

YUGAWARA Town

Age-friendly City Action Plan



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Chapter 1. Purpose of the Action Plan

1) Purpose of the Action Plan

Japan's population is aging faster than ever before. People are living longer, so the number of people aged 65 and over continues to grow while the birthrate keeps declining.

By 2025, when the establishment of the Community-Based Integrated Care System is targeted, the baby boomers will be age 75 or older, and the number of the older population who need long-term care—whether due dementia, frailty, or being bedridden—is expected to rise. At the same time, the working-age population will continue to shrink, especially after 2040. For this reason, it is vital to understand the medium-to-long-term trends in the older population along with their needs to be able to respond in a planned way.

To address these changes, we will deepen and strengthen the Community-Based Integrated Care System that helps people continue living safely and comfortably in their own neighborhoods for as long as possible. This system provides seamless and comprehensive support across many areas of daily life, including medical and nursing care, prevention, housing, and everyday living support. To make this possible, the town will strengthen the role of insurers in supporting independence and preventing deterioration. In addition, we will improve cooperation between medical and nursing care services and promote initiatives that help create a community where everyone is included and supported.

This action plan has been created to guide these efforts, and it will be carried out together with the *Yugawara Town Comprehensive Plan* and the *Yugawara Town Seniors Citizens' Fulfillment*.

2) Period of the Action Plan

This plan covers a two-year period, from April 2025 to March 2027, and will be reviewed every three years to be in line with revisions to the *Yugawara Town Plan for the Lives and Motivation of the Elderly*.

Chapter 2. Current Situation and Estimates Concerning the Town's Older Population

1) Trends in Older Population

● The total older population in Yugawara Town peaked in FY 2021 and has since begun to decline, with the downward trend expected to continue. According to the final year (FY 2026) of the 9th Yugawara Town Insured Long-Term Care Service Plan, older population is projected to reach 9,728 (43.9% of the total population).

● By age group, the number of people aged 65–74 peaked in FY 2015 and is expected to start declining, while the number of people aged 75–84 is also expected to peak in FY 2025 and start declining. On the other hand, the number of people aged 85 and over is expected to continue increasing until 2035.

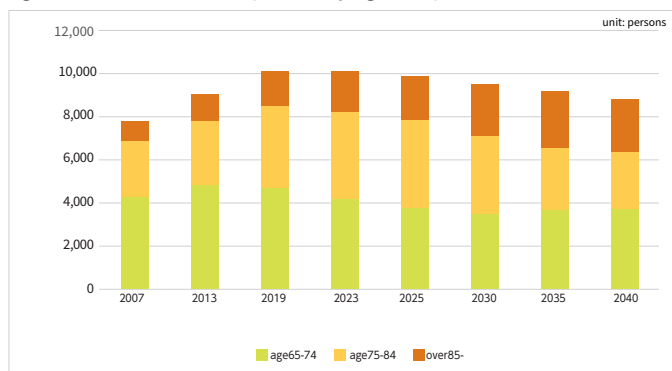
【Trends in Older Population】

Unit: Persons

	(Actual figures)			(Estimated values)		(Estimated values)		
	2022	2023	2024	2025	2026	2030	2035	2040
Total population	23,965	23,583	23,216	22,578	22,155	20,566	19,087	17,582
Older population	10,132	10,044	10,076	9,803	9,728	9,422	9,103	8,777
65–74 years	4,344	4,120	3,929	3,708	3,654	3,434	3,642	3,666
75–84	3,963	4,071	4,248	4,119	4,024	3,639	2,861	2,694
85 years old and over	1,825	1,853	1,899	1,976	2,050	2,349	2,600	2,417
Aging rate	42.3%	42.6%	43.4%	43.4%	43.9%	45.8%	47.7%	49.9%
Population aged 40–64	7,907	7,730	7,559	7,419	7,216	6,279	5,371	4,553

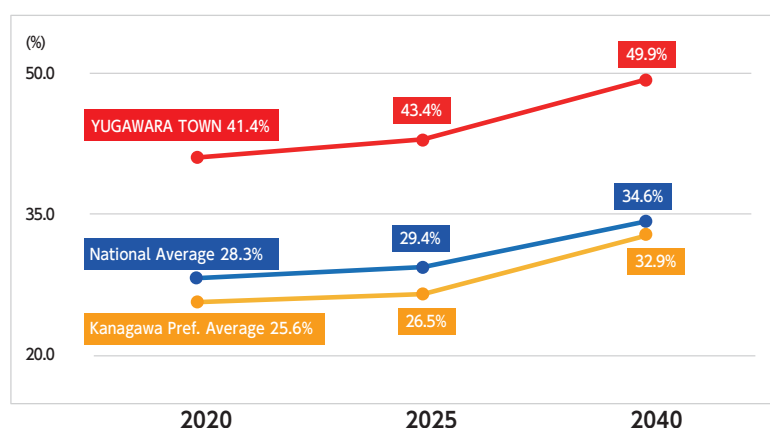
*As of October 1, of each fiscal year.

【Figure 1】 Trends in Older Population by Age Group



- ◆ The overall older population is in a declining trend.
- ◆ For the population aged 85 and over, the increasing trend continues until 2035.

【Figure 2】 Aging Rate



- ◆ The percentage will continue to be higher than the national and Kanagawa Prefectural averages.
- ◆ Rapid aging is expected due to a decline in the total population.

【Source】
National Institute of Population and Social Security Research,
“Future Population Estimates by Region in Japan ” etc.

2) Trends in the Number of People Certified as Requiring Long-Term Care or Support

Because the number of residents aged 75–84, who are at higher risk of requiring care, will increase around FY 2025, and the population aged 85 and older will continue to grow, the number of people requiring long-term care is expected to rise. By the final year of the 9th Plan (fiscal year 2026), the number of people certified as requiring long-term care or support is estimated to be 1,818 individuals, with a certification rate of 19.0%.

【Estimates by Category of Condition of Need for Long-Term Care or Support】

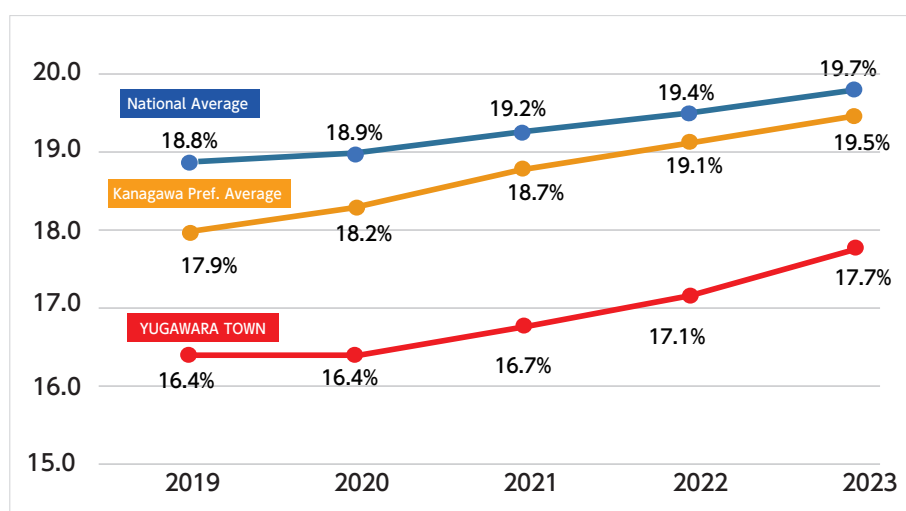
(Unit: persons)

	(Actual values)			(Estimated values)		(Estimated value) 2030
	2022	2023	2024	2025	2026	
Number of Primary Insured Persons	9,902	9,813	9,809	9,645	9,571	9,249
Number of Certified Person Requiring Long-Term Care or Support (Certification Rate)	1,697 (17.1%)	1,738 (17.7%)	1,747 (17.8%)	1,791 (18.6%)	1,818 (19.0%)	1,919 (20.7%)
Requiring Support 1	175	199	217	185	189	198
Requiring Support 2	201	214	232	218	221	235
(Subtotal)	376	413	449	403	410	433
Requiring Long-Term Care 1	474	501	462	526	532	559
Requiring Long-Term Care 2	314	261	271	300	306	324
Requiring Long-Term Care 3	211	222	212	216	218	232
Requiring Long-Term Care 4	211	223	225	233	234	248
Requiring Long-Term Care 5	111	118	128	113	118	123
(Subtotal)	1,321	1,325	1,298	1,388	1,408	1,486

※ The number of Primary Insured Persons refers to the figure adjusted for residents eligible for the residential address exception within older population.

※ As of October 1, of each fiscal year.

【Figure 3】 Trends in the Rate of Certification as Requiring Long-Term Care or Support



◆ The certification rate in this town is lower than the national and prefectural averages.

Chapter 3. Efforts Based on the Basic Policies of the Plan

In this plan, Yugawara Town will promote initiatives to respond to the rapidly aging society we now live with. These efforts follow the basic policies set out in the *Yugawara Town Comprehensive Plan (Yugawara 2021 Plan)* and the *Yugawara Town Seniors Citizens' Fulfillment Plan (9th Yugawara Town Insured Long-Term Care Service Plan)*.

We will also develop and consider initiatives based on the eight domains of Age-friendly Cities and Communities proposed by the World Health Organization (WHO): 1) Outdoor spaces and buildings, 2) Transportation, 3) Housing, 4) Social participation, 5) Respect and social inclusion, 6) Civic participation and employment, 7) Communication and Information, and 8) Community Support and Health Services.

=Basic Policy=

● Basic Goals for Urban Development (Yugawara 2021 Plan)

Future Image

'A Town Brimming with Hot Spring Steam and Smiles, Rich in the Colors of the Four Seasons Yugawara'

Basic Objectives (Health and Welfare)

Creating a Community Where We Can Support Each Other and Live with Smiles

We will promote health initiatives that help every resident to live a healthy life, and we will strengthen community-wide welfare that encourages mutual assistance and support. Through these efforts, we aim to build a town where everyone can live with peace of mind, and a smile.



● Individual Goals (Yugawara Town Seniors Citizens' Fulfillment Plan)

Basic Philosophy

"Creating a Town Where Older Residents Can Feel Secure and Find Fulfillment in Life"

Basic Goals

"Supporting the Independence of Older Residents in Accordance with the Realities of a Super-Aged Society"

Means Objectives

- (1) Promoting long-term care insurance services from the user's point of view.
- (2) Build a community-wide support system for older residents.
- (3) Advance health promotion and long-term care prevention.
- (4) Provide services tailored to the characteristics and needs of each community.

1) Basic Philosophy

Creating a Town Where Older Residents Can Feel Secure and Find Fulfillment in Life

As our population ages rapidly, and with the baby boomer generation reaching age 75 in 2025, many residents are feeling a growing sense of uncertainty about the future.

To help ease these concerns, the town sets forth the following basic philosophy: **Creating a Town Where Older Residents Can Feel Secure and Find Fulfillment in Life.**

2) Basic Goals

Supporting the Independence of Older Residents in Accordance with the Realities of a Super-Aged Society

Given that the town's aging rate remains consistently higher than the national and prefectural averages--exceeding 21%—it is essential to respond proactively to the realities of a super-aged society. Our basic goal is therefore “**Supporting the Independence of Older Residents in Accordance with the Realities of a Super-Aged Society**”. To achieve this, the town will promote the development of systems and services that enables older residents to lead independent daily lives to the fullest extent of their abilities.

3) Means Objectives

To achieve the basic goal, the following goals are set from the perspectives of users, local communities, care prevention, and care services.

(1) Promotion of Long-Term Care Insurance Services from the User's Perspective

Ensure a stable supply of long-term care services and improve their quality by strengthening on-the-job support, training, and guidance for care service providers.

(2) Establishment of a Community-Wide System to Support Older Residents

In addition to reinforcing the functions of Community Comprehensive Support Centers and ensuring their stable operation, the town will promote the development of a support system that allows residents to continue living with peace of mind in their familiar neighborhoods.

(3) Promotion of Health Promotion and Long-Term Care Prevention

Promote effective and comprehensive services that help residents maintain their health and live as carefree and active lives as possible.

(4) Promotion of Services Tailored to Local Conditions

Develop and promote welfare services that reflect the specific realities of each community, making them easier to understand, more familiar, and more accessible to residents.

Chapter 4. Sector-Specific Initiatives based on Interconnected Domains

Based on the basic policies for addressing a super-aged society, Yugawara Town will advance the following initiatives in line with the eight domains of Age-friendly Cities and Communities during the period from 2025 to March 2027.

1) Outdoor Spaces and Buildings

We will work to ensure that all residents can live safely, securely, and comfortably by raising awareness about traffic safety and enhancing traffic safety facilities.

In addition, the town will strengthen crime-prevention awareness by sharing information about criminal incidents and working closely with the police and local crime prevention organizations to build a safe community.

(1) Enhancing Traffic Safety Measures

To ensure the safety of the older residents and others, Yugawara Town will consult with relevant agencies regarding the installing pedestrian crossings and other measures, strive to develop traffic safety facilities that incorporate universal design principles, and promote step-by-step, systematic traffic safety education for all ages, from young children to the older residents. Specifically, for the older residents, to promote compliance with traffic rules and improve traffic manners, the town will conduct public relations and awareness campaigns and strive to reduce traffic accidents.

(2) Strengthening Crime Prevention Systems

In close cooperation with local communities and related organizations, the town will promote crime-prevention awareness and skills through training, awareness campaigns, and anti-crime patrols. We will also work towards a crime-free community by sharing crime-prevention information from the Odawara Police Station and promoting the installation of security cameras and nuisance-call-blocking telephones that are effective tools for anti-crime patrols and crime prevention.

2) Transportation

Yugawara Town aims to make transportation more convenient by improving roads and creating an environment where residents can travel more safely within their familiar surroundings. To support the needs of a super-aged society, the town will also work with the private sector to improve a sustainable regional public transportation.

(1) Improvement of Roads and Transportation Systems

In cooperation with related agencies, the town will study ways to implement systematic improvements to road and traffic conditions.

(2) Securing Regional Public Transportation

To sustain reliable local transportation, the town will support privately operated bus routes and town-operated community buses, including reviewing their operating methods to ensure long-term sustainability. We will also continue promoting Yutapon-go, the reservation-based shared-ride service, to increase ridership and expand service areas, improving convenience for all, especially older residents.

3) Housing

In the area of housing for older residents, the town will work with related agencies to ensure that a suitable range of housing options is available—including owner-occupied homes, rental housing, fee-based nursing homes, and serviced housing for older people. Our goal is to create an environment where older residents of the town can live safely and with peace of mind.

(1) Securing a Variety of Housing

We will promote the development of housing where older adults can live safely and securely ensuring that a sufficient variety of options are available.

(2) Improving of the Quality of Facility Services

In cooperation with the Kanagawa Prefectural Government, we will provide regular guidance to operators of facility-based services providers to improve service quality and maintain a stable supply of care services.

We will also offer necessary support and advice—again in cooperation with the prefectural government—to ensure that any facilities for older adults that have not yet filed the required notifications under the *Act on Social Welfare for the Elderly* will submit them as soon as possible.

4) Social Participation

To help older adults with diverse needs find meaning and enjoyment in their lives, we offer opportunities for them to play an active role in the local community. This includes promoting social participation, cultural and sports activities, and senior citizens' club activities.

(1) Support for Social Participation

As the population continues to age, the senior citizens' club members are both increasing in age and decreasing in total. To support and revitalize these clubs, we will train senior citizens' club leaders, promote the revitalization of federations of senior citizens' clubs, extend opportunities for older citizens to take part in community activities, and consider joint projects involving both the community and senior citizens' clubs.

(2) Promotion of Cultural Learning and Sports Activities

Working together with the Council of Social Welfare, we will enhance the Silver Sports Festival and Silver Art Exhibition, helping people enjoy healthy and more fulfilling daily lives through cultural and athletic activities.

(3) Creating a Sense of Fulfillment in Life

We will continue to promote lifelong learning—such as hobbies, sports, and cultural activities—and expand opportunities for older residents to take part in society. This includes community events, interacting between multiple generations, and activities that support and watch over children.

5) Respect and Social Inclusion

To address issues such as adult guardianship procedures, elder abuse, and consumer fraud prevention, the town will provide consultation and support to eligible residents. We will also work with related organizations, including consumer affairs centers, to make use of existing programs and resources.

(1) Strengthening the Consultation System

We will improve the protection of residents' rights by enhancing the consultation functions of the Community Comprehensive Support Centers, raising public awareness about the adult guardianship system, and offering support to residents who do not have relatives to assist them.

(2) Establishment of a Rights Protection and Property Preservation System

(a) As the number is rising of older people who due to poor judgment struggle to manage their property, who are vulnerable to rights violations in homes or facilities, or fall victim to fraud and unscrupulous business practices, the town will work to establish a system that ensures strong protection of their rights.

(b) The town will establish the Yugawara Town Council for Promotion of Rights Protection Support (tentative name) as a core organization. This council will promote the use of the adult guardianship system, strengthen the regional cooperation network for rights protection, and develop a system that enables early detection and multifaceted support for older people at risk of abuse. All efforts will be made to ensure that appropriate support is provided promptly and timely.

6) Civic Participation and Employment

To make Yugawara a town where all residents— from children to older adults—can live in peace and without discrimination, we will enhance community welfare by building systems that unite residents, community groups, and the local government. Mutual collaboration and coordination will be key.

(1) Promoting Participation in Community Welfare Activities

For groups that use the Community Welfare Hall for volunteer activities, we will provide exemptions from the hall rental fee to encourage their activities. We will also explore ways to connect groups that are actively contributing to community development, especially welfare-related groups, and build a network that enables cooperation across a wide variety of fields.

(2) Support for Employment

We will increase intergenerational exchange opportunities so that retirees—including many from the baby boomer generation—can share their knowledge, skills, and experience with the local community and pass them on to the next generation. Additionally, we will strengthen employment support for older adults by providing information and assistance through the Silver Human Resources Center.

7) Communication and Information

We will work to develop a system in which medical and nursing care services are provided in a timely and appropriate manner depending on cognitive symptoms, while also strengthening community monitoring and response capabilities. This includes enhancing the ability of residents, as well as medical and nursing care personnel, to support older adults.

(1) Dissemination of Information and Support for Communication by People with Dementia

To promote understanding of dementia, we will provide support for older adults who have lost their driver's license, offer training courses for dementia supporters and dementia Caravan Mates, hold dementia-related events, and publicize consultation resources, such as the Dementia Care Pass and the Dementia Checklist.

(2) Dementia Prevention

Prevention initiatives will include health consultations by nutritionists, public health nurses, and other professionals at *kayoinoba*, community gathering places.

(3) Medical and Nursing Care Services

To strengthen the system that provides health, medical, and welfare services, the town will assign dementia community support promotion staff, promote early-stage intensive support teams for dementia, and provide support for caregivers.

(4) Promoting Barrier-Free Life for People with Dementia

The town's efforts will include establishing a monitoring network, building Team Orange Yugawara, a community support team for people with dementia, and provide support for juvenile dementia.

8) Community Support and Health Services

By 2025, when the baby boomer generation reaches age 75, the town aims to establish a Community-based Integrated Care System in cooperation with relevant organizations. This system will enable older adults who require long-term care to continue living as independently as possible and to maintain their preferred lifestyles within their familiar community.

(1) Community Development to Support the Lives of Older Adults

In cooperation with local resources— such as Commissioned Welfare Volunteers, Commissioned Child Welfare Volunteers, ward associations, and volunteer groups—we will work to detect individuals needing support at an early stage and create a system for watching over them. At the same time, we will identify local issues and resident needs and explore mechanisms to address them.

(2) Strengthening the Functions of Community Comprehensive Support Centers

We will strengthen the roles and capacities of Community Comprehensive Support Centers so that they can function as core organizations within the Community-Based Integrated Care System.

(3) Promotion of Cooperation Between Home Medical Care and Long-Term Care

To support older adults who have both medical and nursing care needs, we will strengthen coordination between medical and nursing care services and aim to establish an integrated service delivery system within the community.

(4) Promotion of Dementia Measures

We will develop a system that provides health, medical, and welfare services in a timely and appropriate manner, responding seamlessly to changes in a person's dementia condition. Additionally, we will work to improve the capacity of local communities and medical and nursing care professionals to respond effectively to dementia.

(5) Promotion of Lifestyle Support System Development

Due to the increasing number of older couples and people living alone, the town will develop a system through livelihood support coordinators and councils to provide daily life support services working with a variety of community resources. These services will be based on an assessment of local needs and available resources.

(6) Enhancement of Health Counseling

To strengthen consultation systems aimed at preventing declines in daily living functions and to respond to the diverse needs of older adults, the town will establish a consultation desk where individuals and their families can seek advice freely. We will also develop a system for providing necessary advice and support through on-site visits.