

Population Estimates

The population of Yokosuka peaked at 433,358 in 1990 and has been decreasing since then. From 2010 to 2020, the population declined by approximately 30,000. In 2025, the baby boomer generation will reach the age of 75 and over, leading to increased demand for medical and long-term care services nationwide.

CAT	2000	Actual value			Forecast value				Unit: number of people
		2010	2015	2020	2025	2030	2035	2040	
total population	428,645 100.0%	418,325 100.0%	406,586 100.0%	388,078 100.0%	370,433 100.0%	350,569 100.0%	330,338 100.0%	310,150 100.0%	
young population (0-14)	56,940 13.3%	51,670 12.4%	46,590 11.5%	40,766 10.5%	34,852 9.4%	30,206 8.6%	27,581 8.3%	26,464 8.5%	
working age population (15-64)	296,241 69.1%	261,078 62.4%	239,047 58.8%	222,437 57.3%	212,716 57.4%	199,478 56.9%	181,799 55.0%	160,259 51.7%	
Older population (65-)	74,760 17.4%	105,577 25.2%	120,949 29.7%	124,875 32.2%	122,865 33.2%	120,885 34.5%	120,958 36.6%	123,427 39.8%	
Late-stage Older population (75-)	29,498 6.9%	47,877 11.4%	56,728 14.0%	67,103 17.3%	76,923 20.8%	76,701 21.9%	72,041 21.8%	69,136 22.3%	
Percentage of Older population	39.5%	45.3%	46.9%	53.7%	62.6%	63.4%	59.6%	56.0%	

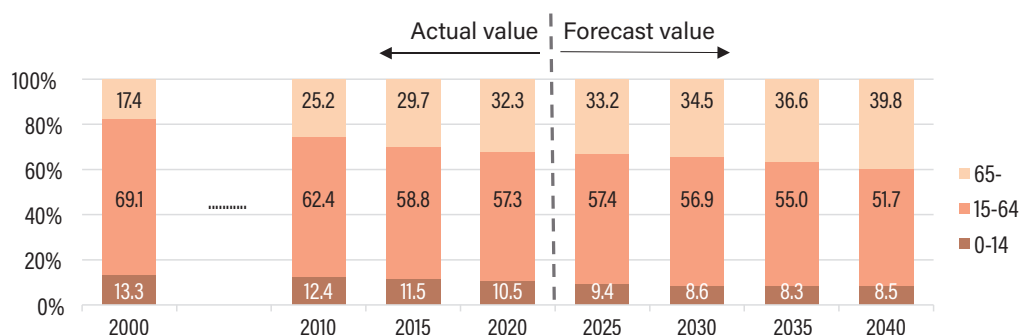
*Based on 2023 estimates by the National Institute of Population and Social Security Research and the National Population Census.

*Percentages may not sum to 100% due to rounding.

*For 2010 and before, the age of unknowns is excluded from each age group.

Age Composition

In 2000, the population aged 65 and over accounted for 17.4% of the total. By 2020, this figure had risen to 32.2%—nearly doubling in 20 years. The working-age population (ages 15 to 64) stood at 69.1% in 2000 and is projected to decline to 51.7% by 2040.



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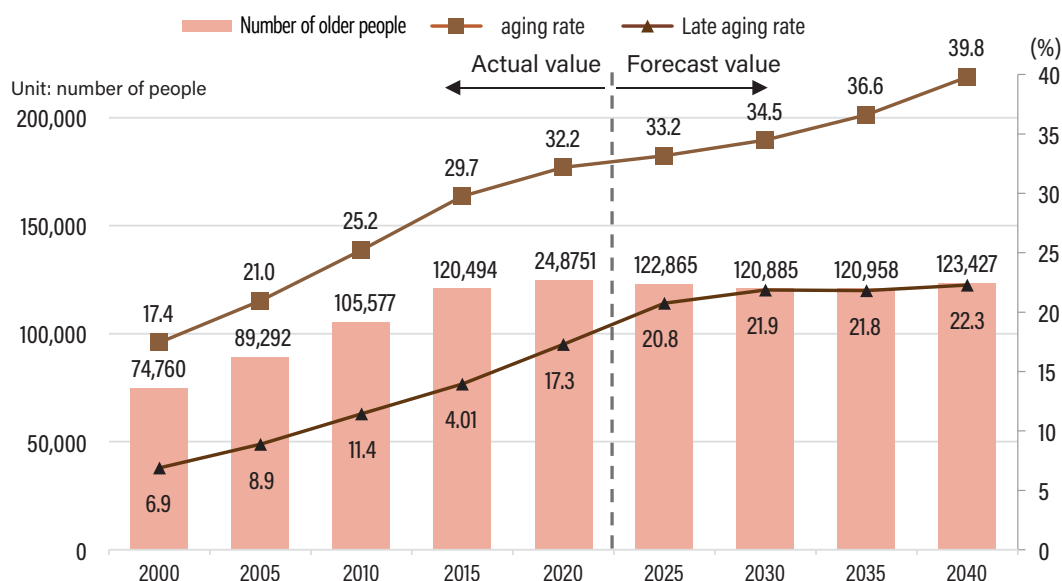
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Aging Rate

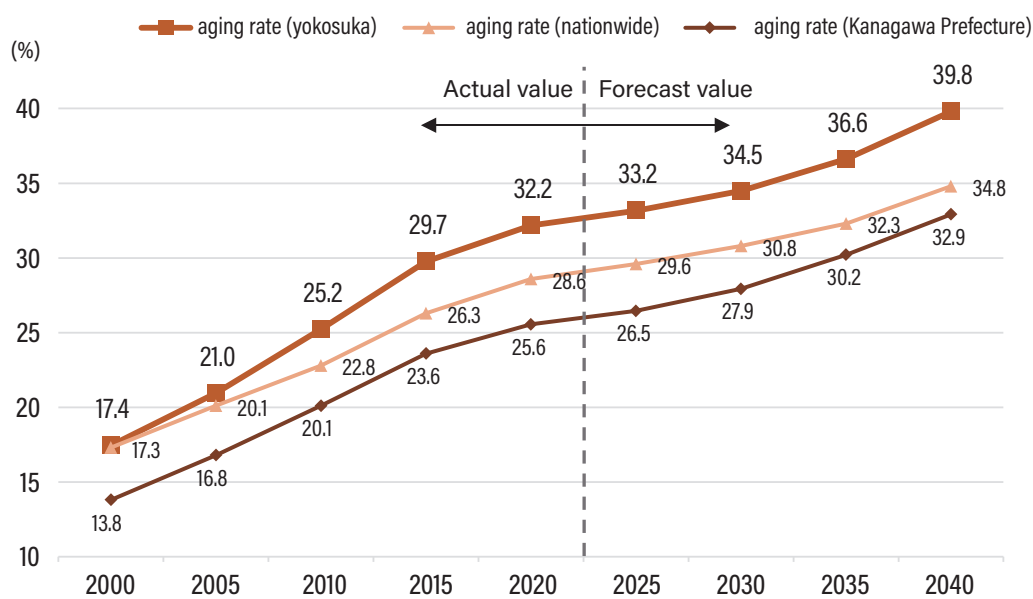
Although the number of older people is expected to plateau after peaking in 2020, the aging rate will continue to rise due to the ongoing decline in both the child population (up to age 14) and the working-age population.

Additionally, the proportion of people aged 75 and older projected to level off after 2030.



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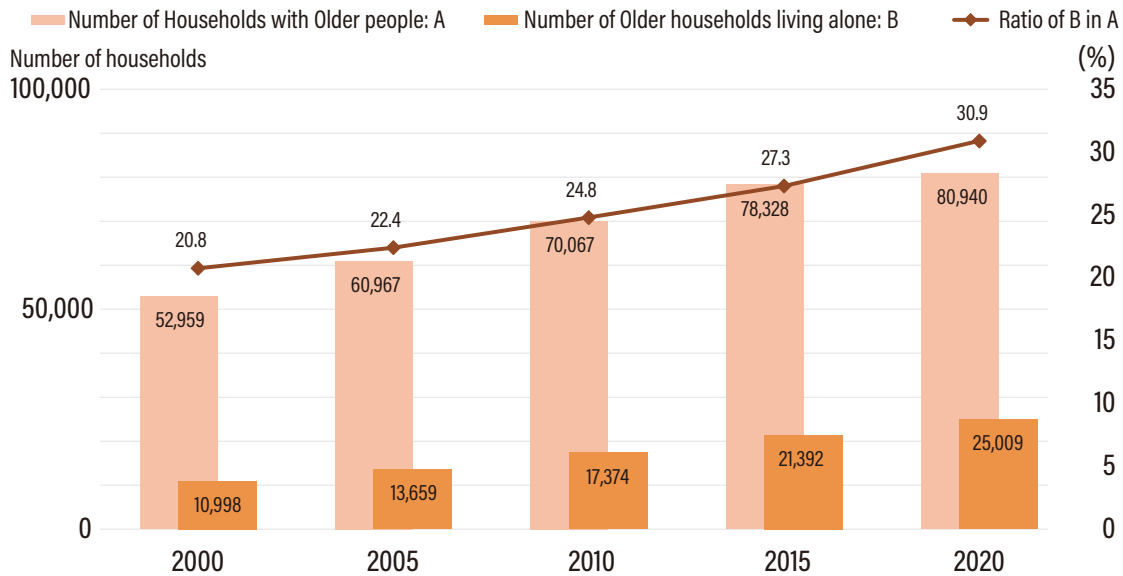
Household Composition

In Yokosuka City, the number of households with older members—particularly those consisting of a single older person—has been steadily increasing.

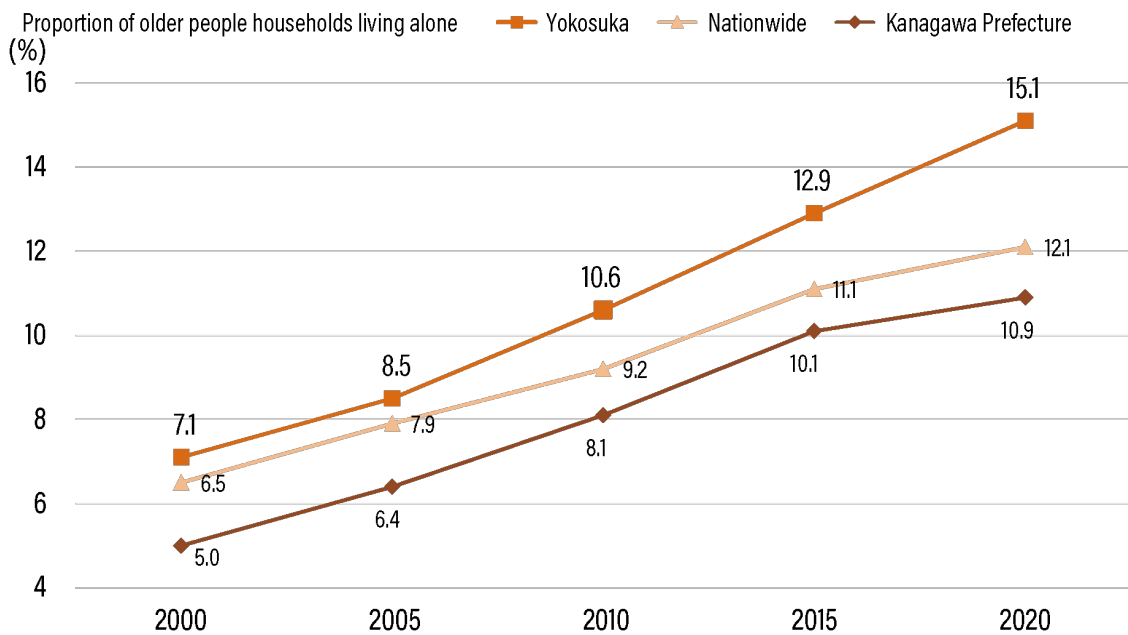
Compared to the national and Kanagawa Prefecture averages, the proportion of older people living alone in Yokosuka tends to be higher.

According to a survey conducted by Yokosuka City on long-term care insurance, approximately 32% of respondents identified themselves as an older person living alone.

Among those individuals, those who have been certified as Persons Requiring Long-Term Care are also on the rise.



*Created based on data obtained from the National Census and Community Care "Visualization" System.



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1 Fundamental goal

The fundamental goal of the 9th Yokosuka City Health and Welfare Plan for the Elderly (including the 9th Insured Long-term Care Service Plan) is **“A city where everyone can live happily as themselves, regardless of age.”** set as part of Yokosuka City's vision for 2030. In anticipation of an aging rate approaching 40% by 2040, the city aims to strengthen human connections within local communities and create an environment where residents mutually support one another and feel heartfelt connections.

◆◇◆ Fundamental goal ◇◇◆

A city where everyone can live happily as themselves, regardless of age

2 Position of the Plan

In past plans, Yokosuka City set its fundamental goals while identifying measures to address specific issues, estimating service volumes based on past performance.

In this new plan, under the overarching fundamental goal, the city sets three specific goals to clarify its direction. It then outlines basic policy directions designed to achieve these goals. Based on these policies, the plan specifies specific initiatives and projected service volumes.

Progress toward these goals will be tracked through performance indicators set for each phase of the plan.

Implementation will follow a continuous PDCA (Plan-Do-Check-Act) cycle, ensuring that results inform the next iteration of the plan.

Vision Structure of the Plan

① Goals and Policies

The city sets three goals representing the future vision for Yokosuka:

- A city where everyone can live healthy, active, and independent lives.
- A city where everyone supports each other as members of the community and lives together in harmony.
- A city where everyone can live comfortably in an environment suited to their needs.

To achieve these three goals, the city will implement five basic policy directions:

Policy 1: Health promotion tailored to individual conditions

Policy 2: Building a foundation for mutual support within the community

Policy 3: Coexistence with dementia

Policy 4: Strengthening networks to support older individuals and their families

Policy 5: Ensuring the sustainable and stable operation of the long-term care insurance system

② Specific Initiatives

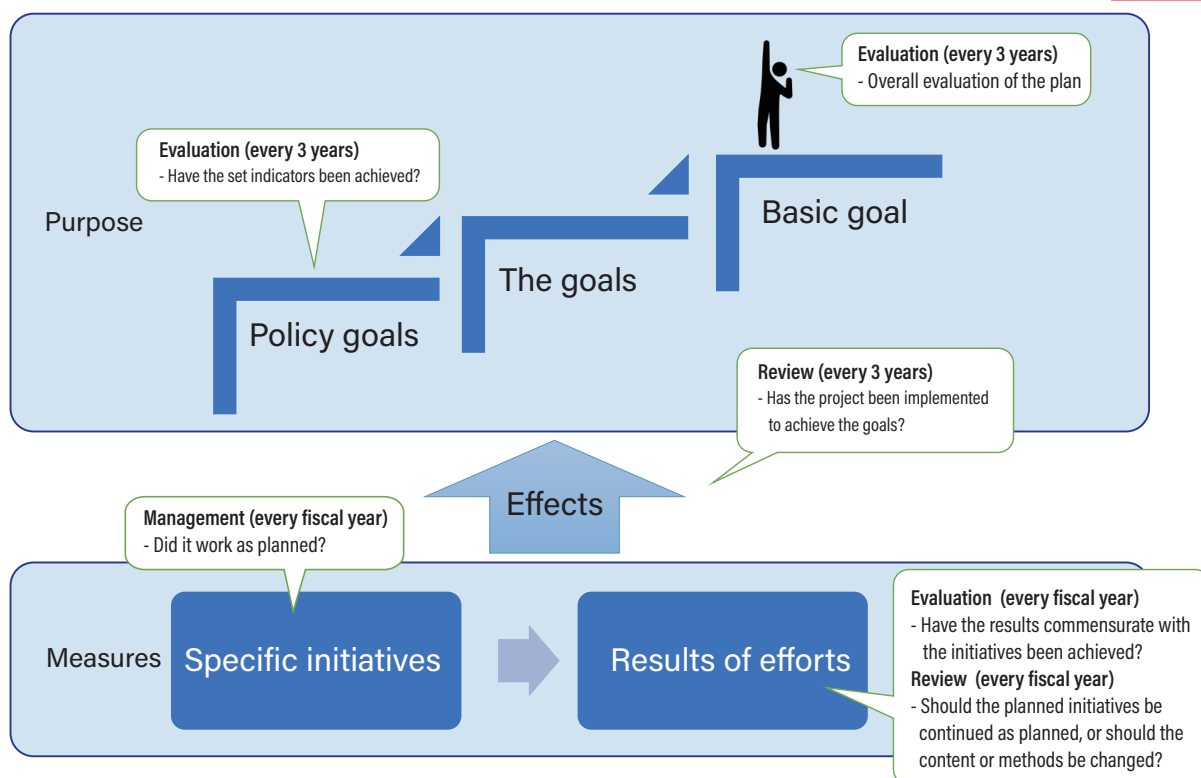
For each basic policy direction, the city defines concrete measures to achieve the fundamental goals. Each initiative is positioned within this framework as a concrete action, with projected implementation volumes assigned. Progress is reported annually.

③ Setting Indicators to Monitor Progress

For each measure, phased targets are established and Key Performance Indicators (KPIs) are assigned to measure success.

Each year, the effectiveness of each measure is evaluated, and specific actions are revised as needed.

When formulating the next version of the plan, the city will assess the degree of achievement of the current goals and adjust measures accordingly.

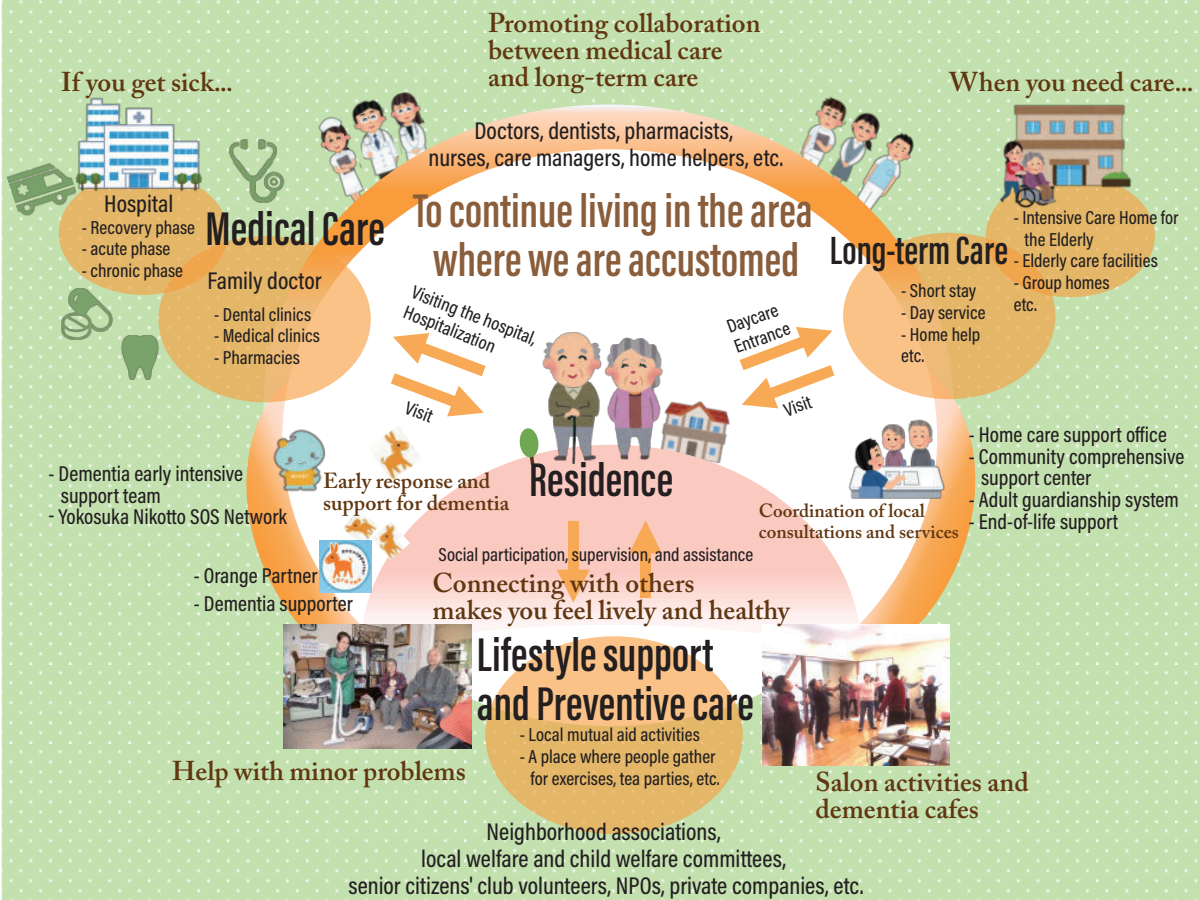


3 Toward Achieving Basic Goals: Deepening and Promoting the Community-Based Integrated Care System

The Community-Based Integrated Care System provides comprehensive and continuous support to enable older people and others to continue living in their familiar communities with peace of mind and dignity, in ways that reflect their individual needs. This support goes beyond services provided by the long-term care insurance system, encompassing access to various other social resources. Within this system, medical care, long-term care, preventive care, housing, and daily living support are provided in an integrated manner, enabling people to remain in their familiar communities, even after they begin to require long-term care, and to do so comfortably through the end of their lives.

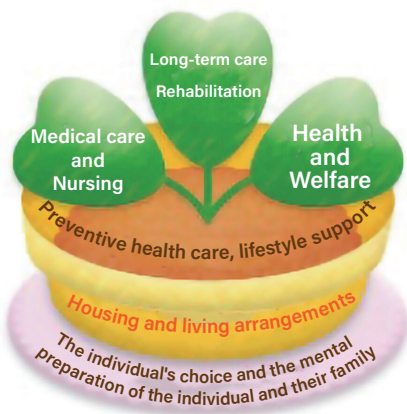
In our city, by the end of the 9th Plan period, one in three residents will be aged 65 or older, and one in five will be above age 75. To meet the needs of this rapidly aging population, it is essential to continue strengthening the Community-based Integrated Care System. Our goal is to create a city where everyone—regardless of age—can live happily and in their own way, regardless of age, as envisioned in the 8th Plan.

Yokosuka City's Vision for a "Community-Based Integrated Care System"



The community-based integrated care system is based on the daily living area (main office and administrative center area) where necessary services can be provided within approximately 30 minutes.

Yokosuka City Community-Based Integrated Care System Diagram



Source: Mitsubishi UFJ Research & Consulting Co., Ltd. "Community-Based Integrated Care System and Community Management" (Research Project on the Development of Systems and Services for the Establishment of a Comprehensive Community Care System), 2015 Ministry of Health, Labor and Welfare, Elderly Health and Welfare Promotion Project, 2016.

4 Key Policy Directions Initiatives to Achieve the Fundamental Goal

To achieve its fundamental goal, Yokosuka City has identified five key policy directions that serve as the foundation for its initiatives.

1. Health Promotion Tailored to Individual Conditions

To extend healthy life expectancy, the city promotes both frailty prevention and oral frailty prevention programs tailored to individual needs. Efforts are also being made to increase participation in medical checkups for the early detection of lifestyle-related diseases and to support overall health maintenance.

Furthermore, assistance is provided to individuals showing signs of declining physical or cognitive functions—

including those certified as requiring Support Level 1 or 2—so that they can continue to live fulfilling and independent lives in their own way.

2. Building a Foundation for Mutual Support within the Community

Yokosuka City encourages older residents to lead active and socially engaged lives by promoting opportunities for personal fulfillment and participation in community life.

The city also works to strengthen community-based support systems in which residents and local governments collaborate to address local challenges, fostering a culture of mutual assistance and providing support for grassroots activities.

3. Coexistence with Dementia

The city aims to create an inclusive society where people with dementia and their families are supported, understood, and respected by the wider community.

Initiatives include increasing public awareness of dementia and developing systems—through collaboration between medical and long-term care professionals—that enable early consultation and diagnosis, as well as continuous support throughout their lives.

4. Strengthening Networks to Support Older Individuals and Their Families

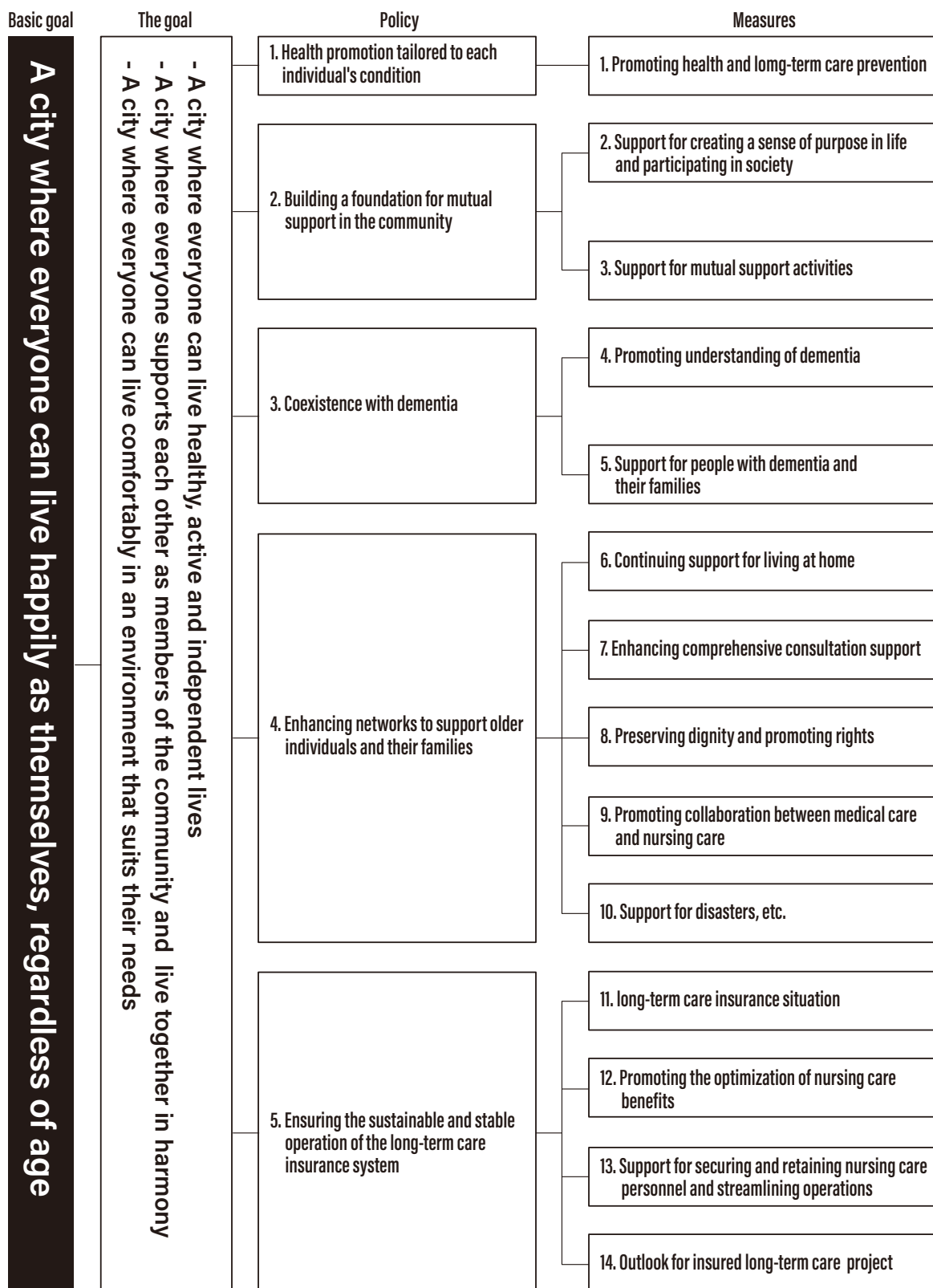
To ensure that older adults and their families do not become isolated, and can continue living in familiar surroundings even when they require care or medical assistance, the city promotes the development of a comprehensive consultation and support network through cross-sector collaboration. In addition, Yokosuka City is enhancing its support for home-based care, enabling residents to choose home medical care or end-of-life care with greater confidence and peace of mind.

5. Ensuring the Sustainable and Stable Operation of the Long-Term Care Insurance System

To ensure the sustainability and stability of the long-term care insurance system, the city is improving infrastructure for care facilities and service providers, optimizing care certification and benefit distribution, and strengthening the recruitment, training, and retention of care personnel.

As the insurer, Yokosuka City also formulates facility development plans and projects future care-related expenditures by service type to ensure the long-term financial soundness and viability of the system.

5. Overall policy system



Initiatives Based on Eight Interconnected Domains

1. Outdoor Spaces and Buildings

1. Subsidies for Seismic Diagnosis and Reinforcement Work

Subsidies will be provided to cover part of the cost for earthquake-proofing diagnostic examinations for privately owned and occupied wooden-frame buildings for which building permits were issued and construction began before the end of May 1981. If the diagnosis determines that the building is at risk of collapse, an additional subsidy is available to cover part of the cost of seismic reinforcement work, including related drawings and supervision. If seismic reinforcement work is not feasible, a portion of the cost of installing an earthquake-resistant shelter or disaster-prevention bed will be subsidized instead.

2. Assistance in Finding Housing

① Holding Housing Search Consultation Meetings for Older People, the Disabled, and Households Raising Children

Once a month, the city holds Housing Search Consultations (commissioned by the Kanagawa Housing and Community Development Association) so that older people who are looking for private rental housing but have concerns or questions about the search procedure, the situation of private rental housing in the city, or are worried about being rejected due to their age, can have their questions answered.

At each consultation meeting, a volunteer Housing Search Supporter is available to provide local information and lifestyle advice. After the meeting, the Housing Search Supporter can accompany participants to a real estate agency to assist them directly in their housing search.

② Request for Cooperation from Real Estate Agencies

The city's official website publishes a list of real estate agencies that cooperate in assisting older adults, people with disabilities, and households with children in their search for housing. This helps residents to identify nearby real estate agencies that are welcoming and available for consultation.

③ Safety Net Housing System Utilizing Private Rental Housing

The city supports older adults and others in securing private rental housing through a system that registers properties willing to accommodate those needing special consideration—such as older residents, low-income individuals, disaster victims, people with disabilities, and households raising children—with the prefectural government and related organizations.

④ Support for Municipal Housing

With the growing number of single older adults, securing a guarantor has become more difficult. To address this, in April 2020, the city abolished the requirement for a joint guarantor when applying for moving municipal housing. In addition, a preferential system is in place for households that include an older person aged 60 or over, providing greater support for older adults seeking to move into municipal housing.

2. Transportation

Issuance of *Hatsuratsu Senior Pass* (*Hatsuratsu* (はつらつ) means “energetically” or “vigorously.”)

In cooperation with Keihin Kyuko Bus Co., Ltd. the city issues the *Hatsuratsu Senior Pass* twice a year. This pass allows those aged 70 and older unlimited rides on city bus routes at a fixed fare.

3. Housing

1. Improvement of the Living Environment

① Installation of Emergency Call System

For older individuals living alone, or older only households with a sick or infirmed member, the city will install an emergency call system connected to a fixed-line telephone or similar device. In the event of a sudden illness, injury, or other emergency, users can press a call button to receive a prompt and appropriate response. This system helps reduce anxiety and allows older residents to live safely and with greater peace of mind.

② Provision of Home Repair Expenses

For older adults certified as requiring long-term care or support, the city program provides financial assistance for home modifications—such as installing handrails to prevent falls or removing steps—to help them to continue living safely and comfortably at home.

③ Provision for the Rental and Purchase of Welfare Equipment

For older adults certified as requiring long-term care or support, the city program also subsidizes the rental and purchase expense of welfare equipment designed to promote independence in daily life.

2. Development Plan for Facilities Covered by Long-Term Care and Offices

① Maintenance Plan for Home Service Offices

-Small-Scale Multifunctional In-Home Care Facilities and Small-Scale Multifunctional In-Home Care Facilities for Long-Term Care

Small-scale multifunctional in-home care facilities provide flexible services by combining in-home services with home visits and overnight stays according to the conditions and wishes of persons requiring long-term care. These services enable people to continue living at home even when they are in a moderate or severe condition.

Small-scale multifunctional in-home care facilities for long-term care combine these same functions with home nursing services that provide medical management.

The ultimate goal is to establish such facilities in each Daily Activities Area so that services can be provided to those who need them. In light of the shortage of long-term care personnel, we will maintain the goal of establishing one facility for every 10,000 older residents in each area, continuing from the 8th plan. To meet this target, we aim to establish one office in the Oppama area, one in the Taura area, and one in the Kurihama area, where shortages exist. However, because circumstances differ by area—such as the availability of land for construction—other areas may also be considered for development.

-Regular and As-Needed Home-Visit Care Nursing Offices

This service supports the continuation of home life for people requiring long-term care—including those who are seriously ill or in need of palliative care following discharge from hospitals—by providing home-visit care and nursing services during regular rounds or upon request. Sustaining life at home requires ongoing maintenance. Given the current challenges in establishing such facilities, the goal is to develop at least one new office.

- Dementia-Care Day-Care Centers and Community-Based Day-Care Centers

Most existing dementia-care and community-based day-care centers have been established by notification at the request of operators. Therefore, no public offerings will be made through this development plan.

② Development Plan for Institutional and Residential Service Establishments

-Long-Term Care Welfare Facilities for Older People (Intensive Care Homes for Elderly People) (including community-based facility for the elderly covered by public aid requiring long-term care)

As of April 2023, there were 591 people on the waiting list for admission. However, interviews with long-term care welfare facilities revealed that, among those who applied, the number of individuals requiring immediate admission was actually between zero and five per facility. In addition, turnover of residents (mainly due to death) occurs rapidly, and the rate of new admissions has not kept pace with the number of withdrawals. The reality of this is supported by the results of a survey on changes in residence, which recorded 405 new admissions and 417 withdrawals.

The 9th Plan does not include the development of new facilities. The 10th Plan will consider this matter while monitoring the situation of other residential facilities.

Existing long-term care welfare facilities for older residents are essential components of the long-term care insurance system, providing long-term residential care. Some facilities also serve as Community Comprehensive Support Centers and welfare shelters, playing an important role in supporting the community and ensuring residential well-being. The number of welfare facilities is expected to increase in the future. Maintenance of these facilities is crucial for ensuring the safety and security of residents. Therefore, it is necessary to establish a support system for their upkeep. As it is difficult for the city to provide such support alone, requests have been made to the national and prefectural governments, and we will continue to seek their assistance.

-Long-Term Care Facilities

As clarified in the FY 2018 Compensation Revision, these facilities are intended to support return-to-home and home-based care for the city's older residents, as compared as being for those who need long-term institutionalization. Furthermore, as these facilities have available capacity, and few individuals on the waiting list, no new development is planned.

-Integrated Facility for Medical and Long-Term Care

Established in FY 2018 through a revision of the Long-Term Care Insurance Act, an Integrated Facility for Medical and Long-Term Care is a long-term care insurance facility providing both long-term medical treatment as well as a place to live for those requiring such care.

While some people requiring long-term care cannot be admitted to other residential facilities—such as long-term care welfare facilities for older people—due to their need for medical treatment, this facility is designed to accommodate them. When a new facility is opened, it may be either newly established, or a conversion of an existing medical institution with medical care beds. Nationwide, only about 4% of facilities have been newly established; most have been conversions of existing medical institutions. According to a prefectural survey, medical institutions with medical treatment beds in the city have no plans to open long-term care hospitals during the 9th planing period. As a result, no new facilities will be developed during this term.

Looking ahead, the prefecture is currently formulating the 8th Health and Medical Care Plan, which includes a review of the number of sickbeds based in the region. During the 9th planning period, we will examine how best to meet the needs of those requiring medical care and facility admission, taking into account the direction established in the 8th Health and Medical Care Plan.

-Dementia-Care Day-Care Centers and Community-Based Day-Care Centers

As the number of people certified under the long-term care insurance system continues to increase, the number of those diagnosed with cognitive symptoms is also expected to rise. In this context, it is necessary to develop Dementia-Compatible Communal Living Facilities (Group Homes).

which are residential facilities specializing in dementia care. At the time the 9th Plan was formulated, there were still 70 people on the waiting list for admission. Based on a survey of changes in residence—showing 76 new admissions and 84 withdrawals—we aim to establish 54 additional beds across three new facilities, while also utilizing capacity in existing facilities to accommodate residents.

3. Plan for the Development of Facilities for Older People other than Facilities Covered by Long-Term Care Insurance

-Care House

Currently, there are 170 beds across three facilities, and this number will be maintained at the current level.

-Livelihood Support House

Currently, there are 15 beds in one facility, and this will also be maintained at the current level.

-Residential-Type Fee-Based Home for the Elderly

Currently, there are 24 facilities with a capacity of 834 people. The number of facilities has remained unchanged over the past three years and is expected to remain unchanged during the 9th Plan term

-Health-Type Fee-Based Home for Elderly

Currently, one facility has a capacity for 86 people. The number of facilities has remained unchanged over the past three years and is expected to remain unchanged during the 9th Plan term.

-Residences for Older People with Services

(Establishments not designated as specified facility residents' living facilities)

Currently, there are six facilities with a capacity of 220 residents. The number of facilities has remained unchanged over the past three year and is expected to remain unchanged during the 9th Plan term.

4. Social Participation

Promotion of Social Participation

① Support for Silver Human Resources Centers

The Yokosuka City Silver Human Resource Center is an organization that provides older people with opportunities to work, enhancing their sense of fulfillment and purpose while stabilizing their lives. At the same time, this develops local communities and supports the working-age population, all with the goal of realizing a society in which people remain active throughout their lives. As the population continues to age amid declining birthrates, it is increasingly important for older residents who wish to work to play active roles in both the economy and society. By utilizing their unique skills, experience, and strengths, they can help maintain the vitality of the local economy and community.

To increase membership and secure diverse employment opportunities, we will continue to support the public relations activities of the Yokosuka City Silver Human Resources Center.

② Subsidies for Senior Citizens Clubs

Senior citizen clubs are voluntarily formed and operated by older residents to help them lead meaningful and socially connected lives. These clubs promote health, education, and interaction with the wider local community, helping prevent isolation among older people. In recent years, however, many clubs have disbanded due to the aging of their members, resulting in a decline in both the number of clubs and total membership.

Revitalization of each club's activities will help attract new members. To this end, we will support the club's activities by organizing chairperson training sessions and co-hosting events—such as health promotion activities—in collaboration with the Yokosuka City Federation of Senior Citizens Clubs.

③ Subsidizing the House of *Ikigai* (*Ikigai* means fulfillment and purpose in life)

The House of *Ikigai* consists of groups of ten or more older residents—often organized by neighborhood associations—who engage in activities making the most of their hobbies, such as handicrafts and pottery making. We support these groups by providing opportunities to showcase their works at community events and other venues.

④ Operation of Senior Citizens' Welfare Centers and Senior Citizens' Rest Home

The city operates Welfare Centers and Rest Home for residents aged 60 and over with access to consultation services, health promotion, education programs, and recreation opportunities—enabling them to lead healthy, fulfilling, and socially connected lives.

Yokosuka City also organizes a range of events and lectures to promote health, prevent long-term care, enrich individual's hobbies, and encourage lifelong learning. These activities foster friendship and interaction among users who meet through the centers and related facilities.

Furthermore, in alignment with the Yokosuka City FM Strategic Plan and its vision for the "creation of a base for the local community where local residents of various generations can gather and interact," the place-to-stay function of the Senior Citizens' Welfare Centers will be relocated to the core facilities of each area. The purpose of this is to revitalize the local communities by ensuring they are accessible by all generations. After relocation, the new facilities will be reviewed to ensure that they are inclusive, efficiently managed, and adaptable to community needs. The city will continue to study the ideal of an all-generational facility in collaboration with related departments.

⑤ Implementation of Subsidy Program for Bathing Fees, for Senior Citizens Living Alone

Residents 65 years of age or older who live alone will be issued tickets to use public bathhouses and similar facilities within the city. By encouraging them to visit public bathhouses, the program aims to foster local social interaction, promote community participation, and alleviate loneliness among these residents.

⑥ Respect-for-Senior-Citizens Celebration Program

To honor older residents who have contributed to the development of society over the years, the city will present commemorative gifts to those who reach the ages of 88 and 100, as a gesture of gratitude and celebration of their longevity.

5. Respect and Social Inclusion

1. Initiatives to Protect the Rights of Older People

① Promotion of Comprehensive Rights Protection Support

The city has implemented various measures to protect the rights of older people, including promoting the use of the Adult Guardianship System. Building on these efforts, and in alignment with the government's Second Basic Plan for the Promotion of the Use of the Adult Guardianship System and the city's Basic Plan for Measures to Promote the Use of the Adult Guardianship System (Municipal Plan), we will further promote comprehensive rights protection support for older people and the promotion of adult guardianship.

② Specific Support for Rights Protection

Older residents who experience anxiety about making decisions due to dementia, intellectual disabilities, or mental disorders may find it difficult to manage assets such as savings and deposits or to enter into contracts for long-term care, welfare services, or hospitalization.

In some cases, depending on the individual's condition, it may be extremely difficult for the person to make decisions independently or manage property and legal procedures.

For such persons, the city provides appropriate support for rights protection through the Project to Support Independence in Daily Life or the Adult Guardianship System.

③ What is the Project to Support Independence in Daily Life?

This project assists people with impaired judgment, older people with dementia, persons with intellectual disabilities or mental disabilities, and others with impaired judgment in leading independent lives within the community. This support includes daily money management and assistance with the use of welfare services, based on a contract with the user. The Yokosuka City Council of Social Welfare is entrusted by the Kanagawa Prefectural Council of Social Welfare to implement this service.

The program's goal is to stabilize the person's life with dignity by providing appropriate assistance with welfare services, payment of usage fees and utility bills, and management of savings and deposits—while remaining close to the individual and supporting their decision-making process.

④ What is the Adult Guardianship System?

The Adult Guardianship System is broadly divided into two systems: the Legal Guardianship System and the Voluntary Guardianship System.

Under the Legal Guardianship System, a family court appoints an adult guardian to protect the rights of an individual who has difficulty making decisions on their own. The guardian manages the person's property and performs contractual acts on the behalf of the individual. Adult Guardians are divided into three categories—Guardianship, Assistance, and Support—depending on the individual's condition and circumstances.

Under the Voluntary Guardianship System, a person enters into a Voluntary Guardianship Contract in advance, which is notarized by a notary public. In the future event that the person becomes unable to make decisions independently, this contract authorizes the guardian to act on the person's behalf regarding matters in their daily life, medical care, and property management.

2. Promoting the Use of the Adult Guardianship System

① Yokosuka Adult Guardianship Center

In April 2020, the city established the Yokosuka Adult Guardianship Center in Hottokan (Community Welfare Division) as the core organization in a regional cooperation network to support rights protection in the city. (Hottokan is the city's Comprehensive Welfare Consultation Desk; its name means "We won't leave anyone alone.") The Yokosuka Adult Guardianship Center serves as the central hub of this network playing a leading role in: publicizing awareness that the center serves as an accessible, familiar consultation point for the use of the adult guardianship system, providing consultation, publicity, promotion of system use, and support for guardianship activities.

② Establishment of a Regional Cooperation Network

Consultation support organizations, such as Community Comprehensive Support Centers and Consultation Support Centers for Persons with Disabilities, work to identify individuals who need support for rights protection. Welfare, health care, medical, and community related parties—centered on the person in need—will cooperate to provide ongoing daily support, ensuring the individual's will, preferences, and values are respected. Together, they form a Rights Protection Support Team to implement appropriate rights protection measures.

Furthermore, the Yokosuka Adult Guardianship Center in cooperation with relevant professional associations, dispatch specialists to assist these teams.

Through these efforts, a Regional Cooperation Network for Guardianship Support will be established to reduce the burden on families and caregivers.

③ Consultation and Support Related to the Adult Guardianship System

The city promotes the fact that the *Hottokan* and Community Comprehensive Support Centers serve as familiar consultation services for matters related to the adult guardianship system. Depending on the content of the consultation, the center will refer individuals to professional associations in the legal and welfare fields, including the Bar Association, Judicial Scriveners Association, Social Workers Association, and Administrative Scrivener Association).

If a person who is capable of making decisions seeks consultation but expresses concern or uncertainty about it, we will consider and propose the use of the Project to Support Independence in Daily Life. On the other hand, if a person has significant difficulty making decisions—or a family member or other concerned person consults with us—we will recommend use of the Adult Guardianship System.

In addition, if a user of the Project to Support Independence in Daily Life becomes unable to make decisions due to the progression of dementia, *Hottokan* or the Community Comprehensive Support Center will assess the individual's condition and, in cooperation with the Yokosuka City Council of Social Welfare, support their transition to the Adult Guardianship System.

Furthermore, in difficult cases involving legal issues—such as when individuals cannot afford to consult lawyers or other professionals, or when victims of consumer fraud require debt consolidation—specialists are dispatched upon request from the Community Comprehensive Support Center or hospitals to individual community care meetings or meetings of related parties at hospitals. These specialists help clarify the legal issues and provide appropriate support.

④ Holding lectures on the Adult Guardianship System

Public lectures on the Adult Guardianship System will be held to help residents better understand its purpose and procedures.

⑤ Publicizing the Adult Guardianship System through pamphlets

Pamphlets explaining the Adult Guardianship System will be prepared and distributed to the following organizations and facilities to inform citizens: Community Comprehensive Support Centers, Consultation Support Centers for Persons with Disabilities, medical care providers, councils of commissioned welfare volunteers and child welfare volunteers, administrative centers and local community centers, designated specific consultation support offices, and relevant government departments.

⑥ Request for Adult Guardianship by the Mayor (Mayoral Petition)

To use the Adult Guardianship System, a petition must be filed with the family court by the principal, spouse, or relative within the fourth degree of kinship. However, when filing is difficult due to a lack of relatives or their non-cooperation, the Mayor may file a petition with the family court for the commencement of Adult Guardianship (Mayoral Petition) to protect the individual's rights.

⑦ Implementation of Projects to Support the Use of the Adult Guardianship System

For individuals who face difficulty paying fees associated with adult guardianship, the city supports the system use by subsidizing guardianship-related fees.

Previously, the subsidies were limited to cases filed by the Mayor. However, recognizing that some individuals and families also struggle to pay guardianship fees, the eligibility for remuneration subsidies has been expanded. This includes cases filed by the principal or relatives and situations where professionals accept guardianship despite the risk of unpaid fees.

Specifically, beginning in FY 2022, the scope of subsidies has been expanded to include guardianship cases in which the family court requests a professional association to recommend or appoint a guardian.

This expansion will further promote the use of the Adult Guardianship System and strengthen protection for those under guardianship.

⑧ Holding Meetings to Exchange Information on the Adult Guardianship System (Council Meetings)

To provide professional consultation, coordination, and information regarding the Adult Guardianship System, the city holds information exchange meetings (Council Meetings) about four times a year. Participants include related organizations such as family courts, professional associations, the Yokosuka City Council of Social Welfare, and Community Comprehensive Support Centers. These meetings aim to strengthen cooperation among all relevant organizations.

This council has been convened since 2004 and functions as a body recognized in the Plan for the Promotion of Adult Guardianship System Use, approved by the Cabinet in March 2017.

In addition to examining difficult cases, the council has also discussed and advised on key city policies—such as the launch of the Citizen Guardianship Operation Project and the establishment of the Yokosuka Adult Guardianship Center.

Since 2019, officials from other municipalities and Councils of Social Welfare of other cities and towns have participated as observers. Through this exchange, the city has promoted wide-area cooperation with neighboring municipalities.

3. Promoting the Recruitment and Development of Diverse Participants in the Adult Guardianship System

① Training and Support Activities for Yokosuka Citizen Guardians

With the growing number of older people with dementia, the importance of recruiting and developing qualified guardians—both professional and citizen—is increasing. To ensure that guardians can be appointed appropriately according to each person's wishes, circumstances, and living conditions, it is essential to cultivate a diverse range of guardianship providers.

In Yokosuka City, both citizen and professional guardians serve as bearers of the Adult Guardianship System. When detailed, person-centered support is needed, the city will coordinate the appointment of a citizen guardian whenever possible, based on the individual's needs, situation, and challenges.

For cases that require specialized expertise—such as debt consolidation—support is provided by a professional guardian.

Citizen guardians are members of the general public who have acquired the necessary knowledge through municipal training courses and are subsequently appointed by the family court. Yokosuka City publicly recruits residents who are willing to serve as guardians and, after competition of the required training, registers them as Yokosuka Citizen Guardians. As of 2021, approximately 40% of appointed adult guardians in the city were family guardians, while about 60% were third-party guardians—including professionals such as lawyers, judicial scriveners, social workers, administrative scriveners, as well as social welfare corporations, incorporated associations, and other corporations, and acquaintances.

To promote the citizen guardianship system, the city has entrusted the Yokosuka City Council of Social Welfare with operating of the Yokosuka City Citizen Guardianship Project, which provides training and support for citizen guardians.

The Council conducts citizen guardian training programs to equip participants with the knowledge required for adult guardianship.

In addition, it organizes a Citizen Guardian Liaison Meeting for registered citizen guardians who have completed training, offering opportunities to deepen their understanding and exchange information.

Furthermore, the Yokosuka City Council of Social Welfare appropriately supervises the activities of citizen guardians in cooperation with professionals. Depending on the case, the Council may also be appointed by the family court as a guardian supervisor.

Through these initiatives, the city fosters and supports citizen guardians who can provide close, community-based assistance—individuals who understand the perspectives of those they support and can offer consultation and companionship as fellow members of the same community.

② Consideration of Corporate Guardianship

Corporate Guardianship refers to a system in which a corporation—such as a social welfare corporation or an incorporated association—serves as an adult guardian and provides support to protect the rights of individuals who experience anxiety or difficulty in making decisions, in the same way that an individual guardian would. In this system, the staff members of the corporation are responsible for guardianship duties and related administrative affairs. Although corporate guardianship is not yet implemented in Yokosuka City, the Yokosuka City Council of Social Welfare is conducting research and studies for future implementation. This includes collecting information from other municipalities regarding financial resources, organizational structures, and system development.

To realize the future introduction of corporate guardianship, the city will strive to secure a broader and more diverse range of guardians in cooperation with the Yokosuka City Council of Social Welfare.

4. Prevention of Elder Abuse

① What is Elder Abuse?

Elder abuse refers to cases in which a person aged 65 or older is abused by a caregiver—such as a family member, relative, or cohabiting individual who provides care—or by a care facility worker.

Acts of abuse include physical abuse, abandonment or neglect of care and caregiving, psychological abuse, sexual abuse, and financial or economic abuse.

② Public Awareness Campaigns

To raise awareness of elder abuse and promote human rights awareness within the community, the city will hold an annual lecture on the topic.

At the lecture and other related events, leaflets on abuse prevention—including a simple checklist—will be distributed to help citizens better understand the issue and recognize warning signs.

③ Training Programs for Relevant Organizations

The city will hold training sessions for relevant organizations involved in responding to elder abuse, including Community Comprehensive Support Centers, care managers, long-term care insurance service providers, administrative officials, and other related agencies. In FY 2022, there were 17 reports of abuse by care workers, of which 8 cases were confirmed as abuse.

Abuse by care workers can arise from multiple factors, such as insufficient knowledge and education about dementia, inadequate care techniques, heavy workloads, stress, and poor teamwork. Training programs will therefore focus on: understanding elder abuse and its causes, anger management techniques, and effective communication methods among staff.

In addition, long-term care facilities are also implementing their own abuse prevention measures. The city will hold training and information-sharing sessions among relevant organizations and dispatch instructors to long-term care insurance service providers to strengthen their prevention and response capabilities.

④ Support for Older People and Caregivers

Consultations regarding elder abuse reveal that caregivers are under significant stress. In addition, abuse is more likely to occur when caregivers are unable to provide adequate care due to their own illnesses or fatigue.

Within home environments, the most common cases of abuse are by sons, followed by abuse by husbands. Men are often unaccustomed to household chores or caregiving, and their reluctance to accept external support can lead to isolation and increased caregiving burdens. Furthermore, more than 60% of abusers are from the children's generation, reflecting the so-called 8050 problem. (The 8050 problem refers to cases in which middle-aged adults live in isolation with their older parents, leading to mutual dependence and potential caregiving difficulties.)

To help reduce caregiver stress, the city will implement mental health counseling for older residents and caregivers, as well as support gatherings for caregivers of older people with dementia, conducted by psychological counselors (clinical psychologists.)

4. Early Detection for Elder Abuse

① Promotion of Consultation Services

When caregiving is provided solely by family members, it can easily lead to isolation, and caregivers may unknowingly commit abuse against those they are caring for.

To prevent potential abuse, the city will strengthen efforts to raise awareness of consultation services and enhance support systems. As a dedicated consultation service for elder abuse prevention, we will establish an Elder Abuse Prevention Center within the Comprehensive Welfare Consultation Desk Hottokan. This center will provide consultation services including telephone counseling, interviews, and home visits. Additionally, Community Comprehensive Support Centers will continue to function as local consultation services, and we will ensure that their roles are widely recognized.

② Maintenance and Utilization of Manuals for Elder Abuse

The Elder Abuse Response Manual—which describes the interpretation of the Act on the Prevention of Elder Abuse and Support for Caregivers of Elderly Persons—includes guidance on how to interact with families where abuse is occurring, the prohibition of physical restraints in long-term care facilities, and a list of consultation offices. The manual is distributed to home care support offices and long-term care facilities to promote early detection and reporting.

③ Prompt and Appropriate Response

More than half of all new reports of elder abuse originate from related organizations such as the police, care managers, and long-term care facility staff. Therefore, it is essential to strengthen cooperation with these organizations to ensure prompt and appropriate responses.

If an older person's life is in danger, the city will take immediate action to separate the individual from their caregivers in accordance with the Act on Social Welfare for the Elderly. At the same time, the city will collaborate with related agencies to provide access to necessary systems, as well as medical and long-term care services, to help rebuild family relationships between caregivers and those whom they are taking care of. These efforts will take into account the underlying social circumstance of households involved in elder abuse, including issues such as the 8050 problem. We will continue to strengthen community networks to prevent elder abuse.

④ Initial Response and Holding of Abuse Response Review Meetings

When a report of abuse is received, the office receiving the report will promptly assess the urgency of the situation and determine an appropriate support policy. Cases identified as involving abuse will be handled in cooperation with the *Hottokan* Comprehensive Welfare Consultation Desk and the Community Comprehensive Support Centers.

In handling such cases, the *Hottokan* will convene an Abuse Response Review Meeting, in which representatives from each Community Comprehensive Support Center participate.

These review meetings are held six times a year at each Community Comprehensive Support Center.

Through these meetings, the city and the centers exchange information to: determine whether or not abuse exists, decide on a response policy, and monitor and manage the progress of support.

⑤ Holding Network Meetings (Individual Subcommittees and Plenary Sessions)

Elder abuse often arises from a combination of complex factors, such as the abused person having symptoms of dementia, the caregiver suffering from illness, or the household experiencing financial hardships. When multiple organizations must provide coordinated support, it is essential to share information in advance and align approaches among all parties involved. To achieve this, Individual Subcommittees are convened as needed to discuss response strategies, assign roles, and determine the direction of future support.

In addition, to strengthen coordination among related organizations and enhance the overall support system, a Network Meeting Plenary Session will be held once a year to report on activities, exchange opinions, and promote collaborative action.

⑥ Case Study Meetings

Case Study Meetings will be held as necessary to review cases requiring legal interpretation—such as incidents of economic abuse or those involving the Adult Guardianship System—as well as cases with complex problems due to mental illness. These meetings allow participants to receive advice from lawyers, doctors, and other professionals, ensuring that each case is addressed appropriately and effectively.

6. Civic Participation and Employment

1. Creation of Local Networks for Mutual Support

① Establishment of Community Support Councils

The Community Support Council serves as a place where individuals from various positions and organizations of the community can come together to share information, discuss local challenges, and exchange best practices. The purpose of the council is to support the creation of diverse activities and opportunities for those who wish to contribute to their communities—regardless of size or scale—by fostering collaboration among people and organizations that want to do something for their neighborhood. Currently, there are two levels of councils: the Yokosuka Council for Community Support (First-Layer Council), which has the entire city as its venue; and the Community Support Councils for Each Area (Second-Layer Councils), which has the Daily Activities Areas for their operational bases.

Since the project began in FY 2015, the city has worked towards establishing Second-Layer Councils across all areas. To date, eight councils have been formed. However, some areas have not yet established councils due to the time and coordination required to set them up. Even in areas where councils have already been created, it has become evident that needs and issues vary between areas even within the same district, and that residents' sense of belonging does not always align with the administrative boundaries.

In light of these findings, the city will not set a specific date for the establishment of the councils. Instead, we will respect the characteristics of each community and support the establishment of councils at appropriate times and in flexible areas. Existing councils will also be reviewed and adjusted as needed to better align with local needs and conditions.

Furthermore, we will create mechanisms and venues for exchange and information sharing among councils, fostering collaboration and linking their activities across the city.

② Assignment of Life Support Coordinators

One important way to promote a community of mutual support is to create opportunities for various local organizations and stakeholders to connect and collaborate. To achieve this, it is essential to have individuals who know the community, who think and act together with the residents, and who can offer practical support for community activities.

To fulfill this role, the city has assigned Life Support Coordinators to each Community Comprehensive Support Center and to the City Office.

These coordinators visit their respective communities to identify local resources, build networks, and connect people with people, people with places, and people with organizations. Through these efforts, they strengthen the foundation of mutual support within the community.

In addition, by sharing information collected in the field at various forums—including the Community Support Councils—Life Support Coordinators help identify community challenges and foster the creation of new community activities.

The Life Support Coordinators assigned to the City Office will also take the following actions to support mutual support activities throughout Yokosuka City.

③ Support for Resident-Led Livelihood Support Activities

As part of community-based mutual support initiatives, resident groups provide assistance with minor daily-life tasks such as taking out the garbage, weeding, and shopping. This kind of mutual assistance not only helps residents continue living comfortably in their own neighborhoods but also gives participants a sense of purpose in life and contributes to the prevention of long-term care needs.

In recent years, an increasing number of organizations have begun taking on new challenges—such as organizing community events and study groups, or operating casual gathering places like dementia cafes, community cafes, and strolling groups—where anyone can participate.

As the population of older adults continues to grow, along with the increase in single-person and couples-only households, mutual support among residents will become increasingly important.

To better reflect the evolving nature of these community activities, the current Long-Term Care Prevention and Lifestyle Support Service Project (resident-oriented visiting service project) will be transitioned to a general long-term care prevention project. This change will expand support beyond basic daily living assistance to include a wide range of activities that contribute to long-term care prevention. In conjunction with this transition, we will consider providing additional support for ongoing community activities as well as assistance for organizations taking on new initiatives.

2. Creation of Local Networks for Mutual Support

① Cooperation and Collaboration with Commissioned Welfare Volunteers and Commissioned Child Welfare Volunteers

As familiar advisors to residents, commissioned welfare volunteers and commissioned child welfare volunteers identify problems that arise in daily life, provide guidance, and connect individuals to specialized institutions so that they can receive appropriate support.

The city will conduct training sessions for these volunteers and commissioned child welfare volunteers so that they can be more effective in their activities.

② Cooperation and Collaboration with Volunteer Welfare Workers

Volunteers active in the welfare field provide day-to-day support—such as talking with people, cutting grass, taking out the garbage, shopping assistance, and help with outings—so that residents can live safely and comfortably in their own neighborhoods.

To promote volunteer activities that reflect the needs of each district, the Yokosuka City Council of Social Welfare collaborates with the district volunteer centers operated by local councils of social welfare. Through this partnership, the city will encourage participation in volunteer activities by people of all ages, training volunteers to build sustainable community involvement.

③ Cooperation and Collaboration with the Yokosuka City Council of Social Welfare and District Councils of Social Welfare

The Yokosuka City Council of Social Welfare independently operates a Social Welfare Promotion Committee System. The primary activities of social welfare promotion committee members include: cooperating with the activities of commissioned welfare volunteers and child welfare volunteers, visiting and checking in on older residents living alone to confirm their safety, and reporting promptly to commissioned welfare volunteers and child welfare volunteers of any changes in household or welfare conditions. These efforts play an essential role in maintaining a community-based monitoring and support network.

To promote the creation of a community where people can live actively and support one another beyond the roles of giver and receiver, the city will encourage the participation of diverse individuals in community welfare activities. This will be achieved by supporting the initiatives of each District Council of Social Welfare, which serves as the central body in community welfare promotion.

④ Cooperation and Collaboration with Private Organizations and Businesses

To help prevent isolated deaths and related incidents, the city has entered into agreements on community watch-over activities with private organizations that regularly visit private homes—such as credit unions and water meter reading service providers.

When participating organizations encounter a situation that is clearly unusual—such as a strange odor coming from inside a room, or piles of newspapers or mail accumulating at a doorway or in a mailbox—that may indicate threat to the safety or live of a resident, they are instructed to notify the city in cooperation with the police and fire department.

Upon receiving such a report, the city coordinate with the police and fire department to confirm the individual's safety and take appropriate action or provide necessary assistance.

7. Communication and Information

1. Promotion of Understanding of Dementia

(Dissemination of information and support for self-expression by individuals with dementia)

① Training of Dementia Supporters

Dementia Supporter Training Courses are held with Dementia Caravan Mates for citizens, local groups, retailers, financial institutions, police, public transportation provider, schools, etc. to deepen correct knowledge and understanding of dementia and to help people with dementia and their families as much as possible. In the course, we will ask the cooperation of the Kanagawa Orange Ambassadors* and other people affected by dementia and their family members, who will share their real experiences and thoughts to help us think about what we can do as a community.

*Kanagawa Orange Ambassadors : People with dementia, who convey their thoughts as and share activities that reflect their personalities

② Publication of a Useful Book on Dementia (Pamphlet)

To promote accurate understanding of dementia, we will publish the pamphlet titled Useful Book and distribute it to retailers, financial institutions, community organizations, medical and long-term care institutions, and hand it out to participants in Dementia Supporter Training Courses.

③ Community Development Using the Yokosuka Orange Line

To maintain engagement among Dementia Supporters and Dementia Orange Partners, Yokosuka City will use its official LINE (messaging app) account to share dementia-related information, educational materials, and event announcements. (Dementia Orange Partners is made up of volunteers who provide practical support to people with dementia in their daily lives.)

The city's official LINE account will also be used to disseminate urgent information in the event that a person with dementia goes missing.

④ Events during Alzheimer's Month

In 1994, the Alzheimer's Disease International (ADI), in cooperation with the World Health Organization (WHO), established September 21 as World Alzheimer's Day, and designated September as World Alzheimer's Month to promote global awareness and action.

In line with this initiative, Yokosuka city aims to become a dementia-friendly city by deepening public understanding and awareness of dementia. Public relations magazines, social media, and city websites will be used to spread awareness of the disease. Additionally, public facilities will feature lighting displays and informational panels throughout the month.

2. Support for People with Dementia and Their Families

(Enhancing support for older people with dementia and their caregivers)

① Implementation of the Intensive Initial Support for Dementia Project

The city has established four Early Intensive Support Teams for Dementia (Yokosuka *Nikkotto* Teams), operated by both commissioned medical institutions and the city. (*Nikkotto* means smiling.)

Under the guidance of dementia specialists, medical and welfare professionals visit people with dementia and their families to provide comprehensive, early-stage support—including giving advice on dementia, recommendations for medical consultations, and guidance on using long-term care services.

To ensure wider recognition of this program, we will publicize it to community support networks such as commissioned welfare volunteers and commissioned child welfare volunteers, as well as to medical, dental, and pharmacist associations.

To share information between the Community Comprehensive Support Center, and the City, each team will hold a monthly *Nikotto* Team Members Meeting to review care progress and determine follow-up policies. In addition, an annual Coordination Meeting for Support of Older People with Dementia (*Nikotto* Meeting) will be held, involving relevant persons beyond the team. This meeting strengthens the team's response capability through enhanced cooperation and information sharing.

② Publicize the Yokosuka *Nikotto* SOS Network

The Yokosuka *Nikotto* SOS Network helps locate people with dementia who have gone missing and return them safely to their families as soon as possible. By pre-registering the information of a person with dementia, alerts about a missing person can be sent quickly to cooperating residents and organizations via the city's official website, official X (formerly Twitter), and official LINE account.

For those who pre-register for the SOS Network and choose to use a GPS service, the city will subsidize the initial cost of and part of the monthly usage fee (conditions apply).

By promoting awareness and pre-registration, the city aims to create an environment where people with dementia and their families can live safely and with peace of mind.

③ Establishment of Dementia Consultation Desks

The city will publicize that *Hottokan* (Community Welfare Division) and the Community Comprehensive Support Centers serve as the nearest consultation desks for dementia-related concerns. Depending on the case, we will connect individuals with the *Nikotto* teams, medical institutions, long-term care services, or other relevant organizations to ensure appropriate support.

④ Consultations on Forgetfulness

Individual consultations with specialists are available for people and their families who are concerned about memory loss and dementia. These sessions support early detection, early treatment, and appropriate care for dementia. Within the city, specialized facilities include the Medical Center for Dementia Diseases, outpatient clinics for memory loss and psychiatry, and physicians certified as Yokosuka Orange Doctors. (Yokosuka Orange Doctors are physicians recognized for their ability to treat dementia, regardless of their medical specialty.) Patients are guided to the appropriate medical institution depending on their condition.

⑤ Gatherings for Caregivers of Older People with Dementia

The city provides a place for caregivers to exchange information with other caregivers in order to share their experiences and discuss challenges in caring for their loved ones. These gatherings aim to reduce the burden and stress of caregiving and prevent isolation. A newsletter is also distributed to caregivers who cannot attend to maintain connection and support.

⑥ Multidisciplinary Cooperation Seminars

Through the Home Medical and Long-term Care Collaboration Promotion Project, the city is promoting multi-professional collaboration. By bringing together healthcare and welfare professionals from various fields, these seminars promote mutual understanding of roles and deepen collaboration within the community.

⑦ Issuance of Dementia Care Pass

The Dementia Care Pass (Yokosuka *Nikotto* Pass) is an easy-to-understand guide that outlining the flow of medical and long-term care services—from early diagnosis to the later stages of dementia—along with available consultation services and community resources.

The city will compile and distribute this information widely to people with dementia, their families, local supporters, and medical institutions, helping individuals live with dignity and peace of mind in their own way.

3. Reinforcement of the Dementia Community Support System

① Training of dementia Orange Partners

Dementia Orange Partners are volunteers who, after completing a Dementia Support Training Course, deepen their understanding of dementia and actively support people with dementia and their families through practical activities. The city began training Dementia Orange Partners in FY 2017, and as of March 31, 2023, 265 people had completed the course. These partners are expected to provide support for people with dementia and their families, manage dementia cafes, and assist community-based activities involving people with dementia.

② Building Team Orange

As a form of psychological and daily life support from the early stages of dementia, Team Orange will be established by connecting Dementia Supporters and Dementia Orange Partners with people who have dementia and their families. The goal is to create a community where people with dementia can live with peace of mind. The team will work to prevent social isolation of people with dementia and their families by engaging in specific activities such as: Providing watchful support and companionship, talking and listening empathetically, connecting individuals to professional services, and participating in dementia cafes.

③ Support for Dementia Cafes

Dementia cafés are inclusive community spaces where anyone, including people with dementia, their families, local residents, and medical and welfare professionals, can gather informally to share their experiences, discuss concerns, and support each other. They are organized by medical institutions, social welfare organizations, long-term care professionals, and local residents, and each cafe operates with its own unique character and approach.

The city's Dementia Community Support Promotion Staff regularly visit dementia cafes to gather information and assist with publicity by featuring their activities on the Yokosuka Orange LINE account and other local information platforms.

In addition, to strengthening cooperation among dementia cafes, the city will hold a Dementia Café Liaison Meeting to exchange opinions, share best practices, and discuss operational challenges.

4. Support for People with Young Onset Dementia and Social Participation

① Cooperation with Young Onset Dementia Support Coordinators

In cooperation with Kanagawa Prefecture's Young Onset Dementia Support Coordinators, the city will provide consultation and support for people with young onset dementia and their families.

For issues related to employment, the city will work in partnership with employment service centers, the Yokosuka Employment Assistance Center, and the Yokosuka Employment and Daily Life Support Center for Persons with Disabilities, among others, to ensure comprehensive support.

② Gatherings for People with Young Onset Dementia

The city will co-host a Young Onset Dementia Awareness Event with the Yokosuka Young Onset Dementia Association Dandelion and the Kanagawa Branch of the Association of People with Dementia and their Families. In collaboration with supporters such as Dementia Orange Partners and Young Onset Dementia Support Coordinators, the event will provide a welcoming space where people with young onset dementia and their families can freely discuss daily-life challenges, share experiences, and find mutual encouragement.

8. Community and Health Care

1. Reinforcement of Consultation Support System

① Support at Hottokan, a Comprehensive Welfare Consultation Desk

As the birthrate declines and the population ages, households are increasingly composed of single individuals, and community relationships are becoming more fragile. Consequently, the daily life challenges faced by citizens are growing more diverse and complex, making it difficult to provide adequate support through segmented system-based responses.

For example, the 8050 problem—in which aging parents support their middle-aged or older children who are socially withdrawn, impoverished, and in need of long-term care—illustrates the need for comprehensive consultation services. Such issues often transcend generational and demographic boundaries, requiring collaboration across multiple systems and institutions, including Community Comprehensive Support Centers and other welfare organizations.

To address these challenges, Hottokan, a Comprehensive Welfare Consultation Desk, was established in April 2020 as an expansion of the city's prior comprehensive consultation service specialized for older residents.

There are many complex cases that fall between systems—situations involving overlapping needs, refusals of support, or individuals who do not recognize their need for assistance.

These cases often require long-term engagement and the building of trusting relationships through consistent and coordinated support.

Hottokan functions as a coordinating hub for such complex cases that cannot be resolved by a single consultation support organization. It collaborates with relevant city departments, external organizations, and community leaders to discuss the support strategies, assign roles, and work towards problem resolution.

For individuals with complicated support needs who are not receiving adequate support, the city conducts continuous home visits and provides accompanied support—such as accompanying individuals on their visits to medical institutions—to foster trust and strengthen connections. The work is carried out in cooperation with city departments, welfare organizations, and community representatives.

Progress in each case is monitored through individual community care meetings to ensure continued cooperation among all relevant parties.

The city also continues to provide ongoing support to consultation support organizations, including Community Comprehensive Support Centers and Consultation Support Centers for Persons with Disabilities, thereby promoting a comprehensive consultation support system that leaves no one behind.

Through the implementation of this integrated support approach—targeted at individuals with complex needs who are not currently receiving the necessary support—the city aims to: reduce the severity difficult cases, eliminate cases that fall between systems, and realize a town where no one is left alone.

② Publicize *Hottokan* as a Comprehensive Welfare Consultation Desk for Older People

According to the results of a survey conducted prior to the formulation of this plan, 69.3% of older people who had not yet been certified for long-term care did not know of any consultation services for dementia. In addition, 62.9% of those surveyed living at home who had already been certified for long-term care and subsequently applied for renewal of their certification also reported being unaware of such services. These findings suggest that consultation services for older people in this city are not sufficiently recognized or easily accessible.

In addition to providing consultations relating to dementia, *Hottokan* also functions as the Yokosuka Adult Guardianship Center, the Life-Longing Support Center, and Elder Abuse Prevention Center. The city will promote greater public awareness of *Hottokan*'s comprehensive consultation counter through publicity campaigns, flyers, regular push notifications via the official Yokosuka City LINE account.

Furthermore, the city will expand outreach by utilizing community engagement programs such as the Community Development Delivery Talk, ensuring that residents are widely informed about *Hottokan* as a one-stop comprehensive consultation desk for older people.

2. Strengthening the Functions of the Community Comprehensive Support Center

① Publicizing the Community Comprehensive Support Center

The Community Comprehensive Support Centers, located in 12 locations throughout the city's daily activities areas, are operated by public-interest corporations, such as social welfare corporations, under outsourcing contracts with the city. The main function is to act as a familiar consultation center for older residents within the community. The city will continue to promote awareness of the centers through flyers, publicity materials, and other outreach efforts to ensure that residents can easily access support when needed.

② Improving the Operation System and Implementing Business Evaluations

To ensure that the outsourced services are implemented appropriately, the city annually establishes a business implementation policy and sets staffing standards in accordance with its bylaws. In addition, the operation status of each Community Comprehensive Support Center will be assessed, reviewing operations as needed to ensure appropriate management, and strengthen their functional capacity.

In line with the project implementation policy, a project evaluation is conducted once a year for each center to determine how efficiently resources are being utilized, whether operations are contributing to the promotion of the regional comprehensive care system, and how the quality of services can be improved.

Through these evaluations, the city aims to improve the staff quality and strengthen the center's functions by sharing advanced initiatives and best practices. Evaluation criteria will also be reviewed periodically to ensure responsiveness to the diversifying needs of older people.

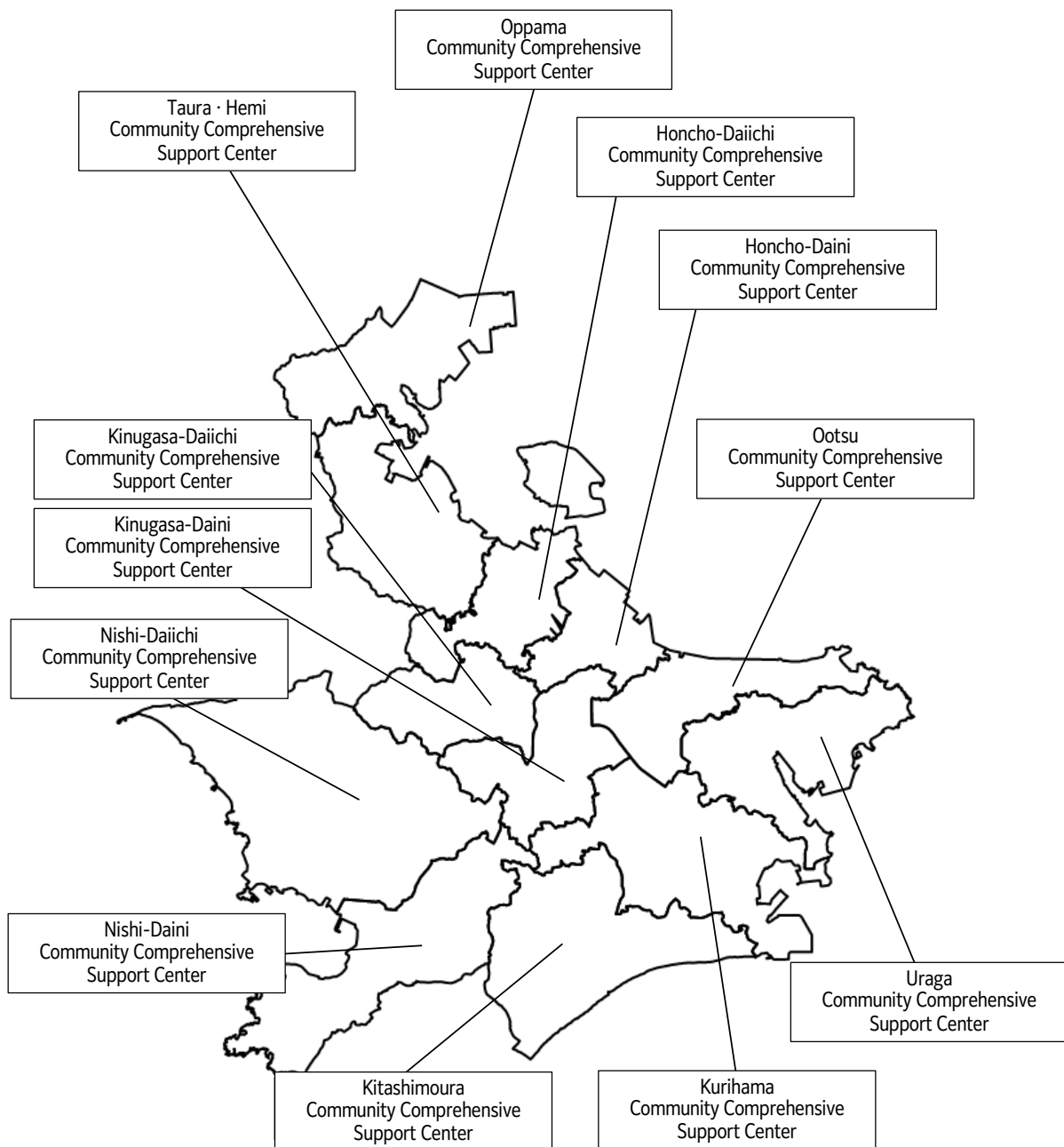
③ Ensuring an Adequate Personnel Structure

Each Community Comprehensive Support Center will continue to be staffed with public health nurses, social workers, and senior care support specialists, providing coordinated support through a team-based approach that leverages each professional's expertise.

As the population aged 75 and over continues to grow, and as single-person and elderly-only households increase while relationships in the community grow weaker, the city will consider strategies to secure sufficient personnel for the Community Comprehensive Support Centers. This will enable them to effectively address various community challenges and deliver timely, high-quality services to older residents.

Additionally, to improve staff competency, training on personal information protection and risk management will be provided during information exchange meetings and staff training sessions.

【Area covered by the Community Comprehensive Support Center】



3. Enhancement of Community Care Conference

① What is a Community Care Conference?

To promote the Community-based Integrated Care System, the city will hold Community Care Conferences with the aim of building a network of medical and welfare professionals who support older residents.

In addition to network building, the Community Care Conference serves several key functions, including solving individual issues, identifying community issues, promoting community development and resource development, and contributing to policy formation.

Community Care Conference includes: The Community Care Conference and Home Care Coordination Conference hosted by the city, Comprehensive Care Conference hosted by the Community Comprehensive Support Center, and the Individual Regional Care Conference hosted by the city and the Community Comprehensive Support Center.

In FY 2021, the Community Care Conference and Home Care Coordination Conference was integrated with the Home Care Coordination Conference in order to further promote the Community-based Integrated Care System. This integration aims to strengthen cooperation among medical and welfare professionals and to facilitate discussions on complex regional issues without being limited by age group or service field.

【Details of the Community Care Conference】

Name of meeting	Contents
Community Care Conference and Home Care Coordination Conference	A conference attended by numerous medical and long-term care-related organizations, as well as representatives from the city government and medical associations. The purpose is to build a visible network among medical and long-term care professionals, and to discuss and implement measures to address issues.
Comprehensive Care Conference	A forum where cases identified through Individual Regional Care Conference and casework at the Community Comprehensive Support Centers—particularly those difficult to resolve through mutual assistance within the community—are shared with community welfare committee members, local volunteer groups, long-term care service providers, and medical professionals. Participants discuss the necessary social resources, policy needs, among other relevant issues. Each Community Comprehensive Support Center holds this conference approximately once a year to strengthen the comprehensive and multilayered community network.
Three Individual Regional Care Conferences	Three types of Individual Regional Care Conferences are held to identify regional challenges, discover social resources, enhance the skills of supporters, and promote network building and collaboration. <ul style="list-style-type: none"> -Conferences held by the Community Comprehensive Support Center to discuss complex cases requiring rights protection support. -Individual Regional Care Conference organized by the city to provide independence support and care-prevention assistance for eligible individuals. -Care plan review meetings held by the city to support the independence of people requiring long-term care and to prevent the progression of serious illnesses.

4. Early Detection of and Measures Against Frail

① Promotion of Dissemination and Awareness of Long-Term Care Prevention and Prevention of Frailty

Frailty refers to a state in which physical and mental vitality (such as muscle strength), cognitive function, and social connections decline with age. It is generally understood that many people experience a stage of frailty as they transition from a healthy condition to one requiring long-term care.

Oral frailty refers to a slight decline in oral functions—such as chewing, swallowing, and speaking—due to age-related changes in the mouth, including a decrease in the number of teeth, muscle weakness, and reduced saliva production. If oral frailty is overlooked, it can lead to a loss of appetite and a decline in both physical and mental functions, which may ultimately result in the need for long-term care.

For example, research has shown that people with 19 or fewer teeth who do not use dentures have a higher risk of falling compared to those who have 20 or more teeth. Fortunately, using dentures is believed to reduce that risk even for those individuals with less than 20 teeth.

Therefore, it is important to delay or prevent the progression of oral frailty through regular dental checkups, appropriate denture fitting, and muscle-strengthening oral exercises.

② Promotion of Care Prevention Using a Variety of Methods

The city will promote and educate the public on care prevention among all residents aged 65 and over through the use of leaflets, educational materials, and the web-based resources.

In addition, we will lend out Care Prevention DVDs to local groups and organizations to support continued activity programs through video-based learning.

We will also hold care prevention classes that incorporate the use of smartphones and other digital devices.

③ Integrated Implementation of Health Services and Care Prevention for the Population Aged 75 and Over (Population Approach)

Older people require support for both disease prevention (health services) and for the maintenance of daily life functions (care prevention). The Plan for Extending Healthy Life Expectancy calls for the integrated implementation of these two aspects—health services and long-term care prevention—across all municipalities by FY 2024. In our city, this will be implemented citywide (across all 10 areas) starting from FY 2024.

As part of efforts to maintain the health of older adults and prevent the need for long-term care under this population-based approach, health education and health counseling will be provided to older people who gather at kayoinoba, community gathering places. These activities aim to raise awareness among the older residents who may not yet recognize their frail condition, helping them to identify it early and take steps towards maintaining their health and independence.

5. Prevention of Lifestyle-Related Diseases, Early Detection, and Prevention of Serious Illness

① Efforts to Improve Participation Rates in Health Checkups

Health checkups are important opportunities for individuals to understand their own health condition and gain knowledge about maintaining good health.

The city will continue to implement specific health checkups focused on the early detection of lifestyle-related diseases, as well as health checkups for people aged 75 and over, striving to improve the participation rate of these checkups. Details of these efforts are described in the Yokosuka City National Health Insurance 3rd Data Health Plan, and the 4th Implementation Plan for Specific Health Checkups.

Recognizing that female hormones change dramatically at each life stage, bone density checkups will also be offered to eligible individuals, with efforts made to increase the participation in these examinations.

In addition, various cancer screenings are conducted to promote the early detection and treatment of cancer. Details of these initiatives are described in the Yokosuka City Cancer Control Promotion Plan.

② Development of Projects for Prevention of Serious Lifestyle-Related Diseases

Based on the results of specific health checkups, specific health guidance is provided by nutritionists and other specialists to individuals who may be able to prevent lifestyle-related diseases through improving their lifestyles. In addition, for those whose checkups indicate the need for medical evaluation, we encourage and support them in visiting appropriate medical institutions.

③ Integrated Implementation of Health Services and Care Prevention for the Population Aged 75 and Over (High-Risk Approach)

Based on the results of health checkups and medical information for residents aged 75 and over, individuals whose health conditions are assessed as being at risk will be identified and provided with home visits and other supportive services.

④ Promotion of Dental and Oral Health

Dental diseases such as tooth decay and periodontal disease can lead to tooth loss, which in turn affects nutrition, speech, and overall quality of life.

In particular, periodontal disease has been linked to various health issues such as heart disease, aspiration pneumonia, diabetes, and premature birth, and can significantly impact overall health. To highlight the importance of maintaining lifelong oral health, the city promotes establishing a regular relationship with a family dentist and encourages routine dental checkups from an early age, before periodontal disease becomes widespread. As part of these efforts, periodontal disease screenings are being conducted to promote awareness and early intervention.

6. Efforts to Support Independence and Prevent Severe Disease

① Promotion of Long-Term Care Prevention and Lifestyle Support Service Project

One of the key initiatives to support the independence of people whose daily life functions have declined, or who require assistance in daily life (those classified as Support Level 1 or 2)—and to prevent further deterioration—is the Long-Term Care Prevention and Lifestyle Support Service Project. This project provides services tailored to the specific support needs and circumstances of each community. In Yokosuka City, the following services are being implemented under this program.

During the 8th Plan period, the city considered creating a service to subsidize the usage fees of private training gyms as an alternative to day services for individuals who could improve their independence through short-term intensive rehabilitation. However, after review, the proposal was not pursued because existing day service facilities already offered training functions, and it was difficult to accurately estimate the level of need for private gym use among older residents.

Regarding the resident-oriented home-visit service introduced in the 8th Plan, the scope of activities has expanded since the launch of the Long-Term Care Prevention and Lifestyle Support Service Project. Currently, service targets include a broad range of people in need within the community—not only those eligible for the Long-Term Care Prevention and Lifestyle Support Service Project, such as those officially certified as requiring assistance. Support is now extended to diverse groups, including older people without long-term care certification, people with disabilities, and households raising children. In addition to home-visit services, community participation spaces have been established where anyone can join freely. To comprehensively support this growing range of community-initiated services, the city is transitioning toward a general long-term care prevention project.

We will continue to explore and develop effective service models for the city, referring to best practices implemented in other municipalities.

② Implementation of Home-Visit Type Short-Term Intensive Preventive Service (Home-Visit Type Service C)

The Home-Visit Type Short-Term Intensive Preventive Service provides consultation and support by physical therapists, dietitians, or public health nurses for a limited period (three months or less). The goal is to improve declines in physical and mental function caused by isolation, malnutrition, or inactivity.

However, utilization of this service has been very low. Several factors contribute to this situation: First, the service is supposed to be provided by city-employed professionals, making it difficult to scale up for a large population. Then the target users were limited to individuals unable to use other day-care services due to depression or other reasons. In addition, there is insufficient data to evaluate the services outcome or effectiveness. Lastly, there is no structured plan for follow-up support after the service concludes. As a result, the service has not adequately met the needs of residents certified for long-term care. To address these issues, the city will continue to identify users' specific needs and coordinate within relevant departments to consider revisions and improvements to the program.

③ Relaxed Standard Home-Visit/Day-Care Services (Home-Visit/Day-Care Service A)

When welfare service providers for persons with disabilities deliver services equivalent to care-prevention home-visit care and care-prevention day-care, the city recognizes and implements these as inclusive care-prevention home-visit services and inclusive care-prevention day-care services.

This system allows individuals who have been using welfare services for persons with disabilities to continue to receive services equivalent to care-prevention home-visit services or care prevention day-care services at the same facilities once they reach the age of 65 or older.

④ Services Equivalent to Home-Visit and Day-Care Services for Persons Requiring Support

People eligible to use Long-Term Care Prevention and Lifestyle Support Service Project include those who have been certified as requiring support (level 1 or 2), or those whose daily living functions have declined according to the Basic Checklist (i.e. those eligible for the services).

As a service equivalent to care-prevention home-visit care, home helpers (home-visit care workers) provide assistance such as cleaning and laundry. However, the proportion of people certified as Support Levels 1 and 2 who are judged as not requiring assistance with shopping and cooking at the time of new or renewed long-term care insurance certification has been increasing, while the overall volume of service use has been declining. This decline may be attributed to the greater convenience of daily life, such as the expansion of meal delivery services, the increased availability of small-portions of food for single households, and the widespread use of lightweight and multifunctional household appliances. Another possible factor is a shortage of manpower among service providers, making it difficult for them to respond to all service requests. Other factors may also be contributing to this trend.

Going forward, the city will maintain the current services while analyzing the causes of these changes and estimating the volume of service use based on identified factors.

As a service equivalent to day-care for the prevention of long-term care, programs such as physical fitness and strength training are provided at day-service facilities. Demand for these services continues to increase year by year, and as shown in the figure below, the overall volume of services used is on an upward trend. The city will continue to maintain these services and closely monitor the ongoing trends in utilization.

⑤ Home Modification for Independence Support

For older persons who are certified as requiring long-term care or support, this program assists them in continuing to live safely and comfortably at home by covering the cost of home modifications—such as installing handrails to prevent falls and removing steps or other barriers within the home.

⑥ Provision of Loan and Purchase Expenses for Welfare Equipment to Support Independence

For older persons certified as requiring long-term care or support, the program provides rental and purchase subsidies for welfare equipment that promote independence in their daily living activities.

⑦ Individual Regional Care Conferences for Independence Support and Care Prevention

The Individual Regional Care Conferences for Independence Support and Care Prevention is convened by the Community Comprehensive Support Center, which serves as the case coordinator. At these meetings, professionals such as physical therapists, occupational therapists, dietitians, pharmacists, and dental hygienists exchange opinions and discuss care management plans that incorporate perspectives on both independence support and care prevention.

⑧ Implementation of the Senior Refreshment Program

To help maintain the health of older adults and the physical well-being of their caregivers so that they can continue to live at home, the city subsidizes a portion of the cost of massages and other therapeutic treatments for the following individuals: those aged 75 years and older, or those between ages 65 and 74 who care for a person requiring long-term care (Level 3 to 5) in a household consisting solely of older people.

Receiving massages and other treatments help maintain both physical and mental health, aids in recovery of physical functions, and prevents decline, thereby supporting older adults in leading independent, healthy lives.

7. Efforts to Improve the Health of the Community

① Support for Local Human Resource Development and Activities

In addition to individual efforts to prevent the need for long-term care, it is also important for residents to find a sense of purpose and fulfillment through participating in health promotion and long-term care prevention activities with familiar friends and neighbors in their own communities.

In our city, a variety of *kayoinoba* (community gathering places) exist, offering opportunities for local residents to take part in volunteer activities, salon gatherings, senior citizens' clubs, community cafes, and similar programs.

We will continue to promote human resource development in the community by training care prevention supporters, who conduct care prevention activities in everyday settings, and frailty supporters, who promote awareness of frailty from the perspective of fellow citizens.

We will also support health promotion and care prevention activities in collaboration with Health Mates (volunteers who spread awareness of the importance of nutrition education in the community) and other related organizations.

② Raising Awareness in the Community

We will commission the Community Comprehensive Support Center to conduct Community Care Prevention Classes and other activities that increase interest in care prevention and encourage residents to participate in prevention activities. In addition, when local groups request health promotion or care prevention classes, the city organizes *Shiranami* Exercise sessions set to Yokosuka City songs, *Fureai* Community Health Classes led by city employees, featuring activities such as bocchia, and Tooth and Mouth Health Promotion Classes including exercise for the mouth and salivary glands. These initiatives aim to revitalize community activities and enhance overall health awareness throughout the city.

③ Dispatch of Specialists to the Community

The Dispatch of Rehabilitation Specialists program is designed to support the development of community-based care prevention activities conducted in homes or familiar community settings, in cooperation with the Community Comprehensive Support Center. Through the dispatch of specialists—such as physical therapists, dietitians, and public health nurses—to *kayoinoba*, the program strengthens resident-led initiatives and volunteer groups engaged in care prevention.

④ Individual Regional Care Conferences for Independence Support and Care Prevention

Community building is the foundation of people's lives and begins by understanding and reflecting on each individual's daily life. The Individual Regional Care Conferences for Independence Support and Care Prevention is held to consider the independence of older adults living in their own neighborhoods, with case studies focused on individuals requiring support.

Each conference consists of two parts: In the first part, staff members of the Community Comprehensive Support Center present case examples and exchange opinions with professionals such as physical therapists, occupational therapists, dietitians, pharmacists, and dental hygienists. Together, they discuss care management approaches that integrate perspectives on both independence support and care prevention.

In the second part, building on the first discussion, participants consider how the individual's independence can be enhanced, identifying community resources that could help the person live a more fulfilling and autonomous life.

Through the accumulation of these meetings, we aim to identify and understand local issues related to independence support and care prevention—and link these insights directly to community development and improvement efforts.