# Technical Deep Dive: Aging Cities
## May 21-25, 2018 Tokyo and Toyama
World Bank Tokyo Development Learning Center (TDLC)

## Overview

The Tokyo Development Learning Center (TDLC) is organizing a Technical Deep Dive (TDD) on Aging Cities, in collaboration with the World Bank's Urban and Social Development teams.

The TDD will provide a platform for knowledge exchange and structured learning among development practitioners and city managers/ governments on key topics related to cities with aging populations. Good practice knowledge and experience from Japan and other countries that are proactively adapting to respond to their changing demographics will be highlighted.

This TDD offers a significant opportunity for knowledge sharing and collaborative learning. The aim is to create awareness and better inform WBG clients – national and city level governments – and other stakeholders on fundamental paradigm shifts necessary to ensure that their cities offer a vibrant, productive, and livable environment – one that fosters quality of life, dignity, and independence – for all residents, *including the elderly.* This is essential to development progress, including towards the achievement of goals outlined in the 2030 Agenda for Sustainable Development.

## Background and Rationale

Virtually everywhere, the share of "older persons", aged 60 years or over, is increasing. The number of older people globally is projected to grow from 901 million in 2015 to 1.4 billion in 2030 to 2.1 billion in 2050. In 2015, one in eight people worldwide was 60 or older; in 2030, this number will be one in six people, and by 2050, one in five people. The number of the world's "oldest old", i.e. people aged 80 years and over, is growing even faster than the number of older persons overall: they are projected to more than triple between 2015 and 2050, from 125 million to 434 million. In 2015, women accounted for 54% of the world's older population, and 61% of the "oldest old".[1]

Aging – and by the same token, aging *in cities* – is an outcome of increasing longevity and declining birthrates, which are currently more prevalent in high income countries. Between 2000 and 2015, 6% of the world's largest cities saw their populations decline; most of them were in developed economies. In the next decade, it is expected that 17% of large cities across developed regions will see their populations decline.[2] Japan is home to the world's most aged population, with seniors constituting a third of the population in 2015 aged 65 years or over – attributed to its strict immigration policy, good healthcare, and low fertility rate. China is aging more rapidly than almost any country in recent history, and this is attributed at least in part to its (recently abolished) one-child policy; as a result, its dependency ratio could rise as high as 44% by 2050.[3] Aging in Eastern Europe, more generally, is

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[1] United Nations, Department of Economic and Social Affairs, Population Division (2015). *World Population Ageing 2015* (ST/ESA/SER.A/390).

[2] McKinsey Global Institute. *Urban World: Meeting the Demographic Challenge,* October 2016.

[3] Kenneth Rappoza. "China's Aging Population Becoming More Of A Problem," Forbes, February 2017, https://www.forbes.com/sites/kenrapoza/2017/02/21/chinas-aging-population-becoming-more-of-a-problem/#2210a08d140f

associated with low fertility and high levels of emigration (of the younger population) compared with Western European countries such as Germany and Italy where low fertility has been somewhat counterbalanced by immigration. Urban America is also aging, but benefits from higher fertility and greater migration and immigration than Japan or Western Europe. Still, in about a decade, a fifth of America's population will be older than 65 years, and two-fifths over 50.[4]

While the policy implications to adapt to this changing demographic might, at present, be of most relevance to wealthier nations globally, and to Eastern Europe and East Asia, between 2015 and 2030, the rate of growth of older persons is expected to be highest in Latin America and the Caribbean, followed by Asia and Africa. Not only is this rate likely to exceed that of the developed countries in the past, but it is also likely to occur at much lower levels of national income, and weaker systems of social protection (pensions, social security, etc.).[5] In 2050, two out of every three oldest-old persons will live in developing regions.[6]

The dramatic – but predictable – aging taking place in the world's cities will have far-reaching social and economic consequences. *Societies will not just be older, they will be more active for longer periods of their lives compared to previous generations, and they will function – and need to be understood – differently.*

The responsibility of national and city-level policymakers and officials is to recognize that the problem is not population aging per se, but rather the inertia in adapting the social, physical, economic, and policy environment to the needs of this changing demographic. For example, rather than recognizing the critical role that older persons can potentially play in society, they are often regarded as a "problem" to be solved, a "burden" to society, or a "ticking time-bomb".[7] The value proposition of aging needs to be recognized for what it is – a celebration of a development feat, and a massive opportunity to make cities *livable for all*. This will require learning that cities that are more inclusive of their elders also provide benefits for broader social inclusion, allowing persons with disabilities, pregnant women, children, women carrying children, persons with temporary injuries, and others, to contribute to society and benefit from all that cities have to offer.

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[4] Joseph F. Coughlin. "There's No Such Thing As 'Old Age' Anymore", November 8, 2017
http://time.com/5013938/old-age-baby-boomers-retirement-florida/

[5] In many countries where pension systems are not in place or fail to provide adequate income, including several in sub-Saharan Africa and in Asia, older persons are more likely to live in poverty than people at younger ages. Source: OECD (2015), *Ageing in Cities*, OECD Publishing, Paris. *http://dx.doi.org/10.1787/9789264231160-en*

[6] United Nations, Department of Economic and Social Affairs, Population Division (2015). *World Population Ageing, 2015* (ST/ESA/SER.A/390).

[7] Joseph F. Coughlin. "There's No Such Thing As 'Old Age' Anymore", November 8, 2017.
http://time.com/5013938/old-age-baby-boomers-retirement-florida/

## Content of TDD

This TDD will be organized around the following four sub-themes:
- Urban Infrastructure and City Planning
- Social Dimensions
- Jobs and Economic Development, and
- Fiscal Implications.

**Urban Infrastructure and City Planning.** As populations in cities grow older, they influence densities, commuting patterns, land markets, housing markets and so on. This is an outcome of changing demand:  increased mobility challenges, preferences for different modes of transport and increased propensity to live around transit nodes (since many older persons are no longer able to drive), preferences for certain types of housing, etc. Accordingly aging cities may require a rethink of the way they currently plan: for instance, slowing cities – among them post-industrial urban centers – face the choice between reinventing themselves through new industries and services, or adapting to smaller populations to ensure a high quality of life for those who remain.[8] Some options to consider include: flexible designs in planning and infrastructure, or updating masterplans and/ or strategic plans to ensure that they are still relevant and suitable to the current population;[9] efforts to improve resilience to respond not only to demographic changes from an infrastructure, social, and fiscal perspective, but also in terms of disaster risk; improved place-making that involves a redesign of urban form to increase its attractiveness and accessibility for all residents; and policies that promote improved accessibility and affordability of housing, in cross-generational and mixed-income developments.

Adopting universal design to ensure that infrastructure and services, including housing, are accessible to all persons – including those with limited mobility, or visual, hearing or other impairments – is key to their inclusion in society. This requires for accessibility to be built in, ideally from the design stage and ensuring that building codes are adhered to. Complementary to this, the availability of assistive devices (hearing aids, walkers, wheelchairs, talking books, readers etc.) is also essential for maintaining the independence, autonomy, participation and, in many instances, mobility of older persons.

**Social Dimensions.** Issues related to the diversity in older age – i.e., differences between 60-year-olds and 80-year-olds, etc. – in addition to intersectionality with other forms of identity or social categorization such as gender, income, ethnicity, etc. are all important considerations for governments to design innovative and context-specific social policy targeted to older persons.

Although older people with functional life skills limitations are not always perceived to be persons with disabilities, many of the functional limitations they experience are identical to persons with disabilities. Cities will need to consider legislative protections by enabling laws and policies that protect older adults from unnecessary institutionalization and allow them to receive services in less restrictive settings. This requires creating a range of viable elder care and healthcare options for seniors, based on their needs and preferences. Encouraging *aging in place* could open up limited public resources for specialized care for those who need it most.

Still, cultural shifts may be needed for younger members of society and/or societies in general (including elders themselves) to understand the value of older people. Not only can cities play an

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[8] https://www.brookings.edu/blog/the-avenue/2017/01/23/aging-and-urban-divergence/
[9]  OECD (2015), *Ageing in Cities*, OECD Publishing, Paris. *http://dx.doi.org/10.1787/9789264231160-en*

important role making that happen, they can also stimulate multi-generational connections – through both formal and informal systems – that contribute to deeper social cohesion and resilience.

**Jobs and Economic Development.** As the population gets older, it will not only affect the market for service delivery (to cater to an aging population), but also the labor market due to the change in dependency ratios and scale of active labor force. Economic development strategies would accordingly need to be adjusted to ensure that cities with workers – who are not only fewer, but also have a different age profile – continue to retain a vibrant economy. Rather than *retiring* them away, there is now a growing recognition of the need to engage older people, and to activate their talents, such as through lifelong learning possibilities, flexibility of work environments for an older workforce, and opportunities for voluntary community work.

Aging leads to shifts in spending patterns: changes in the way money is spent is an opportunity for companies to consider jumping into the "longevity economy".[10] Policy could help align the business environment and incentives so as to make elderly consumers a potentially huge market segment that is as viable, profitable, and attractive as the millennials. There are many glowing examples of new innovations and technologies that have been harnessed to maintain the autonomy of older people, and of "disruptive" technologies that could be pursued in various policy fields, in particular, the health sector, elder care, transportation, and retail. Business models and investment strategies need to be explored to mainstream these technologies, including training older persons on how to use them.[11]

**Fiscal Implications.** In caring for their older citizens, municipal governments will also need to ensure a sustainable fiscal policy. Governments, especially in poorer cities with a low – or declining – tax base will need to consider many dimensions of aging that will impact fiscal policy: among them, higher cost of service delivery in some cases (mobility/ public transport, retrofit of service delivery to elders' needs) but also lower costs (less municipal spending on schools due to fewer school age children), and unclear implications on revenue collection from property taxes. Making smart choices and prioritizing investments to ensure that public expenditure is efficient, and resources are equitably targeted to the most needy populations and most critical sectors (that may be unattractive to the private sector). At the same time, putting in place incentives to leverage private investments in areas that can be supported by the market will be an important role of municipalities in the decades to come.

## Format

The program will integrate workshops, site visits, peer-peer knowledge sharing and action planning activities. Delegates to the Technical Deep Dives will benefit from:
- Cutting-edge policy thinking and technical knowledge delivered through engaging learning sessions;
- Increased capacity to assess policy and regulatory frameworks across several sectors;
- Peer learning and networking through experience exchange sessions;
- Experimental knowledge exchanges through site visits;
- Opportunity to engage directly with Japanese municipalities, ministries, private sector, and citizens (including the elderly), to learn innovative solutions and to identify areas of further collaboration and knowledge exchange;

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[10] Joseph F. Coughlin. *The Longevity Economy: Unlocking the World's Fastest-Growing, Most Misunderstood Market,* Public Affairs – Hachette Book Group NY, November 2017.
[11] OECD (2015), *Ageing in Cities*, OECD Publishing, Paris. *http://dx.doi.org/10.1787/9789264231160-en*

- Access to follow-up operational support to assist in the successful application of knowledge gained through the TDD, provided through TDLC's operational support component.

## Budget

TDLC and will cover the following expenses (per World Bank policy):

- Airfares, hotel and actual expenses for all participants not based in Japan
- Simultaneous translation services (to/from English-Japanese)
- Venue for training, including required technology facilities
- Local transportation
- Most meals, including breakfast, lunch and dinner. Participants will receive reimbursement (actual expense) for meals that are not provided by TDLC.

| DAY 1 | Monday, May 21st in Tokyo |
|---|---|
| 8:15-9:00 | Breakfast and Registration at Tokyo Development Learning Center (TDLC), Tokyo, Japan |
| 09:00-09:40 | **Opening Session**<br>*Facilitator: Dan Levine*<br>*Welcome Remarks:*<br>*Anna Wellenstein, Director, GSURR, WBG*<br>*Introduction to TDD Program: Phil Karp, Lead KM Specialist, SURR, WBG*<br>*Icebreaker – Cultural Bingo: Haruka Imoto, KM Analyst, TDLC, WBG* |
| 9:40-10:15 | **Key Note Presentation**<br>Speaker to be confirmed |
| 10:15-10:30 | Group Photo and Coffee Break |
| 10:30-12:00 | **Demographic Trends and Challenges**<br>*Moderator: Maitreyi Das*<br>Format: Presentations followed by discussion<br>*Global Trends (MAITREYI TO IDENTIFY SPEAKER)*<br>- *McKinsey-TBC* (https://www.mckinsey.com/global-themes/urbanization/urban-world-meeting-the-demographic-challenge-in-cities)<br>*Demographic findings from OECD'S Aging Cities Report: Setsuko Saya, Cabinet Office, Japan*<br>*"How Long Will I Live?" (Ted Talk): Wolfgang Fengler (DEAN TO FOLLOW UP)* |
| 12:00-13:00 | Lunch |
| 13:00-14:30 | **Global Experiences:**<br>*Moderator: Dean Cira*<br>Format: Presentations followed by Discussion<br>*Key Findings from OECD Aging in Cities Report, Setsuko Saya, Cabinet Office, Japan*<br>*Experiences from Europe - EC Representative (DAVID SISLEN TO FOLLOW UP)*<br>*Experiences from USA - Brad Perkins*<br>*Experiences in developing regions/countries: HelpAge International (EMI TO CONTACT MARK GORMAN) OR*<br>*Experiences in East Asia (?) - Dr. Otsuki, Professor, Tokyo University (EMI HAS CONFIRMED AVAILABILITY)* |
| 14:30-14:45 | Coffee Break |
| 14:45-15:45 | **Age Inclusive Cities**<br>Moderator: TBD<br>Format: Presentation followed by discussion<br>*Framework on Age Inclusive Cities: Emi Kiyoto* |
| 15:45-17:00 | **Simulation – Understanding Mobility Challenges of Elderly Citizens**<br>*Facilitators: Emi Kiyota, Margaret Arnold* |
| 17:00-17:30 | **Reflections on Day 1**<br>*Moderator: Phil Karp* |
| 17:30-19:00 | Dinner – Grandma's Kitchen |

| DAY 2 | Tuesday, May 22nd - Tokyo |
|---|---|
| 8:30-9:00 | Breakfast at TDLC |
| 9:00-9:15 | Stocktaking from Day 1<br>Dan Levine, Senior Officer, TDLC, WBG |
| 9:15-10:45 | Aging in Japan<br>*Moderator: Haruka Imoto or Yuko Okazawa - TDLC*<br>Format: Presentation/ Guided Interview followed by Discussion<br>*National Perspective: GOJ Representatives (Cabinet Office, MLIT Transport Bureau, Urban Bureau, Housing Bureau)* |
| 10:45- 11:00 | Coffee Break |
| 11:00-12:30 | Age Inclusive Cities (Physical and Social Dimensions)<br>Moderator: Maitreyi Das<br>Format: Presentation followed by discussion<br>*Built Environment: Brad Perkins, Perkins Eastman*<br>*Singapore Model (EMI TO CONTACT AGING PLANNING OFFICE)*<br>*Experiences in developing regions/countries: HelpAge International (EMI TO CONTACT MARK GORMAN)*<br>*Aging in Place: Elena Glinskaya (PHIL TO CONTACT)*<br>*Mobility and Accessibility: Charlotte McLain-Nhlapo* |
| 12:30-13:30 | Lunch at TDLC |
| 13:30-15:30 | *Screening of short film on technologies and universal accessibility: https://www.youtube.com/watch?v=SE_VNRGYtU0*<br>*Moderator: Ashna Mathema*<br>Format: Presentation followed by discussion<br>Economic Dimensions<br>- *Jobs, revenue generation: Rich Donovan, Return on Disability Group (confirmed)*<br>- *Aging and the Economy, Shanghai 2050: Elena Glinskaya (PHIL TO CONTACT)*<br>Technology for the "lucrative" demographic<br>- *Technology and Universal Accessibility: Rich Donovan, Return on Disability Group (confirmed)*<br>- *Technology in an Aging World: Google/ Microsoft/ other (ASHNA/ DEAN TO FOLLOW UP WITH RICH DONOVAN)*<br>- *Robotics and Eldercare: Japan National Institute, AI department (EMI TO CONTACT)* |
| 15:30-15:45 | Coffee Break |
| 15:45-16:45 | Fiscal Dimensions (PHIL TO FOLLOW UP WITH ANNA FOR SUGGESTIONS)<br>*Moderator: Anna Wellenstein*<br>Format: Presentation followed by discussion<br>2 presentations TBC from among these:<br>- *"Extra Costs": Daniel Mont (TBD/TBC)*<br>- *Someone from social protection? (MAITREYI TO FOLLOW UP)*<br>- *Someone from a city government in the US (DC, NY?)*<br>- *Singapore Model (EMI TO CONTACT AGING PLANNING OFFICE)* |
| 16:45-17:45 | Public Policy Choices for Addressing Needs of Aging Cities<br>*Moderator: Phil Karp*<br>Format: Panel Discussion with guide questions |

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| | *Panel constituting 4-5 among the following:*<br>- *Emi Kiyota*<br>- *Brad Perkins*<br>- *EC representative*<br>- *Rich Donovan*<br>- *Dr. Otsuki* |
| 17:45-18:00 | Reflections from Day 2<br>*Moderator: Phil Carp* |
| | Evening Free to Explore Tokyo |

| DAY 3 | Wednesday May 23rd in Toyama |
|---|---|
| 07:30-08:30 | Breakfast at Hotel |
| 08:30-08:45 | Walk to Shimbashi Station |
| 09:00-11:30 | Shinkansen to Toyama / HAKUTAKA 555. TOKYO 8:44 -Toyama 11:25am |
| 11:30-11:45 | Transfer to Hotel |
| 12:00-13:00 | Lunch |
| 13:00-13:15 | Transfer to Workshop Venue |
| 13:15-15:15 | Experience from Japanese Cities<br>Format: Panel & Discussion<br>*Moderator: Masato Miyazaki, WBG Special Representative, Japan (tbc)*<br>• *Joseph Runzo, Toyama City Planning Office*<br>• *Yokohama City Official*<br>• *Fukuoka City Official* |
| 15:15-17:00 | Site Visit 1 |
| 17:30-19:00 | Dinner with Toyama City |

| DAY 4 | Thursday May 24th in Toyama |
|---|---|
| 08:00-09:00 | Breakfast at Hotel |
| 09:30-11:30 | Meeting with Toyama City Mayor<br>*Moderator, Dan Levine, TDLC*<br>*Speaker: Mayor Masashi Mori, Toyama City* |
| 11:30-13:00 | Reimagining the City<br>Format: Simulation Exercise; Table Group work with 4-5 themes<br>*Facilitator: Emi Kiyota* |
| 13:00-14:00 | Lunch |
| 14:00-14:30 | Introduction to Action Plan<br>*Dan Levine, Yuko Okazawa, TDLC* |
| 14:30-16:00 | Site Visit 2 |
| 16:00-16:30 | Transfer to Railway Station |
| 17:00-19:30 | Shinkansen to Tokyo / KAGAYAKI 512. Toyama 17:06 – Tokyo 19:20 |

| DAY 5 | Friday, May 25th in Tokyo |
|---|---|
| 8:15-9:00 | Breakfast at hotel |
| 9:00-9:45 | Action Plan preparation |
| 9:45-11:30 | Action Plan Presentations |
| 11:30-12:15 | Lunch |
| 12:15-13:15 | Action Plan Presentations |
| 13:15-13:30 | Coffee break |
| 13:30-14:30 | Action Plan Presentations |
| 14:30-15:15 | Wrap-Up and Closing Circle |
| 15:15 | Goodbye Toast |