

# Theory of Change

The Society We Want To Create

In this era of super-aged with a low birth & high death rate, every person ought to be able to live their lives placidly (peacefully), even with limited social resources.

Long Term Vision

Create a placid (and resilient) culture while embracing suffering.

As a society, we should be able to face suffering and have increased resilience.

Self-affirmation should increase and self-esteem will increase  
Affirm my own positive qualities and know my existence just the way I am.

Help someone  
To play a role for someone or something  
(High self-worth)

Accept one's existence  
by being connected to someone who accepts you  
(Sufficient self-worth)

Very Good!

Good Enough

Receive support if I am suffering  
Feelings of being connected,  
future dreams + hopes & freedom of choice

Relieve suffering  
whenever possible

Face suffering  
that cannot be relieved

A community where  
we can support one another

There is someone  
who understands my suffering

Knowledge

People Resources

Verbalize Support

Verbalize conditions that help one to be placid and share with those who are suffering & with others

Become confident and engaged

Become confident with those who have suffering that cannot be relieved

Notice & Take Action

Notice those who are suffering, know what to do, and take action

Share

Try to share things learnt proactively

Supporters

(Specialists in fields of medicine & nursing care)

Citizens/Public

(From children to adults)

ELC Supporter Training Course

Workshop For All Ages  
Lessons learned about End of Life

Hesitation & Reluctance

Unsure of what to do when facing those with suffering that is difficult to relieve

Experience suffering

(The gap between hope & reality)

Ignore those who are suffering

Ignore those who are suffering  
Even when noticed, we might be uncertain of what to do

Subject Individual (Me)

Our society is already super-aged with a low birth & high death rate. Yet, people are unable engage adequately with those face sufferings\* at the final stages of their lives.

\*including suffering that is difficult to relieve

Resources are not well-placed and are unevenly distributed, so the resilience of society weakens.