

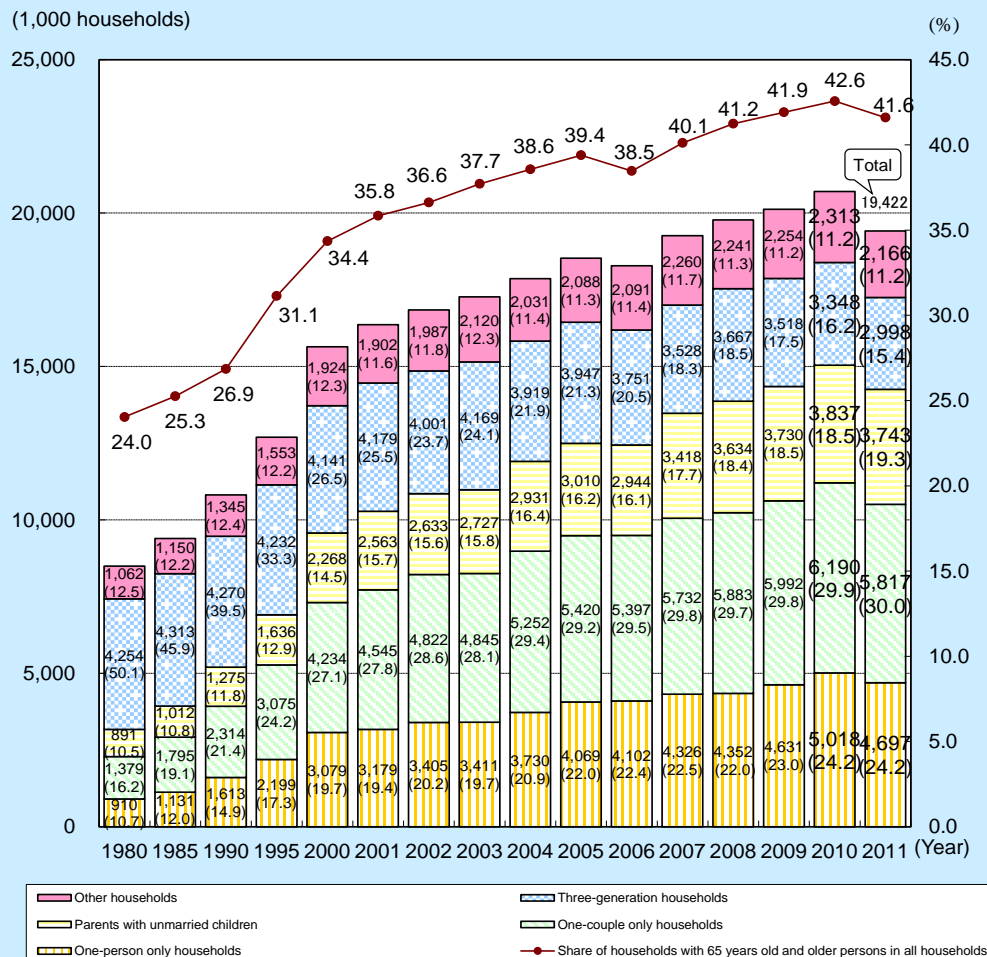
## 1 How Have Elderly People's Families and Households been Changing?

### ○ Households with elderly people comprise 40% of the total, and out of which households 'living alone' or households with 'married couple only' hold a majority

- The number of households with elderly people aged 65 and over is increasing. As of 2011, the number was 19.42 million, making up 41.6% of all households (46.68 million) (Chart 1-2-1).
- While “three generation households” have been in decreasing trends, households of “Parents with unmarried children” and households of “married couple only” are in increasing trends. As of 2011, the number of households with “married couple only” is the biggest in number accounting for 30%. If added with the households of single person, this will exceed the majority.

Chart 1-2-1

Number of households with co-resident persons aged 65 and over, their percentage distribution (by household type) and their share in all households



Source: Before 1985 Ministry of Health and Welfare “Basic Survey of Health and Welfare Public Administration,” after 1986 Ministry of Health, Labour and Welfare “Comprehensive Survey of Living Conditions”

(Note 1) The figures of 1995 exclude Hyogo Prefecture, and the figures of 2011 exclude Iwate, Miyagi and Fukushima prefectures.

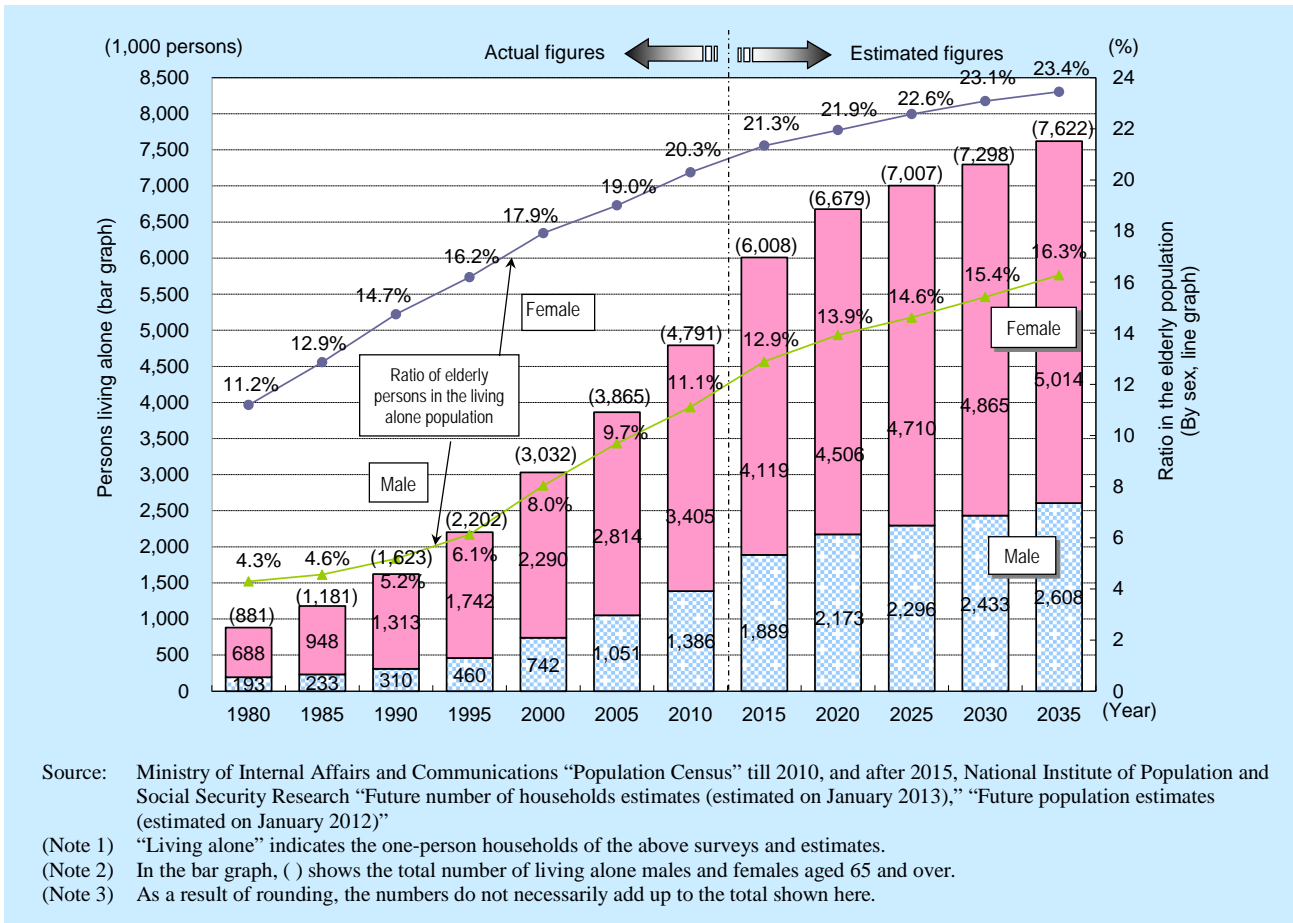
(Note 2) The number in brackets ( ) is the share in the total number of households with persons aged 65 and over.

(Note 3) As a result of rounding, the numbers do not necessarily add up to the total shown here.

○ **The number of elderly people living alone is on the increase**

- The increase in elderly people living alone is remarkable both for males and females (Chart 1-2-2).
- Percentage of elderly people living alone against the total population of elderly people was 4.3% for males and 11.2% for females in 1980. However, in 2010, these numbers turned out to be 11.1% for males and 20.3% for females.

**Chart 1-2-2** Trends of elderly persons living alone

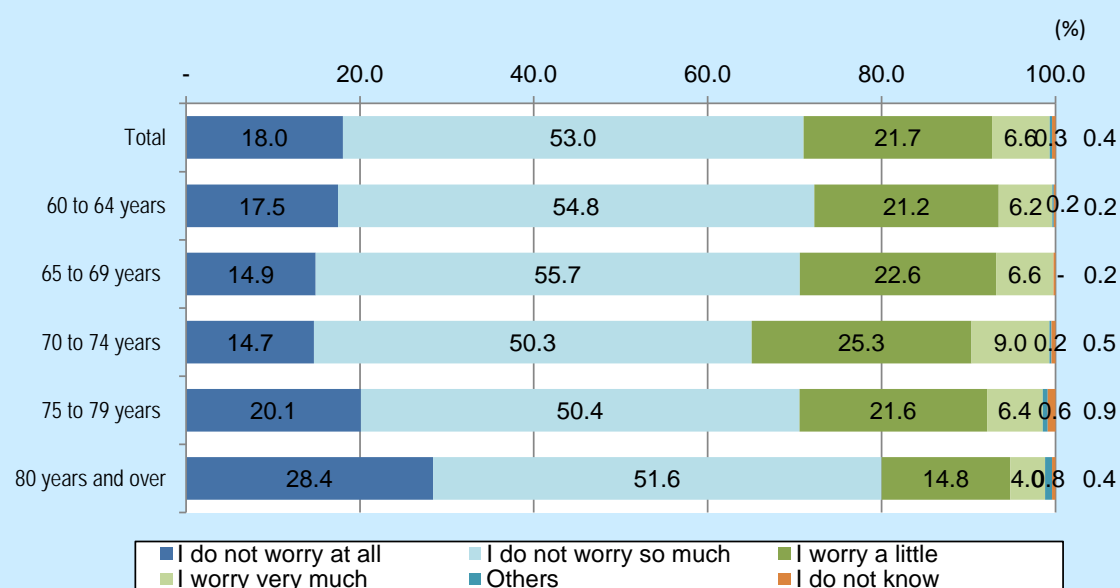


**2 Economic Situation of Elderly People**

○ **Elderly people who need not worry about their livelihood is approximately 70%**

- When we look at the life circumstances of the elderly people aged 60 and over, the proportion who are feeling "I do not worry" (the total of 'I do not worry at all' and 'I do not worry very much') is 71.0%. In the age group, this figure is the highest being 80% for the group of "80 years old and over." (Chart 1-2-3)

Chart 1-2-3 Livelihood of elderly persons



Source: Cabinet Office “Public Opinion Survey on elderly people’s economic life” (2011)  
 (Note) The survey was carried out nationwide on males and females aged 60 and over.

○ **The annual income per person of the aged households does not differ much compared with the average of total households. In approximately 70% of the households, the ratio of public pensions and benefits against total income was over 80%.**

- The average annual income of aged households was ¥3.072 million, which was slightly over one-half of the average of total households (¥5.380 million) (Chart 1-2-4).
- When it comes to per person income, it turned out to be ¥1.974 million and much difference is not seen with the average of the total households (¥2.004 million) as the average number of personnel is less in the case of aged households.
- In approximately 70% of aged households receiving public pensions and benefits, the percentage of such public pensions and benefits against the total income is over 80% (Chart 1-2-5).

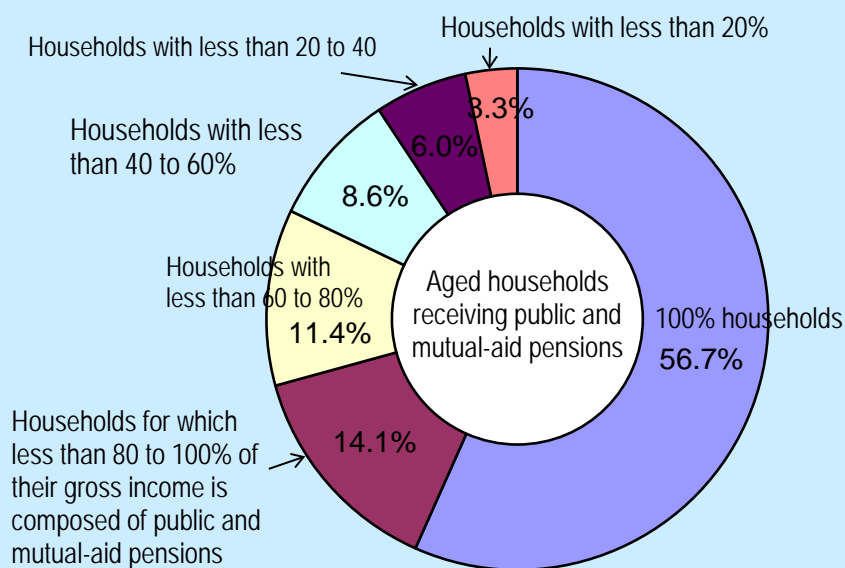
Chart 1-2-4 Incomes of aged households

Category	Average income	
	Per household	Per person (average number of household persons)
Aged household	Total income	3.072 million yen
	Earned income	535,000 yen (17.4%)
	Public and mutual-aid pensions	2.074 million yen (67.5%)
	Property income	272,000 yen (8.9%)
	Social security benefits other than pensions	24,000 yen (0.8%)
	Remittance and other incomes	167,000 yen (5.4%)
All households	Total income	5.38 million yen   2.004 million yen (2.68 persons)

Source: Ministry of Health, Labour and Welfare “Comprehensive Survey of Living Conditions” (2011) (annual income for 2010 in this survey)  
 (Note) Aged households are households composed of either people aged 65 and over only or with unmarried persons under 18 years.

Chart 1-2-5

Percentage of aged households by the ratio of public and mutual-aid pensions in their total income

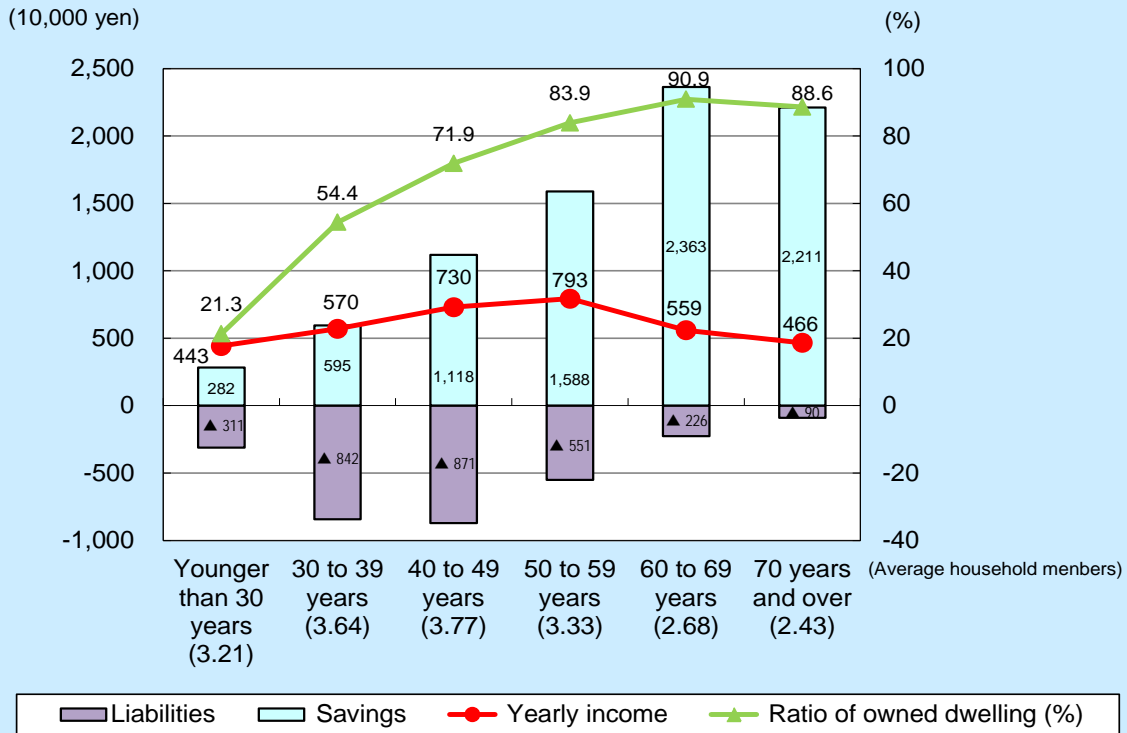


Source: Ministry of Health, Labour and Welfare "Comprehensive Survey of Living Conditions" (2011) (annual income for 2010 in this survey)

- **In the households where the head of the household is 65 years old and over, the amount of saving held by them is 1.4 times that of the average of the total households and the main purpose of saving is to prepare for disease and care.**
  - It is understood that the households the head of which is 60 to 69 years old and the households the head of which is 70 years old and over hold higher net savings compared with other age groups (Chart 1-2-6).
  - The average amount of savings of the households the head of which is 65 years and over was 22.57 million yen, 1.4 times as big as the average saving of the entire households of 16.64 million yen (Chart 1-2-7).
  - Looking at the purpose of savings, "to prepare for disease and care" was the highest being 62.3% (Chart 1-2-8).

Chart 1-2-6

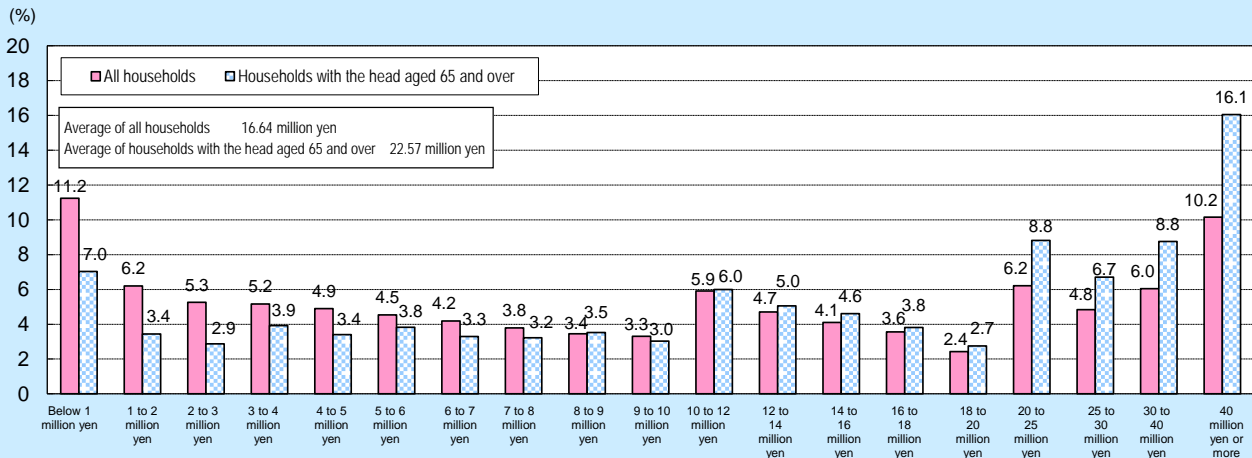
Amounts of Savings, Liabilities, Yearly Income and Ratio of Owned Dwellings per Household by Age Group of Household Head



Source: Ministry of Internal Affairs and Communications "Family Income and Expenditure survey (two-or-more-persons households)" (2011)

Chart 1-2-7

Distribution of Households by Amount Group of Savings

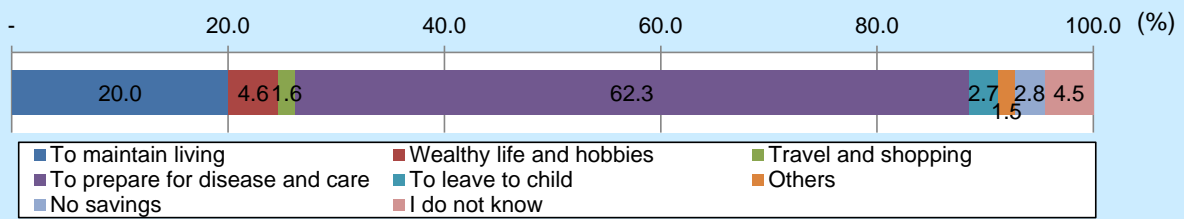


Source: Ministry of Internal Affairs and Communications "Family Income and Expenditure survey (two-or-more-persons households)" (2011)

(Note 1) One-person households are not included.

(Note 2) Total amount of deposits in Japan Post Bank, Management Organization for Postal Savings and Postal Life Insurance (former Japan Post), banks and other financial institutions, life insurance premiums, securities such as stocks, bonds, investment trusts and cash or money trusts and deposits in non-financial institutions such as ones own companies.

Chart 1-2-8 Purpose of savings

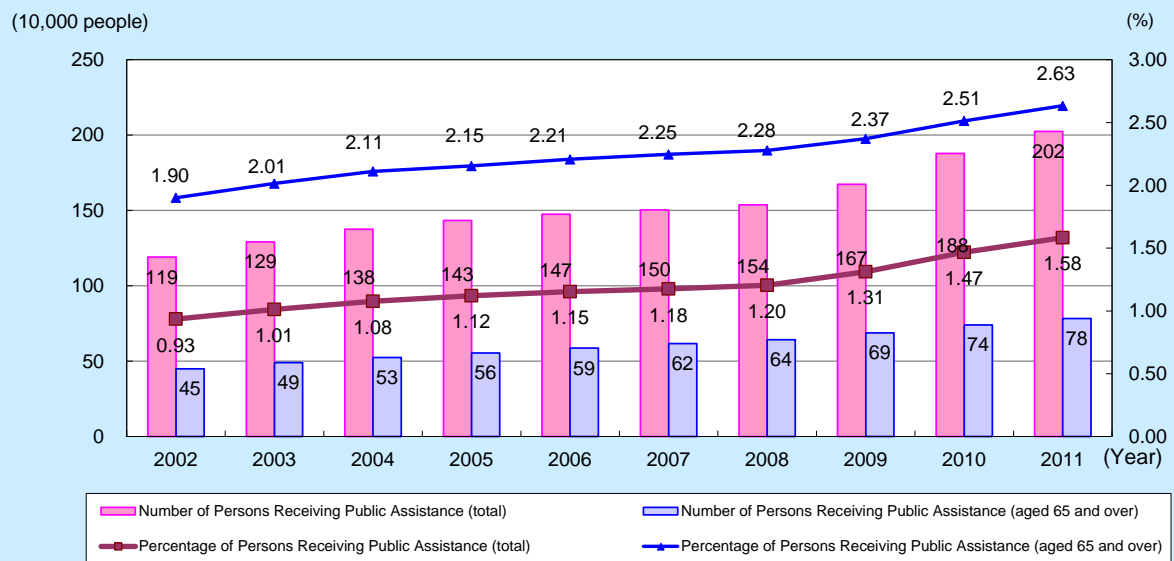


Source: Cabinet Office "Public Opinion Survey on elderly people's economic life" (2011)  
 (Note) The survey was carried out nationwide on males and females aged 60 and over.

○ **The number of Persons Receiving Public Assistance is on the increasing trend**

- In 2011, the number of Public Assistance Recipients aged 65 and over was 780 thousand people, which was an increase from the previous year (Chart 1-2-9).
- As of 2011, the ratio of Public Assistance Recipients aged 65 and over against the total population aged 65 and over 2.63% which was higher than the ratio of Public Assistance Recipient of the total population (1.58%).

Chart 1-2-9 Transition in number of Persons Receiving Public Assistance



Source: Created by Cabinet Office based on Ministry of Internal Affairs and Communications, "Population Estimates" and "Population Census" and Ministry of Health, Labour and Welfare "National Survey on Public Assistance Recipients."

**3 Health and Welfare of Elderly People**

○ **Nearly one-half of the elderly people complain of some subjective symptoms but the people adversely affected to their daily life is around one-fifth of them**

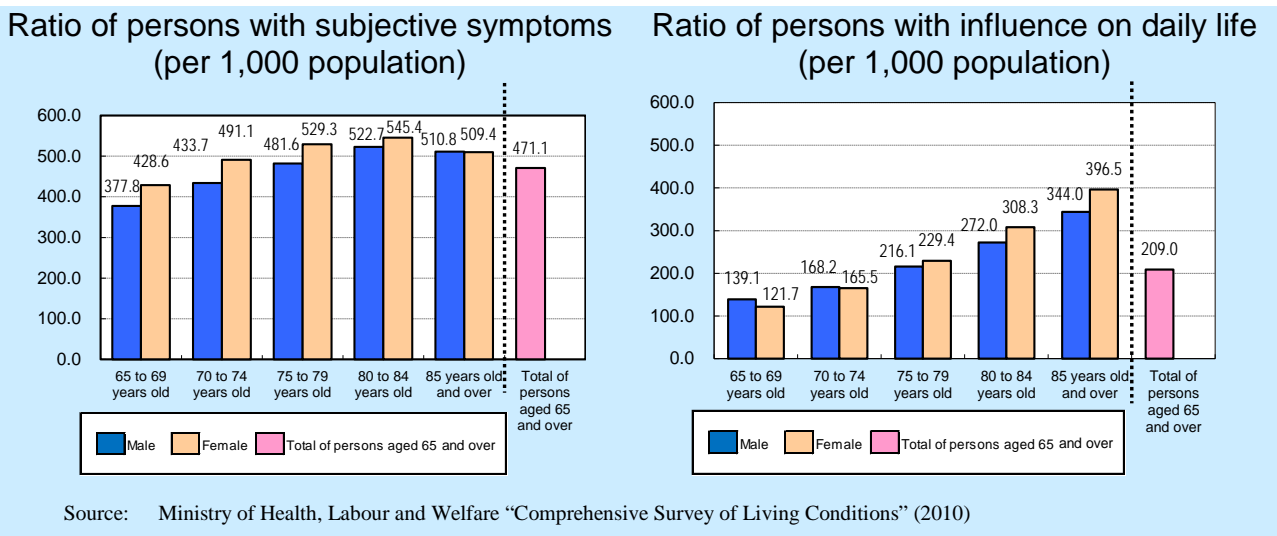
- Looking at the health conditions of the elderly people aged 65 and over, the ratio of people with some complaints in 2010 (the number of people with complaints of subjective symptoms due to illness or injuries in these several days (excluding hospitalized people) per 1,000 of population) was 471.1, meaning nearly one-half of people complain of some subjective symptoms. On the other side, with respect to people aged 65 and over, the ratio of people having adverse effect to their daily life the number of people (excluding hospitalized people) per a population of 1,000, with adverse effect for their activities of daily living, going out, works, household

works, studies, exercises, etc. was 209.0 in 2010, which was less than one-half of the ratio of people with complaints.

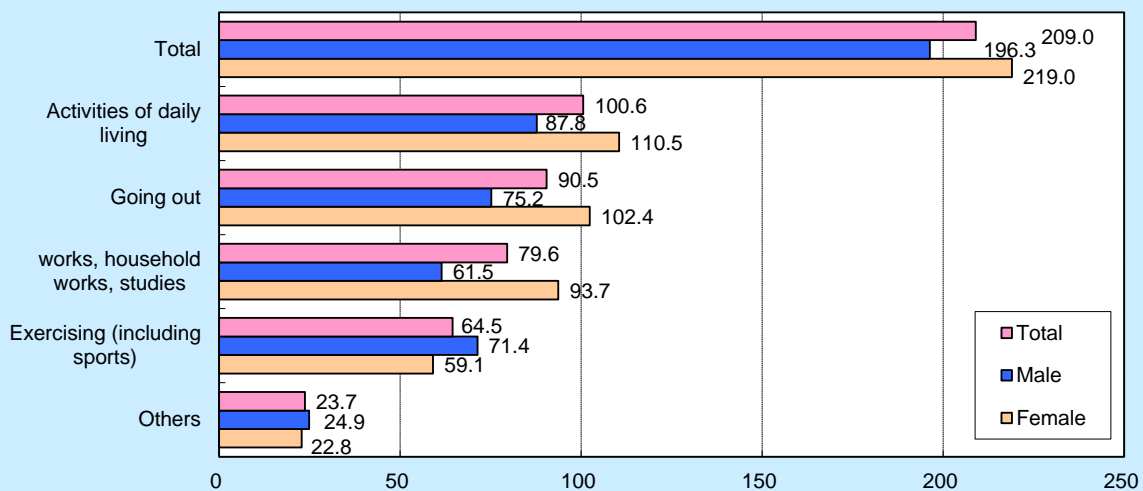
If we look at this by age-group wise and by gender, the ratio is higher if the ages become higher and for the age group of second half of seventies and elder, the number is higher for females than for males (Chart 1-2-10-(1)).

- If we check these adverse effects to the daily life, in the case of elderly people, the figure related to “Activities of daily living” (get out of bed, putting on/off of clothes, taking meals, taking bath, etc.) was 100.6 per a population of 1,000 followed by 90.5 for “going out,” 79.6 for “works, household works, studies” and 64.5 for “Exercising (including sports).” (Chart 1-2-10-(2))

**Chart 1-2-10-(1)** Ratio of elderly persons aged 65 and over with subjective symptoms and with influence on daily life (per 1,000 population)

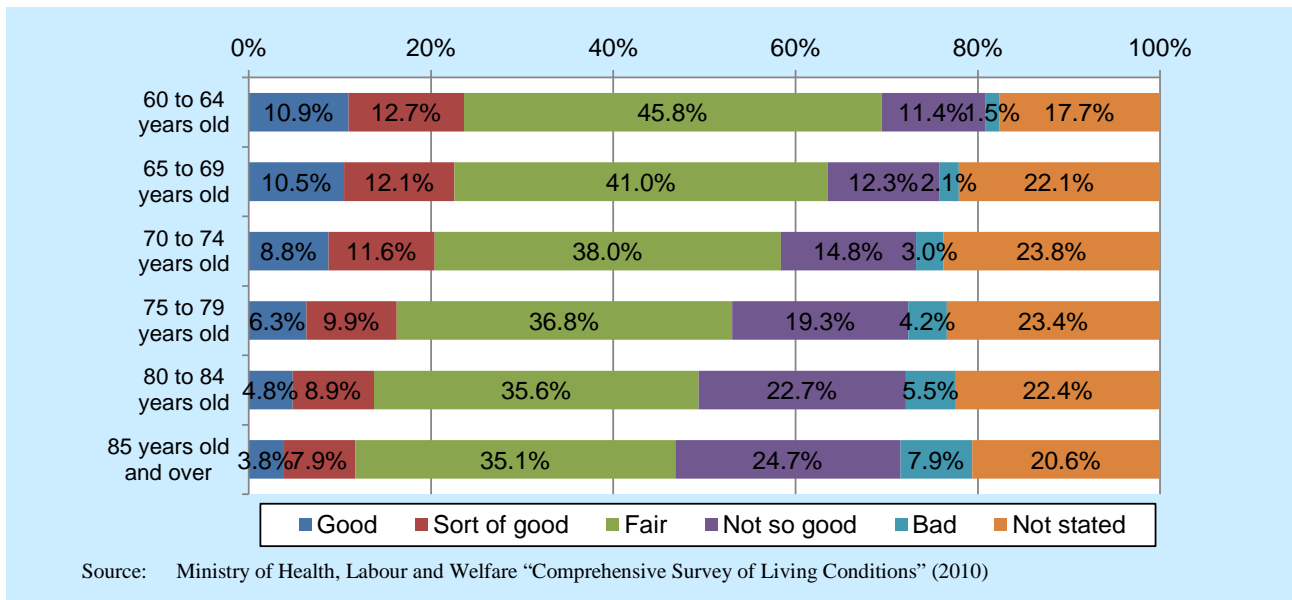


**Chart 1-2-10-(2)** Ratio of elderly persons aged 65 and over with influence on daily life (multiple answer) (per 1,000 population)



- **As the age group gets higher, the ratio of people declaring their health condition as being “Good” or “Sort of good” is decreasing**
- If we look at the awareness on the current health conditions by age group, the ratio of those feeling their health condition is “good” or “sort of good” is on a decreasing tendency while “bad” or “not so good” is on an increasing tendency with the age group advance. (Chart 1-2-10 (3))

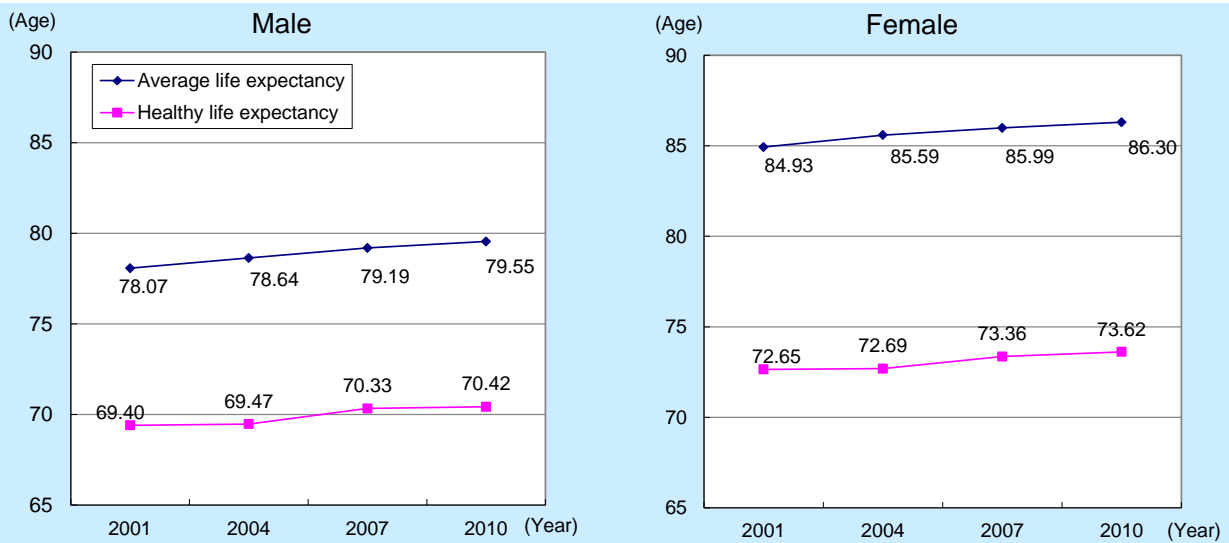
Chart 1-2-10-(3) Awareness on the health conditions



- **Healthy life expectancy is extended but its length of extension is shorter compared with the extension of average life expectancy.**
  - The period during which the daily life is not hindered (healthy life expectancy) was 70.42 years for males and 73.62 years for females as of 2010. Compared with 2001, these figures are longer respectively. However, the extension of healthy life expectancy from 2001 to 2010 (1.02 years for males and 0.97 year for females) are shorter compared with the extension of average life expectancy during the same period (1.48 years for males and 1.37 years for females). As the result, the difference between average life expectancy and healthy life expectancy has been widened in 2010 both for males and females compared with year 2001. (Chart 1-2-11)



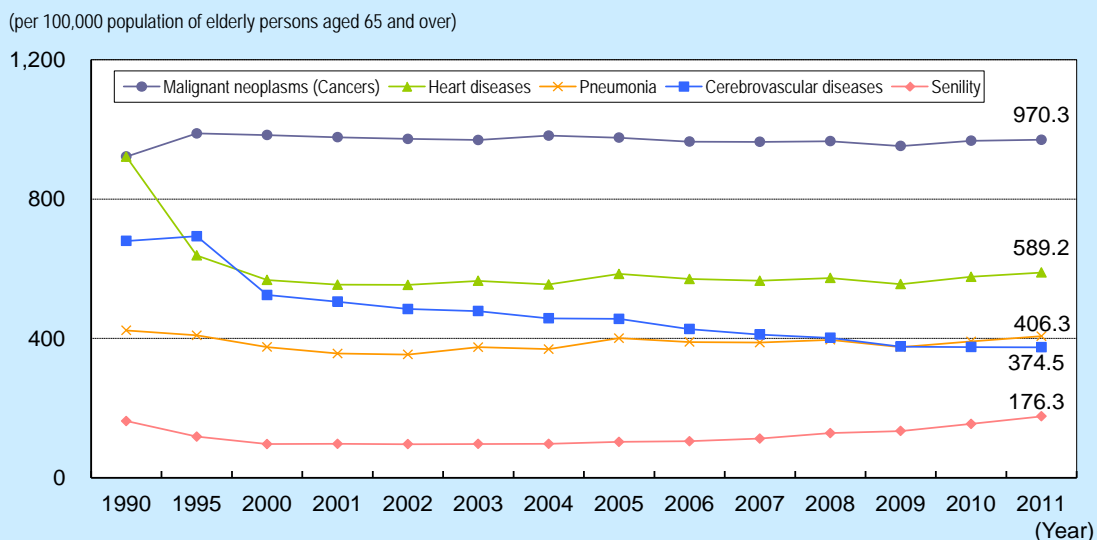
**Chart 1-2-11** Trends of healthy life expectancy and average life expectancy



Source: For Healthy life expectancy, Health and Labour Science Research Grant “Research about estimates in healthy life expectancy and cost effectiveness of measures for lifestyle-related diseases. For Average life expectancy in 2010, Ministry of Health, Labour and Welfare “Complete life table” and from 2001 to 2007, Ministry of Health, Labour and Welfare “Abridged life table”  
 (Note) Time without any limitations in daily life is “Healthy life expectancy” and life expectancy at birth is “Average life expectancy.”

- **Looking at the diseases causing the death of the elderly people, the rate of death (ratio of the number of deaths per elderly population of 100,000) was highest in 2011 in the case of “malignant neoplasms (cancers)” at 970.3.**
- Looking at the diseases caused the death of the elderly people, the rate of death (ratio of the number of deaths per elderly population of 100,000) was highest in 2011 in the case of “malignant neoplasms (cancers)” at 970.3, followed by heart diseases at 589.2 and pneumonia at 406.3. These three diseases account for half of the deaths of the elderly people. (Chart 1-2-12)

**Chart 1-2-12** Trends in death rates by major cause of death for elderly persons aged 65 and over

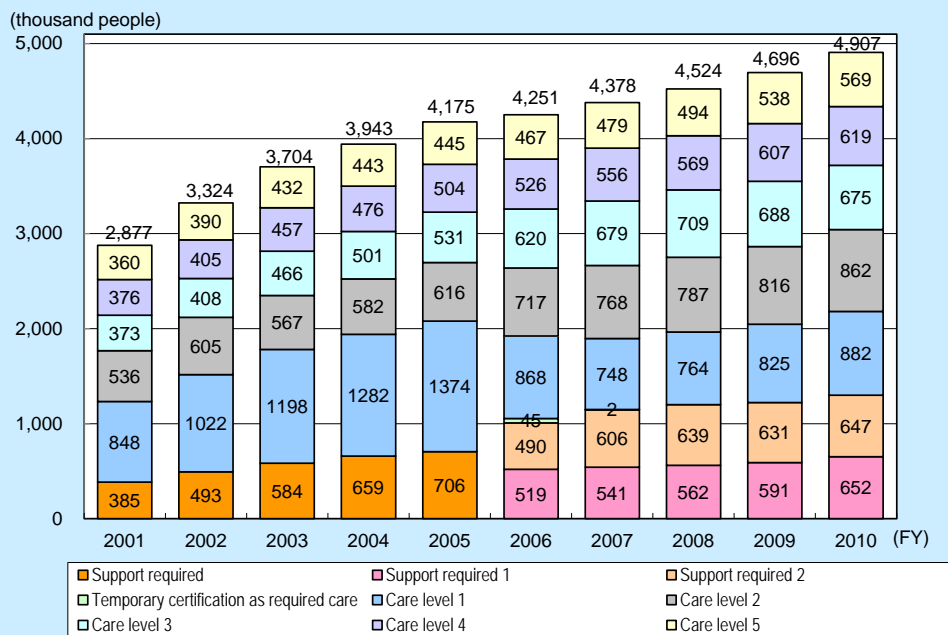


Source: Ministry of Health, Labour and Welfare “Vital Statistics”  
 \* Heart diseases have decreased largely during the period of 1990 to 1995 because of the following directions added to the death certificates from January 1995: “Do not enter heart failure or respiratory failure etc. as a symptom in the terminal stage of disease in the columns for the cause of death.”

○ **The number of persons needing long-term care is increasing rapidly among elderly people, the ratio is high especially for the people aged 75 and over.**

- The number of people aged 65 and over who are certified as requiring long-term care is 4.907 million people at the end of FY 2010, an increase of 2.03 million from the end of FY 2001. (Chart 1-2-13)
- The number of people aged 75 and over who are certified as requiring long-term care account for 22.1 % of all insured persons aged 75 and over. (Chart 1-2-14)
- As for the bearing of expenses when long-term care becomes necessary, in the Cabinet Office research when asked how to bear the expenses for receiving care from children, or expenses for entering homes for elderly people, or expenses for receiving helping services at home, 42.3% replied “while not specifically provided for, such expenses could be covered by income such as pensions, etc.,” 7.7% replied “if relying only to our savings, it could be insufficient, but would be able to finance borrowing money by offering own home and other real estate property as collateral.” 7.4% of respondents thought “The expenses could be covered by the sale of assets, etc.,” 9.9% expected to “receive economical assistances from their children” and 20.3% expressed “the amount needed would be provided as saving.” (Chart 1-2-15)

**Chart 1-2-13** Trends in number of Primary Insured Persons (aged 65 and over) requiring Long-Terms Care or Support by Care level



Source: Ministry of Health, Labour and Welfare “Report survey on situation of Long-Term Care Insurance service (annual report)  
 (Note 1) Following the revision of Long-Term Care Insurance Act in April 2006, the classification of care levels has changed.  
 (Note 2) Due to the Great East Japan Earthquake, five towns and 1 village in Fukushima Prefecture (Hironomachi, Narahamachi, Tomiokamachi, Kawauchimura, Futabamachi and Shinchimachi) were excluded because there were difficulties to report.