



**ACTIVE AGING CONSORTIUM ASIA PACIFIC
BULLETIN
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**From the President
Dr. Kathryn Braun (Hawaii)**



Greetings from Singapore, where many ACAP members are attending the biennial meeting of the Gerontological Society of Singapore. We are learning a lot about Singapore's system of caring for older adults, which includes efforts to promote active aging, aging in place, and a city of all ages. Look for a report in the next ACAP Bulletin!

**From the Editor
Charles Hardy (California)**



In the following pages, look for the details of the work by policy-makers in Japan, Indonesia, and Korea moving toward establishing uniform standards for Elder Care in the Asia Pacific Region. Many thanks go to our members and their colleagues for their skill and energy in doing so much, and for sharing what they have done.



**Harmonization of Long-term Care Certificates
between Japan and Indonesia:
The View from Japan**

**From Takeo Ogawa, President
Asian Aging Business Center**

Japanese society, like many others, is under challenge from the increasing numbers of persons age 60 years and older and the decreasing population of persons of working age. One

of the challenges is the workforce for long-term care. Because of shortages of long-term care workers in Japan, this country is inviting workers from other countries. For example, Japanese society opened a door to invite nurses and certified care workers from Indonesia since 2010.

This is not a policy for recruiting care workers. Rather, it aims to promote free migration under the bilateral economic partnership agreement (EPA) between Japan and Indonesia.

However, the long-term care systems in the two countries are different economically, institutionally, and culturally.



Community-based care in Japan



Family and volunteers provide most of the long-term care in Indonesia.

Japan has established a public long-term care insurance system. In this system, certified care workers and non-certified care workers are employed in several care-service settings as paid workers. Indonesia still has a relatively young population, and direct care to the elderly is provided primarily by family members and volunteer workers in communities.

We also found differences in the agendas for training and education of direct care workers. If Indonesian long-term care workers are going to fit into the Japanese system, the long-term care training programs in the two countries need to be harmonized. One way to harmonize is to create a standard long-term care certificate. To do so, we need to understand both countries' situation.

The Japanese long-term care system will be changed in near future to focus more on integrated community care, rather than on institutional care. Respite short-stay care, day care, and home delivery care should be integrated into communities in Japan.



Indonesia is moving to have *posyandus* (community health organizations) offer long-term care to the elderly. In Indonesia, faith-based organizations also can play an increasingly important role in building a society for caring older persons.

When both countries have better developed community-based care systems, this will offer a common field to think about the harmonization of the standard of long-term care certificate.

We need to start by developing two training programs: one for care-beginners and one for trainers who can train others (Training of Trainers, TOT). Care-beginners will be family care-givers and neighbors and volunteers in local communities. Trainers will be certified care workers and other professionals in Japan and nurse-preceptors in Indonesia. Japanese certificate-of-care workers should be differentiated as to universal knowledge and skills, and particular knowledge and skills for Japanese workers. This should be done in accordance with the competency requirements for work places and levels.

The process may require job re-design, too. Indonesia also needs to establish the long-term care certificate system in collaboration with its governmental offices, educational organizations, and local communities.

We will hold a meeting this coming summer to propose training and an education center for Training the Trainers.



Harmonization of Long-term Care Certificate between Japan and Indonesia: The View from Indonesia

**Tri Budi W. Rahardjo & Dinni Agustin
Centre for Ageing Studies UI, Indonesia**

The Centre for Ageing Studies UI, in cooperation with Toyota Foundation and AABC Japan, held round table discussions at Jakarta on February 18, 2014, and a field visit was made to Patuk, Gunung Kidul, Yogyakarta, on February 20, 2014.

The activities were held to increase understanding of both countries in connection with their population-ageing problems. More needs to be done to realize the bilateral economic partnership agreement between Japan and Indonesia for long-term care workers,

With further preparation, we will propose a plan, which will attempt to harmonize or adapt to the differences between the nations' cultural and social backgrounds, and which aims to unify how long-term care for the elderly is delivered in the two countries.

It proposes to every sector concerned the framework of an Asia-Pacific long-term care certificate to assure high quality care-giving. We will propose a framework that attains illustration of a new classified education and training program and the common program which especially raises knowledge and skills for such beginners as family caregivers, neighbor caregivers, and volunteer caregivers. Moreover, we will propose the mutual exchange of talented persons who train trainers of long-term care for the elderly.

In round-table discussions with policy makers, researchers, and other stake-holders, discussions covered:

- Policies and programs of long-term care in relation to health, social, and family-support system in the community
- Trainings that have been conducted by NGOs
- Standards of long-term care Certificate in Japan and Asia Pacific countries
- Harmonization of the standard of long-term care training



Team AABC & Toyota Foundation Japan visit to CAS UI
Office Meeting in Jakarta, 18 February 2014

The purpose of the field visit to Patuk Village in Yogyakarta was to observe community care provided by Primary Health Centres, Posyandu, and home care. The group visited:

- The Primary Health Center (PHC) of Beji Village to meet with the Head and Staff, and direct observation to the services at PHC.
- The Posbindu Lansia (Integrated Community Post for Older Persons) at Dusun Jelok, Beji, Patuk, Gunung Kidul District to meet with Head Dusun Jelok, Village Beji Patuk and staff, health providers, social workers, and care givers/caders.
- The Faculty of Health Sciences at the University of Respati Yogyakarta, which is coordinating and supervising a nursing program in Patuk Village.

The conclusion of this meeting and field visit was a Recommendation on Development of National Training Program for Elderly Care including Long Term Care and Follow up of Harmonization of the Standard of Long-term Care Certificate between Japan and Indonesia.

Education, training, and research in Indonesia should be conducted systematically, with consideration of a multi-sector approach. We need to think about criteria for educators and trainers, a standard curriculum with Japan and other countries, a stakeholder network for sustainability, the role of academic institutions and civil society, and the contribution of private sectors.



Discussion with PHC Beji's staffs, Gunung Yogyakarta field visit to Jelok Village Gunung Kidul Yogyakarta

The National Commission for Older Persons (NCOP) coordinates aging-related policy in all Indonesian ministries, including Law, Transport, Communication, Labor, Social Welfare, Education, Man Power, Population & Family Planning, Universities, as well as Civil Society/non-governmental organizations. Programs at the local level can be coordinated by Local Commission for Older Persons (LCOP).

The next steps of activities will be:

- Meet in Fukuoka about the curriculum and site visits regarding integrated community care (July 2014)
- Develop a follow up proposal about the implementation of joint program training between Japan, Indonesia, and other countries (Autumn 2014)
- Support a dialog between Japan and Indonesia Government (2015)



Social Policy for Aging in Korea—Income Security Programs are Needed

**By Dr. Dong Hee Han
Director, Research Institute of Science
for Better Living for the Elderly**

According to the Global AgeWatch Index 2013, published by HelpAge International, Korea ranks 67 out of 91 countries. The primary reason for this low score is our poorly

developed system of income security for older adults.

<http://www.helpage.org/global-agewatch/data/global-rankings-table/>

In fact, until after World War 11 and the Korean War, there was no possibility of establishing a pension and income security system in Korea.

Income Security for Korean elderly people is now being addressed by several ministries, and we have developed many services focusing on communities under “Maeu Mandleki” for old person. For example, since 2005, our government has supported all older persons to take part in Workforce for Elderly, a new model income system for old persons and the labor market in Korea. The mandatory retirement age has been raised from 55 to 60. Retired old persons have been guided to mentoring programs where they are able to pass along their expert experience. New opportunities for work, and for training for new jobs, have been developed. We have new community bases caring for old persons and contributing social support. About 62% of Koreans age 55-64 are employed.

On the other hand, Korea scored 8 out of 91 countries in elder health. This is because both life expectancy and healthy life expectancy at age 60 are high in Korea. Also 94.4% of older adults report that their life has meaning.

Indices like the one promoted by HelpAge International are useful in showing directions countries can take to become more age-friendly.



Displacement and Older People - The Case of the Great East Japan Earthquake and Tsunami 2011

***By Dr. Mae Mendelson
Board Member, HelpAge USA
www.helpageusa.org***

I was asked to give the keynote address at the Red Cross Nursing Hospital where we unveiled the

findings of the study, **Displacement and Older People - The Case of the Great East Japan Earthquake and Tsunami 2011**, conducted in Iwate and Miyagi prefectures. The study was led by Dr. Nahoko Okamoto.

The tsunami, earthquake and nuclear plant accident and the aftermath of these disasters had immense and disproportionate impact on older persons (65+). Lack of information such as the location of evacuation centers and lack of appropriate support for persons with physical and cognitive impairments were just a few of the challenges cited in the study.

Approximately 117,000 individuals still live in temporary housing. Many older adult men are described as depressed and despondent by their inability to return to lives they found meaningful and productive. Coupled with the disruption of health care access, prolonged displacement has resulted in disaster-induced trauma and aggravated chronic conditions. Especially poignant were the stories of two male survivors who have now overcome their depression and social isolation.

Not all the findings of this study were negative. When given the opportunity, older adults contributed their knowledge to young people on how to cope with limited resources. The study recommended building a community strategy using older adults as the center of community training. This would support older adults so that they could contribute their experience and knowledge of disaster resilience to younger generations. For more on this study, visit www.helpageuse.org.

What had been learned and implemented in East Japan would enhance the HelpAge International knowledge and work that is currently on the ground in the Philippines - post-Haiyon. The findings of the study are useful in building a disaster strategy that is more than crisis response. What is needed is a plan for preparedness that is built on unique population needs and a post-disaster sustained recovery plan.



Mae Mendelson, Shigeru Shimada, General Secretary, Kazuki Yamane Executive Director, International Relations, The National Council of YMCAs of Japan. The YMCAs are implementing community building programs in tsunami and hurricane impacted regions.

New Book

ACAP Member Mae Mendelson recommends a book about grandparenting. The book is **The Grandest Love** by author Jerry Witkovsky (MSW).

Visit www.grandestlove.com for more information.

