Current Status and Problems of Medical Care System and Long-Term Care Insurance in Super-Aged Nation Japan

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・The total population of Japan is decreasing. While the population of latter-stage elderly will continue to increase until 2030, the younger generation will continue to shrink. As a result, it is predicted that the population of latter-stage elderly will make up more than 25% of Japan's total population by 2060.

・Hereafter, the most striking increase of latter-stage elderly will be in the three biggest metropolitan areas (Tokyo, Nagoya, Osaka) in this country, in which many members of the baby boom generation reside. The growth of the elderly population in rural areas is slowing, but overall depopulation is continuing rapidly.

・Longevity is putting more strain on social security systems, increasing the burden of paying into these systems for the shrinking population of younger generations.

・Along with the rise in the overall age of the population, the amount one person has to pay for Long-Term Care Insurance has become greater than that for Medical Care Insurance. As such, in a country with advanced longevity like Japan, the sustainability of Long-Term Care Insurance over Medical Care Insurance has become a serious issue.

・As the population continues to grow older, medical providers have to transition their treatment systems from those for acute issues to more chronic issues. It is hoped that treatments will move away from those completed in hospitals to those that can be completed more locally. Additionally, because the rate at which populations are aging varies so greatly depending on locality, the required systemic reform in these treatment systems can't be done on the national level but would be better implemented on a region by region basis.

・Among the latter-stage elderly in need of long-term care, women require a higher level of care than men, and experience a higher prevalence of dementia. Because of this, it is particularly important to focus on improving the health of elderly women moving forward.