

# How is Ibasho café different?

- Views global aging as an opportunity to harness the wisdom and experience of elders
- Focuses on the abilities not the disabilities of older people
- Provides an opportunity for older people to actively participate in planning and operations
- Creates a culturally appropriate vision developed and owned by the community, not by an outside “expert”
- Opens its doors to all in the community, including those with physical limitations or cognitive disabilities like dementia
- Educates the community in holistic approaches to aging and dementia

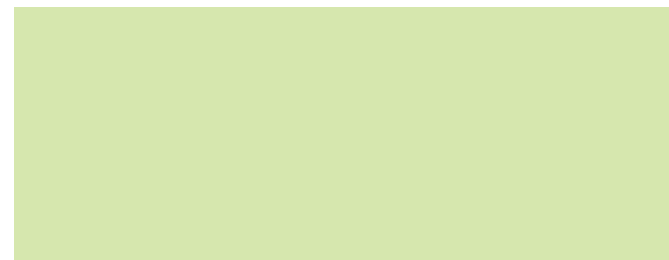
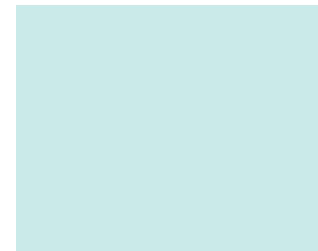
***Ibasho Café is a relatively low-cost project. It can be created in rural or urban communities in developing as well as developed countries.***

## Contact us.

This is not just an investment in people and places that are far away. This is an investment in our own future. With your support, this dream can become a reality. Want to know more? Can you help? Contact us at:

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## *Ibasho Café*

*“Ibasho” is a Japanese word for  
“A place where one can feel at home”*

*A place where people from  
the surrounding community  
can find their “Ibasho”*

# What is an “Ibasho Café”?

The Ibasho Café is a place where neighborhood people of all ages gather and share conversation and refreshments. The Café creates a welcoming place to meet and is a natural place for young and old to discuss community issues and plan programs together. In the Ibasho Café, older people will not passively sit and be served or be taken care of – they will actively join in planning, managing and operating the Café. In the Ibasho Café, elders are recognized as community assets and a source of history and wisdom to guide younger generations. Community members of all ages have a sense of ownership since they direct the planning and design to suit their cultural needs and traditions.

Unlike a senior center or other place where older people are “cared for” and segregated from others, the Café is not an elder care “service”. It is a place where having older people around and participating in discussions and working is a normal part of everyday life. Ibasho will welcome people living with physical disabilities or cognitive illnesses such as dementia, and they will be encouraged to participate to their fullest ability in the life of the Café,

The Ibasho Café is much more than a building – it is a place where created by and serving the entire community and one that strengthens community bonding and resilience.

## The benefits

- Socialization with others in an informal setting
- Participation in age-appropriate everyday activities
- Access to helpful resources for elders and their family members
- Opportunities to be useful, including elders’ participation in operating the community café
- Re-gaining a sense of community, and eliminating the marginalization of elders that has characterized many societies
- The opportunity to have multi-generational interactions, by providing attractive programs and an atmosphere where younger generations can stop by informally



*“I lost everything on that day, but we still have each other.”*

*- 87-year-old tsunami survivor in Ofunato, Japan*



## Why Ibasho Café?

Modernization and urbanization are isolating older adults from community life. This is happening at the same time as the numbers of older people around the world are increasing.

We all lose when we marginalize older people – elders lose social interaction and the community loses the assets, wisdom and experience that elders offer. Many societies see older people as a burden needing care and services. We fail to recognize them as invaluable assets and by stressing their dependence can make them more reliant on support services. This approach is not financially sustainable in light of shrinking family size and growing numbers of elders.

In contrast, when we create a community that harnesses the abilities of its older citizens all benefit – older people through continued purpose and families and communities through access to the contributions of older people.

The Ibasho Café creates an opportunity for elders to serve and not simply be served.