

21st ASEAN-Japan Summit on Social Security

**Win-win community development that makes you feel better
and makes those around you feel better too**

— Maintaining and improving well-being through specific roles for everyone



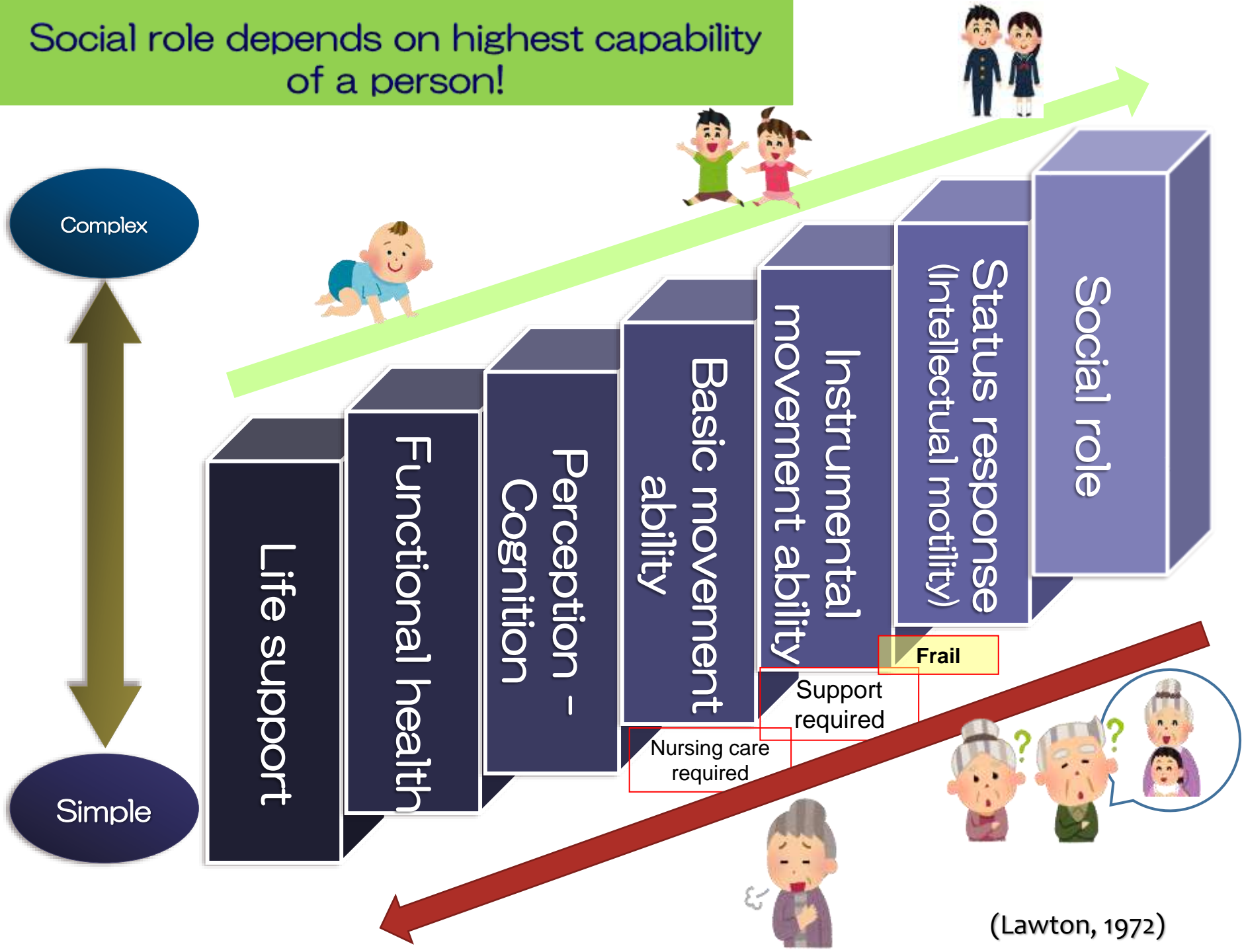
2023/11/28 at Beppu Onsen Suginoi Hotel
Tokyo Metropolitan Institute for Geriatrics and Gerontology,
Yoshinori Fujiwara

Topic for today

- Frailty prevention measure is “role”
- Employment and volunteering bring about "Win-Win-Win"
- Those supported will become those who support



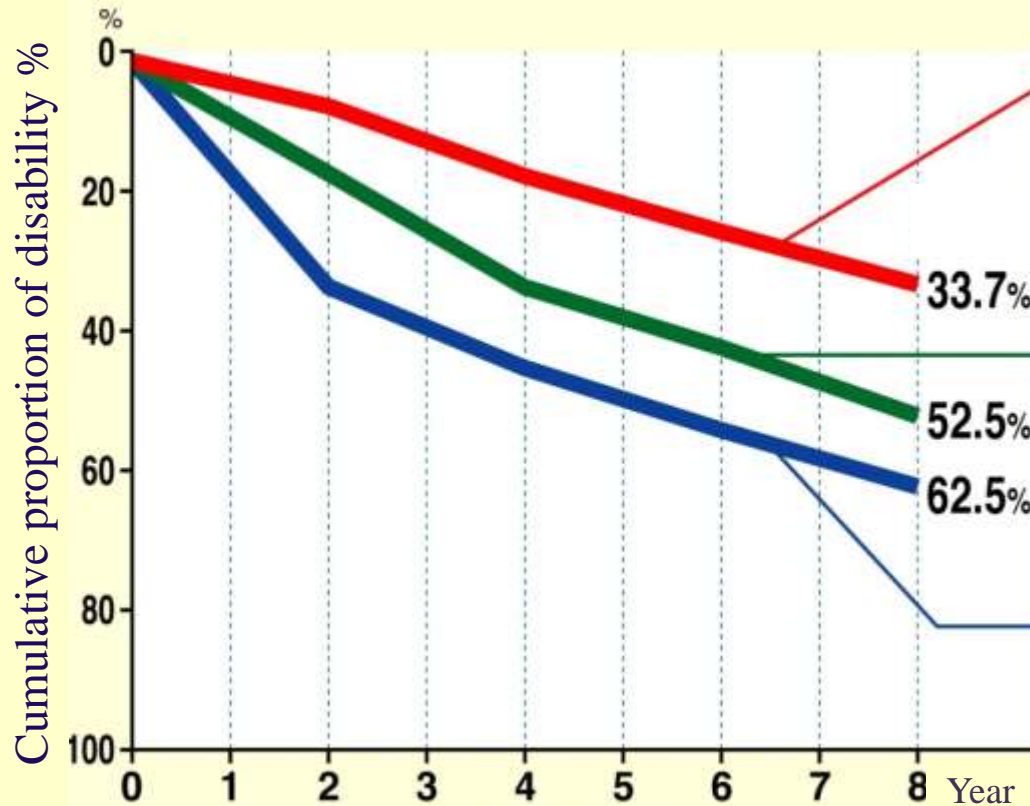
Social role depends on highest capability of a person!



(Lawton, 1972)

Longitudinal changes in functional capacity of older Japanese

Urban
women



Intellectual Activities



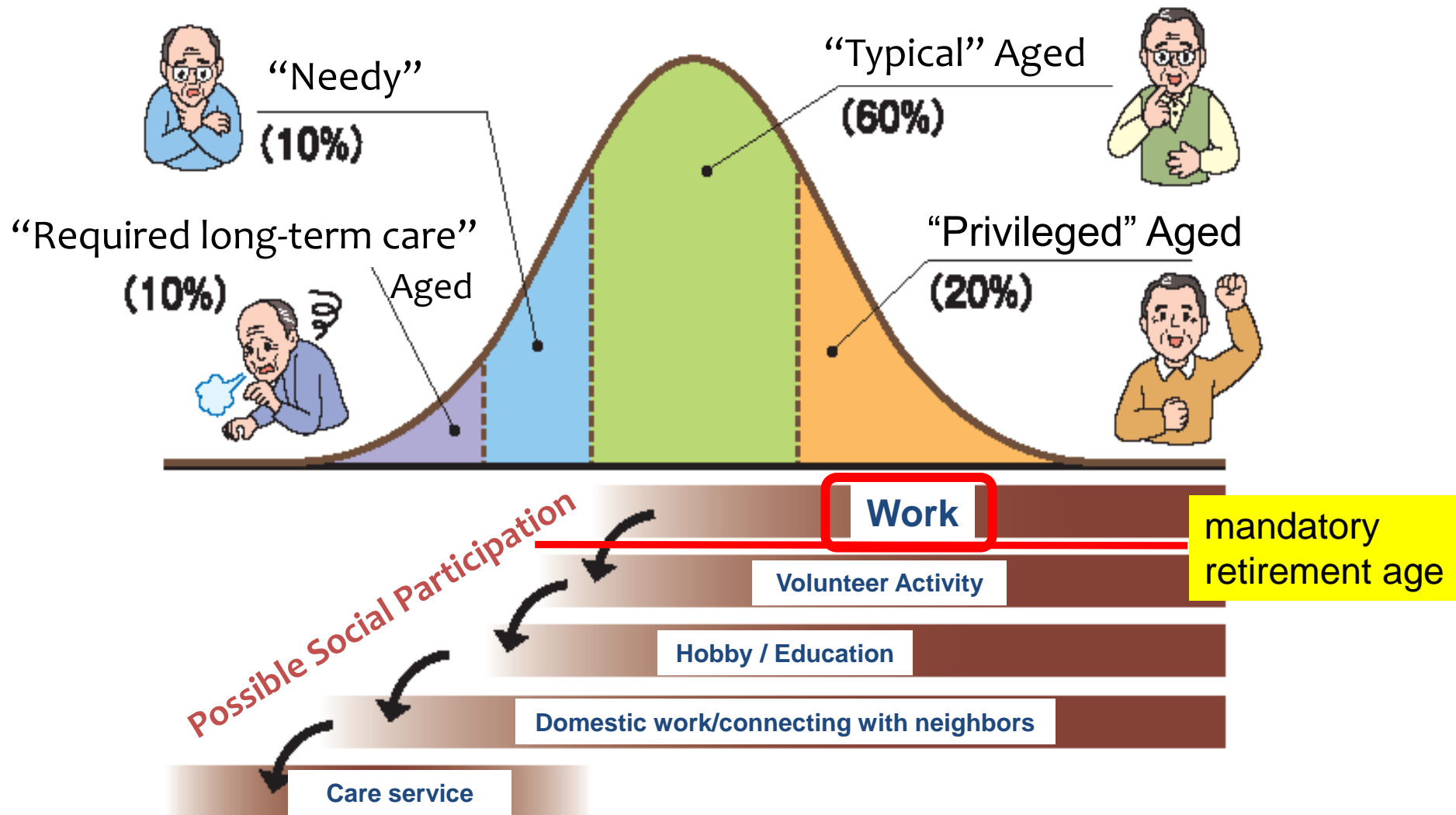
Social Roles



Fujiwara Y, et al. *Arch. Gerontol. Geriatr.* 2003.

Social prescription for preventive care is “role”

Social activities according to health status

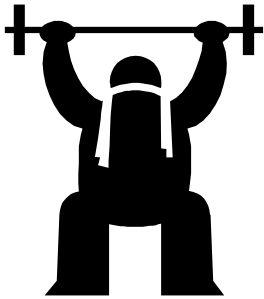


Topic for today

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- Employment and volunteering bring about "Win-Win-Win"
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Expected benefits of employing older workers



Physical fitness
maintenance



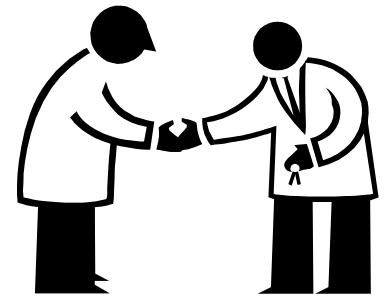
Employment



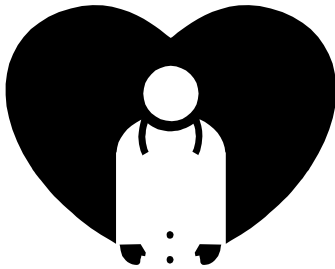
Going outdoors



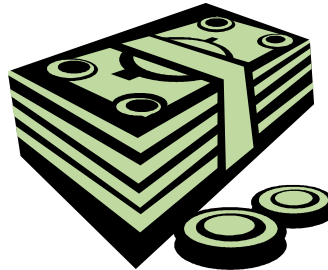
Intellectual activities



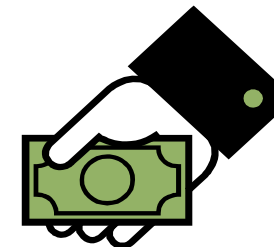
Link with society



Self-efficacy
Purpose of living



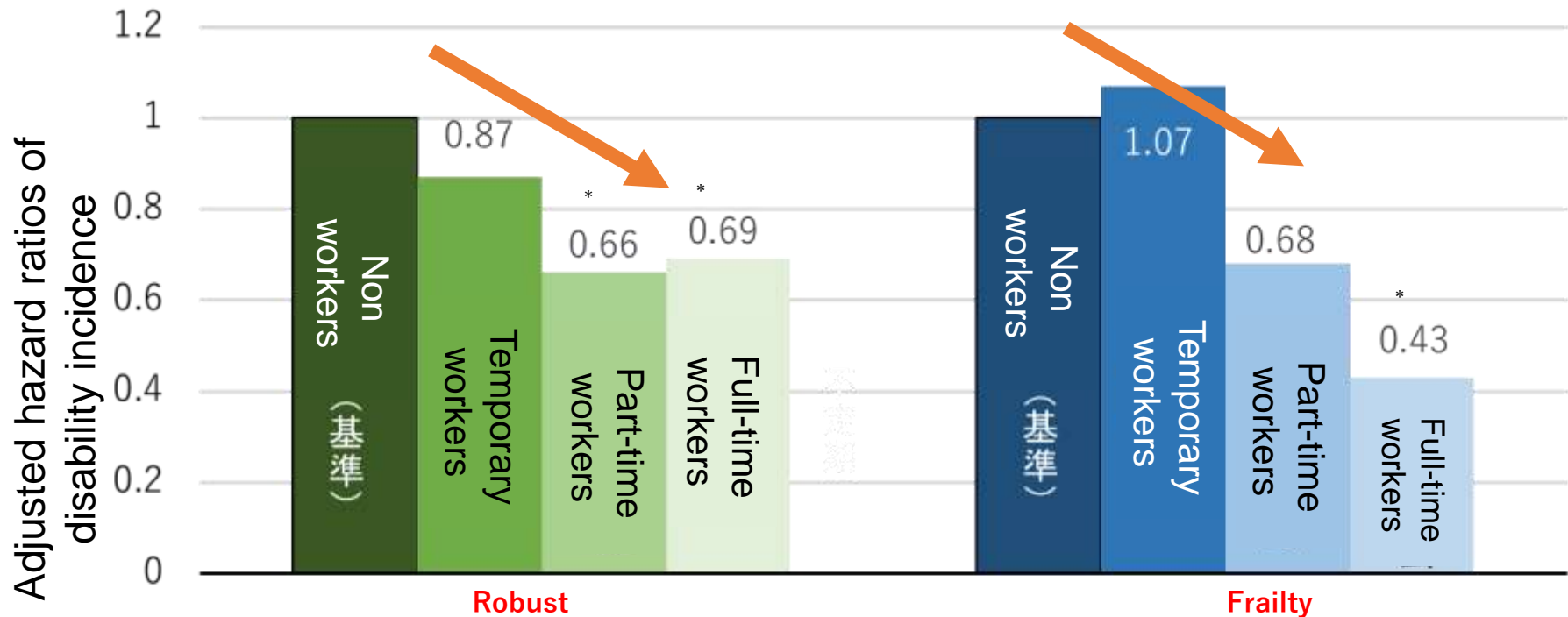
Income



Consumption, tax payment,
manpower

Adjusted hazard ratios of disability incidence for working status

Follow up of 15,500 men and women aged 65-84 over 3 years and 6 months, who were aged 65 years or older and living in Ota-ku and not certified as requiring support or long-term care



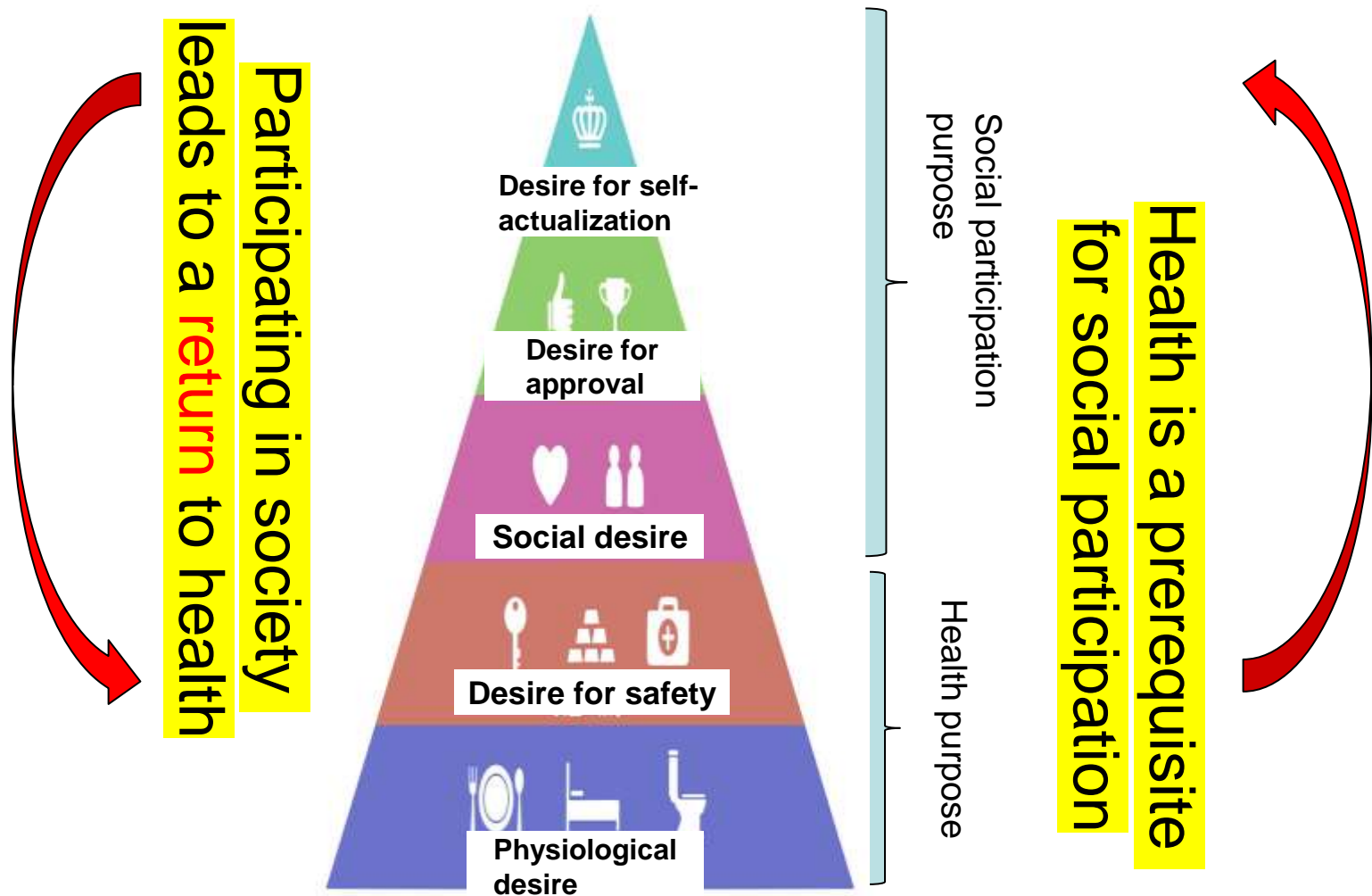
Adjusted statistically for gender, sex, equivalent income, educational history, cohabitation status, body mass index, chronic disease, drinking and smoking status, participation in social activities other than employment, ability to perform activities of daily living, and the impact of health self-assessment.

* $p < 0.05$

What is the purpose of preventive care and frailty prevention?

From Maslow's hierarchy of needs

"Human beings grow constantly towards self-realization."

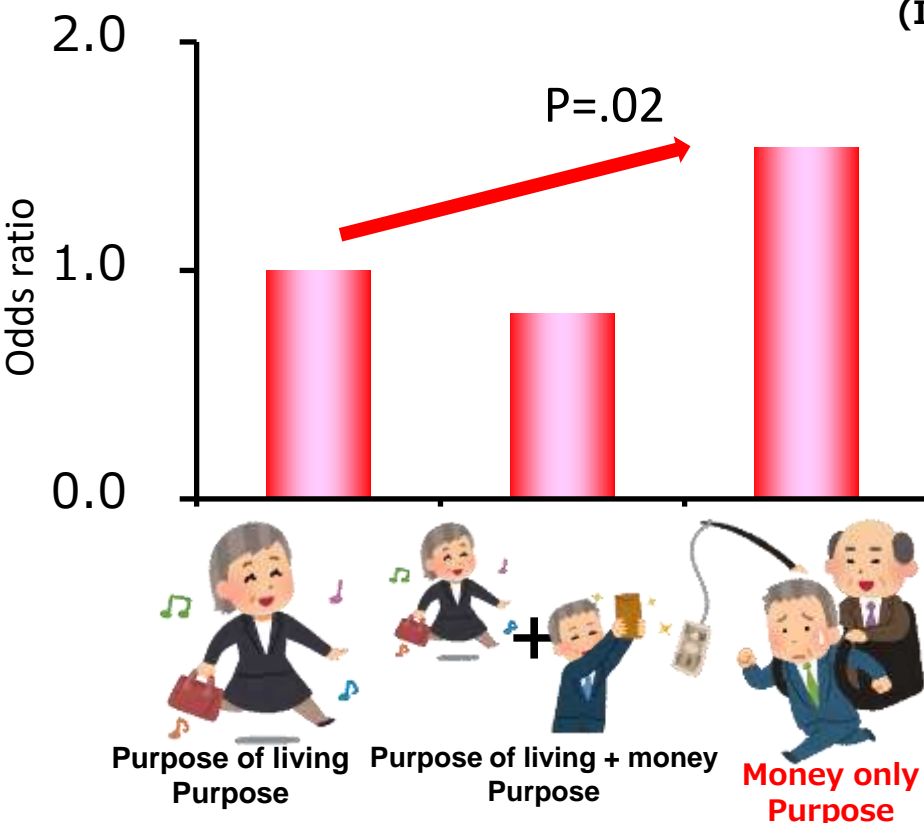


Employment **motivation** in old age and risk of health deterioration after 2 years

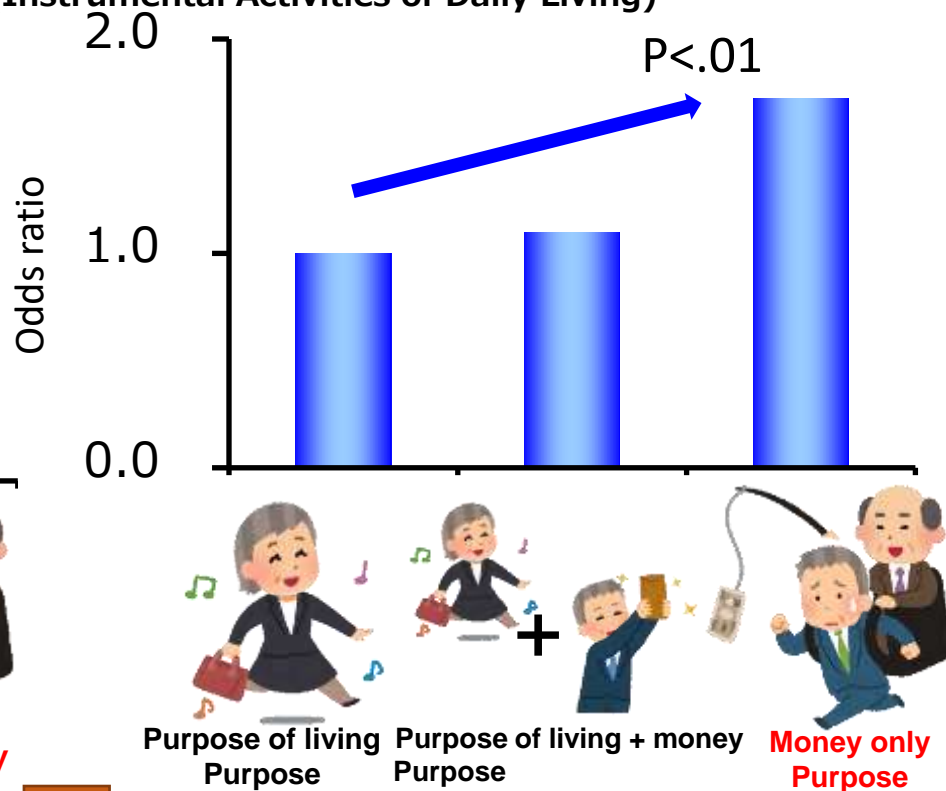
Q: Motivation for volunteering affects health (Nonaka et al., 2019)
→ How about employment?

■ Postal survey of 945 employed elderly people living in the Omori district of Ota-ku

Subjective health deterioration risk



Risk of deterioration of daily life functions (Instrumental Activities of Daily Living)



Adjusted for gender, age, years of education, marital status, living conditions, employment status, and dependent variables

Nemoto et al., Geriatr Gerontol Int. 2020;20:745-751

Health cannot be maintained by working only for the purpose of earning money

Win-win-win employment in the social welfare field : Care assistant

Good for elderly + good for employers and working generation + **Good for the community and society**



Working style that is **directly appreciated**



In the nursing/childcare field
Short-time employment and workshare



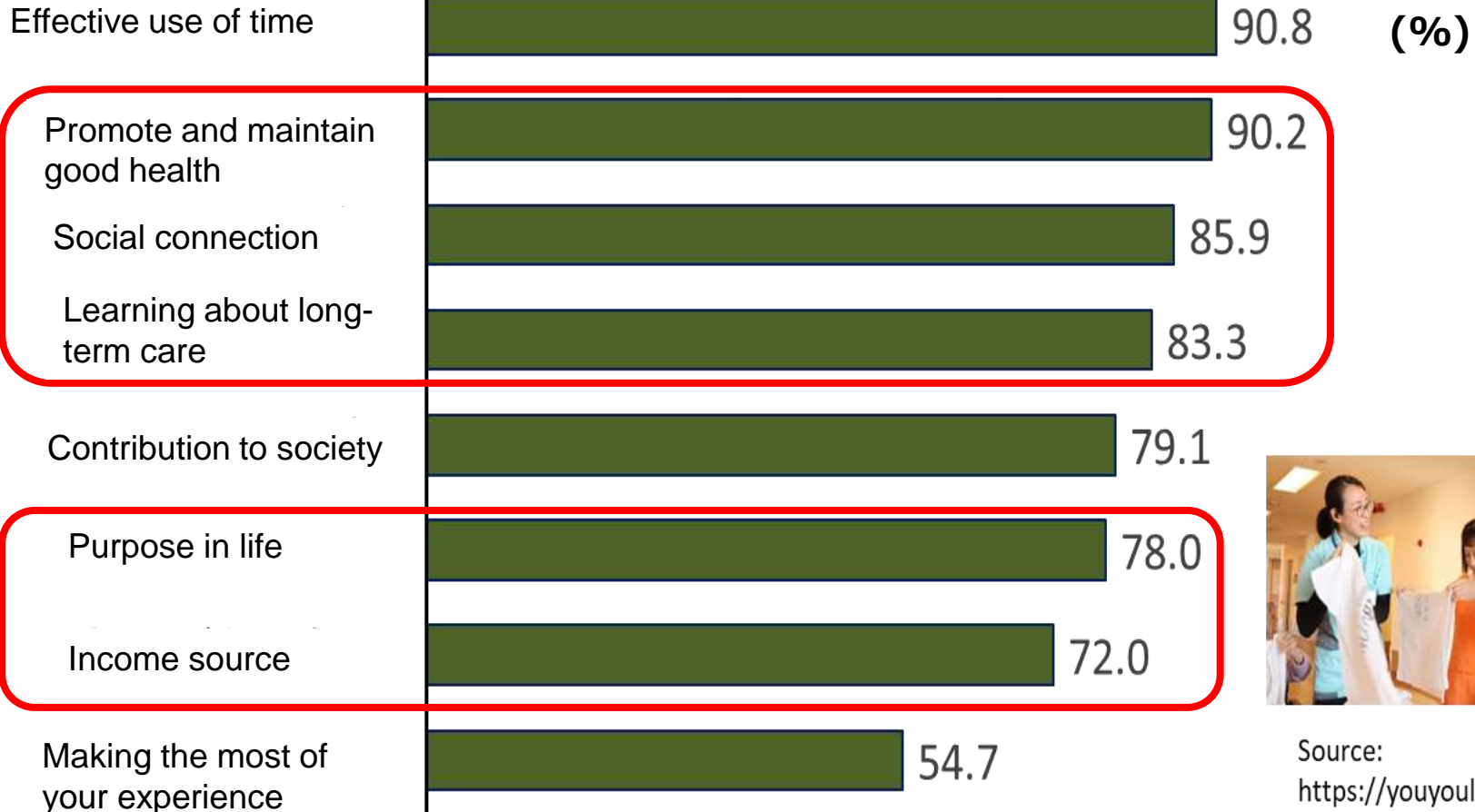
Work nearby for a long time!



Work benefits to an elderly care assistant

2020 National Survey of Elderly Health Facilities (approximately 1,200 facilities for the elderly nationwide)

R2 Health Preservation and Promotion Project for the Elderly "Survey and Research Project on Operational Improvement in Long-term Healthcare Facilities for the Elderly"



Source:
<https://youyoulife.jp/scene/2957/>

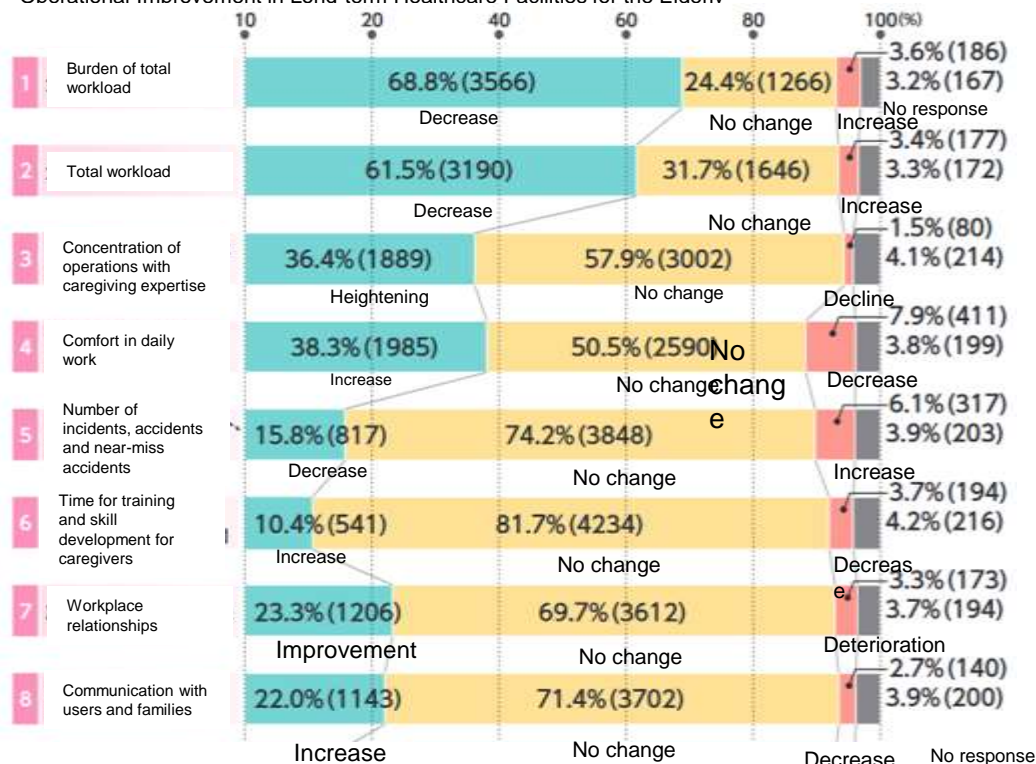
For yourself first

Nakamoto, et al. Japanese Journal of Public Health (2023)

Ripple effects of elderly care assistants

Are nursing assistants effective to a facility?

R2 Health Preservation and Promotion Project for the Elderly "Survey and Research Project on Operational Improvement in Long-term Healthcare Facilities for the Elderly"

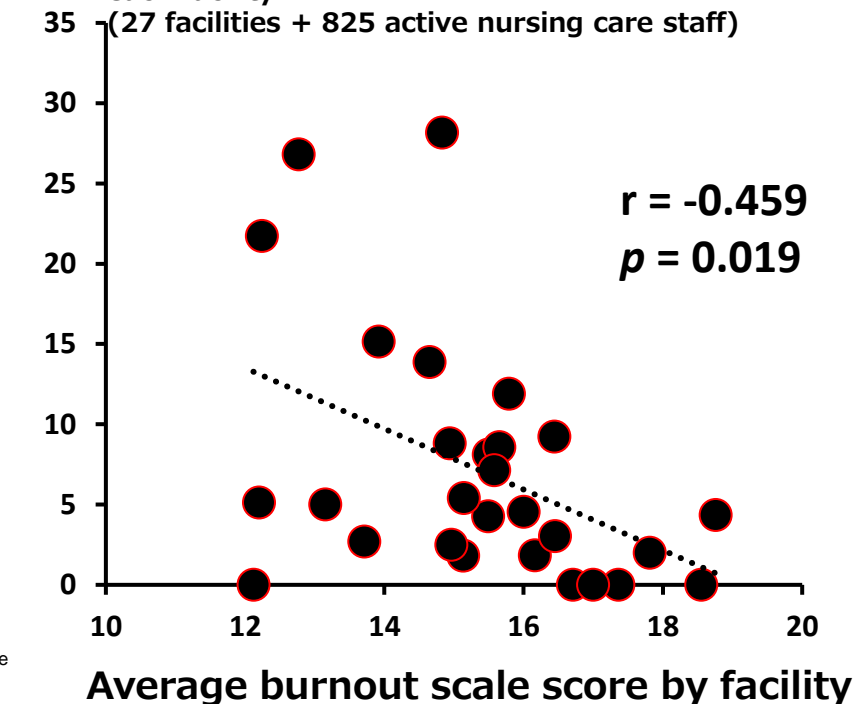


Source: Did you know - "Kaigo Joshu" no Chikara, Shakai Hoken Shuppan (2023)

2019 Pilot project contributing to productivity improvement in nursing care facilities, etc. (project commissioned by the Ministry of Health, Labour and Welfare/Mie Prefecture)



Percentage of nursing care assistants assigned to each facility
(27 facilities + 825 active nursing care staff)



Sakurai & Fujiwara, et al. *BMC Health Serv Res.* 2021

Contributing to a reduction in workload and mental burden of active staff

Expanding elderly employment from the perspective of residents: From Takarazuka City to Osaka Prefecture



General briefing session

9th "Let's extend healthy life expectancy!" award (Takarazuka City)



Individual briefing session



Employment trial



元気なシニアを大募集！ 健康・生きがい就労トライアル募集説明会を開催

ID 1029257

年齢を重ねても自分らしくいきいきと暮らせるまちの実現に向けて、シニア世代が介護や保育の現場で働く若者をサポートする、健康・生きがい就労トライアルの募集説明会を開催します。

日時 1月24日(木) 13時半～15時半

場所 中央公民館ホール

対象 おおむね60～80歳の人 **定員** 先着35人

申し込み 1月10日(火)9時半～20日(金)17時に二次元コードまたは電話で地域福祉課へ

地域福祉課 ☎77・0653 内71・1355

就労トライアル

期間 3月・4月から3カ月間

内容 食堂スタッフ、浴室の準備・片付け、シーツ交換、清掃、物品の在庫管理など

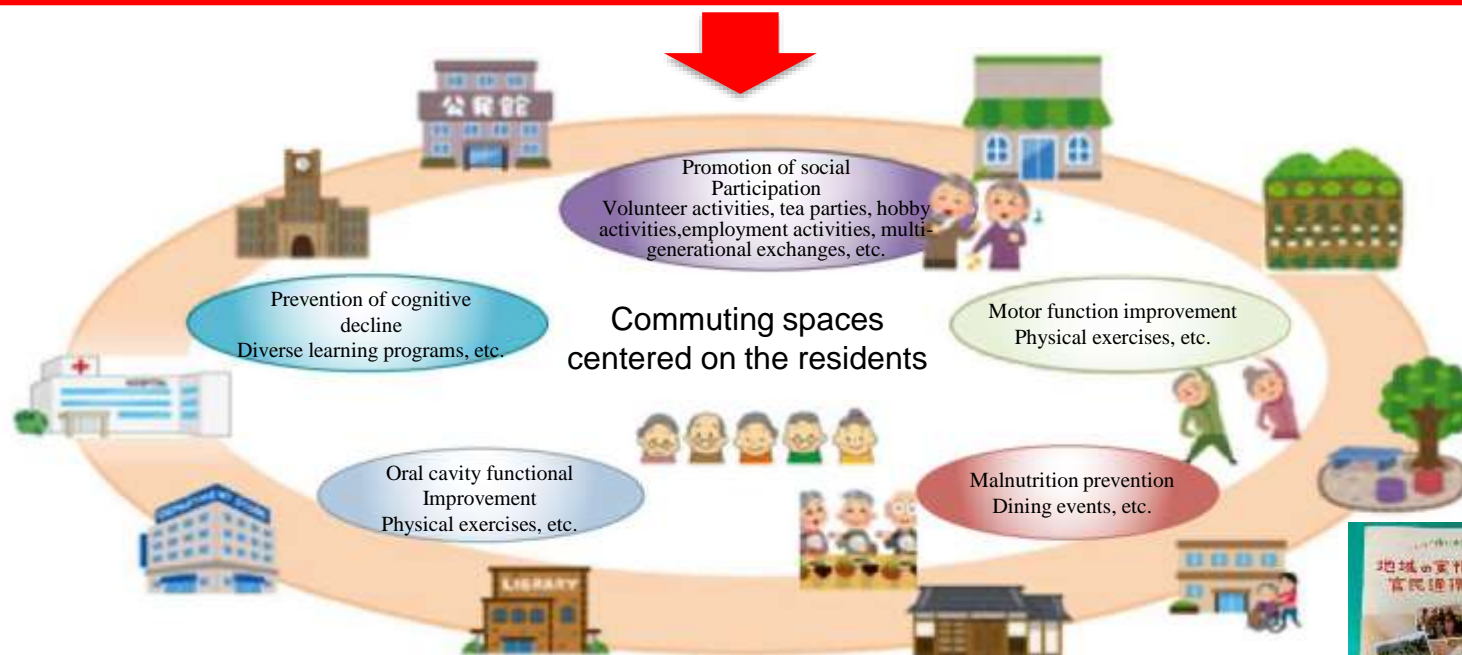
9 広報たからづか No.1307 令和5(2023)年1月号 ☎ 区/市外局番の記載のないものは(0797)です



Changes in initiatives at commuting places that contribute to preventive care

Step 1: Expansion of "space" for exercise + nutrition + oral cavity improvement

Step 2: Introducing a "space" that meets the needs of diverse residents



Reference: Health, Labour and Welfare HP https://www.mhlw.go.jp/stf/newpage_08408.html Summary of the "Working Group on Measures to Promote General Preventive Care Projects, etc."

Collaboration with diverse stakeholders





Generativity theory
"To be actively involved in
acts that create value for
the next generation"



▲ E.H. Erickson
(1963)

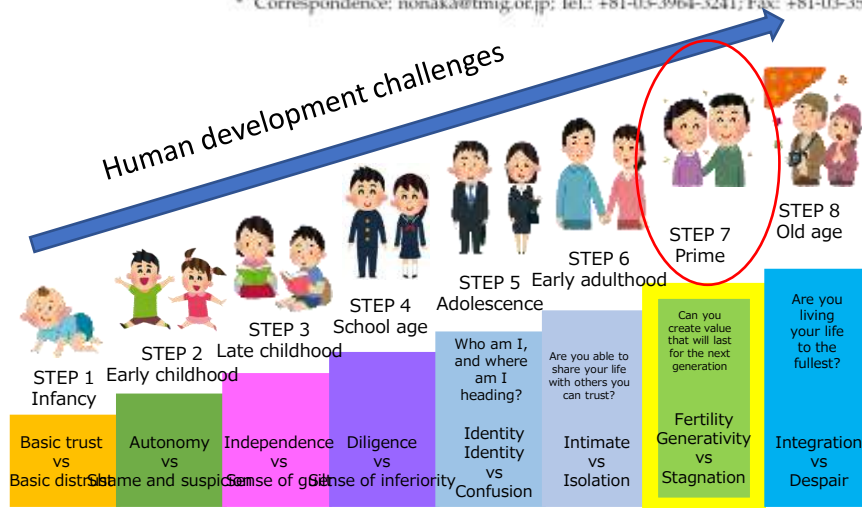
Article

The Impact of Generativity on Maintaining Higher-Level Functional Capacity of Older Adults: A Longitudinal Study in Japan

Kumiko Nonaka *, Hiroshi Murayama, Yoh Murayama, Sachiko Murayama, Masataka Kuraoka, Yuta Nemoto, Erika Kobayashi and Yoshinori Fujiwara

Tokyo Metropolitan Institute for Geriatrics and Gerontology, 35-2 Sakae-cho, Itabashi, Tokyo 173-0015, Japan

* Correspondence: nonaka@tmig.or.jp; Tel.: +81-03-3964-3241; Fax: +81-03-3579-4776



**Wisdom, thinking, techniques,
experience, culture, environment
... Convey something**



Adjusted odds ratios for predicting the decline in the total score of TMIG-IC during the two-year follow-up period



Total score of generativity (increment by 1pt) Risk reduced by 30%

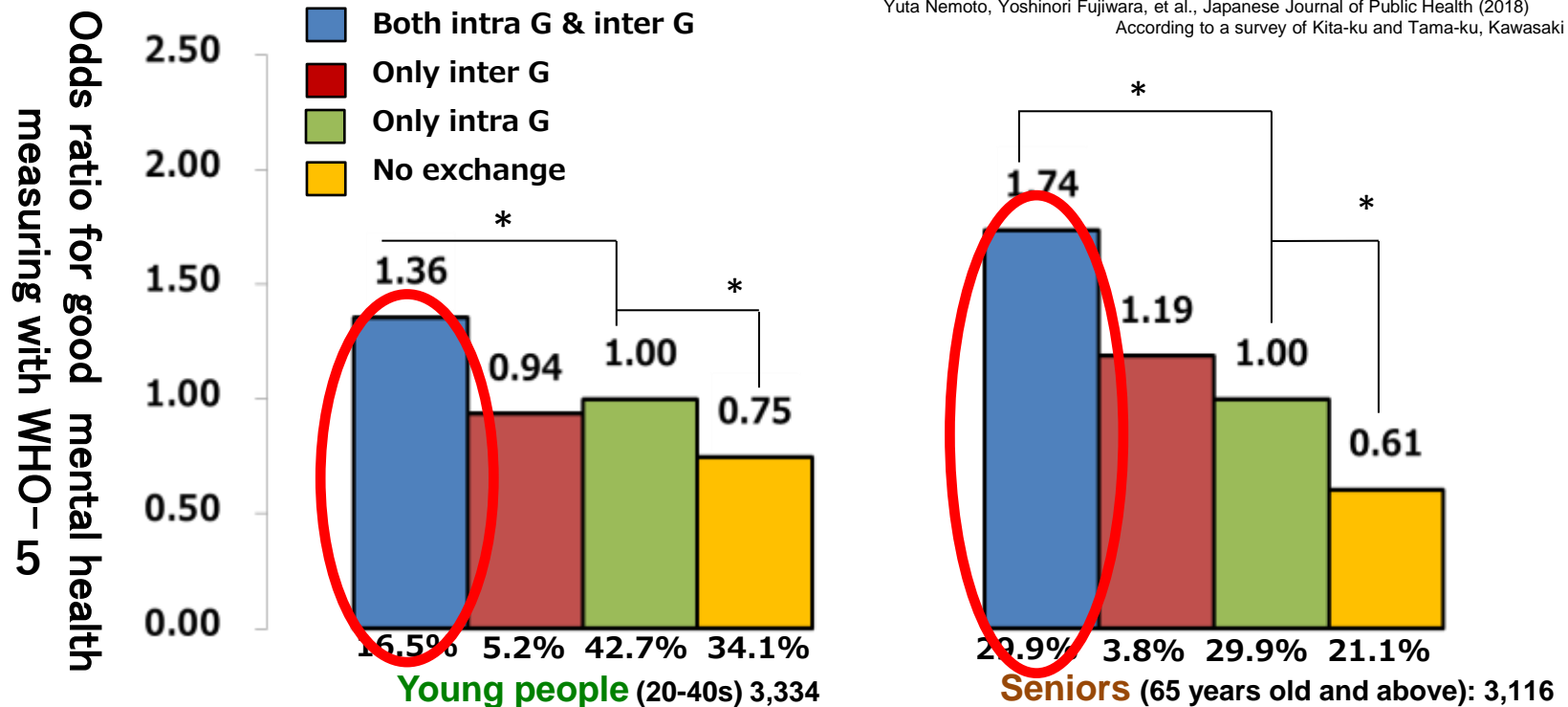
†Note: CI, 95% confidential interval; OR, odds ratio; An OR > 1 indicates an increased likelihood for decline in TMIG-IC at T2.

*Dependent variable; maintenance/decline in the total score of TMIG-IC, 0=T2 score was unchanged or improved from T1, 1=T2 score was decreased by ≥1 point
Adjusted for gender, age, having, children, area, having children, area, educational attainment, annual household income, self-rated health, total score of TMIG-C

Even for the general population,
inter-generational interaction is good for health!

Relationship between inter-generational and intra-generational interaction and mental health

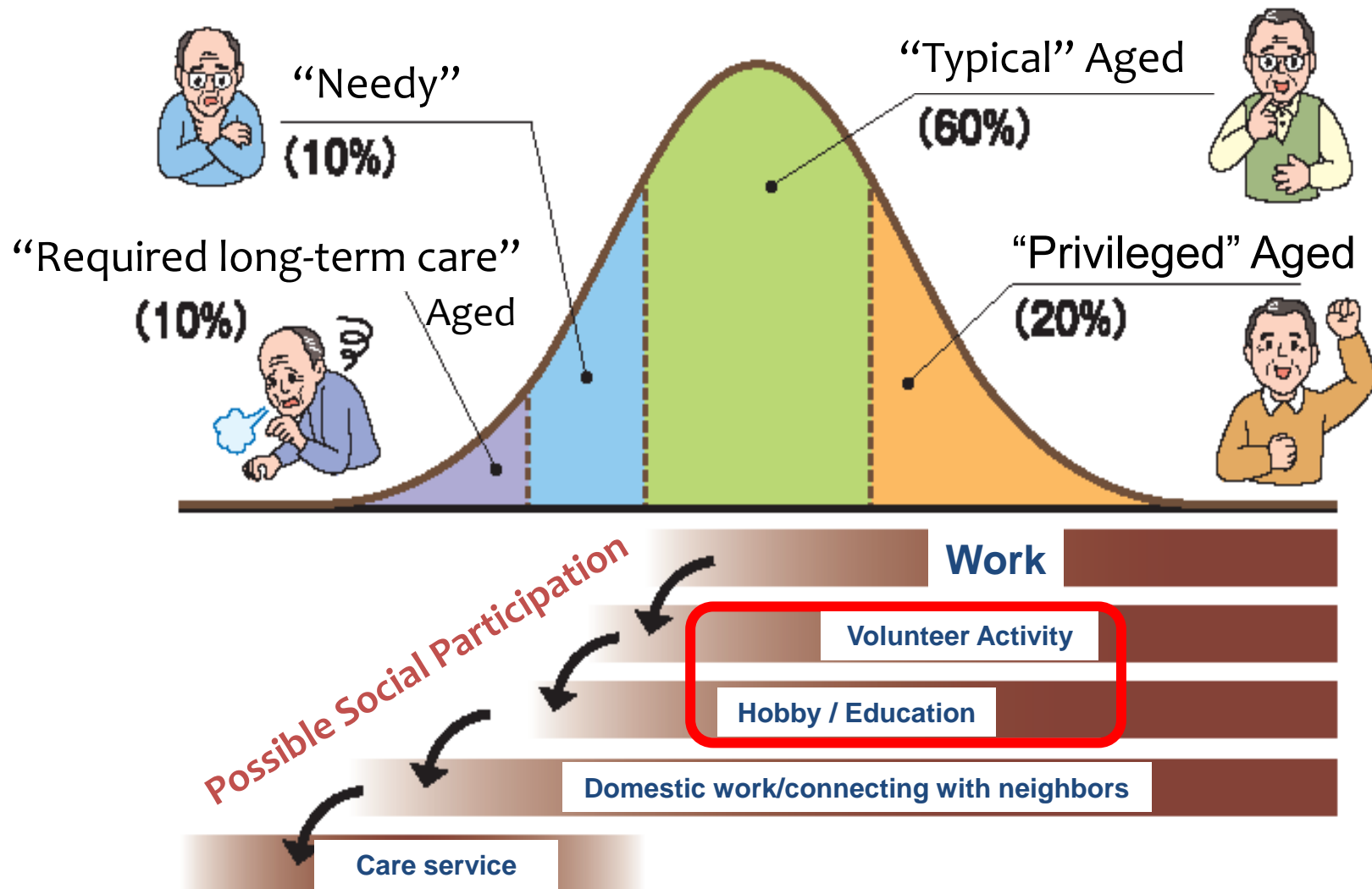
Yuta Nemoto, Yoshinori Fujiwara, et al., Japanese Journal of Public Health (2018)
According to a survey of Kita-ku and Tama-ku, Kawasaki City



*1 Analysis taking into account gender, age, years of education, marital status, area of residence, marital status, living together with children/parents/grandparents, subjective economic status, participation in community activities, employment, self-assessment of health, daily life functions (adjusted for the elderly only), and medical history (stroke, heart disease) *2 When asked about opportunities to have conversations with people other than family members or people related to their work, those who answered "Often or Sometimes" were classified as having "Interaction".

Regardless of generation, those who interact at an intra-generational level are mentally healthier than those who do not, and those who also interact at an inter-generational level are even healthier.

Social activities according to health status



Example: Picture book storytelling Dementia and Frailty Prevention Project

⇒ After completion, inter-generational interaction volunteer
Senior Storytelling Volunteer "Reprints"

- Reprint
- Reproduction of current life

Win-win prevention

2004 - Model version

- Chuo-ku, Tokyo (city center) 27→40 people
- Kawasaki City Tama-ku (residential area) 22→57 people
- Nagahama City, Shiga Prefecture (small regional city) 21→100 people



Spread as a general preventive care project etc.

2006 -

Suginami-ku, Aoba-ku
Yokohama City,
Toshima-ku, Bunkyo-ku,
Ota-ku

2015 -

Kita-ku, Itabashi-ku,
Fuchu City,
Nerima-ku,
Chiyoda-ku,

2017 -

Komae City
Kita-Akita City

2018 -

Shinjuku-ku
Tachikawa City

2020 -

Inagi City
Hachioji City

2021 -

Meguro-ku

2023 -

Shinagawa-ku

Lifelong Learning and Cognitive Intervention Program

Lesson 1: Picture books currently being read



Lesson 2 - 3 Unforgettable picture books, knowing yourself

- The art of uncovering and conveying memories of picture books



Lesson 4: Physical preparation necessary for storytelling

- From flexibility exercises to breathing techniques, vocalization and articulation



Lesson 5 - 6 Storytelling practice

- Reading comprehension and expression, sentence comprehension and empathy



Lesson 7 - 8 Storytelling presentation

- Individual presentations, self-grading and review

Lesson 9 onwards: Preparation and rehearsal of group presentation

Storytelling skills

Memory training

Storytelling practice

Effects on older persons



Psychological effects



- Self-esteem
- Self-efficacy
- Social support/network
- Sensitivity influenced by picture books

Physical effects



- Increase physical activities Warm-up exercise
- Vocalization

Cognitive effects

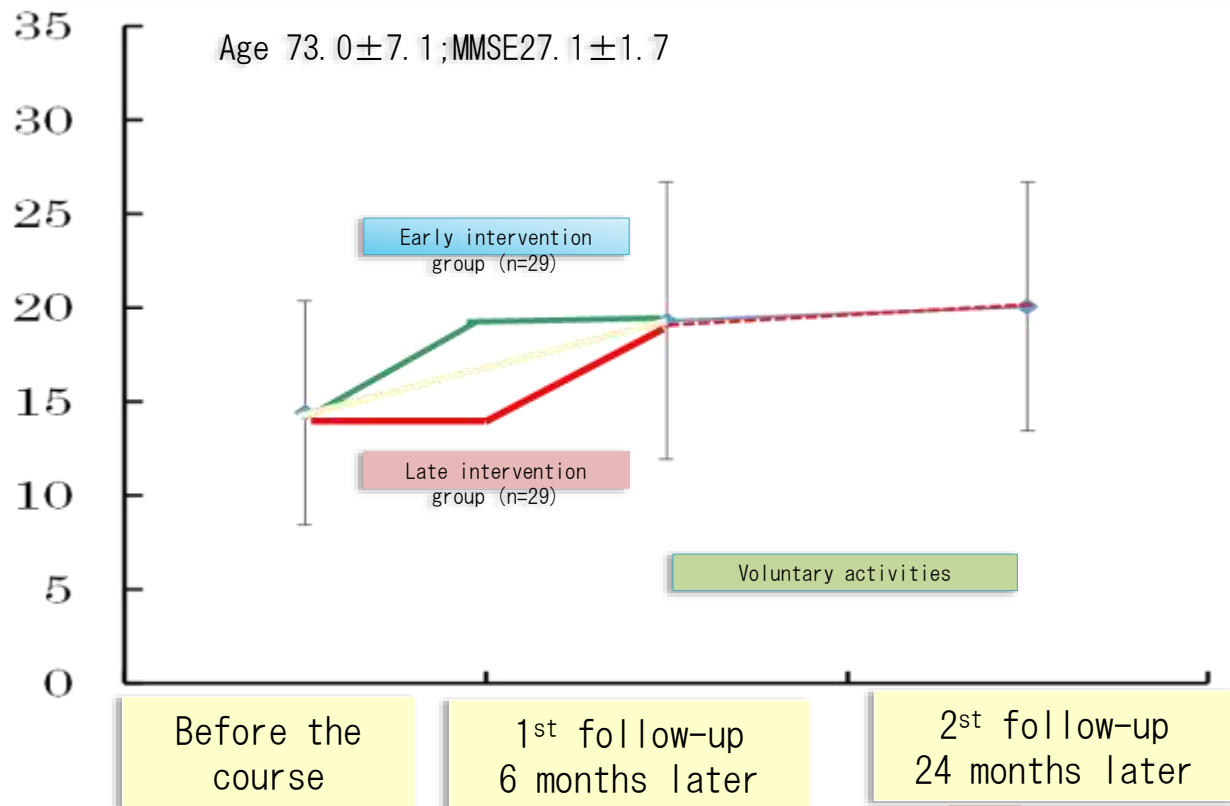


- Memory capacity
- Implementation capacity
- Language skills

WMS-R
inspection

Delayed recall test

➤70% continuation of voluntary activities (volunteers)



Maintained even after 24 months later

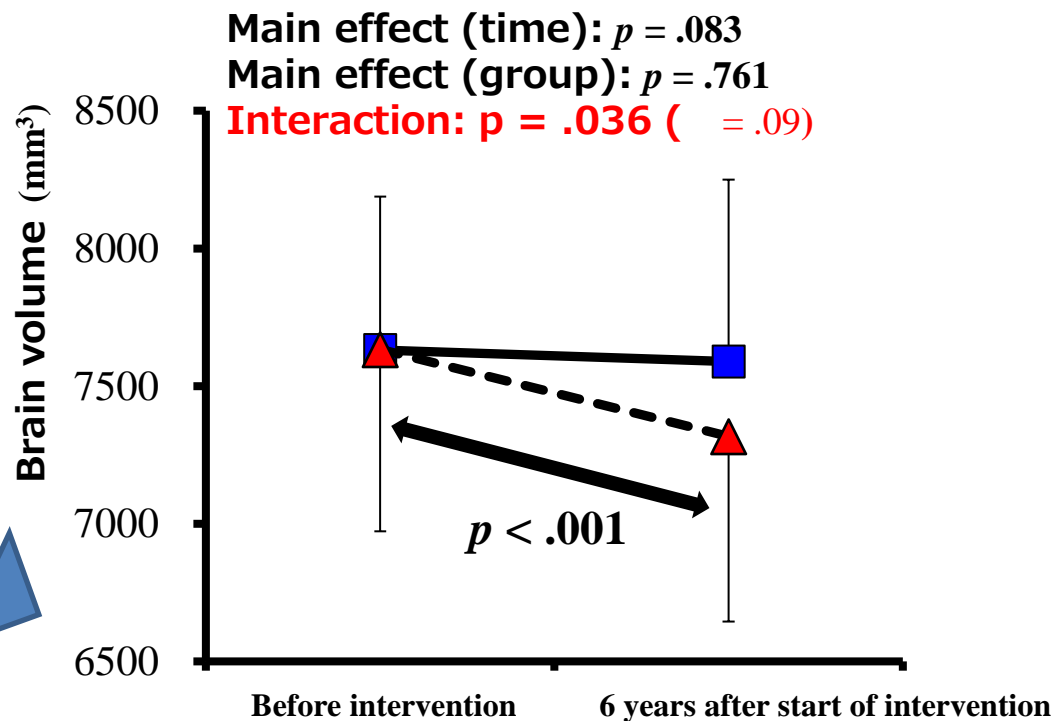
Inhibitory effect on hippocampal atrophy after 6 years

Volunteer group (intervention group): 17 people

Control group (health checkup participation only): 42



Volunteer for 6 continuous years



*1 Adjusted for gender, age, years of education, current medical history, depression score, intracranial volume, MMSE score, ApoE genotype, and follow-up period

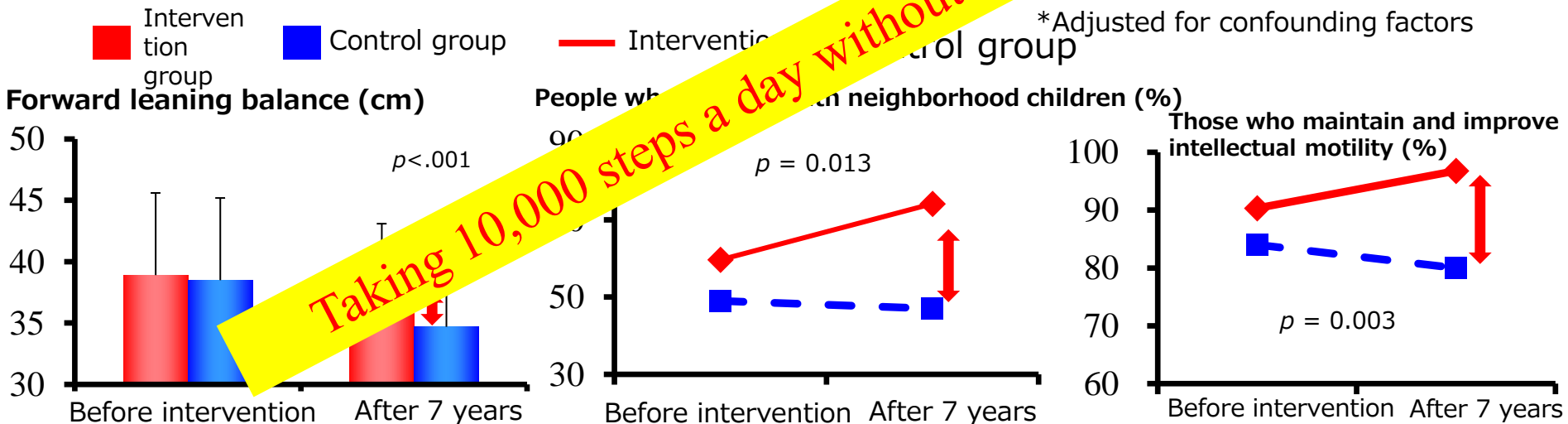
Sakurai & Fujiwara, et al. *Int J Geriatr Psychiatry*. 2017

Cultural activity yet physical in nature!

- Long-term effects for 7 years -



Follow-up of 62 participants in the intervention group (volunteers) and 100 in the control group over 7 years



[Conclusion] Maintaining and improving dynamic balancing skills, frequency of inter-generational interaction, and intellectual faculties

Effects on recipients



Effects on children



- Prevention of leaving the printed word
- Ability to concentrate
- Respect/appreciation for older persons
- Intervention of a third party other than his/her teacher and parents

Effects on guardian



- Respect/appreciation for older persons
- Reduce burdens of PTA
- Support for community watch

Effects on teachers

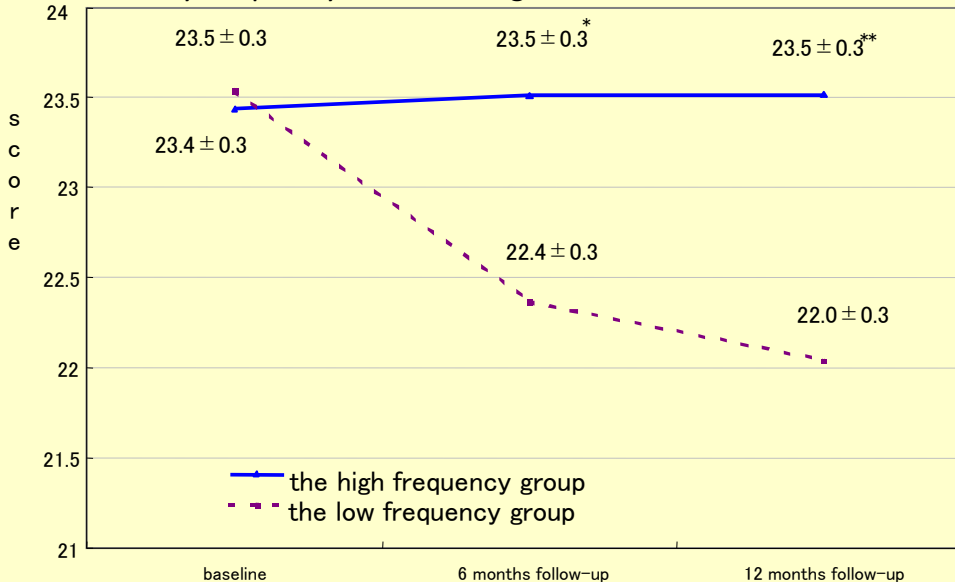


- Model of opened schools
- Multi-layered community partnership model

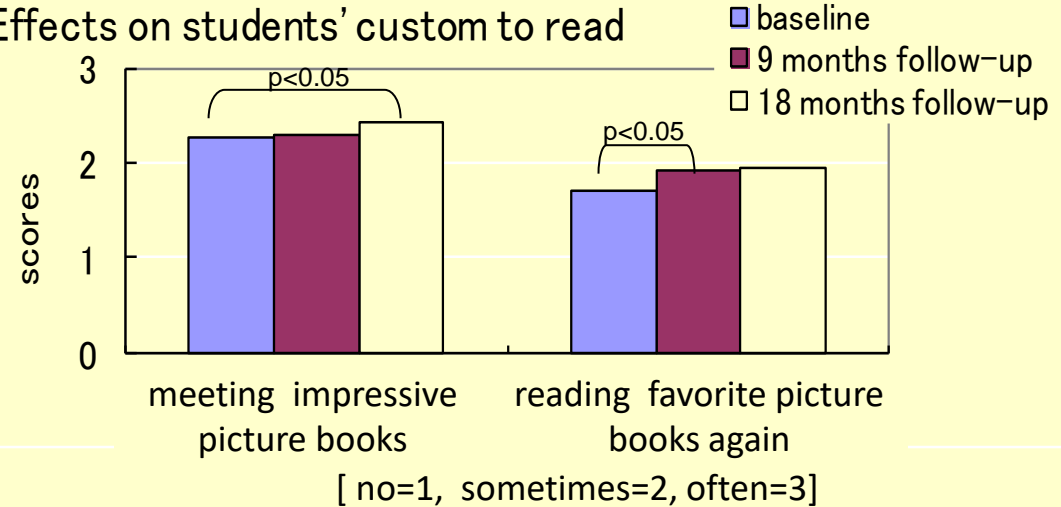
Effects on students



Trend analyses of images of the elderly among elementary school students stratified by frequency of interchange with "REPRINTS" senior volunteers.



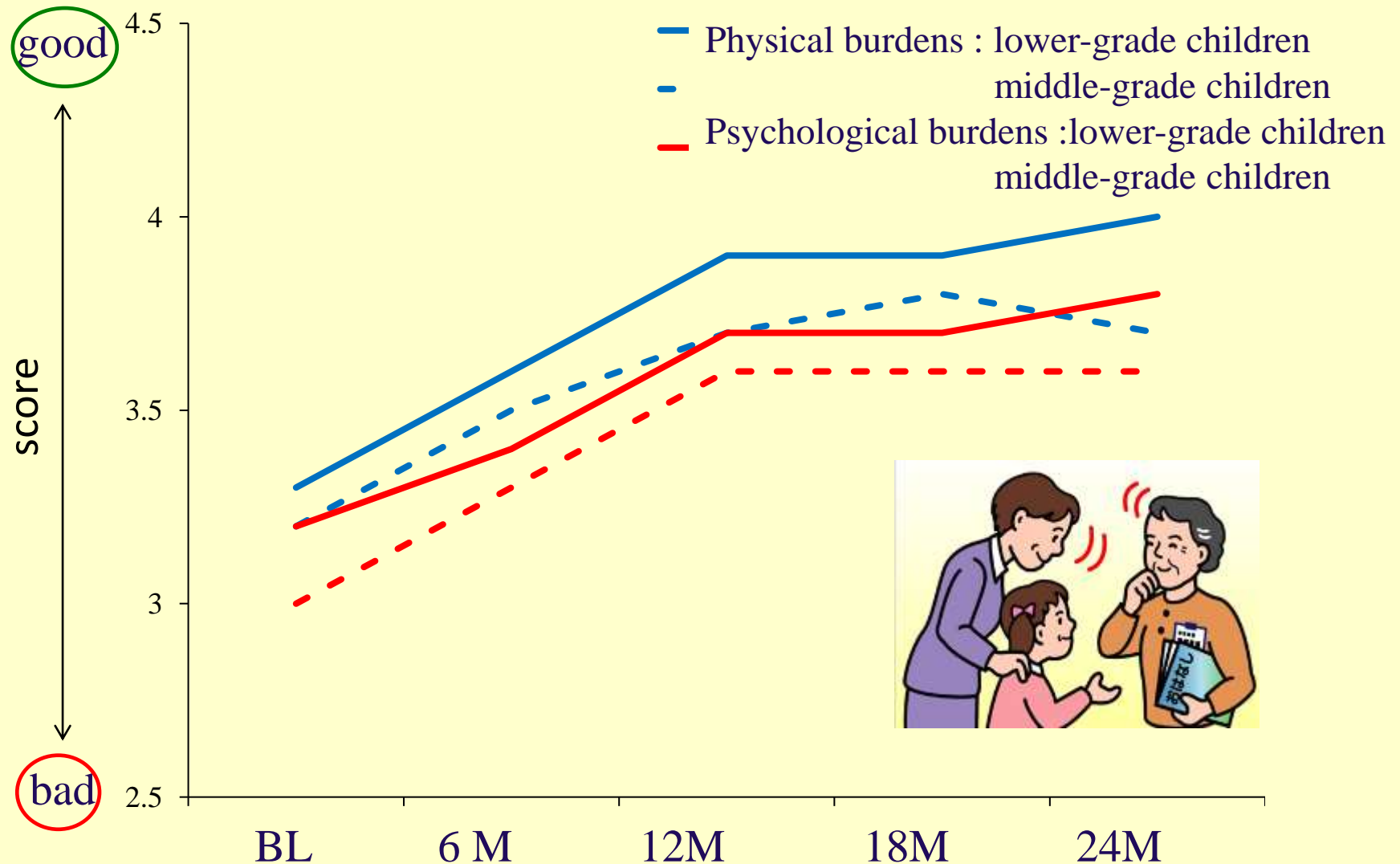
Effects on students' custom to read



➤ Students' rating for frequency of meeting or reading again impressive picture books which were read by senior volunteers significantly increased.

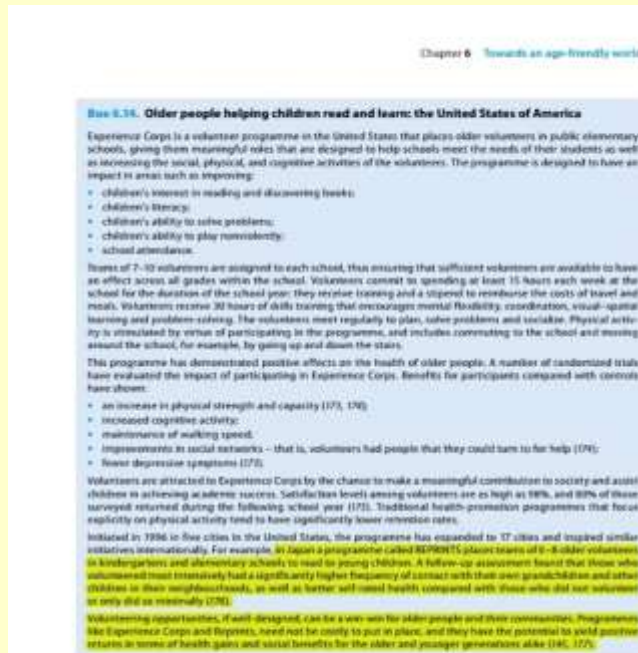
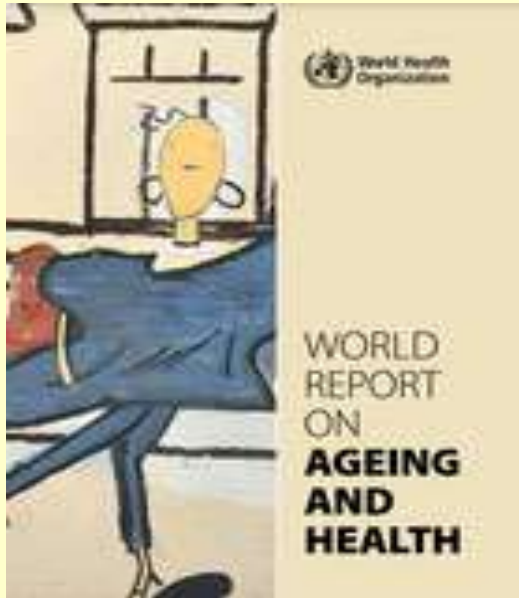
➤ Images of the elderly significantly maintained among the students with high frequency of interchange with senior volunteers.

Improved burdens for support to a school by parents



ANCOVA, adjusted for age of parents and years of residence

Featured as a good practice in the WHO World Report



Yomiuri Welfare Culture Award 12/11/2018



Shiga Prefecture Healthy Life Expectancy Extension Project Grand Prize (2017)



Cabinet Office Aging Society Website (2007)



Commendation from the Tokyo Metropolitan Board of Education (2015)



Commendation from Kawasaki City Social Welfare Council (2017)



1st "Healthy Aging Prize for Asian Innovation" winner (Japan Center for International Exchange)

Topic for today

- Frailty prevention measure is “role”
- Employment and volunteering bring about "Win-Win"
- Those supported will become those who support



デイで「働き」やりがい 高齢者が有償ボランティア 厚労省の事務連絡追い風に

Day services for work-related activities (commuting spaces)

福 京都福祉サービス協会の運営する西院老人デイサービスセンターでは、70〜90歳の利用者11人が毎週月曜日、デイサービスに「出勤」し、まな板づくりに取り組む。紙やすりで、ヒノキの板を丁寧に磨いていく利用者。まな板は、京都市内の雑貨店で販売され、1枚売れると、利用者には、お礼として地元商店街の500円の金券が渡される。金券をもって商店街に買い物に行くのも楽しみの一つだ。



まな板などに削り进行する京都市西院老人デイサービスセンターの利用者ら＝京都市七古原で、野口由紀撮影

京都市西院老人デイサービスセンター（京都市右京区）で、高齢の利用者が有償で働くことを通じ、社会参加を目指す取り組みが始まった。

西院デイサービスの利用者は今年8月から、京都市中京区のセレクトショップ「mumokuteki 京都店」で販売する木製のまな板とカッティングボードの制作の最中

sitte プロジェクト



Cited from the website of the Saiin Social Welfare Facility for the Elderly, Kyoto Social Welfare Service Association etc.



おいでやすくどう

6/19 (日)
17:30~18:30

**テイクアウトで
再開!**

いつも食室をご利用いただき、ありがとうございます！

新型コロナウイルス蔓延に伴い、おいでやす食室も
休んでおりましたが、皆様とのツナガリを途絶えさせない！
という思いで、テイクアウトで再開します。

懐かしいカレーの味を皆様へお届けします。

※ ソーシャルディスタンスをとって実施します。

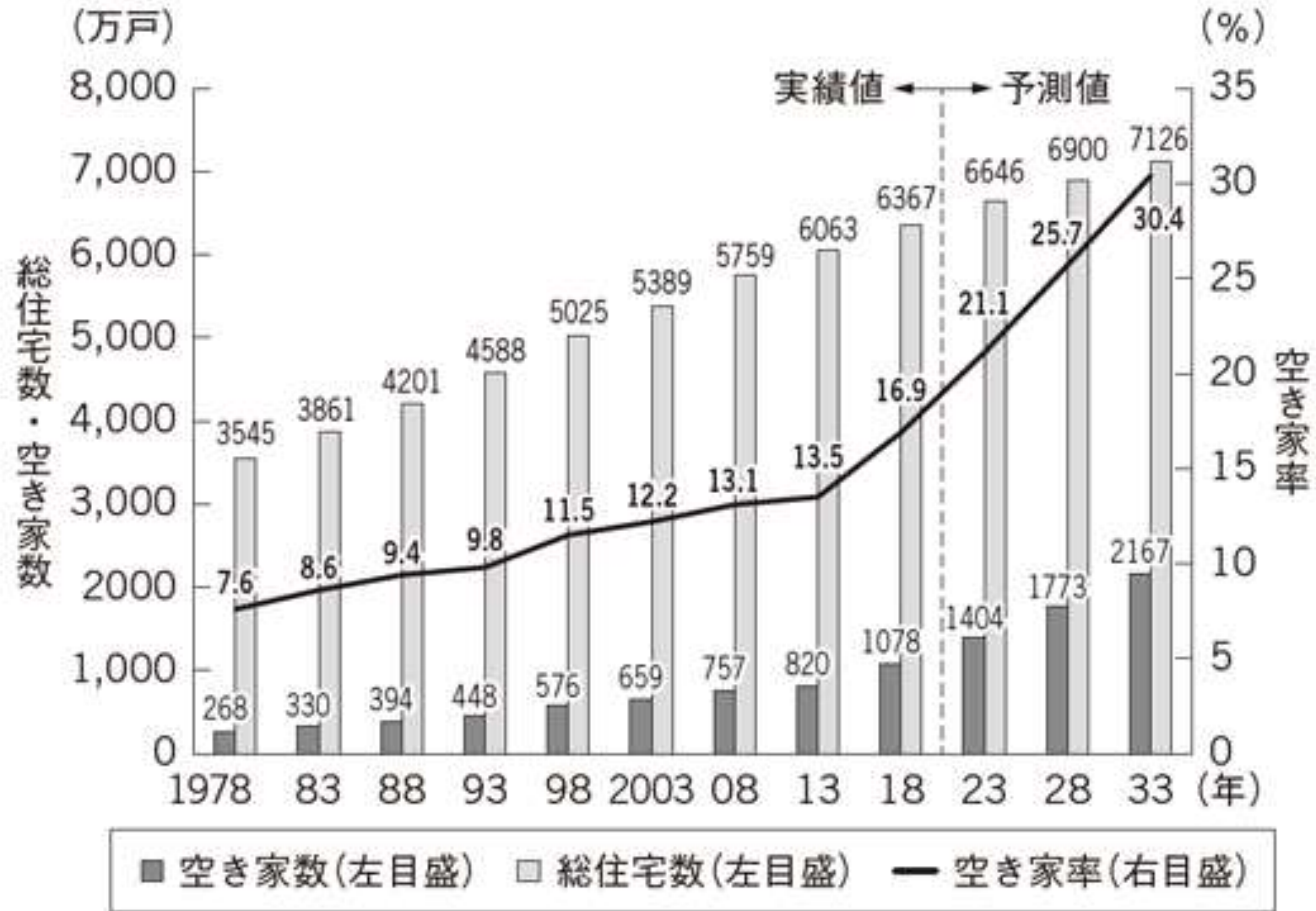
私たちの思いは、LINEで発信しておりますので、
ご登録お願い致します。

**学生以下 無料
大人 ¥200**

TEL : 075-812-6711
みんなの居場所制作委員会
代表 河本希美

[illegible]

If only there was a permanent "space"! 30% of the houses will be vacant compared to 2030!



(注) 実績値：総務省「住宅・土地統計調査」 予測値：野村総合研究所

(出所) 野村総合研究所

[Source] In 2030, 30% of houses will be vacant due to too much new construction 2017/6/22
<https://bizgate.nikkei.co.jp/article/DGXMZO3109860029052018000000>

Self-testing example

Diverse places to go in future

Creative House Tomotsuku F House 2021/7 -

<https://tomotsuku.jp/>

Kyoto City/Sagano



***Employment activities + multi-generational + art
space + a little addition***

⇒ A mix of everything

⇒ A place to go to support actualization

NPOs run by staff volunteers of social welfare corporations and Professor Ogawa (OT) of Kyoto Tachibana University are supported by the local regional comprehensive support center and social welfare council

What is “Be supporters!”

To everyone who wants to remain excited no matter how old they are

This project aims to help people who usually have many opportunities to be "supported" by those around them, such as those elderly who spend time in nursing homes and those with dementia, to become "supporters" of local soccer clubs, cheering them on and turning into a presence that "supports" the club and community



Since December 2020, Suntory Wellness Ltd. has been promoting the event in collaboration with multiple J.League clubs.

As of September 2023, a total of 6,000 people and 160 facilities nationwide have participated.

Summary for today

- “Role” and “purpose of living” are the source of one’s energy
 - Take it easy on the side, win-win-win

Thank you for your attention!