Dementia care in Japan

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Contents

- The present circumstance of “super-aged society” and the current situation of dementia in Japan
- The Kumamoto dementia care model
- Future direction of dementia care in Japan
The present circumstance of “super-aged society” and the current situation of dementia in Japan
International comparison of aging

Source: Labor and Welfare white paper in Japan, 2018
Aging Fluctuations and Future Estimates in Japan

Materials: Results up to 2010 are based on the Population Census by the Ministry of Internal Affairs and Communications and estimates from 2015 onward are based on middle estimates for births and deaths in "Japan’s Future Estimated Population (Jan. 2012 Estimates)" by the National Institute of Population and Social Security Research

(Note) Totals from 1950 to 2010 include people of unknown age

Aging rate (ratio of population aged 65 years or older)
Changes in mean life expectancy at age 65

Prepared based on Annual variation in Life Expectancies at Specified Ages, Reference 2, “Abridged Life Tables” 2015
Number of elderly people who live alone in Japan

(2,202,000)
According to a large-scale study by a research team of the Ministry of Health, Labour and Welfare targeting approximately 9,000 residents aged 65 years or older in 10 cities throughout Japan, the prevalence of dementia in people aged 65 years or older was 15% in 2012, indicating an estimated total of approximately 4.62 million people with dementia throughout Japan. It was also estimated that there are approximately 4 million people with mild cognitive impairment (MCI), which is observed prior to dementia onset.

Dementia prevalence in urban areas and response to lifestyle function impairment caused by dementia General Research Report by the Dementia Countermeasure Comprehensive Research Project (FY2011 — 2012)
Specialists for dementia

The Japanese Psychogeriatric Society

- Years of foundation: 1986
- Number of members: 2,598
- Number of psychogeriatric specialist: 1,497

Japan Society for Dementia Research

- Years of foundation: 1982
- Number of members: 3,150
- Number of dementia specialist: 890

Specialists for Dementia: Patients with dementia = 1 : 2000
The aim is to realize a society in which the wishes of people with dementia are respected and where they can continue to live as they wish in the good environment of their familiar regional residence for as long as possible.

(1) **Raising awareness** to deepen understanding of dementia

(2) Providing appropriately timed and adequate **medical and long-term nursing care** in accordance with the patient’s condition

(3) Enhancing **measures for early-onset dementia**

(4) **Supporting caregivers** of people with dementia

(5) Promoting the **creation of regions that are kind to** elderly people including those with dementia

(6) **Research and development** of methods for dementia prevention, diagnosis, treatment, rehabilitation and long-term nursing care, and promoting increased awareness of the results

(7) **Focus on** the viewpoint of the person with dementia and their family

Important Points in the Comprehensive Strategy to Promote Countermeasures for Dementia (New Orange Plan) – For Regional Development that is Kind to Elderly People with Dementia

The aim is to realize a society in which the wishes of people with dementia are respected and where they can continue to live as they wish in the good environment of their familiar regional residence for as long as possible.

Basic stance on New Orange Plan

Seven pillars

(1) **Raising awareness** to deepen understanding of dementia
(2) Providing appropriately timed and adequate **medical and long-term nursing care** in accordance with the patient’s condition
(3) Enhancing **measures for early-onset dementia**
(4) **Supporting caregivers** of people with dementia
(5) Promoting the **creation of regions that are kind to elderly people including those with dementia**
(6) **Research and development** of methods for dementia prevention, diagnosis, treatment, rehabilitation and long-term nursing care, and promoting increased awareness of the results
(7) Focus on **the viewpoint of the person with dementia and their family**

‘Kumamoto (dementia care) model’
Medical service network with cultivating human resources for dementia in Kumamoto
Example of the Dementia-related Medical Center operation project (Kumamoto Model)

The entire area of the prefecture is covered by the double structure model where Kumamoto University Hospital is regarded as the “core center”, with 9 medical institutions with a Department of Psychiatry as “community-based centers”.

Main roles of the core center
① Provision of expert consultation
② Care for complications, early diagnosis
③ Manpower development (Enrichment of the training system)

Main roles of community-based centers
① Provision of expert consultation
② Differential diagnosis and early care (especially for BPSD) based on the diagnosis
③ Care for complications
④ Establishment of community alliance system for the medical care of dementia

Textbook for Dementia (edited by Japan Society for Dementia Research, Chugailgakusha), p208.
10 Dementia-related Medical Centers in Kumamoto (mean time to access these centers)

Yamaga Kaisei Hospital (21min)
Arao Kokoronosato Hospital (16min)
Kumamoto Seimei Hospital (15min)
Kumamoto Shinryyo Hospital (23min)
Amakusa Hospital (29min)
Aso Yamanami Hospital (31min)
Mashiki Hospital (24min)
Kumamoto University Hospital (35min)
Heisei Hospital (19min)
Yoshida Hospital (22min)
(n = 845)
Community-based centers’ operation

Assistance of regional support system for dementia

1. Specialized outpatients clinic for dementia

2. Home visit consultation by community-based centers’ staffs

3. Holding lectures and case conferences for local GP and care staffs
Clinical achievements of Kumamoto Dementia-related Medical Centers

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<tbody>
<tr>
<td>Tel Consultation (No. of times)</td>
<td>143</td>
<td>471</td>
<td>571</td>
<td>578</td>
<td>647</td>
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<tr>
<td>New outpatients (n)</td>
<td>106</td>
<td>203</td>
<td>223</td>
<td>194</td>
<td>229</td>
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<tr>
<td>Total outpatients (n)</td>
<td>2,777</td>
<td>3,200</td>
<td>3,876</td>
<td>3,982</td>
<td>4,245</td>
</tr>
<tr>
<td>No. of Medical care centers</td>
<td>8</td>
<td>8</td>
<td>10</td>
<td>10</td>
<td>10</td>
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◈Monthly average of ten centers in 2013
Consultation cases: 621    New outpatients: 221
Follow-up outpatients: 2,679   Hospitalized patients: 52
Core center’s operation
Education & training & clinical research

1. Development of expert doctors on dementia
   (Dispatch them to the community-based centers)

2. Education and training for the staffs of community-based centers
   (Holding of dementia training meetings)

3. Clinical researches based on the common database among centers
Supporting the community-based centers

- Dispatch of expert doctors to the regional centers
- Outpatient clinic for dementia by the expert doctor

• Urgent hospitalization for demented patients.
  (Keeping one bed available for one patient everyday)

Leading to improvement of skills in the members of regional center
The brand-new Kumamoto model
Three-layered system with GP, care stuffs, & dementia supporters
Future direction in Japan
Early diagnosis & professional care

78yr Female  DLB  
MMSE 22/30  
Living alone in the apartment  care lank 1  
Visiting with her care manager and daughter

Check points
☆ Handrail in the bathroom
☆ Chair in the bathroom
☆ Her movements when taking a bath

Preparation for safety life
☆ Install handrail  
  (lengthwise direction)
☆ Purchase stable bathroom chair
☆ training for taking a bath
Training of dementia supporter in Japan

Number of supporter

- 2005: 29,982
- 2006: 138,436
- 2007: 279,787
- 2008: 479,860
- 2009: 734,125
- 2010: 800,874
- 2011: 764,955
- 2012: 813,570
- 2013: 850,296
- 2014: 1,106,566
- 2015: 1,380,253
- 2016: 1,312,085
Visiting older people’s home by students

Training to question older people who is puzzled in the community

Dementia supporters activities in Kumamoto

Supporting dementia café

listen volunteer
Movement of ‘Dementia-friendly libraries’ in Japan

- Miyamae Library in Kawasaki City
- Hyuga City Office and Kyushu College of Health and Welfare
- Osaka University and libraries in Kansai-Region
- Tokyo metropolitan area
- Miyamae Library in Kawasaki City
Hyuga City in Miyazaki Prefecture
Mini Library in a Community Center

• More than 100 books on dementia and care
• Introducing a story of an old man with dementia and his family who live in the local community

By Prof. Ogawa from Kyoto Tachibana University
Involvement of younger generation

- children read aloud picture books on elderly people and dementia at a local public library to other kids and adults in the community in Takasago city
- children perform a play of a family story in collaboration with a local association for early onset dementia. The scenario is kept and presented by the local public library.
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