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Demonstration project of an online multilingual assessment DX platform of physical functions for prevention of the need for nursing care

Objective of the project

There's a pressing need to extend healthy life expectancy and reduce medical and nursing care costs due to aging populations in ASEAN countries, and this project focuses on Thailand's challenges to prevent the need for nursing care. It proposes a multilingual DX platform in elderly facilities in Thailand, which enables online assessments and exercise guidance. The goals include alleviating shortages in personnel, technology, and funding in physical therapy and rehabilitation, leveraging big data for online guidance, and reducing medical and nursing care costs for elderly individuals in need of care.

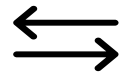
Cooperation with local companies/governments

Bueng Yitho Day Care and Day Service

A nursing facility operated by Bueng Yitho City

PNKG Recovery Center

Prince Hospital Suvarnabhumi



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Healthcare Workshop Co.,Ltd

Hitachi High-Tech(Thailand) Ltd.

Thai partner company that sells a former product Yugamiru LITE (Thai ver.)

Targeted economic/social issues

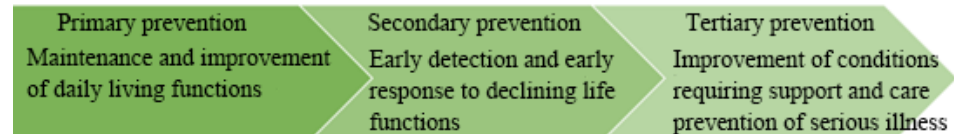
With the global aging, the aging rate is also increasing in ASEAN countries. Particularly in Thailand, there is a shortage of human and financial resources in the medical and nursing care fields, and promoting preventive care for elderly people (frailty prevention) becomes an urgent issue. On the other hand, Japan has already become a super-aged society, and comprehensive preventive care initiatives are underway that are tailored to specific needs.

Under Thailand's Second National Plan for the Elderly (2002–2020), family and local governments primarily bear responsibility for elderly care. Local governments have established elderly centers to promote preventive care and extend healthy life expectancy.

However, due to a severe shortage of healthcare professionals at the local level, elderly welfare staff lacking expertise conduct frailty check-ups, which remain limited to basic measurements like blood pressure and weight, thus failing to effectively preventive care.

Elderly centers in Thailand cater to independent seniors, offering various activities but lack specialized staff for preventive care and tailored exercise programs according to individual needs. Volunteer support for elderly households is increasing, but professional expertise in preventive care and exercise guidance is lacking at the grassroots level as well.

Preventive care definition





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Demonstration Period

October 2022 – July 2023

Details of demonstration

Yugamiru Cloud (Japanese version) was localized into Thai and English, which are the local and common languages, in which the specifications for an online multilingual platform for exercise function that enables online sharing of posture and muscle balance assessments were localized in cooperation with local counterparts and those in charge of the demonstration site, resulting in becoming its localized beta version. Subjects were selected at Bueng Yitho Day care and Day service and PNKG Recovery Center, and physical therapists from Thailand and Japan jointly conducted assessments using the platform for approximately 18 weeks, providing exercise guidance and prescribing insoles to the subjects.



Project outcome / Future Plans

The project successfully demonstrated the efficacy of an online multilingual platform for preventative elderly care through digitization (DX) to caregivers, co-medical staff, and the elderly users. Assessments showed high satisfaction levels among the subjects but also highlighted challenges such as server load balancing and need to culturally tailor exercise content.

Based on the localized beta version of the online multilingual platform developed in this project, we have initiated additional development for a commercial version. We have also commenced test marketing in municipalities, hospitals, and nursing facilities in collaboration with local medical agencies.

Utilizing the outcomes of this project for preventative care for the elderly in Thailand, where the population is aging rapidly, will help improve the lifestyles of the elderly and promote their participation in society. Continuation of these efforts may also lead to reduction in medical and nursing care costs. Furthermore, as aging trends similarly advance across Asia, success of the project in Thailand could pave the way for expansion to other ASEAN countries.