

# **Active Ageing Consortium Asia Pacific**

**December 2016**



From the President  
Kathryn Braun  
University of Hawaii



## **Happy Holidays from ACAP**

2016 was another great year. I am so thankful to ACAP members who spent the year improving the lives of older adults. We all work in different ways, and all of our contributions are important: Thanks to those of you who:

- Led programs to empower and assist older adults
- Developed and championed active aging policy
- Funded programs related to active aging
- Conducted research on active aging
- Disseminated information on active aging
- Worked to increase the age-friendliness of the environment
- Taught others about active aging
- Volunteered to improve the world
- Served as an active aging role model

We encourage you to share your experiences with other ACAP members. Please send a short story and some photos about your efforts to promote active aging. Thanks for all you do, and HAPPY NEW YEAR!!

## **Fukuoka Representatives Stimulate Exchange with Hawaii**

Takuya Nakamura and Toshihiro Hirata of the Advanced Healthy Aging Program of Fukuoka, Japan spent 3 days in Hawaii to learn and share experiences with Hawaii's aging experts in November 2016.



Mr. Nakamura and Mr. Hirata made presentations on Fukuoka's plans to the Hawaii Executive Office on Aging in Honolulu and to the Maui and Hawaii County Offices on Aging. They also participated in site visits and meetings with Hawaii eldercare leaders on the three islands.

Hawaii learned more about Japan's long-term care financing system, as well as 7 strategies being implemented by Fukuoka-City government to reduce eldercare workforce shortages. These include technological infrastructure development for data sharing, a focus on increasing healthy life expectancy, and a commitment to cross-cultural exchange.

In turn, the Fukuoka's representatives were impressed with Hawaii's statewide implementation of the evidence-based Enhanced Fitness program to increase healthy life expectancy. Other insights were identified in the value of Hawaii's multi-ethnic eldercare workforce, the intergenerational role of grandparents helping grandchildren, and the informal style of Hawaii's local culture that seems to assist Hawaii with its community development efforts, particularly on the rural islands.

Friendships between Fukuoka-City and Honolulu were strengthened through meetings with our aging-network leadership on Oahu, Maui and Hawaii Island. The photo was taken at the meeting on Maui, with Maui Island Mayor Alan Arakawa shaking hands with Mr. Takuya Nakamura, the Country Executive on Aging Deborah Stone-Walls (behind the Mayor), Mr. Toshihiro Hirata (behind Nakamura), Cullen Hayashida, and others.



**HKweCare x Active Ageing Week 2016**  
**by Jeffery Chan**  
**Institute of Active Ageing (IAA)**  
**Hong Kong Polytechnic University (PolyU)**

The Institute of Active Ageing (IAA) of Hong Kong's PolyU held the HKweCare Active Ageing Week 2016 Opening Ceremony on 14 October 2016 at City Walk, Tsuen Wan. Over 200 guests from the community, including donors and collaborators, gathered to witness the achievements of IAA in the aspects of research, education and practice on the occasion.

The ceremony was officiated by The Honourable Matthew Cheung Kin-chung, Secretary for Labour and Welfare of the HKSAR Government, Prof. Daniel Lai, Chair Professor of Social Work and Gerontology & Director, Institute of Active Ageing, PolyU and Dr Joseph Lee, GBS, JP, Chairman of Wofoo Foundation.



"HKweCare x Active Ageing Week 2016" promoted and fostered a spirit of being Optimistic and Positive, Mutual Respect and Love by promoting values within existing programs and initiatives. We hope to promote and spread the message of being thankful in order to bring out the Hopeful and Happy HK for which we all care.



This event aligns with our aims to enhance quality of life, address the needs of Hong Kong's ageing population, and improve the city's practices and policies related to care of the aged. It also fits with our mission to become an inter-



disciplinary research and academic centre of high international standing on active ageing.

IAA is committed to research excellence and innovation in key areas of ageing, interdisciplinary education related to gerontology, and evidence-based practices for the promotion of active ageing.



**Golden Age Expo and Summit 2017  
by  
Rebecca Choy-Yung  
Founder & Chair  
Golden Age Foundation**

The Golden Age Foundation will organize the 2nd Golden Age Expo & Summit from Jan 21-22, 2017 at the Hong Kong Convention & Exhibition Centre.

The theme of the 2017 event is “Celebrating Smart Ageing” and will mainly be in the form of a two-day expo (with over 100 booths from Hong Kong and other countries), over 30 sessions of symposium plus workshops, experiential activities, etc. The event will be another invaluable opportunity to bring together government officials, business leaders, NGOs, social enterprises, academics, and interested individuals to exchange ideas, showcase innovative efforts and learn from best practice. More than 8,000 participants from Hong Kong and nearby cities are expected.

#### **Summit: Smart Ageing City**

The annual “Golden Age Summit” has been highly recognized as a cross-sector and cross generational platform for professionals and individuals interested in dialogue and collaboration. The 2017 Summit will bring in more innovative thoughts and business models by inviting renowned international and local speakers to discuss and explore innovative ways of building Hong Kong into a ‘Smart Ageing City’. The Summit is suitable for all business decision makers and those who are interested in exploring and understanding more about Smart Ageing City. The last Summit was attended by over 600 delegates from Hong

Kong, China, the Asia-Pacific and North America, providing an excellent forum for information exchanges and networking.

We welcome participants from overseas. Contact Ruby Zhu or Rebecca Choy-Yung for more information. <http://goldenage.foundation>



The Golden Age Foundation is a charity formed by a group of professionals who are passionate in building the Golden Age movement in which people aged above 45 may make use of their wealth of knowledge, capabilities and valuable experience to contribute, and the Golden Age economy for social good could be developed.



Japan is Expanding Chances of Long-term Care Work for Foreigners  
by Dr. Takeo Ogawa  
Consultant, Fukuoka-City Government  
President, Asian Ageing Business Center

The Japanese Diet enacted two laws for recruiting foreign long-term care (LTC) workers. These two laws were passed in November 2016.

The first law expands foreign technical internships to LTC workers. Under the law, foreign LTC technical interns will be able to work and study in Japan for 5 years and then will go back to their home countries.



Returning workers will bring advanced LTC skills to their home countries, which can help their home countries further develop its LTC care industries.

The second law enables foreign graduates of LTC training schools to stay in Japan with working visas.

Accepting foreign certified care worker candidates falls under the framework of bilateral economic partnership agreements with the Philippines, Indonesia, and Vietnam. Thus, a variety of foreign workers will be found in Japan's LTC facilities.



Japanese Municipalities Developing Continuing Care Retirement Communities (CCRC)  
by Dr. Takeo Ogawa  
Consultant, Fukuoka-City Government  
President, Asian Ageing Business Center

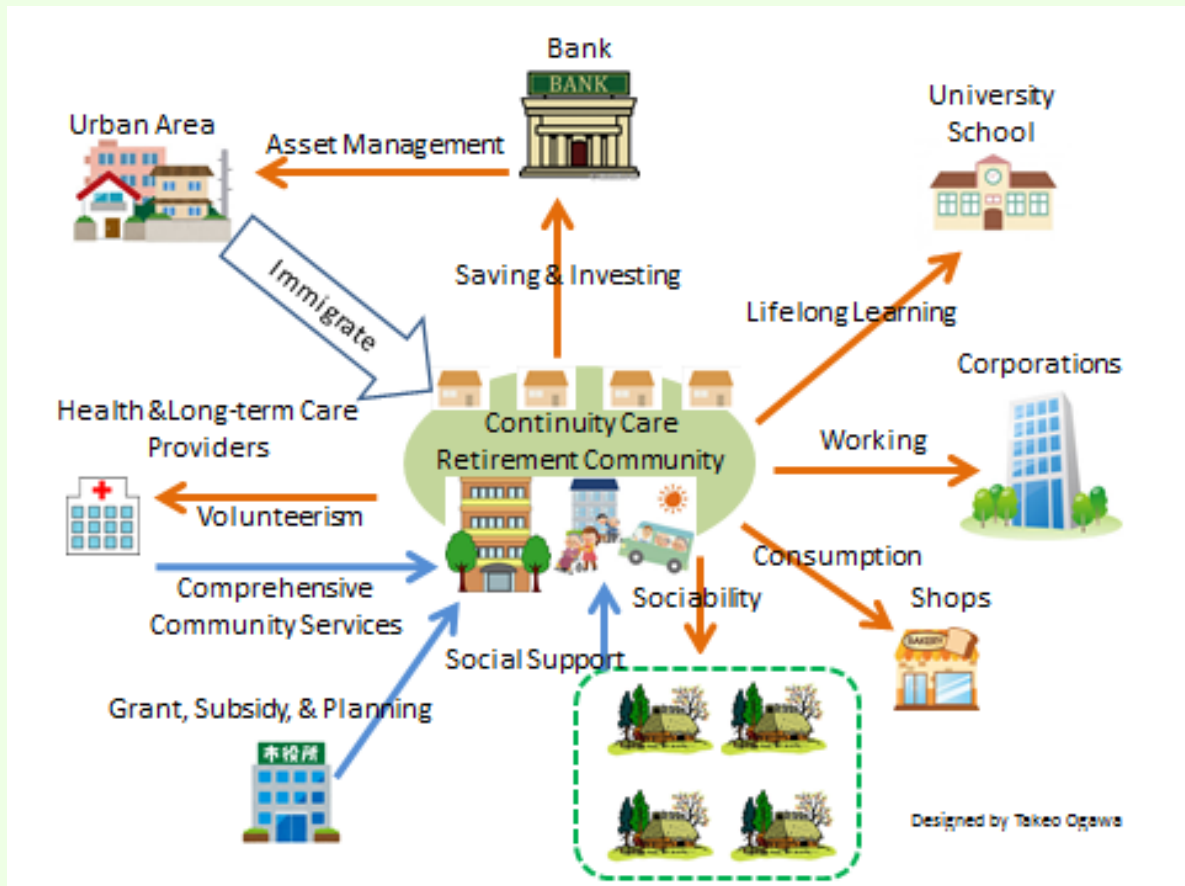
The concept of the continuing care retirement community (CCRC) was formulated in the US. It is the co-location of independent living residences, assisted living facilities, and nursing homes.

Once established in the community, an older resident would be able to move to the different facilities as required by their changing health status.

The Japanese government adopted this idea for a local activation policy. As those who live in a megalopolis will be not able to get long-term care, it is better for them to migrate to a CCRC in their local area. They will sell their own home in an urban area at a high price, and then will be able to buy reasonable CCRC services in local areas.



Japanese CCRC will be developed in the near future. It will emphasize: migration, active aging, multi-generational relationships, continuing care, utilization of technology, participatory management for residents, and public support. About 300 municipalities are starting to develop CCRC. Dr. Takeo Ogawa will engage in a CCRC plan in Iki-city, Nagasaki prefecture. Here is a schema of how it would work.



In the next issue, Co-Editor Chris Conybeare will provide a story about the Erickson model of CCRC in the US.



**Japan-Indonesia Cooperative  
Training in Long Term Care  
by Dinni Augustin  
Centre for Ageing Studies  
Universitas Indonesia**



The Centre for Ageing Studies (CAS) Universitas Indonesia collaborated with Keishin Gakuen Educational Japan to provide training in long term care (LTC), October 30-November 1, 2016 at Ruang Apung Universitas Indonesia, Depok, West Java, Indonesia.

Our purpose was to train family and volunteer caregivers to provide LTC for the elderly. Keishin developed a modular training program. Local professional trainers were trained to deliver the program, assisted by a training kit. The modules covered in the training were:

- The values of LTC (Kaigo)
- Promoting life quality for individuals you support
- Safety at work
- Communicating positively
- Working with those at risk
- Providing dementia care
- Understanding your role
- Body and mind mechanics of older persons
- Supporting Activities of Daily Living
- Supporting Instrumental Activities of Daily Living
- Recognizing and responding to abuse and neglect



The process of learning was conducted by:

- Watching video images using VTR or pictures
- Discussing the key points from the videos or pictures
- Demonstrating an appropriate way (role play)

The instructors were from Keishin Gakuen Educational Japan, AABC, and the Japan Medical Care Human Resource Development Association. Some of the trainers were returned caregivers who had worked in Japan and had a Kaigo Fukushima certification.



Fifteen persons were trained, including Kader Posyandu (voluntary community-based social workers, developed by the Ministry of Health), Pendamping lansia (community based, social workers developed by the Ministry of Social Affair) and Pendamping lansia at Panti (institution-based social workers). The result of pre & post-test show that trainees gained LTC knowledge and skills.



Another 30 persons observed the training, including individuals from the Ministry of Health, Ministry of Social Affairs, Board of Population and Family Planning, Board of Women's Empowerment and Child Protection, National Planning Board, nurses, and academicians.

#### Conclusions of the training:

1. There is a need for LTC training through formal education.
2. LTC training can be implemented in Indonesia, and the university is a national training centre for TOT.
3. This first phase of the training went well
4. Although participants were women with experience delivering care, the training increased their knowledge and skills.
5. Materials, video, and facilitator are not perfect. Simulation activities are best.

#### Recommendations:

1. In Indonesia, social marketing needs to show caregiving as an attractive career.
2. The Indonesian government should support the university as a LTC training site, especially to train trainers.
3. In future trainings, participants should be entry level and recruited from vocational schools.
4. Facilitators, returned Kaigo, and trainers need to practice giving the training.
5. The curriculum needs to be fully translated to Indonesian. Supporting materials, like videos, should reflect Indonesia.
6. More research is needed on LTC preferences that consider local cultural, values, and geographic conditions.
7. Simulations should be done in the real LTC settings.
8. CAS UI staff should visit Keishin Gakuen Education Group.



# Future Conferences

IAGG Conference in San Francisco USA from July 23-27, 2017

[www.iagg2017.org](http://www.iagg2017.org)

23-27, 2017 • San Francisco, California

## A GLOBAL DIALOGUE ON AGING

IAGG 2017 brings together more than 6,000 professionals from all over the world to tackle the challenges posed by today's fast changing aging population. Save the date, July 23-27, and join the talk.



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**The Deadline for submitting articles for February-March issue of ACAP Bulletin is January 20th, 2017. Please send your photos and stories to:**

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