

# Inspiration tour to Japan

*'A different perspective on care for the elderly'*



7-13 October 2018

Japan is ahead of us when it comes to care for the elderly. With over 27% of Japan's population being 65 years old or older that is no surprise. How is Japan coping with this phenomenon socially, medically and technically? What could we learn from Japan's perspective on ageing, work, retirement and family values? This inspiration tour is your chance to find out.

This tour is for managers and directors of care facilities, (primary & secondary) care practitioners, researchers, and policymakers, and anyone else who wants to exchange knowledge, share experiences and generate new ideas on the care for the elderly.

## Inspiration tour to Japan

Corine van Maar and Katinka Visscher invite you to join them on a special inspiration tour to Japan. Corine and Katinka have worked together for integrated care in the Netherlands for over 13 years. Corine has organized several international care related study tours. Katinka worked and lived in Japan for 7 years. Together with a Japanese companion, they will be your guides.

Japan loopt al jaren op ons voor wat betreft ouderenbeleid. Tijdens mijn reis in 2000 zag ik al dat ouderen worden gestimuleerd om te blijven bewegen vanuit het gezondheid perspectief plezier maken met als bijvangst: gezond zijn en blijven. Daarnaast waren ze toen al bezig met burgerparticipatie, robotica, nieuwe vormen van personeelsinzet. Zoals bijvoorbeeld ouderen, zij blijven als je met pensioen gaat vaak vanuit een intrinsieke motivatie betrokken bij een bedrijf of zorgorganisatie. Heel inspirerend en leerzaam'.

**Dr. A. (Ate) Dijkstra, Lector iHuman Welzijn Zorg Digitaal, NHL Stenden Hogeschool**



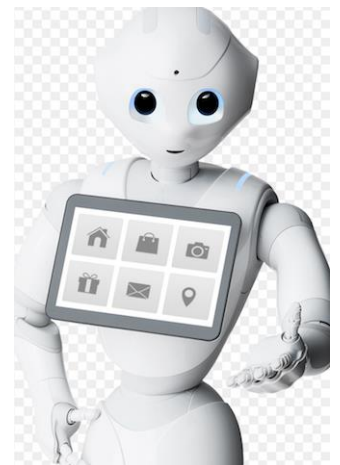
## What's the plan?

The program will include all aspects of growing older in Japan: social, cultural, medical, technological and financial. The population is still aging: in 5 years one in every 2 people will be over 65 years old.

We start with a visit to the City Office. Here you will learn about Japanese policy on aging, work and retirement, and the funding of care and welfare.

We will take a walk to a community center. Here we will meet staff and clients to exchange ideas and experiences. You can see for yourselves what kind of services and activities are on offer here.

Our guide Hiro Nakazato will introduce you to elderly people in his life and their formal and informal support systems. We will join his discussion group during their weekly meeting in Mikata-shi. The members are between 60 and 85 years old and will share with us their way of life. We will talk about aging related issues around housing, work and pensions and family matters. Together we will explore personal experiences with care and welfare facilities, as well as technical aids and support systems.



You will visit several nursing homes and talk to staff and patients. A lot of nursing homes work with robots on a regular basis. Japan leads the world in advanced robotics. Many firms see great potential in “care robots” that look after the elderly.

We will visit a nursing home with an innovative care concept which emphasizes integrating health and welfare. We will hear how this organization realizes its aim to maintain longstanding social relationships and interactions with the communities.

### Ways of getting inspiration

‘Learning by observation’: we will send you on a mission. In small groups you will explore the streets of Tokyo with the sole purpose of observing and suspending judgement. What do you see? How do people of different ages interact? How do older people manage in the crowded conditions of the city, are aids and gadgets in place for them?

Back at the hotel we will share our observations and insights – what surprises, annoys, impresses, or inspires us and why? And what new ideas could we take home? Our Japanese guide will join the discussion and offer his experiences and insights.

### Places to visit

Tokyo

We will arrive in Tokyo on Monday morning and go straight to the Washington Shinjuku hotel in the center of Tokyo. A tour of the city will give us the opportunity to see the highlight of this metropole with its 9 million inhabitants.



Kyoto: city of temples

After a few days in Tokyo, a high-speed train (Shinkansen) will take us to Kyoto: the old capital of Japan and city of temples. We will stay at a Japanese style hotel, close to the countless temples.

We recommend a stroll around the Gion area famous for its geisha, packed with bars, restaurants and traditional teahouses,

We will visit the city of Kobe from Kyoto.

### Organization

- Corine van Maar is owner of Van Maar Advies. She worked in elderly care for more than 15 years, in different roles: as a caregiver, advisor and manager in consultancy offices, business administrator (MBA) and as a daughter caring an older parent. The needs of people are her compass and inspiration. She organizes study tours for example the New-Zealand Health study tour (April 2018).

- Katinka Visscher (MA Japanese studies) lived in Kobe, Japan for 7 years. For the last 13 years, she has worked for a consultancy bureau specializing in integrated care issues. She has always dreamed of combining her love of Japan and her work in care in Holland.
- Hiro (Japanese) and Judy (English) Nakazato live in Tokyo. They are our guides. Hiro Nakazato retired from Teraoka Seiko. As a marketing manager for the International department he traveled all extensively in Europe and Africa. His mother is in her nineties and lives in a nursing home in Tokyo. Hiro en Judy will provide us with their knowledge and experience with Japanese culture.



### Costs and registration

Costs for this inspiration tour is € 3995 (incl. tax) per person. This includes all visits, guides, speakers and transport within Japan also the high-speed train. Included are your stay in a single room in the 4 star Washington Hotel Shinjuku in central Tokyo and if available a Japanese style minshuku or ryokan in Kyoto all with breakfast and lunches. A City Tour of Tokyo is included, as are three special evening programs with diner. The other free evenings will give you the opportunity to discover Japan by yourself or in small group. You will book your own flight to Narita International airport. This will give you the option to extend your stay should you wish to see more of Japan and stay longer – or arrive earlier.

Booking is on a first come, first served basis. The tour will proceed with a minimum of 9 participants, the maximum is 15. In case of 9 and 10 participants an extra fee of € 595, - will be required. We will do our utmost to recruit enough participants. On June 1<sup>th</sup> we will know if the tour can proceed, this will also be the time for you to book your flight. No visa arrangements prior to departure are needed.

### Not included

Travel and cancellation insurance, other meals, personal expenses and flights.

### Final notes

- All travel arrangements and program are subject to confirmation and availability
- Prices are subject to currency and tariff fluctuations.

**For more information or registration please e-mail Corine van Maar ([corine@vanmaaradvies.nl](mailto:corine@vanmaaradvies.nl)) or Katinka Visscher ([katinkavisscher@gmail.com](mailto:katinkavisscher@gmail.com)).**

***We look forward to welcoming you on the 7<sup>th</sup> of October!***

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