Countermeasures to Aging Society in Japan From the Point of View of Comprehensive Geriatric Training

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Keywords: Aging society, Japan, countermeasures, physical and health problems

Abstract

The population of elderly people over the age of 65 in Japan reached 19% in 2003 and it is estimated to be 22% by 2013. Due to the arrival of such aging society, it is an urgent problem for Japan to guarantee the physical and mental health and independent life for the elderly people as well as to establish the methods how to deal with this problem. The percentage of the elderly population in the Philippines in 1990 was only 3.6% and even in 2010 it is estimated to reach 4.9%. The arrival of the aging society in the Philippines still seems to be out in the future. Therefore, we would like to introduce the present situation of Japan's aging society as well as some of the solutions, which are attempts to solve these problems. We hope that this will help the Philippines when they face similar problems in the future.

The following content is included in this lecture.

1. The fundamental rules for the elderly people by the United Nations.
2. Transformation of healthy objective in Japan to the elderly people.
3. Transition of death cause in Japan, and gradual increase tendency to person who has physical functional disturbance.
4. Geriatric Syndromes.
5. Introduction of the Tokyo Metropolitan Institute of Gerontology, which deals with the aging problem, in Japan.
6. Introduction of the methods as physical therapist.
7. The practice and method of comprehensive geriatric training.

Considering the present condition of the growing aging society in Japan, it is necessary to ensure a high level of the functional capacity in order to maintain a lively independent life for elderly people, as well as developing the method to deliver it. We strongly believe that this is not only a problem within Japan; but in the near future it will be important for the Philippines to increase the number of elderly people whose physical functions are healthy and can actively participate in the society.