Japan, the aged society
Context

- Population >65 years: 25% (highest in world) (the National Institute of Social Security and Population, 2015)

- The highest life expectancy
  - 83.7 years (WHO, 2015)
  - Female 86.8 years (WHO, 2015)
  - Male 80.5 years (WHO, 2015)

- 2 baby boomer generations
  - The first Baby boom in Japan is 1947 - 1949
    - Just after end of World War 2
    - This generation called 'Dankainosedai'.
  - The second Baby boom in Japan is 1971 - 1974
Reference

• Professor Tsutomu Kitajima
• Professor Hiroshi Okamura
Elderly Long Term Care in Japan
### Major policies and laws regarding health and welfare services for the elderly

<table>
<thead>
<tr>
<th>Year</th>
<th>Policy/Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1961</td>
<td>Universal coverage of health insurance and pension</td>
</tr>
<tr>
<td>1963</td>
<td>Act on Social Welfare for the elderly</td>
</tr>
<tr>
<td>1973</td>
<td>Abolishing user charges for the elderly patients</td>
</tr>
<tr>
<td>1977</td>
<td>Proposals for development of institutional as well as community care for the elderly</td>
</tr>
<tr>
<td>1982</td>
<td>Law of health and medical services for the elderly</td>
</tr>
<tr>
<td>1989</td>
<td>The 10 year strategic plan for promoting health and welfare services for the elderly (Gold Plan)</td>
</tr>
<tr>
<td>1993</td>
<td>New Gold Plan</td>
</tr>
<tr>
<td>2000</td>
<td>Long-term care insurance</td>
</tr>
<tr>
<td>2008</td>
<td>Advanced Elderly Medical Service System</td>
</tr>
</tbody>
</table>
Gold Plan

• It was promised that the revenue of sale tax introduced in 1989 would be used for welfare

• Ministries of Health and Welfare, Financing, and Home Affairs made a plan to strengthen the following services:

  Residential care
  • Home help service
  • Short stay
  • Day service
  • Support center for home care
  • Rehabilitation

  Institutional care
  • Elderly nursing home
  • Health care facility for the aged

“Operation 0 Bed-ridden Elderly”
New Gold Plan

• Each municipality became responsible for making its own plan of the elderly health and welfare services
• Total service needs exceeded those of Gold Plan
• New Gold Plan was formulated in 1994
Long Term Care choices in Japan

1. Institutional care (Professional care)
2. Residential care (Home-based care)
   (A) Informal care (Family care)
   (B) Formal care (Professional care)
   (C) Informal care + Formal care
Nursing home
Institutional care
What is a nursing home? (1)

• The highest level of care for older adults outside of a hospital
• Providing custodial care
  • Getting in and out of bed
  • Oral care - Feeding assistance
  • Skin care - Bathing
  • Dressing - Grooming
  • Incontinent care – toileting
  • Leisure and activity
What is a nursing home? (2)

• ≠ senior housing facilities
• Providing medical care
• A physician supervises each patient’s care
• A nurse or other medical professional is almost always on the premises.
• Skilled nursing care is available on site, usually 24 hours a day.
• Other medical professionals
  • Occupational therapists
  • Physical therapists
Nursing home

- Nursing home under the long term care insurance
- Nursing home under the elderly law

(low income, family cannot support, esp. psychiatric problem)
  - Low income = earn 150,000 - 160,000 Yen per year
Care workers in Japan
The Role of Care worker in nursing homes

• Care workers help residents perform the most basic daily tasks.
  - Bathing, Dressing, Grooming, Eating, and Toileting (incontinence care), etc.
• They work under a nurse's supervision at times.
• They play a key role in the lives of their residents and in keeping the nurse up to date on vital information about the residents' conditions.
Other daily tasks of care workers

• Catheter care
• Taking vital signs (blood pressure, pulse, etc)
• Helping patients walk
• Assisting with range-of-motion exercises
• Helping wheelchair-bound patients using safe patient handling devices
• Reporting all changes to the nurse
• Safety awareness
• Empty and measure catheter bag at end of shift
Set up meal tray

• Every before meal time
• 2min/person
• Set up 20 meal trays (3 times) on day shift
  - about 120 min /day
Feeding and Oral care

- Breakfast, Lunch, Dinner
- Feeding residents
- Oral care
- Giving medication
- Each Care worker may have a minimum of 2 residents to feed - about 40 min
- Some residents need to be given tube feedings
Bathing and skin care

• 10mim/person
• Helping 20 residents take a bath on day shift - 200min/day
Toileting, Bowel and bladder care

- Toileting residents
- Changing diaper
- Empty and measure catheter bag at end of shift
- Personal hygiene care (each time incontinent)
- Toilet five residents (3 times on day shift)
  - about 75 min/day
Turning and positioning bedridden people

• Every 2 hours to prevent bedsore
• 1 min to turn and reposition a resident
• Need to do 20 residents 12 times - 240 min/day
Bed making (unoccupied)

• 5 min/person
• Make at least 20 beds, including clean linens - 100 min.
Activities

• Helping residents enjoy listening music, singing karaoke, playing game, dancing and etc.
• 30mim/day for each group
Cleaning the room

• Keeping living areas neat and clean
• 5 min/room
• 4 room/day - about 20min/day
Documentation & observations on the resident care records

• Document on the resident care and observations
  - about 30 min/day
Home based care
Formal (Professional) care
Home care services

- Home help service
- Bathing service
- Nurse home visit
- Home-visit rehabilitation
- Day service care
- Day service rehabilitation

- Short stay care
- Rental of welfare equipment
- Sale of welfare equipment
- Home improvements
Home help service

- visits the person’s home
- helps with daily activities such as eating, bathing and going to the restroom.
- Short “check-up” visits are also available during the night and early morning hours.
Bathing service

• A vehicle with bathing equipment and a portable bathtub is sent to the person’s home to help him or her bathe.
Nurse home visit

• A nurse, hygienist or other specialist is sent from a home-visit nursing station.

• watch over the person and treat him or her for bedsores and similar ailments in consultation with the person’s family doctor.
Home-visit rehabilitation

• A physical therapist, occupational therapist or similar professional visits to home.
• help him or her through rehabilitation.
Day service care

- A person is transported to a day service center or similar facility.
- He or she can eat, bathe, engage in daily activities, and enjoy recreational and other activities.
Day service rehabilitation

• A person is transported to a medical facility, health care facility for the elderly or another similar facility.

• Physical therapist, occupational therapist or similar specialist can guide him or her through rehabilitation.
Short stay care

• A person can receive care and training while staying at a facility for a short period of time.
Rental of welfare equipment

A person can rent:

• Wheelchairs and wheelchair attachments
• Special beds and special bedding (mattresses, etc.)
• Equipment to prevent bedsores (air mattresses, etc.)
Sale of welfare equipment

A person can buy:

• Western-style toilets
• Special urinals
• Bathing-support equipment
• Simple bathtubs
• Hanging portion of transport lifts
Western-style toilet

Bathing-support equipment
Support equipment for going to restroom
Home improvements

• Installing handrails inside the home
• Eliminating graded floors
• Changing the material of floors
• Hallways to prevent slipping or facilitate smooth movement
• Changing hinged doors to sliding doors
• Changing Japanese-style toilets to Western-style toilets
• ≥ 20% of nursing care facilities said they suffer from shortage of workers. (The Care Work Foundation’s survey: a fiscal year 2013)

• 1.49 million nursing care workers in fiscal year 2012. But it forecasts that in fiscal year 2025, when all of the postwar baby boomers will be 75 years old or older, Japan will need 2.37 million to 2.49 million care workers. This means that the nation has to secure an additional 880,000 to 1 million such workers. (The Health, Labor and Welfare Ministry’s estimation)
Thank you