

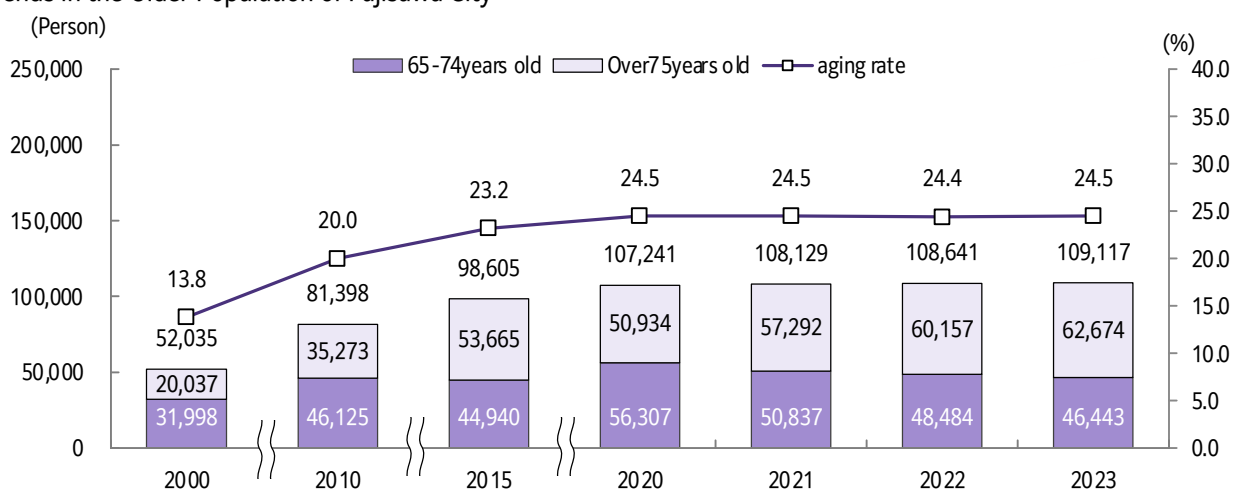


# 1. Situation Surrounding the Older People in Fujisawa City

According to the Basic Resident Register, the number of people aged 65 and over in the city has grown every year. In 2020, the aging rate was 24.5%, placing the city among Japan's super-aged communities.

As of October 1, 2023, there are 109,117 older residents with the aging rate remaining at about 24.5%. This means that roughly one in four people in the city are now consider older residents.

## Trends in the Older Population of Fujisawa City



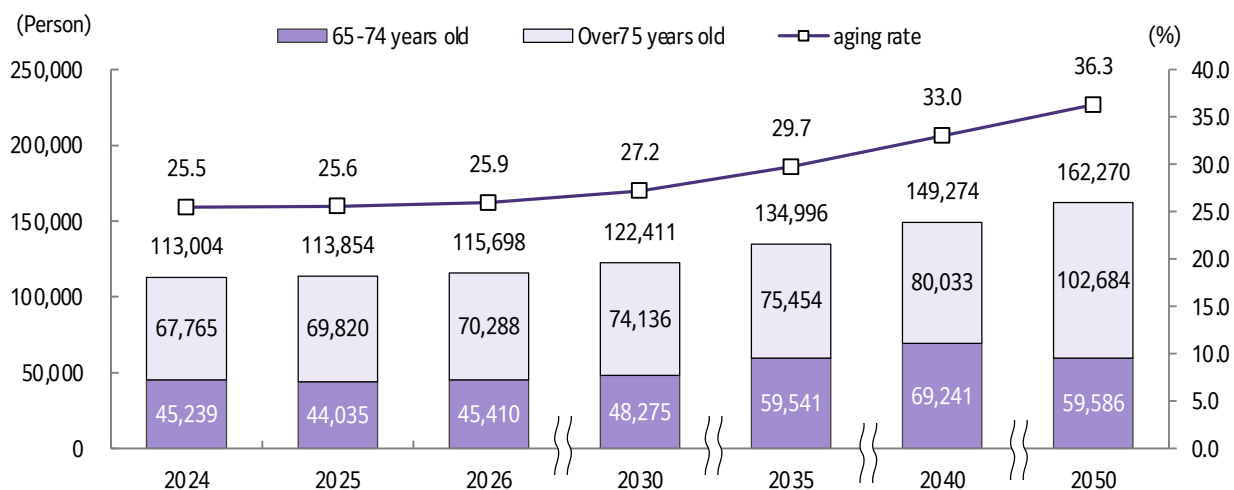
\* Population based on the Basic Resident Register, as of October 1 of each year.

\* Due to the abolishment of the Alien Registration Law in July 2012 the foreign national population is included from 2012 onward.

According to the national census, the older population is expected to reach 113,004 in 2024, with an aging rate of 25.5%—about one in every four people.

Both the number of older residents and the aging rate are projected to keep rising. By 2050, the older population is expected to reach 162,270, with an aging rate of 36.3%.

## Prospects for Fujisawa City's Older People Population

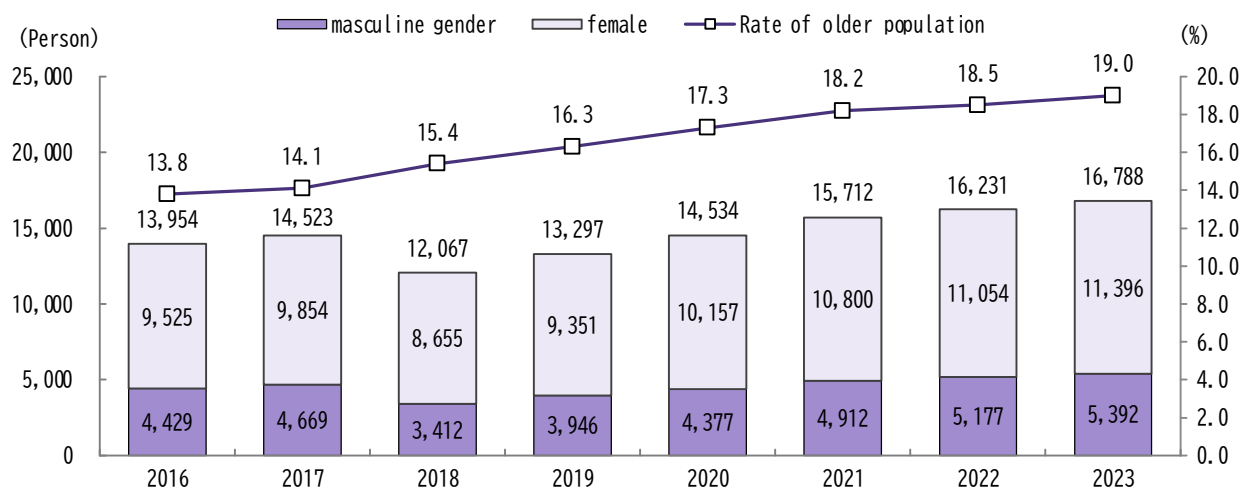


\*Data taken from the Fujisawa City Population Projections for FY2022 (estimates based on the 2020 census), as of October 1, of each year.

## ○ The Situation Surrounding Older Residents in Fujisawa City

According to the Lone Senior Citizen Ledger, as of October 1, 2023, 16,788 people aged 70 and over were living alone in Fujisawa City—a number that continues to rise. This means that more than 10% of the city's older population now live by themselves.

### Number of Older People Living Alone in Fujisawa City



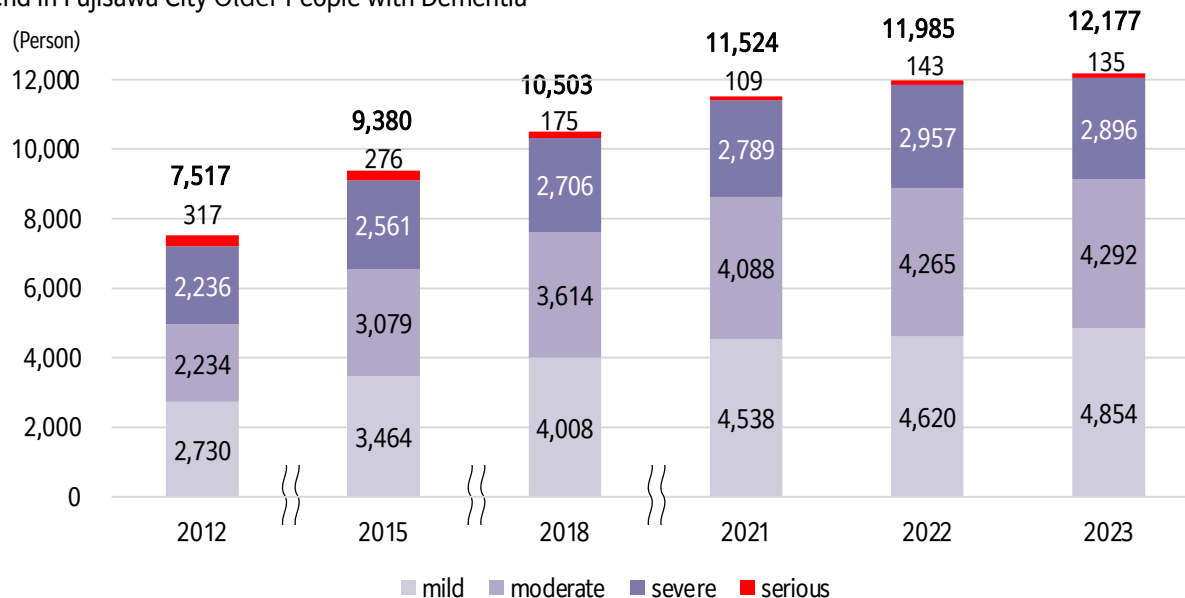
※Based on the registry of older residents living alone, as of October 1 of each year.

※ The age criterion was changed from 65 years old and above to 70 years old and above in 2018.

## ○ Trends in the Number of Older People with Dementia

As of September 2023, 12,177 people certified as requiring long-term care or support were identified as having dementia, according to the Level of Independence in Daily Living for the Older People with Dementia in the Insured Long-Term Care Certification Survey. The number of people with dementia has been increasing each year.

### Trend in Fujisawa City Older People with Dementia



※ As of the end of the fiscal year until 2012. As of the end of September from 2015 onwards.

※ Including those eligible for special treatment based on their place of residence and secondary insured persons.

## 2. Basic Goals in Promoting Age-friendly City Initiatives

To realize Fujisawa City's vision for an Age-friendly Society, the city will deepen and advance the community-based integrated care system by having the following eight items as its basic goals.

Our Vision of our Aging Society

### **A CITY that Listens to and Respects the Wishes of every Fujisawa Resident**

#### **Basic Goal 1 : Creating a Life Worth Living in One's Own Way**

As we enter the year 2025, it's important that older residents can continue to live in their familiar neighborhoods with good health and peace of mind. The city aims to help them stay active and engaged in ways that suits each individual so that social participation becomes a meaningful and fulfilling part of life. We will also encourage people to come together and build connections. At the same time, we will promote activities that bring a sense of fulfillment to daily life—such as creating a place to belong (for social participation) and encouraging taking turns (social roles)—by making use of individual skills, interests, and information technology.

#### **Basic Goal 2 : Building a Community Where No One is Left Behind**

As society changes, the number of older adults living alone or in households made up of only older individuals is expected to increase. At the same time, weakening neighborhood ties have raised concerns about isolation and vulnerability to crimes such as phone or wire transfer fraud. To address these issues, we will strengthen community connections by working with local organizations and groups that contribute to regional welfare. Together, we will promote regular communication, mutual awareness, and support networks.

We will also encourage visible, everyday relationships among neighbors that naturally lead to cooperation during peacetime or emergencies. In addition, we will raise awareness about disaster preparedness so that everyone—young and old—can help build a community where no one is left behind or left alone, and where residents are comfortable both giving and receiving support.

#### **Basic Goal 3 : Promoting Health, Preventing the Need for Care, Supporting Independence**

Although aging is universal, health is shaped by lifestyle, daily habits, and social interactions. Therefore, it is essential to take a Broad view that connects healthcare, prevention, and community care, focusing on the prevention of lifestyle-related diseases and frailty.

To support this, we will develop health and wellness programs for older residents in collaboration with care-prevention services and expand accessible community activities such as park exercises. These programs will be designed so anyone can participate—supported by trained professionals—and will help foster mutual support within the community.

#### **Basic Goal 4 : Comprehensive Promotion of Dementia Measures--Know, Gather, Support, and Prepare**

With the guiding words Know, Gather, Support, and Prepare, we will work together with local residents, medical and welfare professionals, businesses, and other community partners to build a network of understanding and care.

As the number of older people with dementias continues to rise, Fujisawa City will promote comprehensive policies that support both those living with dementia and their families. Our goal is to create a city where people with dementia can live safely and comfortably in familiar surroundings, supported by a caring community.

**Basic Goal 5 : Strengthening Daily Life Support through Medical, Nursing and Welfare Cooperation**

Along with providing medical and nursing care services for daily living, it is essential to create a coordinated support system that connects medical, nursing, and welfare services to meet the needs of the growing number of elderly residents who require both medical and nursing care support.

The city aims to respond quickly and appropriately to various situations—such as hospital discharges, daily home care needs, sudden health changes, and end-of-life care.

To help older residents continue to live in their own homes and neighborhoods for as long as possible, we will promote an integrated support system built on collaboration among medical, nursing, and welfare professionals. This will ensure that daily life support in the community is seamless and reliable.

**Basic Goal 6 : Ensuring Adequate Long-Term Care Services**

As Fujisawa's population continues to age, it is important to plan long-term care services from a medium to long-term perspective, taking into account not only the number of older residents, but also local realities—such as reducing staff turnover in nursing care, improving the availability of fee-based nursing homes, and developing suitable housing options for seniors.

To achieve this, we must address the chronic shortage of care workers and support efforts that improve staff retention and productivity across the care sector.

In addition to improving infrastructure, we will enhance the operation of the long-term care insurance system by providing stronger oversight, guidance, and care plan evaluations. Our goal is to ensure that appropriate, high-quality services are available and managed efficiently.

**Basic Goal 7 : Strengthening Community-Based Consultation and Support**

For older adults to live with peace of mind in their familiar neighborhoods, we need a responsive and inclusive consultation system that can address the diverse issues arising from social and environmental changes in each area.

As community needs become more complex, we will strengthen our support for community building by improving the non-refusal consultation system in all 13 areas of the city. We will also establish a multilayered support system where various organizations collaborate and provide overlapping assistance through a unified consultation framework.

**Basic Goal 8 : Creating a Safe and Comfortable Living Environment**

To ensure that senior citizens can continue living safely and comfortably, the city will promote a livable and accessible environment tailored to individuals' physical ability and daily needs. This includes working with relevant organizations to develop housing and community spaces that reflect the diverse lifestyles of older residents, as well as enhancing barrier-free access throughout the city.

In addition, to prepare for emergencies, we will strengthen disaster-response systems by building regular connections between local communities and nursing care facilities. These efforts will help protect residents' health and safety during evacuations and promote ongoing wellness even in times of crisis.

## Policy System

| Basic Objective |   | Measure  |   |
|-----------------|---|--|---|
| 1               | Creating a Life Worth Living in One's Own Way                                     | Measure1<br>Promotion of creating a sense of purpose in one's life                                       | (1) Support for various activities and places for older residents<br>(2) Support for lifelong learning, etc.<br>(3) Spread awareness of end-of-life activities, ACP, etc.<br>(4) Utilization and support of ICT                       |
|                 |   | Measure 2<br>Support for Social Participation Activities   | (1) Training and supporting volunteers<br>(2) Promotion of employment and employment support for older residents<br>(3) Creation of opportunities to go out   |
| 2               | Building a Community Where No One is Left Behind                                  | Measure 1<br>Revitalization of local communities   | (1) Support for Community Action Groups<br>(2) Cooperation with related organizations that support community welfare and promotion of support   |
|                 |   | Measure 2<br>Promotion of safe and secure community development  | (1) Promotion of daily safety measures<br>(2) Promotion of watch-over activities in cooperation with the community  |
| 3               | Promoting Health, Preventing the Need for Care, Supporting Independence           | Measure 1<br>Linkage of Community Support Programs   | Cooperation with community support programs (each program)  |
|                 |   | Measure 2<br>Promotion of Health Promotion   | Promoting health creation appropriate to each stage of life   |
|                 |   | Measure 3<br>Efforts to prevent of long-term care , support independence, and prevent serious illness    | (1) Promotion of general care prevention projects<br>(2) Promotion of long-term care prevention and lifestyle support service projects<br>(3) Improvement of livelihood support system<br>(4) Holding community care meetings         |
| 4               | Comprehensive promotion of dementia measures                                      | Measure 1<br>Promotion of correct understanding of dementia  | Spreading the proper understanding of dementia conducting awareness-raising   |
|                 |   | Measure 2<br>Promotion of Safe Community Development in the Lives of People with Dementia                | (1) Promotion of support systems in the community<br>(2) Establishment of a system to look after people<br>(3) Improvement of living environment such as housing  |
|                 |   | Measure 3<br>Support for social participation of people with dementia                                    | Ensure opportunities for social participation   |
|                 |   | Measure 4<br>Decision-making support and protection of rights and interests                              | Promotion of rights protection  |
|                 |   | Measure 5<br>Development of systems for providing health and medical services and welfare services, etc. | Early detection, early consultation, diagnosis, and support   |
|                 |   | Measure 6<br>Development of consultation and support systems, etc.                                       | (1) Establishment of a support system for people with dementia based on the perspectives of themselves and their family<br>(2) Support for people with juvenile dementia<br>(3) Improvement of local consultation and support systems |
|                 |   | Measure 7<br>Prevention of dementia, etc.  | Dementia prevention projects and public awareness   |
| 5               | Strengthening Daily Life Support through Medical, Nursing and Welfare Cooperation | Measure 1<br>Support for daily life  | (1) Provision of livelihood support services<br>(2) Provision of home welfare services<br>(3) Support for caregivers  |
|                 |   | Measure 2<br>Promotion of home medical and nursing care coordination                                     | Promotion of a comprehensive support system through multi-agency collaboration  |

|   |  |   |  |
|---|--|---|--|
| 6 | Ensuring Adequate Long-Term Care Services              | Measure 1<br>Development of Nursing Care Service Infrastructure                               | (1) Planned development of facilities and residential service infrastructure<br>(2) Development of service infrastructure to support home life   |
|   |  | Measure 2<br>Securing nursing care personnel and improving productivity of nursing care sites | (1) Promote the entry of diverse human resources and support the retention and development of nursing care workers<br>(2) Promotion of productivity improvement in nursing care workplaces   |
|   |  | Measure 3<br>Proper administration of the long-term care insurance system                     | (1) Promotion of optimization of long-term care benefit costs, etc. and nursing care Improvement of service quality<br>(2) Appropriate certification of persons requiring long-term care and streamlining of the certification process<br>(3) Support for low-income persons |
| 7 | Strengthening Community-Based Consultation and Support | Measure 1<br>Enhancement of local consultation and support systems                            | (1) Strengthening the functions of the local consultation support system<br>(2) Promotion of rights protection<br>(3) Establishment of a multilayered support system   |
| 8 | Creating a Safe and Comfortable Living Environment     | Measure 1<br>Improvement of living environment such as housing                                | (1) Securing and supporting diverse housing options<br>(2) Promotion of people-friendly community development  |
|   |  | Measure 2<br>Response to emergencies (disasters, infectious diseases, etc.)                   | (1) Efforts to evacuate and maintain the health of nursing facility residents, etc. in the event of a natural disaster<br>(2) Countermeasures against infectious diseases  |

## 3. Efforts for Eight Interconnected Domains

### 1 Outdoor Spaces and Buildings

#### **8-1-(2) Promotion of people-friendly community development**

- Barrier-free public and private facilities
- Barrier-free access to urban parks
- Walking Space Network Improvement Project
- Promotion of Barrier-free Roads
- Barrier-free public transportation

### 2 Transportation

#### **8-1-(2) Promotion of people-friendly community development**

- Securing transportation
- *Shonan Smile Bus*

### 3 Housing

#### **8-1-(1) Securing and supporting diverse housing options**

- Care home
- Municipal housing for older residents
- Assistance in finding housing for older residents

### 4 Social Participation

#### **1-1-(1) Support for various activities and places for older residents**

- Corporate support for senior residents of Fujisawa
- Active Senior Center (welfare center for older residents of Fujisawa)
- Dream Club Fujisawa (senior citizens' club)
- Senior Citizens Welfare Convention and Senior Citizens Sports Convention
- Respect-for-Senior-Citizens Program and Respect-for-Senior-Citizens Celebration
- Senior Citizens Life Support Project
- Rest House and House of *FUREAI*\* for older residents of Fujisawa  
\*FUREAI means a gentle and heartfelt connection between people, sense of mutual empathy or care.
- Community Support Center
- Community *ENGAWA*\*  
\*ENGAWA is a traditional Japanese architectural element of a veranda or porch separating the inner room of the house from the outside, but it is not just a physical space—it also refers to a relaxing time spent gazing at the garden and interacting with neighbors.

#### **1-1-(2) Support for lifelong learning, etc.**

- Shonan Fujisawa Learning Net, a lifelong learning human resource bank
- Lifelong learning for older residents of Fujisawa
- Library Delivery Service

#### **1-2-(3) Creation of opportunities to go out**

- Smartphone-based business (*Minchare*)

## **5 Respect and Social Inclusion**

### **7-1-(2) Promotion of rights protection**

- Prevention of elder abuse
- Support and cooperation with Fujisawa Anshin Center
- Adult guardianship system utilization support business
- Subsidies for projects to support daily living independence
- Training and support for citizen guardians

### **8-2-(1) Efforts to evacuate and maintain the health of nursing facility residents, etc. in the event of a natural disaster**

- Deployment of disaster prevention radios
- Establishment of evacuation support system for persons requiring support for evacuation action
- Support for persons in need at evacuation shelters, etc.
- Promote the preparation of evacuation plans and support evacuation drills
- Improve evacuation drills, etc. at nursing care facilities

### **8-2-(2) Countermeasures against infectious diseases**

- Through the effects of COVID-19.

## **6 Civic Participation and Employment**

### **1-2-(1) Training and supporting volunteers**

- Cooperation with Fujisawa Volunteer Center
- Support for District Volunteer Centers
- Lively Partner Business
- Utilize and publicize Team FUJISAWA2020.

### **1-2-(2) Promotion of employment and employment support for older residents**

- Support for Silver Human Resource Centers
- Seminar on employment support for middle-aged and the older workers

### **2-1-(1) Support for Community Action Groups**

- Support for community associations and neighborhood associations
- Fostering and supporting citizen participation groups, etc.
- Grants to organizations through the Wheel of Love Welfare Fund

### **2-1-(2) Cooperation with related organizations that support community welfare and promotion of support**

- Cooperation with Fujisawa City Council of Social Welfare
- Support for district social welfare councils

## 7 Communication and Information

### 1-1-(4) Utilization and support of ICT

- Bridging the digital divide

### 2-2-(1) Promotion of daily safety measures

- Traffic safety classes for older drivers, etc.
- Fire prevention guidance for older households, etc.
- Prevention of special fraud, etc.

### 2-2-(2) Promotion of watch-over activities in cooperation with the community

- Network for Watching Over older residents
- Fraternity Team
- Collaboration with the Fujisawa District Association of Probation Officers

## 8 Community Support and Health Services

### 1-1-(3) Spread awareness of end-of-life activities, ACP, etc.

### 3-1-(1) Cooperation with community support programs (each program)

- Liaison meetings

### 3-2-(1) Promoting health creation appropriate to each stage of life

- Integrated implementation of health services and care prevention for older people

### 3-3-(1) Promotion of general care prevention projects

- General care prevention (promotion of public awareness)
- General care prevention (dispatch of specialists to the community)
- Community care prevention activity support business
- Hearing assistance

### 3-3-(2) Promotion of long-term care prevention and lifestyle support service projects

- Care management for preventive long-term care
- Home-Visit Type Service A (Relaxed Standards Type Service)
- Home Visiting Service C (Short-term Intensive Preventive Service)

### 3-3-(3) Improvement of livelihood support system

- Life support coordinator
- Holding of consultative bodies

### 3-3-(4) Holding community care meetings

- Community Care Conference

### 5-1-(1) Provision of livelihood support services

- Home help service for daily life support
- Garbage Collection
- Subsidized acupuncture, moxibustion, and massage services for older people
- Fureai Bathing Program
- Anshin Mimamori Card ※

※ Information card containing emergency contact details, medical information, medication information, etc.

**5-1-(2) Provision of home welfare services**

- Emergency call service
- Provision of disposable diapers
- Bedding drying and disinfection service
- Temporary Admission Service
- Home-visit hairdressing service
- Fujisawa City Welfare Taxi Coupons
- Welfare transportation
- Survey of households with older people, etc.

**5-1-(3) Support for caregivers**

- Improvement of support for caregivers
- Family Caregiver Classes

**5-2-(1) Promotion of a comprehensive support system through multi-agency collaboration**

- Home Healthcare Support Center
- Home Healthcare Promotion Council
- Promotion and awareness of home health care
- Multi-professional workshops
- Dental treatment promotion program for home care patients (oral consultation service)
- Fujisawa City Dental Care Service for the Disabled
- Promotion and awareness of family care

**6 Ensuring Adequate Long-Term Care Services**

- 6-1 Development of Long-Term Care Service Infrastructure
- 6-2 Securing nursing care personnel and improving productivity of nursing care sites
- 6-3 Proper administration of the Long-Term Care Insurance System

**7-1-(1) Strengthening the functions of the local consultation support system**

- Comprehensive Consultation Support Center for Welfare (Comprehensive Consultation)
- Iki Iki Support Center (Community Comprehensive Support Center)
- Core-type community comprehensive support center
- Community Social Worker (CSW)
- "Backup Fujisawa" and "Backup Fujisawa CSW" community life support window
- District Welfare Office
- Committee members for welfare and children's welfare
- Fujisawa Safety Dial 24
- Consumer affairs consultation

**7-1-(3) Establishment of a multilayered support system**

- Multilayered Support System Development Project

**Combined Efforts****4 Comprehensive promotion of dementia measures**

- 4-1 Promotion of correct understanding of dementia
- 4-2 Promotion of Safe Community Development in the Lives of People with Dementia
- 4-3 Support for social participation of people with dementia
- 4-4 Decision-making support and protection of rights and interests
- 4-5 Development of systems for providing health and medical services and welfare services, etc.
- 4-6 Development of consultation and support systems, etc.
- 4-7 Prevention of dementia, etc.