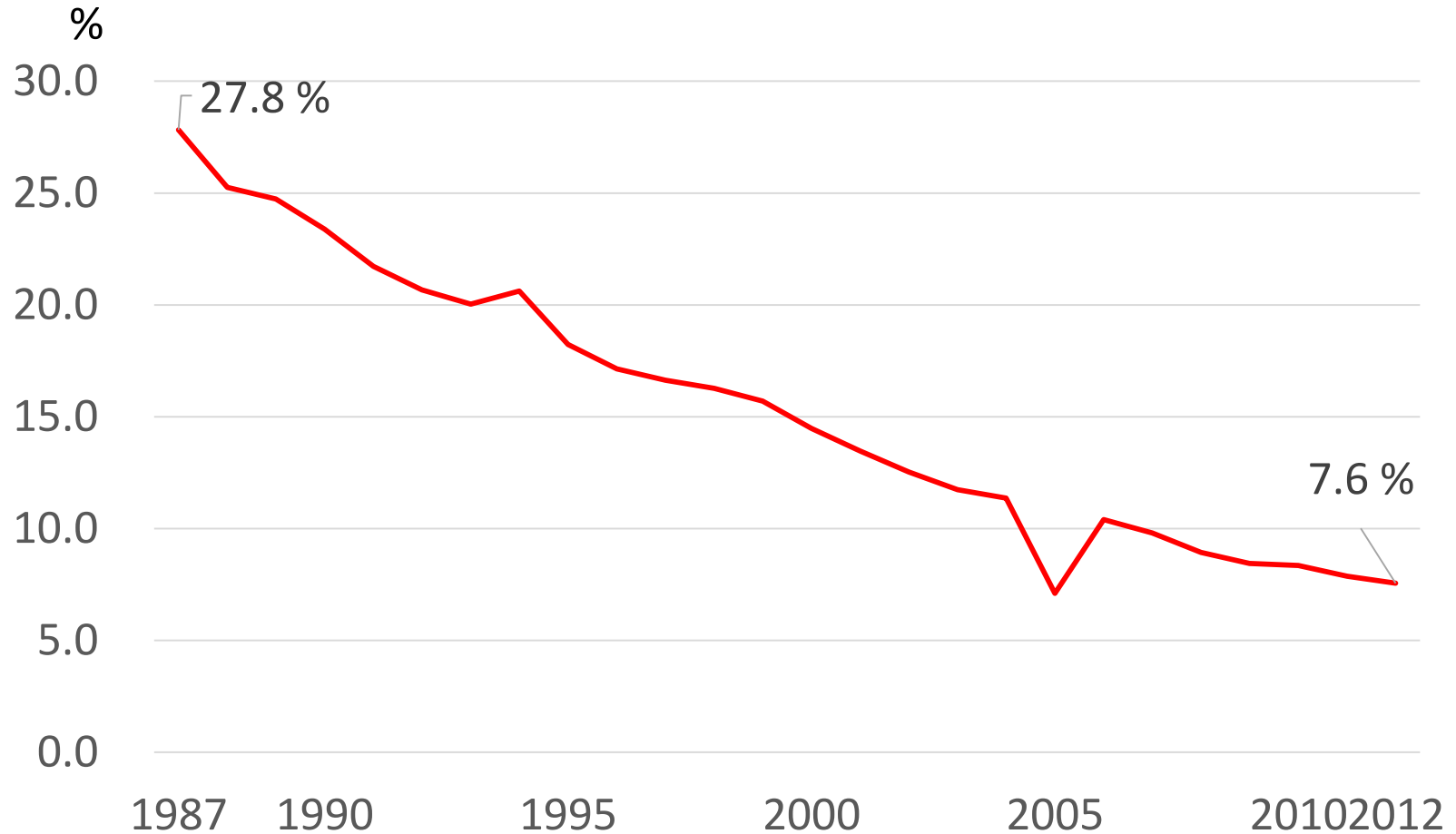
14. The place where the most reliable relatives reside



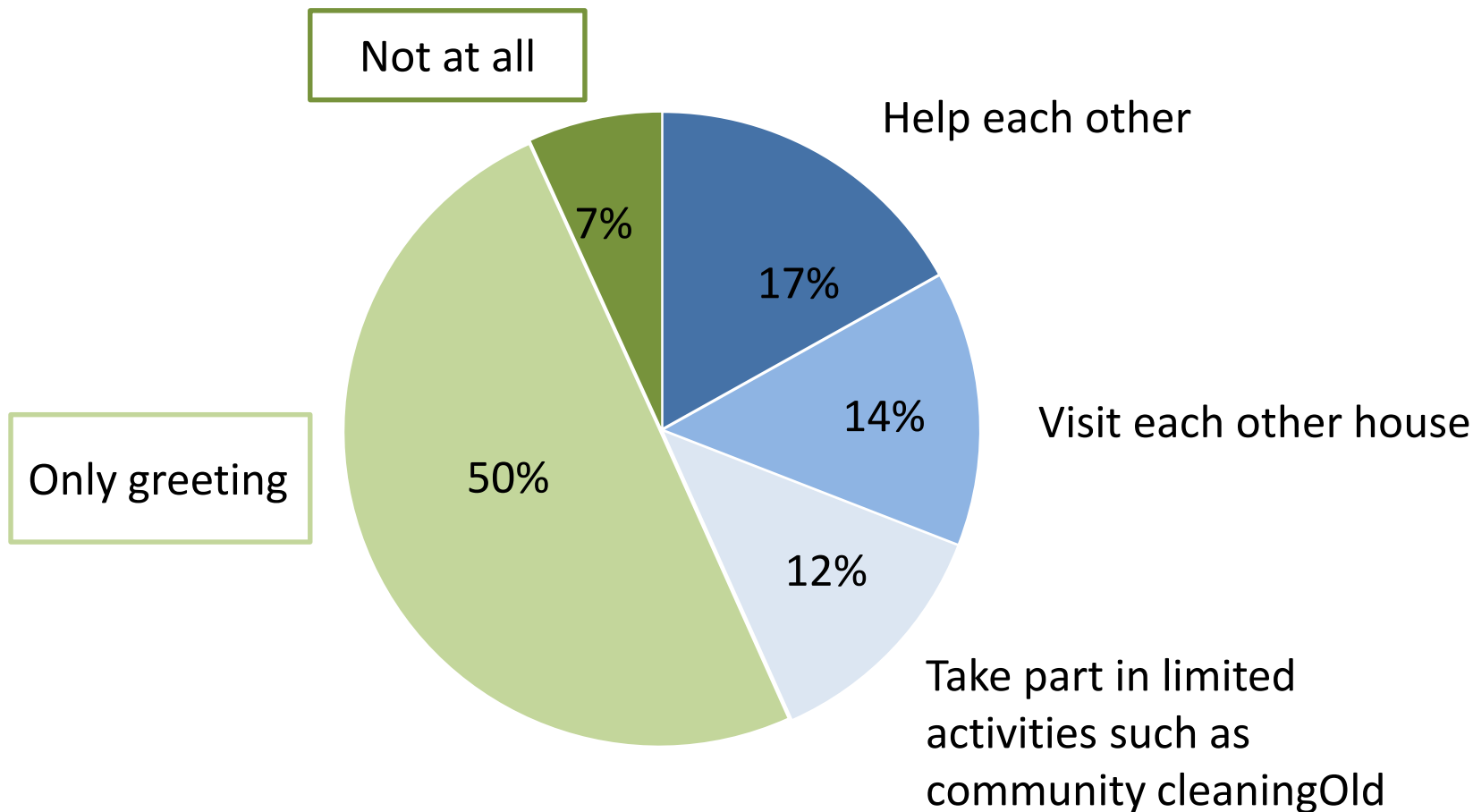
15. Participation in residents' associations



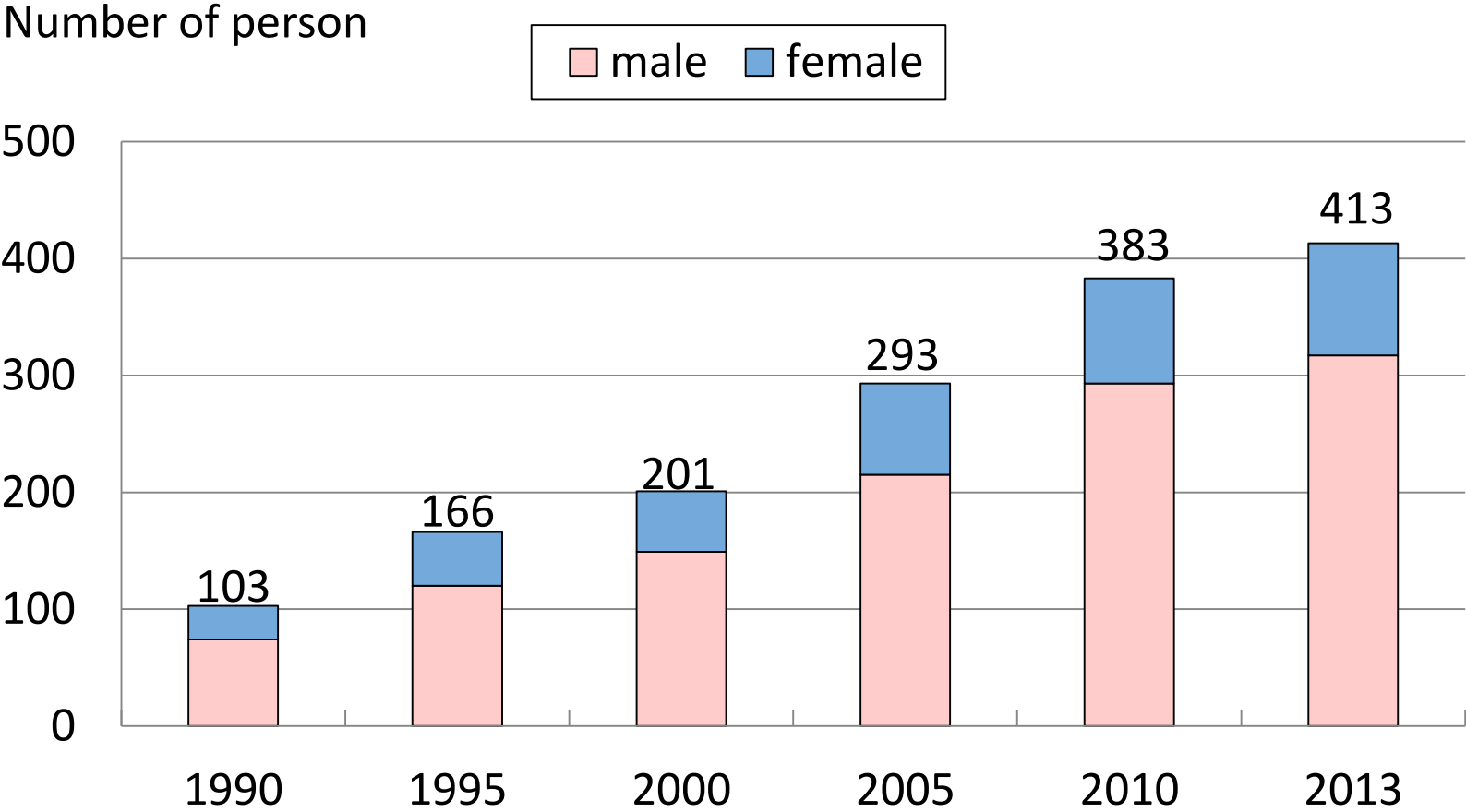
16. participation in old people's clubs



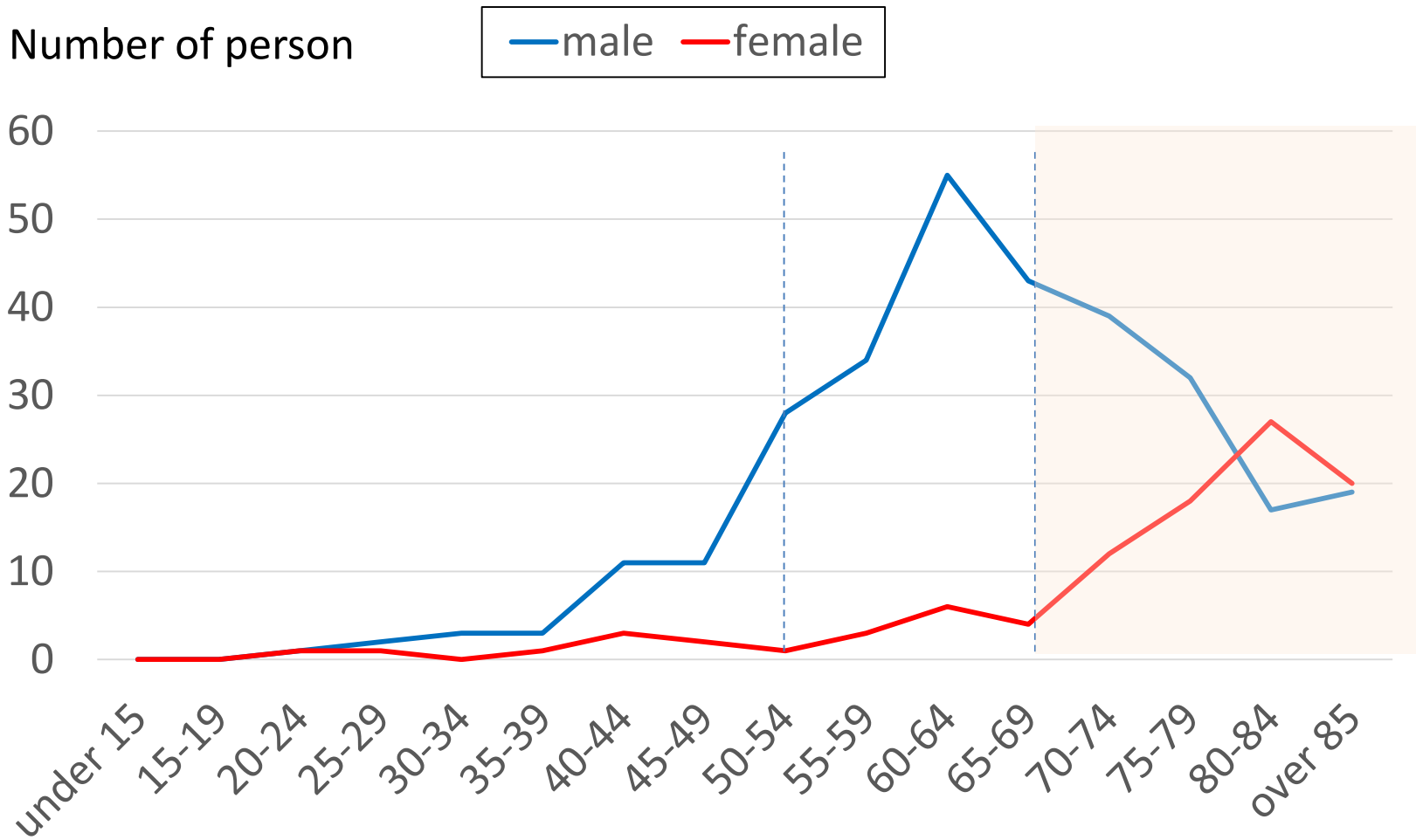
17. Relationships between neighbours



18. Number of individuals dying alone in Adachi-city

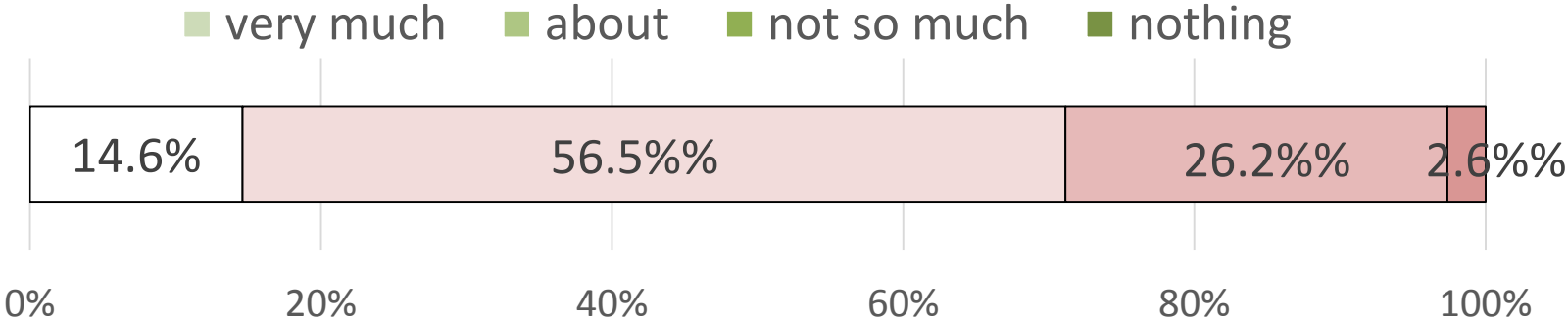


19. Ages of those dying alone

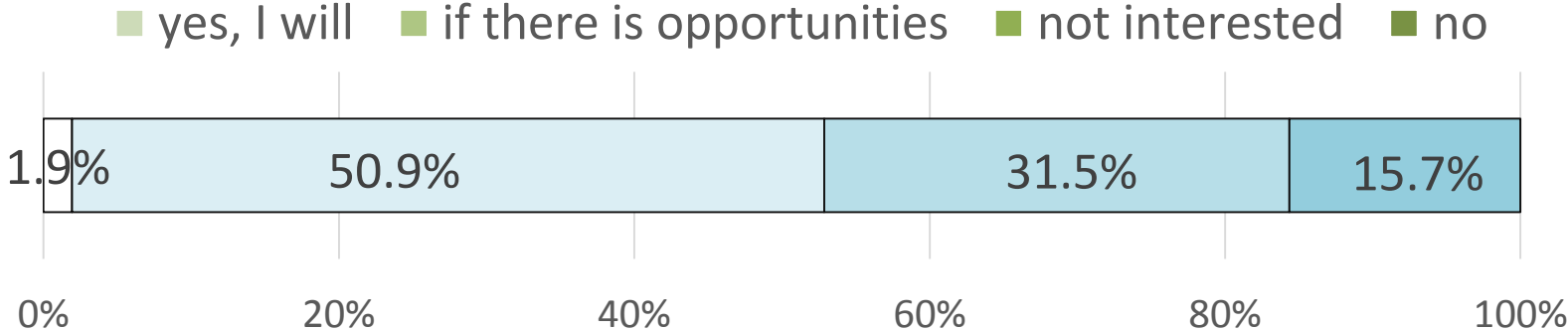


20. Desire to participate in community activities

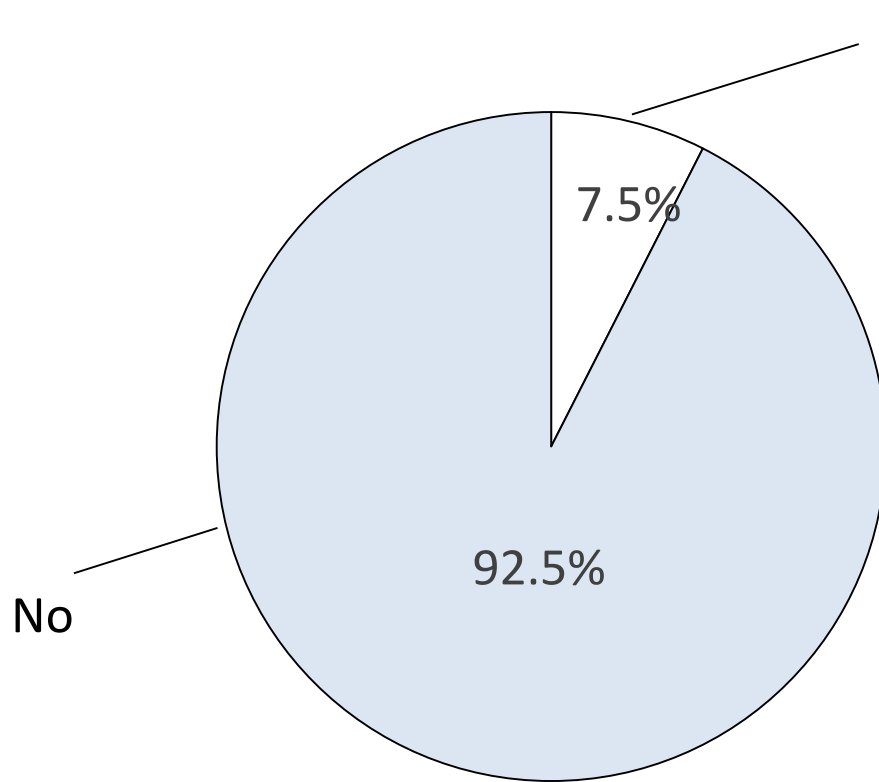
Desire to contribute to the community



Desire to be active for the community



21. Participation in community welfare activities



Only 7.5% actually take part community activities.



<http://www.pref.chiba.lg.jp/koufuku/shien/roujinclub/>

22. Rapid decline of support function of family/community

- 1. Traditional extended family system** used to be the norm in Japan, but this is changing rapidly
- 2. Japan has the image of a mutual support system working well**, in part due to media images of the great northern earthquake in 2011. However, especially in urban areas, this is no longer true and serious issues are consequently raised.
- 3. It is significant that this change has occurred over a relatively short period.**

The Japanese welfare system is based on a community and family system, but since so much have changed, as these have changed, the policies have lagged behind.

23. The rapid increase in dying alone

In the 2000s, dying alone and social isolation became an important issue

- large response to a TV documentary which dealt with dying alone
- In Adachi-city, dying alone increased fourfold in two decades.
- the change of family or community system was huge which make the policy on the assumption.

the risk group is increasing amongst males, over 50.

- Therefore, this shows that LCI is insufficient since it is only for 65+ years old
- limitation of LTCL system

It is necessary to support each stage of ageing life

- support needed for participation in social activities

24. Conclusion

1. Set up home care to support elderly with community being the important actor

A shift from institutional to home care can be observed in Australia, Belgium, Italy, Japan, Korea and Sweden. This shift reflects both older people's preferences and an attempt to reduce an expensive institutional care. (OECD, 2009)

2. The data shows that there are limits to the existing model.

- 70% want to do something for the community
- only 10% actually participate in community welfare activities
- the system of participation is suspected of not being attractive or practical by residents and policy programmes

3. How do develop programmes which are matched for individual preferences?

- the point of view will be promote active ageing
- the point of view will be sustainability for LTC system

7. Community groups/Support organizations

Community groups

residents' association

Old people's club

volunteer

(NPO)

(commissioned welfare volunteer)

Support organizations

Integrated community care support centre

City Council of Social Welfare

Volunteer center

Silver human resources center association

branch local office

(NPO)

(commissioned welfare volunteer)



千葉市

<http://www.pref.chiba.lg.jp/koufuku/shien/roujinclub/>



姫路市

http://www.city.himeji.lg.jp/s30/2212986/_26557/_11119.html

