

MINAMIASHIGARA City

Age-friendly City Action Plan



Minamiashigara City Age-friendly City Action Plan

Positioning the 9th Minamiashigara City Welfare Plan for the Elderly and Insured Long-Term Care Service Plan (Summary) within the Age-friendly City Action Plan

1. Purpose of the Plan

Minamiashigara City created its first *Welfare Plan for the Elderly and Insured Long-Term Care Service Plan* in 2000, when the Long-Term Care Insurance System was introduced. Since then, the city has revised the plan every three years in line with the national revisions to the system. This year marks the review of the *Eighth Minamiashigara City Welfare Plan for the Elderly and Insured Long-Term Care Service Plan*. During the period of the new plan, the baby boom generation will reach age 75. Generally, people in this age group require more support and care than those in the earlier stages of aging, leading to the expectation of long-term care needs rising significantly after 2025.

At the same time, as society moves further into the era of the 100-year life, it becomes increasingly important to create a city where older adults can live with purpose, dignity, and peace of mind in their familiar communities. With these circumstances in mind, the city will formulate the *9th Minamiashigara City Welfare Plan for the Elderly and Insured Long-Term Care Service Plan* to ensure a sustainable long-term care insurance system, extend healthy life expectancy, promote frailty prevention, build a community-inclusive society, and further strengthen dementia-related measures.

2. Positioning and Period of the Plan

This plan serves as both the *Municipal Welfare Plan for the Elderly*, as defined under Article 20-8, Paragraph 1 of the *Act on Social Welfare for the Elderly*, and the *Municipal Insured Long-Term Care Service Plan*, as defined under Article 117, Paragraph 1 of the *Long-Term Care Insurance Act*. It aligns with the national basic guidelines, *Kanagawa Prefecture's Kanagawa Elderly Health and Welfare Plan (9th Edition)* and *8th Kanagawa Prefecture Health and Medical Care Plan*, as well as with the city's top-level plan, *Minamiashigara City Sixth Comprehensive Plan*, and its top-level plan for the welfare sector, *Minamiashigara City Fourth Regional Welfare Plan*.

This plan covers fiscal years 2024 to 2026, with a scheduled review in the final fiscal year of 2026.

2021	2022	2023	2024	2025	2026	2027	2028	2029
8th Minamiashigara City Welfare Plan for the Elderly and Insured Long-Term Care Service Plan			9th Minamiashigara City Welfare Plan for the Elderly and Insured Long-Term Care Service Plan			10th Minamiashigara City Welfare Plan for the Elderly and Insured Long-Term Care Service Plan		

3. Method of Establishing the Plan

- (1) Implementation of a Questionnaire Survey for Formulating the 9th Minamiashigara City Welfare Plan for the Elderly and Insured Long-Term Care Service Plan

A questionnaire survey was conducted to gather essential baseline data developing the **9th Minamiashigara City Welfare Plan for the Elderly and Insured Long-Term Care Service Plan**.

【Survey Target and Response Status】

Survey Target	Number Distributed	Number Returned	Response Rate
General Older People	1,200 copies	848 copies	70.7%
People Requiring Long-Term Care or Support at Home	134 copies	161 copies	97.8%
Facility Service Users	200 copies	97 copies	48.5%
Young adults aged 40-64	400 copies	155 copies	38.8%
Long-Term Care Insurance Service Providers	60 copies	54 copies	90.0%

- (2) Deliberations and Discussions by the Minamiashigara City Long-Term Care Insurance Management Council

In preparing this plan, the Minamiashigara City Long-Term Care Insurance Management Council—made up by professionals in welfare, medical care, and long-term elderly care, as well as experts, and citizen representatives—held five meetings to review, discuss, and refine the plan.

- (3) Implementation of Public Comments

To gather a wide range of citizen input and reflect it in the plan while still in draft form, a public consultation process will be conducted. The draft plan will be made available for public viewing, and comments will be invited from residents.

4. Setting of Daily Activities Areas

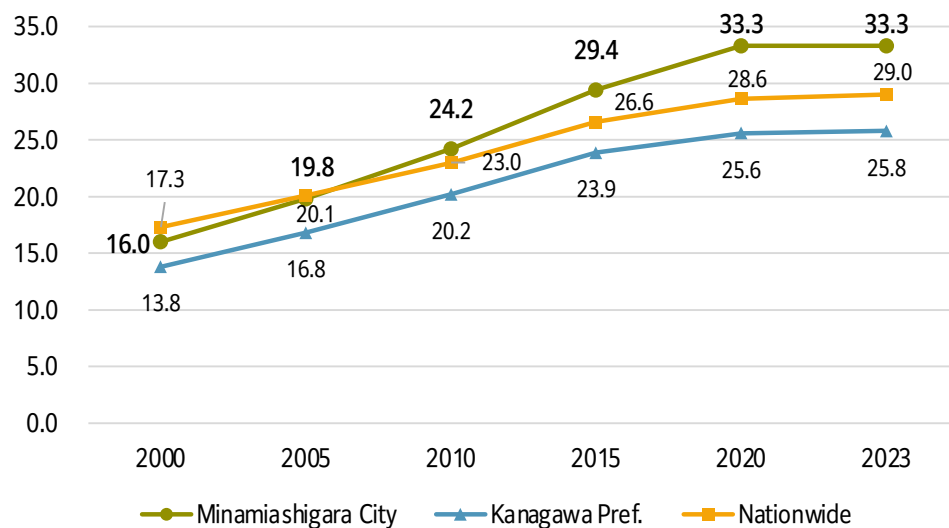
Article 117, Paragraph 2 of the *Long-Term Care Insurance Act*, defines a daily activities area as “the area designated by the municipality as the region where its residents conduct their daily lives, taking into comprehensive consideration geographical conditions, population, transportation circumstances, and other social conditions, as well as the status of facilities for providing long-term care services and other relevant conditions.” For each daily living area, the city estimates the future service demand and calculates the number of users for community-based services.

In Minamiashigara City, daily living areas have been designated as two zones—Kitaashigara /Minamiashigara/Fukuzawa and Okamoto—based on geography, population, the proportion of older residents, future demographic projections, and the distribution of welfare facilities and other resources. The 9th Plan continues the same two-zone structure used in the 8th plan. Going forward, the city will further advance the Community-based Integrated Care System, centered around the Community Comprehensive Support Centers in each area, ensuring that older residents can continue to live safely and comfortably in the neighborhoods they know well.

5. Current Situation and Future Outlook for Older Residents

(1) The Current Situation and Issues Surrounding Older Residents according to the Statistical Data

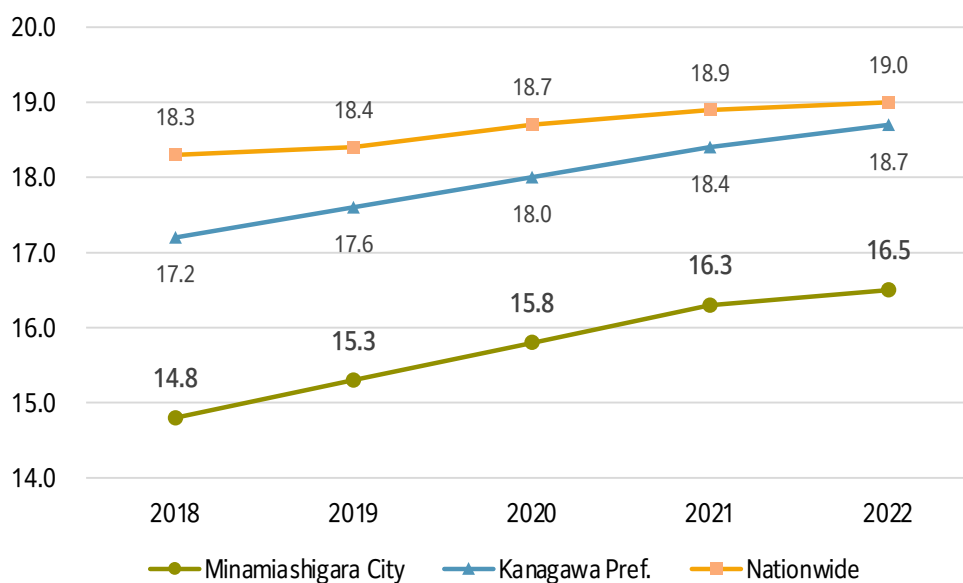
Comparison of aging rates (unit : %)



Source : Census2000-2020. For the year 2023, data is from the Minamiashigara City "Basic Resident Register (as of January 1, 2023)" and Kanagawa Prefecture/National "Population Estimate (as of January 1, 2023)"

Comparing the city's aging rate with that of Kanagawa Prefecture and the nation as a whole shows that aging is progressing more quickly here. In 2000, the city's aging rate was 1.3 points below the national average, but by 2005, the gap had narrowed to just 0.3 points, and by 2010, the city had surpassed the national average by 1.2 points. Since then, the gap has continued to widen. Because the policies needed vary depending on the degree of aging, it is essential to implement measures tailored to the city's specific circumstances.

Comparison of the certification rate for primary insured persons (unit : %)



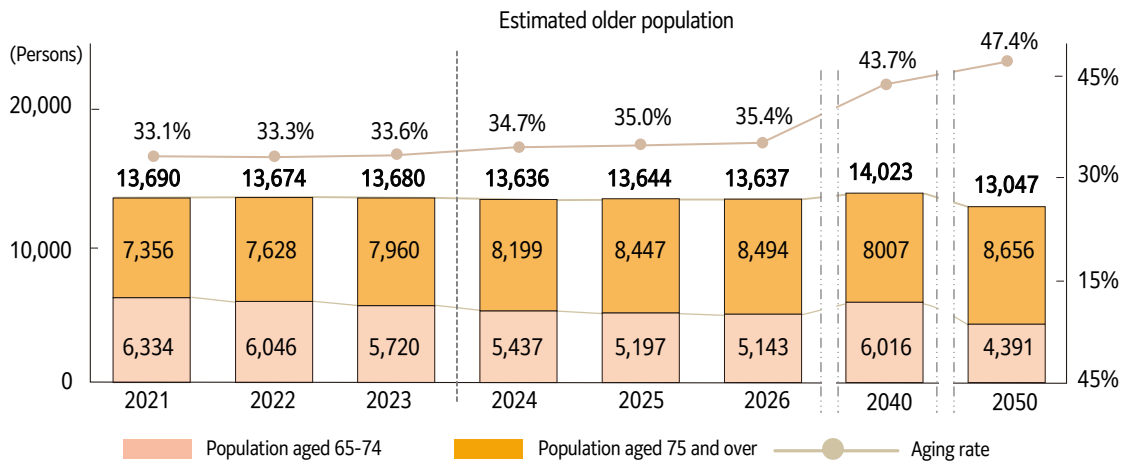
Source: "Report on the Status of Long-Term Care Insurance Operations (Annual Report)" from fiscal 2018 to fiscal 2021
"Report on the Status of Long-Term Care Insurance Operations (March Monthly Report)" for 2022

A comparison of the city's certification rate for primary insured persons with the rates of Kanagawa Prefecture and the national average shows that the city's rate remains lower. However, it has been steadily rising, and the gaps with both the prefecture and national levels are shrinking. To help slow the increase in certification rates, it is essential to strengthen health promotion and preventive care efforts for older residents.

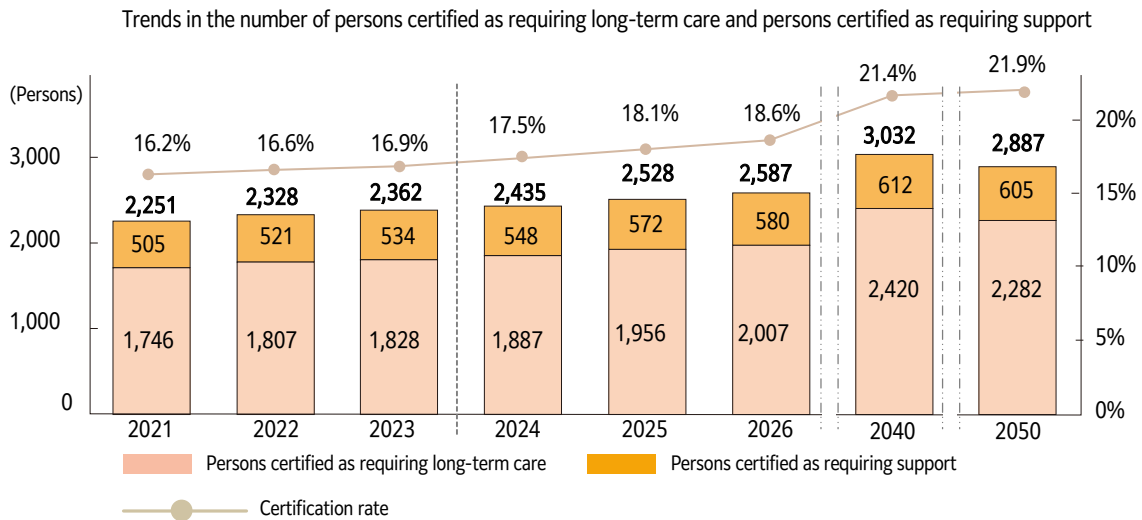
(2) Issues Identified from the Survey Results

- Both older and younger adults selected **Prevention of Dementia** as their top concern regarding health and preventive care. **This reflects a strong desire to avoid developing dementia.** It will therefore be important to further promote understanding of dementia, raise awareness of early symptoms, and available consultation services. **It is important also to develop systems that allow people with dementia to continue living comfortably in their familiar communities.**
- More than 20% of older respondents answered that even if long-term care insurance services decline, long-term care insurance premiums should not increase. This highlights **the need to provide accessible opportunities for residents to learn about how the long-term care insurance system works, including how premiums are calculated,** and to raise awareness about the **importance of preventative care efforts in managing future costs.**
- When asked what the city should prioritize to help residents live a healthy life, the most common response from both older and younger people was **Making the City Easier to Go out in.** This shows that the ability to go out is closely tied to **an active and fulfilling life for everyone.** The fact that many people lose the ability to drive as they age or begin needing long-term care may also influence this result. Improving public transportation, reservation-based shared taxis, and other mobility options is essential, but it is equally important to **create an environment that allows people to go out without difficulty**—such as accessible sidewalks, ramps, handrails, and restrooms easy to use with canes or wheelchairs.
- Across all survey categories—including older residents, facility users, younger respondents, and long-term care service providers—the most frequently selected priority measure for an aging society is **Support for Family Caregivers.** This likely reflects growing recognition across generations that family members may increasingly need to provide long-term care at home due to financial pressures and a shortage of professional caregivers. Because **Support for Family Caregivers** covers a wide range of needs, it will be necessary to **identify individual situations accurately and build a system capable of providing timely assistance.**
- Sixty percent of long-term care service providers responded that they are “short-staffed.” Among operational challenges, about fifty percent cited **Difficulty Securing Staff,** followed by **Heavy Administrative Workload** and **Low Care Remuneration.** These operational issues also **contribute not only to staffing shortages but also to heavier burdens on current workers and lower motivation.** The city will need to address these challenges by improving the public image of long-term care work, requesting reductions in administrative workload and increases in care remuneration to the prefecture and national government, and taking additional support measures within its own capacity.

(3) Future Projections



According to the National Institute of Population and Social Security Research's *Future Population Estimates by Region in Japan (2018 Estimates)*, the number of residents aged 65 and over in fiscal year 2026—the final year of the 9th plan period—is projected to reach 13,637, including 8,494 people aged 75 and over. As a result, the city's aging rate is expected to rise to 35.4%.



Using the year-end increase in certification rates by gender, age group, and level of care required from fiscal 2021 to fiscal 2022, the city has estimated the number of people who will be certified as requiring support or long-term care through fiscal 2050. During the 9th plan period, both groups are expected to continue growing. By fiscal 2026, the final year of the plan, the number of people certified as requiring support is projected to reach 580, while those certified as requiring long-term care are expected to reach 20,074, resulting in an overall certification rate of 18.6%.

6. Basic Philosophy of the Plan

This city aims to remain a place where older residents can live vibrantly and with peace of mind, continuing the direction set in the 8th plan for:

"A City where Older People can Live with a Sense of Purpose and Security in Familiar Neighborhoods."

With this as our guiding philosophy, we will continue working to create an environment where all older residents can live safely and comfortably.

7. Basic Objectives of the Plan

Basic Goal I : A City where People can Live Healthy and Meaningful Lives for as Long as Possible

In an age when many people can expect to live to a 100, maintaining both physical and mental health is essential. To support long, healthy, and fulfilling lives, the city will work to promote early detection and prevention of illness through improved diet and exercise habits, regular health checkups and cancer screenings, and frailty-prevention initiatives. At the same time, we will place importance on mental well-being, encouraging social participation, employment opportunities, and activities that help people live authentically and maintain a sense of purpose.

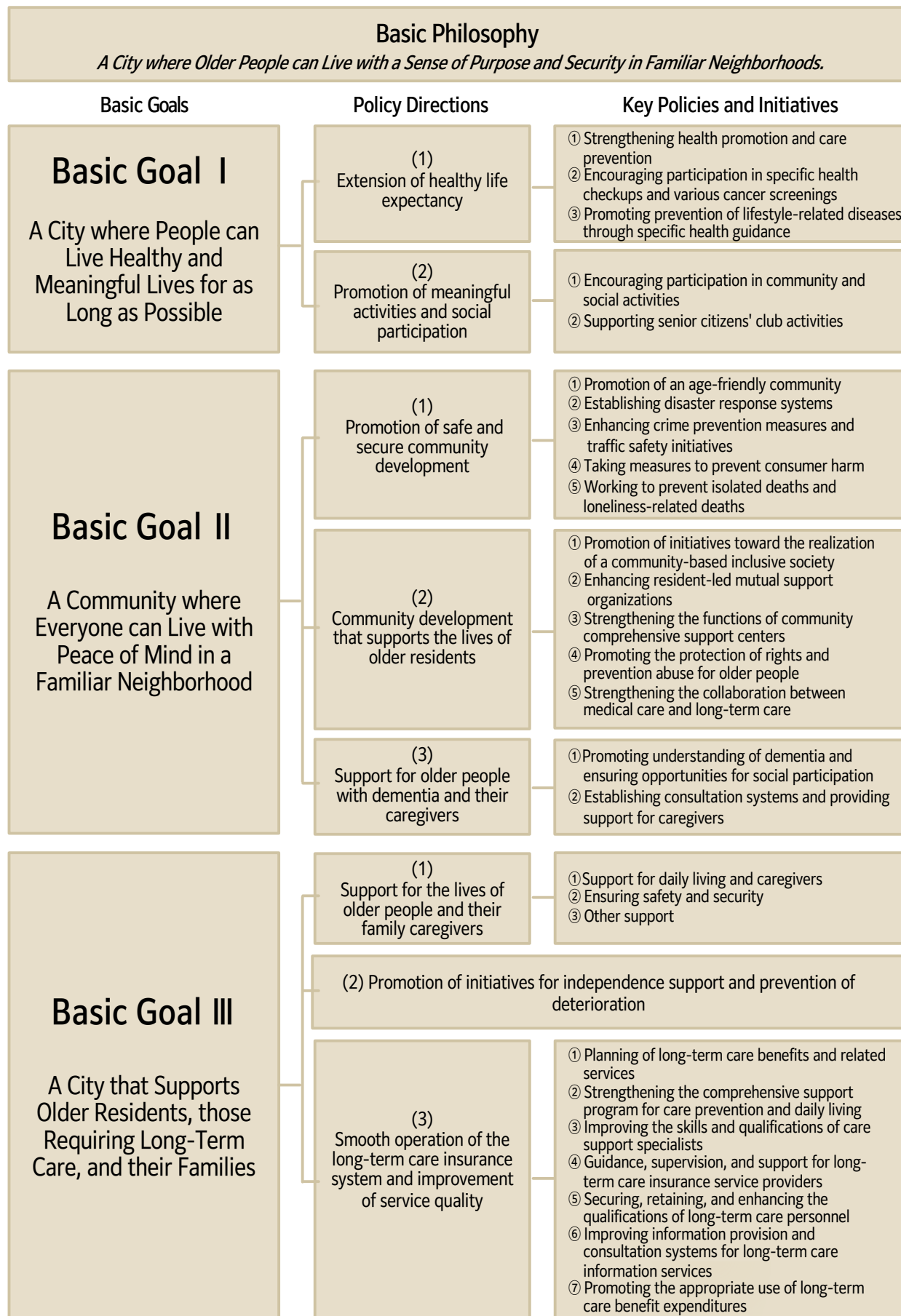
Basic Goal II : A Community where Everyone can Live with Peace of Mind in a Familiar Neighborhood

The city will develop a community-based integrated care system that combines medical care, long-term care, preventive care, and daily-life support so that older residents can continue living safely in their familiar surroundings. We will further strengthen this system and work towards building an inclusive community where people of all ages—not only older adults—can live in the way they choose. Priority areas include support for people with dementia and their caregivers, support for older individuals living alone and reinforcing disaster-response capabilities and crime-prevention measures to ensure safety throughout the community.

Basic Goal III : A City that Supports Older Residents, those Requiring Long-Term Care, and their Families

We will build systems that allow both older adults and their family members who support them to continue living in their own communities and enjoy a fulfilling life. Through individualized support aimed at promoting independence and preventing deterioration, along with assistance for long-term care service providers, we will work to ensure that high-quality long-term care services remain stable, accessible, and aligned with residents' needs.

8. Framework for Initiatives



9. Calculation of Long-Term Care Insurance Premiums

Long-Term Care Insurance Premiums are determined by calculating the total estimated service costs during the plan period. This estimate is based on factors such as the number of eligible individuals, the number of certified long-term recipients, and the total service costs. From these figures, the total required benefits needed is calculated, and premiums are set accordingly.

【Long-Term Care Insurance Premium for the Primary Insured Persons under the 9th Long-Term Care Insurance Service Plan】

Income Tier	Target	Insurance Premium		
		Premium Rate	Monthly	Annual
Tier 1	Persons receiving public assistance, senior welfare pension, or individuals in households exempt from residents tax with total taxable pension income and income for the previous year 800,000 yen or less	0.455 (0.285)	2,343 yen (1,468 yen)	28,120 yen (17,610 yen)
Tier 2	Households exempt from residents tax with total taxable pension income and income for the previous year 1.2 million yen or less	0.685 (0.485)	3,528 yen (2,498 yen)	42,330 yen (29,970 yen)
Tier 3	Households exempt from residents tax and a total taxable pension income and income for the previous year exceeding 1.2 million yen	0.690 (0.685)	3,553 yen (3,528 yen)	42,640 yen (42,330 yen)
Tier 4	Individual exempt from resident tax but in a household with resident-tax payer, and with taxable pension income and income from the previous year 800,000 yen or less	0.900	4,635 yen	55,620 yen
Tier 5 (reference point)	Individual exempt from resident tax but in a household with a resident-tax payer, with total income from the previous year exceeding 800,000 yen	1.000	5,150 yen	61,800 yen
Tier 6	Persons subject to residents tax with total income for the previous year less than 1.2 million yen	1.200	6,180 yen	74,160 yen
Tier 7	Persons subject to residents tax with total income for the previous year from 1.2 million yen to less than 2.1 million yen	1.300	6,695 yen	80,340 yen
Tier 8	Persons subject to residents tax with total income for the previous year 2.1 million yen to less than 3.2 million yen	1.500	7,725 yen	92,700 yen
Tier 9	Persons subject to residents tax with total income for the previous year 3.2 million yen to less than 4.2 million yen	1.700	8,755 yen	105,060 yen
Tier 10	Persons subject to residents tax with total income for the previous year 4.2 million yen to less than 5.2 million yen	1.900	9,785 yen	117,420 yen
Tier 11	Persons subject to residents tax with total income for the previous year 5.2 million yen to less than 6.2 million yen	2.100	10,815 yen	129,780 yen
Tier 12	Persons subject to residents tax with total income for the previous year 6.2 million yen to less than 7.2 million yen	2.300	11,845 yen	142,140 yen
Tier 13	Persons subject to residents tax with total income for the previous year 7.2 million yen or more	2.400	12,360 yen	148,320 yen

Public funding is expected to reduce the burden from the Tier 1 to the Tier 3, and after implementation, rates and insurance premiums will be as shown in ().

【Rate of increase or decrease from the 8th to the 9th premium period】

8th term monthly insurance premium	⇒	9th term monthly insurance premium	rate of increase
5,075yen		5,150yen	1.5%

10. Plan Promotion System

This plan primarily targets older individuals, their families, and long-term care insurance service providers. However, as mutual support among all local stakeholders becomes increasingly important for strengthening the community-based integrated care system and creating a community-based inclusive society, the city will publicize this plan widely with citizens of all ages. We will also strengthen consultation systems centered on Community Comprehensive Support Centers and connect people to appropriate support—extending beyond older welfare and long-term care fields when necessary.

In addition, the city will work closely with specialized institutions in medical care, welfare, and health fields, along with relevant city departments and long-term care insurance service providers, to accurately understand the needs of the city's older residents and offer appropriate support. We will also strive to strengthen networks not only between administrative fields and outside organizations but also among the various fields themselves.

Furthermore, we will evaluate and review policies and programs in line with the PDCA cycle, making necessary improvements to ensure that effective policies and programs are consistently implemented

11. Initiatives toward Achieving SDGs

In our city, we believe that the SDGs' philosophy of “*leaving no one behind*” and achieving a sustainable, diverse, and inclusive society” is consistent with the basic principles of local government administration. Therefore, we have incorporated policies aligned with the 17 SDG goals into the city's top-level plan, the Sixth Comprehensive Plan of Minamiashigara City, and are working toward achieving the SDGs across the entire city. Regarding “enhancing older welfare,” which is related to this plan, we aim to achieve the following four goals.

SDGs goals related to “enhancing older welfare” in the Sixth Comprehensive Plan of Minamiashigara City.

