

Geriatrics 13_Policy strategy for frailty and locomotive syndrome

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Policy strategy for frailty is a significant issue in the Asian region, where societies are aging rapidly, and national and regional projects are required. From the perspective of preventing frailty, it is essential to maintain mobility to prevent physical frailty. Based on the evidence that aging is often associated with locomotor diseases, which lead to a decline in mobility, the Japanese Orthopaedic Association has proposed the concept of the locomotive syndrome. Analyses based on cohort studies in Japan have shown that locomotive syndrome is much more common than the number of frail people and that most frail people have early locomotive syndrome as a complication. The data suggest that locomotive syndrome measures are needed to prevent frailty. The WHO promotes the importance of integrated care for older people. The WHO focuses on intrinsic capacity domains, including cognitive decline, limited mobility, malnutrition, visual impairment, hearing loss, and depressive symptoms. In this symposium, we will discuss the direction of measures against frailty and locomotive syndrome, including integrated care for older people in Asia, by introducing state-of-the-art and the current situation in each country and region from those who are active in the respective areas of Taiwan, Singapore, Hong Kong, and Japan.