

Dementia: Japan's experience

Dementia Awareness Week Conference

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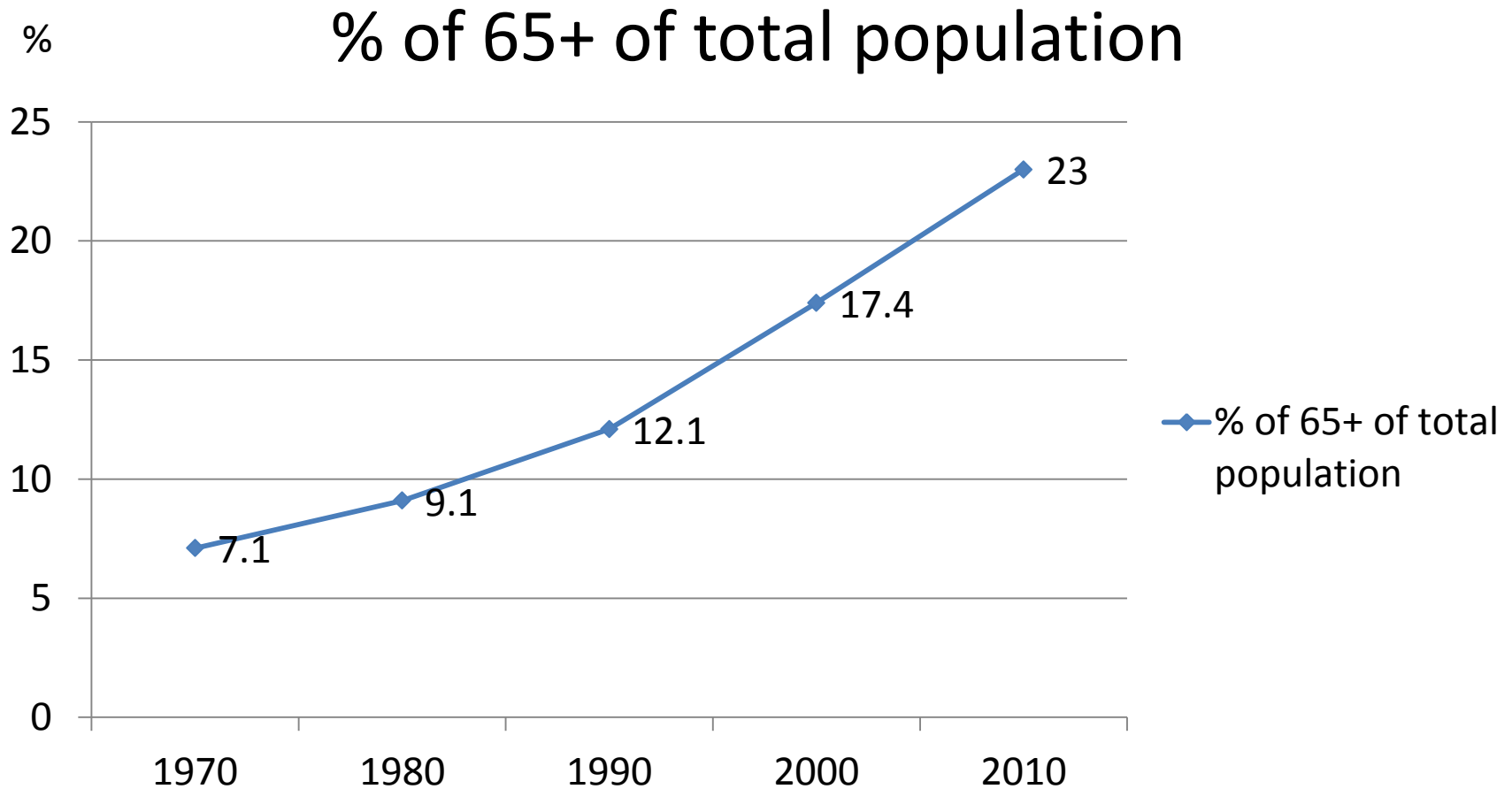
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Overview

- Demographics
- Inside a closed world
- New dawn
- The decade of development
- What next?
- Shared learning

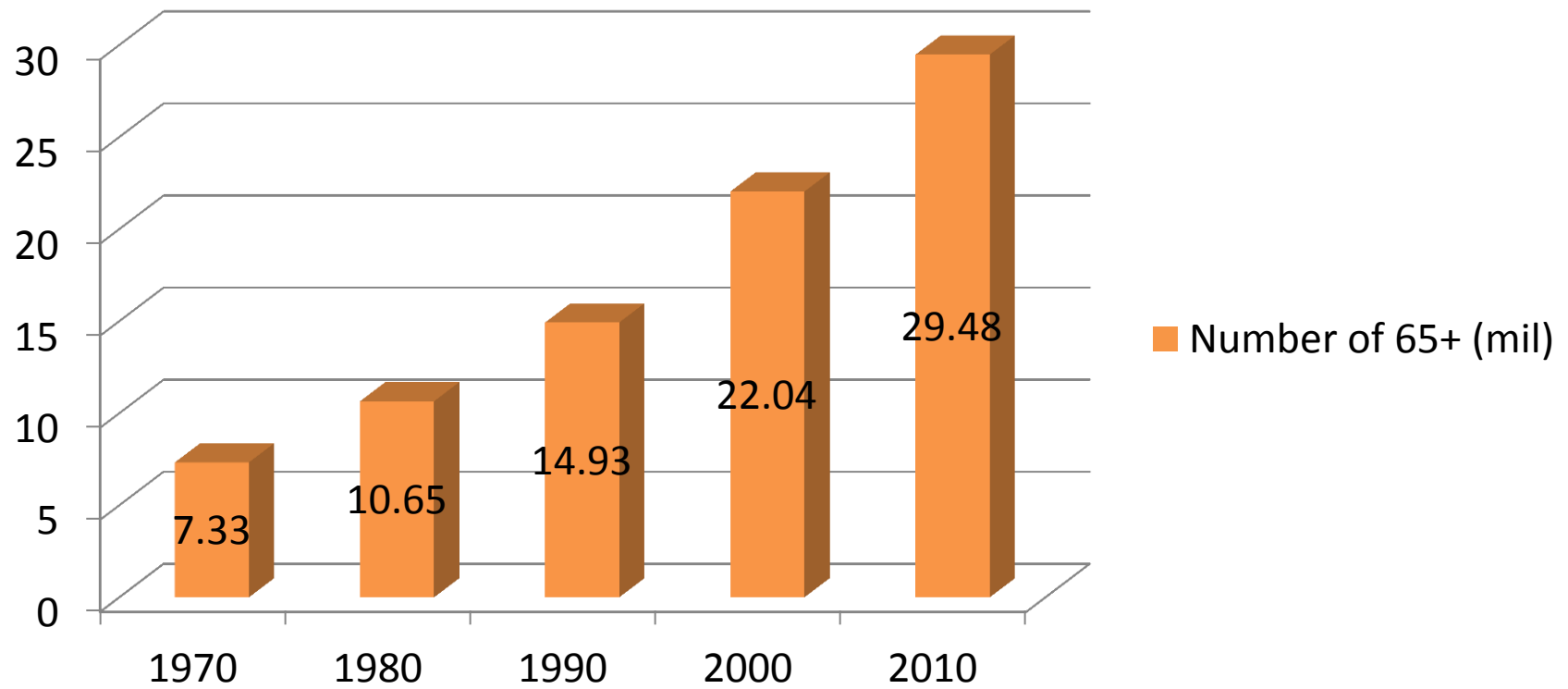
Japan's demographics (1)



Japan's demographics (2)

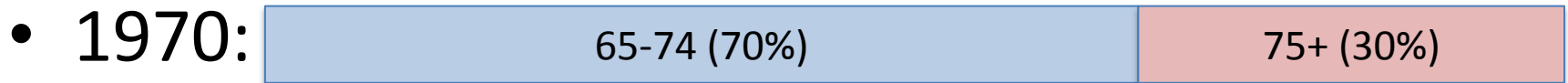
Number of 65+

Million



Japan's demographics (3)

- Over-75s: 2 to 14 million, 1970 –2010



- Reflecting Japan's average life expectancies – 87 for women (world's highest) & 80 for men
- Scotland: 80.9 for women & 76.8 for men

Japan & Scotland: the current picture

Data	Total Population	% 65+	Total 65+	People with dementia	Ratio to 65+
Japan	127m	26%	33m	5m	1 in 6
Scotland	5.3m	18%	0.93m	90,000	1 in 10

Inside a closed world (1)

- Traditional family care under increasing pressure
- Double stigma: having dementia – and not coping
- Limited public social care
- Outcome = abuse & ‘care-giving hell’
- Hospitalisation = heavy medication & restraints

Inside a closed world (2)

- Seeds of hope: grassroots responses
- 1980: Japan's first support group for carers of people with dementia – *Alzheimer's Association Japan*
- Development of 'Tsudoi-ba'
 - informal settings: people with dementia & carers
 - information-sharing, companionship & peer-support
- Government and public calling for change and reform

New dawn (1)

- 2000: public universal social care system
 - not means-tested, generous and popular
 - wide-ranging services and settings
 - benefits for people with dementia
- 2005: system reform
 - care provision re-designed
 - some needs still unmet
 - ‘total’ care vision embracing ‘the community’

New dawn (2)

Impact of reforms:

- Innovative models of public care provision
- Societal change in how dementia was perceived
 - change name for dementia in 2004
from Chiho to Ninchisho
 - 10-year national campaign from 2005
to raise awareness and understanding
to create dementia-friendly communities
- Dementia-friendly communities blossomed

Micro-multifunctional community care facility

- 2006: innovative model to provide a total care package
 - integrating healthcare and social care
- Now: 4,000 facilities support 76,000 recipients
- Each facility for 25 users with 10% fixed user-fees
- Comprehensive care package:
 - 24/7/365 all round open access
 - day care services
 - flexible 24 hour respite care
 - regular and on-demand health care by nurses
 - regular and on-demand home care

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Dementia Friends



- Aim: to raise public awareness of dementia
to form dementia-friendly communities
- Pioneered by Japan in 2005: now 6 million Dementia Friends
- Target of 8 million by 2018 & others e.g. Scotland following
- Who are Dementia Friends?
 - anyone who learns about dementia via sessions
- What do Dementia Friends do?
 - some turn awareness into helpful actions
e.g. shopping or joining groups – Wanderers Network

SOS Wanderers Network (1)

- SOS Network = neighbourhood watch *style*
- Purpose: care for people with dementia who wander
- Action: Dementia Friends support coordinated search
- 60% of Japan covered by the Network
- 2014: 10,000+ people with dementia reported missing
 - 388 found dead

SOS Wanderers Network (2)

- SOS Network:
 - = low-cost community resources
 - = societal change to improve quality of life
 - = social inclusion, acceptance & dignity
- SOS slogan: 'It's OK to wander...go and wander...it's natural for people with dementia to do so...we will come and find you...and get you home safely....'

On-going development: insights (1)

People with dementia wish to:

- express themselves
- help others
- accept support that is not overprotective
- support each other as a couple

In short, they wish to be **‘the hero in their own lives’**

On-going development: insights (2)

Dementia-friendly community responses to realise stated wishes:

- supporting services for enriching relationships
- providing connectivity through transport provision
- education for dementia-friendly communities
- using pubs & bars for neighbourhood venues
- ‘kioku tokei’ or memory clock

Building dementia-friendly communities

Identified factors for success:

- participation of people with dementia
- ‘win-win’ scenario for all stakeholders
(e.g. business can profit from involvement)
- shift: didactic to experiential approaches

GLOCOM & Dementia Friendly Japan (2015):
http://www.glocom.ac.jp/project/dementia/wp-content/uploads/2015/04/dfc_guide.pdf

What next? (1)

- Japan has achieved much in the last decade – but faces even harder challenges
- 2025: 7 million (1 in 5 over-65s) living with dementia
- ‘Older’ family carers increasing:
 - 70% = 60+ ; 19% of male & 10% of female = 80+
 - Ro-ro-kaigo* & *Nin-nin-kaigo*

What next? (2)

Japan's 2015 National Dementia Strategy
(**New Orange Plan**) recommendations:

- strengthening dementia-friendly communities
- support for family carers
- all-government departmental responses
- re-focus on listening to people with dementia

Shared learning

- Carers and families need understanding & support
- Change in attitudes not just the law
- Inclusive & integrated solutions
- Community resources = low cost & high yield
- Listen to the voices of people with dementia

Thank you

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