

Section 2 Current State and Trends on the Elderly and their Environment

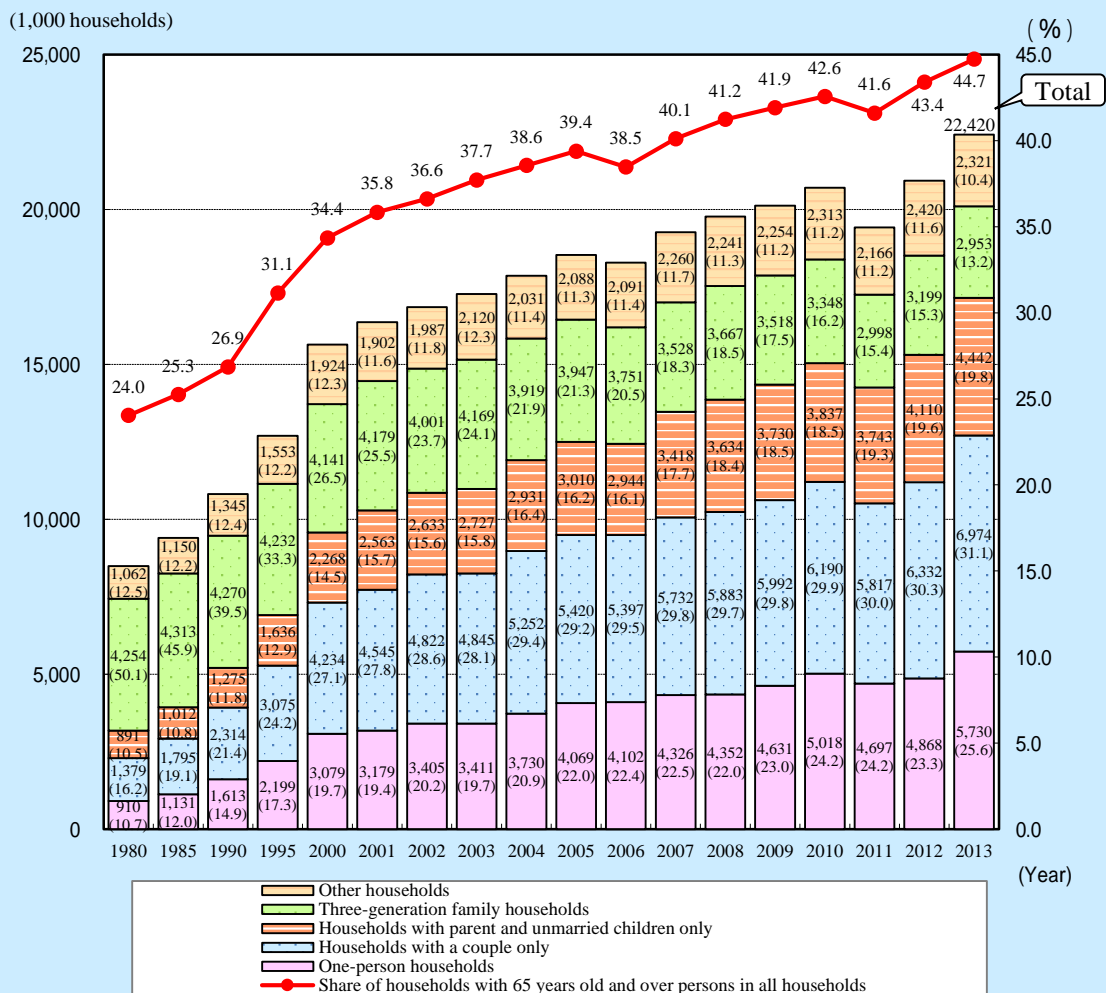
1 Elderly People's Families and Households

Households with elderly people comprise 40% of the total, and among those, individuals living alone or households with a married couple only hold a majority

- The number of households with elderly people aged 65 and over is increasing. As of 2013, the number was 22.42 million, making up 44.7% of all households (50.11 million) (Chart 1-2-1).
- While three-generation family households have been decreasing, households with parent and unmarried children only, households with a couple only and one-person households are increasing. As of 2013, the number of households with a couple only is the biggest in number, accounting for about 30%, and if combined with the number of one-person households, it would exceed the majority.

Chart 1-2-1

Number and Percentage Distribution of Households with Persons Aged 65 and Over (by Household Type) and Share Among 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 1995 figures exclude Hyogo Prefecture, the 2011 figures exclude Iwate, Miyagi and Fukushima prefectures, and the 2012 figures exclude Fukushima Prefecture.

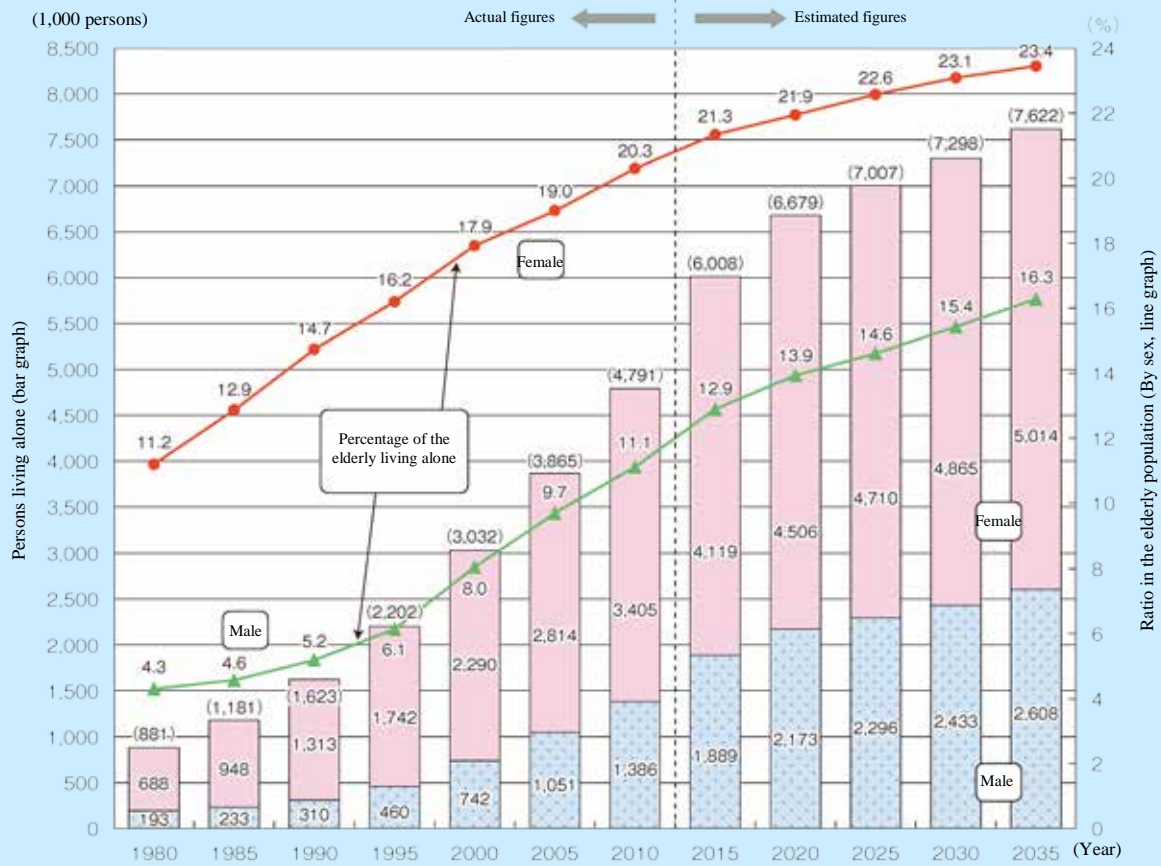
(Note 2) The number in brackets () is the share of the total number of households with persons aged 65 and over.

(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 rise

- The increase in elderly people living alone is remarkable among both males and females (Chart 1-2-2).
- The 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 were 11.1% for males and 20.3% for females.

Chart 1-2-2 Trends of Elderly Persons Living Alone



Source: Ministry of Internal Affairs and Communications “Population Census” until 2010, and after 2015, National Institute of Population and Social Security Research “Future number of households estimates (estimated on January 2013),” “Future population estimates (estimated on January 2012)”

(Note 1) “Living alone” indicates the one-person households of the above surveys and estimates.

(Note 2) In the bar graph, () shows the total number of males and females aged 65 and over living alone.

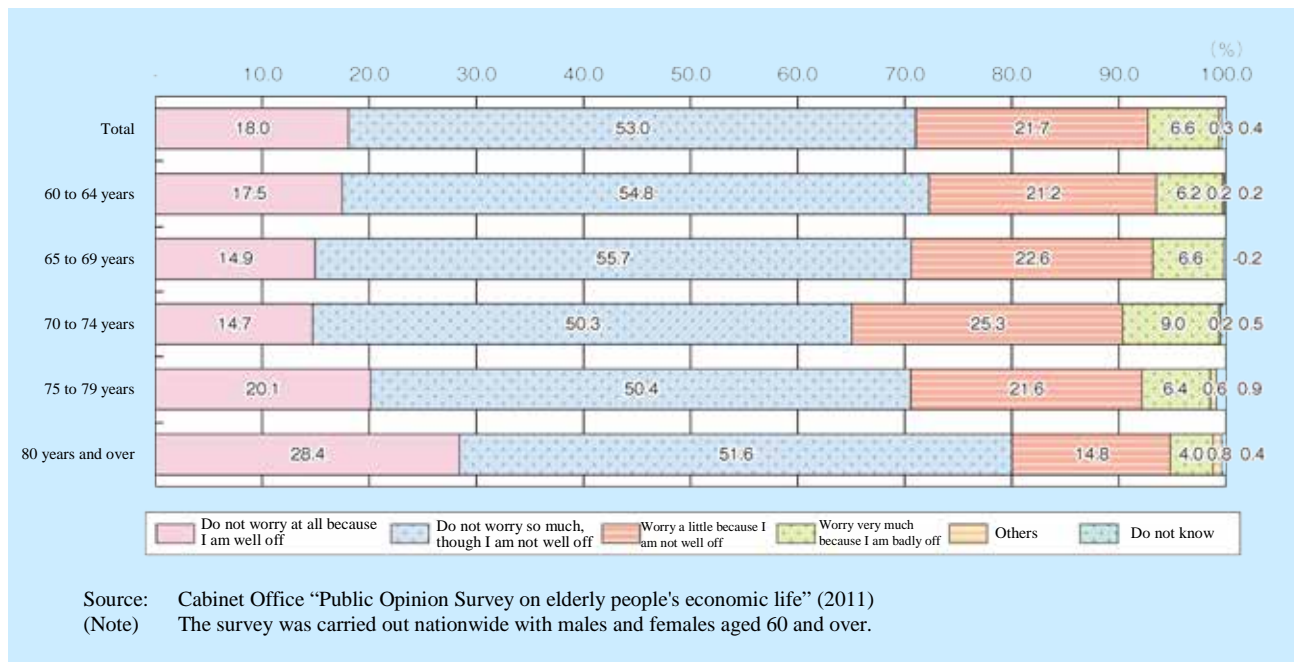
(Note 3) As a result of rounding, the numbers do not necessarily add up to the total shown here.

2 Economic Situation of Elderly People

Percentage of the elderly who need not worry about their livelihood is approx. 70%

When we look at the life circumstances of elderly people aged 60 and over, the proportion who feel they “do not worry” (the total of “Do not worry at all because I am well off” and “Do not worry so much, though I am not well off”) is 71.0%. Within the age group, this figure is the highest, at 80% of the group total, for those 80 years old and over (Chart 1-2-3).

Chart 1-2-3 Livelihood of Elderly Persons



The annual income per person in aged households does not differ much compared to the average of all households. In approximately 70% of aged households, the ratio of public pensions against total income was over 80%.

- The average annual income of aged households was 3.091 million yen, which was slightly greater than one-half of the average of all households (5.372 million yen) (Chart 1-2-4).
- When it comes to per-person income, it turned out to be 1.976 million yen and not much difference is seen with the average of the total households (2.037 million yen) as the average number of persons is less in the case of aged households.
- In approximately 70% of aged households receiving public pensions, the percentage of such public pensions against the total income is over 80% (Chart 1-2-5).

Chart 1-2-4

Aged Household Incomes

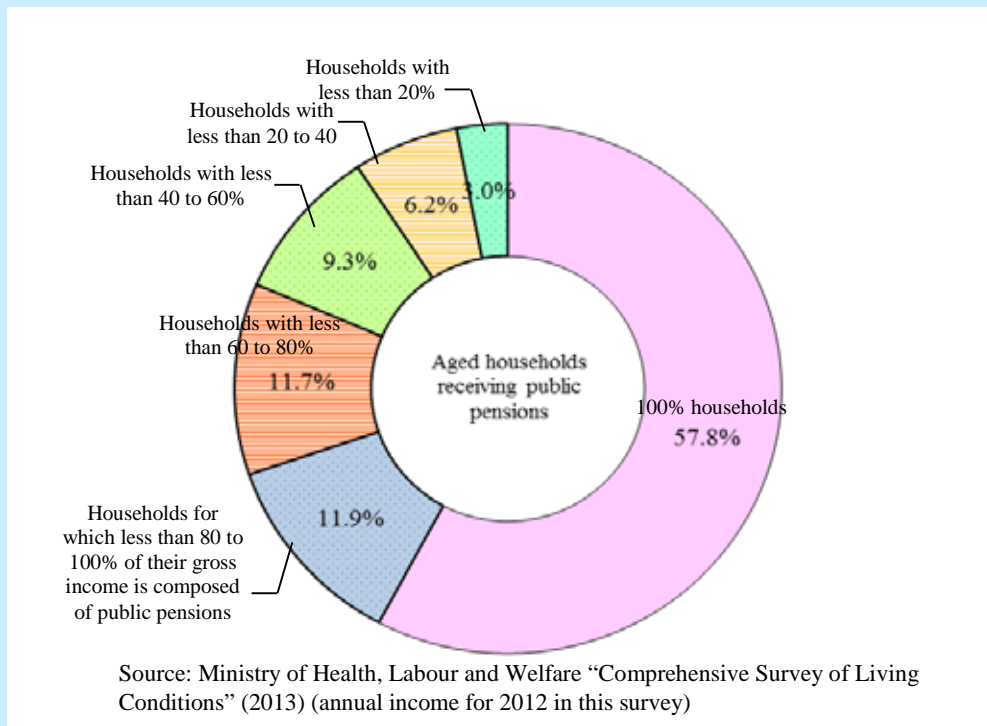
Category	Average income	
	Per household	Per person (average number of household persons)
Aged households	Total income	3,091 million yen
	Earned income	557,000 yen (18.0%)
	Public pensions	2,119 million yen (68.5%)
	Property income	222,000 yen (7.2%)
	Social security benefits other than pensions	25,000 yen (0.8%)
	Remittance and other income	168,000 yen (5.4%)
All households	Total income	5,372 million yen
		2,037 million yen (2.64 persons)

Source: Ministry of Health, Labour and Welfare "Comprehensive Survey of Living Conditions" (2013) (annual income for 2012 in this survey)

(Note) Aged households are households composed of either people aged 65 and over only or along with unmarried persons aged under 18 years.

Chart 1-2-5

Aged Households by the Ratio of Public Pensions Comprising Total Income

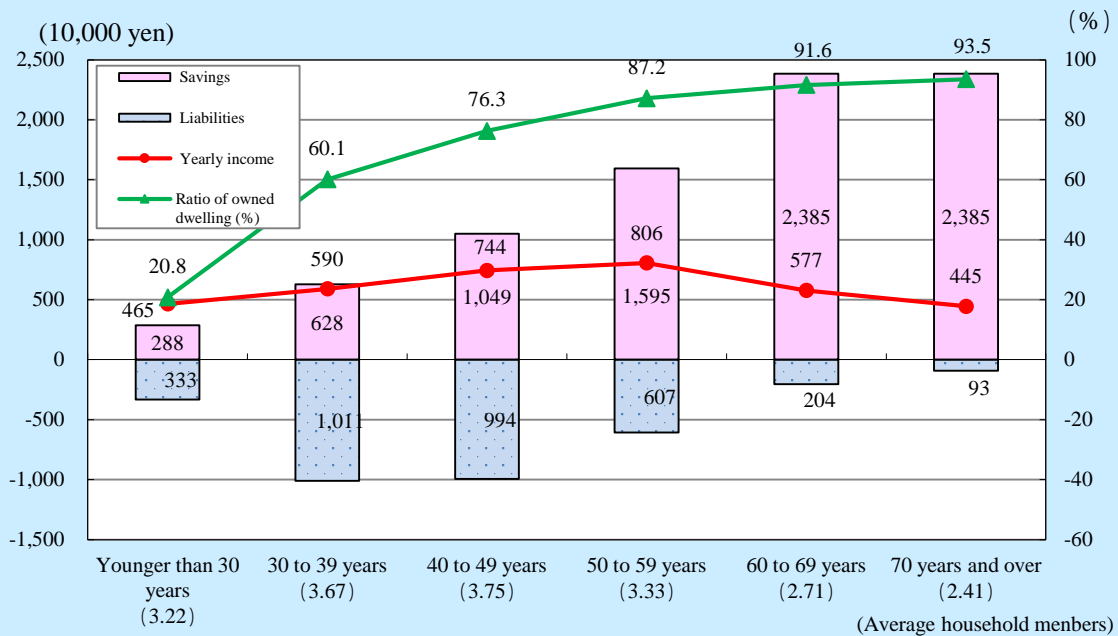


In households where the head of the household is 65 years old and over, the amount of savings is 1.4 times that of the average of all households and the main purpose of savings is to prepare for disease and care.

- It is understood that households in which the head is 60 to 69 years old or 70 years old and over hold higher net savings compared to other age groups (Chart 1-2-6).
- The average amount of savings of households in which the head is 65 years and over was 23.77 million yen, 1.4 times the average savings of all households, 17.39 million yen (Chart 1-2-7).
- Looking at the purpose of savings, "to prepare for disease and care" was the highest at 62.3% (Chart 1-2-8).

Chart 1-2-6

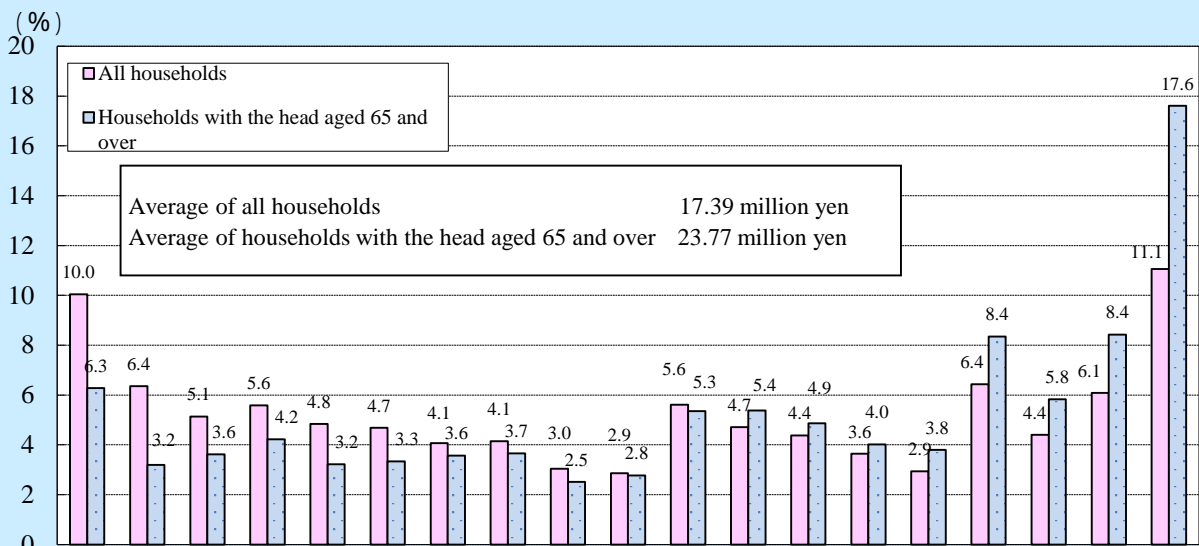
Savings, Liabilities, Yearly Income and Ratio of Ownership of Owner-Occupied Dwellings per Household by Age of Household Head



Source: Ministry of Internal Affairs and Communications "Family Income and Expenditure survey (two-or-more-persons households)" (2013)

Chart 1-2-7

Distribution of Households by Amount of Savings

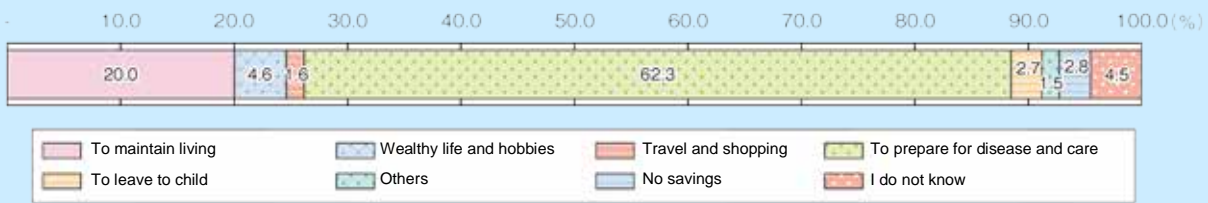


Source: Ministry of Internal Affairs and Communications "Family Income and Expenditure survey (two-or-more-persons households)" (2013)

(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, cash-value life insurance premiums, securities such as stocks, bonds, investment trusts and cash or money trusts and deposits in non-financial institutions such as one's own companies.

Chart 1-2-8 Purpose of Savings

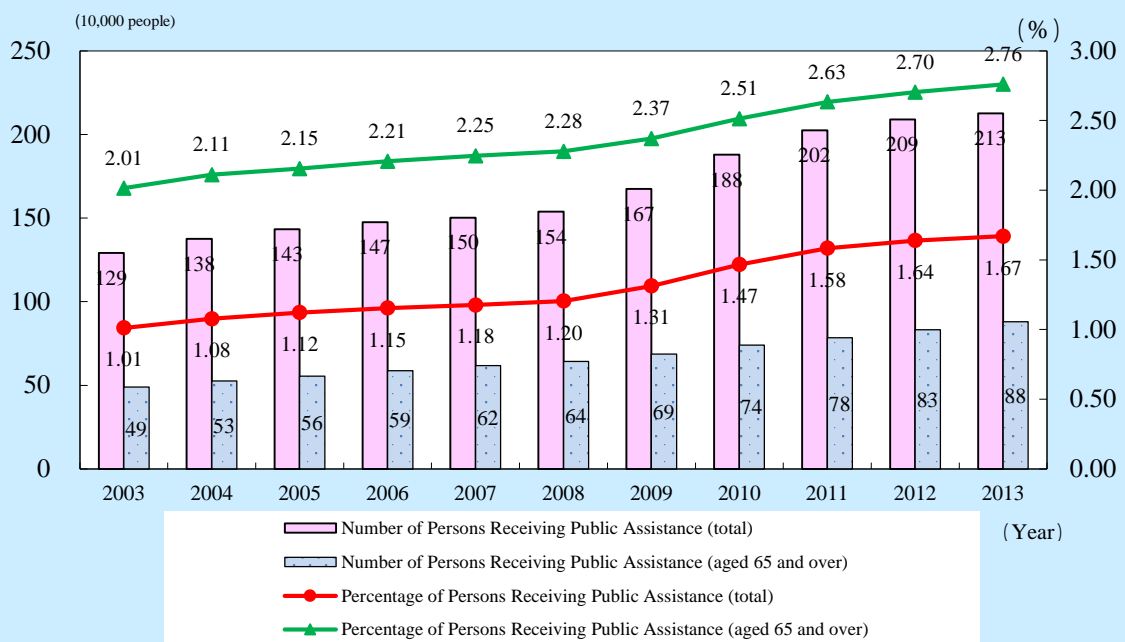


Source: Cabinet Office “Public Opinion Survey on elderly people’s economic life” (2011)
 (Note) The survey was carried out nationwide with males and females aged 60 and over.

The number of persons receiving public assistance is on the rise.

- In 2013, the number of public assistance recipients aged 65 and over was 880,000 people, which was an increase from the previous year (Chart 1-2-9).
- As of 2013, the ratio of public assistance recipients aged 65 and over against the total population aged 65 and over was 2.76%, which was higher than the ratio of public assistance recipients of the total population. (1.67%)

Chart 1-2-9 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 (Basic survey).”

3 Health and Welfare of the Elderly

Nearly one-half of the elderly population complain of some subjective symptoms, and around one-quarter are adversely affected in their daily life.

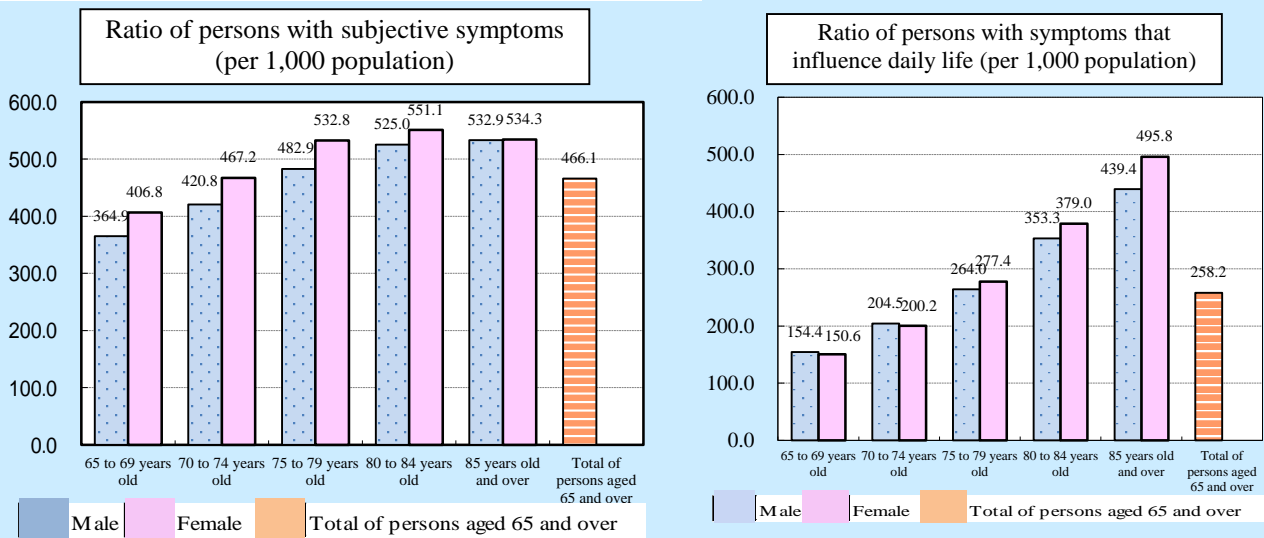
- Looking at the health conditions of the elderly aged 65 and over, the ratio of people with some complaints in 2013 (the number of people with complaints of subjective symptoms due to illness or injuries in these several days, excluding hospitalized people, per 1,000 of population) was 466.1, meaning nearly one-half complain of some subjective symptoms. On the other hand, with respect to people aged 65 and over, the number of those experiencing adverse

effects in their daily life, (those who have adverse effects in activities of daily living, going out, work, household works, studies, exercises, etc. from health reasons (excluding hospitalized people) per a population of 1,000) was 258.2 in 2013, which was around one-half of the rate of people with complaints. If we look at this by age group and by gender, the ratio is higher as ages rise, and for those in their late seventies and elder, the number is higher for females than for males (Chart 1-2-10-(1)).

- Looking at these adverse effects in daily life, in the case of the elderly, the figure related to “activities of daily living” (getting out of bed, dressing/undressing, taking meals, taking baths, etc.) was 119.3 per a population of 1,000 followed by 118.4 for “going out,” 94.4 for “work, household works, studies” and 83.3 for “exercising (including sports)” (Chart 1-2-10-(2)).

Chart 1-2-10-(1)

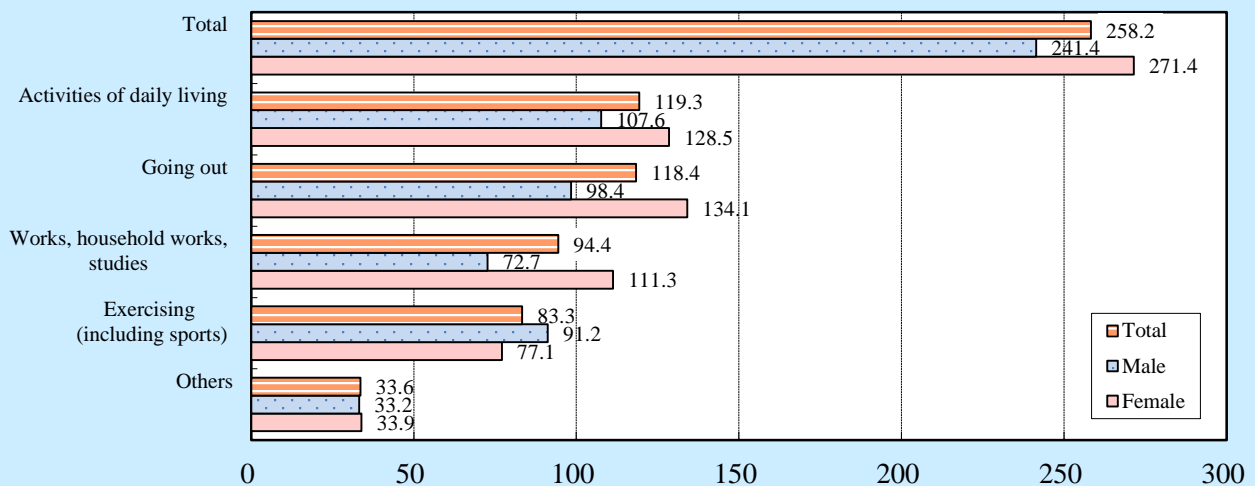
Ratio of Persons Aged 65 and over with Subjective Symptoms and Symptoms that Influence Daily Life (per 1,000 population)



Source: Ministry of Health, Labour and Welfare “Comprehensive Survey of Living Conditions” (2013)

Chart 1-2-10-(2)

Ratio of Persons Aged 65 and over with Symptoms that Influence Daily Life (multiple answers possible) (per 1,000 persons)



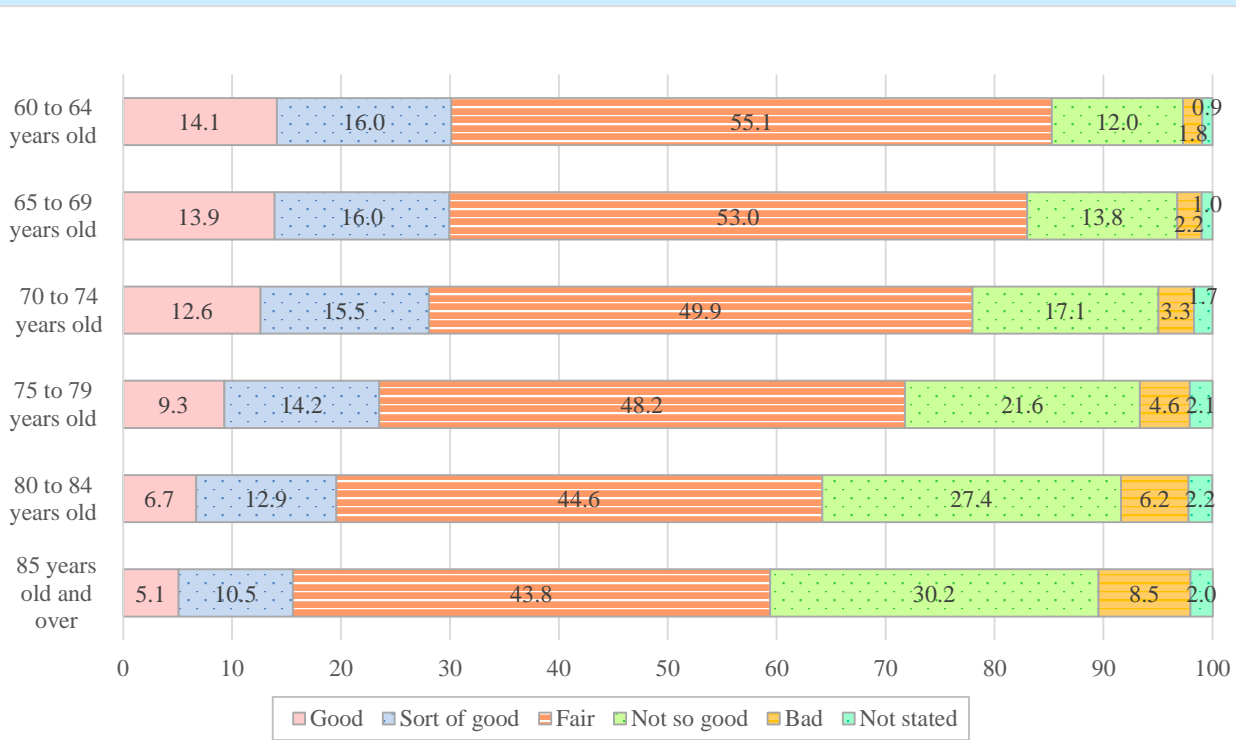
Source: Ministry of Health, Labour and Welfare “Comprehensive Survey of Living Conditions” (2013)

As the age group gets older, 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 the decline, while “bad” or “not so good” is on the rise in relation to advanced age (Chart 1-2-10- (3)).

Chart 1-2-10-(3)

Health Conditions Awareness



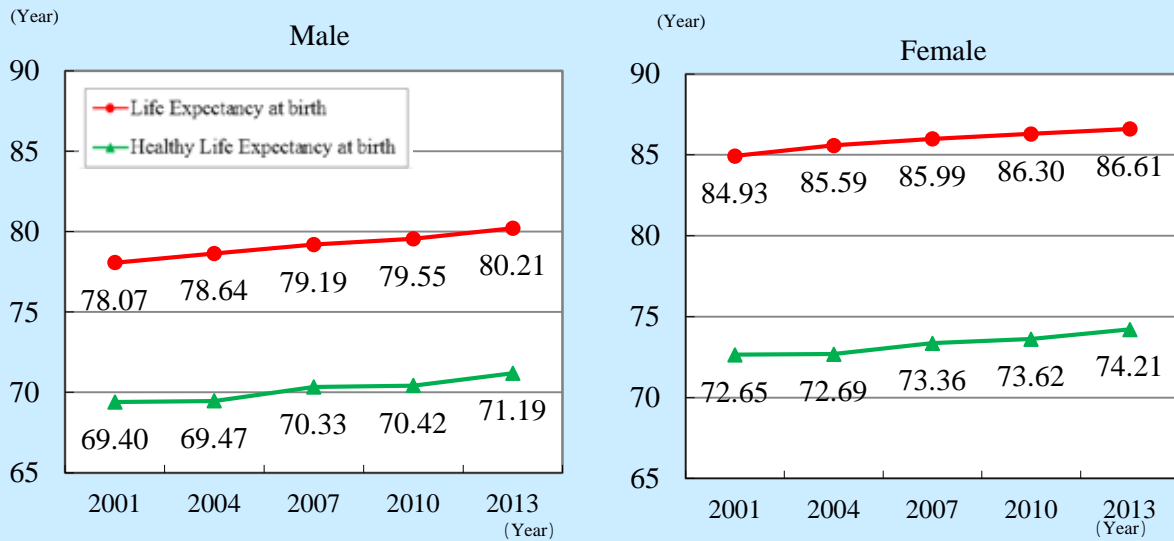
Source: Ministry of Health, Labour and Welfare “Comprehensive Survey of Living Conditions” (2013)

Healthy life expectancy at birth is extended but its length of extension is shorter compared with the extension of life expectancy at birth.

- The period during which daily life is not hindered (healthy life expectancy at birth) was 71.19 years for males and 74.21 years for females as of 2013. Compared to 2001, both of healthy life expectancy at birth and life expectancy at birth are longer respectively. However, the extension of healthy life expectancy at birth from 2001 to 2013 (1.79 years for males and 1.56 year for females) is smaller compared to the extension of life expectancy at birth during the same period (2.14 years for males and 1.68 years for females). As a result, the difference between life expectancy at birth and healthy life expectancy at birth has widened in 2010 both for males and females compared with year 2001 (Chart 1-2-11).

Chart 1-2-11

Healthy Life Expectancy at birth and Life Expectancy at birth



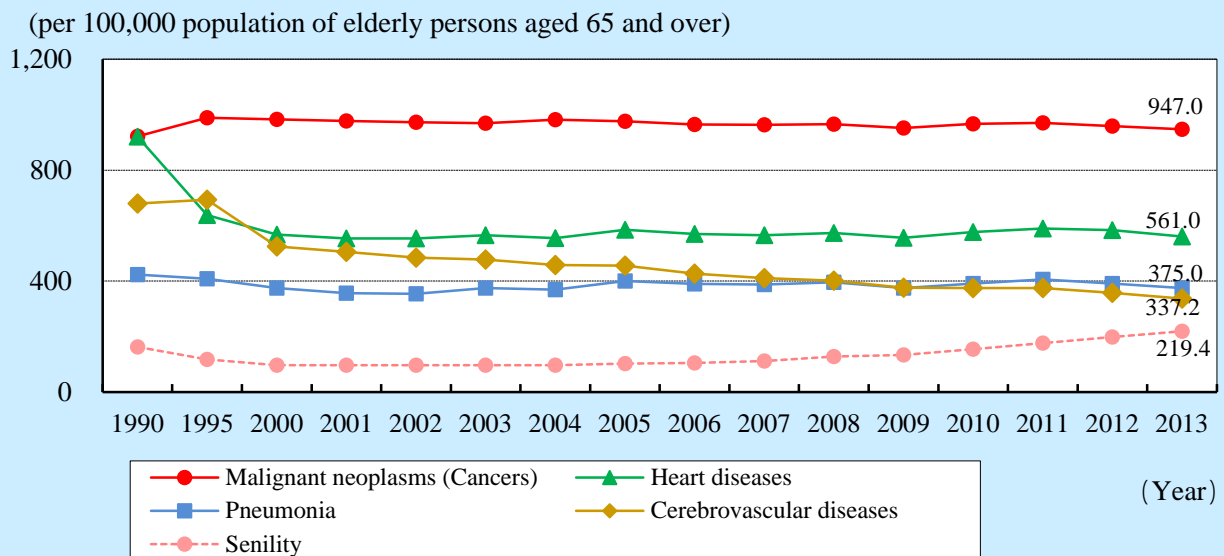
Sources: Life expectancy at birth – “Abridged life table,” MHLW, for 2001, 2004, 2007 and 2013 and “Complete life table,” MHLW, for 2010
 Healthy life expectancy at birth – “Projection of the healthy life expectancy and the study on the cost-effectiveness of the measures against lifestyle diseases,” Health and Labour Sciences Research Grant, for 2001, 2004, 2007 and 2010, and estimates derived from “Comprehensive Survey of Living Conditions” by MHLW, for 2013

Looking at diseases causing the death of the elderly, the rate of death (ratio of the number of deaths per elderly population of 100,000) in 2013 was highest in malignant neoplasms (cancers) at 947.0.

- Looking at diseases causing the death of the elderly, the rate of death (ratio of the number of deaths per elderly population of 100,000) in 2013 was highest in malignant neoplasms (cancers) at 947.0, followed by heart diseases at 561.0 and pneumonia at 375.0. (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 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, and the ratio is high, especially for people aged 75 and over.

- The number of people aged 65 and over who are certified as requiring long-term care is 5.457 million people as of the end of FY 2012, an increase of 2.580 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 23.0 % of all insured persons aged 75 and over (Chart 1-2-14).
- In the survey of the Cabinet Office on the attitude of people aged 60 and over toward the payment of the expenses of long-term care if needed, they were asked, “how are you going to pay the expenses of receiving care from your child(ren), living in a home for the elderly or receiving care service at home?” Forty-two point three percent (42.3 %) responded, “I think I can pay the expenses with my pension and other income without a special arrangement,” 7.7 % responded, “I do not have enough saving. I think I will have to borrow money using my assets, such as my house, as collateral,” 7.4 % responded, “I think I will have to sell my assets to pay for the care,” 9.9 % responded, “I think I will receive financial support from my child(ren),” and 20.3 % responded, “I think I have enough saving to pay for the care.” (Chart 1 - 2 - 15)

Chart 1-2-13

Number of Primary Insured Persons (aged 65 and over) Requiring Long-Term Care or Support by Care Level

(thousand people)



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, 5 towns and 1 village in Fukushima Prefecture (Hironomachi, Narahamachi, Tomiokamachi, Kawauchimura, Futabamachi and Shinchimachi) were excluded due to reporting difficulties.

Chart 1-2-14

Nursing Care Certifications

Units: 1,000 persons; () shows percentage

65 to 74 years old		75 years old or over	
Support required	Care required	Support required	Care required
213 (1.4)	473 (3.0)	1,282 (8.4)	3,489 (23.0)

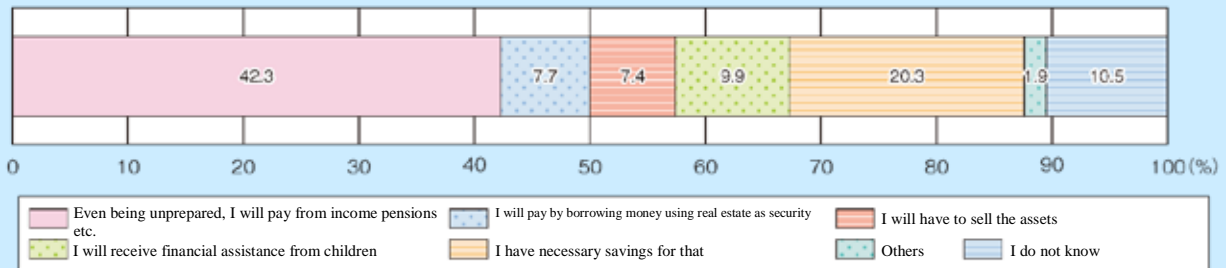
Source: Calculated from Ministry of Health, Labour and Welfare “Report survey on situation of Long-Term Care Insurance service (annual report)” (FY 2012)

(Note 1) Excludes those who received temporary care-required certification

(Note 2) The figures in the parentheses show the percentages of people requiring support and care among the insured people aged between 65 and 74 and those aged 75 and over.

Chart 1-2-15

Awareness About Coverage of Costs if Long-term Care is Necessary



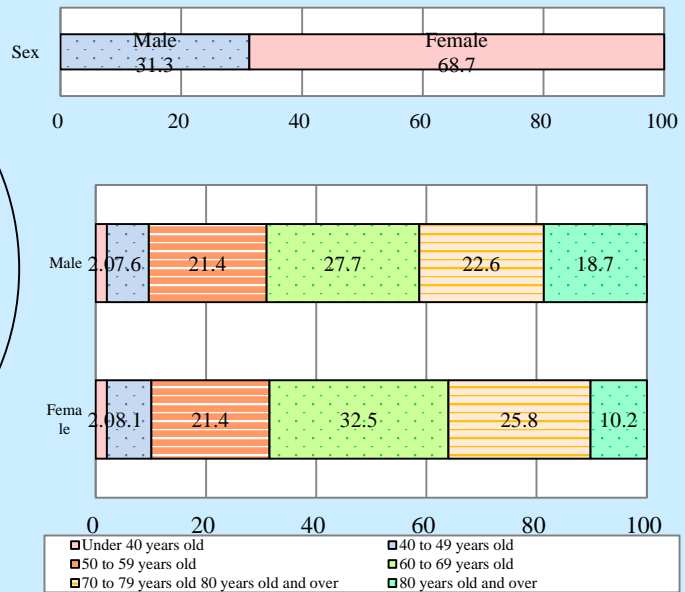
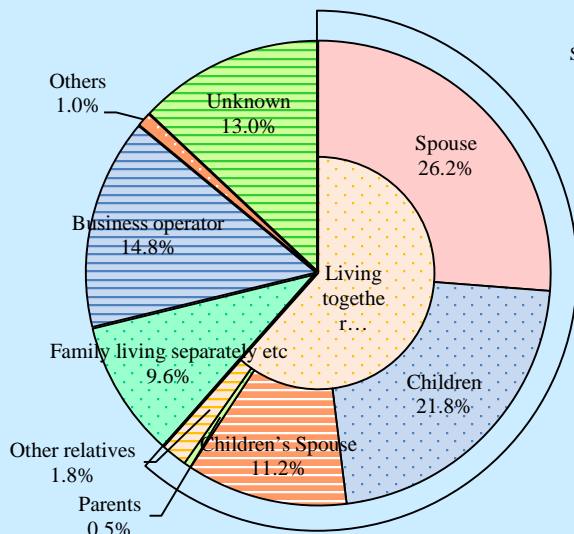
Source: Cabinet Office “Public Opinion Survey on elderly people’s health” (2012)

(Note 1) The survey was carried out nationwide for males and females aged 60 and over.

(Note 2) The question was “How will you meet expenses if you receive long-term care from your children, or enter a nursing home, or receive services at home?”

Family members (especially females) are the main caregivers and there are considerable cases of “care for the elderly by the elderly.”

- Looking at the relationship of the caregivers, more than 60% of them are a person living together with the person receiving care.
- The main breakdown of caregivers is spouse (26.2%), children (21.8%), children’s spouse (11.2%), and in a breakdown by gender, females exceeded males with males making up 31.3% of the total and females 68.7% (Chart 1-2-16).
- As for the age of main caregivers living with the recipient, 69.0% of male and 68.5% of female caregivers were 60 years old and over, showing that there are considerable numbers of so-called “care for the elderly by the elderly.”



Source: Ministry of Health, Labour and Welfare
 "Comprehensive Survey of Living Conditions"(2013)

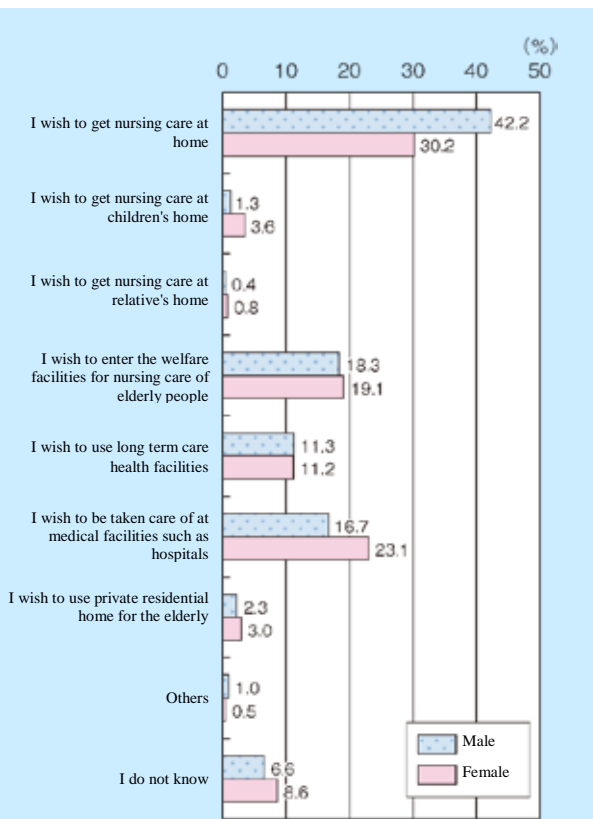
(Note) Main caregivers whose age is not stated are excluded.

Around 40% of the men and around 30% of the women wished to receive long-term care at their own home and more than half wished to spend their last days at their own home.

- “When long-term care becomes necessary to daily life, where do you want to receive such care?” Those who replied “I wish to get long-term care at home” are the largest group both among males and females. Males wished more to get care at home than females: 42.2% for males and 30.2% for females. As for places other than their home, “I wish to enter welfare facilities for the elderly requiring long-term care” (18.3% of males and 19.1% of females) was followed by “I wish to be taken care of at medical facilities such as hospitals” (16.7% of males, 23.1% of females) and “I wish to use healthcare facilities for the elderly requiring long-term care” (11.3% of males and 11.2% of females) (Chart 1-2-17).
- To the question “When you become ill with a disease not expected to be cured, where do you wish to spend your last days?” the highest number of replies was “own home” at 54.6%, followed by “medical facilities such as hospitals” at 27.7% (Chart 1-2-18).

Chart 1-2-17

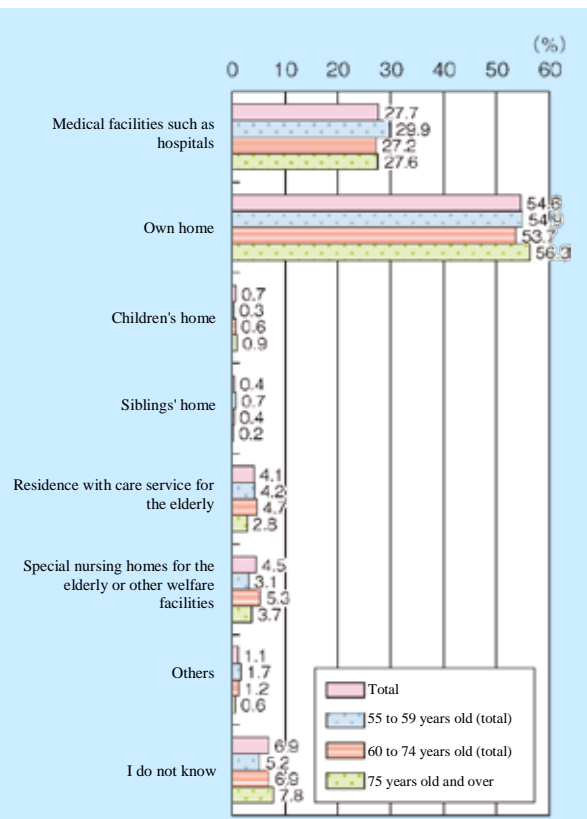
Preferred Place to Receive Care



Source: Cabinet Office "Public Opinion Survey on elderly people's health" (2012)
 (Note) The survey was carried out nationwide on males and females aged 60 and over.

Chart 1-2-18

Preferred Place to Spend Last Days



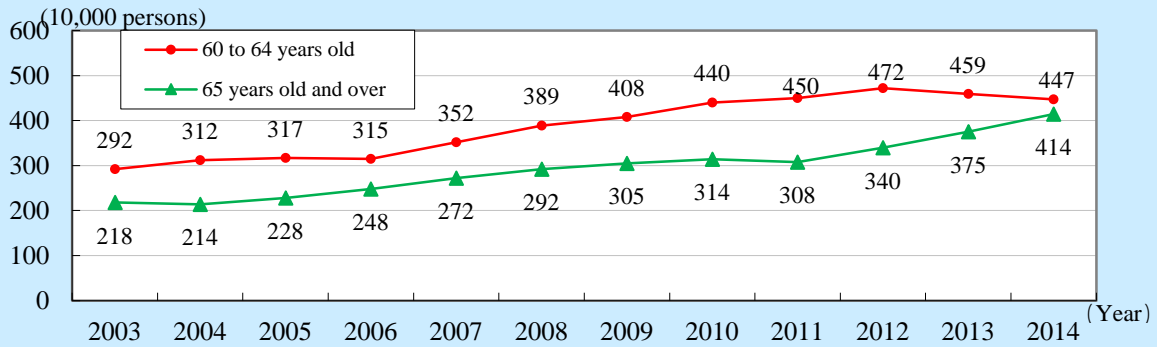
Source: Cabinet Office "Public Opinion Survey on elderly people's health" (2012)
 (Note) The survey was carried out nationwide for males and females aged 55 and over.

4 The Elderly at Work

Employment Situation Among Elderly People

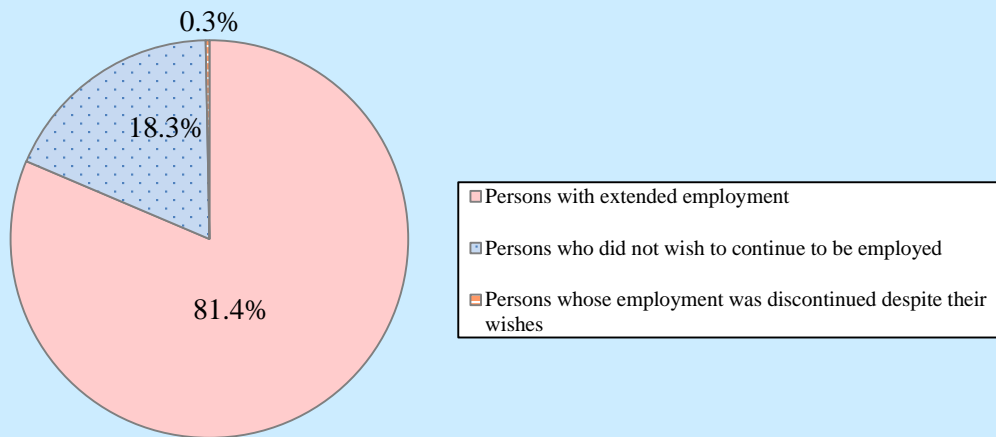
- Looking at the transition of the number of employees of all industries, in 2014 the number of employed people between 60-64 years old was 4.47 million and the number of the employed aged 65 and over was 4.14 million (Chart 1-2-19).
- Looking at those who have reached retirement age, as of June 1, 2014, 81.4% of those who reached retirement age in the past year were still employed (Chart 1-2-20).
- While the unemployment rate of people aged between 60 and 64 years increased between 2007 and 2010, it has been on the decline since 2011 and it is now below the total unemployment rate of people aged 15 years and over (3.6%). (Chart 1-2-21)

Chart 1-2-19 Trends in Number of Employees (All Industries)



Source: Ministry of Internal Affairs and Communications "Labour Force Survey"
 (Note) Results in 2011 are for 44 prefectures excluding Iwate, Miyagi and Fukushima prefectures

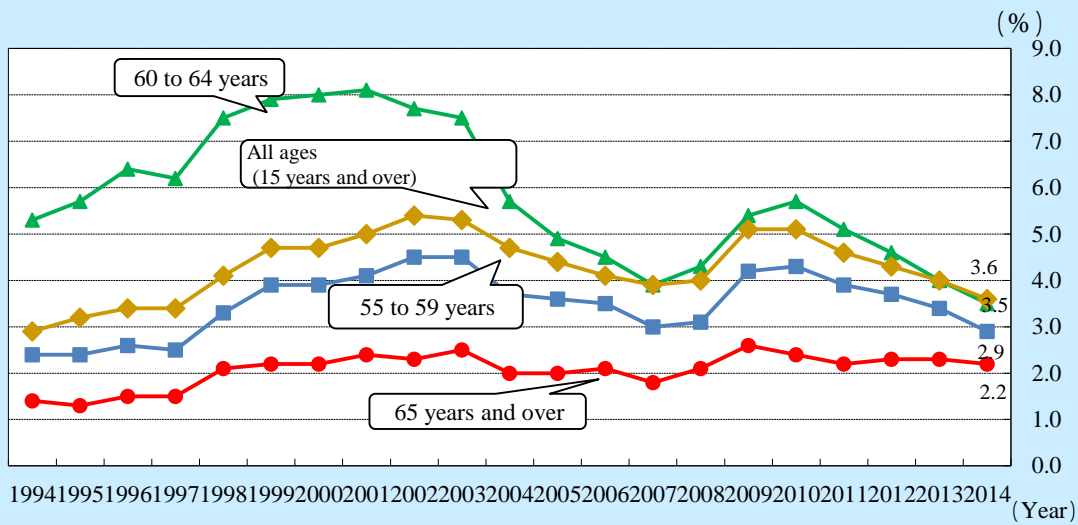
Chart 1-2-20 Situation of Retirement-aged Employees at Companies with Planned Employee Retirement at Age 60



Source: Results from Ministry of Health, Labour and Welfare, "Employment of elderly people" (2014)
 (Note) Out of companies with 31 or more regular employees that also have a system of retirement at 60 years old, the number of persons who reached the age of retirement in the past year (from June 1, 2013 until May 31, 2014) was tallied.

Chart 1-2-21

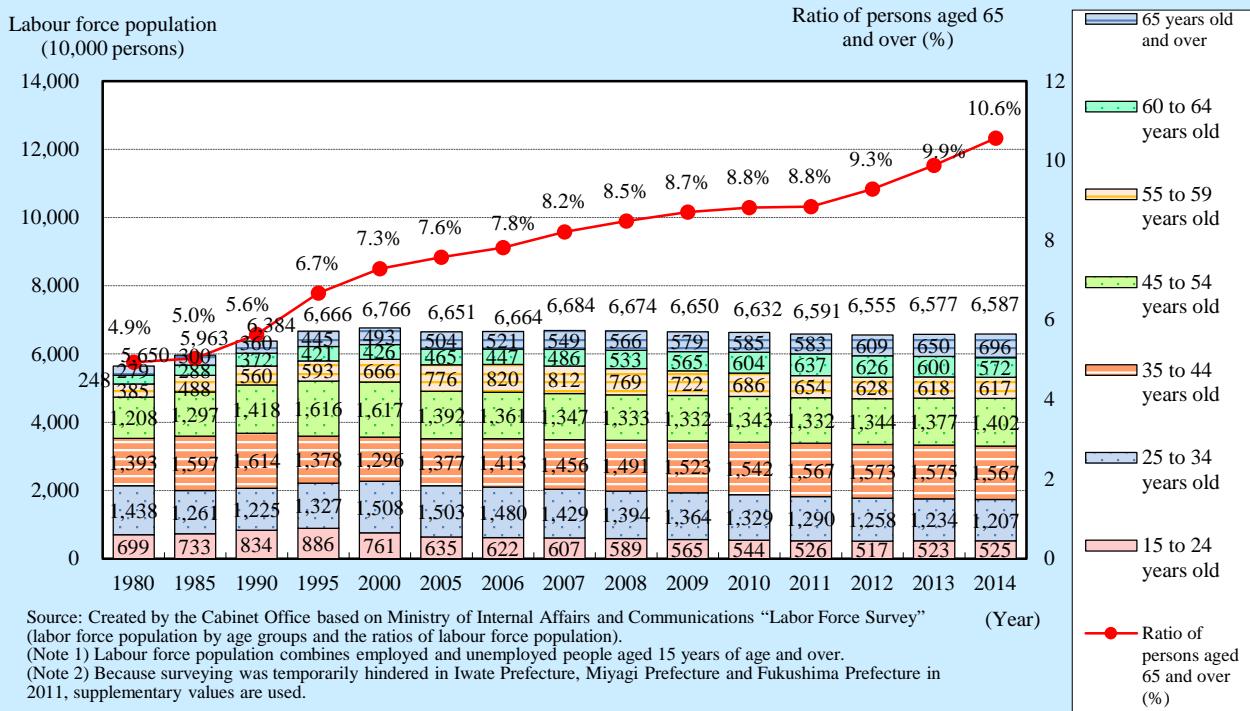
Unemployment Rate Trends



Source: Ministry of Internal Affairs and Communications “Labour Force Survey”
 (Note 1) Annual average rates
 (Note 2) Because surveying was temporarily hindered in Iwate Prefecture, Miyagi Prefecture and Fukushima Prefecture in 2011, supplementary values are used.

The ratio of people aged 65 and over against the total labor force population has increased greatly since 1980.

- The labor force population in 2014 was 65.87 million (Chart 1-2-22).
- The number of people aged 65 and over in the labor force population was 6.96 million. The percentage of those people in the total labor force population (10.6 %) increased by a large margin from the corresponding figure (4.9%) in 1980.



5 Public Participation Activities of the Elderly

Approx. 60 % of the elderly have participated in voluntary group activities

- Sixty-one percent (61.0 %) of the elderly aged 60 and over have participated in some types of group activities. The percentage has increased by 18.7 percentage points in the last 20 years. (Chart 1-2-23)
- Benefits for elderly people who participated in autonomous group activities were ranked “I could get a new friend” (48.8%) as the first, followed by “I started to feel fulfilment in my life” (46.0%) and “I got confidence in my health and physical power” (44.4%) (Chart 1-2-24).
- In terms of groups in which the elderly people wish to participate, “circles and groups of hobbies” came first (31.5%), followed by “circles and groups of health and sports” (29.7%). In terms of the groups they are participating in, “block associations and neighborhood community associations” came first (26.7%), with approximately one person out of four participating (Chart 1-2-25).