THE
Ibasho Toolkit

A toolkit for learning about the Ibasho principles and how to use them to implement a program and place
ACKNOWLEDGEMENTS

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The eight Ibasho core principles were developed by Dr. Emi Kiyota and Dr. Allen Power during Dr. Kiyota's Bellagio Residency fellowship program, which was funded by the Rockefeller Foundation.
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EMI KIYOTA is the founder and director of Ibasho, an organization that facilitates the co-creation with elders of socially integrated, sustainable communities that value their elders. Dr. Kiyota holds a Ph.D. in architecture from the University of Wisconsin-Milwaukee. She is an environmental gerontologist and a consultant with over 20 years experience in designing and implementing person-centered care in long-term care facilities and hospitals globally. Her current focus is on creating socially integrated and resilient cities where elders are engaged and able to actively participate in their communities. She has published journal articles and book chapters and serves on the board of directors of the Global Ageing Network. Dr. Kiyota has been awarded fellowships to investigate this topic, including the Loeb Fellowship at the Graduate School of Design at Harvard University, the Rockefeller Bellagio Residency Fellowship, and the Atlantic Fellowship for Equity in Brain Health at the Global Brain Health Institute at University of California, San Francisco.

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YASUHIRO TANAKA is director of Ibasho Japan. He received a Ph.D. in engineering from Osaka University and is currently researching and supporting work on communities around Japan. A specially appointed researcher at the University of Tokyo’s Graduate School of Economics, he has also been a researcher at the Shimizu Corporation Institute of Technology, among other positions. At Ibasho House in Ofunato, Iwate Prefecture, he focuses on operations and research. He has published books and reports including Kankyo to dezain (Shirizu “Ningen to kenchiku” 3) (Environment and Design: People and Architecture Series, Vol. 3), Machi no ibasho (“Communal Places”) and Ibasho Hausu no ayumi (“Ibasho House: A History”).

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SUSAN TAN is the Founder of ECI Consulting Holdings, a public health focused social enterprise that empowers communities of individuals in uncovering meaning and purpose in life to age in a happier and healthier manner. Susan is a nurse who holds a MA in LifeLong Learning from University of London. She is passionate about facilitating active aging coupled with co-creating an inclusive environment for people living with dementia with over 10 years of experience. She authored the book Add MEANINGS To Your Life Every Day - presenting eight strategies on prevention of dementia.
This toolkit describes the origin of IBASHO and introduces the core concepts of the approach using Ibasho project case studies from three countries. Its purpose is to provide local and national stakeholders and community elders with practical guidance, so they can use the Ibasho approach to achieve the following long-term goals:

**Challenge the perception of aging and the social role of elders, and promote the philosophy that elders can add value to their communities.**

**Foster productive working relationships between elders and other community members, local government officials, and local NGOs to build social capital and improve community resilience.**

**Build capacity within community members, particularly elders, to lead and manage an initiative.**

**Promote self-sustainability, enabling elders to maintain their project for a long time.**

**Address the challenges of global aging by offering a new form of community-based care founded on a peer-to-peer elder support network.**

**AUDIENCE**

The toolkit uses a series of case studies to introduce the principle-based Ibasho approach and to provide practical guidance for adapting Ibasho’s core principles and design process into your community.

We envisage the toolkit being used by elders who are interested in finding opportunities to contribute to their community, as well as local partners (community groups, local government, international NGOs, private sector, and research institutions), and other civil society groups and government agencies. By highlighting the principles of the Ibasho approach (instead of directed set of instructions), detailing the design process and showing examples in practice through specific case studies.

We hope this toolkit will help stakeholder groups collaborate in creating an Ibasho project together.
METHODOLOGY

The Ibasho project and technical teams compiled the information described in this toolkit through firsthand experience, interviews, and focus groups with local elders and project coordinators. Knowledge drawn from these sources has been consolidated to describe ways in which the principle-based Ibasho approach has been adapted and adopted by these communities to reflect their essence.

The goal of this toolkit is to provide practical advice and demonstrate the broad range of options available to elders and their communities, which can be adopted in a culturally appropriate manner.

A note on terminology: The word Ibasho is used to describe an organization, a series of case study projects, and a principle-based approach to community development. For ease of reference we explain how we have used these terms below:

**IBASHO:** The umbrella organization founded by Dr Emi Kiyota.

**Principle-based Ibasho approach:** In order to create socially integrated and sustainable communities that value elders in different cultural and geographical contexts, IBASHO employs a principle-based approach that relies on extensive workshops and collaborative planning sessions rather than a prescriptive approach such as franchising.

**Ibasho concept:** Ibasho’s mission, vision, goals, and principle-based approach.

**Ibasho technical team:** The development and research team sent by IBASHO to assist local elders and other community members in planning and developing an Ibasho project.

**Ibasho project:** A legally accredited, locally established Ibasho organization, such as Ibasho-Japan, Ibasho-Philippines and Ibasho-Nepal

**Ibasho hub:** A physical environment led by elders who practice Ibasho’s core principles and operated to benefit community members of all ages.

**Elder:** An older member of the community. We have refrained from imposing specific criteria for age, as the definition of an elder changes depending on the setting and over time.
Origins of Ibasho

This chapter describes the origin and meaning of Ibasho and how the Ibasho approach can be used to harness the intrinsic social capital of communities and their elders to enhance community resilience.
Older adults are increasingly being marginalized around the world even as their numbers are growing rapidly. Far too often, aging is viewed simply as a process of decline, the growth that accompanies aging invisible to society. As a result, elders are effectively cut off from the flow of daily life, their wisdom and perspectives lost to the children and younger adults in their communities.

The principle-based Ibasho approach was developed to challenge the prevalent, mostly negative perceptions about aging by empowering elders to co-create a physical place where they can contribute to community members of all ages.

“The time to be happy now, the place to be happy is here, and the way to be happy is to make other people happy.” I found this quote in an elementary school in Bhutan when I was working on a senior housing project for Buddhist monks. This quote resonated with me because it captured the gap between our current approach to elder care and what elders want. Everyone wants to be useful to others, regardless of their age, physical or cognitive capacities. However, the current system treats elders as people for whom we have to care rather than treating them as people who can contribute to their communities. The Ibasho approach recognizes elders as valuable assets to their community, empowering them to be change agents who challenge the prevalent narrative of aging and the social role of elders. How can each of us be a part of co-designing a shared future for elders across the globe in which aging is not something to fear but an opportunity to appreciate the potential within us all for meaningful growth throughout our lives?”

(PERSONAL REFLECTION, EMI KIYOTA, FOUNDER OF IBASHO)
Ibasho means “a place where you can feel like at home, being oneself” in Japanese. It is also a place where a person feels a sense of belonging and purpose resulting from the social relationships associated with that place.

At IBASHO we believe this is what every person should have as they age: a place to live in safety, comfort and dignity, where they are valued as a person with a rich trove of history and experience.

Our mission is to partner with local organizations and communities to design and create socially integrated and sustainable places that value elders and provide them with opportunities to contribute to their communities. Our vision is of a world that embraces the positive qualities of aging while adapting to its challenges. Our goal is to challenge the prevalent narrative of aging and the role of elders through placemaking.

The Ibasho approach challenges prevalent, mostly negative perceptions of aging by empowering community elders to create a physical place where they can contribute to community members of all ages.

The Ibasho approach recognizes:

- Elders are valuable assets to their communities
- Actively participating in their communities reduces elders’ social isolation, loss of dignity and respect, and sense of uselessness and irrelevance

### NEED, RATIONALE AND SOLUTIONS

The worldwide aging trend is heightening three global challenges: economic burden, risk and resiliency, and social isolation. Ibasho offers low-cost, self-sustaining solutions that address these challenges by empowering elders as change agents to create more inclusive and resilient communities.

#### Economic burden

**PROBLEM:** Institutional care may become financially unfeasible because it is expensive and there is a shortage of caregivers. In middle- to lower-income countries, there are limited formal care systems. At the household level, providing informal care reduces the earning power of caregivers, who are predominantly women, contributing to gender inequality and financial hardship.

**SOLUTION:** Through Ibasho’s social venture model, elders can subsidize their incomes through the work they do. The government provides subsidies for the operation because elders are contributors and tax-paying earners.

#### Risk and resiliency

**PROBLEM:** Disaster response and recovery disproportionately affects seniors. Approximately 65% of the people who die from disasters are over 60 years old, in part because they are more likely to have infirmities that hinder or slow evacuation, to live in poverty, or to be isolated.

**SOLUTION:** The community hub doubles as an evacuation center. It holds disaster preparation trainings, which include elder-led disaster risk management sessions in which elders share their experiences and lessons learned from previous disasters. The community hub also strengthens social capital and resiliency: people connect at Ibasho, know each other’s first names, and have more friends.

#### Social isolation

**PROBLEM:** Social isolation and loneliness, which have been identified as health risk factors, affect approximately one-third of the elderly population in the United States. The number of elder-headed households is projected to grow from one in four to one in three by 2035 in the United States. As many other countries experience similar trends, this challenge will become a critical policy issue.

**SOLUTION:** Ibasho empowers older people to create meaningful activities, a sense of purpose, and relationships with people other than professional caregivers. Having a meaningful role and feeling valued increases confidence levels and decreases depression and feelings of dependency.
### HOW IBASHO STRENGTHENS COMMUNITY RESILIENCE

<table>
<thead>
<tr>
<th>Engaging elders</th>
<th>Ibasho project</th>
<th>Connected to others</th>
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<tr>
<td>• Challenging social perception about aging</td>
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<td>• Changing mindset</td>
<td>• Place where people gather informally</td>
<td>• Various levels of relationships/connections are informally developed</td>
<td>• Create informal support network</td>
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<td>• Conflicts</td>
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### HOW IBASHO STRENGTHENS COMMUNITY TIES

#### Reduce Economic Burden
- Opportunity for elders to earn extra income
- Self-sustainable operation by community members
- Minimal subsidies from government

#### Reduce Social Isolation
- Elders get to be connected to others
- Meaningful activities
- Elders as catalyst for connecting community members

#### Improve Resiliency
- Develop stronger social capital among people of all ages
- Elders contribute useful knowledge and experience
- Develop disaster risk management plan
The Ibasho process

In this chapter we describe the process of establishing an Ibasho project. We highlight the characteristics of a project, what makes it different from other development initiatives, and key stages in the process.
What makes an Ibasho project different?

Ibasho projects are typically created through collaboration between the Ibasho program team and community elders. Ibasho projects share the following characteristics:

**Leadership:** Elders take leadership throughout development and operation

**Program:** Programs are community-driven and multigenerational and improve the lives of community members of all ages

**Type of activities:** Activities are designed not to care for elders, but to allow elders to offer services that meet the needs of community members of all ages

**Decision making:** Elders decide the types of services, activities, programs, and places they want to have in their community

**Community ownership:** The Ibasho project is governed, operated, and maintained by a group of local elders

**Location:** Someplace accessible with high foot traffic

**Peer-to-peer exchange:** Elders from different communities learn from each other and help each other develop their projects

**CHARACTERISTICS OF AN IBASHO PROJECT**

**Physical attributes**

- Elder’s engagement for development and maintenance
- Close proximity to community services
- Non-institutional environment
- Embraces imperfection

**Mission and philosophy**

- Ibasho core principles
- Social mission

**Social attributes**

- Governed and operated by elders
- Not for profit organization/corporative/social venture
- Non-institutional programs
- Multi-generational interactions
Example of fluid coalition model in the Ibasho approach. The model can be adjusted depending on context and community to address identified goals.
How IBASHO and the Ibasho project interact
Developing an Ibasho project

1 Pre-project exploration by the Ibasho project team
   - Identify potential community partners
   - Field inquiries from communities to Ibasho
   - Discuss goals and how to proceed on creating a project

2 Creating a shared understanding between Ibasho and the community
   - Select local coordinator
   - Agree on project procedures and responsibilities
   - Agree on duration and scope of support from Ibasho and the local coordinator
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<td>HELP ELDERS DEVELOP PROJECT</td>
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<td>CONDUCT VISION, EDUCATION, OPERATION, AND PROGRAM WORKSHOPS</td>
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<td>TRAIN LOCAL COORDINATORS</td>
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<td>BUILD COMMUNITY CAPACITY THROUGH LOCAL COORDINATOR</td>
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<th>Assisting the elders in placemaking</th>
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<td>CO-DESIGN PROJECT</td>
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<td>RENOVATION/CONSTRUCTION</td>
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<td>OBTAIN PERMITS AND OVERSEE CONSTRUCTION</td>
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<th>Phasing out the project team’s input as the community takes ownership</th>
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<td>PROVIDE SUPPORT THROUGH LOCAL COORDINATOR</td>
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<td>IMPROVE AND MAINTAIN THE PROJECT</td>
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<td>CONDUCT AND DISSEMINATE RESEARCH</td>
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1. Pre-project exploration by the Ibasho project team

PREPARING FOR AN IBASHO PROJECT

Project application:
- a) Community members apply for Ibasho project
- b) Representatives of local government, NGOs, and/or other organizations that support the community
  - Select project site (IBASHO participates in selection process)
  - Help community members apply for assistance from IBASHO in creating an Ibasho-country project

Participants: The initial contacts for starting an Ibasho project are normally local leaders from government, organizations, or the communities. Ibasho project require elders to participate and take the lead, so it is important to choose meeting location carefully, so elders and other community members with varied backgrounds can join.

The application should be submitted by a local group, not individuals
The group does not have to have legal status
The main members of the group should be elders

CONSIDERATIONS FOR LOCAL COORDINATOR

CRITERIA
- Can visit the Ibasho site regularly
- Can be an individual, community organization, NGO, or social venture
- Is not from the community where the project will be located
- Must understand Ibasho’s eight core principles

ROLE
- Serve as liaison between IBASHO and community members
- Provide regular support to community elders implementing Ibasho principles, serving only as a facilitator and not making decisions
- Document the project daily
- Coordinate the Ibasho project team’s onsite work
- Assist in data collection for the impact evaluation
- Represent Ibasho locally

TERM Two years

SITE SELECTION CRITERIA

IBASHO identifies and visits at least five communities and conducts group meetings with local leaders. After the site visits, the Ibasho project team chooses a project site based on the criteria below:

- The community recognizes the challenge of aging.
- The elders are strongly motivated to improve the lives of community members of all ages.
- The elders are able to work together as a group.
- Community leadership is committed to supporting their elders through the Ibasho project.
- The community is committed to establishing the local Ibasho chapter as a coop, non-profit organization, or social venture.
- The community is committed to providing property for the Ibasho hub.
- The community members who will work on the project understand the Ibasho process and the financial and personal responsibilities that will be required of them.
- The community members understand that IBASHO’s role is to provide technical assistance for the community elders who will implement the Ibasho concept, not to fund the project.
- People from various backgrounds in the community are committed to participate in the development meetings.
- Community members and elders are committed to raising funds for program and building.
- Community groups and organizations support the project.
2. Creating a shared understanding between Ibasho and the community

CREATING A SHARED VISION AND WORK PLAN

During this phase, Ibasho establishes agreements with key community members and organizations about their legal and financial responsibilities in developing the Ibasho project. This process allows all the stakeholders to establish a shared set of expectations—including the critical understanding that IBASHO is not a funding agency. The Ibasho technical team also introduces Ibasho principles and case studies to help elders and other community leaders envision how they can develop a project that incorporates both Ibasho principles and their own cultural values and preferences.

The key milestones achieved during this phase are:

- A local coordinator is selected for the project.
- The role of the local coordinator is understood by all involved in the project.
- The project team and the community agree on project procedures and responsibilities, including the duration and scope of the support to be offered the project by IBASHO.
- Everyone involved understands the legal and financial responsibilities of various stakeholders, including NGOs and local government.
- All involved understand that the roles of the Ibasho technical team and the local coordinator are time-limited. Once the hub has been established and is being operated by local elders, these roles should be phased out.
3. Providing technical support to the elders

DEVELOPING THE IBASHO PROJECT WITH IBASHO TECHNICAL SUPPORT

In this phase, the Ibasho technical team, which may include elders from existing Ibasho projects, works closely with community elders to develop the new project. It is important to note that the Ibasho team helps the elders make their own decisions rather than making decisions for them. Throughout the development phase, elders identify several income-generating projects and several community improvement projects. Meanwhile, the Ibasho technical team may help the community operate the project in a sustainable manner.

- The four key workshops
  - Education: Introduce Ibasho core principles, share ideas from other Ibasho sites, discuss case studies in other countries. Ibasho ambassador elders from existing projects help conduct these workshops.
  - Vision: Develop goals for the project, ensuring that it benefits all members of the community, not just certain ages or other sub-groups.
  - Operation: Develop an operation plan for the project
  - Design: Develop a design for the physical infrastructure
- Community capacity building through the local coordinator
- Establish a local organization to operate the project
- Starting income-generating projects that are also environmentally and socially sustainable
- Train elders on how to sustain the operation by performing accounting, legal, and other administrative tasks.
- Ibasho ambassador trainings (SEE Ibasho ambassador training in chapter 5)
- Impact evaluation (design, data collection, and analysis)
**WORKSHOPS**
The key considerations for conducting productive workshops are:

- Choose a location that elders can get to easily. A central location with high foot traffic is ideal, as it also enables younger members of the community to stop by and informally join in the project, or simply become more aware of it.

- Ensure that the outside experts understand that their role is to learn from the community members and provide the help they need, not to make decisions for them.

- Choose dates and times that are convenient for as many elders as possible (e.g. taking into account the fact that many elders look after their grandchildren in late afternoons and evenings in the Philippines). The duration for the workshop should not be long, since elders often need time to rest.

- Make sure each workshop produces clear action steps rather than simply discussing methods and process.

- The role of outside experts is to learn from the community members first, and provide help that elders need.

**ACTIVITIES/PROGRAMS**
There are four main criteria for Ibasho activities, which may provide funding for the project and/or some extra income for some of the elders involved:

- Ibasho activities should be culturally sensitive, and materials should be sourced locally. While experts from outside the community may come in to help, they must be careful to offer assistance rather than leadership.

- Ibasho activities should not simply be entertaining, but should give elders a sense of meaning and purpose.

- Ibasho activities should serve as tools to connect people, not just to generate income.

- The activities should be documented, including their frequency and the number of participants.
4. Assisting the elders in placemaking

An Ibasho place makes elders’ contributions visible to other members of the community. It functions as an incubator, enabling new ideas to be generated and implemented. It elicits a sense of ownership on the part of the local Ibasho initiative and a sense of long-term commitment on the part of the community.

THE IMPORTANCE OF PLACEMAKING

WHY PHYSICAL SPACE MATTERS TO AN IBASHO PROJECT

- It can provide a community hub, where people of all ages can stop by and socialize without creating a strong obligation or requiring a deep commitment
- It can give elders a destination outside their homes
- It can facilitate incidental encounters among people with various backgrounds
- It makes elders’ contributions to their community visible to other community members
- It can allow new ideas to be generated and implemented
- It encourages other community members to commit to the project long-term

THE BENEFITS OF CO-DESIGNING WITH ELDERS’ LEADERSHIP

- The process of securing property, obtaining permits, designing space, overseeing construction or renovation, raising funds, and maintaining the place together helps community members develop a sense of solidarity and from or strengthen personal relationships
- The process creates opportunities for people with design and/or construction skills and experience to become resources in their community.

CONSIDERATIONS

- Effective negotiation. Outside experts may be helpful during this phase, since securing land or an existing property often requires intricate financial and legal negotiations with various stakeholders.
- Creative funding. The project members must come up with innovative ways to secure the funds needed to cover property, materials, and labor, especially if they are building a hub from the ground up.
- Continuous maintenance. A strong commitment is needed in order to maintain both the project and the organizational structure long-term. That commitment must be established during the process of placemaking.
- Shared vision and responsibilities. A clear understanding needs to be established of the legal, financial and other responsibilities of all parties involved, including the Ibasho project team, local elders, and other stakeholders.
DESIGN CONSIDERATIONS
Key consideration in designing a hub:

- Ensure accessibility for people of all ages
- Allow for flexible use of the space
- Use locally acquired materials and carpentry skills
- Design in such a way that elders can participate in the construction or renovation process
- Establish clear tasks and legal and financial responsibilities among the Ibasho project team, including local elders
- Design the hub so local elders can complete the space, and can build additional space if desired in the future
- Design for low-cost, easy maintenance so local elders are able to maintain the building without outside help

PLACE MAKING PROCESS
The location of the Ibasho project hub must first be determined, either by finding an existing place that can be renovated or by identifying an available property where elders can construct a new Ibasho hub.

The place must then be co-designed, with elders in the lead, to ensure that the new or existing place fits the community’s needs.
5. Phasing out the project team’s input as the community takes ownership

COMMUNITY OWNERSHIP
Once the Ibasho hub is built, community elders are in charge of operation and maintenance. Ideally, elders should be able to operate the hub with income they generate from their activities there, so they do not need to depend on outside grants.

THE COMMUNITY ELDERS’ ROLE IN THIS PHASE:
• Educating community members in Ibasho principles
• Meeting reporting requirements for maintaining NPO or coop status
• Sharing an annual report, including a financial report, with Ibasho
• Updating social media and websites
• Coordinating site visits for visitors
• Coordinating the impact evaluation

IBASHO’S ROLE AT THIS PHASE:
• Provide local support (e.g. education and training) through local coordinator until his/her term is up
• Evaluating the impact of the project
• Facilitate follow-up educational sessions

Table 1 shows how the Ibasho process was implemented in the case study project sites. Key points to note from this figure:
• How each country adapted the Ibasho core principles
• How these three communities are connected and helping each other
• How these three communities differ in terms of the pace at which programs were implemented
• How evaluation was integrated into the implementation process
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<thead>
<tr>
<th>JAPAN</th>
<th>PHILIPPINES</th>
<th>NEPAL</th>
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<tr>
<td><strong>2011</strong></td>
<td>Great East Japan Earthquake and tsunami</td>
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<tr>
<td><strong>2012</strong></td>
<td><strong>FEB</strong> Ibasho’s 1st visit</td>
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<td><strong>MAY</strong> 1st workshop</td>
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<td></td>
<td><strong>OCT</strong> Groundbreaking ceremony</td>
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<td><strong>2013</strong></td>
<td>Mar Ibasho Sozo Project, a nonprofit organization, is established</td>
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<td></td>
<td><strong>JUN</strong> Opening ceremony of Ibasho House</td>
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<td>Nov Typhoon Yolanda</td>
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<td><strong>2014</strong></td>
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<td></td>
<td><strong>AUG</strong> Vegetable farming starts</td>
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<td><strong>OCT</strong> The 1st monthly farmer’s market</td>
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<td><strong>2015</strong></td>
<td><strong>JAN</strong> Two members visit Philippines</td>
<td><strong>JAN</strong> The 1st workshop, which is conducted by a team including two elders from Ibasho House</td>
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<td><strong>JAN</strong> Construction starts on a kitchen for running an outdoor cafeteria</td>
<td><strong>JAN</strong> Members of the Senior Citizens Association start recycling plastic bottles</td>
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<td></td>
<td><strong>MAR</strong> A public forum titled “Elders Leading the Way to Inclusive Community Resilience” is held at the 3rd UN World Conference on Disaster Risk Reduction</td>
<td><strong>FEB</strong> The local coordinator arrives at barangay Bagong Buhay</td>
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<td></td>
<td><strong>MAY</strong> Cafeteria starts</td>
<td><strong>MAR</strong> Two members and the local coordinator visit Ibasho House at Ofunato, and participate in the public forum “Elders Leading the Way to Inclusive Community Resilience” at the WCDRR</td>
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<tr>
<td></td>
<td><strong>JUNE</strong> 2nd anniversary ceremony</td>
<td><strong>MAY</strong> Vegetable farming starts</td>
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<td></td>
<td><strong>OCT</strong> One member visits the project in the Philippines</td>
<td><strong>OCT</strong> During Ibasho’s 4th visit, members of Ibasho Philippines learned about farming from an Ibasho House elder</td>
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<tr>
<td><strong>2016</strong></td>
<td><strong>JUN</strong> 3rd anniversary ceremony</td>
<td><strong>JAN</strong> 1st trial of the mobile café</td>
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<td></td>
<td></td>
<td><strong>FEB</strong> 2nd trial of the mobile café</td>
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<td><strong>JUN</strong> Members of Ibasho Philippines parade in barangay Bagong Buhay to launch the mobile café</td>
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<td><strong>SEP</strong> Bingo game for fundraising</td>
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<td></td>
<td><strong>NOV</strong> Non profit organization status is obtained for Ibasho Philippines Elders Incorporated</td>
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<tr>
<td><strong>2017</strong></td>
<td><strong>APR</strong> Evening study classes for children start</td>
<td><strong>MAY</strong> Renovation of the feeding center starts</td>
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<td></td>
<td><strong>JUN</strong> 4th anniversary ceremony</td>
<td><strong>JUL</strong> Painting the feeding center</td>
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<td></td>
<td><strong>OCT</strong> 2nd (midline) survey starts</td>
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<tr>
<td></td>
<td></td>
<td><strong>OCT</strong> Bingo game for fundraising</td>
</tr>
<tr>
<td><strong>2018</strong></td>
<td><strong>JUN</strong> 5th anniversary ceremony</td>
<td>Members start making earrings</td>
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<td></td>
<td><strong>JUN</strong> Four members participate in Asian Development Bank (ADB)’s seminar in Manila and visit Barangay Bagong Buhay</td>
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<td></td>
<td>Members decide not to build an Ibasho building</td>
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<td></td>
<td>Renovation of Chautari starts</td>
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<td>Six members participate in ADB’s seminar at the Manila Groundbreaking ceremony for the Ibasho building</td>
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<tr>
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<td></td>
<td><strong>SEP</strong> Construction start on the Ibasho building</td>
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<td></td>
<td></td>
<td>Ibasho Ambassador training</td>
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<tr>
<td></td>
<td></td>
<td>The signboard is installed</td>
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<tr>
<td></td>
<td></td>
<td>2nd (midline) survey starts</td>
</tr>
</tbody>
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*Table 1 The IBASHO Process in Action*
In this chapter, we briefly introduce three Ibasho project sites as cases studies to illustrate how the Ibasho approach was internalized by three different communities.

While the Ibasho sites described in this toolkit are post-disaster regions, IBASHO does not only focus on disaster areas. We work with communities that are interested in creating sustainable community gathering places that strengthen social ties and increase respect and appreciation for the community’s elders.

For more information on how cross-site learnings are being facilitated to seed new Ibasho projects, encourage a sense of global citizenship around positive aging, and develop a globally connected community of elders, see chapter 5 on Sustainable Growth.
Three Ibasho projects have been implemented:

**Ofunato, Japan**
The first Ibasho project was developed in a post-disaster site after the Great East Japan Earthquake in March 2011.

**Ormoc, Philippines**
The second Ibasho project was developed in barangay Bagong Buhay outside Ormoc after Typhoon Yolanda in November 2013.

**Matatirtha, Nepal**
The third Ibasho project, located in Kathmandu valley, was initiated as a recovery process after the earthquake of 2015.
Japan

PARTNER
Ibasho Sozo Project

FIRST VISIT
February 2012

FIRST WORKSHOP
May 2012

OPENING OF IBASHO HUB (IBASHO HOUSE)
June 2013

Multi-generational community hub
Elders find opportunities to contribute to their community
Café
Noodle shop
Vegetable farm
Farmer’s market
Community Resource Center
– Knowledge transfer
– Local cultural value
– Library

Philippines

PARTNER
Barangay Bagong Buhay

FIRST VISIT
April 2014

FIRST WORKSHOP
January 2015

OPENING OF IBASHO HUB
January 2019

Plastic bottles recycling
Vegetable farm
Children’s nutrition program
Community Resource Center
– Disaster prevention
– Evacuation center
– Resource center for aging
– Knowledge transfer
Renovation of community dinning hall
Nepal

PARTNER
Village of Matatirtha

FIRST VISIT
February 2016

FIRST WORKSHOP
June 2016

OPENING OF IBASHO HUB
October 2018

Village as Ibasho concept
(utilizing existing community spaces to implement
Ibasho concept throughout the village)

Livelihoods for elders and women
– Vegetable farming
– Biodynamic composting
– Flower nursery
– Handicrafts
– Pickles
– Multigenerational learning hub
In this chapter we use examples from Ibasho projects to illustrate the core Ibasho principles. We discuss why a principle-based approach is well suited to meeting the needs of different communities at different levels of development and in different parts of the world.
To create socially integrated and sustainable communities that value their elders in different cultural and geographical contexts, IBASHO employs a principle-based approach, rather than a prescriptive approach such as franchising. Principles can be adapted in a culturally appropriate manner to fit in with local culture. It is also important to note that these principles are goals that community members work towards implementing over time, not requirements that they must fulfill from the start.

This principle-based approach stresses the idea that aging is something that we should be able to not fear but enjoy. This can happen when we start treating elders as people who contribute to younger people and to society as a whole, not just burdens who need to be cared for. Our goal is to co-create places where elders feel a sense of belonging and sense of pride.

We hope that reviewing the principles will help readers think about how their lives would be different if their community used the Ibasho approach.

**CORE PRINCIPLES OF THE IBASHO APPROACH**

1. Older people are a valuable asset to the community (elder wisdom)
2. Informal gathering places allow people to connect (normalcy)
3. Community members drive development and implementation (community ownership)
4. All generations are involved in the community (multigenerational connections)
5. All residents participate in community life (normalcy and community resilience)
6. Local culture and traditions are respected (culturally appropriate)
7. Ibasho projects are environmentally, economically, and socially sustainable (self-sustaining)
8. The project grows organically and embraces imperfection gracefully (embracing imperfection)
PRINCIPLE 1: ELDER WISDOM

Older people are a valuable asset to the community

In modern society, the elderly are often considered to be a burden: people who need to be looked after and have nothing useful to offer, rather than experienced elders with a wealth of wisdom to be shared. The Ibasho approach believes in a society where the elderly can continue to contribute, and their input is valued.

JAPAN
Ibasho Japan installed a traditional wood-burning stove as part of its community preparedness activities for future natural disasters. Elders teach younger people how to cook without electricity, helping their community become more resilient in the face of future challenges from natural or other disasters.

PHILIPPINES
A group of elders decided on livelihood projects they could undertake that would also help to improve the lives of younger people in their community. The projects chosen in the Philippines were a vegetable garden, a plastics recycling program, and a nutrition program for children.

NEPAL
An older man teaches carpentry skills to younger women who are members of the community women’s group.
In many modern societies, there has been a rapid increase in age-segregated spaces, such as day care for very young and very old people and nursing homes and other facilities for older people. Life in these institutions can also be confining and limited, due to strict schedules and rules. The Ibasho approach advocates for places of normalcy where people of all ages can engage with one another at their leisure.

**JAPAN**
People with variety of ages, hobbies, and backgrounds stop by any time and spend their time as they wish.

**PHILIPPINES**
Elders created a garden shed in the vegetable garden that they use both as a nursery and as a resting, gathering, and picnic space.

**NEPAL**
Members of the elder and women’s groups created better drainage around their Ibasho hub.
PRINCIPLE 3: COMMUNITY OWNERSHIP
Community members drive development and implementation

The Ibasho approach focuses on developing a shared sense of ownership and pride in each member of the community. Programs and places are created not for the community but with and by the community.

JAPAN
Elders self-organize monthly meetings to decide Ibasho House’s schedule and programs, including detailed planning such as how and by whom each program is delivered.

PHILIPPINES
All the documentation and other requirements needed to obtain building permits are taken care of by the elders, who assign responsibilities to make sure all requirements are fulfilled.

NEPAL
A group of elders and women from the women’s group discussing how to start and maintain a composting project.
PRINCIPLE 4: MULTIGENERATIONAL CONNECTIONS

All generations are involved in the community

Connecting within one’s own generation is easy and comfortable, but why stop there? The Ibasho approach facilitates interactions during which younger people may learn from the richly lived lives of the elderly and elders may learn from younger people’s familiarity with things like technology and their ability to pick up new things quickly.

JAPAN
Children from the surrounding communities participated in an English book-reading event. Grandparents also joined in the events.

PHILIPPINES
As part of an elder-initiated nutrition program for school children, students visit the vegetable garden, where elders teach them how to grow vegetables and prepare a nutritious meal with vegetables they grew.

NEPAL
Elders and children share cultural experiences by exploring their favorite traditional foods.
PRINCIPLE 5: NORMALCY AND COMMUNITY RESILIENCE
All residents participate in normal community life

A diverse and thriving community includes people of all age ranges, abilities, and backgrounds variably engaged in a variety of roles (building, caring, working etc.) and interacting with one another. The Ibasho approach focuses on what people can do rather than on what they cannot. By integrating elders into their communities rather than restricting them to separate institutions, the Ibasho approach helps create a shared sense of normalcy and strengthens community resilience by strengthening the ties between people.

JAPAN
Elders from the community get together and peel chestnuts that were harvested in their neighborhood. They sell these chestnuts or use them to make traditional snacks.

PHILIPPINES
Elders made an evacuation map of their barangay to be used in the event of future typhoons, earthquakes or other disasters and decided how to display it so the whole community can use it.

NEPAL
An older man and a group of women make jewelry together to generate income.
PRINCIPLE 6: CULTURALLY APPROPRIATE
Local culture and traditions are respected

Each community has its own history and culture, which may include but is not limited to a national identity. The Ibasho approach emphasizes sharing and reflecting on the treasures of the community and the community’s cultural identity. In addition, local cultures and traditions are shared across Ibasho projects through peer-to-peer knowledge exchange activities involving Ibasho Ambassadors. These activities foster greater respect for and understanding of different cultural traditions around the world.

JAPAN
Elders help children learn and carry on the local culture by sharing this Hinamatsuri (girl’s day) decoration.

PHILIPPINES
From a mobile café, Filipino elders prepare traditional local foods, inviting everyone to taste and to learn how to make them.

NEPAL
A group of elders preserve a locally important symbol by making their Chautari (a culturally significant tree) more accessible for elders to sit around when socializing.
PRINCIPLE 7: SELF-SUSTAINING
Communities are environmentally, economically, and socially sustainable

The Ibasho approach focuses on keeping the environment, the local economy and the community in harmony. By designing with sustainability explicitly in mind, we can create Ibasho projects that protect the natural environment and are economically self-sufficient.

JAPAN
Elders organize a biweekly farmer’s market and sell organic vegetables they grow and harvest to help fund Ibasho activities. The markets are also a socially vibrant activity where people interact.

PHILIPPINES
Elders from Ibasho Philippines visited a local NGO that operates ecotourism initiatives to learn how to create and sustain such an initiative.

NEPAL
Community members learned how to grow vegetables with a biodynamic farming method. They make pickles and sell them in the farmer’s market.
PRINCIPLE 8: EMBRACING IMPERFECTION
The project grows organically and embraces imperfection gracefully

The Ibasho approach does not strive for perfection. Instead, the approach emphasizes adaptability, flexibility and pragmatism, as life is forever changing. Each community has its own path to balance and its own idea what is perfect. The Ibasho approach embraces the possibility of change and encourages communities to develop and grow at their own pace, tolerating imperfection as a path to authenticity.

JAPAN
An elder teaches construction and carpentry skills to a younger neighbor as they build a restaurant together. The space is designed to be flexible, so it can change to accommodate new needs as new programs are proposed.

PHILIPPINES
While raising funds to build a place for themselves, the elders improved various public spaces as their contribution to the community. Here, they are helping to renovate the community dining hall, fixing benches, adding a kitchen, and repainting the center.

NEPAL
Rather than wait for a professionally surveyed map, community members created an evacuation map themselves, to display in the center of the community. The map was later revised three times to integrate feedback from other community members.
In this chapter we highlight peer-exchange cross-site learnings that were facilitated as a way to help create Ibasho organizations across the world, to develop global citizenship around positive aging, and to build a global community of elders. We also describe the process of training Ibasho ambassadors to enable elders from existing projects to assist in the development of new Ibasho projects as part of the Ibasho technical team.
Peer to Peer Knowledge Exchange

WHY PEER-TO-PEER KNOWLEDGE EXCHANGE IS KEY TO SUSTAINABLE GROWTH

Elders recognized the potential for Ibasho to be helpful in many types of communities and situations. They proposed that elders share their experience and knowledge with other elders from different communities and settings.

This developed into a sustainable growth model in which elders who are helping to lead an Ibasho project help elders in another setting to establish their own Ibasho project.

To facilitate this, we developed the Ibasho Ambassador training program, which prepares elders to be part of the technical assistance teams helping set up new Ibasho projects.

SHARING KNOWLEDGE

Using Facetime, Skype, and other available technology can be an easy and inexpensive way to allow elders from different project sites to share learnings, and ideas. Here, elders in Nepal are discussing jewelry design with elders from the Ibasho-Philippines project.
EXCHANGE EXAMPLES

ELDER WISDOM  At an Ibasho symposium hosted by the Asian Development Bank, elders from the three countries exchanged knowledge and experience.

NORMALCY  At an international cookout for community members in Ormoc, Philippines, elders participated only if and as much as they wanted to.

COMMUNITY OWNERSHIP  Japanese elders coordinated welcome events and peer-to-peer knowledge exchange programs for a visiting delegation of Filipino elders.

MULTIGENERATIONAL CONNECTIONS  Young Nepali women teach elders from Japan and the Philippines how to create jewelry.
NORMALCY AND COMMUNITY RESILIENCE  Elders from Japan, Nepal, and the Philippines work together to make a signboard together, as part of their project of displaying an evacuation map in the town center.

CULTURALLY APPROPRIATE  Elders from Japan, Nepal, and the Philippines learn about each other’s culture and traditions through cooking together.

SELF-SUSTAINING  Elders from Nepal learn from Japanese elders how to organize a farmer’s market.

EMBRACING IMPERFECTION  Vegetable farms in all three countries slowly evolved. Elders learn from each other about how to improve their farms over time.
INTERNATIONAL SYMPOSIUM

June 23–25, 2018: Twelve community members from Ibasho Nepal and Japan traveled to join the elders in Ormoc after a two-day symposium at the Asian Development Bank in Manila, Philippines. The onsite program was organized mainly by the elders from barangay Bagong Buhay, Ormoc, with the support of the Asian Development Bank and the World Bank GFDRR. The participants visited Ibasho programs in Ormoc and other local NGO livelihood programs to learn about sustainable operations. In addition, members of Ibasho Philippines invited all elders from Nepal and Japan to the groundbreaking ceremony for the Ibasho hub in barangay Bagong Buhay.

ON-SITE VISITS

Elders from one or more Ibasho programs have exchanged knowledge and ideas with elders from another on five occasions:

– January 2015: Japan to Philippines
– March 2015: Philippines to Japan
– October 2015: Japan to Philippines
– October 2016: Nepal to Japan
– June 2018: Japan and Nepal to Philippines
Ibasho Ambassador Training

Ibasho organizes a three-day training for elders to become Ibasho ambassadors. Topics covered include:

1) Understanding the purpose and expected outcomes of the training
   • Knowing the origin of Ibasho
   • Gaining overviews of the Ibasho concept and process

2) Recapturing the past development and sharing session
   • Elders (trainees) develop:
     – Learning to document the Ibasho’s activity calendar
     – Community resource map
   • Walking tour of the Ibasho activities coordinated by elders

3) Explaining Ibasho’s eight principles
   • Elders translate Ibasho’s core principles into their language
   • Elders co-develop group presentations that let them practice how to introduce Ibasho’s principles to members of their community

4) Exchange of ideas on elder-led initiatives
   • Groups of elders share lessons they have learned in their Ibasho work
   • Elders create suggestion boards and present them to the other groups

5) What can I contribute?
   • Each elder writes down one thing they would like to contribute to their community and presents about it to the others. They then create a chart together, listing each of the activities that they have committed to.
Conclusion
THE PURPOSE OF THIS TOOLKIT

Older adults are increasingly being marginalized around the world, even as their numbers are growing rapidly. Far too often, aging is viewed simply as a process of decline, the growth that accompanies aging invisible to society. As a result, elders are effectively cut off from the flow of daily life, their wisdom and perspectives lost to the children and younger adults in their communities.

The principle-based Ibasho approach was developed to challenge those negative perceptions about aging. Ibasho offers elders an opportunity to co-create a physical place where they can contribute to community members of all ages.

This toolkit has introduced readers to the idea of Ibasho, to the core principles of the Ibasho approach, and to the process of establishing an Ibasho project. It has also described how peer-to-peer knowledge exchange facilitates the sustainable growth of Ibasho projects.
Ibasho’s key components

The Ibasho approach has five key components:

ELDERS’ LEADERSHIP Ensuring that elders develop their leadership skills is important both to help boost their visibility and self-esteem and to ensure that the project is sustainable.

PROCESS Providing a way to draw on elders’ knowledge and experience makes the community stronger—and more resilient in the event of a natural disaster.

PLACE Creating a community hub allows for encounters to occur that build social capital both for individuals and for the community as a whole.

ACTIVITIES Implementing and managing an Ibasho project empowers elders, giving them a way to be useful and relevant members of the community. The activities they provide enrich the lives of other community members who visit the project.

IBASHO’S EIGHT PRINCIPLES Ibasho’s core principles provide the moral and philosophical foundation on which each project is built.
IBASHO offers a partnership approach to transform elders from being seen as burdens to society to contributing members with something of value to offer. Our principle-based approach aims to create socially integrated, sustainable communities that value all their members, including elders. Each project adapts the core principles to meet their community’s needs, changing programs and activities as those needs change.

An Ibasho project that is developed based on this toolkit would be expected to accomplish the following:

- Empower elders to lead more meaningful and dignified lives by contributing to their community
- Build stronger bonds among community residents
- Develop multigenerational activities and relationships

The network of Ibasho communities worldwide means that elders launching a new project have access to a strong peer-to-peer support network and access to observations based on experiences, advice, and expertise that can help them create and sustain their own projects.
INTERESTED IN CREATING IBASHO IN YOUR COMMUNITY?

The team at IBASHO walks with elders and their communities to
develop an Ibasho project from the start through the post-opening
phase, offering our expertise to ensure long-term sustainability.
If you are interested in launching an Ibasho project in your
community, please email us at info@ibasho.org

www.ibasho.org