

Taiwan-Japan Occupational Therapy Joint Symposium

The Role of Occupational Therapists in the Post-Acute Care Program

3rd December 2022

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Japanese Association of Occupational Therapists

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Occupational Therapists in Japan

Occupational Therapy in Japan and history of JAOT

- 1 9 6 5 The Physical Therapists and Occupational Therapists Act
- 1 9 6 6 The 1st National Exam for Occupational Therapists
(20 people passed)
- 1 9 6 6 JAOT Establishment
- 1 9 7 2 Joined WFOT
- 2 0 0 8 The 1st Five Year Strategy for Occupational Therapy
- 2 0 1 2 Launch of MTDLP Promotion Project
- 2 0 1 8 Change in definition of Occupational Therapy

- 5th President Haruki Nakmura 2009-Present

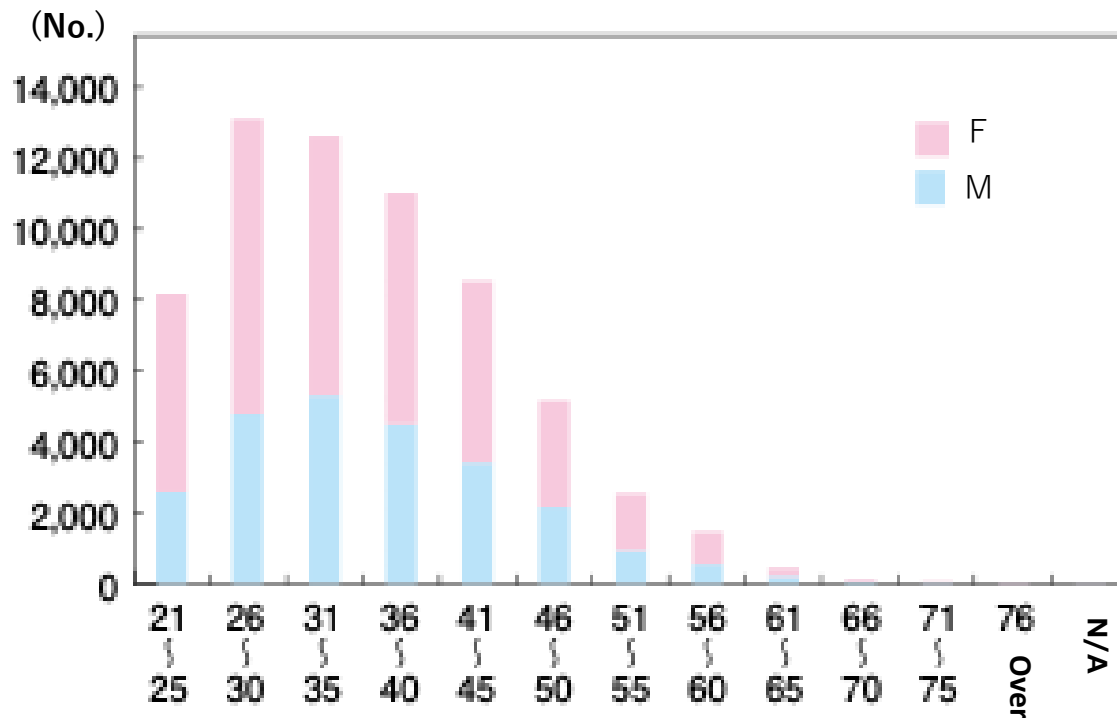
Occupational Therapists Today

Qualified OTs 104,286

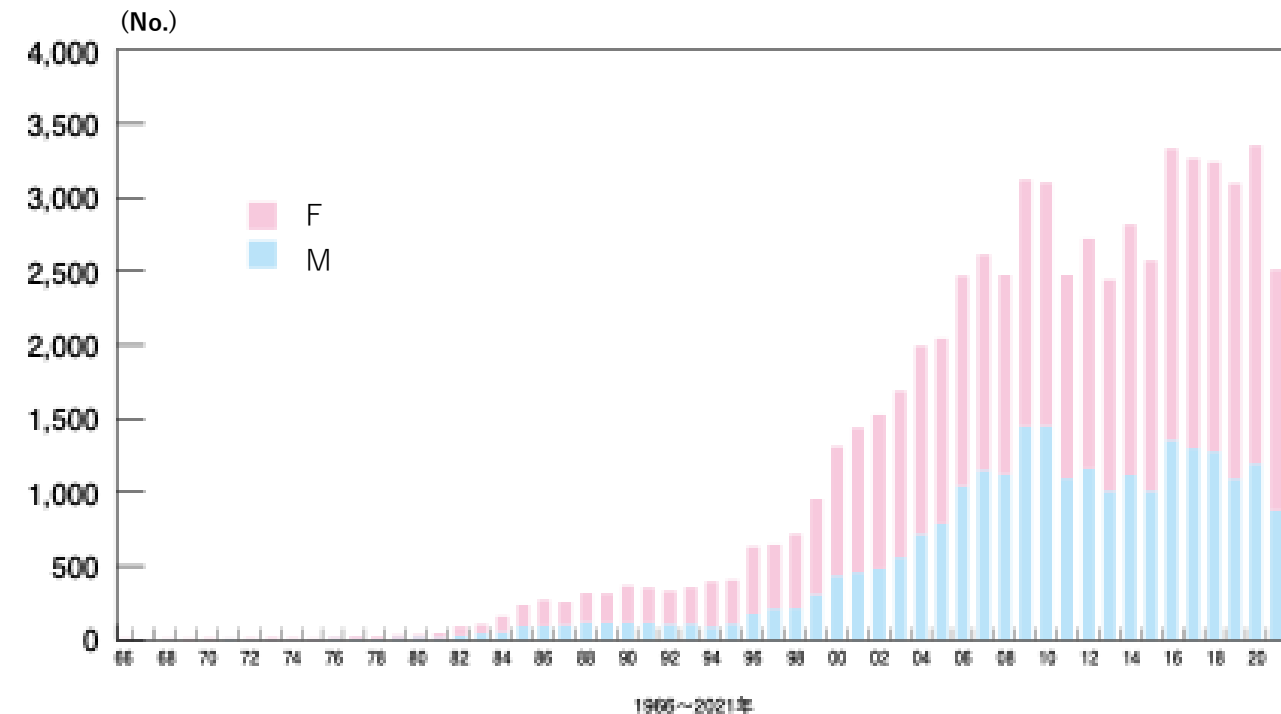
JAOT Members 64,230 (61.6%)

No. of schools 204 schools

as of 31st March 2022



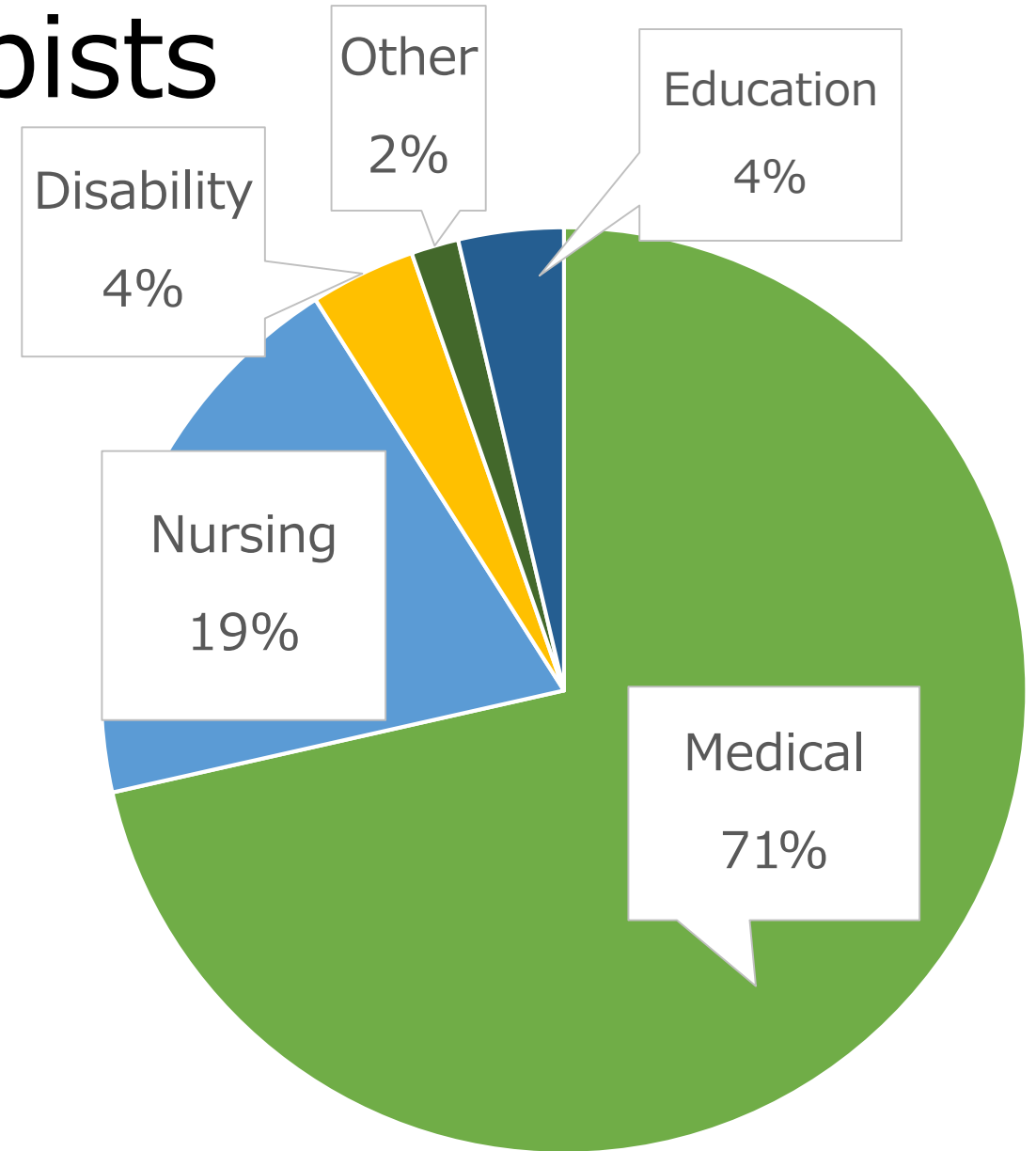
Members by Age group



Members by Year qualification obtained

Occupational Therapists Today

Area	No. of JAOT members
Medical	31,241
Nursing	8,533
Disability	1,609
Other	726
Education	1,606





1st five year strategy 2008-2012

Promoting Community Integration

～OT 5 (GO!)・5 (GO!)Plan～

2nd five year strategy 2013-2017

Promoting Community Integration and continuation of community living

～OT 5 (GO!)・5 (GO!)Plan～

3rd five year strategy 2018-2022

Contributing to Comprehensive Community Care System

～OT 5 (GO!)・5 (GO!)Plan～

OT 5 (GO!)・5 (GO!)Plan

It aimed to expand the areas of occupational therapy and to create a shift between fields of practice by reducing the ratio of occupational therapists in hospital environments to half and increasing the number of occupational therapists in the community, which includes health, welfare, and education.

MTDLP

People become healthy by participating in meaningful occupations

MTDLP :

Management **T**ool for **D**aily **L**ife **P**erformance

- Management of daily life performance
- A management tool which explains therapist's clinical reasoning focusing on daily activities clients "want to do"



Symbol sign of Management of Daily Life Performance

Definition of Occupational Therapy

~Japanese Association of Occupational Therapists~

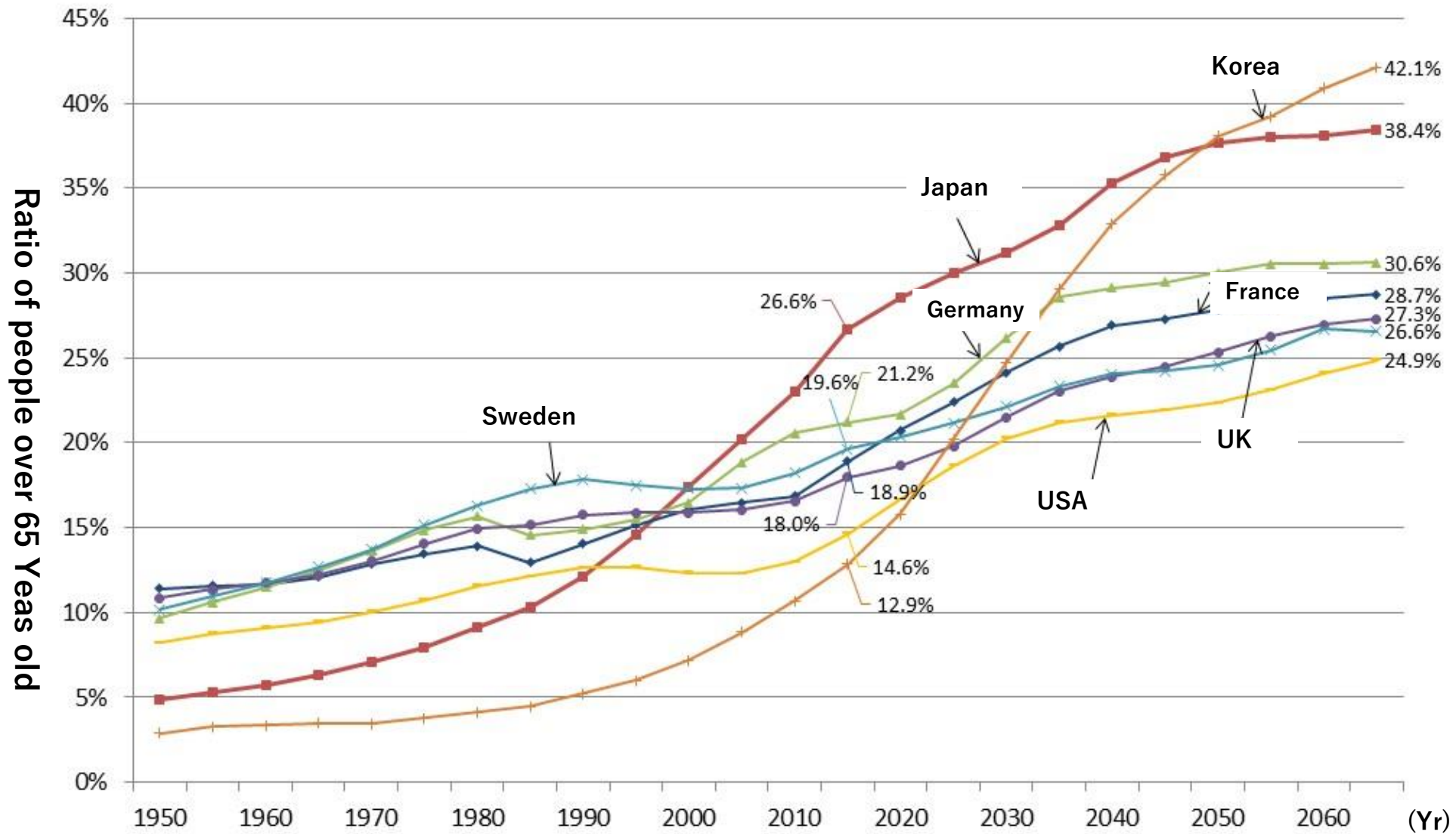
Occupational Therapy is occupation-focused therapy, guidance and support provided in fields such as medical care, public health, welfare, education and employment, with the aim of promoting human health and well-being. "Occupation" refers to daily activities that are purposeful and meaningful to each person. (May 26, 2018)

(Note)

- Occupational therapy is grounded on the fundamental principle and academic evidence that "people's health and well-being can be promoted through occupation."
- "Clients" are individuals or groups of people who have or are expected to have difficulties in their daily activities as a result of physical, mental, developmental, or age-related disabilities or difficulty adjusting to their environment.
- "Occupations" include daily activities such as activities of daily living, housework, work, hobbies, play, interpersonal interaction, and rest; and are founded on physical and mental components for each activity.
- "Occupations" are activities that a person wants to, needs to, or is expected to do, and have purpose and meaning for each person.
- Occupation-focused practice involves using occupations as ends to restore, maintain, or prevent the decline of physical and mental function, and occupations as means to practice and achieve occupational engagement, and modifying environment to support its achievement.

Changes in Japanese demographic structure and introduction of Long-Term Care Insurance

The trend of population over 65 years old

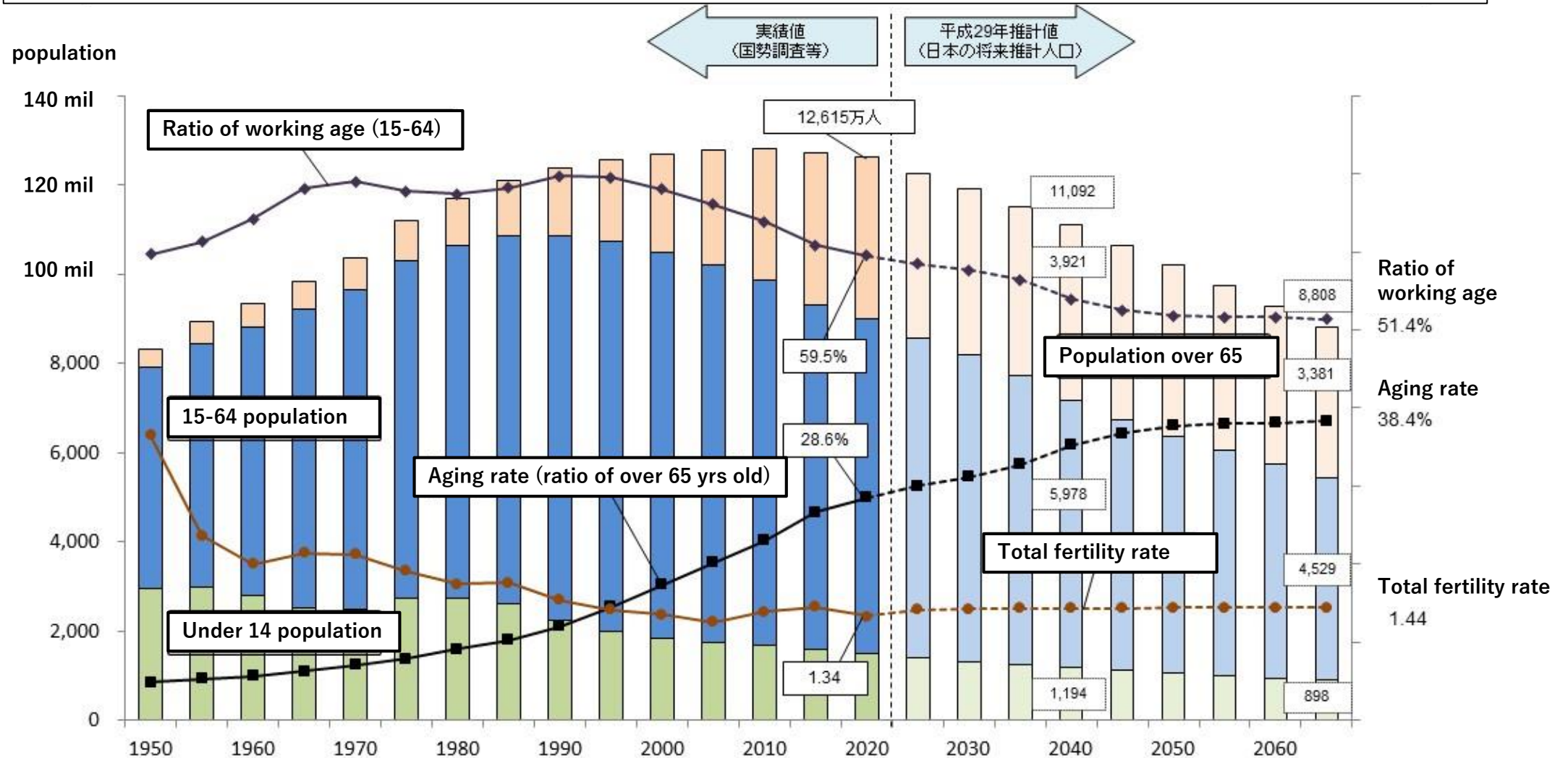


(出所) 日本は、総務省「国勢調査」、国立社会保障・人口問題研究所「日本の将来推計人口(平成29年推計)」「(出生中位(死亡中位)推計)」
諸外国は、United Nations: "World Population Prospects 2019"

The trend of population in Japan

Japanese population is facing a declining phase.

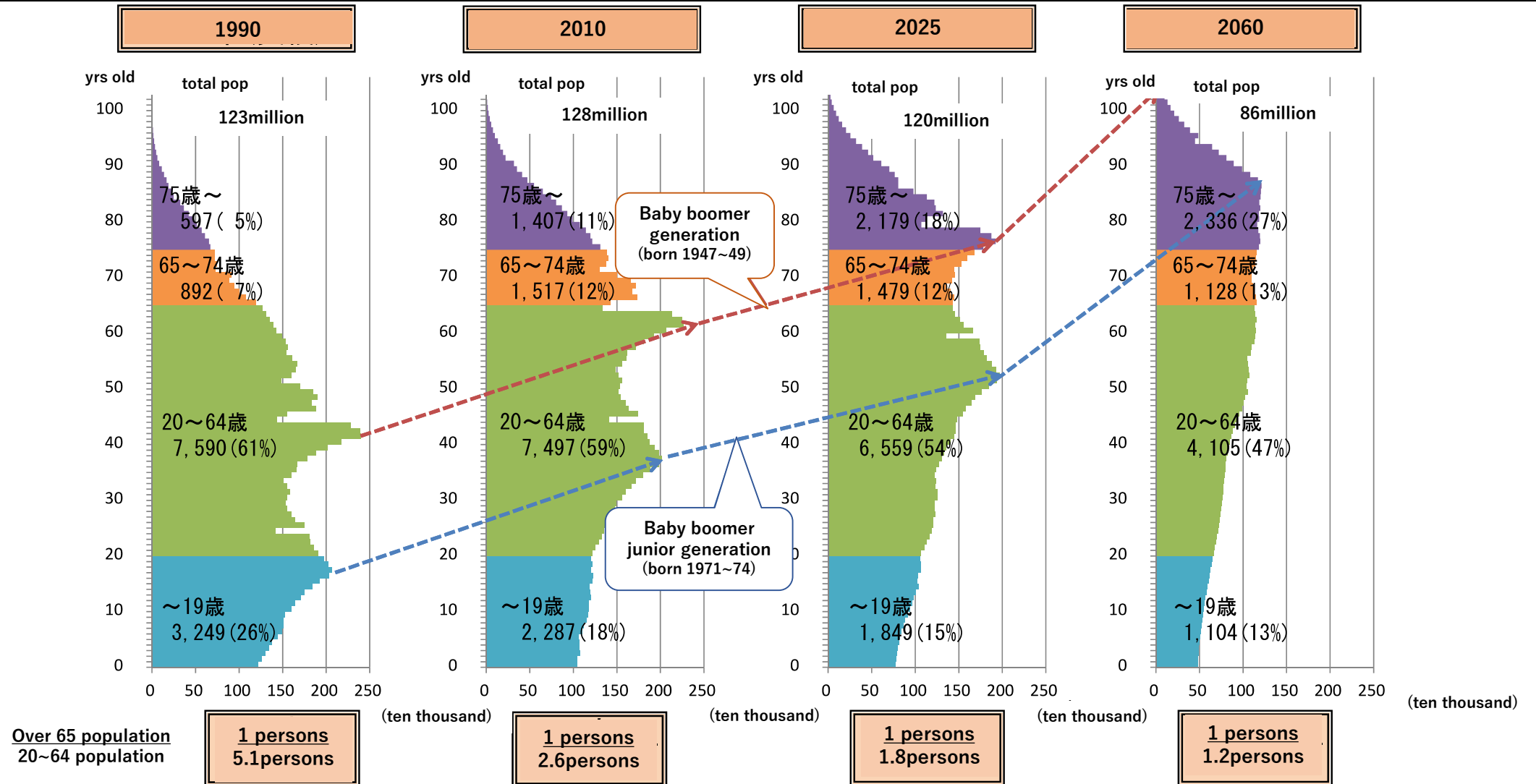
It is expected that the total population will go under 90million and aging rate will reach 38% by 2065.



〈出所〉 2020年までの人口は総務省「人口推計」(各年10月1日現在)等、合計特殊出生率は厚生労働省「人口動態統計」、2025年以降は国立社会保障・人口問題研究所「日本の将来推計人口(平成29年推計)」(出生中位(死亡中位)推計)

Change in Demographic Pyramid (1990-2060)

Looking at changes in Japan's population growth, an elderly person is supported by 2.6 persons. It is assumed when the birthrate declines and the population ages further, an elderly person will be supported only by 1.2 persons by 2060.



(出所) 総務省「国勢調査」及び「人口推計」、国立社会保障・人口問題研究所「日本の将来推計人口(平成24年1月推計):出生中位・死亡中位推計」(各年10月1日現在人口)

Baby Boom

1st Phase Baby Boom

- Born between 1947 - 1949
- They are called "baby boomer generation" in Japan

2nd Phase Baby Boom

- Born between 1971 - 1974
- They are called "baby boomer junior generation"

Basic principles of introduction of Long-Term Care Insurance

- With the aging of the population, the number of elderly people requiring nursing care is increasing and the days of nursing care they receive is now longer, resulting in ever-increasing nursing care needs.
- The situation surrounding families that have supported elderly people in need of care is also changing, with the shift to nuclear families and the aging of family members who provided care to their elderly.
- Limitations of the current welfare and medical care system for the elderly.
- Long-term care insurance, a system in which society as a whole supports the care of the elderly, was established and began to be in 2000.

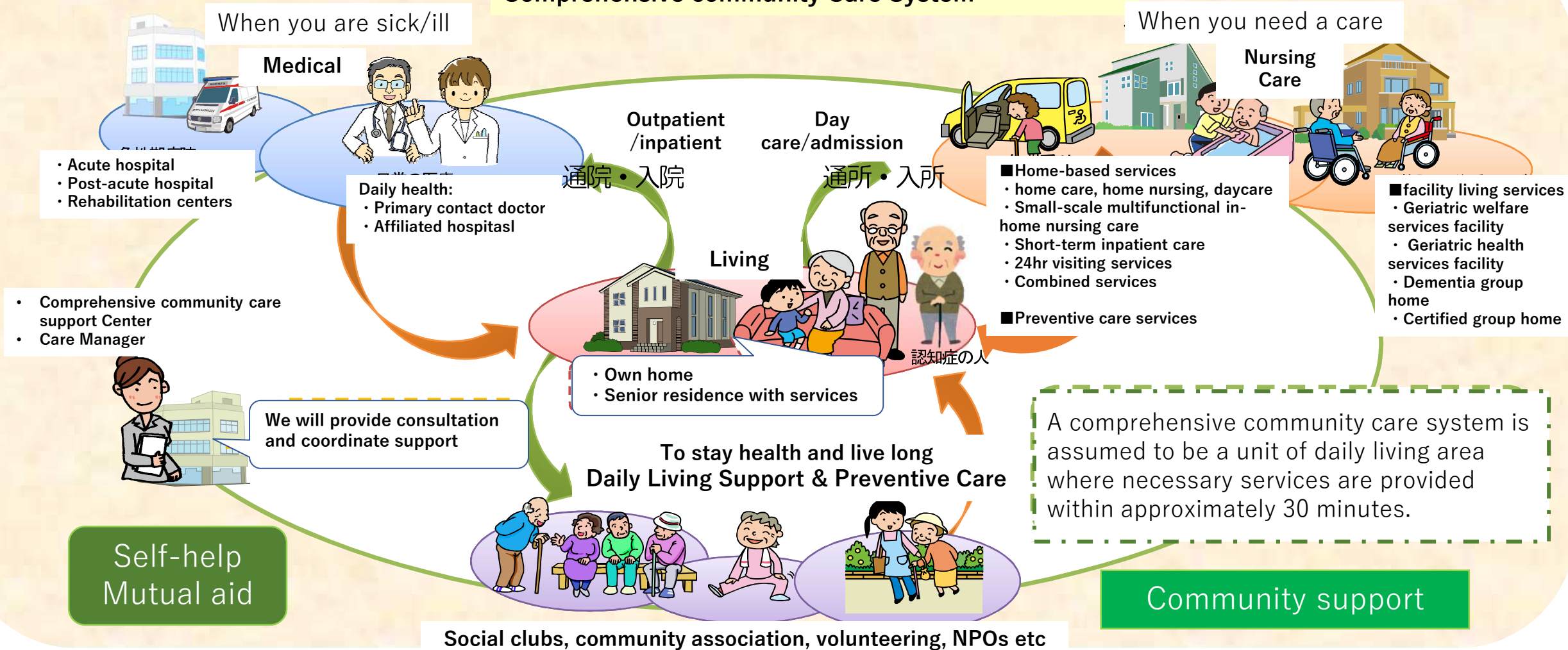
Establishment of Comprehensive Community Care Systems

- Percentage of population over 75 years old is expected to continue to increase.
- After 2025 when the baby boom generation will be 75 years old or older, the demand for medical and long-term care services will increase further.
- Promotion of the establishment of a community support and service provision system (comprehensive community care system) by 2025 to enable the elderly to continue to live their own lives to the end of their lives in their familiar neighborhoods as long as possible, with the aim of preserving their dignity and supporting independent living.
- Given the expected increase in the number of elderly people with dementia, it is important to support elderly people with dementia living in the community.
- This system was started to address the elderly, but it is important to continue building it with various disabilities and generations in mind

Medical

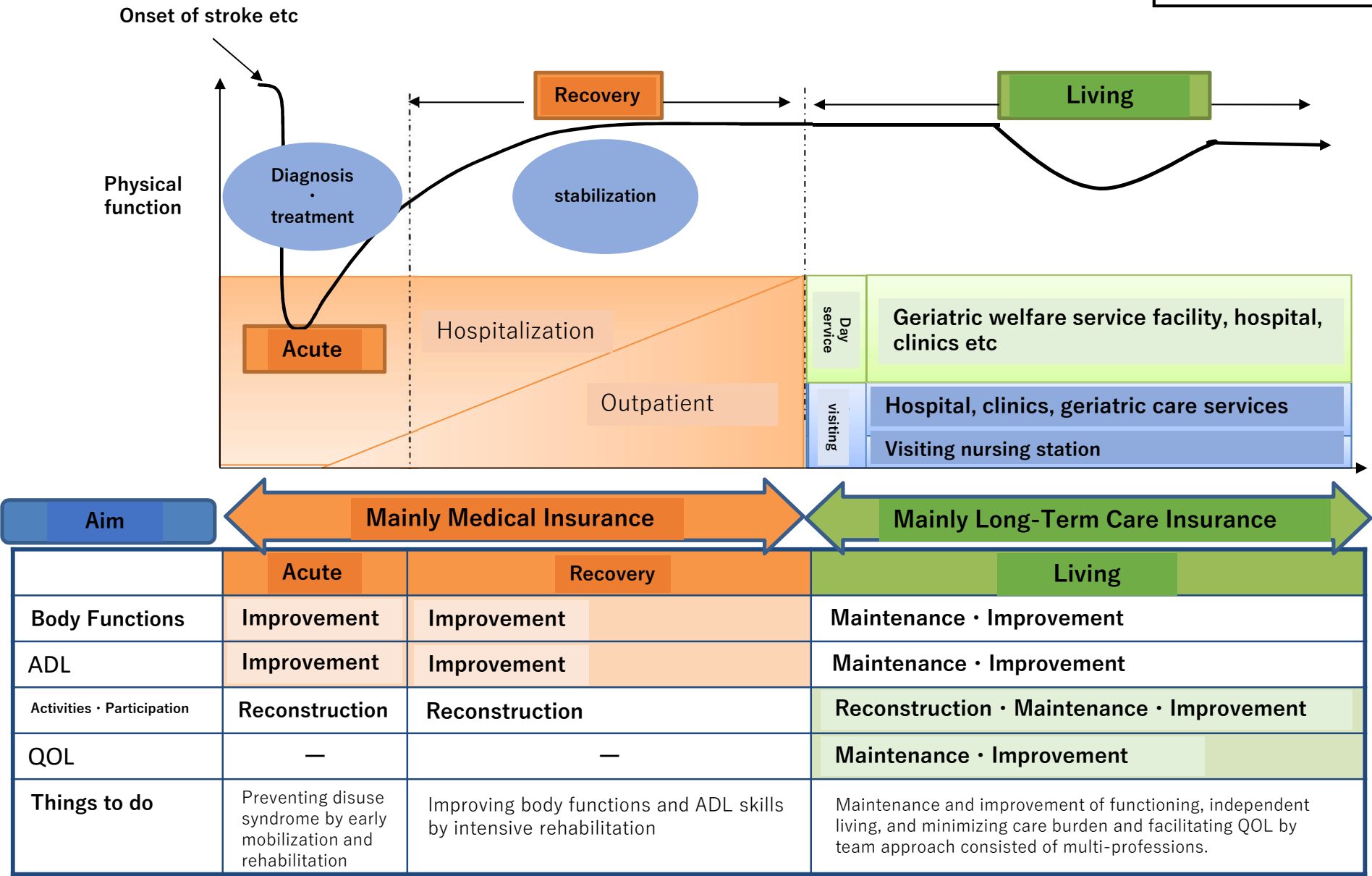
Long term care

Comprehensive community Care System



Post- Acute Care and Occupational Therapy

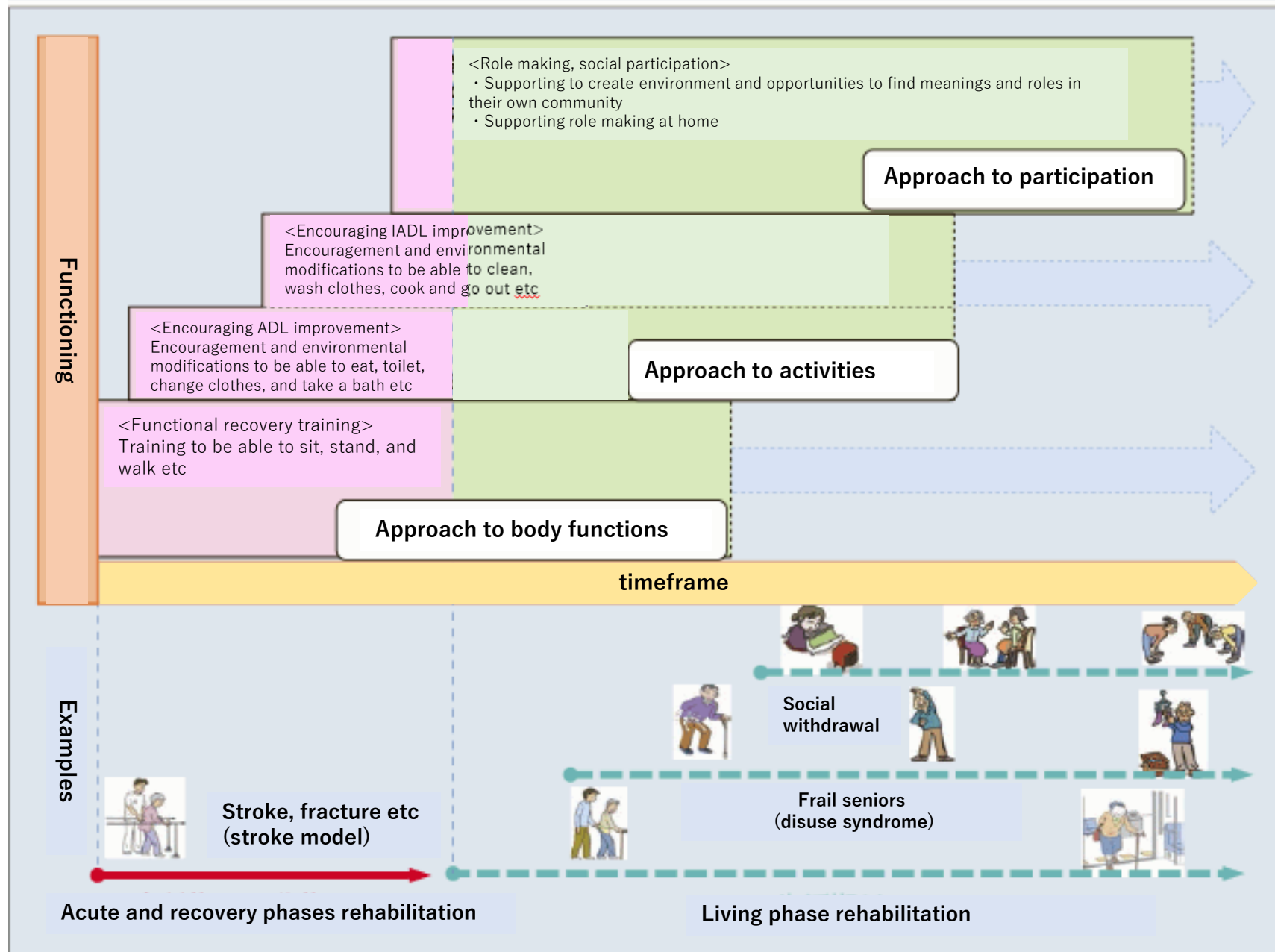
Role of Rehabilitation



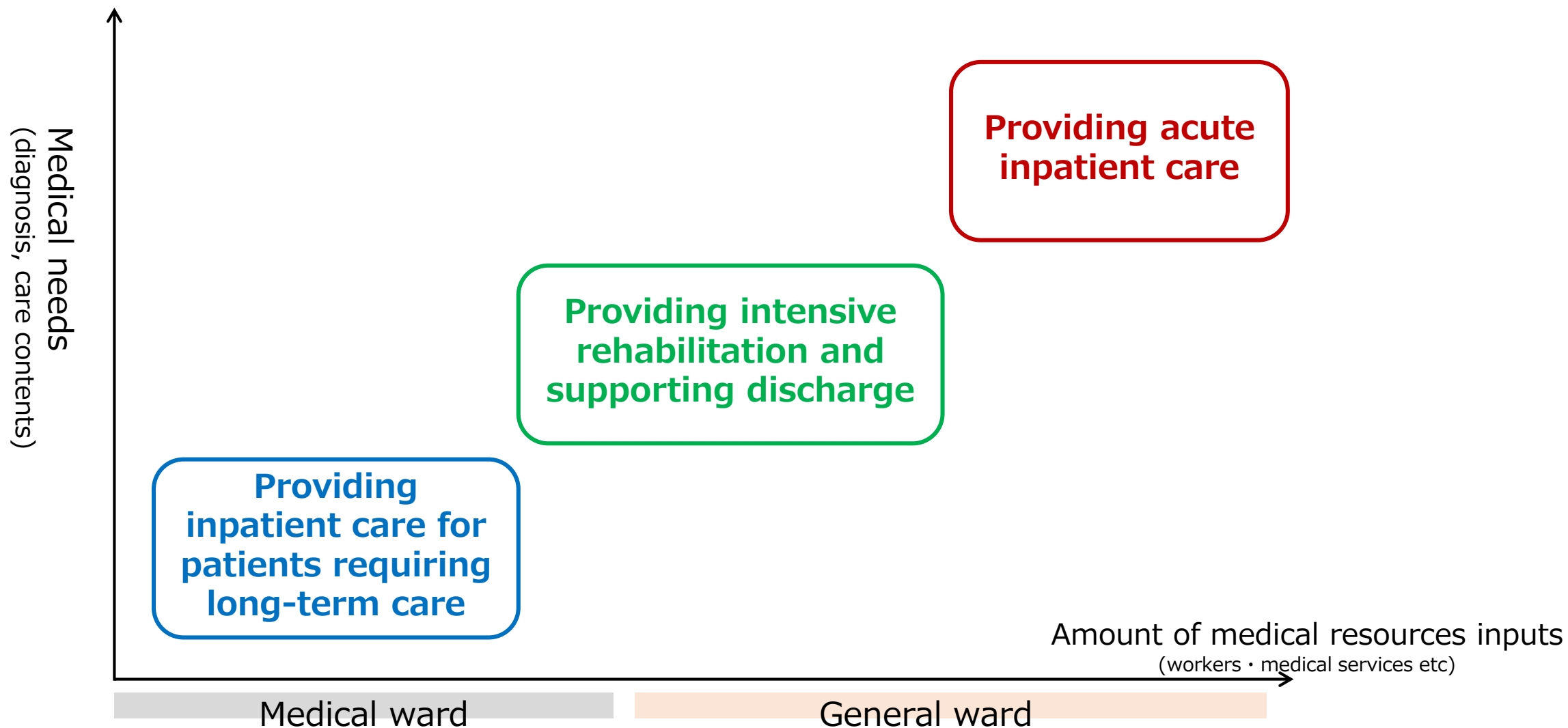
(資料出所) 日本リハビリテーション病院・施設協会「高齢者リハビリテーション医療のグランドデザイン」(青海社)より厚生労働省老人保健課において作成

図表 4-3-25

Image of geriatric rehabilitation



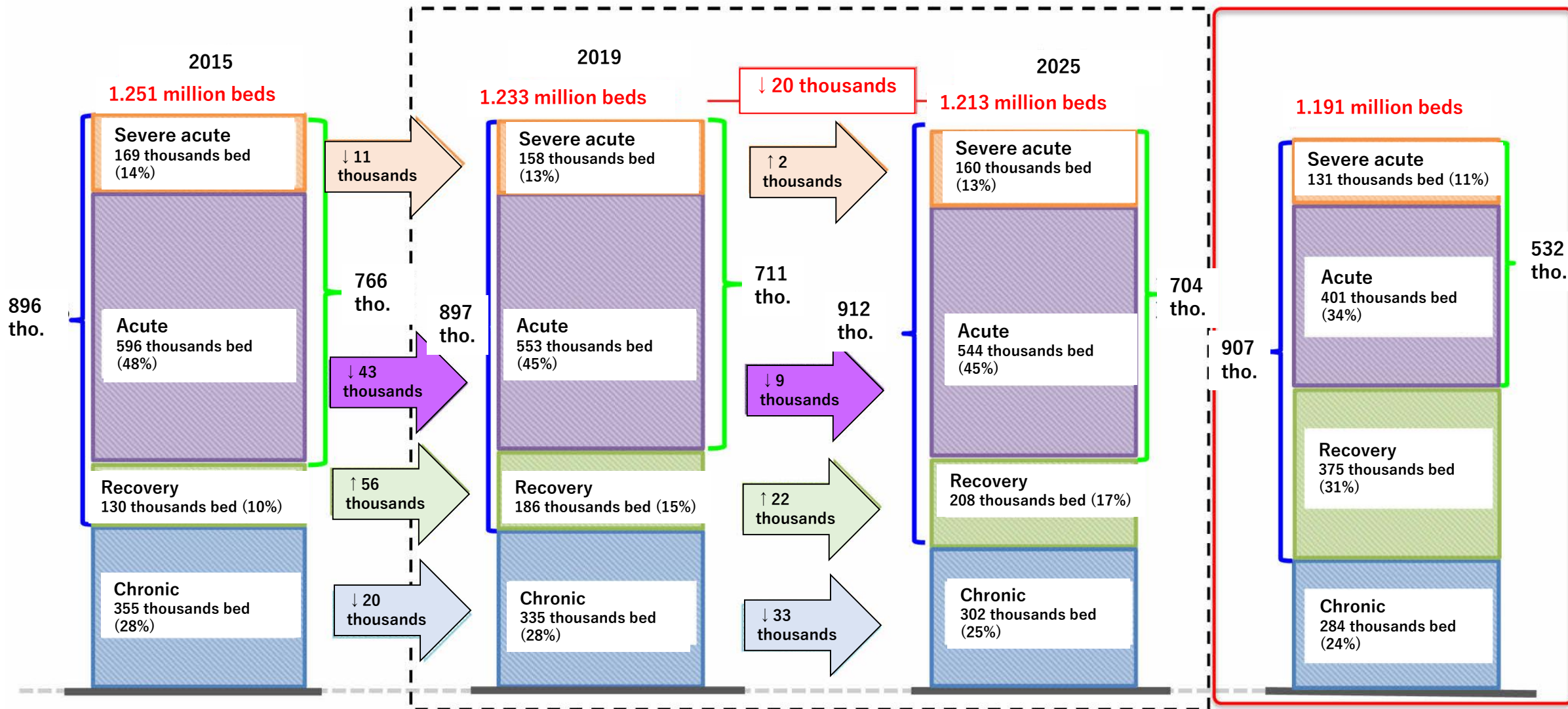
Basic concept of assessment of inpatient care

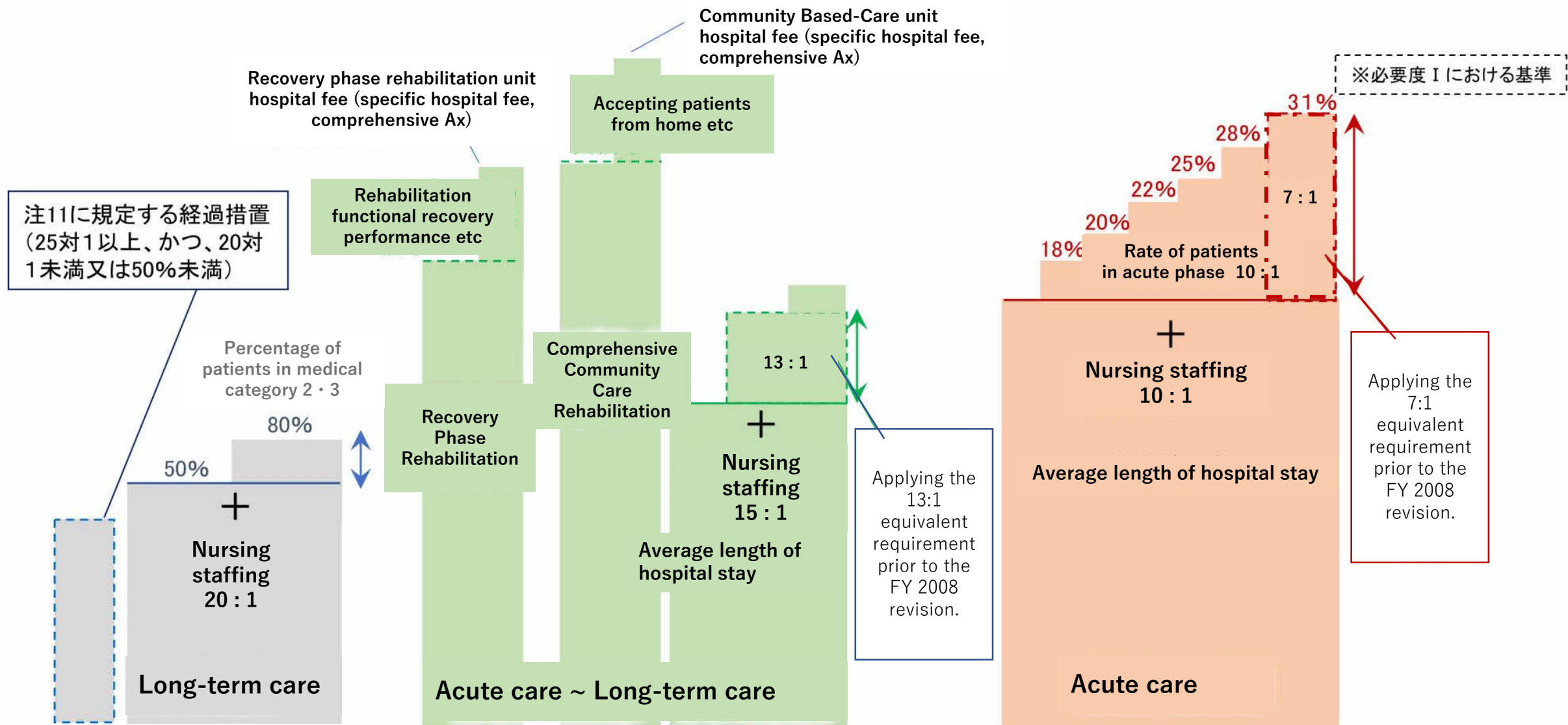


FY 2015 Hospital Bed Function Report

FY 2019 Hospital Bed Function Report

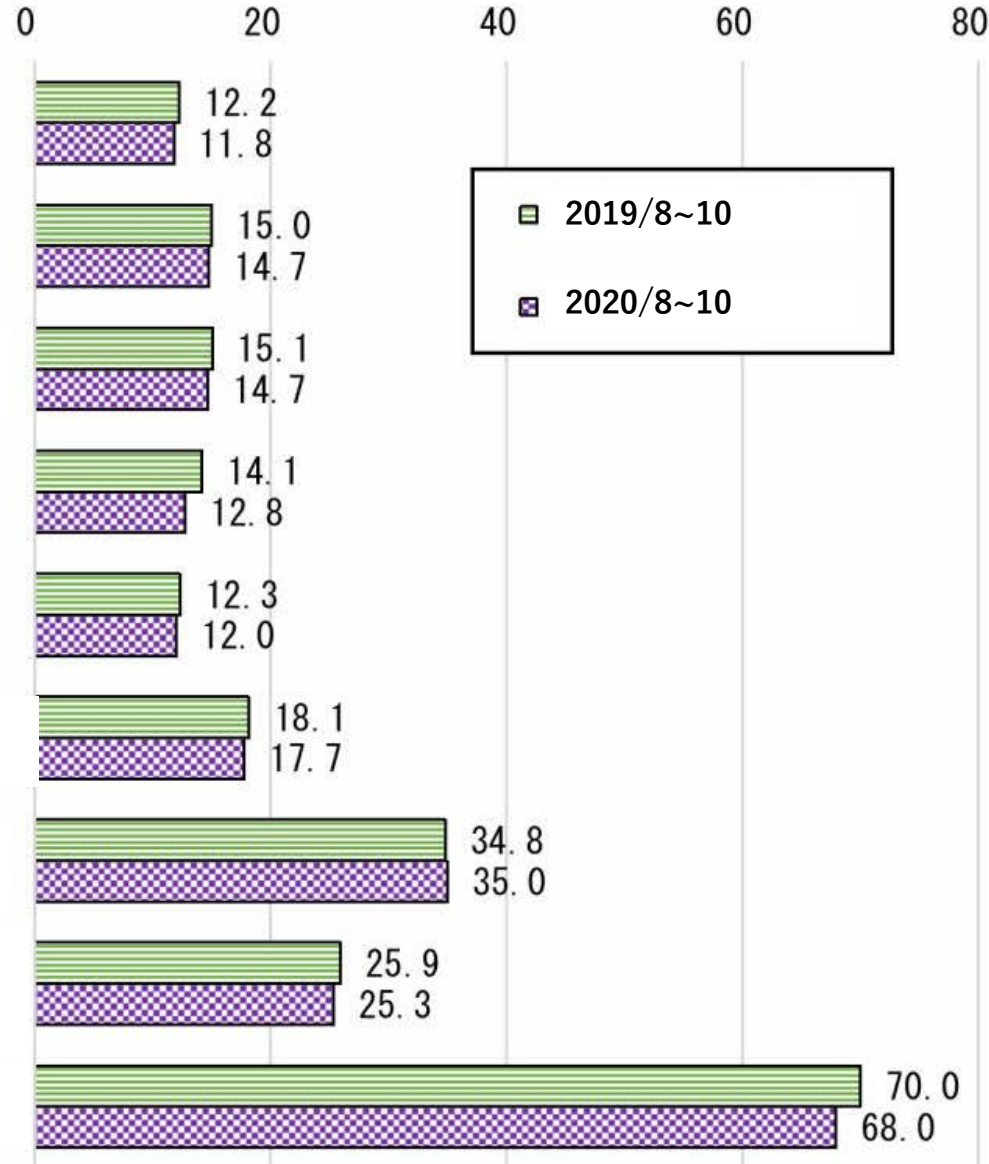
Number of beds required in 2025





Average length of hospital stay

(days)



Length of hospital stay during acute phase
12~18days



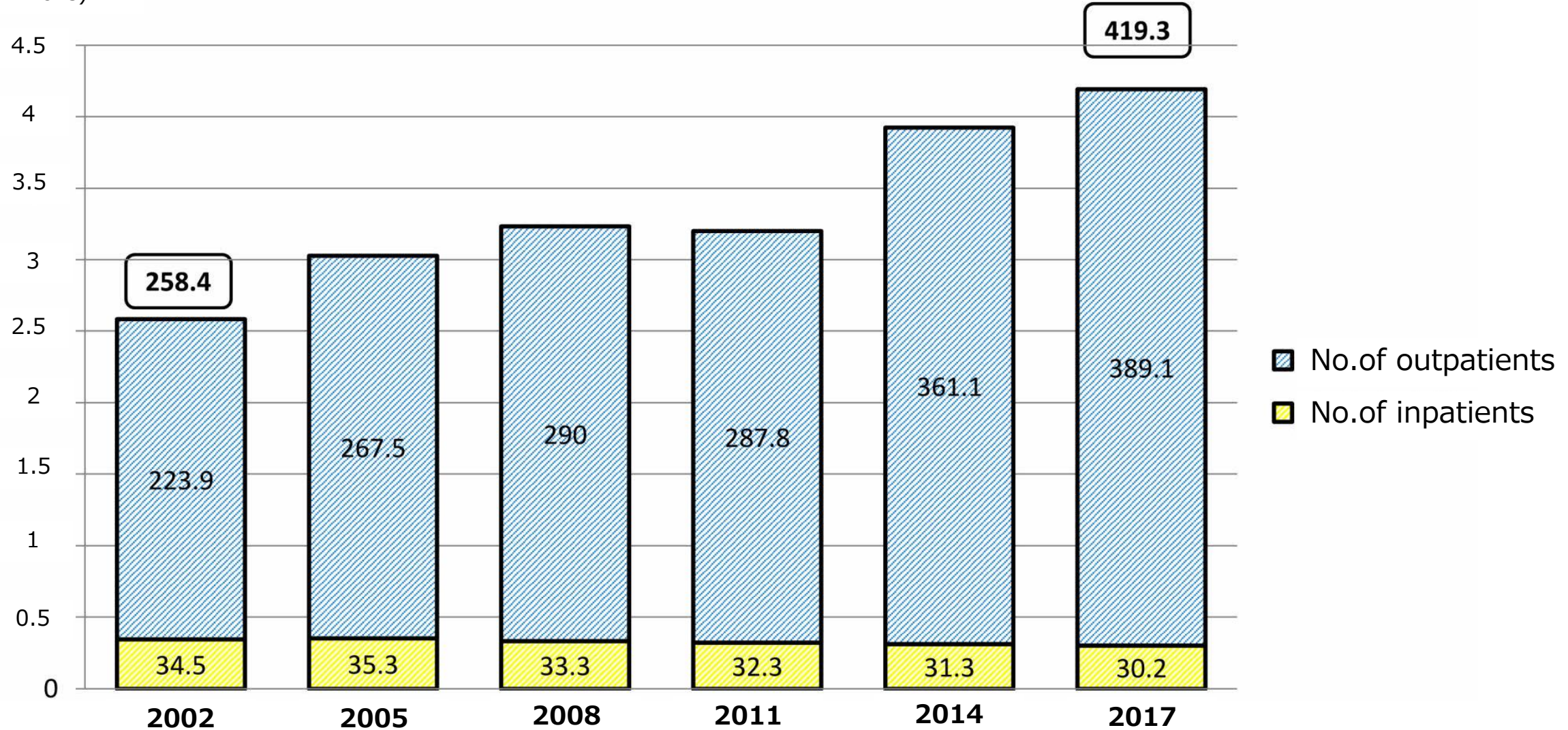
Length of hospital stay during recovery phase
Average 68 days

2 units responsible for post-acute care

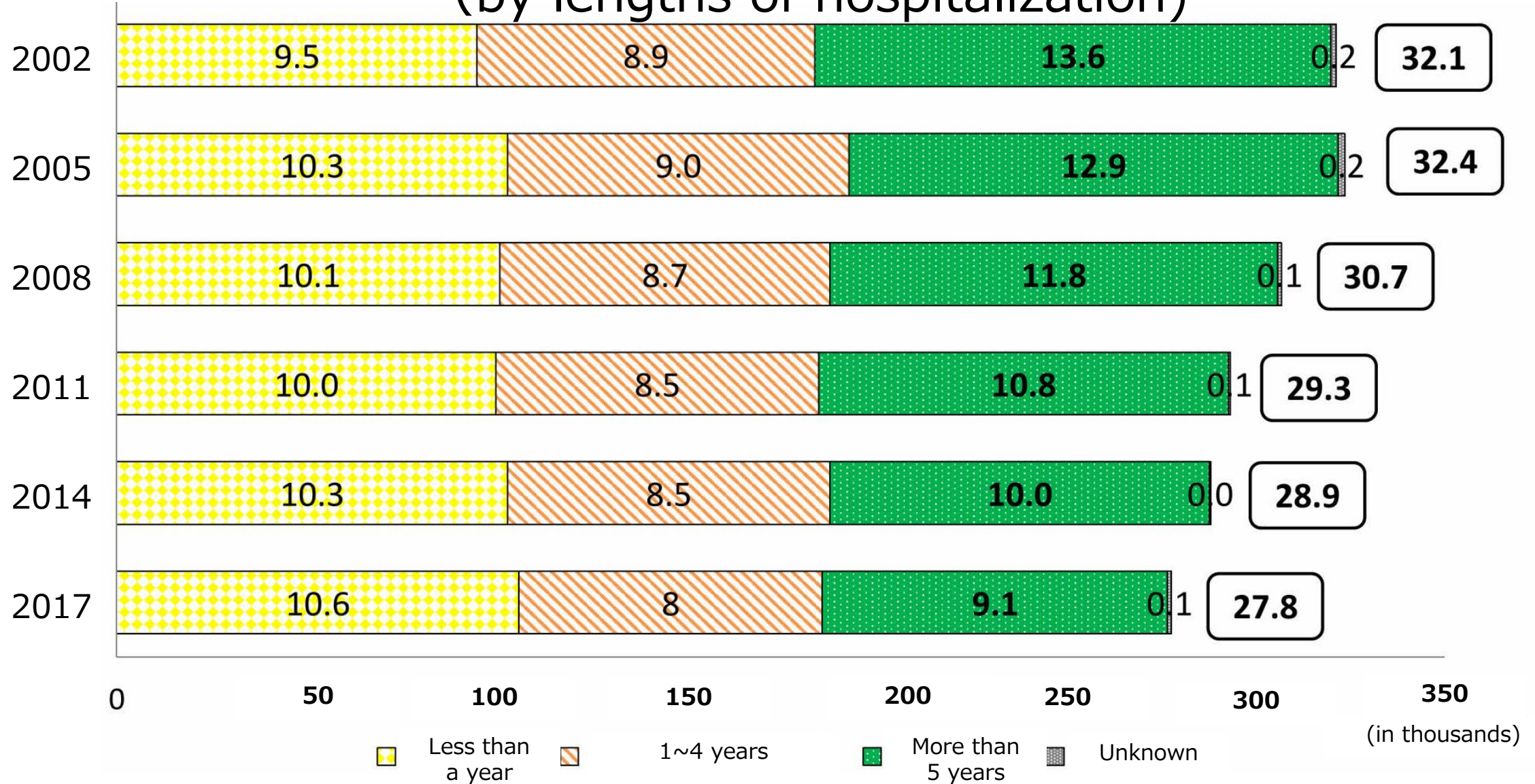
	Recovery Rehabilitation Unit	Community Comprehensive Care unit
Purpose	Returning home after acute care	Returning home after acute care and managing patients whose conditions got worsen during home care
Target patients	Patients with the following disease <ul style="list-style-type: none">• cerebrovascular disease, SCI, heady injury• severe cerebrovascular disease with higher brain disfunction• femoral fractures• after hip or knee replacement etc	Patients with no target diseases
Maximum length of stay	180 days (depending on a disease)	60 days
Rehabilitation	Up to 9 units/day (3 hours) Fee is based on work (sharing expenses other than hospital fee)	Average 2 units/day (40minutes) Hospital fee includes rehabilitation fee

Total number of patients with psychiatric disorders

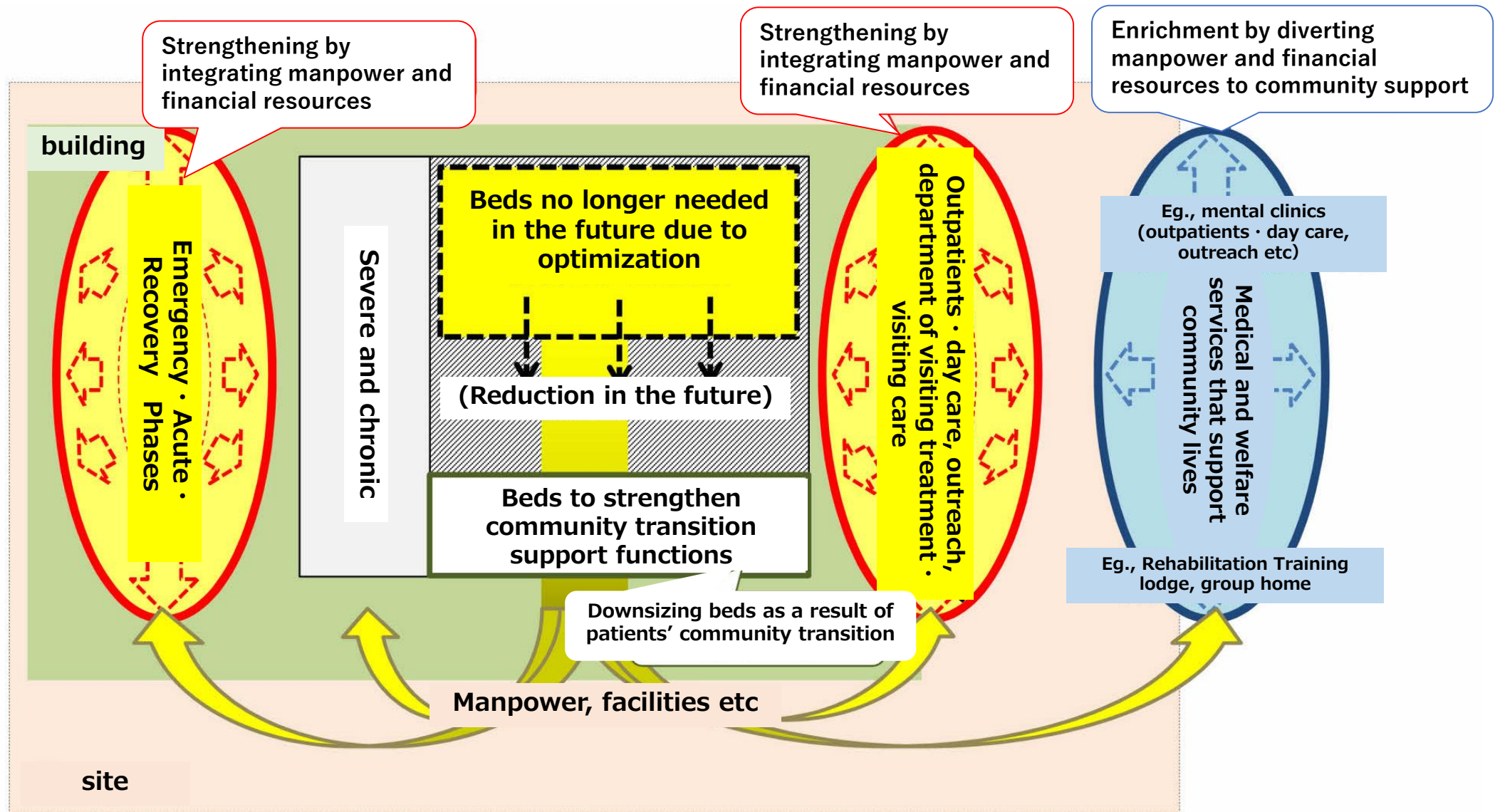
(in millions)



Number of Inpatients in Psychiatric Beds (by lengths of hospitalization)



Future image of hospitals achieved through structural reform



The Role of Occupational Therapists in the Post-Acute Care

Acute Phase

- To support client to improve function and ADL for their new life. And to prevent other functional decline

Recovery Phase

- To provide the client with a concrete image of living at home after discharge from the medical facility. In addition, we evaluate the living environment of client. Based on the results, we will provide the program to improve the necessary functions and ADL

Living Phase

- To solve the various difficulties client faced in actual living situations

Recovery phase

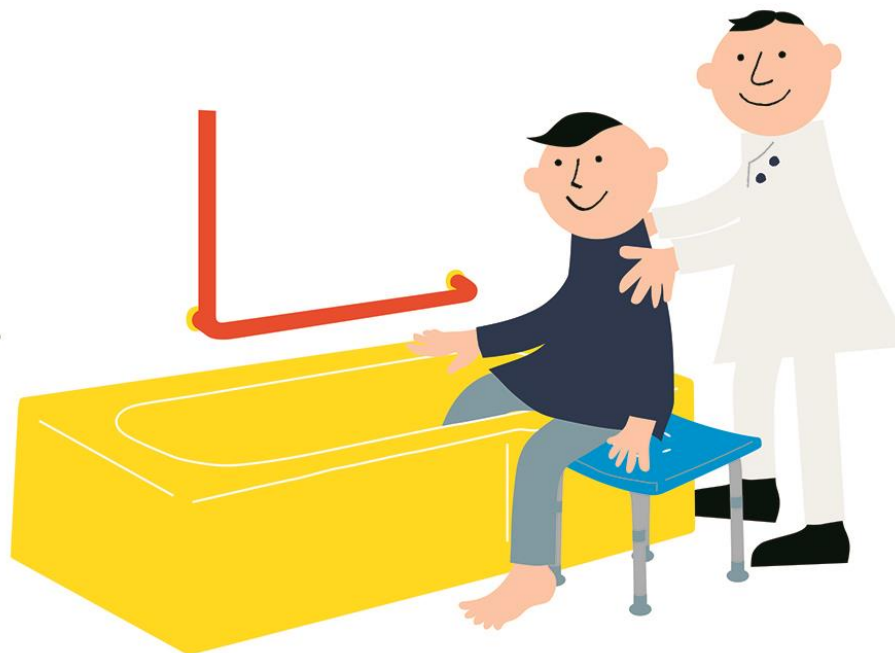
回復期



Mastery of a way of life
生活の方法の習得に向けて

急性期の作業療法を経て、病気やけがの状態が安定したら、より具体的な生活をイメージして機能や能力の改善を図ります。生活していくために必要な能力の開発や手段の獲得を通じて、人それぞれに応じた生活の方法を習得します。

Once the disease/injury has stabilized after occupational therapy during acute phase, , the client's functions and abilities are improved by imaging their actual lifestyle. Clients will learn how to live according to their individual needs by developing the abilities and acquiring the means necessary to live their own life.



福祉用具を活用して入浴動作の練習をします。
Practising bathing with the use of aids



服やくつの
着脱をする練習

**Practising
wearing on/off
clothes and shoes**



調理をする練習

Practising cooking



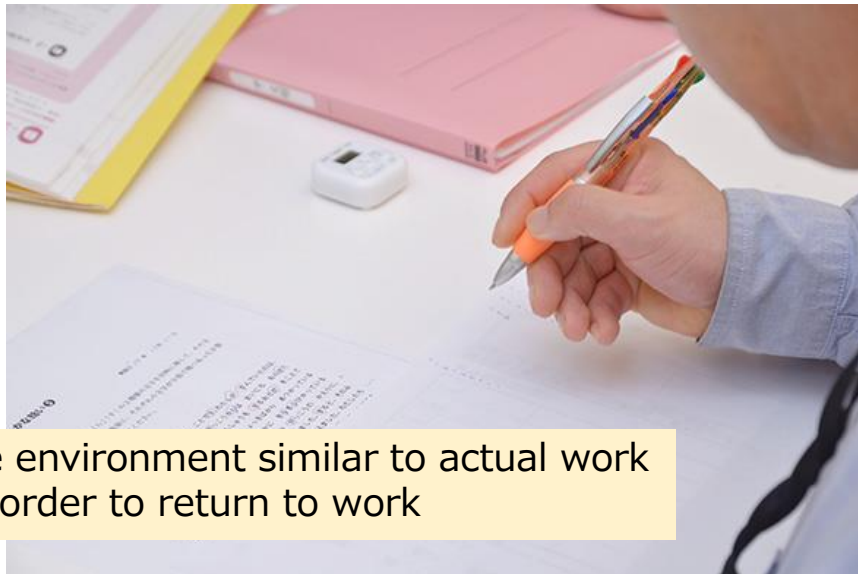
公共交通機関を
使って外に出る練習

**Practising going
out using public
transport**

Post-acute care programs towards Activities and Participation



Activities to give an image of “Work”
in the hospital setting



Activities in the environment similar to actual work
in order to return to work



Support Driving

医療の現場でできる就労支援の場を、作業療法士がつくる
https://www.jaot.or.jp/ot_job/to_live/detail/9/
「働きたい人」を、周囲の環境も含めて支援する
https://www.jaot.or.jp/ot_work/place/detail/88/
運転支援は、生活支援。クルマが、その人の世界を広げる
https://www.jaot.or.jp/ot_job/sugoude/detail/51/

JAOT' activities

- Review of Occupational Therapy Definition
- Promotion of MTDLP
- Promotion of OT 5・5 Plan
- Supporting clients' participation and activities
- Considering a mechanism for therapists to go community while working in hospitals

