



Koji Aoki

“What is your idea of happiness after retirement?”



Yuya Hirata

THE JAPAN VOICE

COOL JAPAN from New Yorkers' Viewpoints



We Can Help You Come Home to Japan Carebridge Holds a Seminar in New York Retirement Is the Key Issue

Carebridge Corporation, which provides “Kazaguruma Rehabilitation and Nursing” care services in Japan, held the fourth “Japan’s Care Service and Returnee Support Seminar” at New York City’s GLOBAL LABO on the afternoon of Friday, July 26. Once again, the number of participants exceeded the expected number.

At the beginning of the seminar, CEO of the company Koji Aoki made an appearance. He

shared that in the World Happiness Report, America ranked 18th place while Japan ranked 54th. Explaining that one must imagine the “happy senior life,” he asked the participants a total of 20 questions concerning the categories of “Social Health,” “Economic Health,” “Mental Health” and “Physical Health.” On average, the participants that day answered “Yes” to 17 to 18 questions, showing that they were “healthier” than participants in Japan who would answer “Yes” to around 10. He also explained that the four tips to living a happy life

are “to take action,” “to make others happy,” “to support yourself” and “to stop comparing yourself to others.” He also mentioned that in order to not have regrets, one should prepare for a fulfilling post-retirement life years ahead of time.

After the break, nurse Chiharu Kato and COO/Physical Therapist Yuya Hirata introduced the “Kazaguruma Method” to rehabilitation and nursing that differs from other hospitals and care centers. The company’s service is a hybrid



Chiharu Kato

The Japan News
by The Yomiuri Shimbun
https://www.yomiuri-info.jp/daily_yomiuri/nys/

of Eastern Medicine with immediate effects and Eastern Medicine targeting radical treatment, aiming to realize a world where hospitals are not needed. They also presented examples of how the company helped customers achieve a happy and healthy life with physical and mental treatment.

In addition, they introduced their returnee support service “The Hometown Project” that the company has been working on in partnership with other companies and professionals.

Finally, they divided the participants into two groups: “those who consider returning to Japan soon for care services” and “those who consider continuing to work.” The first group was given a lecture on the specifics of the returnee support service, and the second was introduced to the possibility of partnering with the project.

Aside from the seminar, individual consultation meetings were also held for those who wished to discuss their personal situations.

The company is planning a fifth seminar for late November in Manhattan and one in New Jersey for the first time. (Shigeru Hisamatsu/Translated by Ai Omac)



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