

## II Creating a Comfortable City for the Elderly

~Learn about Japan's efforts to support its aging society~

Japan's has by far the world's most aging society with more than 20% of its population aged 65 or older, and this figure is expected to grow. In Asia, numerous countries, such as South Korea and Singapore, are expected to follow this trend at an even faster rate than Japan. These countries need to develop or improve their social service systems to deal with their aging populace. You will be briefed on the social security system of Japan, the forerunner in aging populations, including pension, medical care, and nursing care. We will also explore services for the elderly currently in place in Fukuoka.

### 【Training Menu】

○Learn about Japan's plans for the welfare for the elderly

Training will be given by **experts on welfare**.

- Overview of Japan's social security system and nursing care insurance system
- Details of the nursing care insurance system
- A new structure of welfare for the elderly
- Realities of nursing care (experiences shared by heads of facilities, etc.) ※It is also possible to combine this training with visits to facilities and practical training.
- Practice professional nursing care such as changing of body positions and various assistance techniques

### 【Details of the Visit】

You will learn about Fukuoka City's **welfare facilities for the elderly**.

We also offer visit programs combined with training or practical training at your request.



Fukuoka City Citizen Welfare Plaza (Fuku Fuku Plaza)

A welfare complex that aims to realize a mutually-supportive society by deepening the citizens' understanding of social welfare and promoting their participation in social welfare activities.



A welfare facility for the elderly

There are many welfare facilities for the elderly in Fukuoka City.

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~Aiming to be an information center of aging societies~

In South Korea, the law on long-term care insurance for the elderly came into force in July 2008, inspired by the nursing care insurance system of Japan whose population is aging ahead of other countries. Since the Korean law is modeled on the Japanese system, training visits to Japan are becoming more common. In response to these needs, Fukuoka City has established an organization to facilitate many visits and training courses. Fukuoka City is an ideal place for visits and training because of its geographical proximity to Asia, good transport infrastructure and concentration of many health and welfare facilities for the elderly. We also provide opportunities to practice nursing care techniques for the elderly, under the supervision of various facilities.

Training at a welfare facility for the elderly (trainees from South Korea)

We have welcomed many visits/trainees from municipalities, universities, and facilities for the elderly in South Korea.



A lecture on Japan's nursing care insurance system and facilities for the elderly



Practical training on changing of body positions



Practical training on changing of bed sheets



Recreation activity with the users of the facility