



Senior Centers and Senior Housing in Japan

高齢者のための施設：通いタイプと住居タイプの違い
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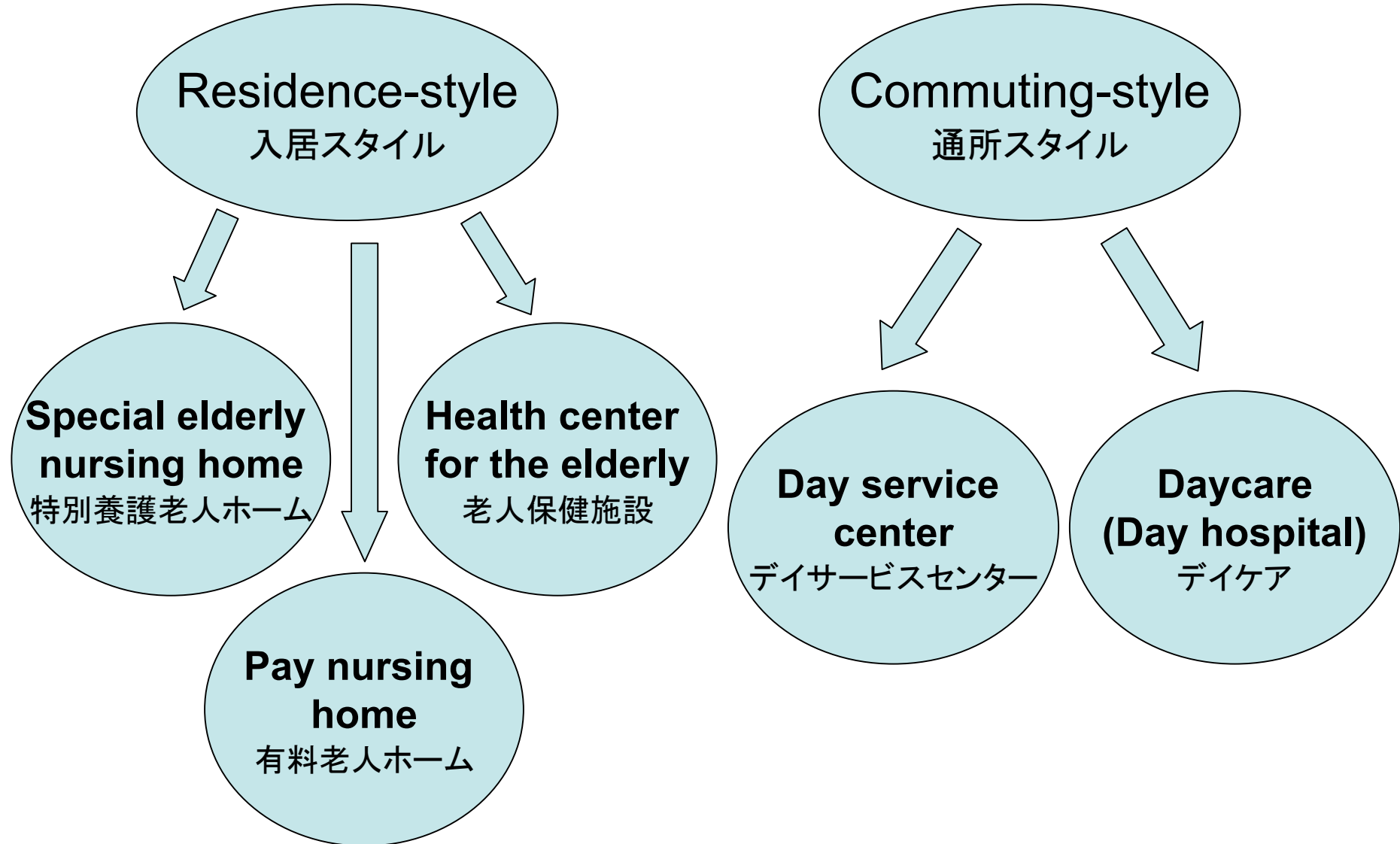
Why the elderly people use the senior centers?

どうして施設を利用するのか

- **Because he/she lives alone.**
一人暮らしになったから
- **Because he/she needs special care.**
介護が必要となったから
- **Because of illnesses such as dementia**
認知症などの病気のため **etc**

What type of facilities are there?

どんな種類の施設があるのか



- *Special elderly nursing home*

- The person to enter should be over 65 years old.

- People who need constant care such as bedridden use such facility.

- The home does not provide a hospital care.

- *Health center for the elderly*

- The users are 65-70 years old.

- The center encourages users to become able to go back home for normal life.

- The center has **hospital facilities**.



- *Pay Nursing Home*

- There is no age limit for incoming residents.
- It is **private enterprise management**.
- The residential style is similar to apartment housing.
- **Elderly people without specific illness** can also join.



- *Day service center*

→Senior people who want leisure time use it.

→Users are preferably without any illness.

→Users can **take shower and bath after activities.**

- *Daycare (Day hospital)*

→It is aimed for **rehabilitation.**

The user becomes able to learn to take care of him/herself and live alone,

The user also learns to live avoiding hospitalization.



The expenses

費用

	Cost of use per month (yen)	The government's subsidies 国の負担
Special elderly nursing home		Yes あり
Health center for the elderly		Yes あり
Pay nursing home		No なし
Day service center		Yes あり
Daycare (Day hospital)		No なし

How do the senior users spend a day?

どのように一日を過ごしているのか

Residential-style



wake up and have breakfast



Commuting-style



Staff come to the member's home for a pick-up





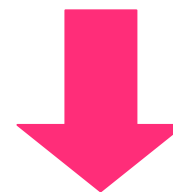
Have a medical check 健康チェック



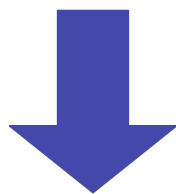
Do exercise together
運動



Take a bath 入浴



Lunch time 昼食



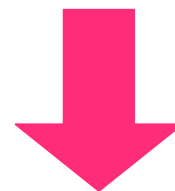
Free time (under supervision)
自由時間



Free time 自由時間
or



Rehabilitation リハビリテーション



Dinner time



Good night 就寝



Staff pick up and drive him/her back to home