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Gerontological nursing in super-aging society encouraging respect for decision-making and supporting personal autonomy

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We are in a super-aging society, and the aging rate in 2018 was 27.87%. In the last 20 years, our lifestyle with some health problems has changed under the influence of Japan's healthcare and care policies. On the surface, the elderly can receive robust support from a multidisciplinary team built by public care insurance in 2000. However, despite the diversity of services, there is stereotypy life among the elderly. In order to survive such a super-aged society, it is good for each person to be able to control their own future. I would like to talk about the role of nurses in such.