

# Strategy and Action Plan in Nonsan Aged-Friendly City

## 1. Aging-friendly city promotion strategy (a five-year plan to be implemented from 2026)

### ◆ The Need for Aging-Friendly City Policy

- Over the past five years, projects to spread leisure culture and promote social activities for the elderly have been promoted to ensure a healthy retirement life, but the demand for welfare for the elderly continues to increase due to the increase in the elderly population.
- It is necessary to prepare various policies for the increase of the elderly population, such as caring for the elderly, guaranteeing income, and ensuring living safety.
- As the proportion of the elderly population increases and the gap between life expectancy and healthy life expectancy widens, the demand for support for social activities in old age, such as jobs, education, and leisure activities for the elderly population, as well as medical and care needs, is expected to increase.

### ◆ Development and Evaluation of the Age-Friendly Index in the Nonsan City

- Based on the WHO Global Age-Friendly City Guidelines, comprehensive indicators for evaluating the level of age-friendliness in each field, such as society, environment, economy, and housing, will be developed in more detail, and plans will be implemented.
- External Environment and Facilities: Enhancement of Safety, Convenience, and Accessibility of Urban Infrastructure
- Convenience of transportation: Easy and inexpensive public transportation, social participation of the elderly, and access to medical services
- Residential Environment Stability: Realizing a comfortable and safe life for the

elderly

- Utilization of human resources: Volunteer service and employment opportunities, civic participation activities, and contribution to local communities according to the needs of the elderly
- Leisure and social activities: Access to family, society, culture, religion, and leisure activities, and a sense of social belonging through administrative information support
- Respect and social integration: The use of education and media related to improving the image of the elderly and the integration of generations through the role of the elderly
- Communication and information: Various information provision systems reflecting the characteristics of the elderly, strengthening access to information
- Health and community care: Sufficiency, appropriateness, and accessibility of medical services, maintenance of a healthy life, and the possibility of independent living

◆ **WHO's Redeveloped Network Guide for Aged-Friendly Cities**

- The core concept of AFC is activation, defined as 'the process of optimizing opportunities for health, participation, and safety to improve the quality of old life'.
- For activation, "accessible" and "active" are the keywords of the social and physical urban environment, and to maximize the possibilities and abilities of the elderly, the city aims to make it easy for the elderly to go out, use, and participate in society.
- The framework elements proposed in the 2023 Revamped WHO Aged-Friendly Cities Guide are as follows (WHO, 2023)
  - Partnerships, networking, and stakeholders
  - Leadership and strategic thinking
  - Human, financial, institutional, and cultural resources

- capacity-buildings
- Knowledge, research, and innovation
- monitoring and evaluation

## 2. Policy for Promotion of Aged-Friendly City (2026-2030)

- Resolving blind spots for income security to ensure stable retirement income, expanding jobs for the elderly, and establishing a foundation for a stable income from assets
- The expansion of preventive health and medical services is intended to promote healthy aging and strengthen health management systems, with an emphasis on early detection, treatment, management, and care integration.
- Expansion of home-based health and care services so that people can live healthy and comfortably where they live
- Creating safe and comfortable housing and transportation conditions for the elderly and creating an elderly-friendly living environment by spreading elderly-friendly communities
- Formation of a system that can prepare and respond to life throughout the whole life, with the final support of a dignified life at the end of life
- Resolving the blind spot of poverty for the elderly by strengthening the institutional foundation for guaranteeing stable retirement income, such as strengthening the multi-layered income security system and expanding jobs for the elderly
- Expanding jobs for the elderly for economic stability (establishment and operation of senior clubs, etc.)
- (Guarantee of basic living rights and expansion of caring functions) Provision of customized care services for the elderly in need of care, operation of a joint living home for the elderly living alone, operation and support of emergency safety security services for the elderly and the disabled living alone
- (Healthy and lively support for old age and promotion of rights and interests of

senior citizens) Support for the operation of elderly leisure welfare and specialized institutions for the protection of senior citizens through new/expanding and operational support for senior citizen centers

- In the WHO Aged-Friendly City Strategy and Action Plan, it is necessary to focus on monitoring and evaluation, along with strengthening support for human, financial, institutional, and cultural resources, and cooperation with stakeholders in the future

### **3. Project Overview of Building a Healthy and Active Aged Society**

#### **1) low-income home-aged meal delivery**

- business objectives
  - Promote the welfare of the elderly by providing meal delivery services to low-income elderly people who are likely to skip meals due to mobility difficulties
- Details of the business
  - Project details: Delivery of meals 2-3 times a week to the elderly and low-income home-based elderly who are unable to use the elderly restaurant due to mobility difficulties
  - Subject to the project: Senior citizens aged 60 or older who are likely to skip meals due to difficult or unavoidable circumstances, such as recipients of basic living (elderly aged 60 or older in the province)
  - How to implement the project: Entrustment of senior welfare centers, women's associations, social welfare centers, etc

#### **2) Free route restaurant operation**

- business objectives
  - Promote the welfare of the elderly by operating a restaurant for the elderly who are concerned about skipping meals

- Details of the business
  - Details of the project: Providing meals 1-5 times a week to the elderly who are concerned about skipping meals, which can be achieved through the operation of a free route restaurant
  - Subject to the project: Senior citizens aged 60 or older who are likely to skip meals due to difficulties or unavoidable circumstances, such as recipients of basic living
  - How to implement the project: Entrustment of senior welfare centers, women's associations, social welfare centers, etc

### 3) Support for senior club operating expenses

- business objectives
  - Creating social conditions to develop and participate in various market-type jobs suitable for the elderly that can utilize the social experiences and knowledge of the elderly
- Details of the business
  - Subject to Project: Senior citizens aged 60 or older
  - Key contents: Support for operating expenses for the expansion of senior clubs and the stable operation of senior clubs

### 4) Remuneration, education, and grand festival for senior citizens in living and home facilities

- business objectives
  - ○ Promote worker morale by providing educational support to improve the quality of service for the elderly and providing a place for harmony among the elderly and the workers of living and home facilities
- Details of the business
  - Remuneration education for senior living facilities workers and a grand festival for senior citizens

- Educational support for the improvement of the quality of service for the elderly and the provision of a place for harmony among the elderly or employees of living and housing facilities
- Subject to the project: Elderly living facilities workers and 65-year-old senior citizens
- Project implementation entity: Elderly Welfare Association, Home Elderly Welfare Association

## 5) Operation of support service for elderly people at home

- business objectives
  - To realize preventive welfare and establish a social safety net by supporting the operation of welfare facilities for the elderly at home that provide various necessary services, including daily life support, to the elderly in the blind spot of welfare
- Details of the business
  - Project Target: Support Service Center for the Elderly at Home
  - Project details: Support for operating expenses of the support service center for the elderly at home
    - Labor costs, project expenses, management and operation expenses, etc., for providing services such as life counseling and education, support for sponsorship association and linkage, leisure activities, improvement of residential environment, etc

## 6) Support for the Project of the Korea Senior Citizens Association

- business objectives
  - Promote the promotion of the rights and interests of the elderly and the promotion of welfare by supporting projects to promote the health of the elderly and revitalize leisure culture

- Details of the business
  - Subject to the project: Senior citizens aged 65 or older
  - Project details: Support for the project cost of the provincial association
    - Training education for senior leaders, supporting participation in the National Senior Health Festival, Silver Arts Festival, Senior Volunteer Club Competition, Ground Golf Competition, and Senior Citizens' Day Ceremony
  - Contributing to the health promotion of the elderly by supporting six projects of the Chungnam Federation (educational training for senior leaders, silver comprehensive art festival, participation in the National Senior Health Festival, senior volunteer club competition, ground golf competition, senior citizens' day celebration)
  - Details of support: Support for the project cost of the provincial association
    - Training education for senior leaders, supporting participation in the National Senior Health Festival, Silver Arts Festival, Senior Volunteer Club Competition, Ground Golf Competition, and Senior Citizens' Day Ceremony
  - Project implementation entity: Federation of Korean Senior Citizens Association
  - How to implement the project: Subsidies (subsidies for social welfare programs)

## 7) Experience cultural exchange for the elderly

- business objectives
  - Promote a vibrant retirement life by expanding opportunities to participate in social activities and reducing feelings of alienation through cultural exchange events for senior citizens between regions
- Details of the business
  - Subject to the project: Senior citizens aged 65 or older
  - Project details: Promote the health of the elderly and expand social participation through participation in cultural exchange events for the elderly (major regional events such as festivals, regional programs such as cultural assets, participation in events organized by the senior citizens' association, etc.)
    - Continuous promotion of cultural exchange events for the elderly, such as major

regional festivals, special programs, and events organized by the Senior Citizens' Association, such as the Baekje Cultural Festival, etc

- Promote social participation activities of senior citizens by expanding the scope of cultural exchange experience events for senior citizens

## 8) Senior Citizen Center Operation

- business objectives
  - Revitalize senior citizens' centers and enhance satisfaction with their use by distributing various programs and supporting the operation of senior citizens' centers to support the healthy retirement life of the elderly
- Details of the business
  - Operate various programs for senior citizens, such as health care, exercise, education, leisure, etc
  - Support and management for the promotion of the use of senior citizen centers
  - Promote the promotion of leisure welfare for the elderly through support for the operation of senior citizen centers
  - Distribution of programs, such as health, hobbies, and sports games, suitable for the elderly

## 9) New/Extended and Functional Reinforcement of Senior Citizens Hall

- business objectives
  - Creating a safe and pleasant environment and promoting the welfare of the elderly through new, expanded, and renovated senior citizen centers
- Details of the business
  - Details of support: New and expanded, renovation and functional reinforcement, etc. of aging senior citizen centers
    - Senior citizen center in need of renovation, such as new construction, expansion, replacement of air conditioner, painting, floorboards, etc

## 10) Support for elder abuse prevention project activities

- business objectives
  - Improve awareness of the elderly and their rights and interests through education on the prevention of abuse of vulnerable groups, such as the elderly living alone and the elderly in facilities, campaigns, and the resolution of discrimination against the elderly
- Details of the business
  - Subject to the project: The elderly living alone and the elderly from vulnerable groups
  - Project details: Campaign, education, public relations, etc., to protect the human rights of the elderly and prevent abuse
    - A Survey on the Elderly in Vulnerable Classes, such as the Elderly Living Alone and the Elderly in Facilities
    - Emergency assistance, on-the-go consultation, etc
    - Prevention of Abuse and Implementation of Human Rights Education for the Elderly
    - Abuse prevention campaigns and distribution of promotional materials
  - Project implementation entity: Elderly protection agency

## 11) Subsidies for employment incentives for senior citizens

- business objectives
  - Purpose: Provide private SMEs with employment incentives for the elderly to spread the employment atmosphere of the elderly and provide stable jobs for the elderly
- Details of the business
  - Key content: Wage subsidy for newly hired senior citizens of small and medium-sized enterprises (SMEs)
  - Subject to Project: Senior citizens aged 60 or older
  - Businesses excluding support: Consumption and entertainment, national, local government, public institutions, etc

- Other exclusion targets: employer of unpaid wages, private enterprises with overlapping support, etc
- Limits and requirements for support: 30% of the minimum wage for up to 24 months

## **12) Support for the operation of the Senior Citizens' Association's Employment Support Center**

- business objectives
  - Providing jobs to the elderly through the operation of employment support centers at the Federation of Chungcheongnam-do or the Si/Gun Branch of the Korean Senior Citizens' Association
- Details of the business
  - Subject to the project: Senior citizens aged 65 or older
  - Project details: Development of employment companies, accompanying interviews, conducting job linkage, etc
    - Employment counseling, job placement, business development, accompanying interviews, etc
    - Discovery of elderly manpower demand companies (institutions) and follow-up management of the employed
  - Subject to implementation: Federation of Korean Senior Citizens Association and municipal council
  - Method of implementation: Operation of employment support centers for senior citizens of the provincial association and municipal branch

## **13) Support for the revitalization of municipal and provincial senior universities**

- business objectives
  - Expanding the social participation of the elderly and promoting relationships through the operation of programs tailored to the needs and eye level of the elderly

- Details of the business
  - Project Target: Senior citizens aged 60 or older at the Senior Citizens' College
  - Details of the project: Support for operating expenses and project expenses for various programs tailored to the needs and eye level of the elderly
    - General liberal arts courses, education on the prevention of dementia among the elderly, education on the prevention of suicide (depression), education on gender equality for the elderly, experiential learning, etc
    - Revitalizing the fraternity of the elderly through the Senior College Program

#### 14) Community health care in the village

- business objectives
  - To establish a comprehensive health management system so that residents can live healthy and happy lives through "community health management to the village" under the conditions of rural areas where medical institutions are far away and traffic is inconvenient
- Details of the business
  - Promotion history
    - 2017.1.: Establishment of a community health team, operation of community health care in the village
    - 2019.1.: Intensive health care operation in high-risk villages
    - 2020.1.: Securing a workforce for part-time workers with experience in new midlife job projects
    - 2020.12.: Using tablet PCs, establishing an integrated health management system for all citizens
    - 2022.1.: Resident-led, balanced regional New Deal public offering project selected (Smart health care Sarangbang 13 villages, 1 smart health care bus)
    - 2023.12.: Citizen Family Park Smart Health Care Sarangbang Opens
  - Business Period: 2017~2030
- a business promotion system
  - Project Target: All villagers in Nonsan-si (main target: the elderly aged 65 or older)

- Key contents of the implementation procedure
  - Step 1: business description and progress situation
  - Step 2: Fun Recreation
  - Step 3: Health education in three areas: disease, nursing, nutrition, and oral cavity
  - Step 4: Exercise Education and Exciting Healthy Gymnastics: Exercise Prescription
  - Step 5: Completion of Individual Registration Card and Survey
  - Step 6: Health Measurements: Blood pressure, blood sugar, cholesterol, hemoglobin, weight, height, body composition
  - Step 7: Personalized Consultation: Using Health Measurement Results and Registration Cards (Tablet PC)
  - Step 8: Oriental Medicine: Disease and Health Counseling, Acupuncture, and herbal medicine Prescription
  - Step 9: linkage project: Memory screening and connection to public health centers, such as depression
  - Step 10: Evaluation and Finishing: Operation Evaluation and Self-Promise Health Practice
- Key Performance Results for 2023
  - Number of community health care visits and number of participants: 606 times, 6,961 people
  - Health measurement results linked to local medical institutions for high-risk people: 291 people
  - Visits villages in health-vulnerable areas three times a month: 5,135 people 178 times
  - Customized health care with medical treatment and counseling tailored to each individual's characteristics
  - Establishment of a Computerized System through the Integrated Health Management System for On-Citizens
    - Health measurement, survey analysis, and statistics on health care data
- Plans and contents of implementation after 2025
  - Project Target: Nonsan Citizens
  - Size: 300 village centers (20 villages in medically vulnerable areas and 280

general villages)

- Business method: Visit 2 villages per day (using buses equipped with ICT health measurement equipment)
- Main content
  - Strengthen comprehensive health care for residents in need of health care by visiting villages
  - Operation of specialized programs based on the results of intensive health behavior in villages in medically vulnerable areas
  - Operation of ICT (Information and Communication Technology)-based Smart Health Care Sarangbang in Citizens' Family Park
  - Strengthen management of high-risk persons: Health measurement results, Telephone counseling for abnormal persons, and connection with medical institutions
  - 12 types of blood tests and health measures: body weight, height, body composition, blood pressure, blood sugar, cholesterol, glycated hemoglobin, anemia, stress, etc

## 15) Visiting Happiness College Runs

- business objectives
  - Instructors who are qualified for adult literacy education visit the senior center to improve the happiness index of senior citizens by providing them with various learning programs that help them in real life, such as digital education (how to use mobile phones, tablet PCs, and kiosks), safety education (voice phishing prevention, traffic, and disaster safety), finance and dementia prevention education
- Details of the business
  - Project Base: Lifelong Education Act, Nonsan City Ordinance on Support for Adult Literacy Education
  - Target of the project: Senior citizens who are willing to learn, etc
    - Customized lectures for adult literacy instructors to visit the village (twice a week / once for 2 hours)
    - Promote general literacy (reading, writing, counting) and adult discretionary activities (reading, drawing, making, etc.)

- Promote life literacy education, such as digital education (how to use mobile phones, tablet PCs, and kiosks), safety education (voice phishing prevention, traffic and disaster safety), finance and dementia prevention education
- Promote special learning programs through various craft and music classes, etc
- Education operation: Literacy education, discretionary activities, digital education, special learning, etc
- Promotion of events: Instructor competency training, writing contest, exhibition, etc

#### 4. Current Status and Future Strategy of Aging-Friendly City in Nonsan City

- ◆ In the five-year plan to be implemented from 2026, it is necessary to design policies for the overall area of life, including health, life, and housing, in addition to income, reflecting the various characteristics and needs of the elderly
- Reinforcement of proactive health management system for healthy aging and prevention - early detection - treatment and management - internalization of care
- With policies to expand preventive health and medical services, visit-type health care and medical services will be revitalized, and comprehensive management and support for the elderly with dementia will be strengthened.
- Creating a safe and comfortable transportation environment and expanding community spaces reflecting various needs for the vibrant lives of the elderly
- Establishing an aging-friendly residential and urban environment across the community so that they can continue to live in the area they have lived in, even when they get older
- The integrated community care system is complete in the area, so that you can continue to live in your home or the area where you live.
- ◆ Together with human, financial, institutional, and cultural resources, we support the active roles and choices of individuals in consideration of the characteristics of baby boomers

- Resolving the blind spot of poverty for the elderly by strengthening the institutional foundation for guaranteeing stable retirement income, such as strengthening the multi-layered income security system and expanding jobs for the elderly
- Strengthen the foundation for incomeization of assets to stabilize income after prolonged retirement.
- Establishment of an integrated care system and support for the return of local communities through integrated care for continuing to live in local communities

### 1) General status of the demographic aspect

- The elderly population across the country and in Chungnam is steadily increasing, and the elderly population in Nonsan-si also increased by 1,675 to 33,458 in 2023, compared to 2021
- Nonsan-si has steadily increased since 2017, accounting for 30.3% of the total population in 2023, the seventh highest among cities, counties, and districts in Chungcheongnam-do.
- Looking at the structural characteristics of the elderly population, 14,525 (43.4%) were male and 18,933 (56.6%) were female, 13.2% more female, and 10,335 (30.9%) were 65-69 years old, and 7,304 (21.8%) were 70-74 years old, 5,677 (17.0%) were 75-79 years old, 5,235 (15.6%) were 80-84 years old, and 4,907 (14.7%) were 85 years old or older.
  - When the structure of the elderly population is re-divided by gender, women are the most, aged 65 to 69 with 5,102 (26.9%), followed by 3,815 (20.2%), 3,550 (18.8%), 3,305 (17.5%), and 3,161 (16.7%) aged 75 to 79 years old
  - On the other hand, men were 5,233 (36.0%) aged 65 to 69, 3,489 (24.0%) aged 70 to 74, 2,516 (17.3%) aged 75 to 79, 1,930 (13.3%) aged 80 to 84, and 1,357 (9.3%) aged 85 or older, and the number of elderly people was high
- The number of populations by age group of men and women is relatively larger than that of men in all age groups, especially those with a high difference of 80

to 84 years old and 85 years old or older.

- Looking at the status of the elderly by administrative districts in Nonsan City, the proportion of the elderly population exceeded 20% in 13 regions except for Quam-dong and Buchang-dong, which are downtown areas, in 2017, but the proportion of the elderly population in Buchang-dong also exceeded 22.5% in 2023. In particular, Gayagok-myeon was very high at 48.9%, Seongdong-myeon at 47.1%, Chaeun-myeon at 47.0%, and Bulgok-myeon at 46.7%
- Looking at the characteristics of the elderly population by household, out of 19,858 elderly households, 8,656 households (43.6%) were the largest, 8,297 households (41.8%) were single-person households, and 2,905 households (14.5%) were three or more people.

## 2) physical environment

- In the transportation sector, there were insufficient transportation facilities and insufficient public transportation linkage systems between living areas, but the city bus route system was reorganized in November 2023 to improve this.
  - 16 city bus routes and 3 happy bus (DRT) areas were newly established and adjusted by reflecting citizens' requirements as much as possible in the reorganization plan
- Looking at the housing status of the elderly in Nonsan City, a total of 14,735 elderly people owned houses.
  - The total number of houses owned is 20,221, indicating that 44.0% of the 33,458 elderly people in Nonsan-si own houses
  - When looking at houses owned by the elderly by type of residence, 83.0% owned single-family houses, 13.5% of apartments, and 3.5% of other multi-family houses (joint, multi-family housing, and urban living housing)
  - When looking at the distribution of the number of houses owned by the elderly by eup, myeon, and dong, Chiam-dong has the largest number of houses with 4,039 (20.0%), followed by 2,606 (12.9%) in Yeonmu-eup and 2,248 (11.1%) in

Buchang-dong

- When looking at the number of homeowners by gender, men were 51.9% and women were 48.1%, which was 3.8% higher for men (2023)
- The ratio of home ownership to the elderly population by eup, myeon, and dong was the highest in Eunjin-myeon at 74.1%, and the lowest in Buyang-myeon at 48.0%
- In terms of the distribution of home ownership by age of the elderly, 6,327 (31.3%) aged 65-69, followed by 4,544 (22.5%) aged 70-74, and 3,618 (17.9%) aged 75-79
- In terms of gender, 51.9% of men and 48.1% of women were male, 3.8% higher, and the gap narrowed compared to 2016 (10.8%)
- When looking at houses by type of residence owned by the elderly, the proportion of owning single-family houses was the highest at 83.0%
- Among the houses owned by the elderly, 2,733 apartments (13.5%) and other multi-family houses (joint/multi-family housing and urban living housing) accounted for 707 units (3.5%)
- Looking at the housing by age and type of residence of the elderly, the proportion of single-family home ownership among the elderly aged 85 or older is the highest at 93.1% (2,442 houses)
- Elderly people aged 65 to 69 have the lowest percentage of single-family home ownership at 76.0%, and the highest percentage of apartment ownership at 19.4%

◆ **Expanding support for home improvement tailored to the elderly**

- Development of a housing model for the elderly and improvement of the system for continuous residence in the community
- Establishing an aging-friendly residential and urban environment across the community so that they can continue to live in the area they have lived in, even when they get older

- Creating a safe and comfortable transportation and restoration environment for the elderly
- To provide public rental housing tailored to the elderly with universal design, such as removing thresholds and installing safety sensors, so that the elderly can live safely
- Support for customized housing renovation is promoted so that the elderly can continue to live safely and comfortably in the house where they live.
- Development of a model for "senior service-linked housing" in which complex services necessary for the elderly, such as health care, care, and nursing, are linked and provided
- ◆ **Expansion of senior protection zones and improvement of the walking environment**
  - Promote the improvement of the elderly-friendly walking environment, such as the provision of traffic and convenience facilities for the elderly, the installation of various safety facilities, and the flexible operation of limited speed
  - Presentation of a standardized walking environment for elderly pedestrians, reinforcement of safety facilities to prevent jaywalking of elderly pedestrians, and customized crossing facilities for the elderly, etc

### 3) Social, Cultural, and Economic Environment

- Looking at the leisure and social participation activities of the elderly in Nonsan-si, leisure and social participation activities centered on the village community are carried out along with participation in programs of welfare centers and community centers.
- There are 521 senior centers in Nonsan City, and 520 centers are operated.
  - The senior citizen center program in operation in 2023 is Nonsan Happiness University
  - Nonsan Happiness University consists of basic literacy education, including

- reading, writing, and counting, and specialized activities such as reading, drawing, and making
- Professional instructors with qualifications for adult literacy education visit the senior center twice a week (4 hours) and provide customized lectures
  - Yeonmu-eup has the highest number of senior citizen centers operated by Nonsan Happiness University, with 31 locations
  - o The health care program for senior citizens provides regular health care services to senior citizens in areas where it is difficult to visit medical institutions or who are unable to move, and as of 2023, it is operated at 519 senior citizens centers, and 7,219 people participated.
  - The provision of health services by a medical team consisting of oriental doctors, nurses, exercise prescriptions, nutritionists, dental hygienists, etc., by visiting the village in person, can be said to have satisfied the needs of the elderly through software services, which cannot expand health care institutions in a short period
  - Software services have resulted in a life-oriented policy rather than a hardware policy of building a health care institution, which has increased the satisfaction of the elderly
  - In terms of the contents of the visit service, it is highly regarded in terms of customized welfare that it plans and operates related services such as health education or health promotion exercises to prevent diseases with high prevalence by region, by linking the prevalence of elderly people in the region and the contents of services
  - The level of satisfaction of the beneficiaries with the actual health program is very high, with 49.6% satisfaction and 42.9% satisfaction
  - o Village Community Small libraries are being implemented to create conditions for residents who have difficulty accessing the library to easily access books and to arouse interest and interest in books for the elderly who were alienated from the reading culture.

- The co-living system for senior citizens living alone will prevent dangerous situations for senior citizens living alone and strengthen the caring functions of senior citizens by making senior citizens live in a living space so that they can rely on each other.
- Recently, social problems for the elderly living alone have become serious, and it is considered a timely policy to operate a joint living system as a countermeasure, and it is more flexible and family-friendly in that it is not a uniform solution to admission to facilities, but a life as a community in which the elderly have lived in the same area. The single elderly co-living system is about 90% satisfied
- In fact, there are cases in which people living together in dangerous situations, such as low blood sugar, low blood pressure, and dizziness, have dealt with crises through emergency measures
- Efforts are made to collect opinions from the elderly in the process of planning policies for the elderly.
- Before implementing the village community restoration project, Nonsan City explained the necessity of the project to the residents and went through the stage of the mayor visiting citizens in person to collect opinions to hear the residents' opinions on the direction of the project
- Residents' opinions are collected from time to time through town hall meetings as well as community meetings for residents who will provide services together
- The Mayor directly collects the opinions of residents at the beginning of the project and the middle of the project, thereby maximizing the effectiveness of the municipal administration, ensuring the reliability of residents' opinions on the administration, and immediately correcting the wrong parts of the project
- In the process of providing services to the elderly, it contributes to the creation of jobs by hiring idle human resources in the region, such as instructors at Hangeul University, reading instructors, and health care professionals.

- In particular, the "single-body senior co-living system" project is a space, so in case there is an internal conflict between participating seniors, a "village-specific operation committee" is formed with Lee/Baek-gu, senior citizen center representative, women's council president, Eup/Myeon-dong employee, and seniors to discuss safety management and difficulties, execution of operating expenses, and activation plans to resolve internal conflict structures in the event of such problems.
- The number of elderly people receiving the National Basic Livelihood Security in Nonsan City is 4,076, which is 46.0% of the total number of recipients of the National Basic Livelihood Security, and the proportion of elderly recipients is continuously increasing.
- (Economic Activities) The number of retired professionals aged 50 or older increases, but it is insufficient to connect them to the right place and use their expertise socially
  - The economic activities of the elderly are agriculture, forestry, and fisheries, or simple labor, and the use of talent by the elderly with various experiences and knowledge is narrow (32.9% of agricultural and fisheries skilled workers and 40.1% of simple labor workers)
- ◆ **Expansion of social participation, such as jobs for the elderly, etc**
  - Expanding jobs for the elderly to support income and social activities in old age, and establishing new jobs utilizing the life experience and activity capabilities of the elderly
  - Systematic support for job design and life design for the prospective elderly generation (50-64 years old) in new midlife, and expansion of career-type job projects in new midlife

#### 4) Community communication and health and welfare

- Nonsan City realizes community welfare at the village level so that the elderly can live together and socialize together in the community, and the heads of local villages and women's associations are encouraged to participate to provide information to the elderly.
- Looking at the prevalence of diseases among the elderly in Nonsan-si, the prevalence of high blood pressure is remarkably high at 60%, followed by arthritis at 35.6% and diabetes at 21.1%, and most of the diseases require continuous and systematic management.
- Looking at the workforce employed in medical institutions, out of the total 1,854, nursing assistants accounted for the largest workforce with 682 (36.8%)
  - 461 nurses (24.9%), 355 medical technicians (19.1%), 207 doctors (11.2%), 61 oriental doctors (3.3%), and 54 dentists (2.9%)
  - Elderly-friendly professional medical personnel appear to be somewhat lacking, so systematic construction efforts should be carried out in parallel
- The number of elderly living alone who are eligible for the National Basic Livelihood Security by age is the highest at 1,018 (25.0%), followed by 864 (21.2%) over 85 years old and 770 (18.9%) over 80-84 years old.
  - According to the population status of the elderly by type of receipt compared to the national basic living security recipient population, 3,115 livelihood benefits, 2,415 medical benefits, and 3,263 residential benefits
  - When looking at the ratio of male and female composition by salary, the ratio of female composition is 61.6% of livelihood benefits, 56.2% of medical benefits, and 63.6% of housing benefits, which is higher than that of male composition
  - Looking at the types of national basic living security benefits by age of the elderly, livelihood benefits, medical benefits, and housing benefits are the highest at 26.8%, 31.4%, and 24.5% among 65 to 69 years old
- The number of elderly people with disabilities in Nonsan City is 1,886,

accounting for 53.4% of the total 3,531 people with disabilities, and the number of elderly people with disabilities by eup, myeon, and dong was 336 (17.8%), 234 (12.4%) in Yeonmu-eup, and 196 (10.4%) in Yeonsan-myeon.

- According to the distribution of the disabled population by age, 440 (23.3%) people aged 65 to 69, 416 (22.1%) people aged 85 or older, and 357 (18.9%) people aged 80 to 84 years old
- The elderly received 784 disabled pensioners and 1,102 disabled benefit recipients
- 397 men (50.6%) and 387 women (49.4%) received the disabled pension from the elderly
- The pension for the disabled of the elderly was 220 (28.1%) for those aged 65-69, 170 (21.7%) for those aged 70-74, and 150 (19.1%) for those aged 75-79
- The number of recipients of disability benefits for the elderly was 478 men (43.4%) and 624 women (56.6%)
- The disability allowance for the elderly was 314 (28.5%) for those aged 85 or older, 220 (20.0%) for those aged 65 to 69, and 215 (19.5%) for those aged 80 to 84

◆ **Expansion of health care programs tailored to the elderly**

- Strengthen the proactive health care system for middle-aged and elderly people for healthy aging.
- Expanding the operation of exercise programs for the elderly, health prevention management programs, such as fall prevention and nutrition management
- Exercise instructors are dispatched 2-3 times a week to senior centers, community centers, welfare centers, etc., to provide customized health promotion services, such as exercise classes, health education, and physical function measurement.
- Standard elderly exercise (flexibility, muscle endurance, etc.), dementia prevention exercise, fall prevention exercise, etc

- Expanded health programs specialized for the elderly in public health centers and health classes (National Health Insurance Corporation)
- Health education, such as the prevention and management of major diseases and inconveniences in living of the elderly, such as urinary incontinence, eye diseases of the elderly, osteoporosis, etc., is also provided by the public health center etc.
- Guidelines on safety rules and countermeasures for the prevention of falls, etc
- ◆ **Strengthen management of chronic diseases for the elderly**
  - Evaluation and diffusion of pilot projects for chronic disease management
  - Promote management of chronic diseases without blind spots using health insurance big data.
  - Strengthen the provision of information to excellent neighborhood clinics by evaluating the adequacy of chronic diseases (high blood pressure and diabetes)
- ◆ **Strengthen comprehensive management or support for the elderly with dementia and preemptive prevention and management of dementia**
  - Intensive management of high-risk dementia groups and early detection of dementia are supported.
  - Develop and spread cognitive health promotion programs, such as developing and spreading cognitive training content by stage of dementia, dementia prevention practice index, and dementia prevention exercise methods.
  - Standardization of dementia treatment guidelines and expansion of support for dementia testing and treatment management expenses
  - Expanding the operation of dementia rooms that provide customized management by applying separate facilities, manpower, and service standards suitable for managing dementia patients

- ◆ By re-establishing nursing hospital-facility functions, it is transformed into an integrated system of health care-care-welfare that can prevent social hospitalization and satisfy complex needs
- [Reference] Community-oriented care system for the elderly in developed countries
  - (Sweden) 'With the Adele reform in 1992, the medical and welfare of the elderly is unified into a basic local government, and regional responsibility and discretion are expanded through the revision of the 'Social Service Act' ('01)
  - (Britain) The '70s Sebohm reform established a local government social service department, developed a model through pilot projects in the '80s, and enacted the 'Community Cares Act' in the '90s
  - (Japan) Announcement of the 'Report of the National Assembly on Social Security System Reform' in preparation for the '25 years when the '13th Dankai generation ('47~'49), about 7 million people) will become the late elderly (75 years old), and the '14th Medical Nursing Collective Act' was enacted
- ◆ **Improvement of Service Quality in Elderly Care Facilities**
  - Continued expansion of public-run nursing facilities
  - Gradually improving the manpower allocation criteria of collective care facilities in consideration of long-term care finance and the status of manpower supply and demand, and promoting specialization of nursing personnel.
  - To ensure the right to self-determination and privacy of the elderly in ○, the "Guidelines for the Protection of Human Rights for the Elderly Living in Facilities" are reorganized and reflected in evaluation indicators to strengthen the quality of life evaluation.
- (Example) Facility evaluation tool in Kansas, USA: Evaluate the right to self-determination of the elderly in food, mealtime and place, bedtime and wake-up time, bath method, daily life activities and schedules, etc

◆ **Strengthen medical services in nursing homes**

- Non-face-to-face health care services for facility entrants are provided by smart consultation services between medical personnel (contract doctors, facility nurses) in nursing homes.
- Implemented a pilot project for specialized nursing rooms to provide professional nursing services to severely injured patients by expanding nursing personnel in facilities
- Various services, such as medical, health care, and care services (local governments, health centers, welfare centers), and home care services (National Health Insurance Corporation), are linked and provided