

# Towards Healthy 100: Gangbuk Master Plan

“Healthy 100, Hopeful Gangbuk!”



2018



Gangbuk-gu



We submit this report of *Towards Healthy 100: Gangbuk Master Plan* to join the WHO Global Network for Age-friendly Cities and Communities

2018. 1. 2.

Mayor of Gangbuk-gu  
Park, Gyum-soo

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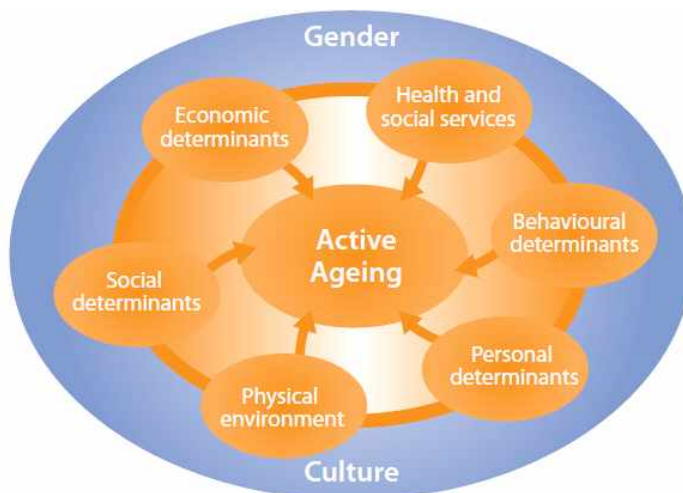


# 1

## Introduction

### 1.1 What Is the Age-Friendly Cities (AFC)?

- The idea of AFC is based on the concept of active ageing framework proposed by the World Health Organization (WHO). Active ageing is defined as the process of optimizing opportunities for health, participation and security in order to enhance the quality of life as people aged (WHO, 2007).



<Figure 1-1> Determinants of Active Ageing (WHO, 2007)

- According to the WHO's report (2007) of *Global Age-Friendly Cities: A Guide*, active ageing is determined by various factors. It means that not only individual efforts but also comprehensive and collective efforts from community are needed to accomplish one's active and healthy ageing.



<Figure 1-2> WHO's Global Network of AFC (WHO, 2017)

- Meanwhile, WHO have insisted that globally organized efforts is urgently needed to overcome the issues of ageing population and urbanization since 2000. As an illustrative example, WHO proposed the Global AFC project for the first time at the XVIII World Congress for International Association of Gerontology and Geriatrics (IAGG), held in Rio de Janeiro, Brazil, 2005. Following up, WHO conducted Target group interviews with 1,458 people from 33 cities around the world and organized the



results to publish *Global Age-Friendly Cities: A Guide* (2007). It was the WHO's initiative in forming the Global AFC network to offer technical support on AFC members and running its intelligent network to exchange information.

- Currently on June 2017, about 500 cities from 37 countries participate in the WHO's AFC network (whose population would be about 150 million). As for Korea, 6 cities (i.e., Seoul, Jeongeup, Pusan, Suwon, Jeju, Gwangju Dong-gu) already participated in the AFC network. Gangbuk is a small district located in Seoul populating 320 thousand, and it will be the 7<sup>th</sup> applicant from Korea to join the AFC network. It will be meaningful that this is the first proposal to join the AFC global network from a municipal government in Seoul, South Korea. Because, activities of daily living and quality of life would mostly be affected by the environment of smaller community, rather than that of mega-city.

## 1.2 Why We Need AFC Project?

- AFC is in alignment with the WHO's Healthy Cities or the WHO Safe Communities movement. Healthy Cities projects was emerged from the WHO's declaration in Alma-Ata - Health for All - then from the New Public Health Movement in 1980s. Safe Communities project is based on the Stockholm Manifesto,

adopted by resolution at the 1989 conference: All human beings have an equal right to health and safety. They both aim to strengthen the community's capacity for the goal of everyone's health and safety.



<Figure 1-3> Official Approval of Safe Community Gangbuk by WHO  
(May, 2013)

- After that, it was rapidly acknowledged that building structure for enhancing community health is important and the Health Cities projects was firstly implemented in Europe and North America. Then the project was expanded to the Western Pacific Regions to start global network of Alliance for Healthy Cities

(AFHC), where 175 cities from 9 countries have participated. As of now, number of total cities working on Healthy Cities project is about 1,000 that participant cities are on steady increase.



<Figure 1-4> Joining the AFHC General Assembly Network (August, 2016)

- Based on these global trends, Gangbuk was officially approved as one of the Global Safe Communities by the WHO on May 2013. Gangbuk was also chosen to be an Excellent District of Safe Community by the metropolitan government of Seoul on December 2015. On the following year of August 2016, Gangbuk also joined the WHO's affiliated organization of AFHC to continuously participate in the global network aiming for

healthy and safe cities.

- Gangbuk is deeply sympathizing and agree with the WHO's report (2007) that ageing population and urbanization is one of the most important agenda for the world which could be solved only by the globally organized effort. Actually, Gangbuk is one of the district which is the highest old-age population ratio among entire districts of Seoul. In 2013, old-age population ratio was already reached to 14.1% in Gangbuk, that it has been categorized as an aged society. By 2021, it will be expected to become super-aging society, which the ratio exceeds 20%. Currently as of the end of October 2017, our population over 65 years old was 56,078 and the old-age population rate was reached as much as 17.0%.
- In summary, Gangbuk is willing to participate in the Global Network of AFC where the WHO's technical supports are accessible and the cities and communities could exchange their experiences. Throughout this, we are willing to join the WHO's movement for Age-Friendly World.

### 1.3 What We Have Done for AFC?

- Once Gangbuk set its policy vision as *Healthy 100, Hopeful*

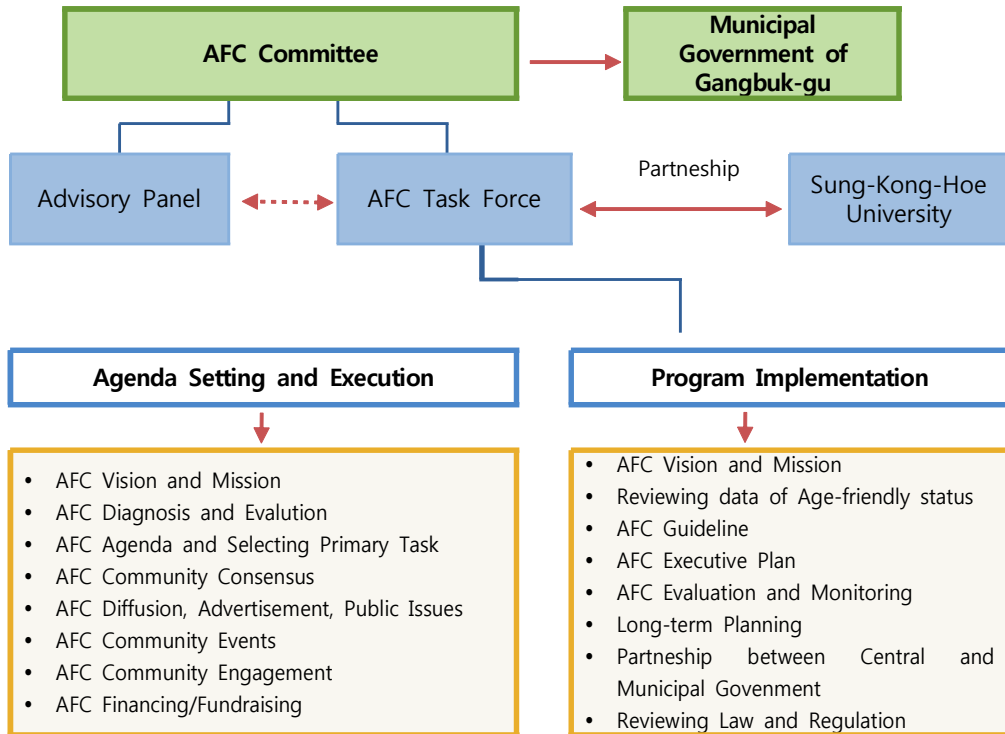
*Gangbuk*, we have reviewed survey data for our resident's age-friendliness. Also, we have made various efforts to create age-friendly environment for the past 10 years. These activities are listed below in summary.

<Table 1-1> Activities towards AFC Gangbuk

Year	Contents
2008.	Conducting the Community Health Survey (every year)
2012. 5.	Conducting the Health-friendly Village Making Project (148 bunji, Bun-2-dong, Gangbuk-gu)
2013. 9.	Legislating the Basic Regulation for the Senior Welfare, Gangbuk (2013. 9. 27.)
2015. 1.	Composing the official 'Healthy City Project' team
2015. 2.	Conducting the 2015 Survey for Living Alone Elderly
2015. 4.	Participating in the 15 <sup>th</sup> Extraordinary General Meeting of Korean Healthy Cities Partnership (KHCP)
2015. 9.	Participating in the 9 <sup>th</sup> General Assembly of KHCP
2015. 9.	Joining the membership of KHCP (2015. 9. 17.)
2016. 7.	Legislating the Regulation for Healthy City, Gangbuk (2015. 7. 15.)
2016. 8.	Participating in the 7 <sup>th</sup> General Assembly of Global Network of Alliance for Healthy Cities (AFHC) and joining the membership of AFHC
2016. 8.	Conducting the 2016 Survey for Living Alone Elderly
2016. 10.	Benchmarking other cities of AFC
2017. 4	Reviewing the local data for Age-friendly status
2017. 5.	Conducting the 2017 Living Profiles of Gangbuk Older People Survey
2017. 7.	Conducting the 2017 Survey for Living Alone Elderly

## 1.4 Organization for AFC Gangbuk

### 1.4.1 Organization of AFC Gangbuk



<Figure 1-5> Organization System for AFC Gangbuk

## 1.4.2 Work Force of AFC Gangbuk

<Table 1-2> Work Force System for AFC Gangbuk

Role	Position	Name
Advisory Panel	Research Professor, Institute of Social Welfare, Sung-Kong-Hoe University	Chang-O Kim
	Research Professor, Institute of Social Welfare, Sung-Kong-Hoe University	Yeon A, Kim
	Research Fellow, Institute of Social Welfare, Sung-Kong-Hoe University	Dawoon Hyun
	Professor, Department of Nursing, Sungshin University	Kyung-choon Lim
AFC Task Force	A Deputy Mayor, Municipal Government of Gangbuk-gu District	Hae-young Oh
	Head of Administration Management, Municipal Government of Gangbuk-gu District	Sang-hyung Lee
	Director of Bureau of Planning and Fiance, Municipal Government of Gangbuk-gu District	Yong-in Yoon
	Director of Bureau of Resident Living, Municipal Government of Gangbuk-gu District	Myung-soo Jung
	Director of Bureau of the City Management, Municipal Government of Gangbuk-gu District	Dong-il Lee
	Director of Construction, Safety, Transportation Bureau, Municipal Government of Gangbuk-gu District	Hee-dong Kim
	Secretary General, A Ward Assembly of Gangbuk-gu	Yeon-wook Jung
	Director of Public Health Office, Municipal Government of Gangbuk-gu District	In-young Lee
	Chief of Local Economy Department, Municipal Government of Gangbuk-gu District	Kil-yong Jung
	Chief of Elderly Welfare Department, Municipal Government of Gangbuk-gu District	Mi Yoon
	Chief of Green City Department, Municipal Government of Gangbuk-gu District	Woon-shik Kim
	Chief of Traffic Administration Department, Municipal Government of Gangbuk-gu District	Byung-yoon Kim
Chief of Local Public Health Department, Municipal Government of Gangbuk-gu District	Eun-kyung Jung	





# 2

## Evaluation of Gangbuk's Age-Friendliness

### 2.1 Local Status of Gangbuk District

#### 2.1.1 General Status

- Administrative Area Status

- The area of Gangbuk district is 23.61km<sup>2</sup> which amounts to 3.9% of Seoul Metropolitan City (605.52km<sup>2</sup>). Currently, 141,165 households and 329,042 people inhabit in Gangbuk district's administrative units consist of 13 gu, 384 tong, 3,333 ban (2.29 population per household).
- Its financial self-reliance rate is 18.8% which ranks 24<sup>th</sup> among 25 districts, and financial independence rate is 47.1% which ranks 22<sup>nd</sup>.

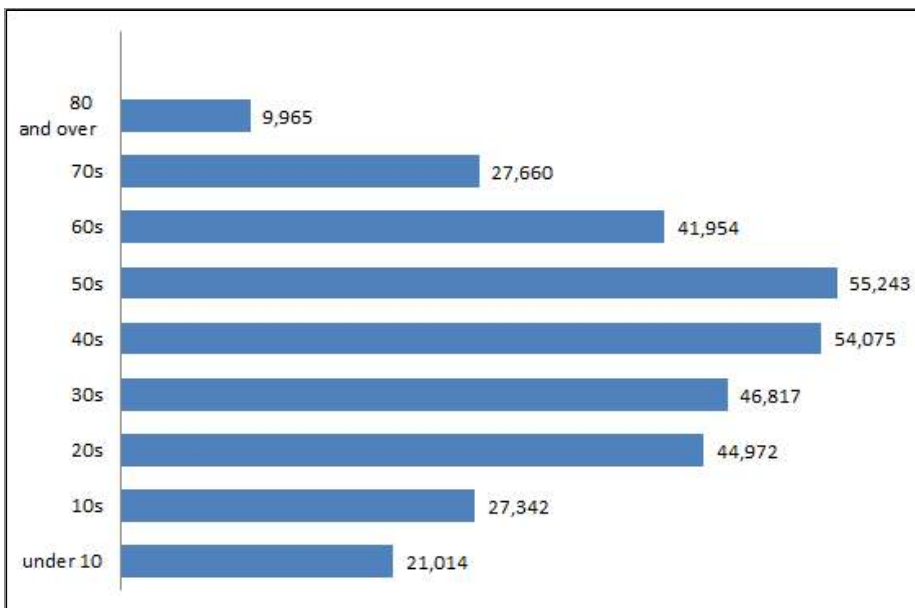
- Population Status

- On October 2017, among Gangbuk's 329,042 populations elderly population over 65 years old are 56,078 (female 56.9%, male 43%) which amounts to 4.1% of Seoul's

elderly population. Among 25 districts, it has one of the highest old-age population ratio (17.0%) that its role of AFC is especially called for.

- Seeing our population by age group, the 50s are most common accounting for 16.8% (55,243 people), then the 40s 16.4% (54,075 people), followed by the 30s 14.2% (46,817 people). Based on these numbers, it is easily expected that the entry rate of its elderly population will be swift, which calls for sound elderly welfare policies and AFC environment.

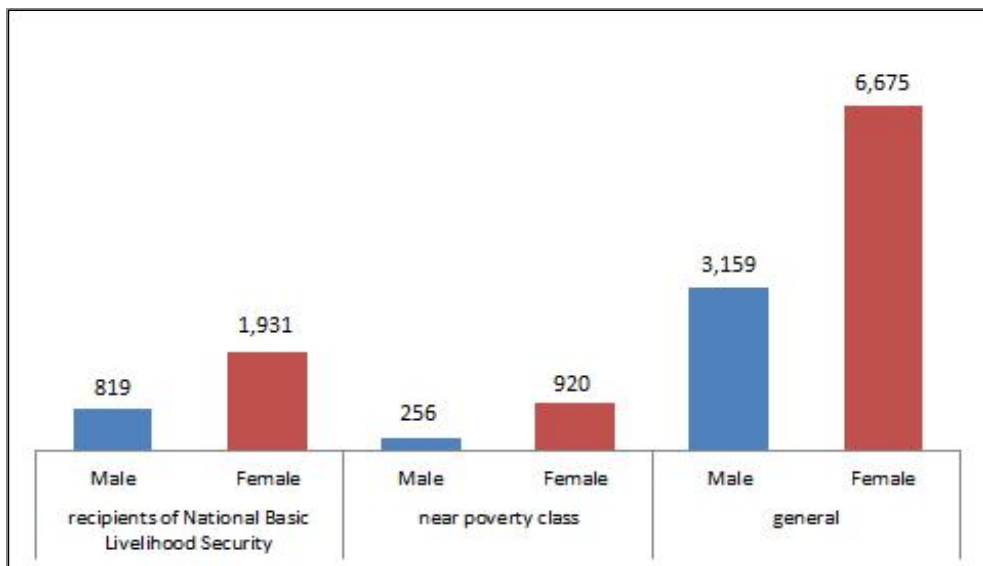
(unit: person, 2017. 9.)



○ Status of the Elderly living Alone

- As of the end of 2016, there were 13,760 elderly living alone in Gangbuk, which was as large as 24.5% of the elderly population 65 or older (52,309). Among the elderly living alone (Single Elderly), the portion of female Single Elderly (9,526 / 69.2%) was significantly greater than that of male (4,234 / 30.%).
- 28.5% (3,926) of the Single Elderly were in the low-income bracket. 20% (2,750) were the eligible recipient of national basic living security and 8.5% (1,176) were in the second-lowest income bracket. It was found that the female Single Elderly were exposed to poverty in a greater degree - the rate of female, low-income Single Elderly was 72.6% of all low-income Single Elderly.

(unit: person, 2016.)



## 2.1.2 Ageing Trend

### ○ Average Age, Birth Rate and Mortality Rate

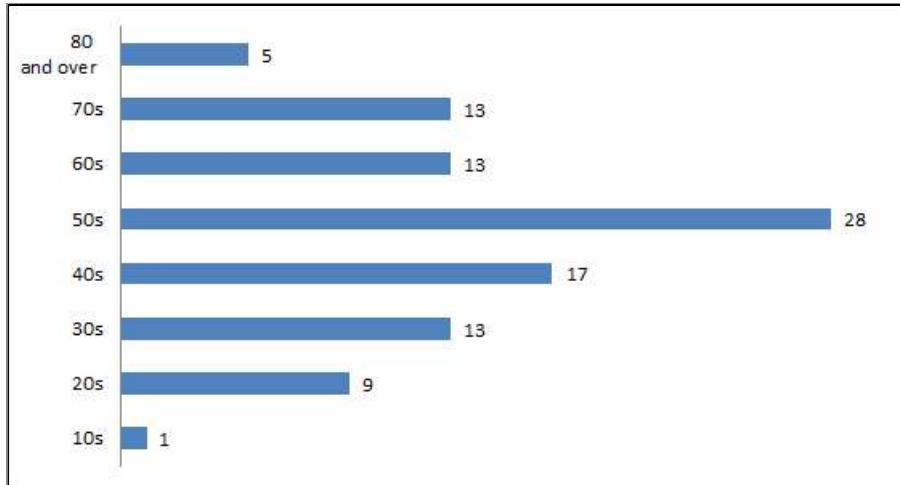
- On September 2017, the average age for Gangbuk population is 43.9 years old (41.5 for Seoul), i.e., 2<sup>nd</sup> highest in Seoul following Jung district (44.1).
- Its birth rate is 6.1% (7.7% for Seoul), i.e., 2<sup>nd</sup> lowest following Jongno (5.7%) among 25 districts of Seoul, and its mortality rate is the highest at 5.7% (4.4% for Seoul).

### ○ Suicide Rate

- Gangbuk has the highest rate of suicide in Seoul - 30.6 persons per 100,000 (45.3 male and 16.4 female). In 2016 alone, 99 Gangbuk residents committed suicide, and 31.3% of them (31 persons) were the elderly 60 or older. In terms of the gender, the suicide rate of male elderly (23 persons, 74.2%) was significantly higher than that of the female (8 persons, 25.8%).
- The poor elderly has become a well-known problem. 77.4% (24 persons) of the elderly who committed suicide were unemployed. The suicide rate of those in their 50s, those who are about to reach their retirement ages, reached 28.3% (28 persons). Such high suicide rates have alerted

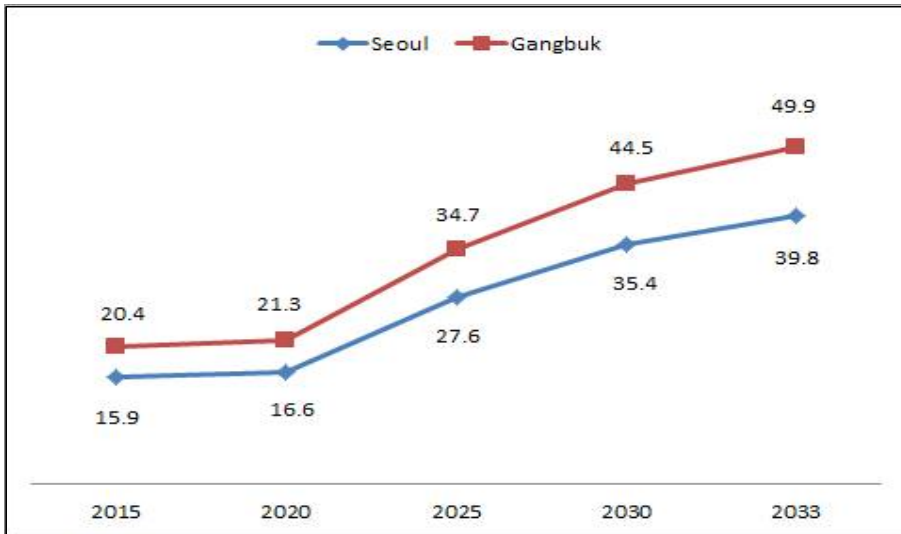
the adults to prepare for their post-retirement life.

(unit: person, 2016)



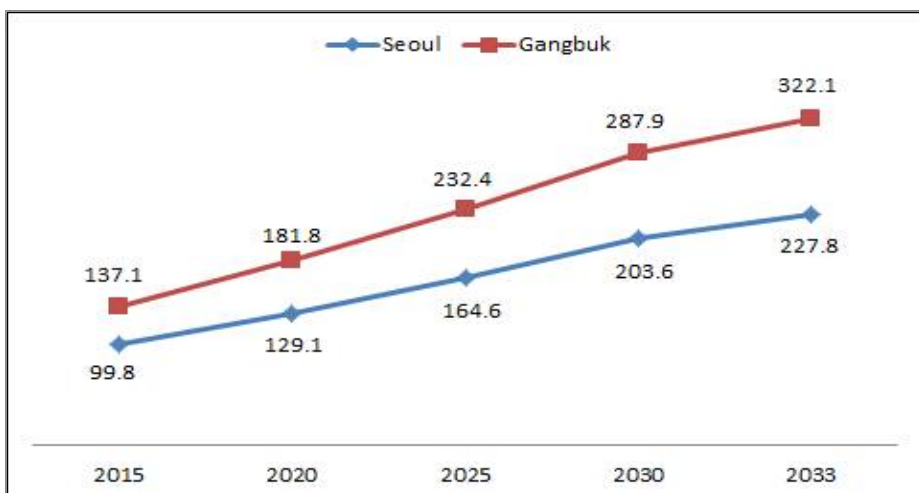
- Old Dependency Ratio (ODR) and Aged-Child Ratio (ACR)
  - On September 2017, Gangbuk's ODR is 23.3% and its ACR is 173.2 (118.0 for Seoul).
  - On February 2016, Seoul announced its future population estimation by the districts. According to the statistics, Gangbuk's ODR is expected to be on the rise to 49.9% by the year 2033 from 20.4% on 2015. That ranks for the highest among the 25 districts of Seoul (expected ODR for Seoul is 39.8%).

(unit: %, year)



- Gangbuk's ACR is also expected to be steadily on the rise. ACR is estimated to be 322.2 by the year 2033 from 131.7 on 2015. Among 25 districts of Seoul, it has ranked to be the 2<sup>nd</sup> highest following Jung-gu (expected ACR for Seoul is 227.8).

(unit: %, year)

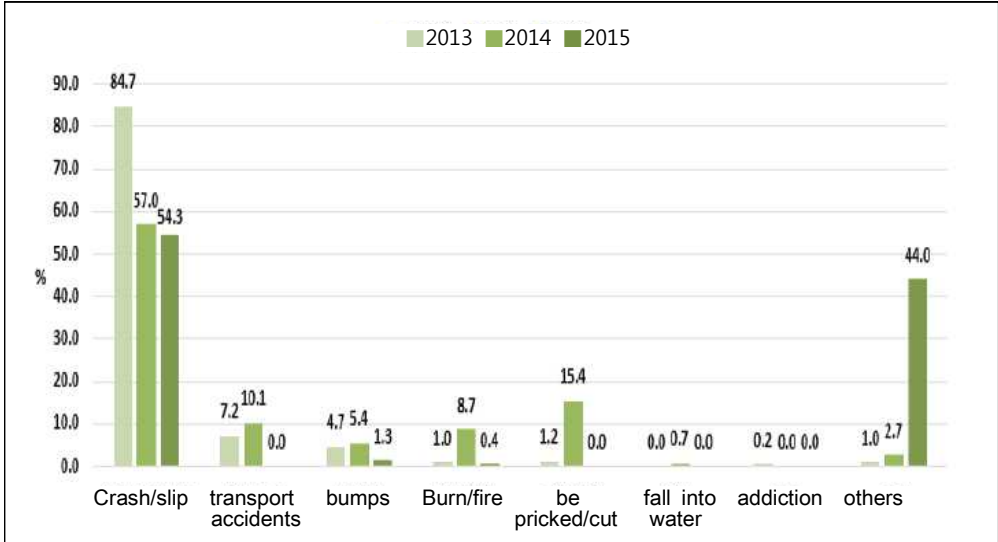


## 2.2 Results of 2016 Injury Status Survey

- Gangbuk has been steadily trying to raise the residents' awareness on safety and to reduce the damages from accidents since 2008 (when it started the Safe City Project) and it was certified as the WHO International Safe Community in 2012.
- As a part of such efforts, Gangbuk has published the *2016 Injury Status Survey Report* in 2016, which described the damages suffered by the residents of Gangbuk-gu, such as death, injury and accidents. This Report which contains the related data from 2013 to 2015 reviews major strategies of Gangbuk on reducing the damages in the community, such as identifying the causes and environments that threaten the safety of residents and reviewing the status of damages suffered by and the risks that threaten the high-risk, vulnerable class (e.g. infants, children and elderly).
- In this section, we will introduce the issues related to the awareness of safety by the elderly 65 or older. Also we will show the recent data concerning suicide committed by older adults living in Gangbuk district.

### 2.2.1 Causes of Injuries to the Elderly

- One of the major causes of injury for the elderly residing in Gangbuk district was falling. The review of recent three years' data from the Gangbuk Elderly Damage Monitoring System revealed that the injury by slip and/or fall was the biggest cause in every year. The second biggest reason was traffic accident in 2013, puncture or laceration in 2014 and collision (excluding others) in 2015.



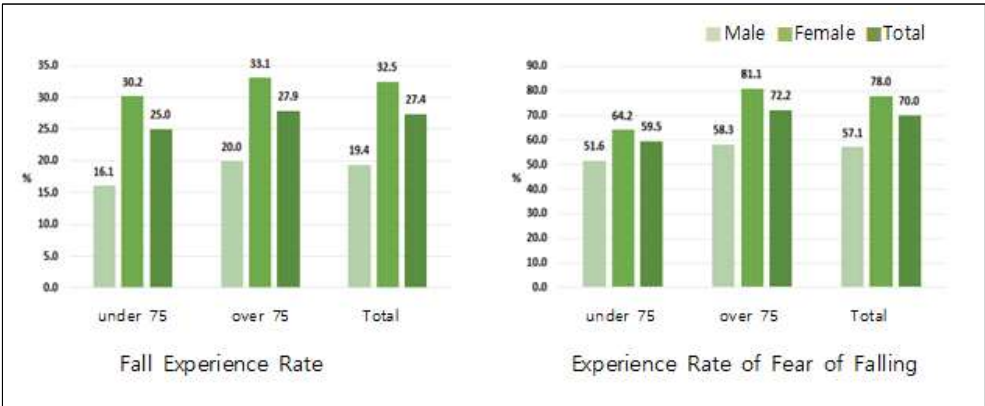
- In terms of causes of damages per type of location, the slip and/or fall were the biggest cause in all locations (including homes) in 2015. In 2014, the slip and/or fall; the traffic accidents; puncture or laceration; and burn by fire were the biggest causes, respectively, in homes, group facilities and



in/outdoor cultural facilities; roads; work places; and commercial service areas. This shows that the environment improvement projects aimed at protecting the elderly from falling injury must be implemented not only in their homes, but also in all places they frequent, such as the group or cultural facilities and in the line of their movement.

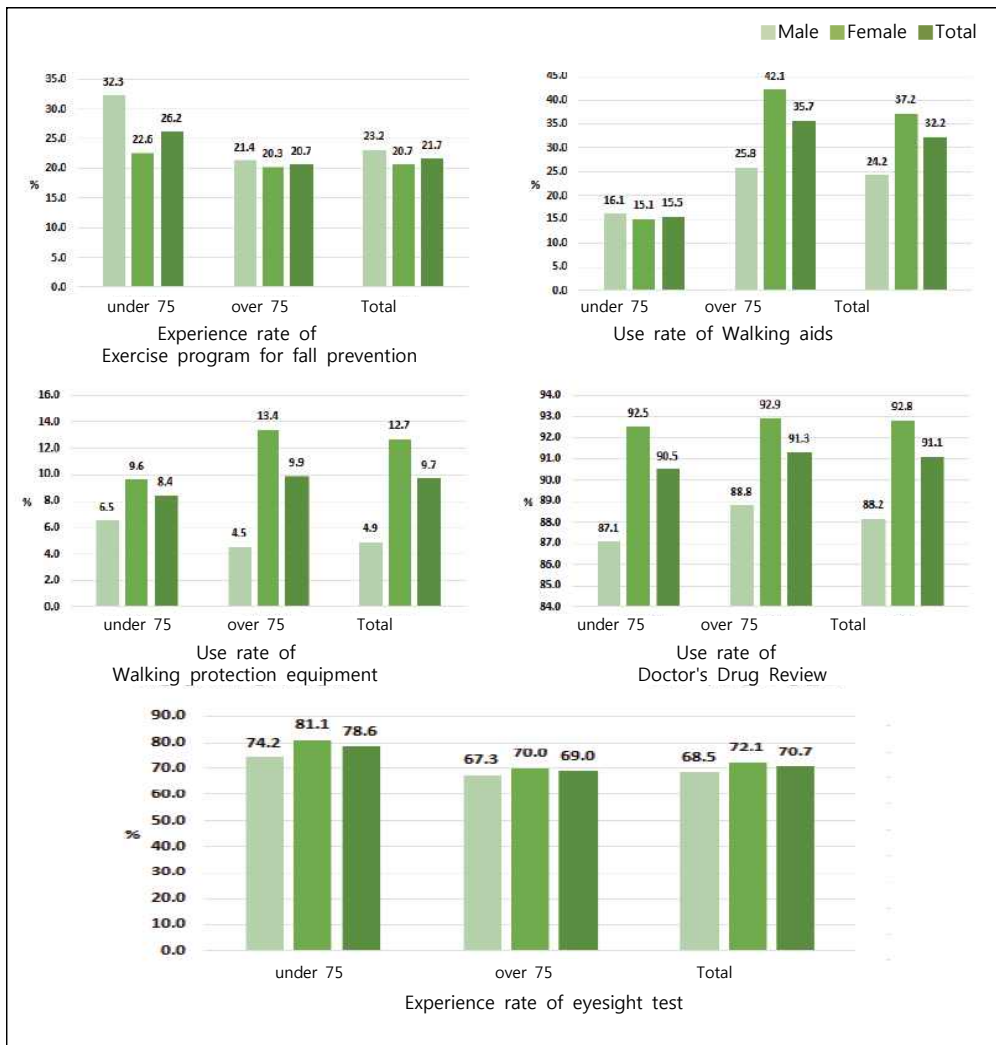
**2.2.2 Awareness on Safety**

- In terms of the elderly’s awareness on safety, it was found that the elderly in Gangbuk district were most concerned with (in order) the slip and/or fall, the traffic accidents and the accidents caused by gas and/or electricity. 27.4% of respondents said that they had suffered from falling, and 70% said that they had incidents where they could have suffered from falling. As far as the elderly were aware, their surroundings were not as safe as they expected them to be.



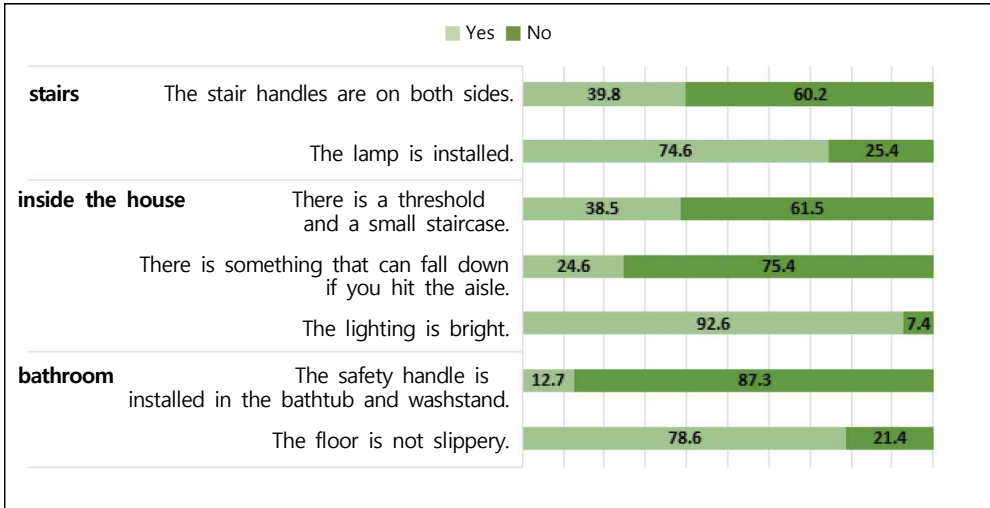
- Meanwhile, the rate of participation in safety training programs by the elderly was low. The rates of: participation in falling injury prevention exercise program was 21.7%; use of ambulation support equipment was 32.2%; and use of ambulation protection equipment was 9.7% - the elderly were not interested in taking preventative action which require their own efforts.
  - More female elderly experienced falling, feared for falling, used ambulation protection equipment, considered taking the prescribed medicine and received vision examination; and more male elderly regularly participated in falling injury prevention exercise programs.
  - The rates of the elderly experiencing falling, fearing for falling, using ambulation protection equipment and considering taking prescribed medicine were greater in those 75 or older; and the rates of the elderly who received vision examination and regularly participated in falling injury prevention exercise program were greater in those younger than 75.
  - When considered both gender and age, the female elderly 75 or older had high rates of experiencing falling or fear of falling, while their rate of regularly participating in falling injury prevention exercise program was the lowest.

- Meanwhile, 91.1% of the elderly considered taking the prescribed medicine and 70.7% received vision examination - this shows that the elderly were highly dependent on medical institutions.



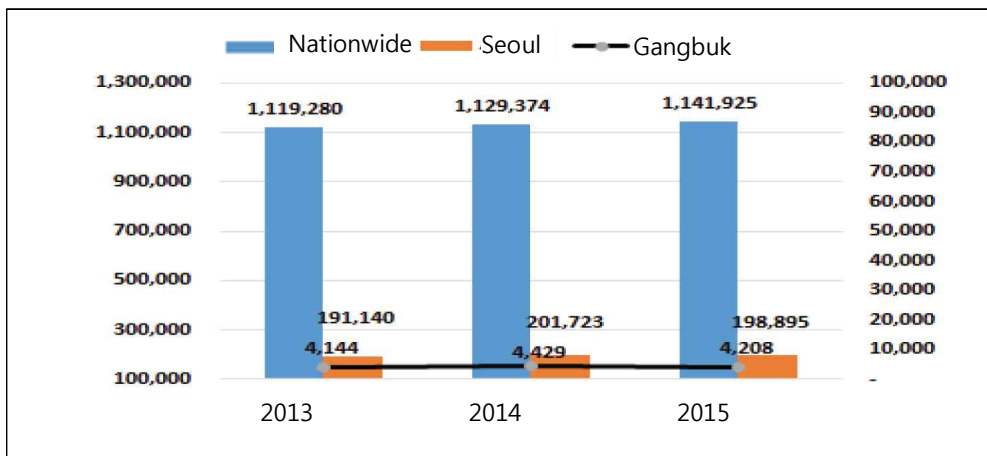
### 2.2.3 Safe Environment

○ Then, in what living environment do the elderly live? When reviewed the falling injury cases occurred inside homes: the bathroom floor was slippery in 21.4% of cases; no safety rail was available in the bathtubs or wash basins in 87.3% of cases; and there were objects in the hallways that could cause one to trip over in 24.6% of cases. In 38.5% of cases, there were door sills or steps, no light was installed in the staircase (in 25.4% of cases) and the handrails in staircases were not on both sides of the walls (in 60.2% of cases). While it is necessary to improve the overall conditions of the elderly’s living environment, it is especially important to improve the overall conditions of the Single Elderly and female low-income elderly whose numbers are greater than others.



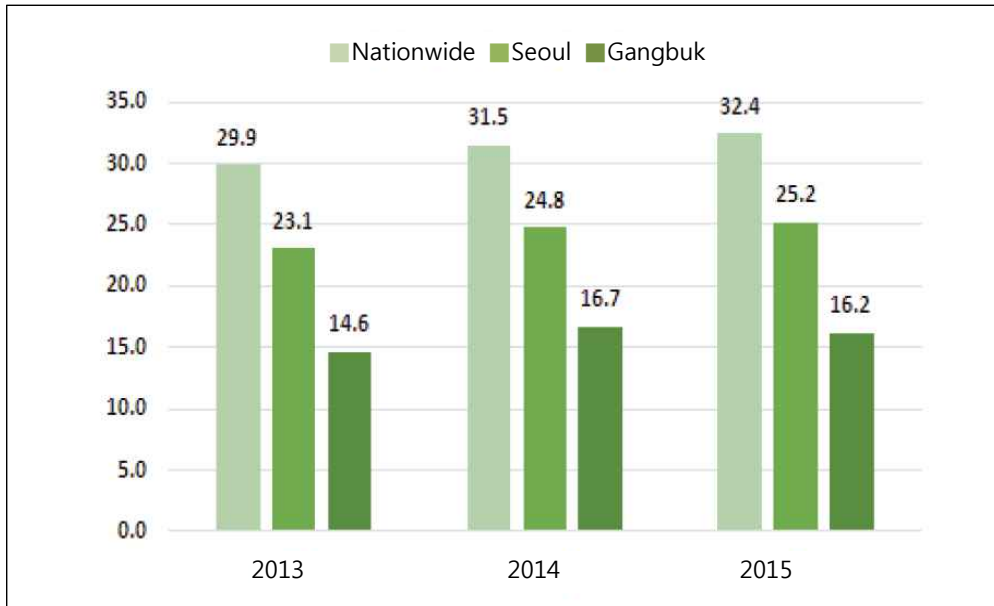
- The rate of the elderly in Gangbuk suffering from traffic accidents was lower than those of entire Korea or Seoul. While the number of traffic accidents involving the elderly steadily rose in Korea and in Seoul, that in Gangbuk rose from 473 cases in 2013 to 553 cases in 2014 and dropped to 543 in 2015.

(unit: Occurrence count)



- The rate of injury by traffic accidents rose from 14.6 in 2013 to 16.7 in 2014 and 16.2 in 2015. The annual rates of traffic accident in the past three years were lower than those of Korea and Seoul. In terms of type of traffic accidents, the most frequent type of accidents was car-to-car accidents, followed by car-to-person and by car-alone (in order).

(unit: person per thousand population)

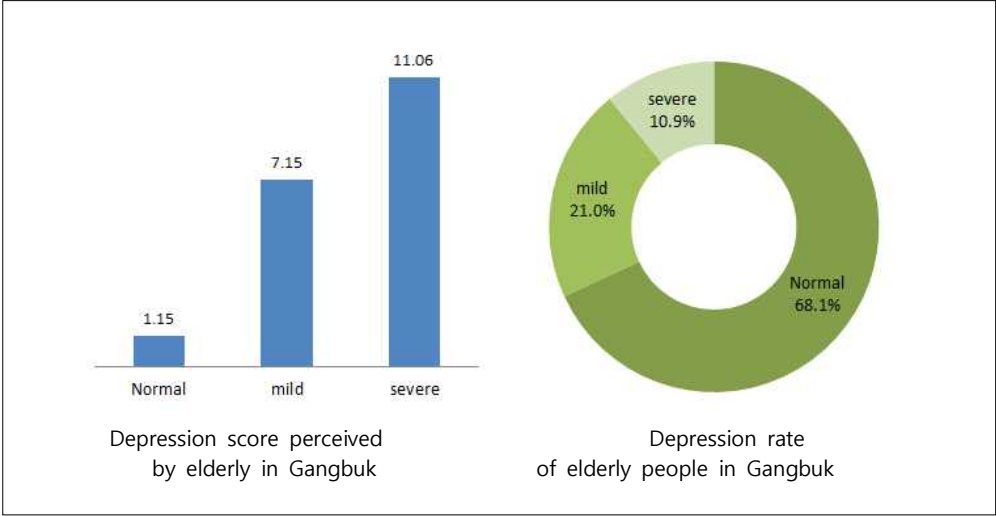


- 74.7% of the elderly 65 or older wore seat belts, 10.3% of them rode two-wheeled vehicles and 16.3% had ridden two-wheeled vehicles while they were drunk. 94.7% used road crossings and/or overpasses, 92.2% said they complied with road crossing signals, and 83.8% said they got off the buses after the buses completely stopped.
- Meanwhile, the rate of participation in safety training was very low, at 15.5%. 61.8% of the respondents answered that they were not interested in participating in any event related to safety, and 51.7% answered that the safety training would not be useful. The rate of wearing bright-colored cloths at night was also very low, at 6.5%. It is necessary to develop the

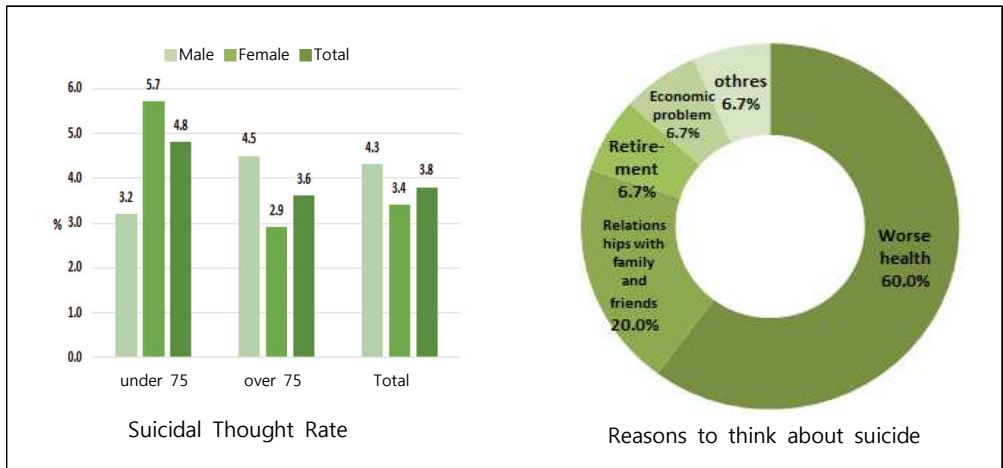
training programs focused on satisfying the specific needs of and inviting the elderly to participate.

### 2.2.4 Awareness on Suicide

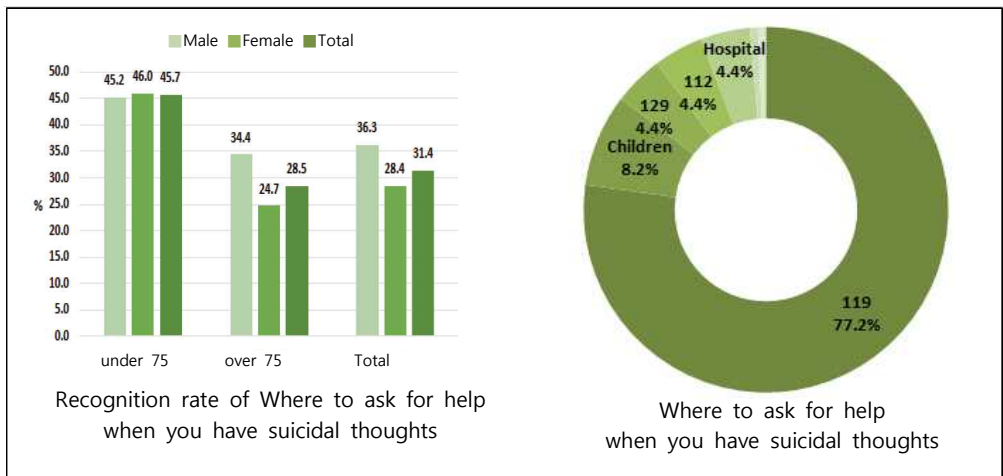
- The average depression score of the elderly living in Gangbuk-gu was 3.49. 68.1% (325 persons) were normal, 21.0% (100 persons) had light symptoms of depression and 10.9% (52 persons) had serious cases of depression.



- 3.8% and 0.8% of the elderly, respectively, thought about committing suicide and have ever prepared to commit suicide. Major reasons for doing so were: worsening health (60.0%) and relationship with family and friends (20.0%).



- The greater the degree of depression, the greater the rates of thinking about committing suicide and having prepared to do. The seriously depressed males and females, respectively, showed the highest rates of thinking about committing suicide and having prepared to do so, which attracted my attention.





- Only 31.4% said that they knew a place they could ask for help when thought about committing suicide. 77.2% of the respondents said ‘119 (Korea’s public emergency call number)’ was a place they would ask for help when they thought about committing suicide - the dependence on the local community, including families and neighbors, was significantly low.

## Summary

- The biggest cause of injury for the elderly residing in Gangbuk-gu was falling. While it is necessary to improve the overall conditions of the elderly’s living environment, including their homes and living, group activity and cultural facilities, it is especially important to improve the overall conditions of the Single Elderly and female low-income elderly.
- While improvement of the environment to prevent the elderly from getting injured by falling was found to be important, the rate of the elderly participating in falling injury prevention programs was very low. For example, the elderly heavily relied on the hospitals to get prescriptions for medicines and vision checks, but hardly ever participated in the activities aimed at preventing the falling injury which required their voluntary efforts during daily life. A review of training method and access to training seems necessary.
- The rate of the elderly who had ever participated in traffic safety training was also very low, at 15.5%. More than half of the elderly who participated in the survey said that they were not interested in participating in the safety training events and they didn’t think such events would be helpful. Seen from the perspective of educational value, it is necessary to develop training programs which are

customized to the elderly and promote the elderly to participate.

- Meanwhile, only 31.4% knew where to ask for help when they thought about committing suicide. 77.2% of the respondents said '119' was a place they would ask for help when they thought about committing suicide - the dependence on the local community, including families and neighbors, was significantly low.

## 2.3 Results of 2017 Age-friendliness Survey

### 2.3.1 Survey Overview

- The *2017 Age-friendliness Survey* was conducted to evaluate living trends of elderly residing in Gangbuk, using the eight areas suggested by the WHO Guideline. We tried to understand how can we create a local environment which is friendly to the elderly, especially in the areas of health, comfortable living and local community.
- This Survey was conducted on 1,000 elderly 60 years or older residing in Gangbuk district in May, 2017. Contents of the questionnaire was listed as described in Table 2-3.

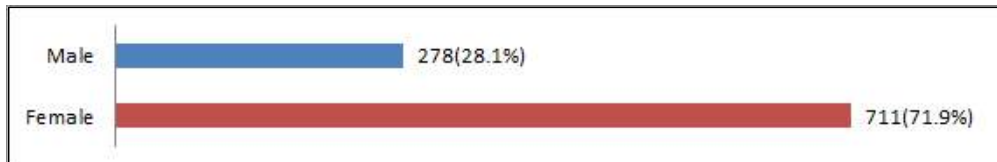
<Table 2-3> Contents of the 2017 Age-Friendliness Survey

Categories	Contents	Number of Questions
Status of Old Age Preparation	Health, old-age fund preparation, social activity participation, hobby or leisure activities, and job skill improvement preparation	5
Health Status	Subjective health status	1
Living Environment	Residential convenience: whether having experienced fall before, place of fall	2
	Transportation Convenience: whether public transportation is accessible within 10-minute radius, and main transportation means	2
Community Activities	Employment experience, employment disability, and whether participating leisure or cultural activities	3
Social Inclusion	Whether having experienced age discrimination, and subjective possibility of dying in solitude	2
General Characteristics	Age, gender, income, and income composition	4

### 2.3.2 General Characteristics

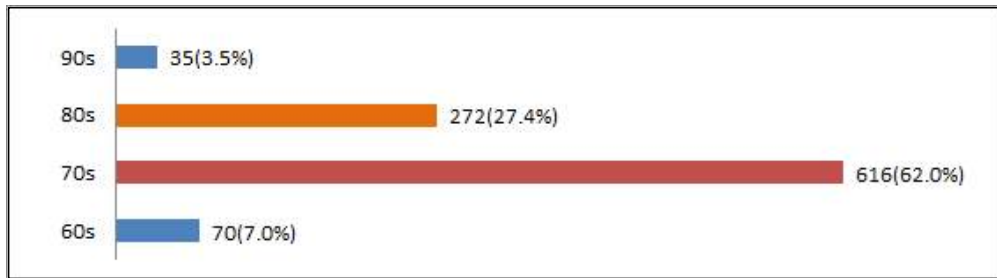
- Gender: Male 28.1%, Female 71.9%

(n=989, unit: person)



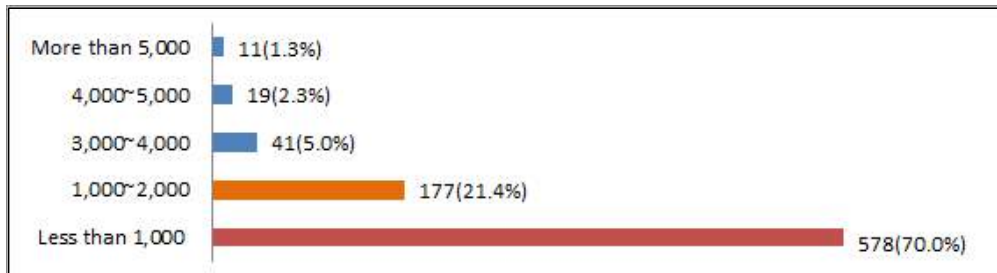
- Age: 77.1 in average ( $\pm 5.8$  years old)

(n=993, unit: person)



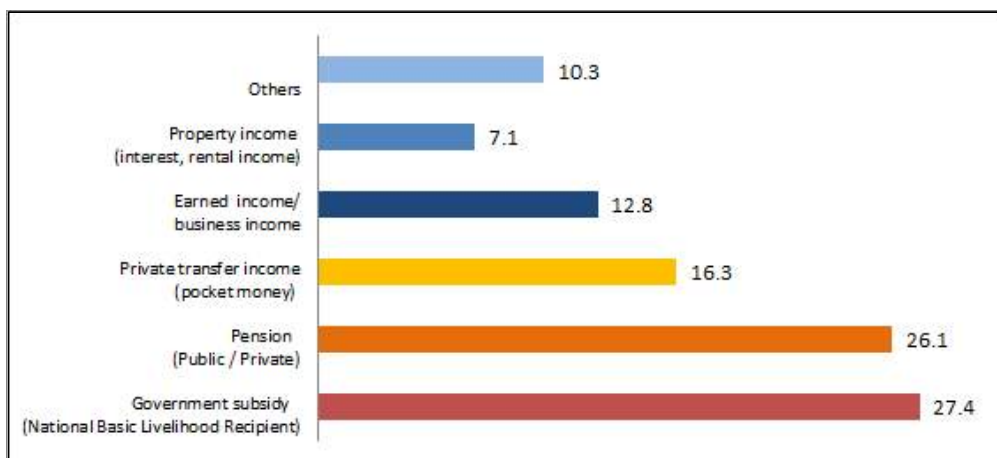
- Average Monthly Income (including incomes from spouse)

personal income after tax and social insurance payment (n=826, unit: 1,000won)



- Income Composition

(n=815, unit: %)



## Summary

- The gender ratio was 28.1% for male and 71.9% for female; the average age was 77.1 years old that female elderly facing their 80s were relatively high. Referencing with the elderly population ratio of Ganbuk by the end of 2016 (male 43% and female 57%), this female participant rate is very high that we ought to consider this factor in its interpretations.
- While 70.0% of the subjects showed low income level below one million won per month, their wage (revenue generating through labor) portion of the whole income was low as well. The main sources of earnings were consist of government subsidy (27.4%), pension (26.1%), private transferred income (16.3%), property income (7.1%), and so forth that non-labor income portion was high (76.9%), whereas earned/business income portion remained just 12.8%.

### 2.3.3 Ageing Readiness

#### ○ Ageing Readiness: 2.56 points

global score 4 (not prepared at all → fully prepared)

Ageing Readiness Status	Average	Average of Seoul	N
Total	2.56	2.3	767
Health maintenance in doing regular exercises and health check-ups	2.86	2.9	973
Participating social activities to maintain interpersonal relationship	2.74	2.4	938
Hobbies, and leisure activities	2.59	2.3	897
Old-age fund preparation	2.38	2.2	913
Preparing for job skill improvement	2.14	1.6	857

global score 4 (not prepared at all → fully prepared)

Ageing Readiness Status	Average	Gender		t
		Average		
Health Maintenance in doing regular exercises and health check-ups	2.86	Female	2.90	1.262
		Male	2.81	
Participating social activities to maintain interpersonal relationship	2.74	Female	2.72	-.589
		Male	2.77	
Hobbies, and leisurely activities	2.59	Female	2.51	-3.295**
		Male	2.75	
Old-age fund preparation	2.38	Female	2.37	.748
		Male	2.32	
Preparing for job-skill improvement	2.14	Female	1.98	-5.627***
		Male	2.45	

\* $p < .05$ , \*\* $p < .01$  \*\*\* $p < .001$

## Summary

- It appears that Gangbuk district's ageing readiness for the elderly over 60 years old was 2.56 out of 4 points, which is higher than Seoul City's average score (2.3 points).
- Ageing readiness question items in the order of from highest to lowest are health management (2.86 points), interpersonal relationship (2.74 points), hobbies and leisure (2.59 points), old-age funds (2.38 points), and job skill (2.14 points), which especially shows they scored higher than those of Seoul City.
- Among these hobbies and leisure and job skill items show clear gender differences. Whereas health management, interpersonal relationship, age-fund preparation question items show no significant gender differences, female scored 2.51 points and male 2.75 ( $p < .01$ ) for hobbies and leisure item, and female scored 1.98 points and male 2.45 ( $p < .001$ ) for preparation for job-skill improvement that on both question items male score higher than female surveyees. We

need to find ways to support income generating and social activities for female elderly.

### 2.3.4 Health Status

- Subjective health status: average 3.22 point

global score 5 (poor → very healthy) (n=1,063)

	Average of Seoul	Average	Gender Average	
Subjective health status	3.2	3.22	Female	3.19
			Male	3.25

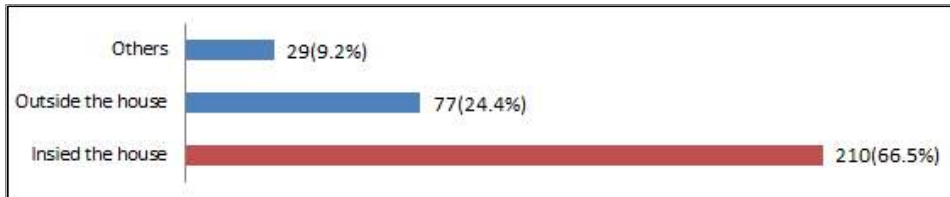
#### Summary

- The self health evaluations by Gangbuk district elders was 3.22 points out of 5 points, which is on similar level as Seoul City's average (3.2 points). Female average was 3.19 points and male 3.25, which female scored little bit higher but they are not significant difference level.

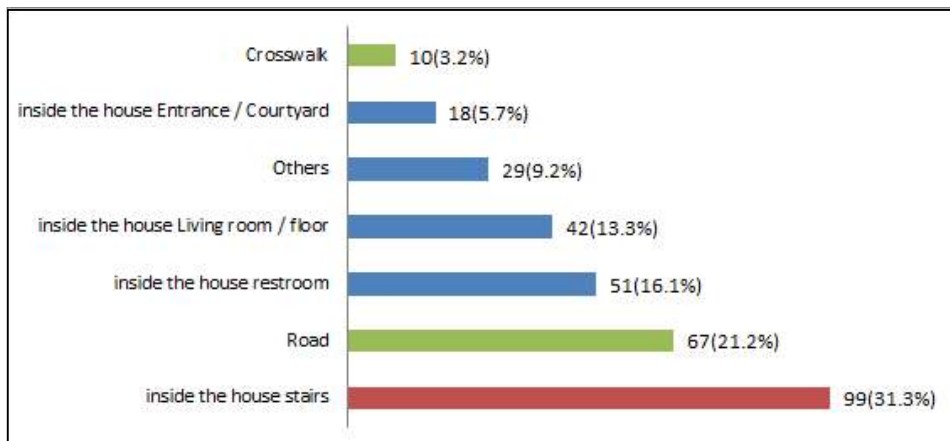
## 2.3.5 Living Environment

### ○ Residential Convenience: Fall and inconvenience factors

(n=316, unit: person)



(n=316, unit: person)



## Summary

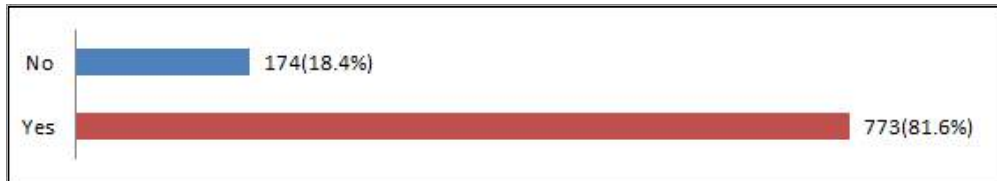
- Total 316 older adults (28.4%) experienced fall during last year.
- More frequent falls were reported Inside the house (66.5%) rather than outdoor environment (24.4%). According to the survey from Seoul, almost same proportion (52.5% inside the house, 52.2% outdoor environment) were reported. Tailored housing improvement program for Gangbuk residents are needed.



## 2.3.6 Transportation and Housing Environment

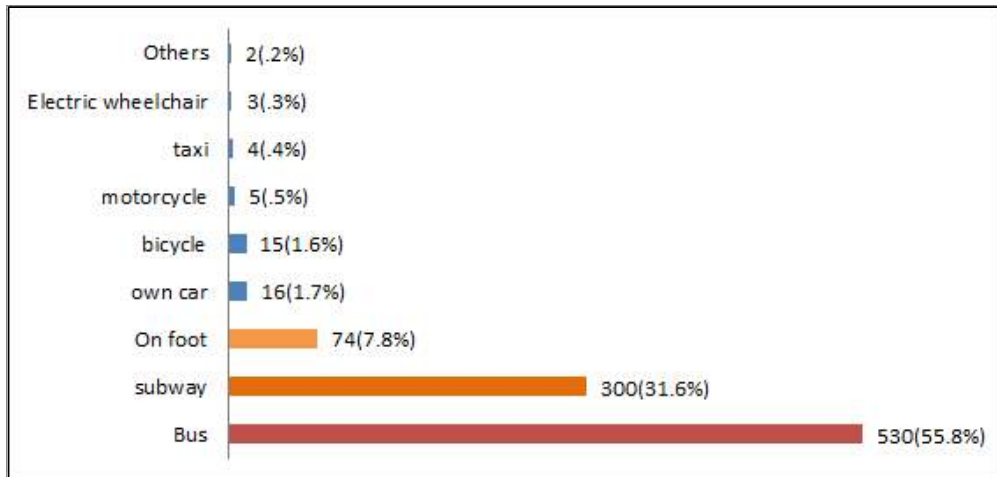
### ○ Accessible Public Transportation within 10 Minutes

(n=947, unit: person)



### ○ Main Transportation

(n=949, unit: person)



## Summary

- We could evaluate Gangbuk district's transportation convenience is generally good. 81.6% of the whole subjects answered that they could access to public transportation within 10-minute radius from one's residential space (home); it shows that among them 87.4%

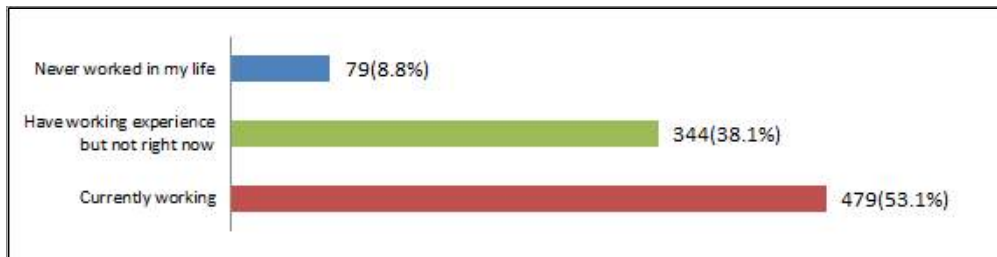
were using public transportations like bus, subway and etc.

- The elderly in Seoul as a whole were using in the order of subway (34.6%), bus (25.7%), walking (25.4%), car (8.9%) that subway was their highest main transportation means, whereas in Gangbuk district it was in the order of bus (55.7%), subway (31.6%), walking (7.8%) that bus usage was significantly high.
- Compared to broad-area based subway, bus is more closely related to community living environments as with sidewalks, crosswalks, and bus stops, and it is main improvement project Target by the district level. This indicates that the district's transportation environment is relatively sound.

## 2.3.7 Community Involvement Environment

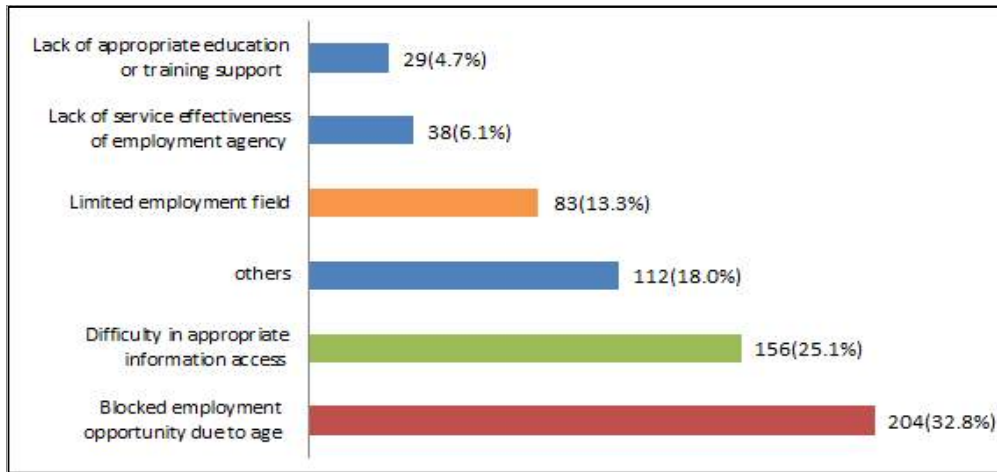
### ○ Labor Activity

(n=902, unit: person)



○ Difficulty in Preparation for Employment

(n=622, unit: person)



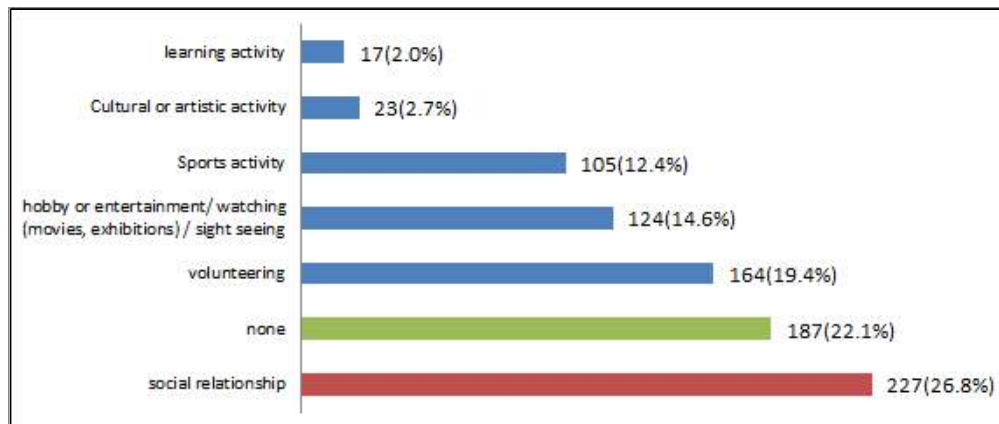
### Summary

- The number of elderly currently under employment was 53.1% among the subjects that Gangbuk district's elderly economic activity rate is relatively higher than Seoul City's average (32.5%).
- The number of those who are currently not employed but having working experience was 38.1%, and those who have never worked before was 8.8% that potential working population rate was also lower than Seoul City's average (53.1%, 14.4%).
- Among the limitations to employment activities, employment opportunity block due to age was the highest with 32.8%. When we put limited employment fields for the elderly in the same context, 41.4% of the surveyees regarded ageing as the most limiting factor in labor activities, so to speak.
- Difficulty in information access (25.1%), lack of service effectiveness of employment agency (6.1%), lack of appropriate education or

training support (4.7%), and so forth, which question items demanding quality improvement in elderly employment support program amount to 35.9% that related service enhancement should be done.

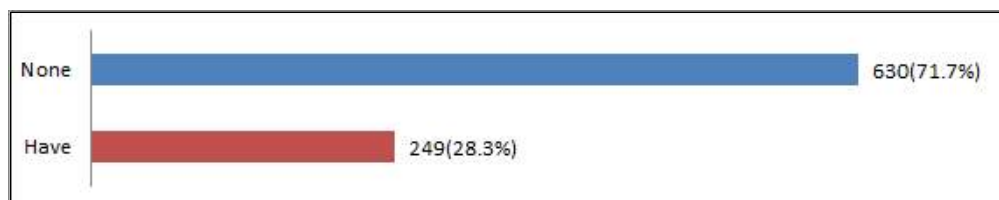
### ○ Whether Enjoying Hobbies or Leisure Activities

(n=847, unit: person)



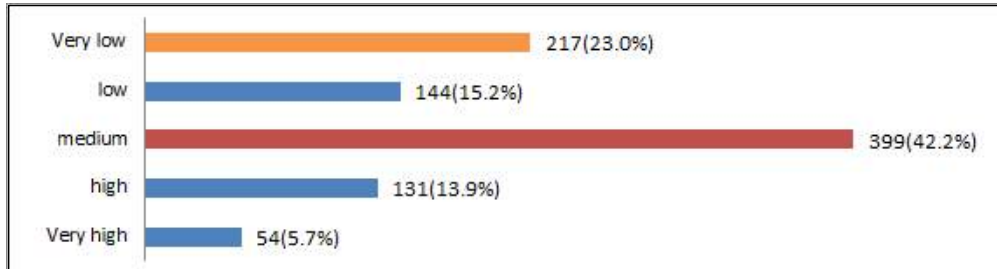
### ○ Whether Having Experienced Age Discrimination

(n=879, unit: person)



- Subjective Possibility of Dying in Solitude: Average 3.36 Points (5 Point Scale)

(n=945, unit: person)



## Summary

- For specific hobbies and leisurely activities described in addition were social relational activities (26.8%) such as meeting friends, participating social clubs, religious groups, and etc., that it shows there are lot of activity at the level of daily interpersonal relationships. At the same time, those who answered they have no hobbies or doing no leisurely activities at all amounted to 22.1% that it shows half of the subjects, i.e., 48.9% of the elderly are only participating daily interpersonal activities than dynamically performing new social ones.
- On the other hand for the question items about whether having experienced age discrimination, yes was 28.3% and no 71.7%. When compared those with average points from Seoul (yes 12.3%, no 87.7%), the elderly of Gangbuk district had higher sensitivity.
- For the question items on the possibility of dying in solitude, Gangbuk elderly scored 2.64 points out of 5 that there is not much of a difference from Seoul City's average point (2.7). However those number is above median point and 18.7% of the elderly were expecting it as high possibility that we need to pay cautious

attention to this subject matter.

- Although all of these answers could be interpreted in various ways, they all reflect the elderly's perception to the level of respect and social inclusion from the community. Thus, we need to encourage the elderly to participate in social activities more, and at the same time to build age-friendly environment promoting social inclusion from the community.

## 2.4 Discussion

- Gangbuk-gu has the largest portion of elderly among the 25 autonomous districts in Seoul, and has a great demand for creation of an elderly-friendly city. It seems that the creation of elderly-friendly city will be steadily and continuously carried out at the level of local community, not only because Gangbuk-gu has been steadily promoting the projects aimed at improving the health of elderly and creating a safe city since it established the basic ordinances on welfare of elderly in 2013, but also because the current local government has a strong commitment to the same goals.
- In summary, the major findings from the Survey are as follows:

- First, the falling injury was the biggest cause of injury suffered by the elderly residing in Gangbuk-gu. While it is necessary to improve all facilities the elderly use, including their homes, the level of stability in the homes of elderly was relatively low. It is necessary to implement a project that will provide tailored improvements for living environments that will make the homes of elderly more stable. It is especially important to more actively improve the living environments of the Single Elderly and female low-income elderly. Meanwhile, the conditions of bus-rides and walking should be improved together. It is necessary to create an environment where the elderly can easily move to places by providing walkers to more elderly and by repairing the sidewalks.
- Second, while improving the environment to prevent the elderly from getting injured by falling was found to be important, the rate of the elderly participating in falling injury prevention programs was very low. The rate of participation in traffic safety training was also 15.5% - while the elderly heavily rely on the medical treatment, they are not as interested in making safety preparations in daily life as they should be. It is necessary to review the contents and delivery methods of elderly safety training programs.
- Third, the policies aimed at promoting the elderly in Gangbuk-gu to participate in social activities should be

implemented in connection with the policies aimed at increasing their income. 70.0% of the respondents earned no more than KRW 1 million, and the rate of generating income from work was also low. Also, it is necessary to make a more specific approach regarding the female low-income elderly. The female elderly showed lower rates of being ready to improve job skills, as well as enjoying the leisure or hobby activities, than those of the male elderly. It is necessary to simultaneously promote them to continue their income-earning activities and social activities.

- Fourth, while the elderly in Gangbuk-gu were relatively more robust in terms of job-seeking activities than the average in Seoul, it was still difficult for them to get hired. Many respondents said that the types of job they could get were limited, and they were restricted or discriminated based on their age in terms of employment opportunities. Two objectives must be achieved: qualitative improvement of projects aimed at supporting the elderly for employment (e.g. providing adequate information and training); and development of various projects that will allow the social experiences of the elderly to be re-used in the local community.
- Fifth, it is urgently necessary to raise the rate of participation in local community by the elderly, with regard to the above. Almost a half of the respondents (48.9%) said that they limit their scope of social interaction to the



existing relationships, such as the school alumni or religious group, rather than dynamically engaging in new social activities. It is necessary to create an inclusive and dynamic atmosphere to create an elderly-friendly city not through giving and receiving benefits, but through participation, by broadening the scope of participation in the local community activities.

- It is necessary to actively develop not only the supportive projects (e.g. for health or creation of urban environment), but also the projects that require participation of the elderly. It may be helpful to seek for ways to link the projects with the social economy or village corporations, the concepts that are rapidly growing in local communities recently. This not only agrees with 'active aging,' the basic philosophy of the elderly-friendly city, but also has positive effect in promoting the elderly to become useful social resources, thus it will help to reduce the rates of the elderly dying an 'unknown death' or committing suicide.



# 3

## Prioritization and Primary Task Selection

### 3.1 Value of AFC Gangbuk

- AFC is based on the concept from WHO's active ageing. Active ageing is defined as the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age (WHO, 2007).
- Meanwhile according to WHO's publication on *Global Age-Friendly Cities: A Guide*, conceptual definition of AFC is a city 1) where ageing is not inconvenient, 2) where is liveable for everyone regardless of age, and 3) where could actively participate in for healthy ageing. Each of the definitions significantly reflects the values respectively: Comfort, Consonance, and Health.
- These three values are closely related to the primary objectives of eight domains suggested by the WHO's AFC guideline (2007). Comfort is primary objectives of 1) outdoor spaces and buildings, 2) transportation, and 3) housing. Consonance is that

of 4) social participation, 5) respect and social inclusion, 6) civic participation and employment, and 7) communication and information. Health is primary objectives pursued by all types of 8) community support and health services.



<Figure 3-1> Three Values of AFC Gangbuk and Eight Domains  
Suggested by the WHO's AFC Guideline (2007)

- Eventually, AFC Gangbuk made a consensus that active ageing means 1) comfortable ageing, 2) consonant ageing, and 3) healthy ageing. In order to achieve these ideal values we decided to select appropriate priority tasks for the project.

## 3.2 Reviewing Data concerning Age-Friendliness

- The priority tasks were chosen based on the decisions on what programs would be most needed for Gangbuk residents. For the purpose, we conducted surveys and reviewed the data concerning 1) AFC related projects and 2) age-friendliness of Gangbuk in 2017.
- Investigation to search AFC related project was conducted on April 2017. We could found 26 projects currently pursued by 14 departments in Gangbuk District Office, which were closely related with the WHO's AFC guideline (2007). We could reclassified the projects into five areas - based from eight domains suggested by WHO (2007) - which would be more appropriate for actual conditions of Gangbuk district (Table 3-1).
- *2017 Age-friendliness Survey* was conducted on May 2017. 1,000 older adults aged over 65 years who are residing in Gangbuk district were participated in the survey. Results of the study could be summarized as:
  - 1) need to improve mobility housing environment by obstacle-free road, park, residential facilities,
  - 2) need to eliminate age discrimination,
  - 3) need to promote social participation among the elderly in

connection with employment program, and

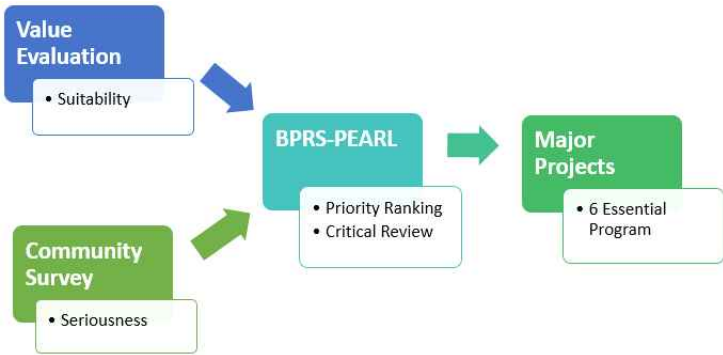
4) need to conduct preventive health management program.

<Table 3-1> 26 Projects Related with the WHO's AFC Guideline (2007)

Value	Domain	Project Name	
1. Comfortable Ageing	1.1 Transportation	1.1.1 Operation of Free Shuttle Buses for the Disabled and the Elderly	
		1.1.2 Subsidies for Ambulation Support for the Disabled and the Elderly	
		1.1.3 Midnight Bus for Safe Return Home	
		1.1.4 Safety Campaign for the Elderly Drivers	
		1.1.5. Obstacle-free Road Project	
	1.2 Housing	1.2.1 Housing Support	
		1.2.2 Operation of the Elderly House	
		1.2.3 Integrated Support for Gyeongrodangs	
		1.2.4 Parks and Village Plaza Maintenance Project	
2. Consonant Ageing	2.1 Respect and Inclusion	2.1.1 Promoting the Culture of Filial Duty	
		2.1.2 At-home Care Services	
		2.1.3 The Elderly Care Service	
		2.1.4 Long-term Care Insurance for the Elderly	
		2.1.5 Dementia-friendly Village	
	2.2 Participation and Employment	2.2.1 Supporting the Organizations that Promote Leisure Activities	
		2.2.2 Support for Lifelong Education Programs for the Elderly	
		2.2.3 Jobs & Social Participation Project	
		2.2.4 Silver Hair Salons	
		2.2.5 After-school Classes by Retired Teachers	
		2.2.6 Culture & Tourism Guide Training and Service	
		2.2.7 Elderly Health Promotion Center	
	3. Healthy Ageing	3.1 Health Services	3.1.1 Falling Accident Prevention
			3.1.2 Medical Cost Support
3.1.3 Chronic Disease Management Project			
3.1.4 Suicide Prevention Project			
3.1.5 Home Care Service			

### 3.3 Methods of Prioritization (BPRS-PEARL)

- On July 2017, we selected primary tasks for AFC Gangbuk through the consensus meeting of AFC organization members. Each of the committee members brought out their own various opinions, and they ultimately decided primary tasks from 26 projects using BPRS-PEARL method.



<Figure 3-2> Prioritization Process to Select Primary Tasks

- Prioritization was weighted subjectively through 1) value suitability and 2) issue seriousness. Value suitability means how closely the program is related with the three values of AFC Gangbuk. Issue seriousness means how the program is strongly demanded for the residents in Gangbuk districts.
- All of the committee members gave 0~5 points to each of the projects based on those criteria. Then the scores were

summed up (excluding the highest and the lowest points) and given a total score which was used to select primary tasks of AFC Gangbuk.

## **3.4 Primary Tasks Selection**

### **3.4.1 Brief Priority Rating System (BPRS)**

- Results of prioritization using BPRS method regarding the primary tasks of AFC Gangbuk are shown in Table 3-2.
  
- 10 primary tasks are listed as followed (Table 3-3): Suicide Prevention Project (health services), Home Care Service (health service), Promoting the Culture of Filial Duty (respect and inclusion), Dementia-friendly Village (respect and inclusion), Obstacle-free Road Project (transportation), Jobs & Social Participation Project (participation and employment), The Elderly Care Service (respect and inclusion), Falling Accident Prevention (health service), Integrated Support for Gyeongrodangs (housing environment), and At-home Care Service (respect and inclusion).



<Table 3-2> BPRS Results among 26 Projects of AFC Gangbuk

Value	Domain	Projects Name	BPRS Results		
			Value Suitability (0-5)	Issue Seriousness (0-5)	Total Score (0-10)
1	1-1 Transportation	1.1.1 Operation of Free Shuttle Buses for the Disabled and the Elderly	3.6	2.6	6.2
		1.1.2 Subsidies for Ambulation Support for the Disabled and the Elderly	4.0	2.8	6.8
		1.1.3 Midnight Bus for Safe Return Home	2.8	2.0	4.8
		1.1.4 Safety Campaign for the Elderly Drivers	4.2	4.2	8.4
		<b>1.1.5. Obstacle-free Road Project</b>	<b>4.4</b>	<b>4.6</b>	<b>9.0</b>
	1-2 Housing	1.2.1 Housing Support	4.0	4.2	8.2
		1.2.2 Operation of the Elderly House	4.2	3.6	7.8
		<b>1.2.3 Integrated Support for Gyeongrodangs</b>	<b>4.8</b>	<b>3.8</b>	<b>8.6</b>
		1.2.4 Parks and Village Plaza Maintenance Project	3.4	3.2	6.6
		2	2-1 Respect and Inclusion	<b>2.1.1 Promoting the Culture of Filial Duty</b>	<b>4.8</b>
<b>2.1.2 At-home Care Services</b>	<b>4.6</b>			<b>4.0</b>	<b>8.6</b>
<b>2.1.3 The Elderly Care Service</b>	<b>4.6</b>			<b>4.2</b>	<b>8.8</b>
2.1.4 Long-term Care Insurance for the Elderly	4.4			3.6	8.0
<b>2.1.5 Dementia-friendly Village</b>	<b>4.4</b>			<b>4.6</b>	<b>9.0</b>
2-2 Social Participation and Employment	2.2.1 Supporting the Organizations that Promote Leisure Activities		4.2	3.8	8.0
	2.2.2 Support for Lifelong Education Programs for the Elderly		4.2	4.2	8.4
	<b>2.2.3 Jobs &amp; Social Participation Project</b>		<b>4.1</b>	<b>4.8</b>	<b>8.9</b>
	2.2.4 Silver Hair Salons		3.4	2.4	5.8
	2.2.5 After-school Classes by Retired Teachers		4.0	3.2	7.2
3	3-1 Health Services	2.2.6 Culture & Tourism Guide Training and Service	3.6	3.0	6.6
		2.2.7 Elderly Health Promotion Center	4.4	3.8	8.2
		<b>3.1.1 Falling Accident Prevention</b>	<b>4.4</b>	<b>4.4</b>	<b>8.8</b>
		3.1.2 Medical Cost Support	<b>4.2</b>	<b>3.6</b>	<b>7.8</b>
		3.1.3 Chronic Disease Management Project	4.2	4.0	8.2
		<b>3.1.4 Suicide Prevention Project</b>	<b>4.8</b>	<b>4.8</b>	<b>9.6</b>
		<b>3.1.5 Home Care Service</b>	<b>4.8</b>	<b>4.4</b>	<b>9.2</b>

<Table 3-3> 10 Primary Tasks of AFC Gangbuk

Priority Ranking	Total Score (0-10)	Value Suitability (0-5)	Issue Seriousness (0-5)	Projects Name	Domain
1	9.6	4.8	4.8	Suicide Prevention Project	Health Services
2	9.2	4.8	4.4	Home Care Service	Health Services
3	9.0	4.8	4.0	Promoting the Culture of Filial Duty	Respect and Inclusion
4	9.0	4.4	4.6	Dementia-friendly Village	Respect and Inclusion
5	9.0	4.4	4.6	Obstacle-free Road Project	Transportation
6	8.9	4.1	4.8	Jobs & Social Participation Project	Participation and Employment
7	8.8	4.6	4.2	The Elderly Care Service	Respect and Inclusion
8	8.8	4.4	4.4	Falling Accident Prevention	Health Services
9	8.6	4.8	3.8	Integrated Support for Gyeongrodangs	Housing
10	8.6	4.6	4.0	At-home Care Services	Respect and Inclusion

### 3.4.2 Re-examination of Feasibility (PEARL)

- Priority results according to BPRS methods were reinforced with the scores of Propriety, Economic feasibility, Acceptability, Resources and Legality (PEARL) through the consensus meeting of AFC organization members.
- Committee members gave 0 or 1 point after evaluating each of the program's feasibility with careful deliberation. Following that, final primary tasks were selected as listed in Table 3-4.

<Table 3-4> PEARL Results on Each Domains for AFC Gangbuk

Domain	Projects Name	P	E	A	R	L	PEARL (0/1)
Health Service	Suicide Prevention Project	1	1	1	1	1	1
Health Service	Home Care Service	1	1	1	1	1	1
Respect and Inclusion	Promoting the Culture of Filial Duty	1	0	1	1	1	0
Respect and Inclusion	Dementia-friendly Village	1	1	1	1	1	1
Transportation	Obstacle-free Road Project	1	1	1	1	1	1
Participation and Employment	Jobs & Social Participation Project	1	1	1	1	1	1
Respect and Inclusion	The Elderly Care Service	1	1	1	0	1	0
Health Services	Falling Accident Prevention	0	1	1	1	1	0
Housing	Integrated Support for Gyeongrodangs	1	1	1	1	1	1
Respect and Inclusion	At-home Care Services	1	1	1	0	1	0

### 3.4.3 Selecting Six Major Projects

- Finally, six major projects for AFC Gangbuk were selected as followed:
  - 1) Suicide Prevention Project,
  - 2) Home Care Service,
  - 3) Dementia-friendly Village,
  - 4) Obstacle-free Road Project,
  - 5) Jobs & Social Participation Project, and
  - 6) Integrated Support for Gyeongrodangs.



# 4

## Strategies of AFC Gangbuk

### 4.1 Five Main Issues

- According to the AFC Task Force Team's request, advisory panels developed 5 strategies to effectively conduct AFC Gangbuk project. The advisory panels are comprised of experts in senior welfare and public health. They selected 5 main issues in each of the 5 areas shown in <Figure 4-1>, and established detailed strategies to accomplish.

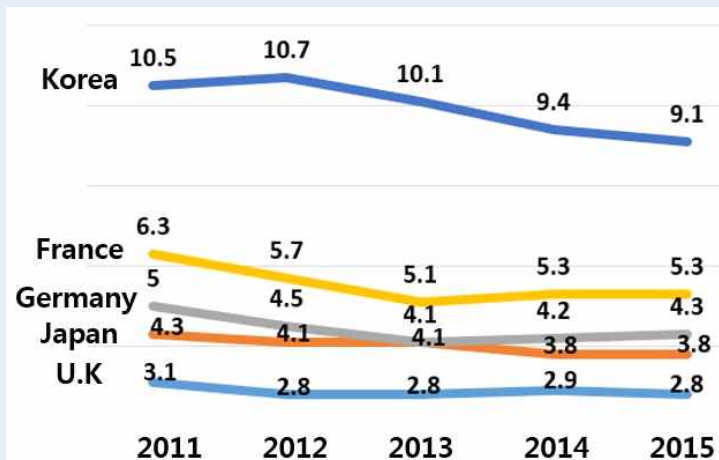


<Figure 4-1> Five Main Issues of AFC Gangbuk

# 1

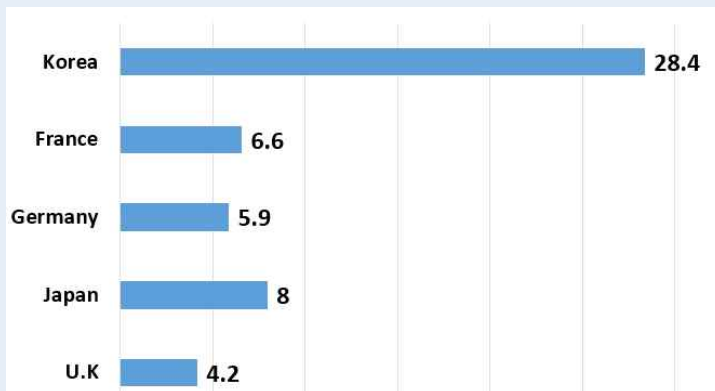
## [Transportation] Issues of Mobility Right

- Transportation is an important means of guaranteeing mobility for the elders, and it is closely related to social connectivity in old age (Menec et al., 2011). Even though transportation systems (car, public transportation, walking, separate transportation service for the vulnerable populations who cannot use transportations operated in fixed routes) have been variously operated and developed, there are numerous reasons that unfortunately limit the mobility for senior population. That is to say, physical and social connectivity is not properly guaranteed for seniors to reach the place where they want to be in a convenient and safe manner.



<Figure 4-2> Mortality Rate per 100 thousand population from Road Traffic Accidents in Recent 5 Years for Major OECD Countries (National Key Indicator Number of Deaths from Road Traffic Accident, 2017)

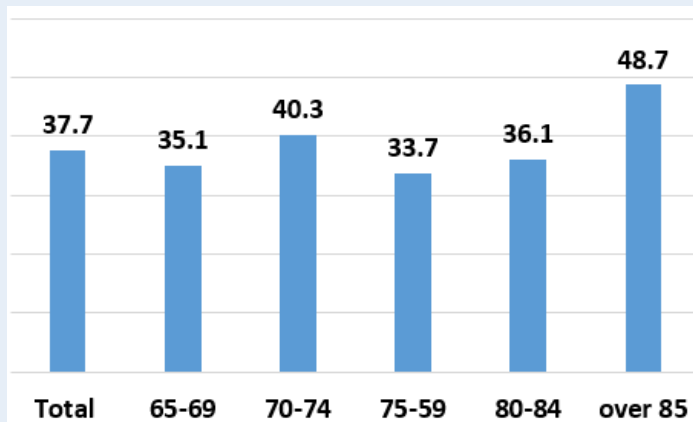
- (Safety) Referencing OECD's Transport Safety, UN's World Population Prospects, and Road Accident Status Reported to Police (Korean reference) and Prospective Population Estimation (Korean), we compared South Korean mortality rate of road traffic accidents from 2011 to 2015 with that of the major OECD countries of Germany, UK, Japan and France. As a result, the number of Korean deaths per 100 thousand population from road traffic accident was the highest. Especially in the year 2015, the number was more than threefold of that of the UK which is the lowest and showed a safety issue of Korean traffic system (Figure 4-2).



<Figure 4-3> Number of Deaths per 100 Thousand Population over 65- Years-Old of the Major OECD Countries from Road Traffic Accidents (International Road Traffic and Accident Database, 2014)

- (Safety) It has been reported that these issues of traffic safety especially effect more to those elders with reduced physical functions (vision, hearing, walking) and cognition (Kim, 2015). Comparing mortality rates of seniors over 65 years old from Korea and major OECD countries in the year 2014, the number of deaths of Korean seniors were 28.4 per 100 thousand population, and such rate was the highest among 5 countries, and is 7 times that of UK with the lowest (Figure 4-3).

- (Accessibility and Convenience) From the results of Elderly Status Survey 2014, 79.8% of the whole senior respondents addressed inconveniences, and among them, 'lack of public transportation or using it' was the most common option chosen. In particular, seniors over 85 years old, single seniors, illiterate seniors, employed seniors, the poor elders, and seniors having functional difficulty to perform everyday life mostly complained about lack of or using public transportation. Some even complained about transportation to their senior citizens center for inconvenience.



<Figure 4-4> Whether Having Experienced Age Discrimination in Using Public Transportation (Elderly Status Survey Data Analysis, 2014)

- (Accessibility and Convenience) 4 out of 10 Korean seniors over 65 years old responded that they have experienced discrimination in using public transportation (Figure 4-4), and especially in cases of those elders over 85, 1 out of 2 responded they have experienced the same.



# 2

## [Housing] Issues of Ageing-in-Place (AIP)

- Housing is a concept beyond physical dimensions like an actual house. Especially for the elderly who have more time staying in their residential environment than other age groups, housing has more fundamental effect on their quality of life that it has extensive meaning in physical, psychological and social fields (Kim et al., 2016; Kim & Ku, 2014).

<Table 4-1> Definitions of AIPs according to researchers

Author (Year)	Definition
Irvy (1995)	To stay and live steadily in their familiar residential space and community by receiving appropriate help and service despite functional limitation/obstacle that elderly people have.
Frank (2001)	To stay and live in their familiar place/community until elderly people die.
Cutchin (2003)	To live safely and independently for the rest of their life in the familiar residential space and community where elderly people have lived so far.
Davey et al. (2004)	To live in their community while elderly people maintain their independence rather than enter a facility.

- (Applicable Cases) When we examine foreign cases of New York, Portland, Philadelphia USA, and the likes, issues of Ageing-in-Place were gravely reviewed. Instead of placing seniors in nursing homes or other facilities to promote management convenience, seniors largely tend to continuously live in the community as before and that the community extend its social service programs. According to the American Association of Retired Person's 2017 report, over 80% of

US seniors preferred to live in their own home towns and want to receive essential services (Miami-Dade Country, 87%; Seattle, 86%; Springfield, 81%; Tucson, 85%; Wilmington, 88%).

<Table 4-2> Positive Effects of AIP

Classification	Content
Physical Advantage	Even with reduced physical functions, living in an accustomed space lead them to manage a comfortable daily life.
Psychological Advantage	Living in an accustomed environment with familiar people give seniors psychological stability.
Social Advantage	In continuous participation to their community, seniors could perform their social roles even after their retirement, and it becomes a virtuous circle structure as this in turns attributes positive effects back to the community.
Economical Advantage	Welfare costs (social cost, health insurance cost) from put in facilities can be reduced.

\* Sources: Wiles et al, 2012; Dye et al., 2011, Cho, 2013; Yoon & Han, 2011

- (Current Issues) According to the study from Kim (2006) regarding elderly household in Seoul, it shows that most Korean seniors have desires of AIP in their community. However, it was evaluated that their actual housing environments were either harsh to live in (17.3%) or lack elderly care installations (78.1%). As a result, the environment is not suitable for their continuous habitation. Thus, it emphasized the need for safe and convenient housing environment for the elderly (Elderly Status Survey, 2014).
- (Current Issues) Senior citizens centers are most commonly available spaces for senior leisure and welfare centers in Korea that as of 2014 every 1 out of 4 seniors use them regularly. Among those who use them, the survey showed that they had visited it 4 times per week in average. That is, it could be identified as, apart from their own housing, one of the most primarily used space in the community. Yet with those unsatisfied with using their senior citizens

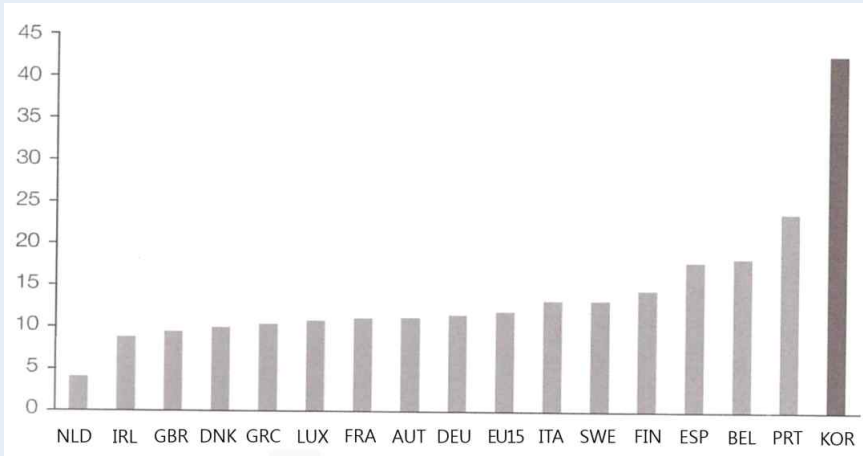
center, 2 out of 10 respondents picked poor facilities as their reason for it and suggested that an improvement was needed. (Elderly Status Survey, 2014)

- (Current Issue) 14.2% of the city-dwelling Korean seniors experienced inconvenience with the lack of green spaces, parks, and the facilities that could be used in relation to the living environment of their resident community (Living Profile of Older Adults Survey, 2014).

# 3

## [Respect and Inclusion] Issues of Ageism

- Rapid changes of population and social structure in South Korea caused generational conflict and confrontation in political, economical and social areas overall. In the trend of ageing and low growth rate as the social burdens to elderly support increase, conflict on resource distribution fairness between old and younger generations has been expanded (Park, 2009). As a result, so called ageism which discriminates the elderly only based on their age has been emerged as a social problem. Ageism, i.e., the social discrimination and bias towards the elderly is fixing Korean society into a generation-conflicting one and causing conflict and division, which hinders social stability. To create communal culture of mutual respects between old and younger generations and of genuine social inclusion, it is essential for us to overcome ageism – age discrimination – and to break out from the negative frame of gerontocracy.
- (Current Issues) According to the study by Choi (2016) who analyzed data from European Commission (2009) and Generation Symbiosis Research Team (2014), agreement rates about an opinion that ‘seniors are burden to the society’ were on average about 12% for European countries, whereas for Korea it was the highest at over 40% (Figure 4-4). Even though the country has one of the most highest seniors economy participation rate among OECD countries, it shows that Koreans tend to perceive them as a dependent and unproductive population group (Choi, 2016).



<Figure 4-5> Agreement Rate of the opinion: 'Seniors are Burden to the Society'  
(Choi, 2016)

\* Source: European Commission (2009); Generation Symbiosis Research Team (2014)

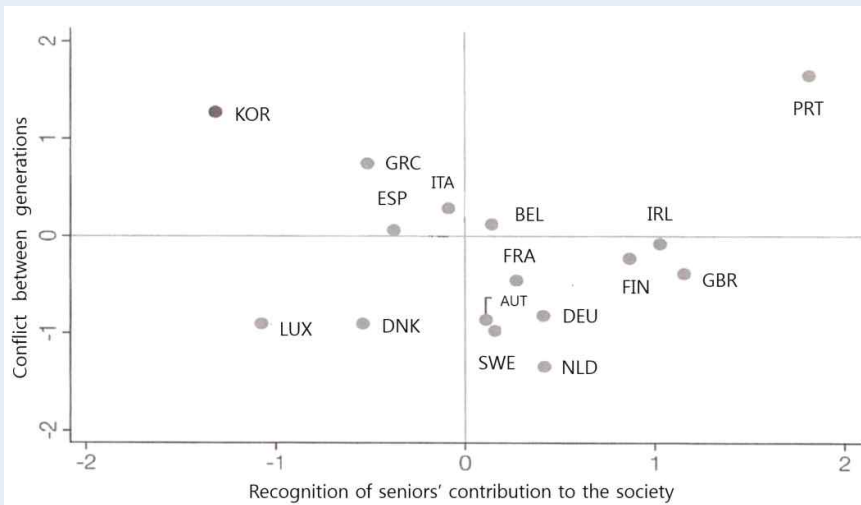
- (Current Issue) According to Choi (2016) who reviewed the perceptions between generations, the different perceptions from each generation on seniors were shown as followed in Table 4-3. First, Korean seniors contributed to the national development, 72.2% of the respondents were in agreement, and more people from middle-aged group aged over 50 answered positively than those of 20s, 30s and 40s. Second, 13.5% of the respondents answered Korean seniors are selfish, the agreement rates from 30s were the highest at 18.1%, followed by 40s (15.2%), 20s (13.8%), over 70s (11.4%), 50s (10.0%) and 60s (15.2%). Third, regarding whether they are dissatisfied with the old generation, on average, 1 out of 10 people answered positively, those over 70 years old were relatively less dissatisfied (6.4%). Fourth, regarding old generations are irresponsible, those over 70 years old were on the most agreement (14.9%), followed by in the order of 20s (10.6%), 60s (10.5%), 40s (9.7%), 30s (8.4%), and 50s (6.6%).

<Table 4-3> Agreement Rates of Mutual Perceptions between Generations (Choi, 2016)

Classification	20s	30s	40s	50s	60s	70s +	Total (%)
The Generation over 60 Years Old Contributed the Development of South Korea	69.1	68.8	70.8	74.2	81.2	73.1	72.2
The Generation over 60 Years Old are Selfish	13.8	18.1	15.2	10.0	9.8	11.4	13.5
Dissatisfied with the Generation over 60 Years Old	11.1	11.8	9.0	9.6	10.5	6.4	9.9
The Generation over 60 Years Old are Irresponsible	10.6	8.4	9.7	6.6	10.5	14.9	9.7

\* Source: Generation Symbiosis Research Team (2014)

- (Current Issue) According to the Choi (2016), Koreans showed very low perception level to the seniors' contribution and very high conflict level between generations (Figure 4-6).



<Figure 4-4> Perception to Contribution by the Seniors and to Conflict between Generations (Choi, 2016)

\* Source: European Commission (2009); Generation Symbiosis Research Team (2014)

# 4

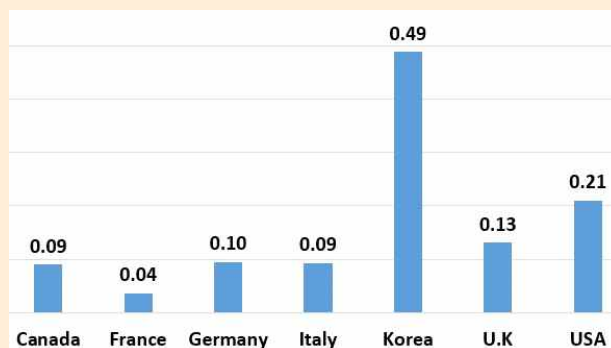
## [Participation and Employment] Issues of Participation by Work

- Social participation of the elderly is the key concept in explaining successful ageing, and active social participation prevents ageing-related diseases and disabilities and helps the elderly maintaining and improving physical and cognitive functions (Buchman et al., 2009; James et al, 2011; Isaac et al, 2009; Wang et al, 2002). However as getting older, the elderly's social participation generally decrease; they tend to be affected in various ways by their retirement, death of the close ones, health problems, experiencing social economical status changes, and etc., that it becomes a great issue that in especially providing them various social participation opportunities to encourage their participation (Lee et al., 2008; Bukov et al., 2002; Ashida & Heaney, 2008).
- (Participation) When surveyed the seniors with their degree of hope in social participation level, the result shows that their hobbies and leisure activities were the highest, then followed by activities with social clubs, and learning activities. For political and social activities, it was relatively and significantly low (Table 4-4).

<Table 4-4> Degree of Hope on Social Participation (Living Profile of Older People Survey, 2014)

Degree of Hope on Social Participation (%)	Very positive	Positive	Neutral	Negative	Very negative	Total
Learning Activity	2.4	10.6	12.2	52.2	22.6	100.0
Hobby or Leisure Activity	9.0	52.6	20.2	14.9	3.3	100.0
Social Club Activity	6.9	33.2	13.5	36.4	10.0	100.0
Political and Social Activity	0.1	0.6	0.6	28.0	70.7	100.0

- (Employment) Productive aging means all the activities for the elderly to produce socially valuable services or to develop required competency to produce the service (Caro et al, 1993), which include paid or unpaid labor activities, volunteer works, self-development activities, and etc. From the concept of productive aging even at one's old age, the elderly as a citizen needs to participate socially valuable activities. Among those activities, the labor activities have positive effects to their life by provide them opportunities to use their skills, self-control on their own life, sense of purpose and duty, continuity of social network, and the likes. (Barker et al, 2005; Warr, 1987) In addition in Korean society where elderly poverty issue is emerging seriously, elderly labor activity is directly related to their income maintenance and this problem is attracting attention as a major policy agenda.



<Figure 4-7> Elderly Poverty Rate Comparison among G7 Members (OECD, 2014)

- (Current Issue) 1 out of 2 Korean seniors are in poverty, which is very serious level in comparing with that of other developed countries. It is 5 times OECD average, and especially when compared to that of France with lowest poverty rate it is more than 12 times (Figure 4-7).



<Table 4-5> Whether the Elderly Doing Labor Activities (Living Profile of Older People Survey, 2014)

Classification	Currently working	Worked in the past but not now	No work experience for whole life	Total
%	21.8	64.4	13.8	100.0

<Table 4-6> Reason for Employment (Living Profile of Older People Survey, 2014)

Classification	To earn living expenses	To earn allowance	Maintaining Health	For friendship or social meeting	To spend time	To show ability	Career utilization	Others	Total
%	80.5	8.5	2.0	1.2	2.5	4.0	1.0	0.2	100.0

<Table 4-7> Reason for Current Job Dissatisfaction (Living Profile of Older People Survey, 2014)

Classification	Low payment	Health status	Work content	Others	Total
%	68.5	5.6	13.0	12.9	100.0

<Table 4-8> Types of Work Desired (Living Profile of Older People Survey, 2014)

Classification	Employment	Start-up	Social contributinal type	Leisure type	Others	Total
%	64.6	6.2	10.9	17.7	0.6	100.0

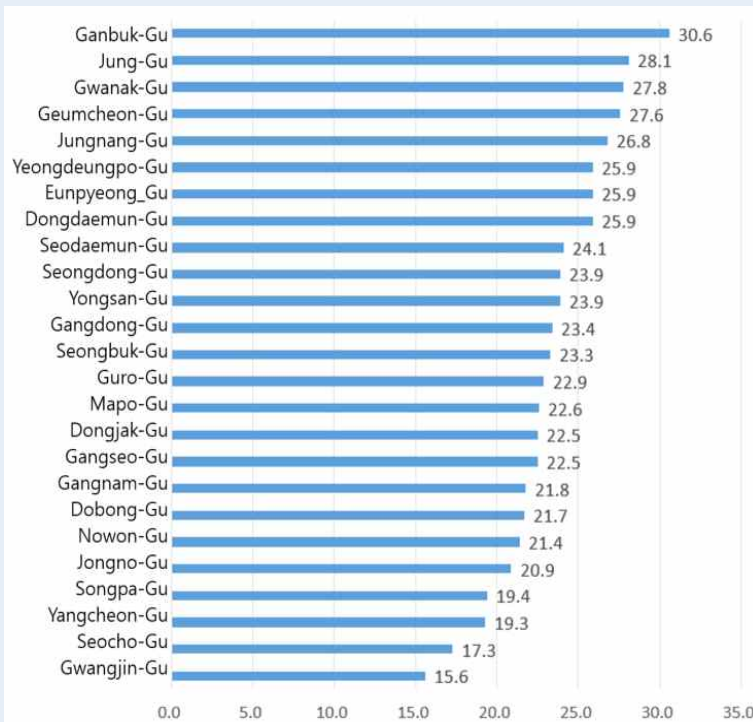
- (Current Issue) When surveyed Seoul elderly's labor activity status (whether doing labor activity, reason for employment, reason for job dissatisfaction, and type of work desired) is shown on the tables above (Table 4-5,6,7,8). It showed 13.8% of the elderly in Seoul

over 65 years old were currently doing labor activities, and for the most (89%) of them, the reason for their employment was economical. The reason for their dissatisfaction is low payment, which was the highest answer (68.5%), and job content was the next (13.0%). Lastly for the types of jobs they desire, employment was the highest (64.6%), followed by the order of leisurely work (17.7%), social contributinal work (10.9%), start-up (6.2%), and others (0.6%).

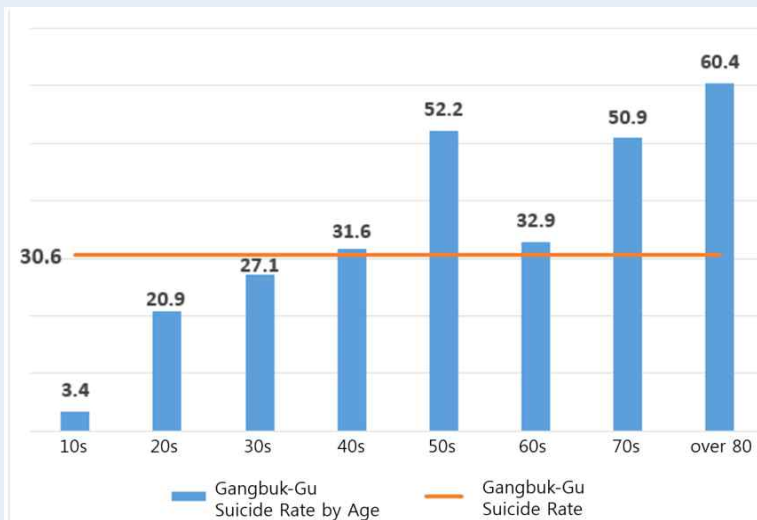
# 5

## [Health Services] Issues of Healthy Ageing

- A good health is one of the basic requirements for an independent and energetic life of the elderly. WHO emphasizes the active aging (together with functional autonomy, independence and quality of life) as one of the major elements of maintaining the healthy life expectancy. In many AFC cases in and outside Korea, the health service is the major issue of strengthening sufficiency, accessibility and quality.



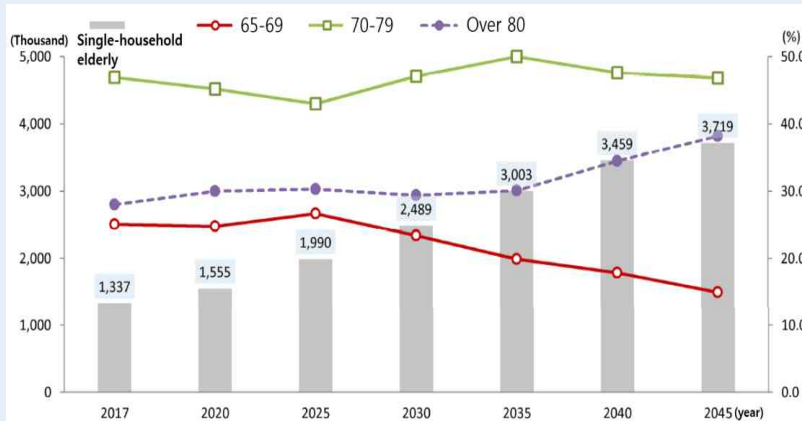
<Figure 4-8> Suicide Rate Among 25 Entire Districts of Seoul  
(Gangbuk Health Care Center, 2016)



<Figure 4-9> Suicide Rate According to Age Group Among Gangbuk District (Gangbuk Health Care Center, 2016)

- (Suicide) When reviewed the suicide rates in 25 autonomous districts in Seoul, Gangbuk-gu had the highest number of people who committed suicide in 2016 (30.6 in 100,000 persons). (See Figure 4-8.) Especially, the older people are, the greater the rate of suicide became in Gangbuk-gu (as shown in Figure 4-9). It is necessary to provide a suicide prevention service for all ages, as well as a service that actively intervenes to prevent the elderly from committing suicide.
- (Suicide) As of 2016, 33.5% of the entire household headed by the elderly are composed of the elderly him/herself of 65 years or older, and the rate is expected rise continuously. While the rate of one-man-household by a person of age in between 65 and 69 is expected to decrease, the same of age 80 or older is expected to increase. (See Figure 4-10.) Such pattern allows us to anticipate that the group of elderly (i.e. those 80 or older) who will not be either cared by their family or receive any economic support when suffering

from acute or chronic disease will grow. It is necessary to establish and foster a system that will prevent and manage the diseases of the elderly and provide highly accessible medical services in terms of economic affordability and physical accessibility to the elderly in poor health.

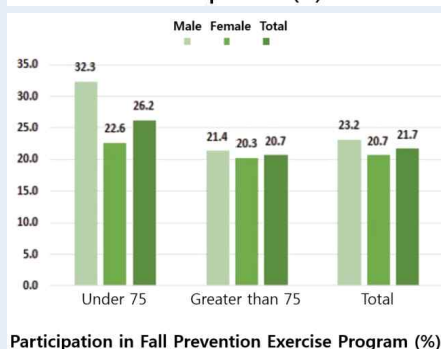
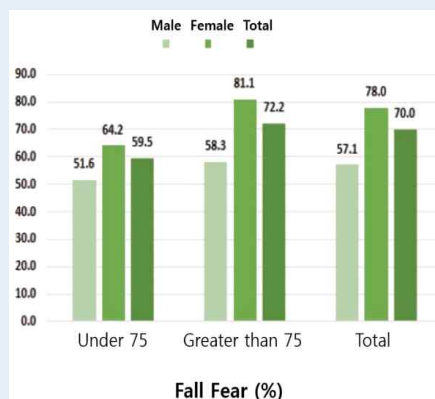
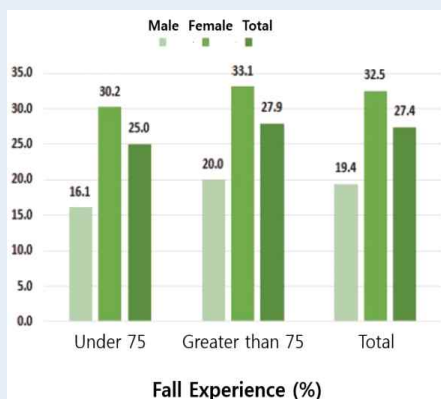


<Figure 4-10> Trend of Proportion of Single Elderly Household in South Korea (Aged Population Statistics, 2017)

- (Falling injury) One out of four elderly in Korea was injured 2.3 times in average by falling accidents for the last one year, and the older they were, the greater the rate of injury by falling accidents was. Also, regardless of their experiences, 78.8% of the entire respondents said that they feared for falling and getting injured at all times. Since the older the age group gets, the greater portion thereof fear for falling and getting injured, the falling injury is indeed a major issue for the elderly (See Figure 4-9).
- (Falling injury) While the group of 75 or older residing in Gangbuk-gu had higher rates of experiencing and fearing for the injury by falling, the rate of those who participated in falling injury prevention exercise program was higher with the group of younger than 75 (See Figure 4-11).

<Table 4-9> Incidence of Fall Experience and Fear (Living Profile of Older Adults Survey, 2014)

	Fall Experience (%)	Number of Fall During Last Year (Times)	Fall Fear (%)
Total	25.1	2.3	78.8
Age Group			
65-69	19.6	2.3	65.6
70-74	24.5	2.1	77.9
75-79	28.0	2.2	87.2
80-84	29.0	2.5	91.6
85+	35.1	3.1	94.3



<Figure 4-11> Survey Results of Injury in Gangbuk District (2016 Injury Status Survey Report)

- (Chronic disease) A study of the elderly in 2014 found that approximately 90% of the respondents had been diagnosed with a chronic disease and 72.2% were suffering from 2 or more chronic diseases.
- (Medical cost) The expenditure items the elderly felt the most burdensome were housing cost (35.4%) and medical cost (23.1%). As one out of two elderly is regarded to be poor in Korea, it is anticipated that the elderly will have very difficult times when they have to pay high or continued medical cost.

## 4.2 Strategies to Solve the Problems

### 4.2.1 Transportation

- Issue: *Mobility Right*
  - Strategy
    - Improving walking system
    - Securing convenient and safe transportation
    - Guaranteeing mobility and support related welfare equipment
    - Emphasis on elderly traffic safety

### 4.2.2 Housing

- Issue: *Ageing-in-Place (AIP)*
  - Strategy
    - Improving housing environment
    - Improving community environment

### 4.2.3 Respect and Inclusion

- Issue: *Overcoming Ageism*
  - Strategy
    - Improving community perception on the elderly
    - Enhancing community infra-structures for the elderly
    - Intergenerational integration

### 4.2.4 Participation and Employment

- Issue 1: *Social Participation*
  - Strategy
    - Increasing opportunity through support to senior welfare centers
    - Increasing participation opportunity through support for leisurely activities
    - Providing continuous education programs through establishing community learning group

- Issue 2: *Labor Activities*
  - Strategy
    - Support for elderly social activities
    - Support for elderly employment or start-up
    - Re-employment training or education

### 4.2.5 Health Service

- Issue: *Healthy Ageing*
  - Strategy
    - Enhancing prevention program on main areas of community health promotion
    - Promoting patient oriented visiting services
    - Support for high-burdening medical expenses



## 4.3 Deriving Six Major Projects

### 4.3.1 Transportation

- Issue: Mobility Right
  - Current Issue ① Safety
    - : Comparing the number of Korean road traffic accident deaths to that of OECD major countries from 2011 to 2015, Korean deaths per 100 thousand population was the highest among those 5 countries. Especially, it was found that traffic accident mortality rate over 65 years old were 7 times that of the lowest UK.
  - Current Issue ② Accessibility and Convenience
    - : According to Elderly Status Survey 2014, while 79.8% of the respondents appealed the inconvenience with their residential community living environment, they especially identified lack of or inconvenient public transportation among their highest inconvenient item. Also, 4 out 10 had experienced discrimination in using public transportation, and 1 out of 2 over 85 years old had experienced age discrimination in that situation.

□ Deriving Programs from Problem Solving Strategy

Strategies	Programs
<ul style="list-style-type: none"> <li>- Walking system maintenance</li> <li>- Securing convenient and safe transportation</li> <li>- Support for welfare equipment related to guaranteeing mobility</li> <li>- Emphasis on elderly traffic safety</li> </ul>	<ul style="list-style-type: none"> <li>- <b>(Major) Obstacle-free Road Project</b></li> <li>- Operating free shuttle bus for the disabled and the elderly</li> <li>- Operating late-night safe-returning home bus</li> <li>- Support for walking aid for the disabled and the elderly</li> <li>- Safety campaign for senior driver</li> </ul>

### 4.3.2 Housing

□ Issue : Aging-in-Place

◦ Current Issue ① Vulnerability of Housing

: Most Korean seniors have desires for continuous AIP in their community, however it was evaluated that their actual housing environments are currently inconvenient living structures or lack elderly care installations and argued that the environment was not suitable for their continuous inhabitation.

◦ Current Issue ② Improving Community Environment

: According to Elderly Status Survey 2014, seniors felt the lack of green spaces, parks, and etc., where they could use was their biggest inconvenience regarding their residential living environment.

□ Deriving Programs from Problem Solving Strategy

Strategies	Programs
<ul style="list-style-type: none"> <li>- Improving residential environment</li> <li>- Improving community environment</li> </ul>	<ul style="list-style-type: none"> <li>- <b>(Major) Integrated Support for Gyeongrodangs</b></li> <li>- Support for their residential environment</li> <li>- Operating elderly homes</li> <li>- Maintenance for parks and village squares</li> </ul>

### 4.3.3 Respect and Inclusion

□ Issue: Ageism

◦ Current Issue

: When compared Korean perception on their elderly with that of EU countries, it showed that Koreans ① tend to perceive the elderly population as dependent and unproductive, ② have low level of recognition for elderly contributions, and ③ have high level of generation conflict.

□ Deriving Programs from Problem Solving Strategy

Strategies	Programs
<ul style="list-style-type: none"> <li>- Improving community perception on seniors</li> <li>- Enhancing infra-structure related to seniors</li> <li>- Intergenerational integration</li> </ul>	<ul style="list-style-type: none"> <li>- <b>(Major) Dementia-friendly Village</b></li> <li>- Spreading filial piety culture</li> <li>- Support fo home-stay care service</li> <li>- Support for elderly care service</li> <li>- Support for long-term elderly care insurance program</li> </ul>

#### 4.3.4 Participation and Employment

##### □ Issue 1: Social Participation

###### ◦ Current Issue

: When surveyed the elderly's level of desires for social participation, their desire for hobbies and leisurely activities were the highest, followed by social club activities, and learning activities.

##### □ Issue 2: Labor Activities

###### ◦ Current Issue

: 1 out of 2 Korean seniors are in poverty, and 13.8% of them living in Seoul and over 65 years old were currently doing labor activities. Most (89%) elderly were working due to their economical reasons, and some were dissatisfied with their current jobs because of the low payment and the content. Desirable types of jobs Seoul elderly wanted were in the order of employment (64.6%), leisurely type work (17.7%), social contributational type work (10.9%), start-up (6.2%), and others (0.6%).

□ Deriving Programs from Problem Solving Strategy

Issues	Strategies	Programs
Increasing Social Participation	<ul style="list-style-type: none"> <li>- Increase participating opportunities through supporting senior welfare centers</li> <li>- Increase participating opportunities through supporting leisurely activities</li> <li>- Providing continuing education program through establishing community study group</li> </ul>	<ul style="list-style-type: none"> <li>- <b>(Major) Jobs &amp; Social Participation Project</b></li> <li>- Support for leisurely culture promotion centers</li> <li>- Support for elderly continuing program</li> <li>- Operating hair salon and barber shop service specialized for the elderly</li> </ul>
Support for Labor Activities	<ul style="list-style-type: none"> <li>- Support for elderly social activities</li> <li>- Support for elderly reemployment or start-up</li> <li>- Training or education for reemployment</li> </ul>	<ul style="list-style-type: none"> <li>- Support for after-school classes with retired teachers</li> <li>- Cultural tour commentator training and service</li> </ul>

### 4.3.5 Health Service

□ Issue: Healthy Ageing

◦ Current Issue ① Suicide

: On 2016, the number of suicidal deaths in Gangbuk district was 30.6 per 100 thousand population, which is most alarming level among 17 Seoul districts.

◦ Current Issue ② Increase in Numbers of Seniors Living Alone (vulnerable to health management and care)

: As of 2016, number of single household over 65 years old

was 33.5% among all elderly households, and the number is expected to increase continuously. Thus, it is required to establish and develop system to provide aging disease prevention and management and health services with economically and physically high accessibility to vulnerable elderly group.

- Current Issue ③ Fall

: 1 out of 4 Korean seniors had experienced on average 2.3 fall experience for the last 1 year, and older the age their fear of fall or the possibility increase.

- Current Issue ④ High Chronic Disease Morbidity

: From Elderly Status Survey 2014, about 90% of seniors were diagnosed with chronic diseases, and also multicomorbidity with 2 or more chronic diseases were amounted to 72.2%.

- Current Issue ⑤ Burdening Medical Expenses

: When asked seniors (elderly households) regarding burdening expenses, health and medical expenses was the 2<sup>nd</sup> highest (23.1%) response. Considering 1 out of 2 Korean seniors are in poverty, it is expected that the high or continuous medical expense leads to great hardship for them.

□ Deriving Programs from Problem Solving Strategy

Strategies	Programs
<ul style="list-style-type: none"> <li>- Enhancing prevention and maintenance program for main areas of community health promotion</li> <li>- Promoting patient oriented visiting service</li> <li>- Support for high burdening medical expenses</li> </ul>	<ul style="list-style-type: none"> <li>- <b>(Major) Suicide Prevention Project</b></li> <li>- <b>(Major) Home Care Service</b></li> <li>- Fall prevention</li> <li>- Support for medical expenses</li> <li>- Chronic disease maintenance</li> <li>- Health examination by life-cycle for the vulnerable residents</li> </ul>





# 5

## Aims and Objectives of AFC Gangbuk

### 5.1 Aims of AFC Gangbuk

- Vision of AFC Gangbuk is *Healthy 100, Hopeful Gangbuk*. It is appropriate with the AFC definition suggested by WHO (2007). According to the conceptual definition, Gangbuk will be a district:
  - 1) where ageing is not inconvenience,
  - 2) where is livable for everyone regardless of age, and
  - 3) where could actively participate in for healthy ageing.
  
- To realize the vision, mission statement was made as followed: *Comfortable, Consonant, and Healthy Gangbuk*. It contains hope to achieve our vision and three values of AFC Gangbuk as followed:
  - 1) Comfortable Ageing
  - 2) Consonant Ageing
  - 3) Healthy Ageing

- Next, we need specific strategies to accomplish the mission and conduct entire 26 projects described earlier. For the purpose, we reclassified the eight domains suggested by WHO (2007) into five areas which would be more appropriate for actual conditions of Gangbuk district (see Table 3-1). After all, we developed five strategies, as followed, which are closely related with the five areas, to conduct six major projects and 20 other projects effectively.

1) *Enhance Mobility Right.*

(Transportation: Obstacle-free Roads Project)

2) *Promote Ageing-in-Place.*

(Housing: Integrative Support for Gyeongrodangs)

3) *Overcome Ageism.*

(Respect and Inclusion: Dementia-friendly Village)

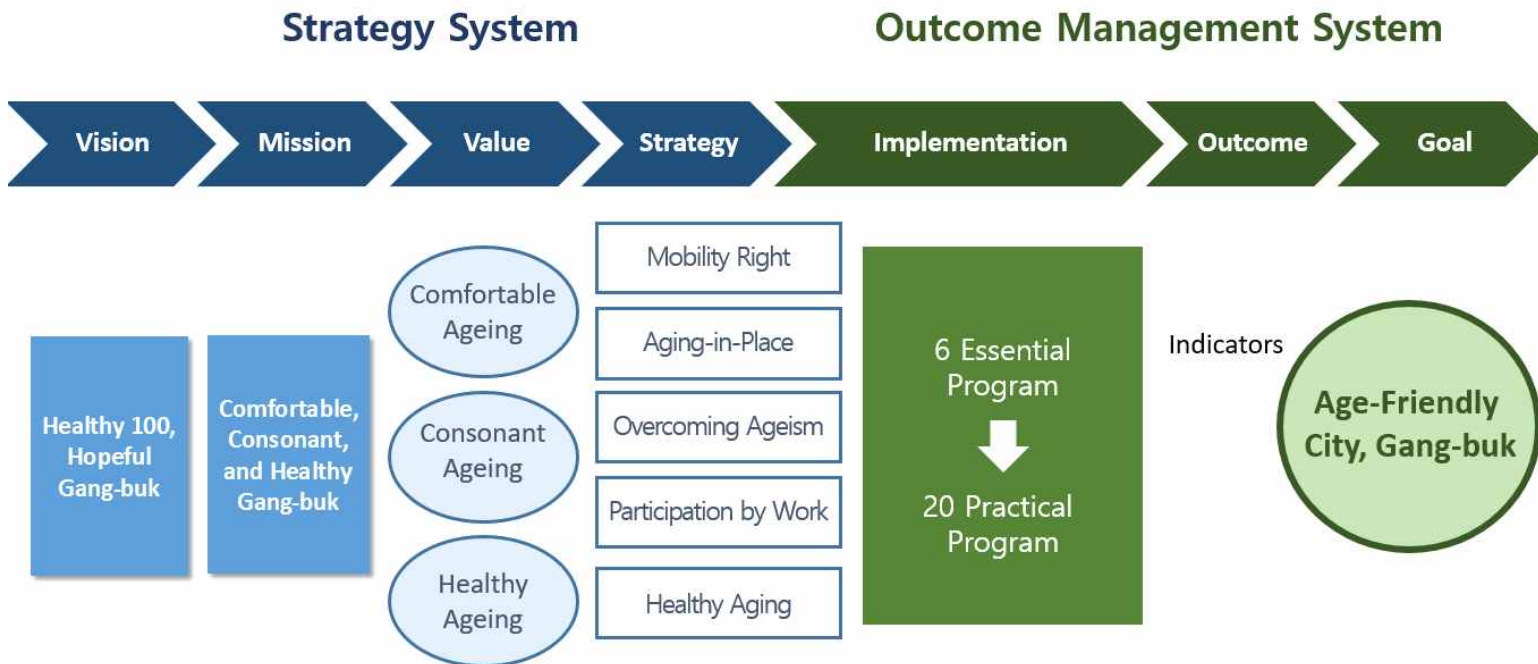
4) *Support Participation by Employment.*

(Participation and Employment: Jobs & Social Participation Project)

5) *Reinforce Preventive Health Program.*

(Health Services: Suicide Prevention Program, Home Care Service)

- By these strategies, we believe that *Healthy 100, Hopeful Gangbuk* could be attained.



<Figure 5-1> Strategy and Outcome Management System for AFC Gangbuk

## 5.2 Objectives of Six Major Projects

### 5.2.1 Obstacle-free Roads Project

#### ○ Outcome Goal

Indicator	2017	2018	2019
Elderly Walking Environment Satisfaction Score* (Seoul Survey, 2016)	6.6	7.0	7.5

\* Elderly walking environment satisfactory score: Subjective score among Gangbuk residents aged 65 and above by asking 'How much do you satisfied with your walking environment in your residential area?' (total score 10)

#### ○ Performance Goal

Projects Name	2017	2018	2019
Urban Park Modernization Project	1 park	1 park	1 park
Obstacle-free Park Project	1 park	1 park	1 park
Safety Zones for Elderly and Disabled Persons	15 place	15 place	15 place

#### ○ Yearly Investment Plan (Unit: KRW 1,000)

Projects Name	2017	2018	2019
Urban Park Modernization Project	1,600,000	1,600,000	1,600,000
Obstacle-free Park Project	1,800,000	1,800,000	1,800,000
Safety Zones for Elderly and Disabled Persons	50,000	50,000	50,000
Total	3,450,000	3,450,000	3,450,000

## 5.2.2 Integrated Support for Gyeongrodangs

### ○ Outcome Goal

Indicator	2017	2018	2019
Participation Rate of Gyeongrodang* (Seoul Survey, 2016)	30.0%	33%	36%

\* Participation rate of Gyeongrodang: Proportion of Gangbuk residents aged 65 and above who answered that he or she regularly participate in Gyeongrodang meeting.

### ○ Performance Goal

Projects Name	2017	2018	2019
Regular Inspection of Gyeongrodangs	4 times	4 times	4 times
Repairing and Renovating Gyeongrodangs	30 place	30 place	30 place
Single Family House Type Gyeongrodang Environment Improvement Project	53 place	53 place	53 place
Operation Cost Subsidy	23 place	25 place	28 place
Additional Open Gyeongrodangs	3 place	2 place	3 place

### ○ Yearly Investment Plan (Unit: KRW 1,000)

Projects Name	2017	2018	2019
Repairing and Renovating Gyeongrodangs	213,500	213,500	263,500
Single Family House Type Gyeongrodang Environment Improvement Project	20,000	20,000	20,000
Open Gyeongrodangs	30,800	60,000	37,600
Total	264,300	293,500	321,100

## 5.2.3 Dementia-friendly Villages

### ○ Outcome Goal

Indicator	2017	2018	2019
Dementia Recognition Score* (Lee, 2015)	71**	75	80

\* Dementia Recognition Score: Higher score indicate that they have righth knowledge about dementia.

\*\* The score is estimated by the average score of random sample of Seoul citizen. Further study is needed to estimate Gangbuk residents aged 65 and above.

### ○ Performance Goal

Projects Name	2017	2018	2019
Memory Friends Training (persons)	1,200	1,200	1,200
Designate Organizations as the Dementia Winners (organizations)	2	5	5
Committee and Association Meetings	86 times	86 times	86 times
Training and Promotional Materials (sessions/persons)	150/1,000	152/1,500	154/11,000
Formation of Associations and Association Meetings	40 times	40 times	40 times
Media Promotion	60 times	60 times	60 times

### ○ Yearly Investment Plan (Unit: KRW 1,000)

Projects Name	2017	2018	2019
Training and awareness improvement projects	5,000	5,000	5,000
Early Detection Project	7,000	10,000	15,000
Patient Registration Project	513,528	614,880	614,880
Total	525,528	629,880	634,880

## 5.2.4 Jobs & Social Participation Project

### ○ Outcome Goal

Indicator	2017	2018	2019
Participation Rate of Economic Activities* (Seoul Survey, 2016)	28.3%	32%	35%
Rate of No Social Activities** (Seoul Survey, 2016)	34.3%	30%	25%

\* Participation rate of Economic Activities: Proportion of Gangbuk residents aged 65 and above who answered that he or she regularly participate in economic activities.

\*\* Rate of No Social Activities: Proportion of Gangbuk residents aged 65 and above who answered that he or she do not regularly participate in any kinds of social activities.

### ○ Performance Goal

Projects Name	2017	2018	2019
More jobs for the elderly and social activity support (persons)	1,889	1,900	1,920
Public Work Project (persons)	550	560	560
Local Community Job Project (persons)	51	51	51
On-site Employment Consulting	125 times	131 times	138 times
On-site Job Finders	70 times	74 times	78 times
Job Matching Day	20 times	20 times	20 times
Identification and Support for Social Enterprises (company)	4	5	6

### ○ Yearly Investment Plan (Unit: KRW 1,000)

Projects Name	2017	2018	2019
Support for Jobs and Social Activities	7,141,042	7,164,362	7,206,762
Job Plus Center Operation	69,000	69,000	69,000
Support for Social Enterprises	360,000	400,000	500,000
Total	7,570,042	7,633,362	7,775,762

## 5.2.5 Suicide Prevention Project

### ○ Outcome Goal

Indicator	2017	2018	2019
Elderly Suicide Rate* (KOSIS, 2016)	28.3%	32%	35%
Elderly Suicidal Idea Rate** (Community Health Survey, 2016)	34.3%	30%	25%

\* Elderly Suicide Rate:  $[(\text{Number of Suicidal Death}) \div (\text{Gangbuk Residents Aged 60+})] \times 100,000$

\*\* Elderly Suicidal idea Rate: Proportion of Gangbuk residents aged 65 and above who answered that he or she ever thought of death during last year.

### ○ Performance Goal

Projects Name	2017	2018	2019
The Elderly's Depression Status Study	15,000 persons	18,000 persons	20,000 persons
Risk Group Case Management and Referral	300 persons	400 persons	500 persons
Life Protector Education and 'Life First' Education	1,200 persons	1,500 persons	2,000 persons
Case Management	200 persons	300 persons	400 persons
The bereaved family healing process	9 times	12 times	15 times
Self-help meetings for the bereaved	Quarterly	Bi-monthly	Monthly

### ○ Yearly Investment Plan (Unit: KRW 1,000)

Projects Name	2017	2018	2019
The Elderly's Depression Status Study	15,000	18,000	20,000
Education and Case Management Related to Respecting Life	25,000	35,000	45,000
Programs for the Bereaved	2,000	3,500	5,500
Total	42,000	56,500	70,500



## 5.2.6 Home Care Service

### ○ Outcome Goal

Indicator	2017	2018	2019
Home Care Coverage*	33%	45%	50%

\* Home Care Coverage: [(Number of Elderly Beneficiary) ÷ (Gangbuk residents aged 65+)] x 100

### ○ Performance Goal

Projects Name	2017	2018	2019
Integrated Health Promotion Home Care Project (Provision of home care service, persons)	17,000	24,000	27,000
Chatdong Elderly Health Care Promotion Project (Total number of visits)	7,500	8,000	8,000

### ○ Yearly Investment Plan (Unit: KRW 1,000)

Projects Name	2017	2018	2019
Integrated Health Promotion Home Care Project	363,648	592,112	612,112
Chatdong Elderly Health Care Promotion Project	525,533	535,533	545,533
Total	889,181	1,127,645	1,157,645



# 6

## Execution Plan for Six Major Projects

### 6.1 [Transportation] Obstacle-free Roads Project

#### 6.1.1 Walkable Street Project

##### □ Background

- Some roads in Gangbuk-gu are old and in poor condition. It is necessary to make sure the roads in the district are convenient and safe for the elderly and the residents.

##### □ Implementation

- Creation of safe sidewalks by repairing old ones.
- Creation of comfortable urban environment and ensuring traffic safety by fixing roads in bad conditions.
- Prevention of accidents and creation of comfortable roads for the people by repairing the roads in timely manner.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Wooi Elementary School Sidewalk Repair	- Laid blocks on the sidewalks: 12a	-	-
Wooi ~ New LRT Construction Zone Road Repair	- Laid blocks on the sidewalks: 3,690m <sup>2</sup>	-	-
Road Repair: 128, Nohaero ~ 405, Dobongro	- Width: 6 meters - Length: 630 meters - Road repair: 38a - Side gutter and boundaries repaired: 500 meters	-	-
Ppallaegolgil Road Expansion	- Compensation for the 3rd phase segment is completed. - Works are completed.	-	-
Road Expansion: Suyu-dong 410 ~ 441	- Width 4~6 meters to 6 meters - Length: 60 meters - Works are completed.	-	-

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Wooi Elementary School Sidewalk Repair	200,000	-	-
Wooi ~ New LRT Construction Zone Road Repair	400,000	-	-
Road Repair: 128, Nohaero ~ 405, Dobongro	280,000	-	-
Ppallaegolgil Road Expansion	4,210,000	-	-
Road Expansion: Suyu-dong 410 ~ 441	452,616	-	-

## 6.1.2 Urban Park Modernization Project

### □ Background

- The number of visitors to urban park has sharply increased and the facilities are rapidly deteriorating. This project intends to maintain and repair to provide comfortable and beautiful park to the citizens.

### □ Implementation

- Maintained and repaired the deteriorated facilities and remodel the washrooms in urban park.

### □ Yearly Implementation Plan

Project Name	2017	2018	2019
Urban Park Modernization Project	1 Park	1 Park	1 Park

### □ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Urban Park Modernization Project	1,600,000	1,600,000	1,600,000

### 6.1.3 Obstacle-free Park Project

□ Background

- More citizens are visiting park, as more people are enjoying mountain climbing. Most part in Gangbuk-gu is composed of slopes, causing it difficult for those who have difficulties in walking, such as the disabled, the elderly and the pregnant, to enjoy the park. This project intends to create a park with a landscape friendly and safe to all citizens.

□ Implementation

- Created walking paths in park. Make safe and friendly to all people, especially those who have difficulties in walking, to be considerate of the socially weak and to create a dignified and happy Gangbuk-gu.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Obstacle-free Park	1 Park	1 Park	1 Park

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Obstacle-free Park	1,800,000	1,800,000	1,800,000



Braille Block and Guideboard



Whee-chair Swing in Urban Park

<Figure 6-1> Obstacle-free Park Project

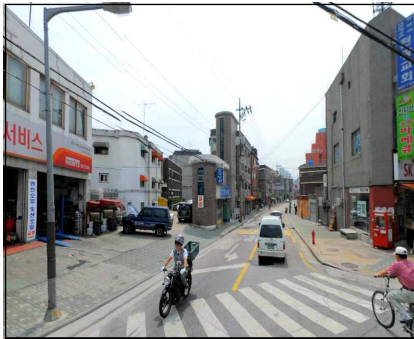
#### 6.1.4 Safety Zones for Elderly and Disabled Persons

- Background
  - Traffic accident among elderly and disabled persons are constantly increasing.
- Implementation
  - Specifying safety zone for elderly and disabled persons in consideration of their behavioral characteristics.
- Yearly Implementation Plan

Project Name	2017	2018	2019
Safety Zones for Elderly and Disabled Persons	15 Place	15 Place	15 Place

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Safety Zones for Elderly and Disabled Persons	500,000	500,000	500,000



Before the Project



After the Project

<Figure 6-2> Safety Zones for Elderly and Disabled Persons



## 6.2 [Housing] Integrated Support for Gyeongrodangs

### □ Background

- Provide various support to Gyeongrodangs (the town halls in South Korea dedicated to the elderly, which are often located within residential areas where the elderly can easily visit), so that the elderly can spend time in a comfortable and safe environment.

### □ Implementation

- Improve the physical conditions of Gyeongrodangs, so that they will be safe and comfortable.
- Provide various programs for the Gyeongrodangs that will satisfy the needs of elderly for leisure activities.

### 6.2.1 Repairing and renovating Gyeongrodangs

#### □ Background

- As the time passes, the Gyeongrodangs become old and their physical conditions deteriorate. The physical conditions of Gyeongrodangs must be checked and the repairs must be made appropriately.

#### □ Implementation

- Make Gyeongrodangs safer and more comfortable by regularly

inspecting and repairing them.

- Repair the Gyeongrodangs in the form of single family house (In case of the Gyeongrodangs in private apartment complexes, provide supplementary support).

□ Implementation Plan

- Target: 96 Gyeongrodangs in Gangbuk-gu
- Details
  - Regular inspections for 96 Gyeongrodangs (electricity, gas and furnace safety inspection and seasonal safety inspections)
  - Repair: 53 single family house type Gyeongrodangs (with higher priority) and 43 Gyeongrodangs in private apartment complexes

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Regular Inspection of Gyeongrodangs	4 times a year	4 times a year	4 times a year
Repairing and Renovating Gyeongrodangs	30 Gyeongrodangs	30 Gyeongrodangs	30 Gyeongrodangs

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Regular Inspection of Gyeongrodangs	13,500	13,500	14,000
Repairing and Renovating Gyeongrodangs	200,000	200,000	250,000

## 6.2.2 Single Family House Type Gyeongrodang Environment Improvement Project

### □ Background

- Intended to clean the single-family house type Gyeongrodangs of which environment needs to be improved, so that the elderly can use the Gyeongrodangs under a comfortable environment.

### □ Project Description

- Target: 53 Gyeongrodangs (which are built or leased by the gu office, and private ones)
- Project description
  - Implement the environment improvement project per quarter (3 times a year)
  - Cleaning the windows, window frames, entrance doors, bathrooms, etc. (2 times), Pest extermination (1 time)

### □ Yearly Implementation Plan

Project Name	2017	2018	2019
Single Family House Type Gyeongrodang Environment Improvement Project	53 Gyeongrodang	53 Gyeongrodang	53 Gyeongrodang

### □ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Single Family House Type Gyeongrodang Environment Improvement Project	20,000	20,000	20,000

### 6.2.3 Operation of Open Gyeongrodangs

#### □ Background

- Intended to allow the local residents to use the Open Gyeongrodangs as the place of relaxation and meetings for leisure programs, by supporting the operation of Open Gyeongrodangs.

#### □ Implementation

- Help Gyeongrodangs to become Open Gyeongrodangs in the ways suitable to each Gyeongrodang.
- Actively encourage Gyeongrodangs to apply for the conversion, so that their spaces can be used more efficiently.

#### □ Implementation Plan

- Target: 20 Gyeongrodangs were designated as the Open Gyeongrodangs and 3 more Gyeongrodangs are to be designated as such.
- Details
  - Provide KRW 100,000 each (per month) to 20 Gyeongrodangs currently designated and operating as the Open Gyeongrodangs.
  - Additionally designate and provide support for 3 Gyeongrodangs as the Open Gyeongrodangs.
  - Actively encourage Gyeongrodangs to apply for the conversion into the Open Gyeongrodangs.

□ Yearly Implementation Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Operation Cost Subsidy	25,800 (per year) to 23 Gyeongrodangs	30,000 (per year) to 25 Gyeongrodangs	33,600 (per year) to 28 Gyeongrodangs
Additional Open Gyeongrodangs	3 additional Gyeongrodangs are to be additionally designated (at the cost of 5,000).	2 additional Gyeongrodangs to be additionally designated (at the cost of 3,000).	3 additional Gyeongrodangs to be additionally designated (at the cost of 4,500).



<Figure 6-3> Integrated Support for Gyeongrodangs

## 6.3 [Respect and Inclusion] Dementia-friendly Village

### 6.3.1 Creation of Dementia-friendly Village

#### □ Background

- A project designed to lessen the burdens of dementia patients and their families and to create an environment where the patients and non-patients can live together happily.
- People in local communities who provide essential services and who frequently come in contact with others (e.g. police officers, local government offices, welfare workers, public transportation workers, men of religion, medical service providers, etc.) are trained into the Memory Friends and support the dementia patients in terms of social activities.
- Services available to the local residents of 60 years or older include: at-home early detection, patient registration, Memory Friend training, at-home rehabilitation program, preventative training, awareness campaigns and provision of patient tracking devices.

#### □ Implementation Plan

- Target: All residents in Bun-3-dong
- Details
  - Train the Memory Friends
  - Designate organizations as the Dementia Winners
  - Link them to other services, such as prevention trainings, selective diagnosis, promotions, recognition programs, etc.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Memory Friends Training	200 persons	200 persons	200 persons
Designate organizations as the Dementia Winners	2 Organizations	2 Organizations	2 Organizations

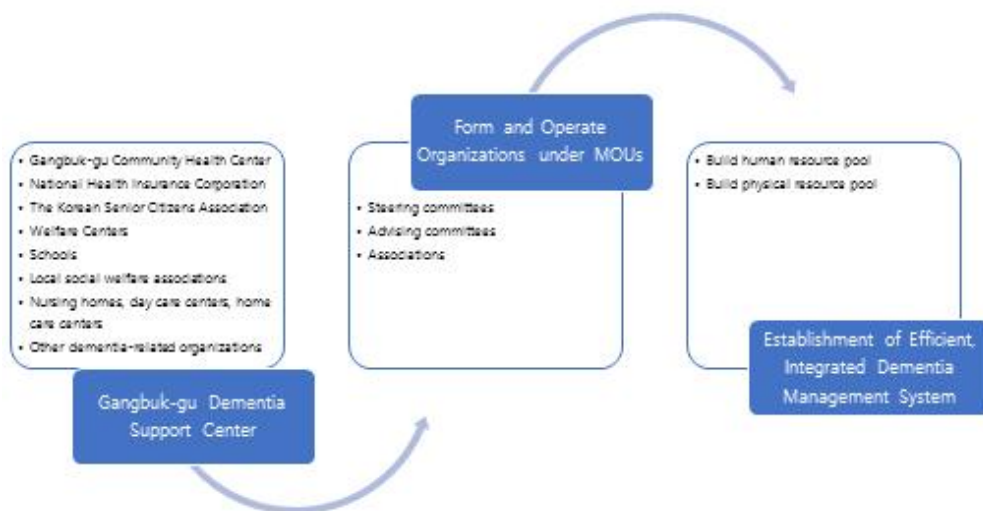
### 6.3.2 Establishment of Local Community Network for Prevention and Management of Dementia

□ Background

- Establishment of an efficient, integrated dementia management system by linking dementia-related personal and physical resources in the local communities.
- Improving the quality of life of elderly dementia patients and their families.

□ Implementation Plan

- Target: Dementia-related organizations
- Details: Steering committee, advising committee, formation and operation of associations, execution of MOUs



□ Yearly Implementation Plan

Project Name	2017	2018	2019
Steering committee	4 times	4 times	4 times
Advising committee	2 times	2 times	2 times
Formation of associations and association meetings	40 times	40 times	40 times
Execution of MOUs	5 MOUs	5 MOUs	5 MOUs

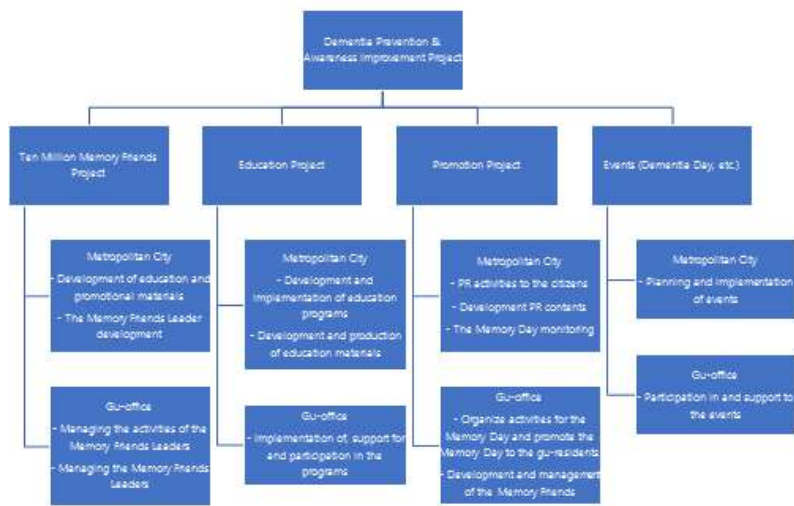
### 6.3.3 Dementia Prevention Training and Improvement of Awareness in the Local Community



□ Background

- Intended to improve the Seoulites' awareness on dementia by improving dementia management service and spreading social understanding that dementia can be prevented, cured and managed, through training and promotion programs.

□ Implementation



□ Implementation Plan

- Target: Citizens of Seoul
- Details
  - 10 Million Memory Friends Project
  - Training and promotion programs
  - Dementia Awareness Day events
  - Improve the citizens' awareness and implement promotions

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Training and promotional materials	150 sessions / 10,000 persons	152 sessions / 10,500 persons	154 sessions / 11,000 persons
Media promotion	60 times	60 times	60 times
Train 10 million citizens as the Memory Friends	1,000 persons	1,000 persons	1,000 persons

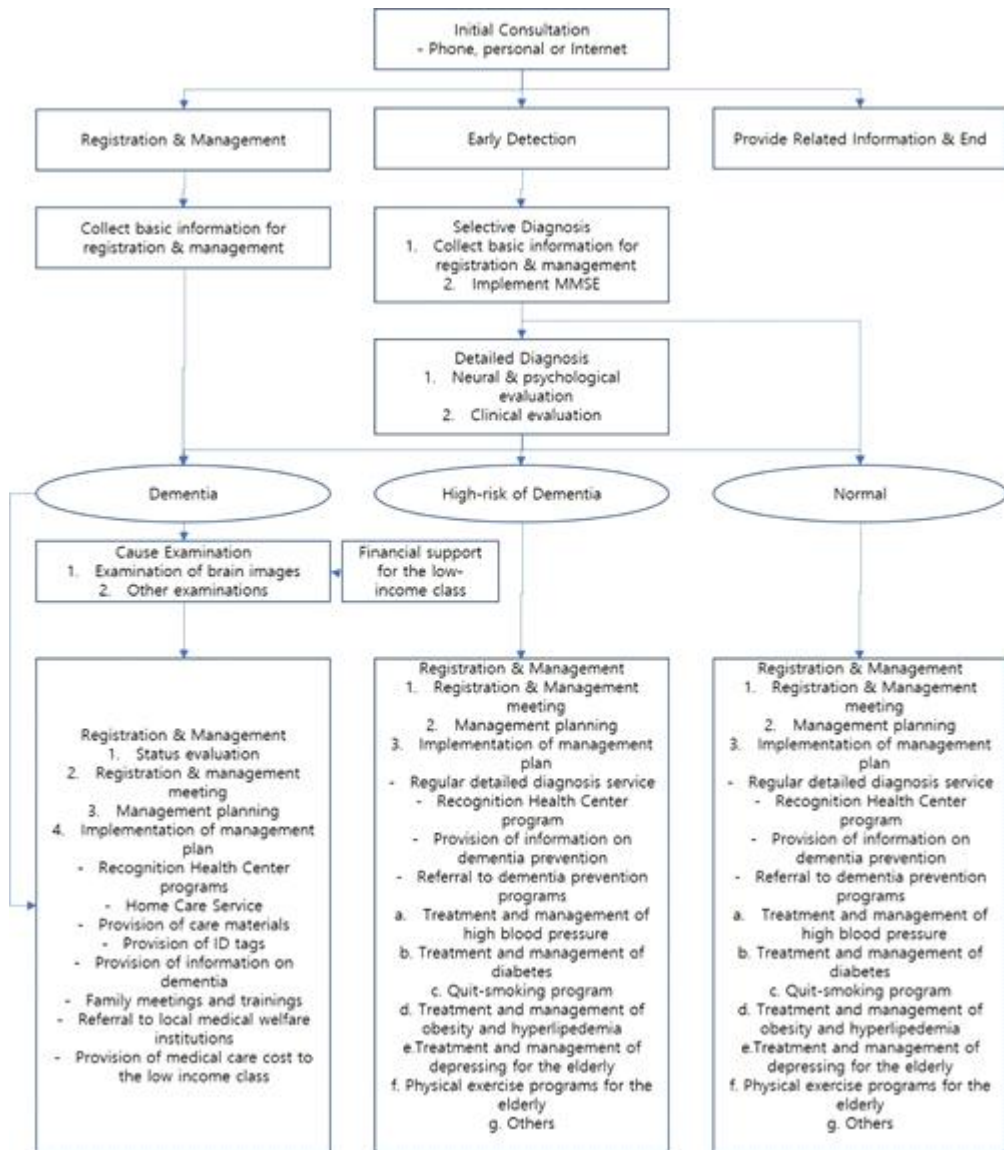
□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Training and awareness improvement projects	5,000	5,000	5,000

### 6.3.4 Programs for Early Detection of Dementia, Registration and Management

□ Background

- Intended to effectively prevent dementia and aggravation of symptoms, by conducting dementia examination for early detection for all the elderly in the local community and identifying the patients and high-risk persons early, so that they can receive systematic treatment and care.



□ Implementation Plan

- Target : the elderly 60 years or older living in Gangbuk-gu
- Details: Early detection project, patient registration project, preventative management project

□ Yearly Implementation Plan

Project Name		2017	2018	2019	
Early Detection Project	Selective Diagnosis (persons)	7,000	7,000	7,000	
	Step 1 Detailed Diagnosis (persons)	900	900	900	
	Step 2 Detailed Diagnosis (persons)	900	900	900	
	Examination for Definite Diagnosis (persons)	180	180	180	
	Definite Diagnosis Examination Fee Support (persons)	120	120	120	
Patient Registration Project	Registration	Normal (persons)	6,000	6,000	6,000
		High-risk (persons)	250	250	250
		Patients (persons)	310	310	310
	Consulting service (persons)	5,000	5,000	5,000	
	Cognition programs (persons)	11,000	11,000	11,000	
	At-home care	200 cases	210 cases	220 cases	
	Provision of care materials (persons)	190	195	200	
	Provision of name tags (persons)	110	115	120	
	Family meetings (persons)	900	900	900	
	Referral to resources	410 cases	415	420	
	Referral to prevention programs (persons)	200	205	210	
	Case Management (persons)	20	20	20	
Treatment fee support project (persons)		570	570	570	

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Early Detection Project	700,000	10,000	15,000
Patient Registration Project	513,406	513,406	513,406



Figure 6-4> Creation of Dementia-friendly Village

## 6.4 [Participation and Employment] Jobs & Social Participation Project

### 6.4.1 Social Activity for the Elderly Project (Employment Project)

#### □ Background

- Intended to care for the elderly by creating and providing jobs appropriate to the aptitude and experience of elderly who are capable of working and by expanding the opportunity for the elderly to actively participate in social activities.

#### □ Implementation

- Help the elderly to participate in various social activities, so that they can live energetic and healthy life.
- Provide various welfare service to the socially vulnerable class, using the professional qualifications and social experiences of the participating elderly.
- Make the elderly healthier and save social costs by positively changing their minds through work.

#### □ Implementation Plan

- Target: The elderly who live in Gangbuk-gu, 65 years or older, who are capable of working and receive the basic pension.
- Wage: KRW 220,000 for 30 ~ 35 hours of work per month.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
More jobs for the elderly and social activity support	1,889 (persons)	1,900 (persons)	1,920 (persons)

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Jobs for the elderly and greater social activity support	4,115,042	4,138,362	4,180,762

## 6.4.2 Public Work and Local Community Job Project

□ Background

- Intended to stabilize employment by providing temporary jobs to the unemployed or the low-income class with no regular income, to protect their livelihood - they will be motivated to work and their employment skills will be strengthened.

□ Implementation (strategy)

- Protect the livelihood of the vulnerable class by providing temporary jobs.
- Lead the Target to get jobs provided by private employers, by providing employment consulting and vocational education simultaneously.

□ Implementation Plan

- Target: Those who are 18 years or older and capable of working; whose household income is 60% or less of standard median income; and total property value is KRW 200 million or less.
- Details

<Public Work Project>

- Description: Job for the youth, general labor, Clean Gangbuk, welfare (meal) support, recycling sorter, etc.
- Wage: KRW 39,000 for 6 hours of work per day / KRW 33,000 for 5 hours of work per day (plus KRW 5,000 for meal) \* for the 65 years or older: KRW 20,000 for 3 hours of work per day

<Local Community Job Project>

- Description: the 4 types by Ministry of Government Administration and Home Affairs (local resource use type, local corporation referral type, lower income class support type and local area improvement type)
- Wage: KRW 38,820 for 6 hours of work per day (plus KRW 3,000 for meal)
- 65 years or older: KRW 19,410 for 3 hours of work per day

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Public Work Project (number of the selected persons)	550 (persons)	560 (persons)	560 (persons)
Local Community Job Project (number of the selected persons)	51 (persons)	51 (persons)	51 (persons)



□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Public Work Project	2,791,000	2,791,000	2,791,000
Local Community Job Project	235,000	235,000	235,000

### 6.4.3 Operation of the Job Plus Center

□ Background

- Intended to match the job-seekers and employers, to share and provide various employment information and stabilize employment.

□ Implementation

- Identify employers and secure job seeker pool to solve the mismatch between the job seekers and the employers.
- Expand the scale of 'on-site employment consultation' to provide more employment-related information, remove the information gap and provide efficient, on-site and practical employment support services.
- Actively discover and continue to support the persons who belong to the low-income class or have difficulties in finding jobs by working together with the welfare-related departments.

□ Implementation Plan

- Descriptions: Employment consulting and matching, job seeker and employer registration and management, exchange employment-related information with the applicable authority and build an infrastructure for such exchange.

<On-site Employment Consulting>

- Locations: Subway stations, public health centers, Community Centers, etc.
- Description: The counselors provide consultation and information related to employment at crowded locations.

<On-site Job Finders>

- Location: Employers in and nearby Gangbuk-gu (factories, businesses, restaurants, groceries, etc.)
- Description
  - . Find the businesses that can create jobs, visit them to find out if they are hiring and refer the job seekers to them.
  - . Focus on the employers that the elderly prefer: janitorial or security guarding positions

<Job Matching Day>

- Location: The Gu office or at the employer's business locations
- Description: One-on-one interview between the job seekers and the employers.
  - . The employer: Select the registered job-seekers suitable to the employer's conditions and provide a place for interview.
  - . The job seekers: Receive tailored employment consulting, take the interview and receive post-interview support (additional referrals).

□ Yearly Implementation Plan

Project Name	2017	2018	2019
On-site Employment Consulting	125	131	138
On-site Job Finders	70	74	78
Job Matching Day	20 times	20 times	20 times

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Job Plus Center Operation	69	69	69

#### 6.4.4 Social Enterprise Development

□ Background

- Discover social enterprises that provide jobs or social services to the vulnerable class and provide financial support to them.

□ Implementation

- Identify and provide consulting to the social enterprises by working with the Gangbuk-gu Integrated Social Economy Support Center.

□ Implementation Plan

- Target: The social enterprises in Gangbuk-gu

○ Details

- Identification of and consulting to social enterprises
- Provide financial support (payroll cost subsidy) to the job-creating businesses (for general and professional positions).
- Provide subsidies for the business development and social insurance premiums.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Identification of Social Enterprises	1 company	1 company	1 company
Financial Support to Social Enterprises	Support 3 companies (labor cost for the job-creating businesses)	To support 4 companies (labor cost for the job-creating businesses)	To support 5 companies (labor cost for the job-creating businesses)

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Identification of Social Enterprises	180,000	200,000	250,000
Financial Support to Social Enterprises	180,000	200,000	250,000



<Figure 6-5> Jobs & Social Participation Project

## 6.5 [Health Services] Suicide Prevention Project

### □ Background

- Environmental changes, such as economic vulnerability and social isolation, negatively affects the elderly.
- The local community must make various approaches to prevent and manage social problems, such as the depressed elderly committing suicide.

### 6.5.1 Prevention and Management of Elderly Depression

#### □ Background

- About 42% of the single, aged elderly in the community experience depression\* and those who suffer from depression have high tendency of committing suicide. (\* Source: Ministry of Health and Welfare, 2008)
- We need to actively identify and manage the Target persons, rather than implementing reactive prevention programs (such as managing those who attempted or intends to commit suicide).

#### □ Implementation

- Manage and refer the risk group by studying the status of depression the elderly suffer.
- Target : the elderly 65 years or older
- Details: Suicide risk study for those 65 years or older, identification

and case management services

□ Yearly Implementation Plan

Project Name	2017	2018	2019
The Elderly's Depression Status Study	15,000 persons	18,000 persons	20,000 persons
Risk Group Case Management and Referral	300 persons	400 persons	500 persons

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
The Elderly's Depression Status Study	15,000	18,000	20,000
Risk Group Case Management and Referral	No budget is required.		

## 6.5.2 Education and Case Management Related to Respecting Life

□ Background

- Committing suicide is a result of complex interaction between social, cultural and economic causes. We need to create an awareness against suicide and implement an integrated suicide prevention project that manages the vulnerable regions and high-risk groups, to reduce the suicide rate.
- The Suicide Preventer (and Life Protector) program significantly reduced the suicide rate.

□ Implementation

- Offering standardized Sangmyung Jikimi ('Life Protector') education program on suicide protection and respecting life will change the perception on suicide and improve the local community's capacity to respond to suicide therein.

□ Implementation Plan

- Details

<Life Protector education (under the Standard Education Course of Seoul Suicide Prevention Center) and reinforcement thereof>

- Conduct the 3-hour long Life Protector education for a greater variety of students, including all public officials of Gangbuk-gu, Tong/Ban Leaders and local residents.
- Better management of Life Protectors and their activities: Send the Life protectors monthly text messages or phone calls and conduct monthly case study, skill building activities (in-depth education, re-education and workshop) and self-help meetings.

<Creation of Suicide Prevention and 'Life First' Education Programs>

- Create and offer education program on respecting life (1 hours course)
- Refer the students to community activities: Awareness improvement campaigns, identifying high-risk group, etc.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Life Protector Education and 'Life First' Education	1,200 persons	1,500 persons	2,000 persons
Case Management	200 persons	300 persons	400 persons



□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Life Protector Education and 'Life First' Education	5,000	10,000	15,000
Case Management	20,000	25,000	30,000

### 6.5.3 Programs for the Bereaved

□ Background

- It is difficult for the bereaved to heal their wounds by themselves.
- These programs are intended to help the bereaved to recover from the difficulties and heal their wounds caused by the death of their family members by suicide, through the healing processes and meetings of the people with the same wounds.

□ Implementation

- Help the bereaved return to the healthy life by adopting to the changed personal relationship and lifestyle.
- Those who successfully recovered to become the healing counselors (continue their self-help meetings and healing activities).

□ Implementation Plan

- Target: The bereaved families

- Details

- The bereaved family healing process
  - 4 times of art therapy
  - Group consulting: 2 times (20 persons)
  - Depression and stress management program: 2 times
  - Outing or camping with open heart, together: once
- Self-help meetings for the bereaved
  - Quarterly meetings
  - Sharing pains, one's own success method, etc.

- Yearly Implementation Plan

Project Name	2017	2018	2019
The bereaved family healing process	9 times	12 times	15 times
Self-help meetings for the bereaved	Quarterly	Bi-monthly	Monthly

- Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
The bereaved family healing process	1,500	2,500	3,500
Self-help meetings for the bereaved	500	1,000	2,000



<Figure 6-6> Suicide Prevention Project

## 6.6 [Health Services] Home Care Service

### □ Background

- The elderly population is growing, and so is the number of single elderly who are not looked after by his/her family, because the family structure has changed.
- The elderly who are socio-economically vulnerable feel isolated and do not manage their health. An action is required.

### 6.6.1 Integrated Health Promotion Home Care Project

#### □ Background

- Intended to improve health, prevent disease and manage chronic disease by providing tailored home care service to the vulnerable class in Gangbuk-gu.
- Intended to create a healthy local community by strengthening the self-management skills and improving quality of life for those living in the areas where the vulnerable class live in mass and for the cancer patients living in their homes, by looking after them.

#### □ Implementation

- Register and manage the Targets (register and classify the Target, manage the groups and evaluate the Targets).
- Health management per each term of life (appropriate programs per adults, the elderly and the term of life).

- Referral to local community resources

□ Implementation Plan

- Target: The basic welfare recipients, the near-poverty group, the disabled, the multi-cultural family, etc.
- Details
  - Implementation of locally dedicated nurse system for the integrated management of a region.
  - Provision of tailored home care service by having the caretakers visit the beneficiaries' homes.
  - Management of chronic disease by regular evaluation and management per group.
  - Health education and consultation to prevent complications of chronic diseases.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Integrated Health Promotion Home Care Project (Provision of home care service)	17,000 persons	24,000 persons	27,000 persons

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Integrated Health Promotion Home Care Project	363,648	592,112	612,112

## 6.6.2 Home Care for the Elderly Project

### □ Background

- Multilateral management for the vulnerable elderly is required.
- Adjusting the balance between health management and social desires of the elderly by providing a universal, tailored health management service to the elderly who face many unfavorable conditions is an important element for the elderly to enjoy a healthier life, and can reduce the related social cost.

### □ Implementation

- Preventative health care for the elderly by universal home visits and health planning.
- Tight-knit health care by long-term, tailored at-home health care.
- Link the resources, such as medical service and welfare.

### □ Implementation Plan

- Target: The elderly 65 years or older living in Gangbuk-gu and the vulnerable class families exposed to high health risks.
- Details
  - Universal home visit for all the elderly who reached 60 and 70 years of age.
  - Long-term health management (case management) service per the degree of health risk.

- Tailored referral to the local resources.
- Select the elderly 65 years or older and classified to have high health risk, and visit their homes.
- Provision of at-home health care service to the low-income families.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Chatdong Elderly Health Care Promotion Project (Total number of visits)	7,500 visits	8,000 visits	8,000 visits

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Chatdong Elderly Health Care Promotion Project	525,533	535,533	545,533



<Figure 6-7> Home Care Service



# 7

## Execution Plan for Other Projects

<Table 7-1> 20 Projects to establish AFC Gangbuk

Domain	Project Name
7.1 Transportation	7.1.1 Operation of Free Shuttle Buses for the Disabled and the Elderly
	7.1.2 Subsidies for Ambulation Support for the Disabled and the Elderly <ul style="list-style-type: none"> <li>○ Ambulation Support Equipment Repair Project for the Disabled</li> <li>○ Walkers for the Elderly</li> </ul>
	7.1.3 Midnight Bus for Safe Return Home
	7.1.4 Safety Campaign for the Elderly Drivers
7.2 Housing	7.2.1 Housing Support <ul style="list-style-type: none"> <li>○ Tailored Housing Improvement Service</li> <li>○ Greater Energy Efficiency for the Low-income Class</li> <li>○ Safety Inspection for the Homes Vulnerable to Disasters</li> <li>○ Free Installation of Flood Barriers</li> <li>○ Talent Donation for the Low-income Class</li> </ul>
	7.2.2 Operation of the Elderly House
	7.2.3 Parks and Village Plaza Maintenance Project
7.3 Respect and Inclusion	7.3.1 Promoting the Culture of Filial Duty <ul style="list-style-type: none"> <li>○ Young Hyo Volunteers</li> <li>○ Financial Support to Those who Fulfill Filial Duty</li> <li>○ Cultural Events for the Elderly (A Party for the Elderly)</li> </ul>
	7.3.2 At-home Care Services <ul style="list-style-type: none"> <li>○ Support for the Gangbuk At-home Elderly Care Center</li> <li>○ Support for the Seoul-type Daycare Center</li> <li>○ Free Meals to the Low-income Elderly</li> <li>○ Gangbuk Silver Total Welfare Center</li> <li>○ At-home Caretaker Dispatch Project</li> </ul>
	7.3.3 The Elderly Care Service
	7.3.4 Long-term Care Insurance for the Elderly

7.4 Social Participation and Employment	7.4.1 Supporting the Organizations that Promote Leisure Activities <ul style="list-style-type: none"> <li>○ Gyeongrodang Leisure Program Vitalization Project</li> <li>○ Support for Gangbuk-gu Branch of KSCA</li> <li>○ Support for Gangbuk Total Welfare Hall for the Elderly</li> <li>○ Establishment of Lifelong Education Network</li> <li>○ Operation of the Silver Choir and the Silver Band</li> </ul>
	7.4.2 Support for Lifelong Education Programs for the Elderly <ul style="list-style-type: none"> <li>○ Support for Public-Private Lifelong Education</li> <li>○ Support for the Elderly School</li> <li>○ Adult Literacy Education Program</li> </ul>
	7.4.3 Silver Hair Salons
	7.4.4 After-school Classes by Retired Teachers
	7.4.5 Culture & Tourism Guide Training and Service
	7.4.6 Elderly Health Promotion Center
7.5 Health Services	7.5.1 Falling Accident Prevention <ul style="list-style-type: none"> <li>○ Arthritis Self-help Classes</li> <li>○ Osteoporosis Diagnosis</li> <li>○ Falling Accident Prevention Class</li> <li>○ Health Lectures for the Elderly</li> <li>○ Rehabilitation service</li> <li>○ Subsidies for Artificial Knee Joints and Eyesight Recovery Surgeries for the Elderly</li> </ul>
	7.5.2 Medical Cost Support <ul style="list-style-type: none"> <li>○ Support for Cancer Treatment</li> <li>○ Rare &amp; Incurable Disease Treatment Cost Support</li> </ul>
	7.5.3 Chronic Disease Management Project <ul style="list-style-type: none"> <li>○ Chronic Disease Management Project</li> <li>○ Citizen Health Point Project</li> <li>○ Diabetes Self-help Class</li> <li>○ Gyeongrodang Health Managers</li> </ul>

# 7.1 Transportation

## 7.1.1 Operation of Free Shuttle Buses for the Disabled and the Elderly

- Background and Purpose
  - Make it more convenient for the disabled and the elderly (for whom it is difficult to use the public transportation) to use the public transportation.
  
- Implementation
  - Provide a better access to public facilities.
  - Encourage the disabled and the elderly to participate in social activities.
  
- Implementation Plan
  - Target: The disabled and the elderly
  
- Yearly Implementation Plan

Project Name	2017	2018	2019
Operation of Free Shuttle Buses for the Disabled (number of users)	45,000 persons	46,000 persons	47,000 persons

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Operation of Free Shuttle Buses for the Disabled	153,249	117,600	120,000

## 7.1.2 Subsidies for Ambulation Support for the Disabled and the Elderly

### (1) Ambulation Support Equipment Repair Project for the Disabled

□ Background and Purpose

- Intended to help the severely disabled to exercise their rights of mobility by subsidizing repair and replacement of wheelchairs and electric carts.
- Intended to bring hopes to the disabled by providing the means of self-support.

□ Implementation

- Help reduce economic burden of the disabled and improve their mobility.
- Actively provide related services, such as delivering materials to homes and renting equipment.

□ Implementation Plan

- Target: The basic welfare recipients, the disabled in near-poverty

group and the severely disabled.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Ambulation Support Equipment Repair Project for the Disabled (number of repair cases)	160 cases	168 cases	176 cases

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Ambulation Support Equipment Repair Project for the Disabled	54,454	63,284	65,500

(2) Walkers for the Elderly

□ Background and Purpose

- Intended to help the elderly who cannot move about freely and have no access to ambulation support equipment, by providing the walkers.

□ Implementation Plan

- Target: The elderly 65 years or older, the beneficiary of medical insurance benefit and who is designated as Class A and B in terms of long-term care recipient classification.

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Walkers for the Elderly	30,000	15,000	15,000

### 7.1.3 Midnight Bus for Safe Return Home

□ Background

- Intended to help the women, the elderly and the young to safely return home at night, as the exposure to crimes in unfrequented areas worsens at late nights.

□ Implementation Plan

- Target: 12 routes by 7 village bus companies in Gangbuk-gu
- Description: At nights, the village buses will stop at any places on their routes, so that the women, the elderly or the youth can reduce their distances of travel to their homes as much as possible.

□ Yearly Implementation Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Midnight Bus for Safe Return Home	All 11 routes of 7 village bus companies	All 11 routes of 7 village bus companies	All 11 routes of 7 village bus companies

□ Yearly Investment Plan: No cost is required.

#### 7.1.4 Safety Campaign for the Elderly Drivers

□ Background

- As the number of the elderly drivers rise, so does the number of accidents by the elderly drivers.
- The society must be aware that the elderly cannot respond to the sudden incidents as well as they used to when they are driving, because of their deteriorated physical conditions, and that they need to be considerate of the elderly drivers.

□ Implementation

- Awareness campaign for the local community
- Encouraging the elderly to participate, so that they will be more alert to their conditions.

□ Implementation Plan

- Target: Local organizations related to the elderly, the elderly and local residents

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Safety Campaign for the Elderly Drivers	1 time	2 times	2 times

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Safety Campaign for the Elderly Drivers	1,000	1,500	1,500



## 7.2 Housing

### 7.2.1 Housing Support

#### □ Background

- Intended to prepare various supporting plans to create safe, comfortable and basic housing.
- Intended to create a stable housing with the minimum level of quality for the elderly who belong to the vulnerable class.

#### (1) Tailored Housing Improvement Service

#### □ Background

- Intended to provide a stable housing by improving the houses of the elderly in Gangbuk-gu, and to motivate those who are living in the houses in poor condition to improve their living standards by understanding the importance of self-care and living conditions.

#### □ Implementation Plan

##### ○ Target

- The elderly 65 years or older who are living alone and who cannot easily organize their houses.
- The elderly 65 years or older who are living alone and who need advices on organizing their houses, because of the poor housing conditions.

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Tailored Housing Improvement Service	6,500	6,500	6,500

(2) Greater Energy Efficiency for the Low-income Class

□ Background

- In 2005, a teenage girl was killed at her home by fire caused by a candlelight, after the electricity was cut because of unpaid bills. The social demand for a greater energy welfare grew thereafter.

□ Implementation

- Helped the basic welfare recipients and the near-poverty class to reduce the heating expenses by replacing their windows, doors and boilers with energy-efficient ones since 2007.

□ Implementation Plan

- Target: The basic welfare recipients who live in rental homes, the near-poverty group and those who are in the dead zone of welfare.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Houses Recommended for Energy Efficiency Improvement	210	252	252

(3) Safety Inspection for the Homes Vulnerable to Disasters

□ Background

- Intended to ensure the safety and well-being of the households vulnerable to disasters (those which belong to the basic welfare recipients and the near poverty class) by inspecting and repairing the old equipment (electric devices, stoves and furnaces) in poor condition.

□ Implementation

- Regular inspection of the households vulnerable to disasters.
- Selection of the Target after the inspection, and provision of support.

□ Implementation Plan

- Target: Those who are classified as the safety-vulnerable class, who have low income (e.g. the basic welfare recipients), live in old houses and are exposed to accident risks.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Safety Inspection for the Homes Vulnerable to Disasters	950 households	950 households	950 households

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Safety Inspection for the Homes Vulnerable to Disasters	55,000	55,000	55,000

(4) Free Installation of Flood Barriers

□ Background and Purpose

- Many people who belong to the vulnerable class live in the apartments in the underground level, which are prone to flooding. The program intends to protect the vulnerable class and make Gangbuk-gu a gu without flood disaster by installing anti-flooding facilities for free.

□ Implementation

- Secured the budget earlier in a fiscal year, invite the Targets to apply for the program and install flood barriers for free before the raining season.

□ Implementation Plan

- Target: The families living in the houses on the underground level that are exposed to flooding risks.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Number of households	175	185	195
Number of locations where the back-flow stoppers are installed	357	367	377
Number of flood barriers	502	602	702

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Flood Barrier Installation Project for the Houses on the Underground Level	400,000	400,000	400,000

(5) Talent Donation for the Low-income Class

□ Background

- The low-income families are bearing heavier financial burdens, because of the recent housing rental cost hike.
- It is necessary for the public to participate in sharing for the socially weak and the alienated people.

□ Implementation

- Encouraged the public to donate their talents for the low-income class.

- Provided welfare service to the low-income class by working together with applicable organizations.
- Identified more organizations that refer people who would donate their talents.
- Promoted the program to the low-income class (i.e. the beneficiaries).

□ Implementation Plan

○ Details

- The implementation plan for talent donation was established.
- Discussion with the Local Community Welfare Council was completed and cooperation was officially requested.
- Visited the real estate agents' offices and introduced the program.
- The promotion plan for talent donation was established.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Talent Donation for the Low-income Class	280 real estate agents	350 real estate agents	400 real estate agents

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Talent Donation for the Low-income Class	869	550	550

### 7.2.2 Operation of the Elderly House

- Background
  - Intended to provide a stable housing to the low-income class elderly who can live in collective dwelling environment and to ease their social alienation.
  
- Implementation Plan
  - Target: The basic welfare recipients 65 years and older and who can live in collective dwelling environment.
  - Details
    - The plan for additional establishment of the Elderly House for 2011 was established.
    - The Elderly House Operation Service Agreement was executed.
    - Lease Agreement was executed
  
- Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
The Elderly House	28,800 (Security deposit)	TBD	TBD

### 7.2.3 Parks and Village Plaza Maintenance Project

- Background
  - Deteriorated village plazas cause accidents and disfigure the view.
  - Some parks and plazas have entrances so poorly arranged that such entrances prevent the elderly and the disabled from easily entering into the parks and plazas.
  - Deteriorated and damaged facilities inside the parks pose accident risks.
  
- Implementation
  - Prevented accidents by replacing deteriorated facilities.
  - Created a comfortable space for relaxation by organizing the environment.
  - Created safe parks by replacing deteriorated facilities.
  - Created comfortable parks by repairing promenades and unpaved paths.
  
- Yearly Implementation Plan

Project Name	2017	2018	2019
Village Plaza Maintenance Project	1 location	1 location	1 location
City Park Repair & Maintenance Project	3 parks	3 parks	3 parks



□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Village Plaza Maintenance Project	63,447	65,000	65,000
City Park Repair & Maintenance Project	650,000	300,000	300,000

## 7.3 Respect and Inclusion

### 7.3.1 Promoting the Culture of Filial Duty

#### □ Background

- The number of the elderly who are not supported by their children is rising, because of the changes in family structure.
- Intended to encourage people to fulfill their filial duty, by supporting those who support their old parents and by providing an opportunity for the elderly who are not supported by their children to be respected.

#### (1) Young Hyo Volunteers

#### □ Background

- Gangbuk-gu organized the Hyo Volunteers that includes the youth and implemented activities, to make the low-income elderly in Gangbuk-gu feel the family ties and encourage the youth to respect the elders.

#### □ Implementation

- Each camp selected the Targets and prepared activities.
- Encouraged the youth to volunteer, so that they will understand the meaning of the Hyo Volunteers.

□ Implementation Plan

- Period: The Lunar New Year, the Parent's Day, Choosuk (3 times per year)
- Target: The elderly and the vulnerable class in Gangbuk-gu.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Hyo Volunteers	3 activities per year	3 activities per year	3 activities per year

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Hyo Volunteers	2,100	2,100	2,100

(2) Financial Support to Those who Fulfill Filial Duty

□ Background

- Intended to promote fulfilling filial duty and announce the good practice to the local community, by providing allowances to the families that support their parents 100 years or older.

□ Implementation

- The qualified persons applied to the Community Centers, and the Community Centers verified the relationships between the applicants and the persons to whom the applicants are fulfilling their filial duties by reviewing the official on-line and off-line documents and the actual addresses where the applicants and their parents reside, before designating the applicants as beneficiaries.
- The financial support was to be suspended or paid back when the applicants no longer served their filial duties (by the death of their parents or the suspension of support).

□ Implementation Plan

- Allowance paid on October 2 every year (i.e. on the Day of Elderly)
- Target: The households in Gangbuk-gu where 3 generations reside together.
- Amount: KRW 200,000 per year (the amount may vary according to the budget)

□ Yearly Implementation Plan (persons / Unit: KRW 1,000)

Project Name	2017	2018	2019
Financial Support to Those who Fulfill Filial Duty	15 / 3,000	18 / 3,600	20 / 4,000

### (3) Cultural Events for the Elderly (A Party for the Elderly)

#### □ Implementation

- Intended to suggest a new model of the elderly for the aged society and promote fulfilling filial duty.
- Intended to invite the elders from various groups (e.g. the low-income, the vulnerable class, etc.)
- Prepared the events to suit the characteristics of each dong, so that the events will be diverse and effective.

#### □ Implementation Plan

- Period: In October, every year
- Location: To be selected by each Community Center
- Target: The elderly from the low-income class (and other groups appropriate for each dong)
- Description: Providing meals

#### □ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
A Party for the Elderly	39,000	39,000	39,000

### 7.3.2 At-home Care Services

#### □ Background

- As the family structure is changed, many families can no longer dedicate their resources to caring for the elderly - the local community must play an import role.
- A systemic support is called for, so that the local community can look after the elderly.

#### (1) Support for the Gangbuk At-home Elderly Care Center

#### □ Background

- Intended to provide a preventative welfare program and strengthen the social safety net by providing various services, such as the home care service and daily activity support, to the elderly who live in the dead zone of welfare.

#### □ Implementation Plan

- Target: The elderly at or above 65 years of age and who is not a subject to long-term care; and the elderly at or above 60 years of age with geriatric diseases.

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Support for the Gangbuk At-home Elderly Care Center	155,680	160,000	165,000

(2) Support for the Seoul-type Daycare Center

□ Background

- The Seoul Metropolitan Government started to certify the existing day/night care centers and the new day care centers from April 2009 as part of the Seoul-type Welfare, to improve the service quality by providing financial support to the certified day care centers.

□ Implementation Plan

- Target: 6 Seoul-type Daycare Centers in Gangbuk-gu

□ Yearly Implementation Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Distribution of Operation Subsidy	413,000	413,000	413,000

### (3) Free Meals to the Low-income Elderly

#### □ Background

- Intended to ensure the minimum living conditions for the low-income or unattended elderly 60 years or older and remove the dead zone of welfare by offering dedicated dining halls and meal delivery services.

#### □ Implementation

- Dining halls for the elderly: for the low-income elderly 60 years or older who are likely to skip meals.
- Meal delivery service: for the low-income elderly who are likely to skip meals and who cannot easily move around.

#### □ Implementation Plan

- Target: the low-income elderly 60 years or older who are likely to skip meals.

#### □ Yearly Implementation Plan

Project Name	2017	2018	2019
Free Meals to the Low-income Elderly	1,435 (persons)	1,450 (persons)	1,470 (persons)



□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Free Meals to the Low-income Elderly	1,267,927	1,295,140	1,313,000

(4) Gangbuk Silver Total Welfare Center

□ Background

- As the aged population has rapidly grown and the social environments have rapidly changed, the responsibility to care for the elderly suffering from geriatric diseases (dementia, stroke, etc.) is gradually being shifted from families to the society. This program intends to build and operate a total welfare center that provides medical and home care services, to satisfy the welfare needs of the elderly.

□ Implementation

- Raised the level of residents' satisfaction by raising the quality of facilities and care services for the elderly. (Seoul-type Elderly Care Facility certification in 2015)

□ Implementation Plan

- 1st half of a year: Distribute the operation subsidy to the Seoul-type elderly care facilities.
- 2nd half of a year: Inspect the facilities that receive the subsidy.

□ Yearly Implementation Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Operation Subsidy to the Seoul-type Elderly Care Facilities	800,000	800,000	800,000

(5) At-home Caretaker Dispatch Project

□ Background

- One of the critical problems of aging is that the elderly suffering from geriatric diseases (such as dementia, stroke, etc.) require long-term care. Gangbuk-gu intends to dispatch the at-home caretakers (who will do the house chores and care for the bed-ridden beneficiaries) to the low-income single elderly and the low-income severely disabled persons (who cannot lead an independent life), so that they can live a more comfortable and stable life in the community.

□ Implementation

- 3 at-home caretakers to manage 28 beneficiaries.

□ Implementation Plan

- Target: The basic welfare recipients 65 years or older, who have physical or mental conditions that prevent them from engaging in daily activities, and the low-income elderly 60 years or older with geriatric disease.

□ Yearly Implementation Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
At-home Caretaker Dispatch Project	- Caretaker to beneficiary ratio: no more than 9 beneficiaries per caretaker - No. of service-providing sessions: 2,000 - At-home caretaker meetings and picnics: two times - Satisfaction survey: 1 time	- Caretaker to beneficiary ratio: no more than 9 beneficiaries per caretaker - No. of service-providing sessions: 2,000 - At-home caretaker meetings and picnics: two times - Satisfaction survey: 1 time	- Caretaker to beneficiary ratio: no more than 9 beneficiaries per caretaker - No. of service-providing sessions: 2,000 - At-home caretaker meetings and picnics: two times - Satisfaction survey: 1 time

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
At-home Caretaker Dispatch Project	70,470	70,470	70,470

### 7.3.3 The Elderly Care Service

□ Background

- Intended to establish a comprehensive social safety net for the single elderly by monitoring the daily activities of, identifying the welfare needs of and regularly checking the safety of the single elderly; referring the single elderly to health and welfare services; and providing applicable trainings.

- Provision of house maid service to the elderly who cannot carry out housework by themselves, to allow the elderly to live a stable life and their families to free themselves from caring the elderly and engage in social and economic activities.

□ Implementation Plan

○ Target:

- The Basic Care Service: The single elderly deemed to have a strong need for protection based on the survey of income, conditions of health and housing, social contact, etc.

- The Comprehensive Elderly Care Service

: The low-income elderly at or above 65 years of age and who is designated as Class A and B (in terms of medical care recipient classification)

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
The Basic Care Service	625,501	688,051	756,856
The Comprehensive Care Service	536,220	589,842	648,826

### 7.3.4 Long-term Care Insurance for the Elderly

□ Background

- Intended to improve the life of residents by providing long-term caretakers to the elderly who cannot independently engage in daily activities because of their age or geriatric diseases, to stabilize the life of the elderly and reduce the burdens of their families.

□ Implementation Plan

- Target: Those who are entitled to receive the medical benefit among those who have been qualified to be the beneficiaries of the long-term care insurance for the elderly.

□ Yearly Implementation Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Referral and/or admission to facilities	1,194 cases	1,313 cases	1,444 cases
Financial support for the at-home care	1,075,000	1,494,000	2,076,000

## 7.4 Participation and Employment

### 7.4.1 Supporting the Organizations that Promote Leisure Activities

#### □ Background

- As the aged population grew, the elderly became a considerably large group of constituents with various needs. It was necessary to support various organizations that represent such needs, so that the needs of the elderly can be efficiently answered.
- It was necessary to strengthen the roles of education institutions in Gangbuk-gu, to provide more lifetime education and leisure activity opportunities to the elderly.

#### □ Implementation

- Strengthened the capacities of the elderly-related organizations by supporting them.
- Vitalized the leisure activities by providing various programs.
- Strengthened public-private cooperation to broaden the leisure and lifelong education programs.

#### (1) Gyeongrodang Leisure Program Vitalization Project

#### □ Background

- It was necessary to provide leisure programs that help prevent dementia to the elderly who frequent Gyeongrodangs.

- Implementation
  - Developed and provided programs that are fun and helpful to brain health.

- Implementation Plan
  - Location: 12 Gyeongrodangs
  - In cooperation with: Gangbuk-gu Branch of The Korean Senior Citizens Association

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Training for Dementia Prevention and Healthy Brain	12 locations	13 locations	14 locations

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Training for Dementia Prevention and Healthy Brain	10,600	10,600	11,500

(2) Support for Gangbuk-gu Branch of The Korean Senior Citizens

## Association

### □ Background

- The Korean Senior Citizens Association is dedicated to protect the rights of the elderly and promote their welfare for and participation in social activities.
- This Program is intended to help Gangbuk-gu Branch of the Korean Senior Citizens Association, so that it can stably and more confidently implement its projects.

### □ Implementation

- Managed 96 projects of Gyeongrodangs and trained the leaders.
- Organized various cultural and sports activities for the elderly to participate.

### □ Implementation Plan

- Description of support
  - Issues related to the operation of Branch and management of Gyeongrodangs.
  - Projects that promote physical exercises for improvement of health of the elderly.
  - Projects related to promotion of the rights of and lifelong education for the elderly.
  - Projects that create and vitalize leisure activities for the elderly



□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Support for Gangbuk-gu Branch of The Korean Senior Citizens Association	19,934	19,934	19,934

(3) Support for Gangbuk Total Welfare Hall for the Elderly

□ Background

- Intended to satisfy various needs of the elderly in the local community for welfare and to provide wider range of welfare service (including leisure, health, jobs, volunteering, helping the vulnerable class, etc.) to the elderly by systemically operating the Total Welfare Hall.

□ Implementation

- Implemented projects and programs that would satisfy the demand and needs of the elderly.

□ Implementation Plan

- Target: The elderly 60 years or older, who reside in Seoul

□ Yearly Implementation Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Better Welfare for the Elderly Project	Operation of 40 projects	Operation of 40 projects	Operation of 42 projects
The Elderly Participation Program	Operation of 156 programs	Operation of 156 programs	Operation of 158 programs

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Better Welfare for the Elderly Project	1,497,019	1,500,019	1,503,919
The Elderly Participation Program	998,013	1,000,013	1,002,613

(4) Establishment of Lifelong Education Network

□ Background

- The Lifelong Education City is a movement for education in local community aimed at creating a community of education by linking all educational resources in a local community to other organizations, local communities and countries.
- Thus, a public-private-academic network is absolutely necessary.

□ Implementation Plan

- Target: Lifelong education institutions and related authorities in and nearby Gangbuk-gu.

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Establishment of Lifelong Education Network	2,044	1,090	1,090

(5) Operation of the Silver Choir and the Silver Band

□ Background

- Seoul Metropolitan Government Ordinance on establishment and operation of culture & art organizations in Gangbuk-gu, and Seoul Metropolitan Government Ordinance on establishment and operation of Gangbuk-gu Silver Band.

□ Implementation

- Operation of art-related organizations to promote art & culture organizations in the local area and promotion of performing arts.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Support for Art & Culture Groups	Support for regular practices and performances	Support for regular practices and performances	Support for regular practices and performances

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Support for Art & Culture Groups	32,800	32,800	32,800

## 7.4.2 Support for Lifelong Education Programs for the Elderly

□ Background

- The demand for leisure activity and lifelong education grew, and the need of local organizations in Gangbuk-gu for various programs for the elderly also grew.
- It was necessary to efficiently satisfy the needs of the elderly for leisure activities and lifelong education by supporting the programs of local organizations for the elderly.

□ Implementation

- Efficiently provided leisure programs to the elderly through the programs of local organizations.

(1) Support for Public-Private Lifelong Education (Operation of Dasan Academy)

□ Implementation

- Secured more students for lifelong education programs and increased their level of satisfaction.

- Deployed professionals who would provide education consulting to local residents.
  - Provided tailored lifelong education programs after analyzing the needs of local residents.
- Implementation Plan
- Target: The residents of Gangbuk-gu and those who run businesses in Gangbuk-gu

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Operation of Dasan Academy	The 13th and the 14th sessions	The 15th and the 16th sessions	The 17th and the 18th sessions

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Operation of Dasan Academy	40,400	40,400	40,400

(2) Support for The Elderly School

- Background
- Intended to provide financial support to the Elderly Schools established and registered under the Welfare of Older Persons Act, so that their education programs will be vitalized and they can

successfully carry out their roles as healthy leisure and welfare facilities for the elderly.

□ Implementation

- Target: Persons 60 years or older (they can participate in the programs with their spouses)
- Class size: 50 persons or more
- Description: The Elderly School to be operated at least once a week.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Operation Cost Support for the Elderly School	1,800 (persons)	1,850 (persons)	1,900 (persons)

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Operation Cost Support for the Elderly School	38,400	42,900	42,900

(3) Adult Literacy Education Program

□ Implementation

- Provided literacy education programs to the illiterate persons who were not educated for social or economic reasons.

- Improved the self-esteem of illiterate persons by educating them to be literate.
  - Achieved the purposes of lifelong education by continuously and systematically supporting the institutions that provide related education programs.
- Implementation Plan
- Target: Residents, immigrants and foreigners residing in Gangbuk-gu
- Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Adult Literacy Education Program	19,910	21,500	21,500

### 7.4.3 Silver Hair Salons

- Background
- Intended to improve the welfare for the elderly by creating jobs for the elderly (by setting up and operating hair salons in Gangbuk-gu, which will hire the elderly with professional skills) and providing the services to the elderly and general public at affordable prices.
- Implementation
- Provided jobs to the appropriately licensed elderly and offered a

greater opportunity for their social participation and improved their living standards.

- Provide hair dressing service to the elderly who cannot freely move around by picking them up from their houses.

□ Implementation Plan

- Target: The elderly 60 years or older and have worked or have been licensed as a hair dresser.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
The Silver Hair Dressers	26 persons	26 persons	26 persons

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
The Silver Hair Dressers	52,000	54,600	54,600

#### 7.4.4 After-school Classes by Retired Teachers

□ Implementation

Used the retired teachers as social capital and provided them an opportunity to make contribution to the society. Provided high-quality education to the selected students (such as the students with disabilities) over a long-term at appropriately supported facilities.



□ Implementation Plan

- Targets: The retired elementary, middle and high school teachers and teachers who left their jobs and haven't taught for a long time.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Social Service Job Creation	50 persons or more	50 persons or more	50 persons or more

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Social Service Job Creation	248,000	248,000	248,000

### 7.4.5 Culture & Tourism Guide Training and Service

□ Background

- Tourism Promotion Act and Gangbuk-gu Ordinance on Culture & Tourism Guide Service and Support

□ Implementation

- Introduced historical and cultural tourism resources in Gangbuk-gu to the visitors and provided job opportunities to the elderly.

□ Implementation Plan

○ Target

- Culture & tourism guide training: Anyone who have been appropriately trained and licensed.
- Request for culture & tourism guides: Anyone can request for the guides through the official website of Gangbuk-gu.

□ Yearly Implementation Plan (Target)

Project Name	2017	2018	2019
Culture & Tourism Guide Training and Service	- Recurrent education for the existing guides - Requests are to be accepted and services are to be provided at all times	- Education for the new guides - Requests are to be accepted and services are to be provided at all times	- Requests are to be accepted and services are to be provided at all times

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Culture & Tourism Guide Training and Service	16,220	16,220	16,220

## 7.4.6 Elderly Health Promotion Center

□ Background

- In order to enhance physical and mental health among the elderly, health promotion center dedicated to elderly population is necessary to provide opportunity of community engagement.

□ Implementation

- Providing exercise program, fall prevention education program and healthcare service program to relieve pain, disability and ageing.

□ Implementation Plan

- Target: Frail older adults older than 65

□ Yearly Implementation Plan (Target)

Project Name	2017	2018	2019
Elderly Health Promotion Center	-	Provide health promotion programs - Individualized exercise program - Cognitive rehabilitation - Group exercise - Fall prevention program	Provide health promotion programs - Individualized exercise program - Cognitive rehabilitation - Group exercise - Fall prevention program

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Elderly Health Promotion Center	-	100,000	100,000

## 7.5 Health Service

### 7.5.1 Falling Accident Prevention

#### □ Background

- The elderly whose physical conditions have deteriorated are prone to fall and get injured. Such injuries tend to increase the social cost.
- Gangbuk-gu intended to prevent injuries from falling by offering various programs in this regard.

#### (1) Arthritis Self-help Classes

#### □ Background

- Intended to improve the quality of life by mitigating pain (by strengthening muscles and improving joint flexibility) and helping the students (i.e. the arthritis patients) to care better for themselves, by providing self-help and management training and aquarobics classes.

#### □ Implementation Plan

- Target: 25 to 30 arthritis patients who suffer from pain during their daily activities



□ Yearly Implementation Plan

Project Name	2017	2018	2019
Arthritis Self-help Classes (30-person classes)	24 sessions / 504 persons	24 sessions / 510 persons	24 sessions / 520 persons
Aquarobics Group	- Gangbuk Well-being Sports Center (146 sessions / 3,540 persons) - Gangbuk Art & Culture Center (146 sessions / 7,270 persons)	- Gangbuk Well-being Sports Center (146 sessions / 3,540 persons) - Gangbuk Art & Culture Center (149 sessions / 7,270 persons)	- Gangbuk Well-being Sports Center (146 sessions / 3,540 persons) - Gangbuk Art & Culture Center (149 sessions / 7,270 persons)

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017-	2018	2019
Arthritis Self-help Classes	12,960	12,960	12,960

## (2) Osteoporosis Diagnosis

### □ Background

- Gangbuk-gu intends to ensure the health of its residents by the early detection of osteoporosis (through bone density diagnosis) and the preventative treatment, because the bone density of elderly and women after menopause tends to reduce and their bones get fractured easily.

### □ Implementation

- Linked the osteoporosis diagnosis to the metabolic syndrome related projects to ensure early detection of and preventative treatment for osteoporosis; provided diet and exercise consulting and prescriptions after the bone density diagnosis; provided follow-up monitoring; and provided good-quality medical services.

### □ Implementation Plan

- Target: Gangbuk-gu residents 20 years or older
- Examination cost: KRW 5,000 (free for those 65 years or older, medical welfare beneficiaries and the patriots and veterans)

### □ Yearly Implementation Plan

Project Name	2017	2018	2019
Osteoporosis Diagnosis	3,500 persons	3,600 persons	3,700 persons

□ Yearly Investment Plan

- N/A

(3) Falling Accident Prevention Class

□ Implementation

- Implemented physical exercise trainings at the trainees' locations, such as the Gyeongrodangs.
- Offered tailored exercise programs that considered physical conditions of the elderly.

□ Implementation Plan

- Target: The elderly who frequent Gyeongrodangs or registered to the Elderly University
- In cooperation with: Gangbuk-gu Exercise Association (dispatches trainers) and Gangbuk-gu Branch of The Korean Senior Citizens Association (manages Gyeongrodangs)

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Falling Accident Prevention Class	1,000 sessions	1,000 sessions	1,000 sessions
Falling Accident Prevention Class	20 Gyeongrodangs	20 Gyeongrodangs	20 Gyeongrodangs

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Falling Accident Prevention Class	19,000	19,000	19,000

(4) Health Lectures for the Elderly

□ Implementation

- Provided lectures to the elderly who were eager to learn and have participated in education programs for the elderly.
- Provided lectures on geriatric diseases related to injuries sustained by falling and on how to prevent injuries from falling.

□ Implementation Plan

- Target: The elderly who have taken education programs for the elderly and who frequent the welfare halls.
- In cooperation with: the classrooms for the elderly and the welfare halls in Gangbuk-gu

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Health Lectures for the Elderly	30 sessions	30 sessions	30 sessions



□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Health Lectures for the Elderly	500	700	1,000

(5) Rehabilitation service

□ Background

- Out of 17,338 persons registered to have disabilities and living in Gangbuk-gu, approximately 10,200 persons (60%) suffer from brain/physical disabilities. If they do not receive the rehabilitation treatment on time, their symptoms aggravate and they suffer from the secondary disabilities. Thus, Gangbuk-gu intends to provide physical exercise spaces and related services that the disabled persons can use, to motivate them to rehabilitate themselves and improve their quality of life.

□ Implementation

- Establishment of the disabled registration / management system for efficient service management.
- Improvement of health of the disabled and their quality of life by providing tailored rehabilitation services.
- Encouraged the disabled to participate in social activities by providing various rehabilitation programs.
- Enabled the local community to better rehabilitate the disabled by working closely with local welfare organizations.

□ Implementation Plan

- Target: The disabled registered in Gangbuk-gu.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Rehabilitation Exercise Classes	15 sessions per year	20 sessions per year	25 sessions per year
At-home Rehabilitation Service	200 persons	250 persons	300 persons
Self-help Meetings	4 times per year	5 times per year	6 times per year

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Rehabilitation Exercise Classes	100	150	200
At-home Rehabilitation Service	22,880	23,000	23,000
Self-help Meetings	200	250	300

(6) Subsidies for Artificial Knee Joints and Eyesight Recovery Surgeries for the Elderly

□ Background

- Gangbuk-gu intends to be an intermediary of artificial knee joint and eyesight recovery surgeries between: the Senior Healthcare Sharing Foundation and Korea Foundation for the Prevention of Blindness; and the low-income elderly who have difficulties in terms of accessibility and consultation.

□ Implementation

- Application method: The elderly can apply for the service at the public health centers near their homes.

□ Implementation Plan

- Supported surgeries: Surgeries for artificial knee joints, cataract, glaucoma, retinosis, etc.
- Qualifications: Those who earned 60% or less of median income in 2017, and who pay certain level of health insurance premium.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Subsidies for Artificial Knee Joints and Eyesight Recovery Surgeries for the Elderly	Applications are received throughout the year and the qualified persons are referred to the Senior Healthcare Sharing Foundation and Korea Foundation for the Prevention of Blindness.	Applications are received throughout the year and the qualified persons are referred to the Senior Healthcare Sharing Foundation and Korea Foundation for the Prevention of Blindness.	Applications are received throughout the year and the qualified persons are referred to the Senior Healthcare Sharing Foundation and Korea Foundation for the Prevention of Blindness.

□ Yearly Investment Plan: N/A

## 7.5.2 Medical Cost Support

□ Background

- If a low-income elderly does not receive medical treatment on time, because he/she cannot afford it, his/her condition may aggravate and incur greater cost later.
- Intended to protect the elderly's right to live healthy, at least at a minimum level, by helping them with the medical fees for the conditions that last long or cost highly.

## (1) Support for Cancer Treatment

### □ Background

- The number of cancer patients have increased as the portion of aged population and number of chronic disease patients grew.
- Cancer treatment is expensive.

### □ Implementation

- Actively promoted the program, worked together with the early cancer detection programs of the national government and actively identified the new beneficiaries, so that the patient's economic burden would be reduced and the cancer treatment rate would be increased.
- Worked closely with other organizations (i.e. the Welfare Policy Department of Gangbuk-gu Office that administers emergency medical cost support program and the National Health Insurance Corporation that provides medical fee support for disaster victims) to avoid duplicated support.

- When a cancer patient requests for financial support, referred him/her to this program, rather than referring him/her to other programs of temporary nature (such as the medical fee support programs for disaster victims).

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Number of Beneficiaries of Medical Cost Support Project for Cancer Patients	450 (persons)	460 (persons)	470 (persons)

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Amount of Medical Cost Support for Cancer Patients	442,000	450,000	465,000

(2) Rare & Incurable Disease Treatment Cost Support

□ Background

- Rare & incurable diseases are hard to detect and treat; and require a long-term treatment, thus put significant social and financial burdens to the families of patients.
- Gangbuk-gu Office intended to provide medical fee support to the patients of rare & incurable diseases, so that the patients and their families will be socio-economically and psychologically stabilized, thus be healthier and better-off.

□ Implementation

- Thoroughly and regularly screened the financial statuses of the new applications and the existing beneficiaries, so that the service would be provided fairly.

□ Implementation Plan

- Target: Those who are suffering from any of the 134 diseases recognized as rare & incurable diseases; are covered by the national health insurance; and satisfy the income and property standards.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Medical Cost Support for Patients Suffering from Rare and Incurable Diseases	30 new beneficiaries	30 new beneficiaries	30 new beneficiaries

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Medical Cost Support for Patients Suffering from Rare and Incurable Diseases	400,000	500,000	500,000

### 7.5.3 Chronic Disease Management Project

#### □ Background

- Burdens created by cardiovascular and cerebrovascular diseases are increasing due to rapid aging and extension of average life expectancy.
- Gangbuk-gu intended to provide appropriate preventative management programs related to cardiovascular and cerebrovascular diseases, so that the elderly can live healthier.

#### (1) Chronic Disease Management Project

#### □ Implementation

- Establishment of integrated health promotion infrastructure to manage chronic diseases.
- Early detection of chronic disease and registration & management of high-risk persons.
- Administration of education on chronic diseases and raising awareness thereon.

#### □ Implementation Plan

- Target: Gangbuk-gu residents 20 years or older.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Chronic Disease Management Project	800 trainees	800 trainees	800 trainees

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Chronic Disease Management Project	36,003	40,226	40,226

(2) Citizen Health Point Project

□ Background

- In terms of chronic diseases prevention, the public health centers must focus on those who voluntarily visit the centers and provide advices on changing habits for the purpose of prevention, because they do not have enough resources.
- 92% of the chronic diseases patients are treated at private medical service providers, who do not provide enough education and advices regarding the management of chronic diseases.
- It is necessary to build a system of cooperation between public and private sectors to register and manage the chronic diseases patients in the local community.



□ Implementation

- Points were saved as the private hospitals treated diseases and the public health centers gave health education, and the saved points were used as the cash-equivalents to pay for the patients' share of medical examinations, vaccinations, etc.

□ Implementation Plan

- Target: Patients suffering from high blood pressure or diabetes

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Citizen Health Point Project	25 medical facilities	27 medical facilities	27 medical facilities

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Citizen Health Point Project	42,000	42,000	42,000

(3) Diabetes Self-help Class

□ Background

- Intended to train the diabetes patients, so that they can self-manage their blood sugar levels.

- Implementation Plan
  - Target: 25 to 30 diabetes patients and their family members living in Gangbuk-gu.

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Diabetes Self-help Class (30-person classes)	13 sessions / 510 persons	13 sessions / 510 persons	13 sessions / 510 persons

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Diabetes Self-help Class	2,100	2,100	2,100

(4) Gyeongrodang Health Managers

- Implementation
  - Trained the Health Leaders among those who frequent the Gyeongrodangs.
  - Caused the Health Leaders to create ripple effects to other elderly in terms of health awareness.
- Implementation Plan
  - Target: The Gyeongrodang Silver Meal Helpers
  - In connection with: Gangbuk-gu Branch of The Korean Senior Citizens Association

□ Yearly Implementation Plan

Project Name	2017	2018	2019
Gyeongrodang Health Managers training	5 sessions	5 sessions	5 sessions

□ Yearly Investment Plan (Unit: KRW 1,000)

Project Name	2017	2018	2019
Gyeongrodang Health Managers training	500	500	500



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