Win-Win Culture Exchange between Japanese Youth & Australian Elderly people

— In an aged care facility in Perth, Australia —

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In your country,

• Aging population increasing?

• Enough Staff and financial resources?

高齢化社会の中で、介護士不足に悩まされいますか？
高齢者のQOL向上に十分なサポートがありますか？
In Australia, 

People with dementia ➡ More loneliness (孤独大)

Figure 1. Percentage of people with dementia, carers and general public members who had scores of low, mid and high loneliness. (Alzheimer’s Australia 2016)
Globalization 国際化
Aging society 高齢化
Too ambitious (貪欲)？
Barriers (リスク)？
What we can do and how?
Overview

1. Idea (アイデア)
2. Actions (活動内容)
3. Future possibilities (将来展望)
• Many International students and travellers
• Japanese youth from the largest aging country
  （超高齢化社会で過ごした日本人若者も来る）
Japanese youth (20-30yrs)

- Naturally learned communication skills
- Media and educational events
- Not easy to visit facilities in Australia
Idea: Creating an opportunity

Japanese Youth

Australian Seniors

For the benefit of both

目的：若者と高齢者、お互いにプラスになる機会を作る
Overview

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Actions (July 2016)

Contact with Japanese agency

Website: http://genki-aupairs.wixsite.com/families/blank-4
Music Connection Program
Activity assist and Resource making
Radio Exercise (ラジオ体操) group
Meaningful activities: Japanese Calligraphy
意味のある活動: 習字/毛筆
Meaningful Role: Gardening

役割活動
Spending time together (共働き)

- Benefit for both (互いに良い◎)
- Experience / enjoy different cultures (異文化交流◎)
- Social interaction (社会交流◎)

Challenge

- Verbal communication between staff and the volunteers 課題：スタッフとボランティア間の言語的コミュニケーション
Overview

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In the future （認知症フレンドリー社会のために）

Advanced English learners
Educated staff
Support new volunteers

Dementia Friendly Society
Gain benefits from both (相互利益)

Globalization

Aging society

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