

# **Philosophy and ethics for the promotion of health and welfare of the older population**

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The issue of the elderly being marginalized by society is becoming increasingly serious. In order to realize welfare that meets the individual needs of the elderly, it is necessary to recognize and adjust the "gap" between the values and sense of life of the elderly and those of non-elderly people. The purpose of this study was to examine the nature of aging and the value of aging human beings, and to expose the values and sense of life of the elderly. The method employed was the philosophical mixed research method, presenting the value of aging through theoretical research and supplementing it with survey research. Aging in Japan has both a positive value of aging and a negative value, such as increased anxiety about life and living as one ages. Based on this, we presented a proposal on the dignity of the elderly: "Advocate for the elderly so that they can demonstrate their strength as members of a modern, dynamically changing community." The results of the research can contribute to the realization of welfare policies for the elderly that meet their needs and to the construction of a new way for the elderly to regain their dignity as human beings.