

Policies on the Health of Older Adults: Case of Japan

Yasuhiko Saito (Nihon University)

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5 Areas of Policies Related to Older Adults by Ministry of Health, Labour and Welfare

- Healthcare for Older Adults
- Employment and Re-employment of Older Workers
- Social Participation and Active Aging
- Aging-in-Place: Housing and Transportation Policies
- Pension

Social Participation and Active Aging

- Age-Less Life Practitioners and Groups Award
- Life-Long Learning
- Educational Supporter System
- JICA Senior Volunteer
- Senior Citizens' Clubs: *Rojin* Clubs
- Japan Association of Second-life Service
- Programs of Free/Reduced Fare for Public Transportation

Healthcare

- Universal Health Insurance Coverage (1961)
- The Gold Plan (1990s)
- National Long-Term Care Insurance
- Care Prevention Program
- Healthy Japan 21 and 2nd Healthy Japan 21
 - Priority 1: Increase Health Expectancy
 - Priority 2: Reduce inequality in health

Health Insurance

- Mandatory in theory (Insurance card)
- Two health insurance systems in Japan
 - National Health Insurance
 - Self-employed
 - Retired
 - Older adults (75+)
 - Employees' Health Insurance
- Premium and Co-Payment
 - Co-Payment: 30% in general
 - Retired and older adults: 10%

Long-Term Care Insurance System

- Started in April 1, 2000
- Mandatory social insurance
- Eligibility: age 65 and over
- Care Need Assessment for benefits payout
 - 2 stages: computer assisted and by committee
 - **6 levels of care needs by 2005 and 7 after 2006**
 - about 600USD to 3,000USD per month
- Both home based and institutional care
- Premium and 10-30% co-payment

Changes in Care Need Levels Before and After April 1, 2006

Degree of Severity	Before March 31, 2006	After April 1, 2006	Amount of monetary upper bound per month*
most severe	Care Need Level 5	Care Need Level 5	US\$3,600
	Care Need Level 4	Care Need Level 4	3,000
	Care Need Level 3	Care Need Level 3	2,700
	Care Need Level 2	Care Need Level 2	2,000
	Care Need Level 1	Care Need Level 1	1,700
least severe	Support Need	Support Need Level 2	1,000
		Support Need Level 1	500

*US\$1.00=JPY100

Certified Number of People Aged 65+ for LTCI Service Use

(1,000)

levels of care for benefits payout	Mar.31 2001	Mar 31 2006	Mar 31 2016
support 2			890
support 1			870
support	320	720	
care 1	700	1,420	1,260
care 2	480	640	1,100
care 3	350	550	830
care 4	360	520	760
care 5	340	460	600

LTC benefits

- In-home services
 - Home visit by care workers (home helper)
 - Commuting long-term care (day care)
 - Short stay
 - Home renovation
 - Equipment needed for long-term care
- Institutional
 - Nursing home
 - Group home for older adults with dementia

Issues to be considered

- Long-term care insurance seems to be designed mainly for caregiver not for those who need long-term care
- Program evaluation is not enough
 - What is the effect of providing support?
 - Prolonging current health status?
 - Length of life with long-term care services?