Dementia: Japan’s experience

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Overview

• Demographics
• Inside a closed world
• New dawn
• The decade of development
• What next?
• Shared learning
Japan’s demographics (1)

% of 65+ of total population

- 1970: 7.1%
- 1980: 9.1%
- 1990: 12.1%
- 2000: 17.4%
- 2010: 23%

%
Japan’s demographics (2)

Number of 65+

Million

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of 65+ (mil)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1970</td>
<td>7.33</td>
</tr>
<tr>
<td>1980</td>
<td>10.65</td>
</tr>
<tr>
<td>1990</td>
<td>14.93</td>
</tr>
<tr>
<td>2000</td>
<td>22.04</td>
</tr>
<tr>
<td>2010</td>
<td>29.48</td>
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Japan’s demographics (3)

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

• 1970:
  - 65-74 (70%)
  - 75+ (30%)

• 2010:
  - 65-74 (52%)
  - 75+ (48%)

• 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

<table>
<thead>
<tr>
<th>Data</th>
<th>Total Population</th>
<th>% 65+</th>
<th>Total 65+</th>
<th>People with dementia</th>
<th>Ratio to 65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Japan</td>
<td>127m</td>
<td>26%</td>
<td>33m</td>
<td>5m</td>
<td>1 in 6</td>
</tr>
<tr>
<td>Scotland</td>
<td>5.3m</td>
<td>18%</td>
<td>0.93m</td>
<td>90,000</td>
<td>1 in 10</td>
</tr>
</tbody>
</table>
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):
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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