

GENERAL FACTS

Since 2010, several studies have shown that Japan consistently ranks as the country with one of the highest life expectancies. The main contributor to Japan's long lived society, is their healthy plant and fish based diet, which causes a significant decrease in cardiovascular disease. However, a long life comes at a cost, and Japan as a result is suffering from very unique issues related to Japan's increasingly growing elderly society. These issues range from their financial burden on healthcare spending to mental health concerns like loneliness and depression.

Life Expectancy

84 yrs



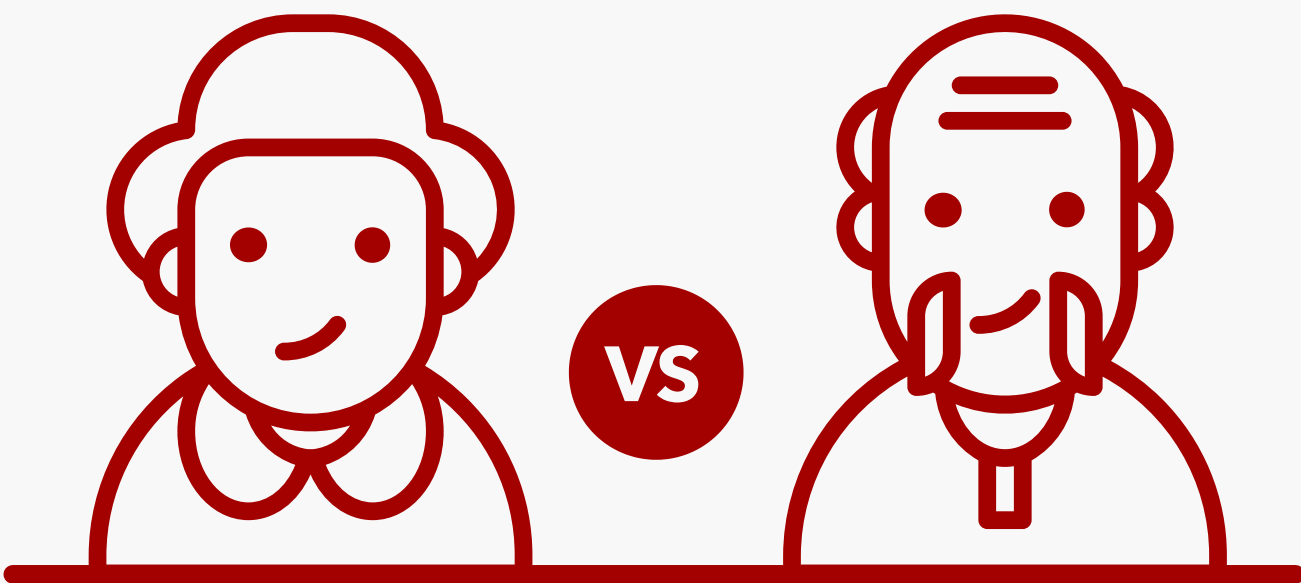
~80,000 centenarians



65+ years

28.7% of population 13% of work force

The current standing of the elderly population is over 28%. However by 2040 this number is expected to reach 34%. In contrast, birth rates have dropped to 1.34 births per woman, which is among the lowest in the world. Due to this, Japan faces significant work shortage issues and less tax money to support its elderly population.



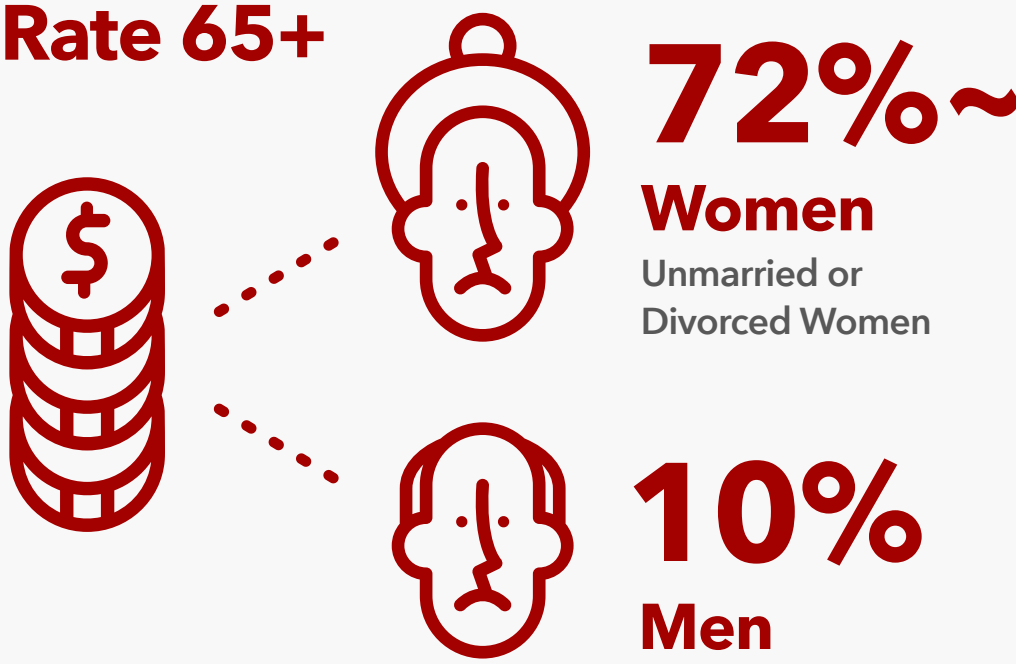
WOMAN 87 yrs

MAN 81 yrs

FINANCIAL

Poverty among the elderly is a major issue in Japan due to being unable to work and not having a support network (spouse/family) to care for them.

Poverty Rate 65+



Result of Poverty



Issues

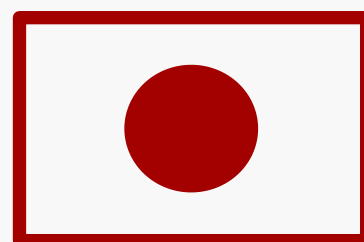
- 12% affected by reduced living conditions
- Early death of 27,000 elderly every year

Solutions

- Mandatory health coverage is given to Japanese citizens over 65 years
- Coverage provides community support for elderly

COMMUNITY

Japan is one of the most homogeneous countries on Earth with a population of over 124 million people.

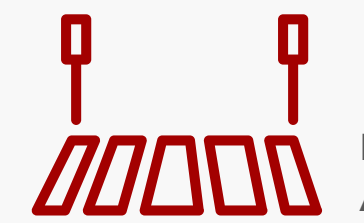


98% Japanese Community Within Japan

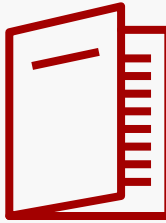
Community support for elders is easier because of shared values. History, religion, customs, and culture are shared by the majority of the population.



Community councils will setup watch over services. So elderly residents in the community place magnets on their doors to inform the community they are fine.



Extra Time At Crosswalks



Large Print Magazines

Japan's Ageing Society



A look into the challenges faced by Japan's elderly



Project 4 Rhetorically Loaded Mapping

December 2021 University of North Texas

ADES 5450 Professor Keith Owens

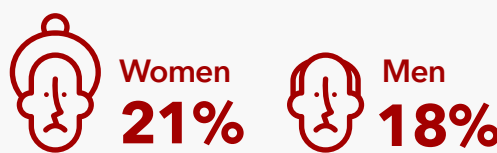
Gala Ramos Obidi Ekwulugo Rocio Diaz Jaehyung Kim

HEALTH

Mental health problems become increasingly more important as Japanese citizens age.

Depression

20% of elderly (over 65) in rural Japan suffer from it.



Factors of Depression



Suicide

High suicide mortality rate

- Men: 4th in the world
- Women: highest in the Group of Eight nations

Factors of Suicide



Loneliness

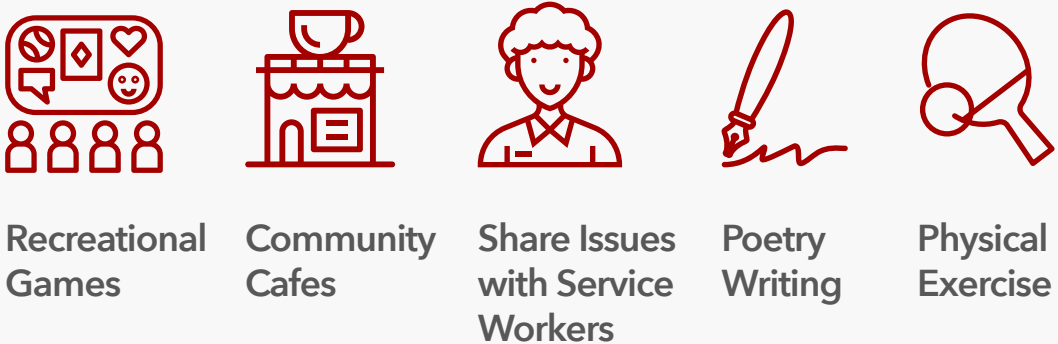
Elderly (Over 65) living alone

Issues

- Mortality Risk
- Onset of Disease
- Kodokushi - A solitary death at home which may go unnoticed for days or even weeks



Solutions



Medical Cost



- The medical costs for those 75 > are 4X the amount for those in younger age.

Issues

- Government overburdened with increasing cost of the elderly.
- Rapid increase of "late elderly" (75 to 90) and "super elderly" (90 and older).
- Lack of care takers and their low wages.
- Few and sub-par nursing homes.



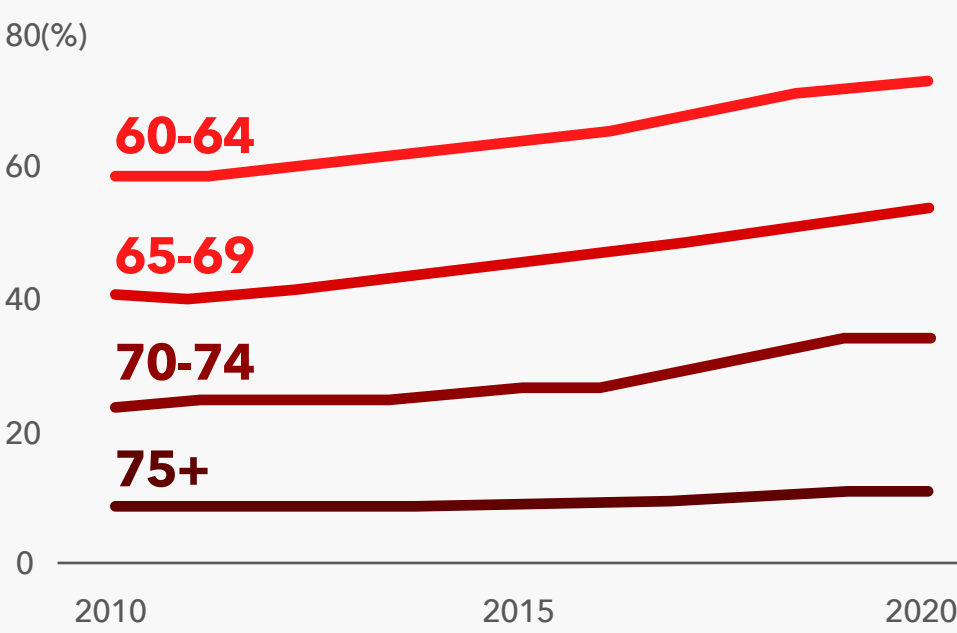
EMPLOYMENT

Japan is keeping their elderly employed and active, pushing companies to retain their employees until age 70.



13% 65yrs+ Japan's workforce in 2020

Employment Rate by Age Group



Challenges

- Unstable, irregular conditions
- Low wages
- Same work but lowered pay
- Outliving pensions
- Age discrimination

Retirement

- Mandatory retirement for most companies is at age 60-65
- Quality for pensions at age 65

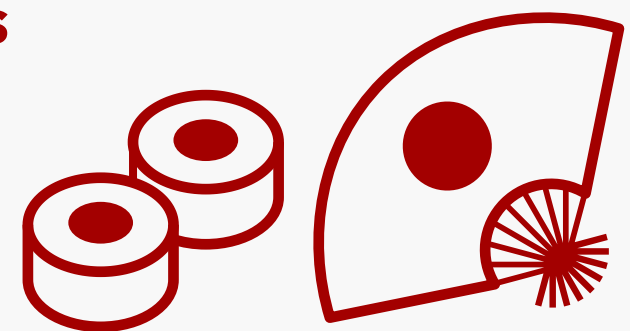
CULTURE

Japanese culture and lifestyle has contributed to its high life expectancy, and will continue to dictate life for the elderly.

Several factors have combined to improve health among the Japanese population: traditionally healthy diet, universal health insurance, active lifestyles, and access to transportation.

The elderly's main concerns

- Fear of being Maiwaku (a nuisance) keeps the elderly living independently, both financially and mentally.
- Predominantly have concerns about: health, finances, meaningful life, and housing



POLICY

The Japanese government's response to increasing rates of obesity and chronic disease, contributed to a healthier population.

1988 Active 80 Health Plan

Targets nine areas focused on diet, physical activity, rest, no smoking, modest drinking, early detection of cancer, hypertension, obesity and dental health.

2000 Healthy Japan 21 Program

10 year program, targets five areas, two of them for the elderly:

- Extending life expectancy by preventative care
- Reduction of health disparities

