



## Makiko OKAMOTO (Ms.)

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🌐 <https://www.jri.co.jp/page.jsp?id=17985>

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### Professional Experience

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|---|--|
| Economist<br>April 2020<br>to Present             | Economics Department; The Japan Research Institute, Ltd. <ul style="list-style-type: none"><li>● Reports on care for the elderly without reliable family</li><li>● Reports on the strategy against loneliness and social isolation</li></ul>                   |
| Project Manager<br>April 2014<br>- March 2021     | Center for the Strategy of Emergence; The Japan Research Institute, Ltd. <ul style="list-style-type: none"><li>● Project on Preventive Care for Frail Elderly</li><li>● Field Trial on Activating the Daily Lives of Frail Elderly by Using Chatbots</li></ul> |
| Business Consultant<br>April 1998<br>- March 2014 | Research and Consulting Division; The Japan Research Institute, Ltd. <ul style="list-style-type: none"><li>● Research and Consulting of Long-term Care for the Elderly</li><li>● Consulting on Sustainability and Corporate Social Responsibility</li></ul>    |

### Education

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| The University of Tokyo<br>2005-2007 | Graduate Program on Human Security (HSP)<br>Master's degree, Master of Arts                            |
| The University of Tokyo<br>1994-1998 | Faculty of Arts and Sciences, Interdisciplinary Social Sciences<br>Bachelor's degree, Bachelor of Arts |

### Areas of Expertise, Skills, and Certifications

- Long-term Care for the Elderly
- Loneliness and Social Isolation
- Certified Social Worker (2024-)

### Publications and Presentations

#### <In English>

- “Issues and Challenges of Home-Visit Long-term Care Service Providers in Japan” *JRI Research Journal* Vol.5 No.14, December 21, 2022  
<https://www.jri.co.jp/en/reports/jrirj/2022/okamoto/12/>
- “Readiness for Decision Making towards End-of-Life Care among Unmarried or Divorced Middle-aged and Elderly Men in Japan”; *Asian Conference on Aging and Gerontology* 2021, March 28-31, 2021  
<https://vimeo.com/530180120?fl=pl&fe=cm>

### <In Japanese>

- "Challenges for Lifetime Support Providers for the Elderly and Others" *Economist Column* No.2025-056; November 6, 2025 <https://www.jri.co.jp/page.jsp?id=112412>
- "Make clear definition of the "Elderly without Reliable Family" " *Economist Column* No.2025-054; October 28, 2025 <https://www.jri.co.jp/page.jsp?id=112346>
- "Inherited Assets without Heirs is Estimated to be 130 billion yen" *Research Eye* No.2025-090; September 24, 2025 <https://www.jri.co.jp/page.jsp?id=112109>
- "World Health Organization (WHO) Releases First Report on Loneliness and Social Connection" *Research Eye* No.2025-051; July 7, 2025 <https://www.jri.co.jp/page.jsp?id=111526>
- "Potential for Lifetime Support Providers based on Income and Assets of Elderly without Reliable Family" *JRI Review* Vol.8, No.126; June 30, 2025 <https://www.jri.co.jp/page.jsp?id=111441>
- "End-of-Life Plan Registration Services by Municipalities in Japan" *JRI Review* Vol.6, No.124; April 21, 2025 <https://www.jri.co.jp/page.jsp?id=110903>
- "Municipal Support for Elderly without Reliable Family" *Research Focus* No.2024-046; November 21, 2024 <https://www.jri.co.jp/page.jsp?id=109155>
- "Estimates and Future Outlook of the Elderly without Reliable Family in Japan " *Research Focus* No.2024-021; July 23, 2024 <https://www.jri.co.jp/page.jsp?id=108454>
- "Increase of the Elderly without Family Support" *Research Eye* No.2024-007; April 15, 2024 <https://www.jri.co.jp/page.jsp?id=107780>
- "Socialization of Long-Term Care and Securing Human Resources for Care" *Research Focus* No.2023-054; March 26, 2024 <https://www.jri.co.jp/page.jsp?id=107601>
- "Data Linkage by Local Government to Enhance Quality of Long-term Care" *JRI Review* Vol.2, No.113; January 15, 2024 <https://www.jri.co.jp/page.jsp?id=107040>
- "Companies should Understand the State of Employee Caregiving to Support Work-Life Balance" *View Point* No.2023-008; August 21, 2023 <https://www.jri.co.jp/page.jsp?id=105966>
- "Quality of Life (QOL) and Quality of Death and Dying in a Shrinking Society " *Opinion*; July 31, 2023 <https://www.jri.co.jp/page.jsp?id=105801>
- "Daily Money Management for Elderly People with Dementia" *JRI Review* Vol.5, No.108; May 24, 2023 <https://www.jri.co.jp/page.jsp?id=105320>
- "Status and Challenges of Home-Visit Care in Japan" *JRI Review* Vol.2, No.105; January 23, 2023 <https://www.jri.co.jp/page.jsp?id=104358>
- "Male Loneliness and Isolation in the Home and Community" *Research Eye* No.2022-021; June 16, 2022 <https://www.jri.co.jp/page.jsp?id=102926>
- "Evidence-Based Strategies against Loneliness and Social Isolation" *Research Focus* No.2022-006; May 2, 2022 <https://www.jri.co.jp/page.jsp?id=102635>
- "Strategies against Loneliness and Social Isolation among the Elderly - Insights from UK" *JRI Review* Vol.2, No.97; March 7, 2022 <https://www.jri.co.jp/page.jsp?id=102203>