

# Ibashiカフェ

大切にしたいこと

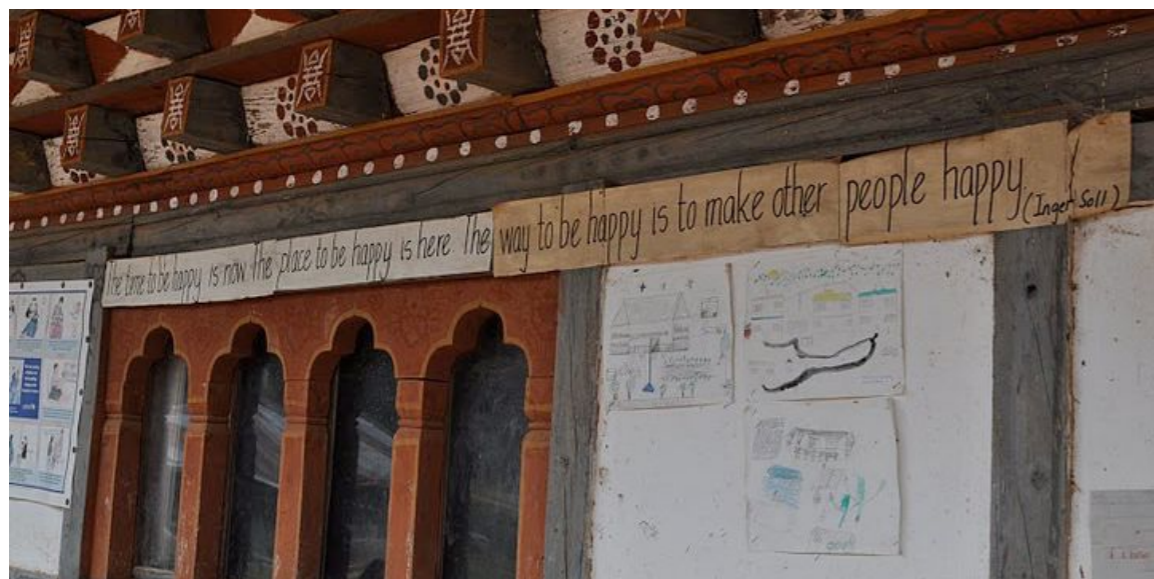




## About Ibasho

*Ibasho* is a not-for-profit organization based in Washington DC that strives to create socially integrated and sustainable communities that value their elders.

*Ibasho* means “place where one can feel belong and being fully accepted” in Japanese. At *ibasho* we believe this is what every person should have as they age – a place to live in safety, comfort and dignity, where he or she is valued as a person full of history and experience.



A quote found at an elementary school in Bhutan said:

*“The time to be happy is now, the place to be happy is here, the way to be happy is to make other people happy.”*

We believe that nobody should be or wants to be socially isolated, feel helpless or useless, everybody wants to be and can be useful to others regardless of their age.

## Introduction

Aging is something so special and wonderful. But instead of treating elders as people who contribute to the growth of younger generations, we may be treating them as people who need to be cared for. Do elders feel a sense of belonging in the places that were created especially for them?

We often hear that people say they wish they had their own *ibasho*. But what exactly does *ibasho* mean? Can we find an *ibasho* by simply waiting around for one? We don't think much about using the concept of *ibasho*, but if you're comfortable, is that all that matters?

With *Ibasho* concept, we hope to create a place where people of all ages come together and share their knowledge and experience, a place where everyone in the community can contribute.

This is not a manual to operate a community café. We hope to create the opportunity for you to reflect on your day-to-day life, as well as the part you play in your community.

After reading this book, we hope that you'll think about how your life would be different if there was an *Ibasho* in your community.



Each and every one of us need an *ibasho*. A place where you can go whenever you feel like going, a place where you feel needed by others.

*Ibasho* aims to create a place where all members of the community can find their own *ibasho*.





*Ibashi* is created and operated by elders of the community. In our modern society, as people get older, many have a hard time finding meaning of life.



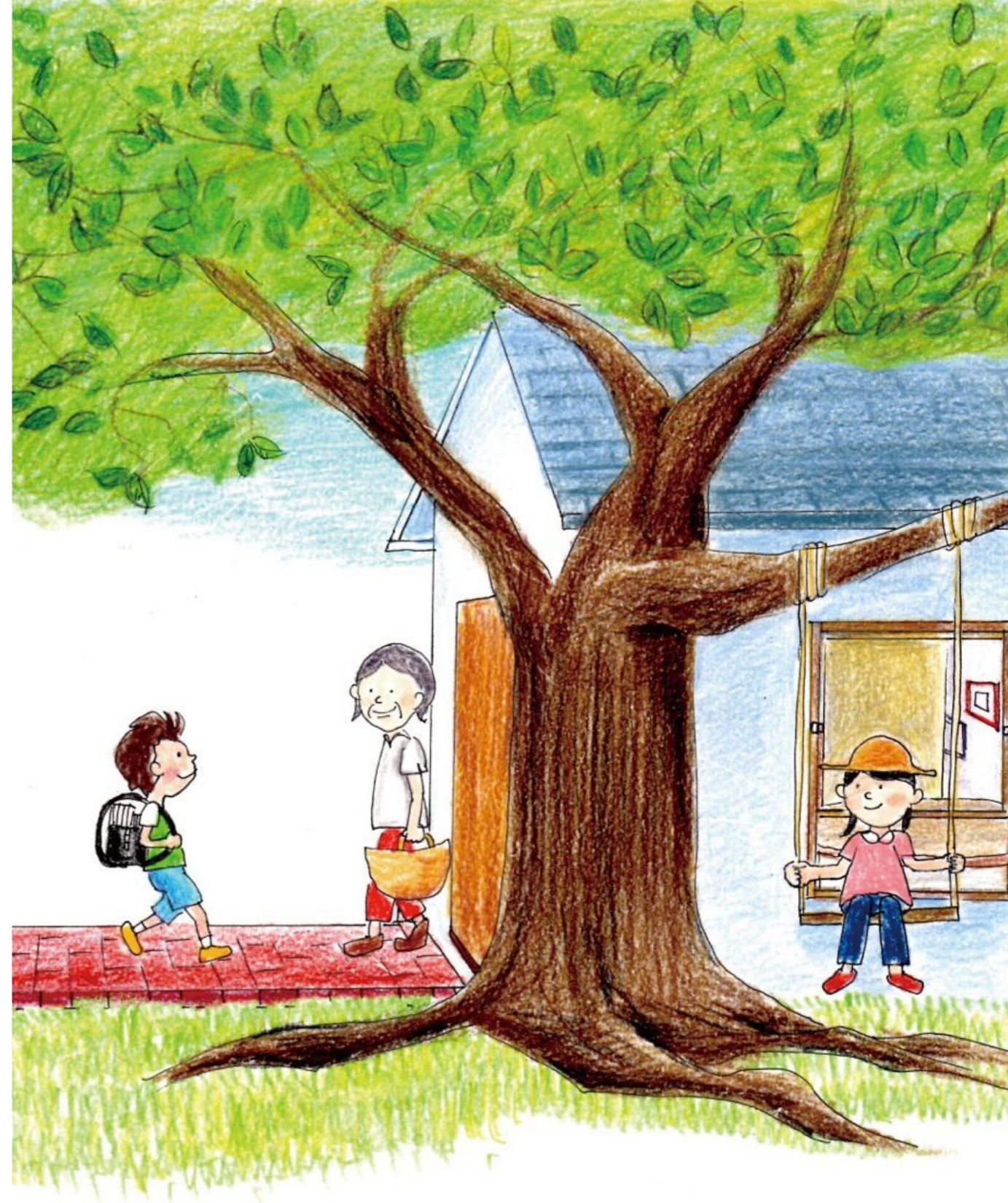
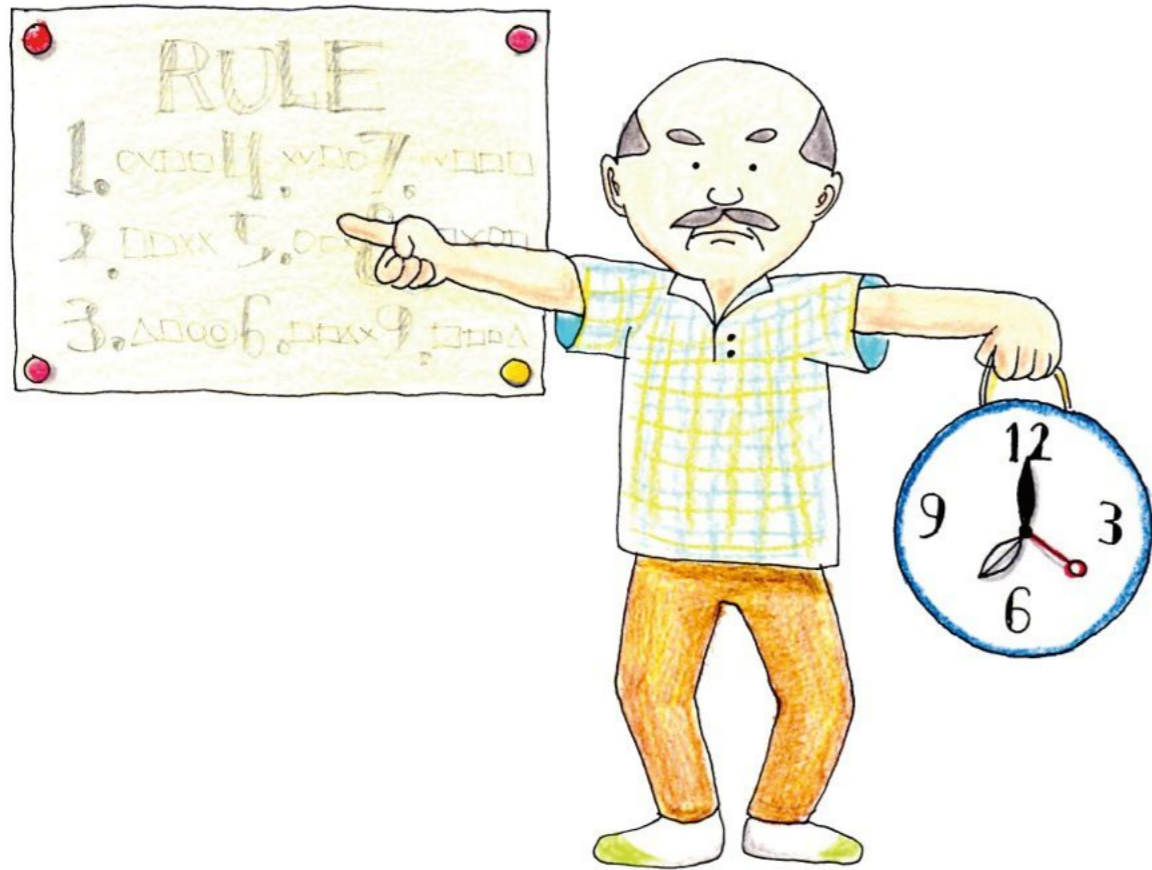
However that's a waste of a valuable asset!  
Nothing is more precious in a community than the wisdom and experience of its elders.



At *Ibashi*, the elders are the owners and we help them various opportunities for them to be useful to others within their community.







*Ibashi* is not a typical welfare facility or institution where elders are cared for with rigid roles and schedules.





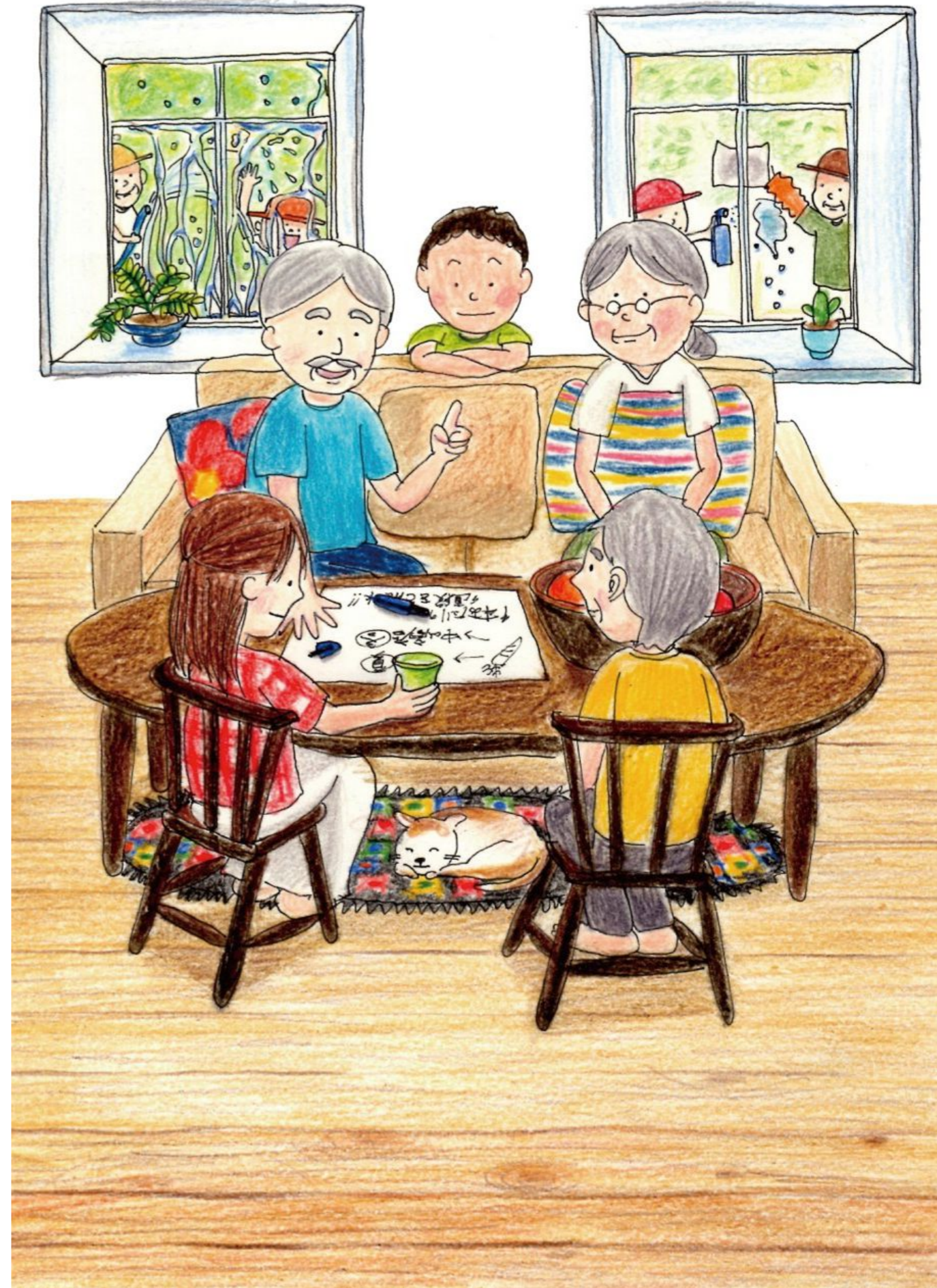
It's an ordinary place where everyone can come and go as they please, where they can just be themselves and can interact with to other people.



*Ibasho* is not a place where one person struggles to manage everything.



It's owned by the entire community, particularly by its elders; a unique place where every member of the community contributes and supports other members to create a place that they all feel proud of.





To create a community gathering place like *Ibasho*, many things need to be decided such as the menu, dishes, interior and music etc...



The most important thing to keep in mind is those decisions should be made as a group rather than a handful of people. Another important aspect is to respect community's uniqueness, including the local culture, surroundings and scenery we see every day.



A variety of people live in our community: people with disabilities, people raising their children, people looking after their elderly parents, people who are unable to find their place in society.



Instead of everyone feeling insufficient or helpless, wouldn't it wonderful if they could see each other as someone with something to contribute to the community?





Let's fill this place with everyone's unique talents and skills, and make it a place that we all feel proud of.



People of all ages live in our community. But because it's more convenient, and because we feel more comfortable doing so, we tend to spend most of our time with people from the same age group.



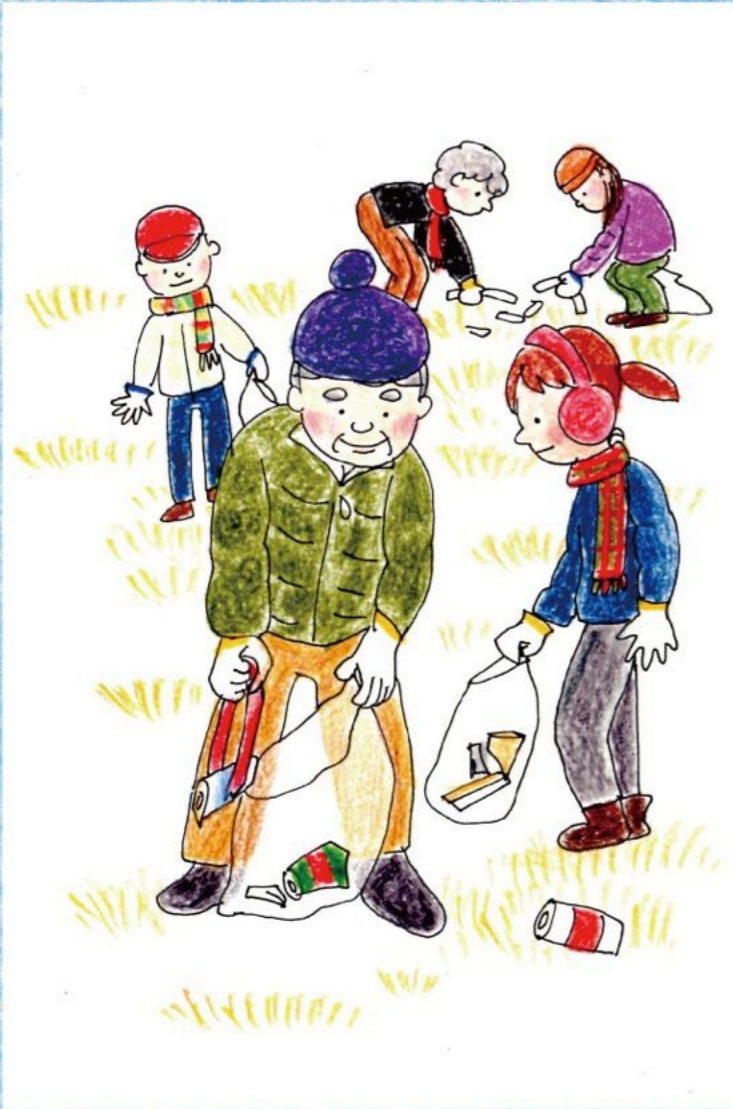
However, both elders and the younger generations have a lot to learn from each other.



Let's make *Ibasho* a place where people of all ages connect.



Let's look at *Ibasho* from a more global perspective...  
How can we preserve the culture and resources within our community and pass them on to future generations through *Ibasho*?



By maintaining an environmentally sustainable life style.



By developing economically sustainable structures.



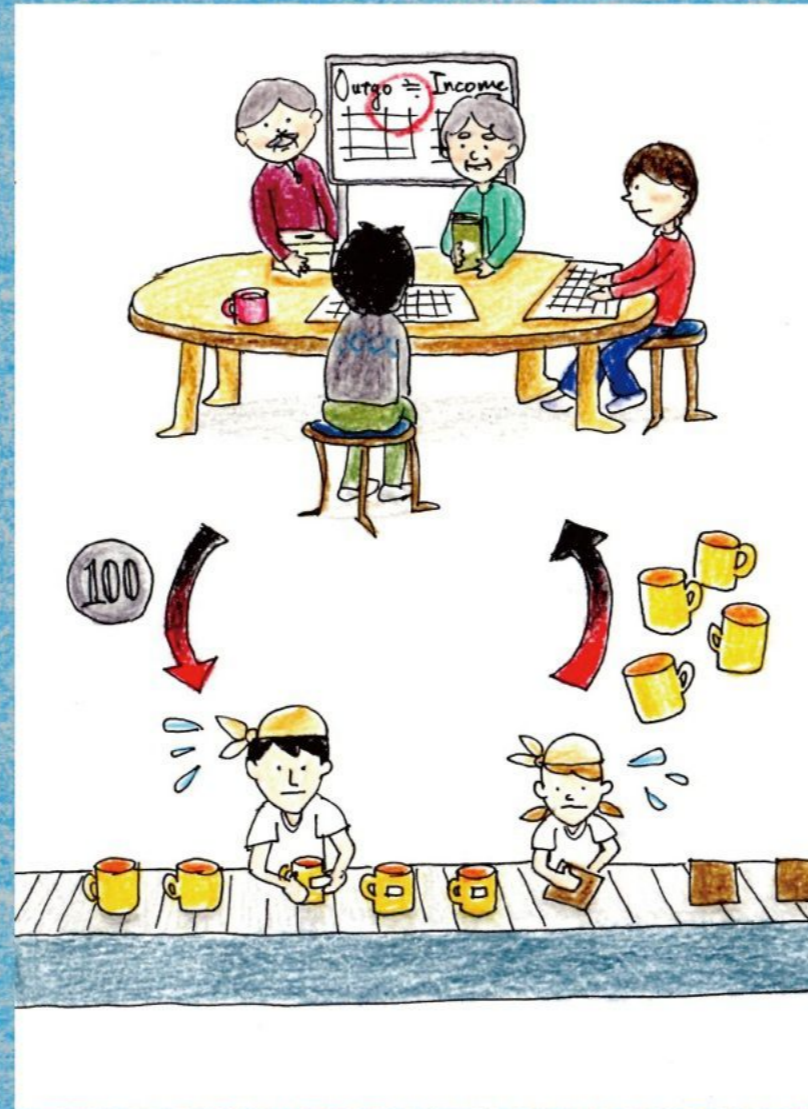
By respecting one another and socially sustainable relationships.



However, these cannot be achieved within the community.



If someone living upstream throws their garbage into the river just to make their communities to be beautiful...

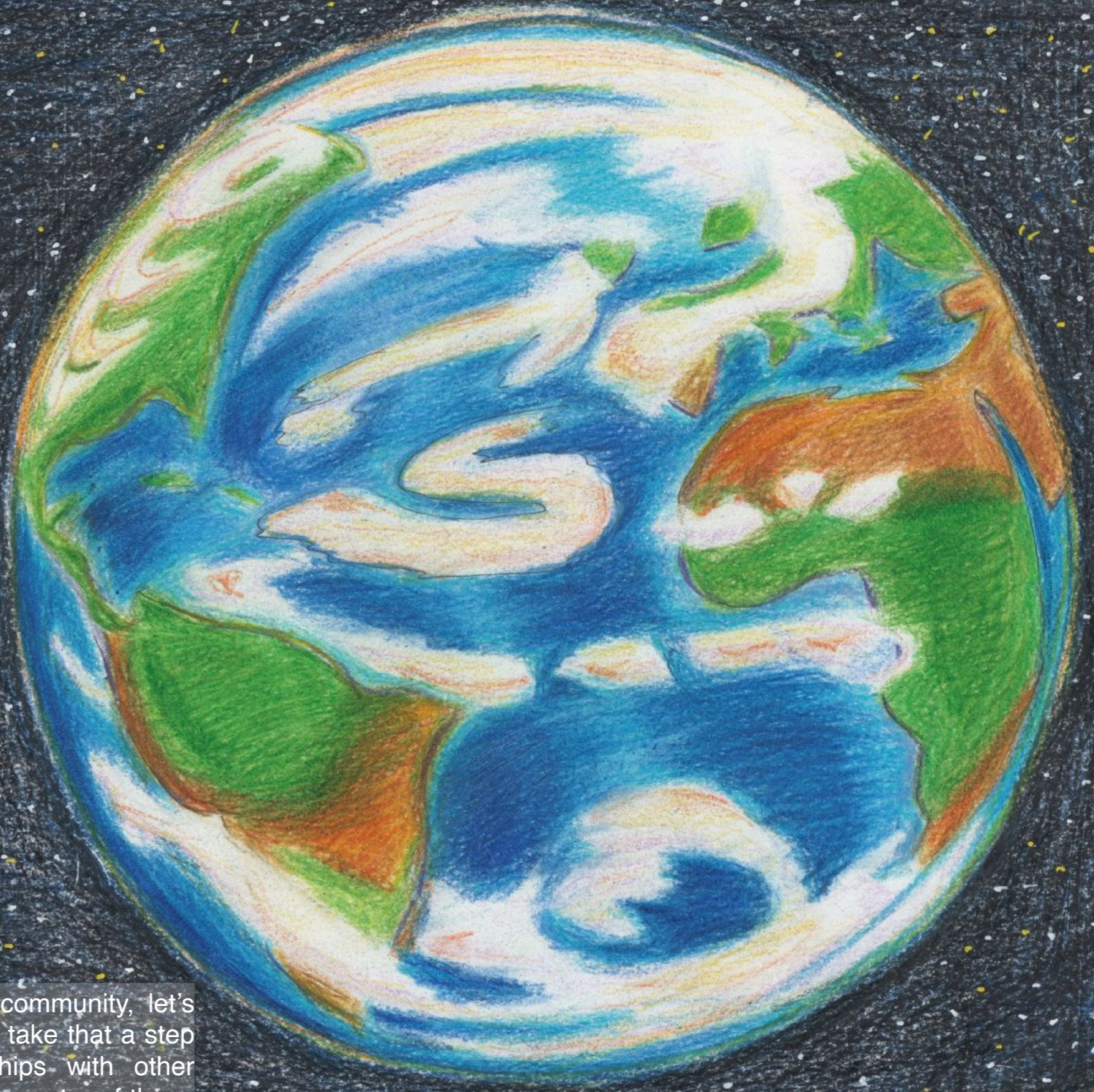


If we pay cheaper wages to another community so that our community makes more profit...



If we keep refusing to learn from others... That community will not thrive in the long run.



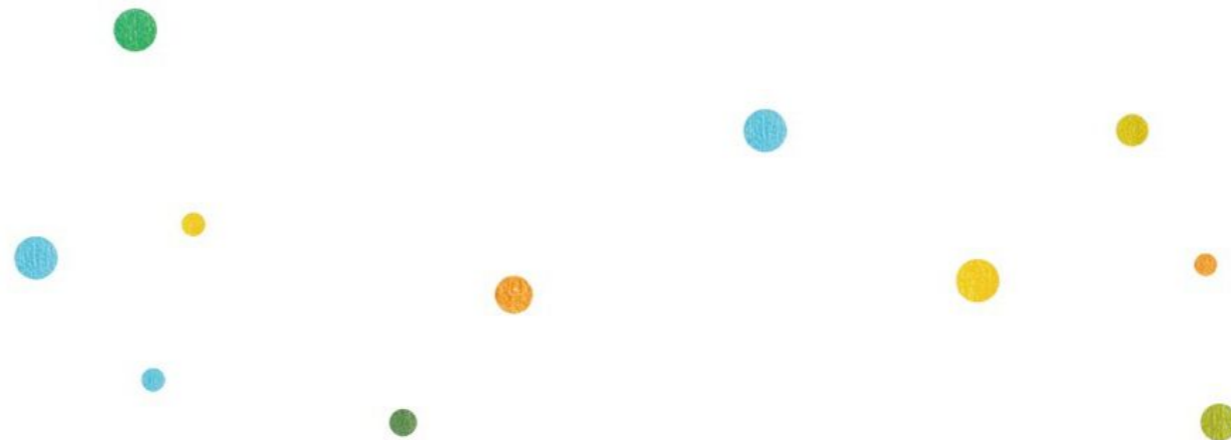


Rather than only thinking about our own community, let's work together with other communities. Let's take that a step further and create constructive relationships with other countries. We hope that *Ibasho* will be at the center of these activities.



We hope that *Ibasho* will make our society a better place to live.

The pace and method of this transformation will be different for each community.





Instead of striving for immediate perfection, let's go about it slowly but surely. Together, we can create a community hub place that will evolve with time and people.







# Ibasha Principles



## **Older people are a valuable asset to the community (Elder Wisdom):**

In modern society, the elderly are often considered to be a burden and as people who need care and looked after. However, the elders' wealth of wisdom is something to be valued and treasured. *Ibasha* believes in a society where the elderly can contribute with confidence and are learned on and valued.

## **Creating informal gathering places (Normalcy):**

Living in institutions: lives with strict rules and schedules are confining and limiting. *Ibasha* believes in places of normalcy where elders can pop in at any time at their leisure.

## **Community members drive development and implementation (Community Ownership):**

*Ibasha* believes in each member of the community sharing a sense of ownership and pride of place. Each place, whether a café or home, it is not something that is created for them but it is created with them.

## **Local culture and traditions are respected (Culturally Appropriate):**

Each community has its own history and culture. Perhaps it is not something you can easily put your finger on. *Ibasha* is where one can discover and reflect on the treasures of the community.

## **All residents participate in normal community life (De-marginalization):**

A cross section of a community includes the young, elderly, disabled, family rearing, care taking and even the socially disconnected. *Ibasha* is a place to not to worry about what one “can not” do but rather what one “can” do.

## **All generations are involved in the community (Multi-generational):**

Connecting within one's own generation is easy and comfortable but why stop there? *Ibasha* believes in a place where the young learn from the richly lived lives of the elderly and the elderly learn from the young's ability to pick up new things quickly.

## **Communities are environmentally, economically, and socially sustainable (Resilience):**

*Ibasha* is a place where we strive for the environment, economy and people to be in harmony. *Ibasha* will protect the nature that brings bounty to life, be economically self sufficient, and cherish the connections between each individual. How special it will be if those connections forge beyond the boundary of the community or even beyond its own country.

## **Growth of the community is organic and embraces imperfection gracefully (Embracing Imperfection):**

*Ibasha* does not strive for immediate perfection. It is adaptive and flexible in working with life, as life is forever changing. Each community has its own path to balance and perfection. *Ibasha* believes in the possibility of change. With time, with people, *Ibasha* will gently embrace imperfection.

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\*The *Ibasha* 8 principles are developed during the Bellagio Residency fellowship program from the Rockefeller Foundation.



# The Authors

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Conducts research and consulting for creating elderly-friendly environments such as medical institutions, nursing homes and urban development. Emi is a Japanese national who lives in Washington DC. She also enjoys gardening.

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An advocate for transforming preconceptions of elderly people with dementia and the care provided for them. Allen lectures worldwide on the practice of “person-centered care.” Also a semi-professional musician, Allen is an American living in Rochester, New York.

**Kyoko Takahashi**, Graphic Designer

Creator of the drawings in this picture book. Kyoko loves languages, drawing, dancing and good food. She always manages to sneak in a picture of her dog in her drawings. Born in Chapel Hill, Carolina, and raised in Tokyo, Japan.

**Yasuhiro Tanaka**, *Ibashi* Research Fellow

Researches “*Ibashi* in the Community” in places such as Senri Newtown, Osaka, and currently conducting research on the first *Ibashi Café* in Ofunato. A Kyoto citizen, Yasuhiro enjoys photographing various aspects of community life.

**Maho Harada**, Translator & Project Manager

Translates and organizes events for *Ibashi*. An avid photographer and food enthusiast, Maho coordinates anything from film shoots to French cuisine festivals. Born in Japan, lived in the US, Canada and France.



*Ibashi* strives to create communities where every resident can find a suitable role, where they can support and connect with each other regardless of age.

*Ibashi's* objective is not fulfilled when the facility is built. It's not a place that's created single-handedly by an expert. It's a place that belongs to the community, run by the community, in the interest of the community.

At *Ibashi*, we hope to slowly eradicate stereotypes about the elderly.

Would you like to start an *Ibashi* with us?



Please contact us!

[www.ibashi.org](http://www.ibashi.org)

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