Present Status of Aging in Japan and Urban Development in Longevity Society

June 3, 2014
Urban Renaissance Agency
Japan’s population aging rate (proportion of the persons of 65 or more to total population) is currently 24.1 %, with one out of four being aged persons.

The aging rate will become 30.3 % in 2025. The proportion of the persons of 75 or more will be 18.1 % (one out of five).

The aging rate will reach 39.9 % in 2060.
1 Present status of aging in Japanese society

- Japan is one of the nations with the highest aging rate in the world.
- Estimate of 2060: China (Approx. 30%), Singapore (Approx. 33%), South Korea (Approx. 34%), Japan (Approx. 40%)

Note: Developed regions are North America, Japan, Europe, Australia and New Zealand. Developing regions are Africa, Asia (except Japan), Central and South America, Melanesia, Micronesia and Polynesia.
• The aging rate of every prefecture will increase.
• Substantial increase in large metropolitan areas such as Tokyo and Osaka.
• The areas where aging rate has been increasing correspond to the locations of large-scale public rental housing complexes.

[Progress of aging and the location of public rental housing (more than 1,000 units) in the Tokyo metropolitan area]
In response to the rapid increase of the elderly, in order for the elderly to continue living without anxiety in a familiar area:

It is urgently required not only to construct barrier-free buildings, but also to develop a base for community’s inclusive care which provides livelihood support such as home medical care and nursing care, and to supply elderly housing with observation services.

With the purpose of realizing “Aging in Place”, the UR Agency aims to develop a community base for medical and welfare in the areas by making use of the premises and buildings of a housing complex.

As an advanced example, “Urban Development for Longevity Society” in UR Toyoshikidai housing complex will be introduced.
2 “Urban Development for Longevity Society” in UR Toyoshikidai housing complex

Location of UR Toyoshikidai housing complex

Outline of the area
- Address: Toyoshikidai, Kashiwa City, Chiba Prefecture
- Transportation: 13 to 17 minutes’ walk from Kashiwa Station of JR Joban Line or Tobu Noda Line
  5 to 8 minutes by circulating bus to the bus stop in the housing complex
- Site area: Approx. 32.6ha
- Before the project: 4,666 units
  (Management started in 1964)
The aging rate in the blocks including the Toyoshikidai housing complex has reached about 40%.

This figure is about the same as the estimate of 2060 in Japan (39.9%).
"Kashiwa City", a local municipality, the “University of Tokyo”, involved in a research to solve problems of a super-aging society, and the “UR Agency” managing the Toyoshikidai housing complex work collaboratively in the project.

Under the theme of “Aging in Place” (developing an urban community where people can grow old as themselves in a familiar environment).

- Urban community where people can live at home without anxiety as long as possible
  — Promotion of home medical care —
- Urban community where people can stay healthy and active as long as possible
  — Creation of motivating work for the elderly —

Agreement ceremony (May, 2010)
2 “Urban Development for Longevity Society” in UR Toyoshikidai housing complex

Through inviting a serviced housing for the elderly within the housing complex, and providing services from the base for home medical care, a community’s truly inclusive care system for 24 hours is established in the Toyoshikidai area.

Image of the future Toyoshikidai area

Residents can live without anxiety with home medical care, nursing and caring services for all time at home

The elderly can remain healthy and active in various places in a community

Letters in blue: Activities concerning home medical care
Letters in red: Activities concerning motivating work
2 “Urban Development for Longevity Society” in UR Toyoshikidai housing complex

1 Promotion of home medical care

(1) Development of the backup system to reduce burden of home medical care placed on doctors
(2) Increase of the number of doctors for home medical care, and promotion of collaboration of all kinds of staff
(3) Development of the system to share information (the project of the University of Tokyo)
(4) Increase of awareness of citizens, response to their consultation
(5) Development of centers (a local base for medical care)

Functions of a local center for medical care

- Dentist
- Nurse
- Pharmacist
- Nursing care staff

Motivating work

- A function to coordinate and support patients’ return home from a hospital
- A function to back up home-visit medical care by a primary doctor
- A controlling function of home medical care, nursing and nursing care by a doctor and other kinds of staff
- A function of training for a primary doctor and a secondary doctor involved in home medical care
- A function of consultation and raising awareness of citizens

2 Providing the elderly with housing and various medical/nursing care services

Invited complex facilities in which medical, nursing and caring services are collaboratively delivered so that the elderly requiring nursing care could continue living in a familiar area. (Opened in May 2014)

Facilities usage
Serviced housing for the elderly (for independent residents, for those requiring nursing care), group home, home-visiting nursing station, small-scale multifunctional home nursing care, clinic supporting home medical care, clinic of a primary doctor, community’s inclusive support center, child-rearing support facility, pharmacy, home nursing care support, home-visiting nursing care, other shared spaces, space for exchange of many generations, etc.

Motivating work

- Contributes to maintaining physical and mental health
- Solves problems of a community

Enjoy working within their limits when they want to
Adjustment of working hours, place and contents

Contribute to solving problems of a community
From work for a living to “motivating work”

Motivating work Specific projects

- Urban style agricultural project making use of land lying idle
- Small vegetable plant project making use of the housing complex premises
- Rooftop farm project in the rebuilt housing complex
- Community restaurant
- After-school day-care project
- Childcare and child-rearing support project
- Livelihood support and a fulfilling life project
- Welfare service project

3 Creation of motivating work

Motivating work

- Satisfies desire to work within their limits when they want to
- Adjustment of working hours, place and contents
- Contribute to solving problems of a community
- From work for a living to “motivating work”

Specific projects
2 “Urban Development for Longevity Society” in UR Toyoshikidai housing complex

- **Private condominium etc.** Transferred in FY 2013
- **Park, approx. 1.0 ha** Opened in April 2014
- **Authorized nursing school** (Expansion of the existing building) Opened in April 2014
- **UR rental housing:** Before rebuilding
- **UR rental housing:** After rebuilding
- **Plant cultivation unit** (Motivating work project)
- **Base for 24 hours service**
  - **Serviced housing for the elderly**
    - Operator: Gakken Cocofump
    - Corporation
    - Opened in May 2014
- **Kashiwa Regional Medical Collaboration Center**
  - Opened in April 2014
- **Commercial building** Transferred after FY 2014
- **Special elderly nursing home**
  - Group home for demented elderly
  - Operator: Kohitsuji Group
  - Opened in October 2011
- **Provided by Gakken Cocofump**
- **Park, approx. 1.0 ha**
  - Opened in April 2014
- **Authorized nursing school**
  - Operator: Yuraku Real Estate
  - Occupation started from March 2012
- **Private condominium**
  - Operator: Yuraku Real Estate
  - Occupation started from March 2012
3 Realization of the housing complex restoration model in Toyoshikidai housing complex and application in other housing complexes in Japan

— Implementation of a national model project by making use of the UR housing complex as the base for community’s medical care and welfare —

New role of the UR Agency

- Implement a national model project to show the lifestyle and urban development in a super-aging society.
- In response to the change in the demand structure of the rental housing market, shift attention from supplying rental housing for families to the “development of housing and communities suitable for a super-aging society.”

Effective use of the UR rental housing

- Develop a local base for medical care and welfare to realize “Aging in Place” in a community ⇒ to be developed in about 100 housing complexes in Japan in the next 7 years (until FY 2020)
- Provide “final home” with relatively low rent
  1. Provide housing for independent elderly persons
  2. Securing housing/facilities for those requiring serious nursing care in a housing complex and the surrounding areas
- Support for families with small children, promotion of three generations living in neighborhood ⇒ Formation of a mixed community