Section 3 <Viewpoint 1> Formulation of the new Guideline of Measures for Ageing Society

To respond cross-cuttingly to issues accompanying ageing, the government has established basic and comprehensive "The Guideline of Measures for Ageing Society" (hereinafter referred to as the "Guideline") guidelines for ageing society measures to be promoted by the government based on Article 6 of the Basic Act on Measures for the Ageing Society (Act No. 129 of 1995). The Guideline was first formulated in 1996, after several reviews since then, it was recently revised based on the current ageing social situation in February 2018. The measures for ageing society implemented by each ministry and agency cover various fields such as employment, pension, long-term care, medical care, education, town planning, housing, and technological innovation. The Guideline will be a guideline to direct the ageing society's overall measures in these various fields with an eye for the next five years or so. The draft of the new Guideline was prepared by the Ageing Society Measures Council (the members of each ministers) where the Prime Minister served as Chairman (Article 15 of the same act) and was decided on the Cabinet meeting on February 16, 2018.

Below, I will introduce the background of examination and the main points of revision, etc. until this new Guideline is formed.

1 Movement toward revision of the Guideline

The policy of reviewing the 2012 Guideline was decided on June 9, 2017 at the "Ageing Society Measures Council" chaired by Prime Minister Abe.

At the council, as a reason for reviewing, changes in the socio-economic circumstances since the establishment of the 2012 Guideline have been raised.

At the time of formulation of the 2012 Guideline, the ageing population rate (Percentage of population 65 years old and over in total population, from the 2010 Population Census) was 23.0% but it was 26.6% in the year of 2015, which is 3.6 points higher in five years. Moreover, the productive population was off the 80 million people, and the total population turned to decrease for the first time on the census base. In terms of social policy, efforts of four social security sectors (pension, long-term care, medical care, declining birthrate) have progressed and the social system that supports Japan's rapid ageing population has been further made, and progress occurred in various fields such as the progress of consolidation of employment securing measures up to the age of 65, formulation of basic plan for promotion of the adult guardianship system, accident prevention measures of elderly drivers, revision of Act on Promoting Supply of Rental Housing to Persons Requiring Housing Support. The line of policies that contribute to ageing society, such as "The Japan's Plan for Dynamic Engagement of All Citizens" and "Work plan on how to work a way of work," have been newly shown during this time.

Reviewing the Guideline was decided based on such progress. First, in order to listen to the views and opinions from experts, "Committee on the fundamental methods to carry out measures for the ageing society" (Chairperson: Atsushi Seike, Professor, Faculty of Commerce, Keio University) (title at that time) (hereinafter referred to as "Committee"), has been set up in the Cabinet Office. Discussions were promoted from a wide range of viewpoints such as local autonomy, media coverage, town planning, entrepreneurship, labor economics, civic activities, community activities, social security, medical and health, science and technology, international economy, etc.

	Kenichi Ichihara	Medical Corporation Kenyukai President
	Ritsuko Inokuma	Yomiuri Shimbun Tokyo Headquarters Social Security Departmen Manager
	Toshio Otsuki	Professor, Graduate School of Engineering, The University of Tokyo
	Mio Katagiri	Representative director of Ginza Second Life Co., Ltd.
	Ayako Kondo	Associate Professor, Institute of Social Science, The University o Tokyo
(Chairman)	Atsushi Seike	Keio Academic Advisor (former president) · Professor, Faculty o Commerce, Keio University
	Tomoyo Takagi	Keiai University Professor, Department of Economics
	Akiko Tsukatani	Specified nonprofit organization President, Age Concern Japan
	Takeji Hakkaku	Social welfare council welfare promotion committee (Matsuo district Sanmu city, Chiba prefecture) (Fiscal year 2015 Ageless emblen recipient (Cabinet Office))
	Katsuhiko Fujimori	Mizuho Information & Research Institute, Inc. Chief Researcher Professor, Nippon Fukushi University
	Yoshinori Fujiwara	Tokyo Metropolitan Health and Longevity Center Social Participation and Director of Regional Health Research Team
	Yutaka Matsuo	Specially appointed assistant Professor, Graduate School o Engineering, The University of Tokyo
	Yumiko Murakami	OECD Tokyo Center Director

2 Discussion at the Committee

The theme of the committee was "creation of a place of active participation in elderly," "securing of the living base of older people," "improvement of responsiveness to the ageing society," it was held six times from June 2017 to October 2017. The following issues were set from each committee member at the first committee and concrete discussions were repeated afterwards.

Table: Main points pointed out at the 1st committee (assignment setting)

0 General

- The high ability of the older people, average life expectancy, motivation to work, evidence that various policies of Japan (social security, education, employment, etc.) have been successful.
- Recognizing issues such as increased support (female employment promotion, lifelong active society), use of financial assets of the older people, extension of healthy life expectancy reduction of long-term care burden (utilization of life science, medicine and robot technology)

General	Discussions are needed to make use of existing strengths (experience, knowledge,	
	assets, etc.) of older people.	
Employment and	We also need a mechanism to retire in the absence of friction under labor-	
Income	management agreement.	
	Senior specialized entrepreneur support measures are lacking.	
	In addition to securement of living and income, employment has aspects of isolation	
	prevention.	
	Employment restraint by the pension system does not occur, and a mechanism that	
	does not damage by pension is necessary.	
	There is also a current situation, such as "pension parasite" which older people rather	
	support young people.	
Social Participation	NPO activity of older people is weak.	
Asset	Should older people financial assets, etc. be utilized for the growth of the Japanese	
	economy and even the welfare of older people itself to be enhanced?	

1. Creation of a	place of active	participation in elderly

2. Securing of the living base of older people

General	There is vague anxiety to the ageing society, and a prospect of living in the area is
	necessary.
	As the number of older people living alone in the future (in particular, unmarried
	people) is expected to increase, externalization of long-term care and avoidance of
	social isolation are issues to be solved.
Health, Long-term care	Health maintenance (nutrition, exercise) at the elderly age is more effective by group
and Healthcare	than individual.
	It is difficult to secure long-term care personnel in rural areas, differences in terms
	of language and customs are a problem for using foreigners.
	Prevention of leaving a job to take care of a family member of middle-aged and
	older people living with older people is a challenge.
	The ease of working for the people who support older people is necessary.
Region	Local communities become weaker, problem solving skills are lower.
	How to create a community that will help each other and understand each other in a
	multi-generation is a challenge.
Improvement of the	It is necessary to devise the location and comfort place of older people (wheelchair
living environment and	bench etc.).
quality of life	Consolidation of residence information in the area is a problem in order to change
4	dwellings for older people. Currently, real estate agent, administration, care
	manager, etc. possess their respective living information.
	It is necessary to secure traveling means for older people.
	Technical innovation and ageing population should be a Win-Win relationship.

3. Improvement of responsiveness to the ageing society

Research study	Data of age group (the 70s, 80s, 90s, etc.) are also required without aggregating
	older people.
Current Generation	The ageing society needs problems on the ratio of older people and young people,
Participation	and discussion by young people and children is also necessary.
	Elderly gap is a reflection of how young people work and young workers' measures
	in young period are important.
	Social security education is necessary not to create unnecessary generation gap.
Outgoing calls	Sharing knowledge of ageing population measures in each country should be shared.

A report was compiled in October 2017 after discussion at the following five committees. The subtitle "Towards the creation of a prosperous longevity society for all generations" reflects the consensus of the committee member that measures against the "ageing society" as a whole are necessary, not for "older people" measures.

At the beginning of the report, the current situation in Japan was first evaluated.

Japan is not only one of the leading nations in terms of long life expectancy of its citizens, but also its older people are highly motivated to work, and their physical strength and athletic ability are consistently showing a tendency to improve. It can be said that all these facts prove that a variety of measures in the fields of employment, education, health, social security and so on, as well as the efforts of each citizen in Japan, have been successfully promoted.

And, as a new task, touching upon "further living of older people living alone," "weakened communication in local communities," "maintenance of asset and health due to longevity," etc. to enable the motivated older people to demonstrate their abilities and it is necessary to improve both the social environment and the safety net in the various fields and the safety net in the both.

The report included the following new perspectives.

Support for active performance of older people

- Considering the current situation that high motivation for employment is seen even in elderly, how about considering to make the pension system more easy to use?
- Regarding entrepreneurship, it is desirable to create an environment that facilitates elderly entrepreneurship, including side-jobs from both age and maturity, as well as the experience of concurrent business.
- Regarding the utilization of assets, it is necessary to develop an environment where assets are effectively utilized so that the abundant assets possessed by older people will lead to rich old age and assets will also contribute to the growth of our economy.
- In order to realize No one forced to leave their jobs for long-term care, (1) securing long-term care workers, (2) "visualization" of expertise of long-term care workers, and (3) promoting efforts to support family caregivers, etc., it is necessary to create a society that is easy for active working generations.
- Regarding how to spend the end of life, can we proceed with the discussion on the improvement of QOL (quality of life) with the increase of older people with dementia and older people living alone, and can we decide cross-sectoral basic policies, etc.?

Improvement of livelihood of older people

- It is desirable and widely shared in viewpoint that the local community is weakened but not only they can be supported by the community in the elderly period but the recognition that they can support other generations such as child-rearing generation and young people.
- In order to take advantage of to improve the quality of the older people living advanced technology, while utilizing such also effectively big data analysis, it is necessary to promote the research and development based on the needs of the older people. It is expected to create services by technological innovation including AI.

Improve response capabilities to the ageing society

- In order to realize a sustainable ageing society, it is necessary to create a society in which all members, including working generations and older people, can mutually exert their abilities and support each other. For that purpose it is desirable that individuals have the power to understand the vision of an ageing society. Watching the average image with the eyes of "birds," seeing the individual state with the eyes of "insects," neither should not be lacking.
- Social security is prepared in support of circumstances where correspondence is limited by individuals and it is important to share the understanding of its original meaning among generations. Through social security education young people can also develop the ability to understand the ageing society. It is desirable to utilize various methods such as establishing an opportunity to learn social security for new employees, such as improvement of the subsidy system for employers.
- In the rapidly progressing ageing population in Asia, the number of countries that are ageing is increasing, the demand for findings of Japan's ageing populaition measures is potentially and manifestly large. It is hoped that Japan will contribute so that each country will create a better ageing society from the industrial side as well as an environment that can make full use of the possibility of spreading Japanese knowledge.

October 2017

Committee on the fundamental methods to carry out measures for the ageing society Report (Overview) ~ Towards the creation of a prosperous longevity society for all generations ~

- Based on the declining population and the ageing population, it is desirable that basic principles be clearly shared among people of all ages of our society in order to maintain a sustainable economic society.
- The rich longevity society in which multiple generations walk together is expected to be further solid by the new Guideline and it will be opened up for a bright future.

«Structure of the report»

: Introduction: Achievements and Issues in the Ageing Society

[0-1. General]

- Building a sustainable ageing society with foreseeing Japan in the next decade or two
- Social environment development that enables the ability exerting motivated older people
- [0-2. Current State of Ageing population]

Part 1 Basic Principles

[1-1. Aim at creating <u>Age-free society</u> in which people of all ages can make use of their motivation and abilities depending on their hope.]

- Review the standardized way to look at life stages by age
- Building a sustainable age-free society
- Prolongation of the lifespan and diversification of way of life
- Improve awareness of individuals toward how to engage in an ageing society
- [1-2. Develop a community life base and consolidate a <u>Local Community</u> where people can imagine their elderly life at any life stage.]
 - Making further efforts to expand cooperation of multiple generations, prevent social isolation and secure residence
 - Improve awareness of the significance of mutual support through education on social security

[1-3. Aim for new measures on ageing society by using Society 5.0.]

- Possibility of solution from a new perspective by new technology
- Consideration for participation of industry
- Understanding appropriately the current situation of the ageing society by such as big data analysis

Part 2 Support for active performance of older people

[2-1. Places of activity]

- Consideration to expand the choice of when to start receiving the pension (after age 70)
- Developing an entrepreneurial environment
- Development of the environment in which financial assets of older people and housing assets are effectively utilized
- [2-2. Removal of barriers to participation]
 - No one forced to leave their jobs for long-term care
 - "Visualization" of specialty fields for each long-term care staff

<u>i</u> Part 3 Improvement of livelihood of older people

- [3-1. Progress of social system]
 - Creating a society that can earn a living outlook in the region
 - Horizontal connection of the residence information of the elderly housing
- [3-2. Progress of advanced technology and the utilization]
 - Watch over older people using advanced technology, etc.
 - Young generation and older generation take advantage of each other's strengths

Part 4 Improve response capabilities to the ageing society

[Preparing for young people to lengthen longevity]

- Enrichment of education on social security for a wide range of generations
- Planned accumulation from young age (financial and human assets)
- [4-2. Investigate and research utilized to ageing society and sharing of knowledge and challenges with foreign countries]
 - Use of age categories commensurate with the actual circumstances of society and use objective of statistics
 - Clarification of guidelines for big data analysis
 - Transmition of Japan's efforts (e.g. develop environment in the industry, G20 host nation (2019))

<u>Conclusion</u>

3 Outline of New Guideline of Measures for Ageing Society

Based on the report of the committee, formulation of the draft of the Guideline was promoted within the government. On February 16, 2018, the Cabinet decided a new Guideline following the decision of an Guideline plan at the Ageing Society Measures Council.

At the beginning of the new Guideline, as it is expected that Japan's ageing population will proceed further and that the total population will also decline as well, there is no guarantee that the social model of Japan will remain valid as it is, and it is said that it will be necessary to build a sustainable ageing society with foreseeing Japan in the next decade or two. Because the physical strength age of older people is getting young, and the motivation for having something to do with the society, such as employment and community activities, is high, the general trend of determining 65 years old and over as "Older people" by their age is no longer realistic, and the era has come that people even at 70 and older can demonstrate their ability based on their motivation and talent. Under the current awareness of the situation, the new Guideline is to develop the environment and to support the ability of motivated people toward an environment where all generations can live a satisfactory life while ageing population is progressing, and the content is given to both sides of development of safety net to the layer of people who need support.

In the new Guideline, the new policy indicated after the 2012 Guideline was reflected as follows.

- We strongly promote "The Japan's Plan for Dynamic Engagement of All Citizens" (decided by the Cabinet on June 2, 2016) to seek to develop an environment where workers can take long-term care leave and return to work easily and where workers can work while providing long-term care in order to develop an employment and working environment to enable workers to balance work and long-term care. We will promote initiatives based on "The Japan's Plan for Dynamic Engagement of All Citizens" with a view to realizing a society where all people participate actively in the society, including both women and men, older people and young people, people who have failed once in their life, and people with disabilities and intractable diseases, in their households, in workplaces, in communities, and in all places, by stopping the declining birthrate and ageing population.
- We will promote "The Action Plan for the Realization of Work Style Reform" (decided by the Council for the Realization of Work Style Reform on March 28, 2017) to enable each person to choose a diverse and flexible work style according to their objective, ability and circumstances.

Based on the possibility that the innovation of technological achievements will bring a solution to the problem from a new perspective, the following policy was clearly stated.

Bearing in mind the possibility to provide a solution to several problems (physical ability, cognitive ability, various systems, etc.) that will prevent older people from demonstrating their ability fully according to their own wishes, we will need to examine measures to overcome the problems, including promotion of developing environment and of using new technologies which are over existing idea. It is also necessary to encourage people in different generations to participate in the utilization of technological innovation for these purposes and to play their respective roles.

Outline of New Guideline of Measures for Ageing Society (decided by the Cabinet on February 16, 2018)

Background

[Legal Basics]

• Basic and comprehensive guideline of public measures for the ageing society

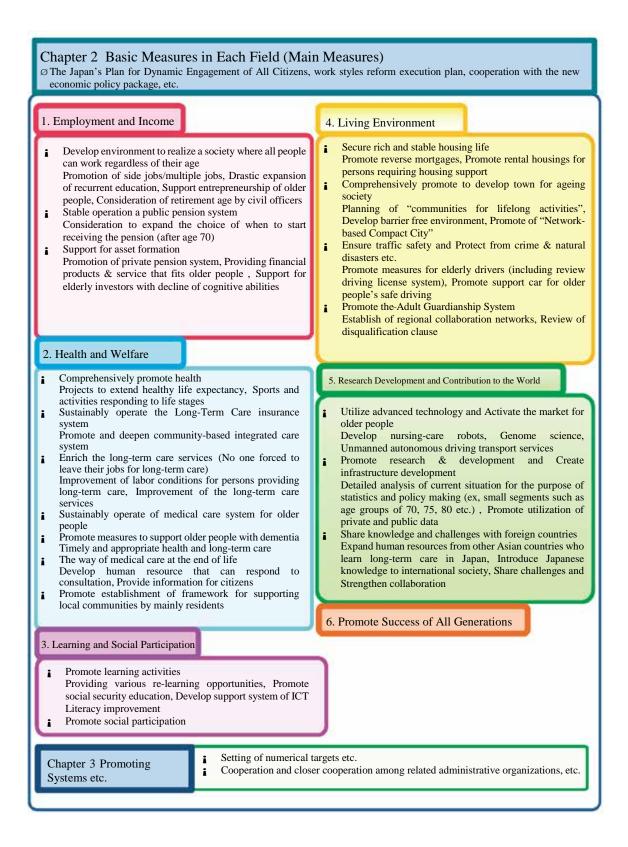
(Article 6 of the Basic Act on Measures for the Ageing Society (Act No. 129 of 1995))

[History of Revision]

- Based on the provisions of the the previous Guideline (reviewed after 5 years), the Ageing Society Measures Council (Chairman: Prime Minister) ordered its revision.
- The Experts Committee was called to convene to make recommendations. [Chaired by Dr. Atsushi Seike, Professor of Keio University (former president) (Title held at the time)]

Chapter 1 — Purpose and Basic Principles

- 1. Purpose of the Guideline
- The general trend of determining 65 years old and over as "Older People" by their age is no longer realistic. The era has come that people even at 70 and over can demonstrate their ability based on their motivation and talent.
- Create an environment where people of all generations can fulfill their life, responding social issues along with the ageing population.
- 2. Basic Principles
 - (1) Review standardization by age and aim at creating <u>Age-free society</u> in which people of all ages can make use of their motivation and abilities depending on their hope.
 - Review the standardized way to look at life stages by age.
 - Take a look at "Social Security that accommodates the needs of all generations" that anyone can feel secured.
 - (2) Develop a community life base and consolidate a <u>Local Community</u> where people can imagine their elderly life at any life stage.
 - Expand cooperation of multiple generations and prevent social isolation.
 - Create a community that enables older people to live a safe, secure and good life.
 - (3) Aim for new measures on ageing society by using <u>the Innovation of Technological Achievements</u>^(*)
 - Make a remark of possibilities that a new technology may solve problems (physical and mental abilities in old age) through the new perspectives towards the capability development of older people.
- (*) The government is trying to realize the "fifth society" that brings abundance to people by creating new values and services through active utilization of cyberspace ("Society 5.0") after the hunting, agricultural, industrial and information societies. (Basic Policy on Economic and Fiscal Management and Reform 2017, June 9)



In each of the new policies, as shown in the figure, there are six fields "Employment and Income," "Health and Welfare," "Learning and Social Participation," "Living Environment," "Research Development and Contribution to the World" and "Promotion Success of All Generations," and concrete direction of the measures was defined for them. The following contents were included.

[Review of the social security system based on growing motivation for employment in the elderly]

"Currently, the pension system is such that each individual can freely choose the age at which pensions are awarded between 60 and 70 years old. We will not only make well known actively the system to raising pensionable age later than 65 years old, but also examine improvement of the system which will be more flexible and easier for pensioners, including the postponement of the pension receiving age of 70 years old or later."

After the Cabinet decision of the new Guideline was concluded, a concrete examination was started at the 1st Social Security Council Pension Division (held on April 4, 2018) held at the Ministry of Health, Labour and Welfare. At the first meeting, the agenda was on how to proceed with the discussion in the future and reviewing the system revision so far. Based on the findings of 2019 fiscal verification, we plan to study for system revision.

[The way of medical care at the end of life]

"It is important that medical care at the end of life be provided based on the decision of the patient following the provision of appropriate information to the patient and its families and talk with health care providers. For this reason, we will not only develop a system to foster human resource that can respond to consultation to patients, but also promote information provision and dissemination as well as enlightenment for citizens."

Regarding this theme, prior to the revision of the Guideline, discussions have been proceeded from August 2017 in "Study meeting on the dissemination and enlightenment of medical care at the final stage of life." After the Cabinet decision of the new Guideline, further examination was deepened at the committee, and it was revised to "Guidelines on the decision making process for end of life care" in March 2018, and it was made public. According to the previous guidelines, it was said that basic decision should be made by the patient himself based on appropriate information provided by medical staff, Starting / non-starting / changing / stopping medical practice at the end of life should be carefully judged by a medical / care team consisting of medical professionals of many specialized occupations, and It is necessary to sufficiently alleviate unpleasant symptoms as much as possible and to carry out comprehensive medical care and care including assistance of patients and their families.

In this new guideline, in addition to such content,

- Not only hospitals but also "home care" and "long-term care scenes," add "- care" to the title and clarify that care workers are included in the subjects of medical care teams.
- The intention of their own is changeable according to changes in the state of mind and body, etc. and it is important to repeatedly discuss and emphasize beforehand (ACP), such as the policy of medical care and care, and what way of life is desired.
- We reviewed from the viewpoint of the importance of prescribing reliable persons such as family members in advance for those who presume their intention before they cannot convey their own intention.

In addition, in the committee report, we secure the opportunity to think about medicine and care at the end of life, medical care and care in line with the will of the person himself/herself, and we have to disseminate and enlighten efforts to discuss with families etc. to the people. In the future, the Ministry of Health, Labour and Welfare plans to promote concrete dissemination and awareness-raising efforts.

[Promote measures to support older people with dementia, etc.]

"In order to support older people with dementia whose number is expected to increase with the progress of ageing population and the families who take their care, in light of the "Comprehensive Strategy to Accelerate Dementia Measures (New Orange Plan)" (formulated on January 27, 2015 and revised in July 2017), we will not only promote measures to establish initial-phase intensive support teams for early dementia and to develop dementia disease medical centers with a view to building a recycling mechanism in which dissemination and enlightenment is provided to deepen understanding of dementia, and timely and appropriate health and long-term care are provided according to the condition of dementia, but also promote support to caregivers for people with dementia and efforts to build communities friendly to older people, including people with dementia."

The Ministry of Health, Labour and Welfare aims to realize a society in which the baby-boomer generation will be 75 years old and over in 2025 is respected, the intention of people with dementia is respected, and they can continue to live in their own way as far as possible in a good environment of the familiar area. For that purpose, we formulated a new "Comprehensive Strategy to Accelerate Dementia Measures - To Realize Age and Dementia-Friendly Community -" (New Orange Plan) in collaboration with related ministries and agencies (formulated on January 27, 2015, revised in July, 2017).

In addition to the promotion of the New Orange Plan, the new Guidline includes a wide range of contents as measures to lower the cognitive ability as follows.

- In order to protect elderly investors, we will seek to respond further to the characteristics seen in old age such as a decline in cognitive ability, in view of the progress in financial gerontology.
- We will seek to disseminate prevent them from getting involved in traffic accidents through, implementation of cognitive tests and traffic safety classes, and promotion of a variety of dissemination and enlightenment activities, and so on.
- In order to protect older people from crimes to which they are frequently subjected, including remittance fraud and other special fraud, dangers accompanying loitering due to dementia, malicious business practices and so on, we will implement a variety of measures.
- Towards the establishment of a health-oriented nation, as part of aiming to realize the Society 5.0 proposed in "The 5th Science and Technology Basic Plan" (decided by the Cabinet on January 22, 2016), we will engage in solving health problems such as dementia, weakness (frailty) and others as well as problems arising from or related to living environment by utilizing and implementing state-of-the-art science and technology.
- In addition to investigating the pathology and mechanism of diseases such as dementia which occurs most commonly in the elderly and diseases such as cancer which are the main cause of death among elderly population, we will promote researches and developments of new medical technologies and new drugs using advanced science and technologies such as genome science, as well as research for clinical application of these results, and researches for establishing effective health and medical technologies based on findings of these researches.

[Security of road safety]

"We will seek to disseminate awareness of traffic safety to older people and prevent them from getting involved in traffic accidents through development of traffic safety facilities in consideration of older people, promotion of participation-, experience-, and practice-based traffic safety education, implementation of cognitive tests and traffic safety classes, improvement of driving capability consultations, promotion of programs to support those who returned the driver's license, development of elderly traffic safety instructors (silver leaders) and promotion of a variety of dissemination and enlightenment activities, and so on. In particular, in order to prevent elderly drivers from causing traffic Accidents, we will promote further measures including smooth implementation of the revised Road Traffic Act [8], development of a system to support older people by the society as a whole including securing their transportation and further review of the driving licensing system, and dissemination and enlightenment of driving support car and further promotion of measures to prevent Traffic Accidents by Elderly People" (decided by the Traffic Accident Prevention Headquarters on July 7, 2017)."

With the rise in the elderly population, the number of fatal traffic accidents caused mainly by senior drivers who are 75 years old and over is surging in the total number of fatal traffic accidents. The government has been making various efforts to prevent traffic accidents involding senior drivers. The "Ministerial Conference on Countermeasures against Traffic Accidents caused by Senior Drivers" held on November 15, 2016, previous to the discussion of the new outline was one of them. The number of traffic accident fatalities due to elderly drivers who are 80 years old and over amounted to 266 within a year of 2016. In the new Guideline, the government aims at decreasing the number of traffic accident fatalities due to elderly drivers who are 80 years old and over to less than 200 by 2020 through the above activities indicated in the Guideline.

4 **Promotion Systems etc.**

In order to promote the Guideline of Measures for Ageing Society, the government has decided to discuss important matters including the follow-up to the Guideline of Measures for Ageing Society in the Ageing Society Measures Council. "Reference indicators" was put in as a point of attention in the new Guideline in addition to the "numerical target" set out in the last council (2012). There are "share of older people in the total population" and "share of one-person households in the population of 65 years old and over (both male and female)" in the "reference indicators." While it is difficult to set target values for these scales due to various reasons, they are put up as numbers which need to be appropriately understood in grasping the progress of Japanese ageing society as well as policies and extracting problems from it. The Guideline sets out that it shall be reviewed in approximately 5 years if deemed necessary based on changes in the economic and social conditions, given the nature as a medium- to long-term guideline of Measures for ageing society.