

Table S1. Types of long-term care (Japanese care system).

Types of Long-Term Care	Indicative Conditions
Care Level 1	People face difficulty in performing essential daily life activities by themselves.
Care Level 2	People are in a state similar to that detailed under Care Level 1, but require more care to be able to perform essential daily life activities.
Care Level 3	Compared with the state of those in Care Level 2, people's ability to perform essential daily life and task- based activities are significantly lower. As a result, they require almost constant care.
Care Level 4	People are in a state similar to that detailed under Care Level 3, but their ability to act is lower. As a result, they face difficulty living without constant care.
Care Level 5	People's ability to act is even lower than that of individuals in Care Level 4 category. As a result, they require almost constant care to live.