

# KAMAKURA City

## Age-friendly City Action Plan



# Table of Contents

## **Chapter 1 Age-friendly City and the Development of the Action Plan**

1. What is the Global Network for Age- friendly Cities and Communities ? 3
2. Participation in the Global Network for Age- friendly Cities and Communities 3
3. About the Action Plan 3
4. Purpose of the Action Plan 4
5. Outline of the Action Plan 4
6. Eight Interconnected Domains of the Age-friendly City 5

## **Chapter 2 The Situation Surrounding Older Adults in Kamakura**

1. Estimation of the Number of Older People in the Future 6

## **Chapter 3 Basic Goals of the Plan and System of Measures to Promote Efforts**

1. Basic Goals of the Health and Welfare Plan for the Elderly 7
2. Policy System of the Health and Welfare Plan for the Elderly 7

## **Chapter 4 Efforts Based on Eight Interconnected Domains**

1. Eight Domains, Basic Policies, and Major Measure 9
2. Measures Corresponding to the Eight Interconnected Domains 10

# Chapter 1. Age-friendly City and the Development of the Action Plan

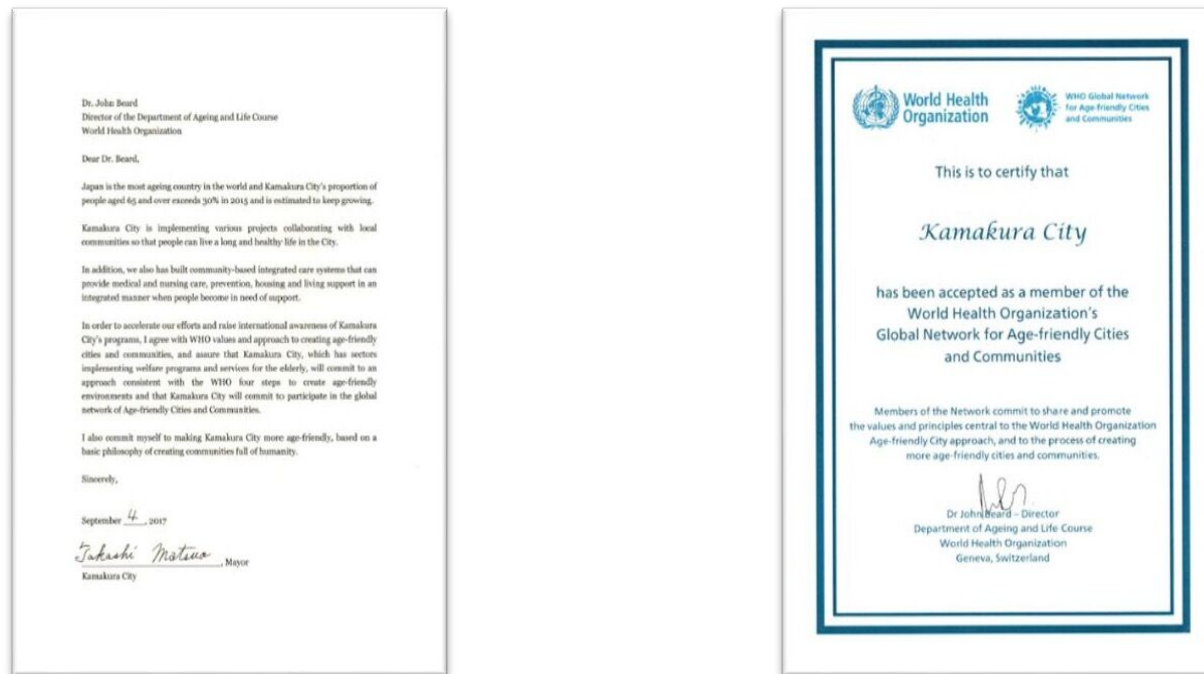
## 1 What is the Global Network for Age-friendly Cities and Communities?

To address global trends in population aging and urbanization, the World Health Organization (WHO) launched an international network of cities, communities and organizations committed to creating cities that are friendly to older people in 2010. The guiding principle is simple: a city that is friendly to older people becomes a city friendlier to everyone.

The international network is known in English as the Global Network for Age-Friendly Cities and Communities (GNAFCC).

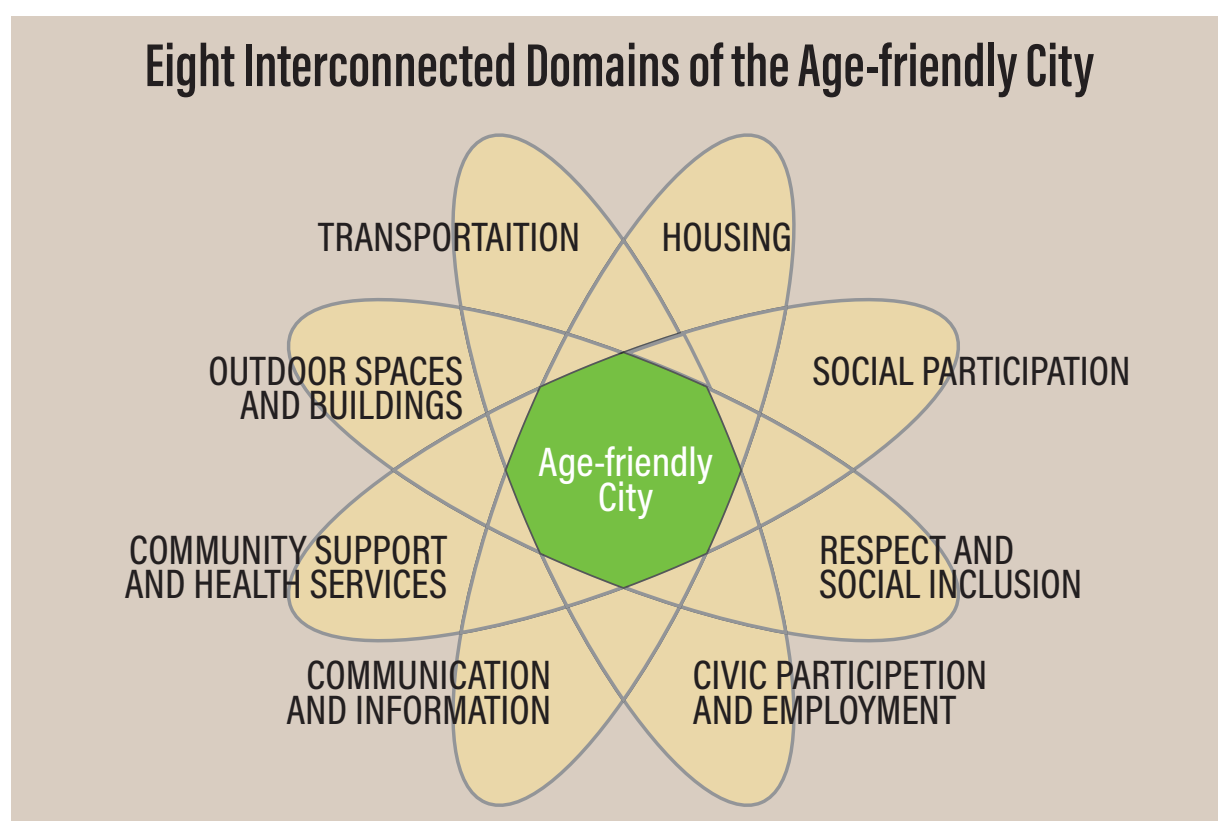
## 2 Participation in the Global Network for Age-friendly Cities and Communities

Kamakura City was approved to join GNAFCC in 2017 at the invitation of Kanagawa Prefectural Government.



## 3 About the Action Plan

Efforts to become an Age-friendly City are guided by the eight interconnected domains advocated by the WHO. These initiatives are carried out on an ongoing basis through a cycle of action plan development, implementation, evaluation, and continuous improvement.



#### 4 Purpose of the Action Plan

Japan is entering a super-aged society at a pace unmatched anywhere else in the world. As of April 1, 2023, Kamakura's aging rate reached 30.3%, significantly higher than the national average. The older population is expected to peak in 2040, when the junior baby-boomer generation reaches age 65 or older. At the same time, the environment surrounding older residents is changing: local communities are weakening as more households become nuclear families, caregivers are leaving the workforce to care for family members, and young caregivers, children and adolescents, are increasingly taking on daily household chores and caregiving of family members that would normally be handled by adults.

Against this backdrop, the Kamakura City Health and Welfare Plan for the Elderly was created to ensure that older residents can continue to live with peace of mind in their familiar neighborhoods. The city has been working to establish a community-based integrated care system, a coordinated approach that provides medical care, long-term care, long-term care prevention, housing, and daily-living support in a comprehensive way, enabling people to live as independently as possible in their own communities.

With this in mind, Kamakura supports the vision of WHO's Age-friendly City initiative and officially joined the Global Network for Age-friendly Cities and Communities (GNAFCC), with participation approved in 2017. The Age-friendly City concept aligns closely with the city's efforts to strengthen and advance the community-based integrated care system. It also supports the creation of an inclusive community in which people of all ages, including older residents, can support one another and live together safely and comfortably. The city will therefore continue to implement a range of initiatives that will help older residents live with confidence and peace of mind in their own communities.

#### 5 Outline of the Action Plan

The Kamakura City Health and Welfare Plan for the Elderly sets out the city's long-term goals for policies supporting older adults, along with the measures required to achieve them.

This plan includes not only welfare services for older people, but also various other citywide initiatives related to aging, an approach that naturally aligns with the principles of Age-friendly City.

Accordingly, the city has organized the Kamakura City Health and Welfare Plan for the Elderly around the WHO's eight Age-friendly domains. Through this structure, the plan serves as Kamakura's Age-friendly City Action Plan.

### 9th Kamakura City Health and Welfare Plan for the Elderly

#### Basic Goal

Aiming for a community where people support each other in order to continue to live as they are in their own way in the town where they live (deepening and promoting the community-based integrated care system toward the realization of a community-based inclusive society).

Basic Policy 1 Creating a community where people can live with peace of mind forever

Basic Policy 2 Creating a system to support people with dementia

Basic Policy 3 Establishment of a lifelong active working society and promotion of motivation for living

Basic Policy 4 Improvement of the environment for living in the community where one can live comfortably

Basic Policy 5 Promotion of Health Promotion and Care Prevention

Basic Policy 6 Enhancement of appropriate provision system of long-term care insurance services

Eight interconnected domains for promoting Age-friendly cities

Kamakura City Age-friendly City Action Plan

## 6 Eight Interconnected Domains of the Age-friendly City

WHO recommends that assessing a community across the eight interconnected domains is essential for building an Age-friendly City.

### ① Outdoor Spaces and Buildings

The design and condition of outdoor spaces and public facilities greatly influence older people's mobility, independence, and quality of life. These factors play a key role in supporting their ability to age in place.

### ② Transportation

Reliable, accessible, and affordable transportation is fundamental to active aging and helps people maintain social connections and independence.

### ③ Housing

Safe, suitable housing is vital to the well-being of older adults. Appropriate housing, together with easy access to community and social services, strongly affects their independence and overall quality of life.

### ④ Social Participation

Taking part in leisure, social, cultural, and spiritual activities in their community enables older adults to stay engaged, use their abilities, enjoy a sense of respect, and continue to exercise their competence, to enjoy respect and esteem, and build or maintain supportive relationships.

### ⑤ Respect and Social Inclusion

Many older people feel respected, recognized, and included in their communities, yet some also experience a lack of consideration in public settings, services, and even within their own families.

### ⑥ Civic Participation and Employment

Age-friendly communities create opportunities for older adults to continue to remain active contributors through paid work, voluntary activities, or participation in civic life, depending on their interests and abilities.

### ⑦ Communication and Information

Staying informed and connected is essential. Access to clear, timely, and practical information helps older people manage daily life and maintain independence.

### ⑧ Community Support and Health Services

High quality community support and health services are indispensable for maintaining health and independence. Older adults, caregivers, and service providers consistently stress the importance of accessible, appropriate, and reliable care.

## Chapter 2. The Situation Surrounding Older Adults in Kamakura

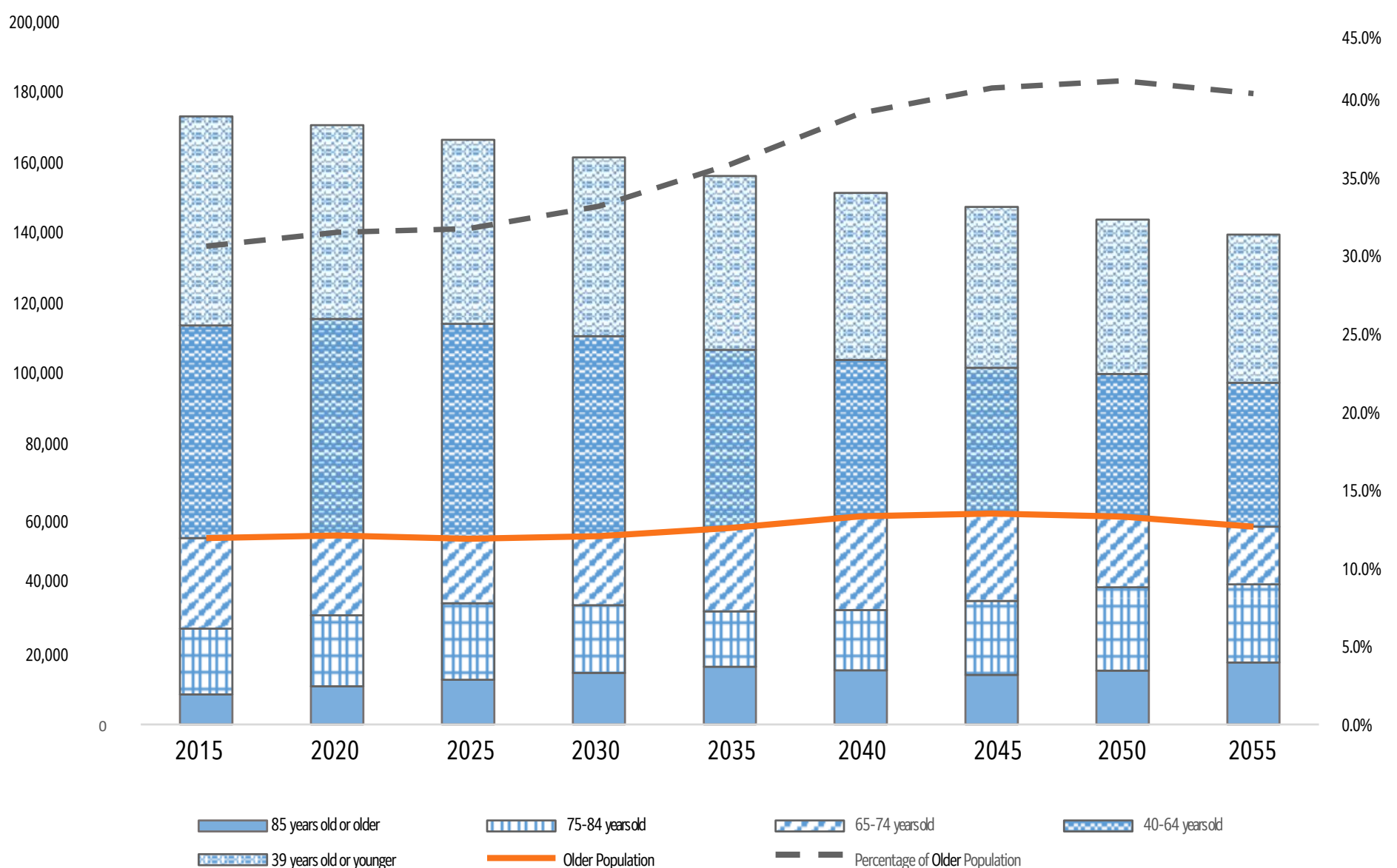
### 1 Estimation of the Number of Older People in the Future

According to the population projection in the 4th Basic Plan of the 3rd Comprehensive Plan of Kamakura City (formulated in April 2020), the city's total population will remain around 170,000 in 2020 but is then expected to decline. By 2040, when the junior baby boomers reach age 65 or older, the total population is expected to be approximately 151,000 (Figure 1).

The number of residents aged 65 and older is projected to exceed 59,000, with the aging rate is expected to surpass 39%.

The older population is anticipated to peak around 2045. While the population aged 65-74 is expected to decline, both the number and proportion of residents aged 75 and over are expected to continue rising. In particular, the population aged 85 and over, who make of the majority of those certified as requiring long-term care, is expected to increase 1.8 times its FY 2015 level.

<Figure 1> Transition of total population and older population in Kamakura City



## Chapter 3. Basic Goals of the Plan and System of Measures to Promote Efforts

### 1 Basic Goals of the Health and Welfare Plan for the Elderly

Aiming for a community where people support each other in order to continue to live as they are in their own way in the community where they live (deepening and promoting the community-based integrated care system toward the realization of a community-based inclusive society).

### 2 Policy System of the Health and Welfare Plan for the Elderly

1 Creating a community where people can live with peace of mind forever.	
1-1 Enhancement of the community care system	
(1) Improve the functions and quality of Community Comprehensive Support Centers	(2) Strengthen and improve the system for providing daily life support services
(3) Promote mutual support activities in the community	(4) Enhance systems for watching over and supporting older residents
1-2 Promotion of efforts to protect the dignity of the older people	
(1) Promote measures to prevent elder abuse	(2) Advance the use of the adult guardianship system
(3) Promote welfare education	(4) Support initiatives for living well in the 100-year life era
1-3 Enhancement of in-home living support services	
(1) Support for older residents living at home	(2) Strengthen support for caregivers
1-4 Strengthening of cooperation between medical care and long-term care/welfare	
(1) Improve coordination between home medical care and long-term/welfare services	
2 Creating a system to support people with dementia	
2-1 Promotion of understanding of dementia	
(1) Disseminate knowledge and raise awareness about dementia and its prevention	(2) Promote person-centered support for people living with dementia
2-2 Enhancement of support for individuals with dementia and their families	
(1) Build a support system that enables people with dementia to live in the community	(2) Improve the ability of medical and long-term care workers to respond to those with dementia
3 Establishment of a lifelong active working society and promotion of motivation for living	
3-1 Establishment of a lifelong active working society	
(1) Enhance employment opportunities through projects supporting employment for the older people	(2) Expand employment opportunities through Silver Human Resources Centers
3-2 Creating a sense of fulfillment in life	
(1) Promote lifelong learning	(2) Promote the lively life project
3-3 Promotion of social participation and enhancement of foundations for community activities	
(1) Strengthen senior citizen clubs	(2) Support local activity groups
(3) Enhance welfare centers for older residents	(4) Promote multi-generational exchange
(5) Improve outing support services	

4 Improvement of the environment for living in a community where one can live comfortably	
4-1 Ensuring a safe and comfortable living environment	
(1) Establish housing for the older people	(2) Provide Information and Improve facilities related to long-term care insurance
(3) Improve consumer affairs counseling	(4) Provide crime prevention information, etc.
4-2 Development of an age-friendly community	
(1) Provide information on shopping support services, etc.	(2) Secure means of transportation
(3) Promote community-based community development	(4) Promote barrier-free access
4-3 Establishment of a system for disaster and infectious disease countermeasures	
(1) Enhance support systems in preparation for disasters	(2) Establish a system for infectious disease countermeasures
5 Promotion of health promotion and care prevention	
5-1 Integrated implementation of health promotion and care prevention for the older residents	
(1) Promote disease prevention and early detection through health checkups and related initiatives	(2) Promote prevention of lifestyle-related diseases and serious illnesses
5-2 Promotion of comprehensive projects for long-term care prevention and daily life support	
(1) Promote projects for care prevention and daily life support services.	(2) Promote general care prevention projects, including frailty prevention
6 Enhancement of appropriate provision system of long-term care insurance services	
6-1 Enhancement of services such as long-term care insurance benefits	
(1) Enhance services for long-term care and prevention	(2) Enhance community-based services
(3) Promote the introduction of integrated services for both long-term care and disability welfare.	
6-2 Ensuring proper operation of the long-term care insurance system	
(1) Ensure the quality of long-term care insurance services and develop human resource	(2) Promote proper provision of long-term care benefits

## Chapter 4. Efforts Based on Eight Interconnected Domains

### 1 Eight Domains, Basic Policies, and Major Measures

Eight domains proposed by WHO			
Basic Policies of the 9th Kamakura City Health and Welfare Plan for the Elderly		Main Policies	
1) Outdoor Space and Buildings			
4	Improvement of the environment for living in a community where one can live comfortably	4-2	Development of an age-friendly community
2) Transportation			
4	Improvement of the environment for living in a comfortable community	4-2	Development of an age-friendly community
3) Housing			
4	Improvement of the environment for living in a community where one can live comfortably	4-1	Ensuring a safe and comfortable living environment
6	Enhancement of appropriate provision system of long-term care insurance services	6-1	Enhancement of services such as long-term care insurance benefits
4) Social Participation			
1	Creating a community where people can live with peace of mind forever	1-1	Enhancement of the community care system
3	Establishment of a lifelong active working society and promotion of motivation for living	3-2 3-3	Creating a sense of fulfillment in life Promotion of social participation and enhancement of foundations for community activities
5) Respect and Social Inclusion			
1	Creating a community where people can live with peace of mind forever	1-2	Promotion of efforts to protect the dignity of the older people
4	Improvement of the environment for living in a community where one can live comfortably	4-1	Ensuring a safe and comfortable living environment
6) Citizen Participation and Employment			
3	Establishment of a lifelong active working society and promotion of motivation for living	3-1	Establishment of a lifelong active working society
7) Communication and Information			
2	Creating a system to support people with dementia	2-1 2-2	Promotion of understanding of dementia Enhancement of support for individuals with dementia and their families
4	Improvement of the environment for living in a community where one can live comfortably	4-2	Development of an age-friendly community
8) Community Support and Health Services			
1	Creating a community where people can live with peace of mind forever	1-1 1-3 1-4	Enhancement of the community care system Enhancement of home life support services Strengthening of cooperation between medical care and long-term care/welfare
4	Improvement of the environment for living in a community where one can live comfortably	4-3	Establishment of a system for disaster and infectious disease countermeasures
5	Promotion of health promotion and care prevention	5-1 5-2	Integrated implementation of health promotion and care prevention for the older residents Promotion of comprehensive projects for long-term care prevention and daily life support
6	Enhancement of appropriate provision system of long-term care insurance services	6-1 6-2	Enhancement of services such as long-term care insurance benefits Ensuring proper operation of the long-term care insurance system

## 2 Measures Corresponding to the Eight Interconnected Domains

### 1) Outdoor Space and Buildings

#### 4-2 Development of an age-friendly community

- (4) Promote barrier-free access
  - Promote Barrier-Free Streets. (Roads, public facilities, etc.)
  - Promote measures to prevent heat stroke. (New)
  - Install devices to support communication and interaction. (New)

### 2) Transportation

#### 4-2 Development of an age-friendly community

- (2) Secure means of transportation.
  - Work to improve the transportation environment to ensure safe and comfortable mobility.
  - Collaborate with transportation services provided by NPOs and social welfare organizations.

### 3) Housing

#### 4-1 Ensuring a safe and comfortable living environment

- (1) Establish housing for the older people
  - Efforts will be made to realize living environments appropriate to each stage of life and to ensure stable housing for older people and others.
- (2) Provide information and improve facilities related to long-term care insurance
  - Improvement of facilities related to long-term care insurance.

#### 6-1 Enhancement of services such as long-term care insurance benefits

- (2) Enhance community-based services
  - Enhancing community-based services.

### 4) Social Participation

#### 1-1 Enhancement of the community care system

- (2) Strengthen and improve the system for providing daily life support services
  - Promote initiatives that help make life more meaningful for older residents.

#### 3-2 Creating a sense of fulfillment in life

- (1) Promote lifelong learning
  - Expand the courses and classes offered at the Senior Welfare Center.
  - Respond to the learning needs of older adults.
  - Improve library materials and equipment.
  - Enhance public access to cultural assets at museums and other cultural institutions.
- (2) Promote the lively life project
  - Improve activity services for older adults.

#### 3-3 Promotion of social participation and enhancement of foundations for community activities

- (1) Strengthen senior citizen clubs
  - Support senior club activities.
  - Support the recruitment of new members.
  - Support exchanges with other cities.
- (2) Support local activity groups
  - Support local voluntary activity groups.
  - Collaborate with neighborhood community associations and other organizations.
- (3) Enhance welfare centers for older residents
  - Operate welfare centers for older people.
  - Promote circle activities as a foundation for community engagement.
  - Work to develop new users to the centers.
- (4) Promote multi-generational exchange
  - Promote multi-generational exchange programs.
  - Hold smartphone classes for the older people. (New)

### 5) Respect and Social Inclusion

#### 1-2 Promotion of efforts to protect the dignity of the older people

- (1) Promote measures to prevent elder abuse
  - Strengthen elder abuse prevention initiatives.
- (2) Advance the use of the adult guardianship system
  - Encourage appropriate use of the adult guardianship system.
- (3) Promote welfare education
  - Provide welfare education and hands-on learning opportunities in schools.
- (4) Support initiatives for living well in the 100-year life era
  - Promote three ACP programs.

#### 4-1 Ensuring a safe and comfortable living environment

- (3) Improve consumer affairs counseling
  - Prevent consumer harm.
  - Collaborate with relevant organizations.
- (4) Provide crime prevention information, etc.
  - Organize crime prevention lectures.
  - Subsidize the purchase of crime prevention equipment such as specialized telephones.

### 6) Citizen Participation and Employment

#### 3-1 Establishment of a lifelong active working society

- (1) Enhance employment opportunities through projects supporting employment for the older people
  - Promote employment opportunities for older residents.
- (2) Enhancement of employment opportunities utilizing the Silver Human Resources Centers
  - Provide employment opportunities that match the needs and abilities of older adults.

### 7) Communication and Information

#### 2-1 Promotion of understanding of dementia

- (1) Disseminate knowledge and raise awareness about dementia and its prevention
  - Spread knowledge and awareness of dementia, including its prevention
  - Promote knowledge and awareness of dementia and preventive measures.
- (2) Promote person-centered support for people living with dementia
  - Promote greater awareness of how to support people with dementia.
  - Support opportunities for people with dementia and their families to express concerns and share their experiences.

#### 2-2 Enhancement of support for individuals with dementia and their families

- (1) Build a support system that enables people with dementia to live in the community
  - Establish systems that enable early detection and early response.

#### 4-2 Development of an age-friendly community

- (1) Provide information on shopping support services.
  - Provide information on shopping assistance and related services.

### 8) Community Support and Health Services

#### 1-1 Enhancement of the community care system

- (1) Improve the functions and quality of Community Comprehensive Support Centers
  - Strengthen and ensure high-quality functions of Community Comprehensive Support Centers.
  - Hold community care meetings.
- (2) Strengthen and improve the system for providing daily life support services
  - Collaborate with related organizations that provide support to older residents.
  - Strengthen and Improve systems for providing daily living support.
- (3) Promote mutual support activities in the community
  - Increase awareness of community welfare among local residents.
- (4) Enhance systems for watching over and supporting older residents
  - Strengthen systems for watching over the older people.

#### 1-3 Enhancement of in-home living support services

- (1) Support for the older people living at home
  - Support for older people living at home
- (2) Strengthen support for caregivers
  - Strengthen support for caregivers

#### 1-4 Strengthening of cooperation between medical care and long-term care/welfare

- (1) Coordinate between home medical care and nursing care/welfare
  - Improve coordination between home medical care and long-term care/welfare services.
  - Improve understanding of the role of the family doctor and related systems.
  - Promote an environment where individuals can think about how they want to live and how they want to die in a meaningful way.

#### 4-3 Establishment of a system for disaster and infectious disease countermeasures

- (1) Enhance support systems in preparation for disasters
  - Coordinate support systems for older adults with the local disaster management plan.
- (2) Establish a system for infectious disease countermeasures
  - Provide support to long-term care facilities in preparing for infectious disease outbreaks.

**5-1 Integrated implementation of health promotion and care prevention for the older residents**

- (1) Promote disease prevention and early detection through health checkups and related initiatives
  - Promote disease prevention and early detection through health checkups and related initiatives.
- (2) Promote prevention of lifestyle-related diseases and serious illnesses
  - Promote population-level efforts to prevent lifestyle-related diseases.
  - Implement targeted high-risk initiatives to prevent serious illness .

**5-2 Promotion of comprehensive projects for long-term care prevention and daily life support**

- (1) Promote projects for care prevention and daily life support services
  - Advance projects designed to prevent long-term care needs and support daily living.
- (2) Promote general care prevention projects including, including frailty prevention
  - Promote broad long-term care prevention initiatives, including frailty prevention.

**6-1 Enhancement of services such as long-term care insurance benefits**

- (1) Enhance services for long-term care and prevention
  - Provide home-based long-term care services.
  - Provide long-term care prevention services.
  - Provide facility-based care services.
  - Provide other long-term care insurance services.
  - Implement support measures for low-income residents.
- (2) Enhance community-based services
  - Expand and strengthen community-based care services.
- (3) Promote the introduction of integrated services for both long-term care and disability welfare.
  - Promote comprehensive service models that integrate long-term care and disability support.

**6-2 Ensuring proper operation of the long-term care insurance system**

- (1) Ensure the quality of long-term care insurance services and develop human resource
  - Provide training and guidance for care providers.
  - Provide user-centered services.
  - Secure and retain nursing care personnel.
  - Promote the professional development of nursing care workers.
  - Promote initiatives to improve productivity in care workplaces.
- (2) Promote proper provision of long-term care benefits
  - Ensure appropriate service delivery by long-term care providers.