

Report: Tokyo in 2030 Part 2 -Living and City Planning in a Super-Aging Society

-Building a society where healthy elderly can enjoy life, work actively, and live how they want to-

Our super-aging society as seen from future population and household forecasts and from conditions of health

Changes 2010 → 2030

① Rapid increase in the numbers of elderly	thousands persons and (percentages)
Increase of 416(23.1%)	1,802 → 2,217
Japan will become a super-aging society in which the elderly account for more than 21% of the population. 19.9% → 22.5%	
② Rapid increase in the numbers of healthy, active elderly	thousands persons and (percentages)
Increase of 257(20.1%)	1,276 → 1,533
70% of elderly (85% of persons aged 65-74, 55% of persons aged 75 and above) will be healthy and active.	
③ Dramatic increase in single-person elderly households	thousands households and (percentages)
Increase of 183 (38.7%)	471 → 653
Rapid increase in households composed only of elderly couples	
Increase of 72 (21.6%)	333 → 405
④ Dramatic increase in persons officially certified to receive nursing care	thousands persons and (percentages)
Increase of 121(41.7%)	291 → 412
Increase in numbers of elderly outpatients	Increase of 31(16.6%)
187 → 218	
Increase in numbers of elderly inpatients	Increase of 6.4(13.2%)
48 → 55	

Enjoy life

Current and future issues, and the necessary approach to the future

Current issues

- Isolated and unrelated society**
Dramatic increase in the numbers of single elderly, as well as a rapid increase in the numbers of elderly couples (future single elderly)
- Collapse of local communities**
Decrease in the number of communities where compassionate neighborly relationships are possible
- Overwhelming lack of nursing care facilities**
Restrictions on sizes of nursing care facilities + Insufficient financial resources

Future issues

- Funds required for old-age living that cannot be covered by public pensions alone + Insufficient savings during working years**
Decrease in the numbers of persons not worried about old-age living expenses among current and future elderly
Current: 43% → Future: 32%

Resolving these issues

Necessary approach to the future

Society where healthy elderly can enjoy life, work actively, and *live how they want to*
This produces a positive feedback circle in which elderly are healthier and require less nursing care.
= Necessary approach to a super-aging society

What needs to be done?

Lifestyle support from the perspective of elderly happiness is necessary.
Elderly happiness requires (1) **mental security and enjoyment** and (2) **communication**. Achieving these requires a focus on the three elements of **family, interests, and work**. With the greatest attention given to these three elements, consider support which can be provided to all elderly while still respecting the diverse range of individual lifestyles.

Enjoy life → Support related to range of activity

Work actively → Support related to the desire to work

These kinds of support can make a diverse range of elderly lifestyles more complete and fulfilling. Because in a super-aging society, the percentage of elderly is high and they are highly influential, more active elderly living increases the level of social stability.

Work actively

Revitalizing local communities

As burdens on government grow, individual residents do what they can on their own.

Ideal local community from the perspective of elderly residents
Allow single elderly to live comfortably and securely.
Facilitate shared and close-by living with their families, and establish group houses and other places where elderly can also feel at home.

Health maintenance and preventing the need for nursing care
Expand opportunities for physical activity, mental activity, and laughter (emotional expression)
→ **Greater efforts at self-help**

Promoting employment and mental health care = Ensuring other places in the community where elderly can also feel at home. ← Government support

Support for elderly who are living a diverse range of roles in life

A suitable framework for a super-aging society

		Measures in support of each stage			Government action
Healthy elderly	Independent	Enjoy more fulfilling lifestyles and maintain health, preventing cognitive impairment and the need for nursing care.			City planning to facilitate elderly living in particular areas according to their physical areas of activity Change systems so that they are suitable for a super-aging society.
		Support related to the physical areas of activity			
		Family	Community	Broad area (interests)	
		Facilitate shared and close-by living with their families.	Establish gathering facilities in local communities.	Facilitate living in areas with highly convenient transportation access.	
		Furatto* Café, Buratto* Library * Both of these are Japanese words suggesting casual, unscheduled visits Expand core facilities in local communities that are run by local residents. Create a foundation for resident participation so that residents do what they can do themselves. Begin by creating a group of familiar friends and acquaintances.			Support for (cooperation with) volunteer and other primarily community-based organizations Promotion of barrier-free environments
	Single elderly	Require help from family and community			Means of making it easier for persons requiring minor nursing care to travel into town
		At-home and outpatient nursing care (rehabilitation, support for independent living)			Elimination of regulation on maximum size of nursing care facilities Construction of nursing care facilities to fill the need gap (Privately-operated facilities)
	Elderly with disabilities	Require specialist help			
		Expansion and improvement of special nursing homes and other facilities Nursing and medical care, support for independent living Check visits by broad-area interest-based organizations, volunteers from local groups, etc.			

Develop mechanisms for enjoyable living by healthy elderly in urban spaces and local communities.
"Tokyo City Planning for a Super-Aging Society"
See the following page.

Create workplaces where the characteristics and abilities of elderly employees can be put to best use.
Workplaces for the healthy elderly are created primarily in urban service industries.

- Businesses supporting outsourcing of housework
- Work at nursing care offices which provides "priority entry to nursing care facilities"**
- Think tanks composed of retired persons with experience and technical skills for launching new business
- Hospitality industry

Make old-age lifestyles viable. → Promote working among persons aged 65-75.

In addition to public pension, ensure monthly income per household of 100,000 yen.
Calculated based on the current standard expenditure of an elderly couple in Tokyo of 309,000 yen/month.

Healthy elderly	Support related to reasons for work			Government action
	Proactive group	Intermediate group	Living expenses group	
	Work in business, creative, or other activities in the same way as before retirement.	Work in order to achieve the more fulfilling old-age lifestyles that they desire.	Must work in order to meet living expenses.	Provide support for a work format in which elderly employees work approx. 3 days/week and 3 elderly persons perform the work of 1 working-age employee.

Tokyo City Planning for a Super-Aging Society
-Urban modifications in city center and peripheral areas

Five rules of city planning for a super-aging society

Rules for creating a daily living environment for active living by healthy elderly

- ① Create a safe and secure urban environment.
- ② Create places for interaction where people can move about easily and enjoy walking.
- ③ Create places in the city where elderly can work and enjoy both physical and mental activity.
- ④ Develop local communities which the elderly will want to participate in.
- ⑤ Create cities where single elderly persons can live comfortably and securely.

Creating compact urban environments centered on railway stations

- Create a complete daily living environment within elderly walking distance (400 m) from railway stations.
- ◇ **Another place where elderly can feel at home** Develop local communities which are fun to participate in, relieving the isolation and disconnection of elderly residents. Make resident-operated *Furatto Cafe and Buratto Libraries* the centers of local communities.
 - ◇ **Fine-tuned support** Station-front areas where elderly can easily obtain medical and nursing-care services, as well as daily living services
 - ◇ **Highly varied housing options** Supporting a diverse range of households and family compositions, from youth to elderly
 - ◇ **Barrier-free** Allow movement for daily living activities and movement throughout the broader area.
 - ◇ **Relocating elderly to residences close to stations** Rent elderly-owned housing to younger households, and help relocate elderly to rental housing intended for elderly residents close to stations. Lower tax burdens.

Rebuild apartment complexes that predate the new anti-seismic design code and create new centers for the community.

- Create apartment complexes that are safe, secure, and comfortable, and construct locations for nursing-care and welfare services, as well as community gathering places.
- ◇ **Eliminate causes of insecurity among elderly (isolation, disconnection, nursing care needs).** Multifunction buildings combining special nursing homes (capacity 121,000 persons), group housing for the single elderly (capacity 50,000 persons), and local community gathering place (152 ha) (Figures indicate results when carried out for municipal public housing.)
 - ◇ **Expand housing units and allow shared housing.** Increase number of housing units by 10% and room size by 20%.
 - ◇ **Increase places where healthy elderly can work.** Working at a nursing care facility provides the employees with priority for admission to that facility.

Create spaces free of tall buildings where people can see the sky, and provide green relaxation areas, as well as ensuring evacuation routes.

Creating produce gardens

- Local residents together prepare and eat fresh vegetables harvested by their shared labor.
- ◇ **Increase numbers of produce gardens.** Remove the abandoned houses that are expected to grow in number in the future, and use the land for community produce gardens. These will also serve as firebreaks in densely populated urban areas, as well as centers of local community activity through the gardening work.

Create park loop roads which will be enjoyable locations for everyday activities as well as important routes in event of disaster.

- ◇ **Create enjoyable spaces.** Integrate urban areas with park loop roads, and create terraces and man-made forests at key locations.
- ◇ **Enjoy daily walks and cycling.** Create pedestrian and bicycle roads through the park loop roads.
- ◇ **Construct in the center of densely populated urban areas.** Connect and share routes between different urban areas, and promote measures to prevent the spread of fires.
- ◇ **Eliminate densely populated urban areas.** Focus rebuilding on areas where large damage is expected in the event of a disaster.
- ◇ **Use as evacuation routes for emergencies.** Routes used by elderly for walks or other everyday activities are ideal for evacuation.
- ◇ **Preserve the local geography and feeling of history.** Incorporate features such as small and mid-sized rivers and historical buildings.

Common items **Active use of floor-area-ratio transfer**
 Combine with regional planning that envisions the future of the city.

Note: "Green Living" as an option for healthy Tokyo elderly

- ◇ Dual lifestyle which enjoys both Tokyo and Green Living
- ◇ Tokyo elderly participate in agricultural activities such as fruit and vegetable cultivation in local areas.

Ward support

- Positioning of general plans
- Holding of study meetings
- Providing or arranging locations
- Support for PR activities
- Advice

Creation of comfortable local communities with ample opportunities for meeting, communication, and cooperation

Furatto Cafe and Buratto Library

Main resident activities

- Childraising support
- Social education for children
- Planning of safe and secure urban areas
- Disaster readiness and crime prevention activities
- Prevention of ailments requiring nursing care and cognitive impairment
- Prevention of shut-in residents
- Prevention of resident isolation
- Revitalization of commercial areas

The *Furatto Cafe* and similar programs will be grounded in resident participation, in which residents do what they can on their own.

The first step is meeting and creating a familiar group of friends and acquaintances.

Creating a Tokyo ward area that can support a super-aging society

