



# ACTIVE SENIORS: THE POTENTIAL OF A “SUPER-AGED” SOCIETY

In 1950, the average life expectancy in Japan was slightly less than 60 years. In 2019, it was approximately 84 years, and presently more than 28% of the population is older than 65. This high aging rate makes Japan a “super-aged” society. However, as stated in the Japanese government’s “Guideline of Measures of Ageing Society” (2018), “The general trend of determining over 65 as ‘older people’ by their age is no longer realistic.” Many “older people” remain or wish to remain active in the workforce and other sectors of society well past the traditional retirement age. Through interviews with such active seniors, we look at the possibilities for the new age of longevity in Japan in which people can expect to utilize their talents and follow their interests long into their healthy lives.

Photos: Courtesy of Jitsukawa Yoshinobu; Courtesy of Miyagawa Maiko; Courtesy of Hiruma Eiko; Courtesy of Takino Fumie; Courtesy of TOKYO-SPORTS; Courtesy of Joe Okada