ibasho

A Colorful Guide to the Core Principles

प्रमुख सिद्धान्तहरूको एक रंगिन मार्गनिर्देशन
Letter from Emi Kiyota, Ibasho Founder

“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 when I was working on a senior housing project for Buddhist monks. It resonated with me because it captures 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. Ibasho Nepal created a safe place for a diverse group of people, including people of different genders and socioeconomic backgrounds. “We never really sat with men to discuss community issues,” one member of Mahila Samuha, the women’s group, told me. We also tried to integrate the Old Age Home into the village. It was quite isolated, but nowadays they hold village activities in their community room. Multigenerational interactions are important for sustaining traditions. The whole village seems to be interested in retaining the Nepali culture and rituals. As people age what is important changes. Ibasho provides a place for people to share what they know with the next generation.

Artist’s Statement

The paintings on the cover and in this booklet were made using alcohol inks. I brought alcohol inks to Ibasho Nepal to use in an art project for the Matatirtha villagers. I chose alcohol inks because they are portable, colorful and playful; we blew through straws to create surprising combinations and patterns. The experience blew me away. As we passed the inks around the Old Age Home, full of life—from little kids, to students, to interns, to visitors, to amas—we got to know each other. As the paintings came to life we saw each other’s dignity and artistry, regardless of age or cognitive difference. The finished paintings reflected not only the individual spirit but the interconnectedness of Ibasho. In that moment I experienced an epiphany of sorts—brought on by the multigenerational, creative harmony. It struck me that the Ibasho model is special. It can change our world.

Namaste,
Rowena Richie, author and illustrator
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विश्व बैंकको “लोबल फ्यासिलिटी फर डिसास्टर एंड रिकर्नरी” कम्युनिटी रिसिलियन्स कार्यक्रम र जापान-वर्ल्ड बैंक प्रोग्राम फर मैनस्ट्रीमिंग डिसास्टर रिस्क म्यानेजमेंट इन डेमेलिपड कॉन्ट्रीजको आर्थिक सहयोगमा सम्भव भएको कार्यक्रममा यो प्रतिवेदन आधारित छ । टॉक्योस्थित विश्व बैंक डिसास्टर रिस्क म्यानेजमेंट हबले प्राविधिक सहयोग प्रदान गरेको थियो।

हामी मातातिर्थको समुदाय, ईबाशो नेपालका बुढ्र सदस्यहरू, मातातिर्थको बुढ्र, मातातिर्थको बुढ्र, उमेश धिमाल, एलेक्स श्रेष्ठ, ओसासु ससाको, एलिज ग्याटर्स, एलिज कोलेरिली, मायु टाकेडा, एलिज भाद्रें मीस्ट, मोनिक विजन्टिज अल्टार्बर्गर्स र एलिज न्याकिनिकमन्ड्रासा ईबाशो योजनाको प्रगतिकार्य हुँदै गर्न सहयोग गरिएका उदार सहयोग र सहकार्यका लागि आभारी हुन। साथै, स्थायित समन्वयकाल सिनहानी सोशियल नेन्चर र सन्तोषी सानलाई विशेष धन्यवाद व्यक्त गर्दछौं।

डा. एमि कियोटाको बेलागियो आवासीय “फ्लोशियो” कार्यक्रम, एलिज जाफरुर फाउंडेशनबाट प्रयोजित, को समयमा ईबाशोका आठ प्रमुख सिन्द्रान्तहरु डा. कियोटा र डा. एलेन पाब्बुदारा विकास भएका थिए।
Ibasho is a Japanese word meaning a place where one feels at ease and a place where one has a role to play.

But Ibasho is more than a place. It is a community that focuses on the benefits of a multigenerational, self-governing approach.

In Ibasho communities elders take leadership roles, rather than being thought of as old folks who need to be taken care of.

Ibasho sources its strength from its members’ ideas and contributions.
Elders have a world of experience to offer.

We need to pay attention.

We need to take action.

We need elder wisdom.

We need Ibasho.
It feels good to say it.
It stretches the mouth wide open.

भन्दा वा उच्चारण गर्दा राम्रो महसूस हुनछ।
यसो गर्दा तन्किएर मुख फराकिलो भई खुल्दछ।
It feels good to see it, too. It stretches the mind wide open.

देखा वा हेदा पनि आनद महसूस हुन्छ। मनलाई र मस्तिष्कलाई तक्काएर फराकिल्लो बनाउँदछ।
All Ibasho communities are founded on the same core principles. But every Ibasho is unique based on the qualities and concerns of each particular place.

सबै ईबाशो समुदायहरूको स्थापना उही प्रमुख सिद्धान्तहरूमा आधारित हुनछ। तर प्रत्येक ईबाशोको गुणहरू र चासोहरू सम्बन्धित स्थान अनुसार नौलो हुनछ।

Matatirtha, Ibasho Nepal
मातातिथ्र, ईबाशो नेपाल

Ormac, Ibasho Philippines
ओर्माक, ईबाशो फिलिप्यन्स

Ofunato, Ibasho Japan
 ओफुनाटो, ईबाशो जापान
In the country of Nepal, in the Valley of Kathmandu, in the village of Matatirtha, Ibasho hubs dot the landscape like dabs of paint on a palette.

नेपाल भूक्षेत्री देशमा, काठमाडौं उपत्यकामा, मातातिर्थ गाउँमा, ईबाशो जमघट स्थलहरूले परिहारमा यस्ती पोतिएको छ जस्ती प्लेटमा रेडका थोपाहुनै देखिन्छन्।
Ibusho hub: The Farm built by Matatirtha Ibusho elders

ईबाशो जमघट स्थल: बगैँचा तथा तरकारी खेतमा मातातिथिका जेष्ठ नागरिकहरूले निर्माण गरेका ठहरा।
On any given day there are a variety of roles to play including gardener, knitter, jewelry and sign maker, construction worker, cook, teacher, musician, dancer, and artist. Daily opportunities to work with your hands and your heart.

हर बखत विभिन्न किसिमका भूमिका निर्वाह गर्नु पर्दछ, जस्तै: मालीको काम, बुने, गर-गहना र साइन बनाउने, निर्माणको काम, खाना पकाउने, पढाउने, संगीत तथा नृत्य सिकाउने र कलाकारिता गर्न। आफ्नो हात र मनले काम गर्न दिनहुँ अवसर पाउँछन्।
There are 8 Ibasho core principles. Every Ibasho community assigns a color to each core principle through a collective decision-making process. Making decisions as a group is one of the core principles:

**Community Ownership**

A shared sense of ownership means a shared sense of pride.

The Ibasho community in Matatirtha chose yellow to represent this principle. The bamboo yellow Hub is a reminder.

ईबाशोका आठ प्रमुख सिद्धान्तहरू छन्। प्रत्येक ईबाशो समुदायले हरेक सिद्धान्तको लागि सामुहिक निर्णय लिने प्रक्रियाध्वरा एउटा एउटा रड तोकेको हुन्छ। समुहमा निर्णय लिने एउटा प्रमुख सिद्धान्त हो:

**सामुदायिक स्वामित्व**

साझा अर्थमा स्वामित्व भनेको एउटा साझा गर्वको भावना हो।

मातातिथिको ईबाशो समुदायले यो सिद्धान्तको लागि पहेलो रड छानेको थियो। स्मरण स्वरूप बाँसको पहेलो जमघट स्थललाई लिईएको थियो।
Appreciating the experiences and contributions of elders is another core principle:

**Elder Wisdom**

When elders give to their communities they feel honored and engaged.

To represent this principle Matatirtha chose red, the color of vermillion paste applied to foreheads as a symbol of good luck and a mark of celebration.

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जेष्ठ नागरिकहरुको अनुभव र योगदानहरुलाई कदर गर्नु नै अर्को प्रमुख सिद्धान्त हो:

**जेष्ठ नागरिकहरुका ज्ञान।**

जेष्ठ नागरिकहरुले आफ्नो समुदायलाई केही दिन पाउँदा उहाँहुन्मा सम्मानित भएको र सड्कभागतैको भावना उत्पन्न हुन्छ।

यो सिद्धान्त प्रतिनिधित्व गर्न मातातिथि समुदायले रातो रड, सिन्दुर को रड छानेको थियो। सिन्दुरलाई भाग्यमानी हुनु र खुशी मनाउनुको प्रतिक मानिन्छ।
Green, the color of the big shady trees over chautaris, was chosen to represent the principle:

**Culturally Appropriate**

Ibasho is where we can discover and share cultural treasures and traditions with each other.

यो सिद्धान्तको लागि चौतारीको ठुलो छाँयादार रुखको प्रतिनिधित्व गर्दै हरियो रख्ने छानिएको थियो:

साँस्कृतिक उपयुक्तता।

साँस्कृतिक सम्पत्ति तथा रितिरिवाजहरूको खोज तथा आविष्कार गर्ने र ती सम्पत्तिहरूलाई प्रशासन तथा वितरण गर्ने ठाउँ नै ईबाशो हो।
Here, blue was chosen for the principle:
Multigenerational Connections
Wisdom is transferred through interactions among people of all ages.
Gold, the color of hay that is grown, harvested, and sold, was chosen for:

Self-sustaining

Communities flourish when the people, environment, and economy are in harmony.

उमार्ने र बैचिने पराल को रड झैँ झुन रड छानिएको थियो:

स्व-दिगोपना

जब मानिसहरु, वातावरण र अर्थतन्त्रबिच परस्परमा मेल छुन्छ, समुदायहरु फस्टाउँदछन्।
Black was chosen to represent the principle:

**Demarginalization**

Ibasho communities foster a sense of purpose and belonging regardless of age, ability or background.

यो सिद्धान्तको लागि कालो रड छानिएको थियो:

**बहिष्करणमुक्त्**

उमेर, क्षमता र पृष्ठभुमी नहरे ईबाशो समुदायले उद्देश्य र सम्बन्धको एउटा भावना उत्पन्न गर्दछ।
Orange was chosen to represent:

Embracing Imperfection

Because life is forever changing. Embrace change gracefully, authentically, and at your own pace.
Ginger brown was chosen for the principle:

Normalcy

Ibasho is a place to gather at your leisure.

आपनो खाली समयमा अनौपचारिक जमघट गर्ने स्थान हो, ईबाशो।
Ibasho is a place to discover and share cultural traditions, to participate in making decisions, to collaborate, celebrate and create, to never stop learning from your own Ibasho family and from other Ibashos around the world, “yesterday, today, tomorrow and the day after tomorrow.”

“hijo, aaja, bholi, pursi.”
“हिजो, आज, भोली र पसी”

Ofunato, Ibasho Japan
ओफुनाटो, ईबाशो जापान

Ormac, Ibasho Philippines
ओर्माॅक, ईबाशो फिलिपिन्स

Matatirtha, Ibasho Nepal
मातातिथ, ईबाशो नेपाल

We made alcohol ink paintings to reflect Ibasho’s core values.
हामीले रङीन मसीको प्रयोग गरी ईबाशोका मुख मुष्टाङ्गाहरू वित्रो महत्त्वपूर्ण इलेक्ट्रो:\n
साँस्कृतिक रितिरिवाजहरू खोज वा आविष्कार तथा आदानप्रदान गर्न, निर्णयहरू लिनका लागि सहभागी हुन, सहकार्य गर्न, उस्तव मनाउन तथा निर्माण गर्न आफ्नै ईबाशो परिवारभित्र तथा संसारभित्र अन्य ईबाशोहरुबाट निरन्तर सिकाइका लागि ईबाशो।
The Ibasho 8 Principle Dances

Ibasho is a dance: a dance between members with different perspectives; a dance between principles always respected.

Elder Wisdom: the first move in the Ibasho dance. Place your hands, palms facing out, in front of the heart and slowly extend the arms, passing wisdom from the heart.

Multigenerational Connections: the second move in the Ibasho dance. Palms facing down in front of your chest, slowly curve your hands out and down as if you have an expectant mother’s belly.

Community Ownership: the third move in the Ibasho dance. Return the hands to the palms-facing-down position in front of the chest and slowly lengthen the arms forward and to the sides reaching out towards everyone along the horizon.

Culturally Appropriate: the fourth move in the Ibasho dance. Place the palms together in prayer or namaste mudra in front of the heart, also known as Anjali mudra in Sanskrit.

Self-sustaining: the fifth move in the Ibasho dance. Start in Anjali mudra, circle the hands down and away from each other until they rejoin in Anjali mudra, balancing right and left, masculine and feminine.

Demarginalization: the sixth move in the Ibasho dance. Sweep one arm up, gathering everyone in that direction. Then the other arm, gathering everyone in that direction. Arms end overhead in a big circle.

Embracing Imperfection: the seventh move in the Ibasho dance. Drawing all the imperfect effort down into yourself, slowly lower arms to palms-facing-down position in front of the heart.

Normalcy: the eighth and final move in the Ibasho dance. Simply lower your arms to tadasana or mountain standing pose.

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Biography

In 1996 Emi Kyota visited her grandma in a nursing home in Japan. Her grandma had always been perky and wise, but she had a memory problem and checked herself into a nursing home. Emi went to visit her and saw she was nothing but a number there. Grandma lost her zest for life. That really motivated Emi to help elders have opportunities to feel useful. That’s how Ishabo was started. Emi is very interested in learning from Nepali elders and sharing their community spirit with the rest of the world.

Bihani Social Venture

On 25th April 2015, Nepal suffered from a massive earthquake where the elderly were among the most affected - both physically and mentally. It was during the post-earthquake phase that Ishabo was invited to replicate its model in Nepal by Bihani Social Venture. Ishabo provided technical assistance in order to benefit elders who were affected and in February 2018, Ishabo Nepal was formally registered as a not for profit with support from the team at Bihani. Established in 2013, Bihani Social Venture is Nepal’s first social enterprise working in the field of ageing. Bihani works towards addressing societal barriers and exclusions based on age thereby fostering communities that are inclusive of senior citizens in an environment that enables active ageing and living with dignity. Bihani’s innovative and diverse services and activities related to health, social engagement and participation, and organisational development promote the formation of new bonds and exchange of knowledge/capacities across generations.

Yasuhiro Tanaka was born in Kyoto and lives in Ofunato, Japan where he is the director of Ishabo Japan. The experience of supporting the Ishabo elders taught him that once you start interacting with older people and become friends with them, you no longer think about the fact that they’re older. You just see them as people.

Alex Kornhuber is a photographer from Lima, Peru. He felt a deep connection to the country of Nepal and found the people to be peaceful, spiritual and brotherly to each other. As a photographer he felt welcomed and at home, and was able to document truthfully and with openness the lives of the Nepalese. Kathmandu reminded him of the Peruvian Andes.

In the summer of 2019 Rowena Richie visited Nepal, to help travel to Ishabo communities in Nepal, Japan and the Philippines with Alex and Hiro. Rowena created the Ishabo dance to help herself, and others, remember the 8 core principles. Rowena and Alex—“Rolex”—produced most of the artwork and photos in this booklet to capture the beautiful spirit of Nepal. Special thanks to Rowena’s daughter Skyla Frauenheim, age 14, who painted the cat and the big mouth. And to Emi and Hiro for their vision and generosity.

Bihani's Biography

Emi Rowena reminded Alex to make a note of the communities Bihani worked with towards active ageing, and they are captured here.

Bihani’s Bosnia Venture

In 2012, Bihani’s Bosnia team invited Alex to work with them. The Bosnia youth team was interested in working with the elderly and the elderly responded well. As a result, the Bosnia youth team started a project to support the elderly in the community.

Yasuhiro Tanaka

Yasuhiro was born in Ofunato, Japan and has lived there for most of his life. He is currently the director of Ishabo Japan. He has been involved with the Ishabo elders for many years and has learned a lot from them.

Alex Kornhuber

Alex is a photographer from Lima, Peru. He has worked in a number of countries, including Nepal, and has been able to document the lives of the people he has worked with. He has found the people of Nepal to be peaceful, spiritual and brotherly.

Rowena Richie

Rowena is an artist who created the Ishabo dance to help herself and others remember the core principles. She has been able to capture the beautiful spirit of Nepal in her artwork and photos.

The information provided is a summary of the contributions of Emi Rowena, Alex, and Hiro to the Ishabo community in Nepal. The Ishabo community provides a supportive environment for the elderly, and the Ishabo team is committed to promoting active ageing and living with dignity.

The Ishabo team is currently working to create new bonds and exchange knowledge/capacities across generations. They are doing this by providing technical assistance to other communities in Nepal, and by sharing their innovative and diverse services and activities related to health, social engagement and participation.

The Ishabo team is also working to document the lives of the Nepalese, and to capture the beautiful spirit of Nepal. They have been able to document the lives of the people they have worked with, and have found them to be peaceful, spiritual and brotherly.

The Ishabo team is committed to promoting active ageing and living with dignity, and to creating new bonds and exchange knowledge/capacities across generations.