

## COMPLETION REPORT

Care Models for Elderly People in Japan. Experiences and Applicable Ability to Vietnam

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As a country influenced by Confucianism, the Japanese elderly care was previously the responsibility of the family. However, the social and economic changes adversely affected on the elderly life, such as the increasing proportion of elderly people, shrinking family size, and increasing number of women actively participating in the labor market, due to rising economic difficulties, women can no longer stay home to take care of the elderly, have made Japanese elderly care become big problem. In order to solve this problem, Japan implemented long term care insurance since 2000 to reduce care burden on families through socializing elderly care. Thanks to various effective policies and measures, the elderly care models in Japan are becoming increasingly diversified, in line with the increasing diverse needs of the society in general, and for the elderly in particular. Japanese elderly people are cared for at home, in facilities or at Group home by professional care providers and have to pay a part of the total service cost (the remaining cost is paid directly to the service providers or Institutions by insurance companies).

Home-based Care model is the most preferred. After the establishment of long term care insurance. Home-based care services are devised to support the daily lives of the elderly such as nursing care, long-term care, bathing for patients, day rehabilitation, day care, etc. Whereas Institutional care, nurture elderly people in need of long term care whose families are not eligible for care. This is a place to provide shelter, rehabilitation, long-term care, even to the end of life, for the elderly people. These facilities are often diverse to meet the needs, have different levels of care, depending on economic ability of the elderly.

Group home model was developed in Japan due to the increasing rate of the elderly with dementia. Group home is designed and constructed as a single family home, suitable for people with dementia to help them live as comfortable as can be at home. The elderly people living at group home receive appropriate care, be encouraged to have high self-esteem and their privacy are respected. As a result, the morbidity of people living at group homes is reduced and the quality of life is improved.

Vietnam is experiencing a rapid aging population and facing many problems in caring for the elderly. Although Vietnam and Japan have differences, there are also similarities which can help Vietnam learn from the Japanese experiences in caring for the elderly. These include, establishing long-term care insurance, home and institutional care improvement and building group homes for the elderly with dementia.

Publication of the Results of Research Project:

Verbal Presentation (Date, Venue, Name of Conference, Title of Presentation, Presenter, etc.)

Thesis (Name of Journal and its Date, Title and Author of Thesis, etc.)

2 research papers were published in Vietnam Review of Northeast Asian Studies (in Vietnames):

- Tran Thi Nhung, **Mô hình chăm sóc lâu dài cho người cao tuổi Nhật Bản** (Long Term Care Models for the Elderly in Japan), Vietnam Review of Northeast Asian Studies, No 4 (194), Hanoi, April 2007.

Abstract: The aging population and its consequences have become a matter of primary concern in Japan as the social and economic changes adversely affect the lives of the elderly. In order to improve the quality of life of the people, create stability and develop society, Japan has always paid special attention to the elderly care. This article analyzes the development of long-term care models (home-based, community based care and preventive care) for the elderly in Japan since the introduction of the long term care insurance. It also looks into the successes and challenges facing Japan in order to address the weaknesses in the long-term care for the elderly.

- Tran Thi Nhung, **Kinh nghiệm đảm bảo an sinh xã hội cho người cao tuổi ở Nhật Bản có thể áp dụng vào Việt Nam** (Experiences about social security for the Japanese elderly applicable in Vietnam), Vietnam Review of Northeast Asian Studies No 6 (196), Hanoi, Jun 2007.

Abstract: Japan is currently the most developed country in the world with the highest proportion of elderly people and is well experienced in addressing issues related to aging. Vietnam is a developing country with relatively fast aging population. Therefore, so many issues related to ensuring social security for the elderly should be addressed. Although there are differences between Japan and Vietnam, some experiences dealing with the issues of social security for the elderly in Japan such as the experience of implementation of universal health insurance and pension, long-term care insurance and elderly welfare; by stabilizing the social security fund, ensuring material and spiritual life for the elderly; building Group home model for people with dementia is worthy of study and be applied in Vietnam.

Book (Publisher and Date of the Book, Title and Author of the Book, etc.)