

The number of people with dementia is expected to increase to around 10 million, or more than 10% of the total population in Japan. To create a dementia-friendly society, merely conducting clinical researches in hospitals or epidemiological in the communities are not enough to make a ground-breaking change. It is time for us researchers to step forward to participating in the real world while collaborating with local residents and stakeholders on an equal footing. This is a method known worldwide in recent years as community-based participatory research (CBPR). First, Dr Okamura will give an overview of research methodology and philosophy. Second, Dr Miyamae will report on a unique research project in which "only people who self-identify as having dementia" gather at a peer-support meeting. This is the perspective of real-world gerontology. Thirdly, Dr. Ito reports on the older people who are living with delusions and who are living without any support from the health care professionals. Because such people are inaccessible in the conventional research framework, we call this deeper gerontology. Finally, Dr Wakui will report on a study to search for invisible and voiceless family caregivers who are too busy to even communicate with society through family associations, etc. This could be called complex gerontology. By participating in this symposium, you can relieve a more realistic, deeper, and more complex gerontology.