

MIURA City

Age-friendly City Action Plan



In Miura City, the *Miura City Health and Welfare Plan for the Elderly and the Miura City Insured Long-term Care Service Plan (the ninth period plan covering from FY 2024 to FY 2026)* are positioned as action plans formulated on the basis of the city's older population, household's trends, and surrounding circumstances.

This book will cover the main contents.

1 The Current Situation and Future Projections for Older Population

(1) Population structure

Miura City's population has been gradually declining since it peaked at 54,350 on November 1, 1994, while older population has continued to grow and the aging rate is risen steadily. As of January 1, 2023, the city's older population was 16,936, and the aging rate reached 41.6%. This figure is far higher than that of Kanagawa Prefecture (25.8%) and the national average (29.0%), meaning that roughly one out of every 2.5 residents is an older person.

Future population estimates for the 9th Plan were calculated using the Basic Resident Register as of October 1, 2023, together with the most recent publicly available census data ("2020 Census") and projections from the National Institute of Population and Social Security Research.

Although the number of older residents is expected to gradually decline, the aging rate itself is projected to continue rising. During the 9th Plan period, in 2025,—when the baby boomers reaches age 75 and above—the older population is expected to be 16,893 with an aging rate of 43.2%. In 2026, the final year of the plan, the older population is projected to be 16,807, with the aging rate increasing further to 43.7%.

[Comparison of population trends]

Miura City	2010	2015	2020	2023
Population (persons)	48,352	45,289	42,069	40,841
Older population (persons)	14,238	16,081	17,229	16,936
Aging rate (%)	29.4	35.5	41.0	41.6
Kanagawa Prefecture	2010	2015	2020	2023
Population (persons)	9,048,331	9,126,214	9,237,337	9,227,901
Older population (persons)	1,819,503	2,158,157	2,360,820	2,326,294
Aging rate (%)	20.1	23.6	25.6	25.8
Japan	2010	2015	2020	2023
Population (thousands)	128,057	127,095	126,146	124,752
Older population (thousands)	29,246	33,465	36,027	36,173
Aging rate (%)	22.8	26.3	28.6	29.0

*For 2010 to 2020, as of October 1 of each year according to the census.

For 2023, as of January 1, according to the Kanagawa Prefecture Population Census by Age (including persons of unknown age),

For the data for Japan, as of January 1, 2023, according to population estimates (June 2023 report) issued by the Statistics Bureau of the Ministry of Internal Affairs and Communications.

[Population change]

Classification	2021	2022	2023
Population (persons)	41,928	41,406	40,765
Population aged 40-64 (persons)	13,627	13,563	13,372
Older population (persons)	16,735	16,656	16,579
Population aged 65-74 years old	7,959	7,506	7,053
Population aged 75 and over	8,776	9,150	9,526
Aging rate (%)	39.9	40.2	40.7

*Basic Resident Register (as of October 1 of each year)

[Population estimates]

Classification	2024	2025	2026
Population (persons)	39,718	39,131	38,503
Population aged 40-64 (persons)	12,757	12,580	12,328
Older people population (persons)	16,962	16,893	16,807
Population aged 65-74 years old	6,580	6,223	6,048
Population aged 75 and over	10,382	10,670	10,759
Aging rate (%)	42.7	43.2	43.7

Classification	2030	2035	2040
Population (persons)	35,987	32,746	29,456
Population aged 40-64 (persons)	11,318	9,678	7,987
Older population (persons)	16,463	15,984	15,480
Population aged 65-74 years old	5,347	5,542	5,665
Population aged 75 and over	11,116	10,442	9,815
Aging rate (%)	45.7	48.8	52.6

**Estimated as of October 1 of each year

(2) Household structure

More than half of the households in the city are headed by an older person. The percentage of households that include older members is also much higher than in Kanagawa Prefecture and the nation as a whole and this percentage is expected to continue rising. These trends raise concerns about the rapid progression of population aging and the growing risk of social isolation among older residents, particularly as the number of single-person older households increases.

[Comparison of household trends]

Miura City	2005	2010	2015	2020
Number of households (households)	17,523	17,884	17,567	17,210
Persons per household (persons)	2.8	2.7	2.6	2.4
Households with older persons (households)	7,860	9,018	10,104	10,414
Single-person households (households)	1,514	2,034	2,560	2,937
(%)	19.3	22.6	25.3	28.2
Married couple households (households)	1,983	2,433	2,793	3,157
(%)	25.2	27.0	27.6	30.3
Households living together (households)	4,363	4,551	4,751	4,320
(%)	55.5	50.5	47.0	41.5
Households with older persons (%)	44.9	50.4	57.5	60.5

Kanagawa Prefecture	2005	2010	2015	2020
Number of households (households)	3,591,866	3,844,525	3,979,278	4,210,122
Persons per household (persons)	2.4	2.4	2.3	2.2
Households (households) with older persons	1,007,366	1,209,217	1,410,766	1,497,424
Single-person households (households)	226,119	308,463	398,979	459,724
(%)	22.4	25.5	28.3	30.7
Married couple households (households)	295,267	363,535	427,748	483,754
(%)	29.3	30.1	30.3	32.3
Households living together (households)	485,980	537,219	584,039	553,946
(%)	48.2	44.4	41.4	37.0
Households with older persons (%)	28.0	31.5	35.5	35.6

Japan	2005	2010	2015	2020
Number of households (households)	49,566,305	51,950,504	53,448,685	55,704,949
Persons per household (persons)	2.6	2.5	2.4	2.3
Households with older persons (households)	17,204,473	19,337,687	21,713,308	22,655,031
Single-person households (households)	3,864,778	4,790,768	5,927,686	6,716,806
(%)	22.5	24.8	27.3	29.6
Married couple households (households)	4,487,042	5,250,952	6,079,126	6,848,041
(%)	26.1	27.2	28.0	30.2
Households living together (households)	8,852,653	9,295,967	9,706,496	9,090,184
(%)	51.5	48.1	44.7	40.1
Households with older persons (%)	34.7	37.2	40.6	40.7

*These are the results of each year's census.

*The total may not add up to 100% because of rounding with respect to percentages.

2 Action Items in the Eight Interconnected Domains

Miura City will promote the following initiatives based on eight interconnected domains of Age-friendly City.

(1) Outdoor Spaces and Buildings

a. Barrier-Free Urban Development

The city will work with relevant agencies to improve roads, parks, and other public urban infrastructure with barrier-free and universal design, ensuring that older adults, people with disabilities, and others can use these spaces safely and comfortably.

(2) Transportation

a. Barrier-Free Urban Development

In coordination with related organizations, the city will continue efforts to make roads and public transportation more accessible and barrier-free.

(3) Housing

a. Secure Stable Housing

In cooperation with the Kanagawa Prefectural Government, we will provide consultation and information services to help residents ensure appropriate housing based on their individual needs.

(4) Social Participation

a. Social Exchange Support Programs

The City offers subsidies for cultural, and sports events organized through the Miura City Federation of Senior Citizens' Clubs as well as other activities and member exchanges organized by senior citizens' clubs in each district.

Program development that keeps membership active and strengthens the appeal of these associations is also supported.

The Miura City Welfare and Health Center for the Elderly, operated by the city, offers a relaxed and accessible place for social interaction. It supports both individual use and group activities by senior citizens' clubs and other organizations. The center provides consultation services for older adults, along with opportunities for health promotion, education, and recreation.

b. Social Participation Promotion Programs

Guided by the principles of independence, self-reliance, cooperation, and mutual support, the Silver Human Resources Center promotes social activities that enhances skills, supports employment, encourages interaction, promotes good health, and contributes to a vibrant community.

We will continue to support these programs by providing subsidies so that older adults use their skills, experience, and knowledge to stay healthy, and keep a sense of fulfillment in their lives.

(5) Respect and Social Inclusion

a. Response to Elder Abuse

Recognizing that elder abuse is a serious situation—and that protecting the dignity of older adults is of utmost importance—the *Act on the Prevention of Elder Abuse and Support for Caregivers of Elderly Persons* was enacted in April 2006.

In March 2008, Miura City established the *Miura City Elder Abuse Prevention Network* to ensure proper and smooth enforcement of the law.

Beginning in FY 2024, all long-term care providers will be required to establish committees to prevent abuse, develop guidelines, conduct training, and appoint responsible staff. With these changes in mind, we will continue to work closely with relevant organizations through the network operations, information sharing, and training activities to protect the dignity, safety, and well-being of older residents.

b. Promotion of Community Welfare Rights Protection Services

Older adults who have difficulty in making appropriate decisions—whether due to dementia or other conditions—may struggle to select and use appropriate services and may also be vulnerable to abuse, financial fraud, and other harm. These risks can arise not only at home but also in hospitals or care facilities. It is therefore essential to prevent such situations, and if they do occur, respond quickly so that older adults can continue living as independently as possible.

The city will promote this work by positioning the rights-protection program as one of its core responsibilities. We will also establish a central organization to encourage the use of the adult guardianship system and support older adults in accessing the full range of services they need.

(6) Civic Participation and Employment

a. Support for Residents' Activities

Volunteer groups across the city are actively engaged in watching over and supporting older residents. These activities not only help ensure that health and welfare services for older residents run smoothly but also play an important role in encouraging community engagement and supporting municipal policies. The city implements various projects to assist these citizens' activities and supports voluntary and public-interest activities.

Drawing on the registered activities of volunteer groups, we will continue to help develop a system that enables them to collaborate and request support through the Lifestyle Support Coordinators. We will also help facilitate communication and information sharing among groups.

(7) Communication and Information

a. Long-Term Care Prevention Promotion and Awareness Program

As part of our efforts to share information and raise awareness about long-term care prevention, we will strengthen outreach not only to older adults but to all residents. We aim to deepen understanding of why the entire community must engage in prevention efforts. We will also foster volunteers who can support older adults and assist with prevention activities.

b. Community Care Prevention Activity Support Business

We support resident-led initiatives to promote health and prevent the need for long-term care, including activities organized by senior citizens' clubs and other groups. These activities help build meaningful connections among participants and play an important role in community level care prevention.

In addition, volunteers who support the prevention of long-term care for the older people living in the community are recruited from among residents, and in cooperation with related organizations, they are trained and supported in their subsequent activities.

(8) Community Support and Health Services

a. Community Comprehensive Support Center Operation Business

Community Comprehensive Support Centers serve as the central hubs of the community-based integrated care system. They provide comprehensive consultation services for older adults and their families, protect their rights, and support care management through community care meetings and other activities.

Each center is required to have three core positions—public health nurses, social workers, and chief care managers. Since FY 2015, two additional roles have been added: *Dementia Community Support Promoters* who provide specialized support for dementia; *Lifestyle Support Coordinators (Community Support Coordinators)* who help develop enabling residents to support one another and access daily life support services.

Going forward, we will continue to ensure appropriate staffing levels, clarify roles and responsibilities, and strengthen collaboration among the Community Comprehensive Support Centers and with the municipal government. We will also evaluate and review center operations using national evaluation indicators and feedback from the Community Comprehensive Support Centers Operations Consultation Meeting. Our goal is to maintain stable, sustainable operations.

We will also promote greater transparency by sharing information about the Centers' programs and operations through the Long-Term Care Service Information Publication System and other public information platforms.

b. Home Medical and Long-Term Care Coordination Promotion Project

In the questionnaire survey conducted during the development of the 9th Plan, nearly 70% of respondents said that they wished to receive end of life care at home. This shows a desire among residents to remain in familiar surroundings even at the final stage of life.

To meet this need, it is essential for medical institutions and long-term care providers in the community to work closely together. By strengthening multidisciplinary cooperation, we can ensure that people with illness can continue living at home or other familiar places while receiving medical treatment and care they require.

To further advance these efforts, Miura City concluded an *Agreement on Home Medical and Long-Term Care Cooperation with the Miura City Medical Association* in December 2017. Through this partnership, the city will continue to promote seamless coordination in home medical and long-term care.

c. Promotion of Dementia Measures Based on the Interim Evaluation of the National Outline for the Framework for Promoting Dementia Measures.

Nationwide, the number of older adults living with dementia was estimated at approximately 4.62 million in 2012 (15% of those aged 65 and over). By 2025, this figure is expected to reach roughly 7 million (20% of those aged 65 and over), meaning that about one in five older adults may have dementia.

The National Framework for Promoting Dementia Measures, compiled in June 2019, set out initiatives across five key pillars. An interim evaluation of progress was carried out in December 2022. Following this, In June 2023, the *The Basic Act on Dementia to Promote an Inclusive Society* was enacted.

In light of these developments, we will work to further deepen accurate knowledge about dementia and promote a correct understanding of people living with dementia. We will also place strong emphasis on awareness-raising related to coexistence and prevention. To help people with dementia live with peace of mind in their familiar communities, we will promote dementia related measures in cooperation with dementia community support promotion staff at the Community Comprehensive Support Centers, as well as with a wide range of social and community resources.