Challenges of aging societies, and their solutions, highlighted by COVID-19

The Nikkei Super Active Aging Society Conference (Organizer: Nikkei Inc.) took place in Tokyo on Nov. 16. It was the second time this conference has been held, after the inaugural event in 2019. Leading authorities from the industrial, academic and government sectors around the world gathered to present a variety of recommendations for dealing with super aging societies—a common challenge for all of humankind. This year, there were also many references to the impact of COVID-19 on the elderly.

Keynote Speech (1): The Challenge of Active Aging—toward a society in which everyone can care for their own brain

Dr. Mutsuro Tanaka, President and CEO, Neuromax Corporation

We have found that physical exercise and cognitive training can maintain the brain function of older adults. It has been scientifically proven that by putting brain-stimulating exercises that are easy to incorporate into daily life into practice, muscle mass, aerobic capacity and cognitive function can be maintained. In order to enable the number of people who are engaged in these activities to increase, we will need to focus on maintaining the health and longevity of the elderly. To achieve this, we need to create a new vision of aging society where everyone can enjoy a fulfilling and healthy life. This vision includes not only the elderly, but also the younger generations who have the potential to contribute to society. By doing so, we can create a better future for all of society.

Panel Session: Health and lifestyle in the Asian Pacific region

Chair: Dr. Hasuhiro Hasegawa, Head of the Health and Medical Policy Research Center, Asia Pacific University of the20200116

Panelists:

- Dr. Jiro Yamada, Professor, International Institute for Gerontology
- Dr. Joey Tse, Senior Manager, Health and Welfare, Asia Pacific

The Asian Pacific region has been suffering from the COVID-19 pandemic, which has led to a decrease in the number of people engaging in physical exercise and cognitive training. However, with the implementation of measures such as online classes and physical activity programs, the number of people participating in these activities has increased. The panelists discussed the importance of maintaining physical activity and cognitive training for the elderly, and highlighted the need for policymakers to take action to support these activities. They also emphasized the importance of creating a supportive social environment for the elderly, and the need for society to value and respect the elderly.

Panel Session: Collaboration and coordination with other social communities who have elderly populations

Chair: Dr. Chikara Horiuchi, Senior Manager, Health and Welfare, Asia Pacific

Panelists:

- Dr. Kazuo Inoue, Professor, International Institute of Aging
- Dr. Hiroshi Morii, Director, Japan Foundation for Aging and Health

The panelists discussed the importance of collaboration and coordination with other social communities who have elderly populations. They emphasized the need for a comprehensive approach to dealing with aging societies, and the importance of involving all relevant stakeholders in the process. They also highlighted the need for policymakers to take action to support these communities, and the need for society to value and respect the elderly.

Panel Session: Financial consultation/Work-style

Financial management and meaningful work for the elderly become crucial as societies age

Chair: Dr. Masahiro Fujita, Senior Manager, Health and Welfare, Asia Pacific

Panelists:

- Dr. Akira Watanabe, Professor, International Institute of Aging
- Dr. Hironori Suzuki, Director, Japan Foundation for Aging and Health

The panelists discussed the importance of financial consultation and meaningful work for the elderly as societies age. They emphasized the need for policymakers to take action to support these communities, and the need for society to value and respect the elderly.

Panel Session: Social security

Social security policies that can support the elderly

Chair: Dr. Yuki Tsuruta, Senior Manager, Health and Welfare, Asia Pacific

Panelists:

- Dr. Hiroshi Morii, Director, Japan Foundation for Aging and Health
- Dr. Kazuo Inoue, Professor, International Institute of Aging

The panelists discussed the importance of social security policies that can support the elderly. They emphasized the need for policymakers to take action to support these communities, and the need for society to value and respect the elderly.