

The Chigasaki Age-friendly City Action Plan is excerpted from the *9th Chigasaki City Welfare Plan for the Elderly and Insured Long-Term Care Service Plan*

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The term "older adults" in the Chigasaki City Welfare Plan for the Elderly and Insured Long-Term Care Plan refers to

In the Annual Report on the Ageing Society (Cabinet Office, Government of Japan), people aged 65 and over are defined as older adults. People aged 15 to 64 are considered the working-age population, and those aged 0 to 14 as the younger population. In this document, the term "older adults" refers to those aged 65 and older.

■ Summary of the Plan

1. Main Purpose of the Plan Development

According to projections from the National Institute of Population and Social Security Research (based on median births and deaths in 2023), the proportion of Japan's population aged 65 and over is expected to reach 29.6% in 2025, 32.3% in 2035, and 34.8% in 2040.

In Chigasaki City, the total population has been gradually increasing alongside a steady rise in the number of older residents. However, in the coming years the overall population is expected to decline, while the number of older residents will continue to grow. As of October 1, 2023, the aging rate according to the Basic Resident Ledger was 26.66% (66,002 people). Of this number, 28,091 people (11.34%) were aged 65-74, and 37,911 people (15.31%) were aged 75 and above. This rate is projected to grow significantly in the years ahead.

The number of people certified as requiring long-term care or support has also been rising. As of the end of September 2023, 11,918 primary insured persons were certified, with a certification rate of 18.0% among residents aged 65 years and over.

To respond to these needs, the city implemented the *8th Chigasaki City Welfare Plan for the Elderly and Insured Long-Term Care Service Plan* (hereafter "the 8th Plan"), covering the period from FY 2021 to FY 2023. Through this plan, Chigasaki City worked to strengthen and expand the community-based integrated care system that coordinates medical care, long-term care, prevention, housing, and daily-life support.

Building on the achievements and challenges of the 8th Plan, the *9th Chigasaki City Welfare Plan for the Elderly and Insured Long-Term Care Service Plan* (hereafter "the 9th Plan") has now been developed. Over the next three years, this plan will set out the issues to be addressed in both the welfare measures and long-term care insurance services for the older residents, while incorporating the principles of the Sustainable Development Goals (SDGs)—global goals aimed at creating a more sustainable and better world by 2030—into each basic policy.

The five components of the community-based integrated care system—medical care, long-term care, prevention care, residence, and life support—are aligned with the six basic policies of the 9th Plan. Together, they support the goal of creating "a community-based inclusive society," as outlined in the *Connecting everyone: Chigasaki Community Welfare Plan 2* (4th Chigasaki City Community Welfare Plan, 6th Chigasaki City Community Welfare Activity Plan, 1st Chigasaki City Basic Plan for Promotion of Adult Guardianship System Use).

The 9th Plan also emphasizes flexibility in responding to external factors such as emerging infectious diseases and disasters, while building a system that can steadily promote welfare measures and long-term care insurance services for older residents. Looking ahead to beyond 2025, when all baby boomers will be 75 years of age or older, and to 2035 when they reach the age of 85, and long-term care costs are expected to rise sharply, the city aims to enhance measures to extend healthy life expectancy and further strengthen the community-based integrated care system. Through these efforts, Chigasaki City seeks to build a society where people can continue to live together in harmony within their community.

2. Basic Philosophy and Basic Policies of the 9th Plan

Basic Philosophy

In this super-aged society, our goal is to enable the older population to live independently in their familiar communities for as long as possible, each according to their own abilities. We aim to support a fulfilling life for every older resident by building a system where community-based mutual support functions in a coordinated and effective way.

<Diagram1> Basic system concept



3. Positioning of the 9th Plan

(1) Legal position

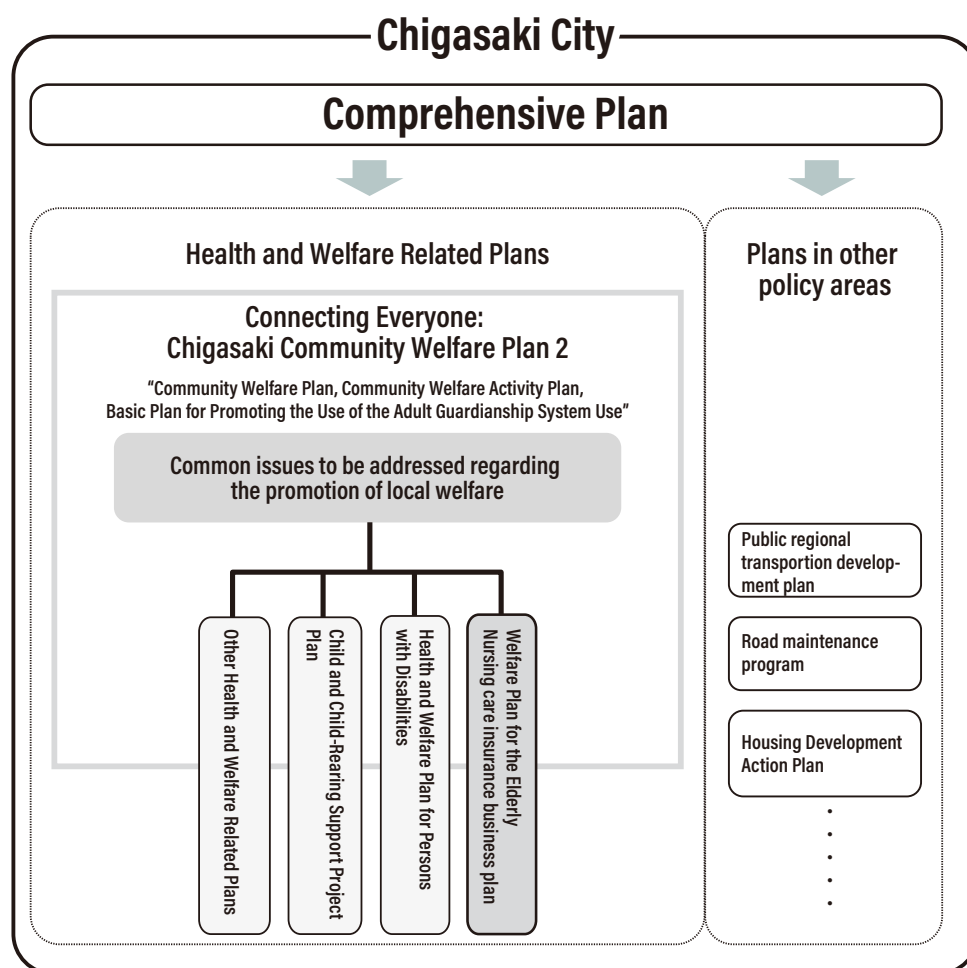
This plan is formulated as an integrated *Municipal Welfare Plan for the Elderly* based on the *Act on Social Welfare for the Elderly* (Article 20-8) and as a *Municipal Insured Long-Term Care Service Plan* based on the *Long-Term Care Insurance Act* (Article 117). It is also aligned with the Kanagawa Health and Welfare Plan for the Elderly formulated by Kanagawa Prefecture.

(2) Position in City Government

Within city government, this plan is positioned as an individual plan under Policy Objective 3 "A town where everyone can live in good health by looking after and supporting each other." It forms part of the *Chigasaki City Comprehensive Plan*, which outlines the city's overall policy direction in a comprehensive and systematic way.

The *9th Plan* is promoted in coordination with *Connecting Everyone : Chigasaki Community Welfare Plan 2* (the *4th Chigasaki City Community Welfare Plan*, the *6th Chigasaki City Community Welfare Activity Plan*, and the *1st Chigasaki City Basic Plan for Promotion of Adult Guardianship System Use*). It is also aligned with other welfare related plans such as the *Chigasaki City Health and Welfare Plan for Persons with Disabilities* and the *Chigasaki City Child and Child Rearing Support Project Plan*, as well as plans in other policy areas.

<Diagram2> Positioning of the plan

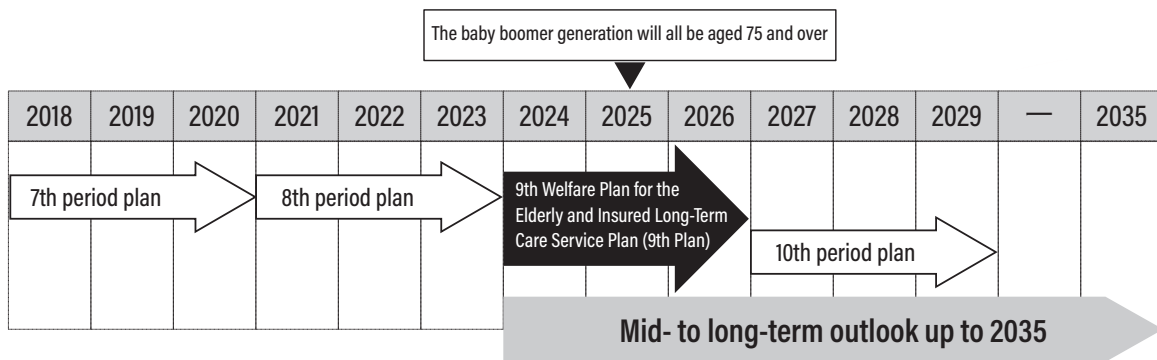


4. Planning Period of the 9th Plan

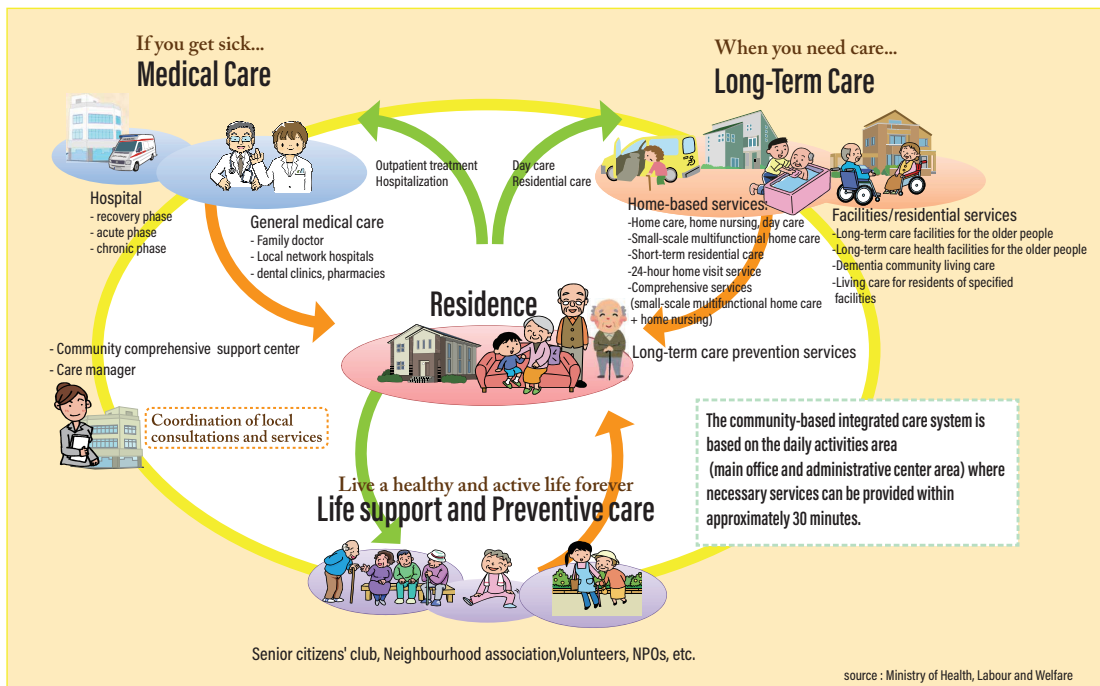
The ninth phase of the plan covers fiscal years 2024 to 2026.

Under the 9th Plan, the city will continue to deepen and promote the community-based integrated care system, guided by the principle of "building a community where everyone takes charge," rather than relying on the assumption that "someone else takes charge." This approach responds to the social situation expected from FY 2025 onward and anticipates the year 2035 when the baby boom generation reaches age 85 and the number of people certified as requiring long-term care or support will cause benefits costs to rapidly increase.

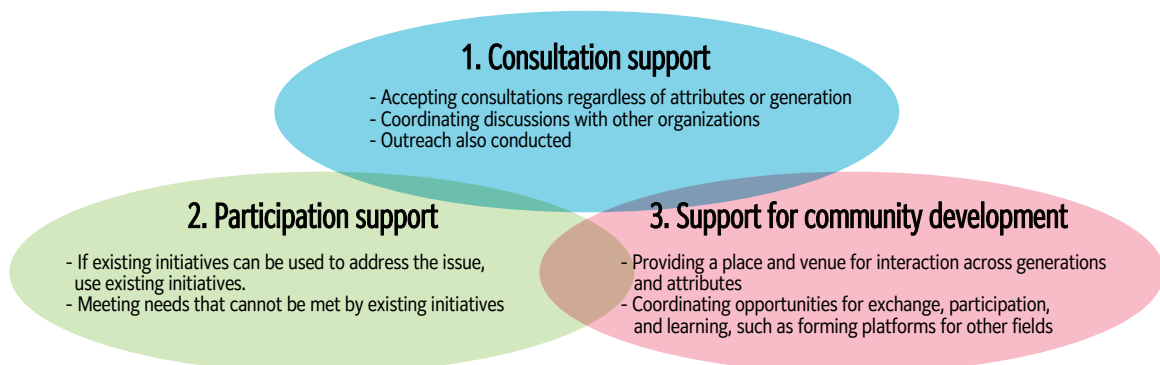
<Diagram3> Plan period



<Diagram4> The Community-based Integrated Care System



<Diagram5> Image of the development of a multilayered support



5. Status of Older Residents in Chigasaki City

(1) Chigasaki City Population

According to the Basic Residential Register, the total population as of January 1, 2023, was 246,394, an increase of more than 2,500 persons over the past three years, representing a 3-year growth rate of 1.0%. By comparison, Japan's overall population declined by -0.9% during the same period, while Kanagawa Prefecture rose by 1.0%.

Although the City's population continues to grow, the pace of growth is gradually slowing.

<Diagram6> Chigasaki City's total population and growth rate compared to national and Kanagawa Prefecture figures

(Unit: persons, %)

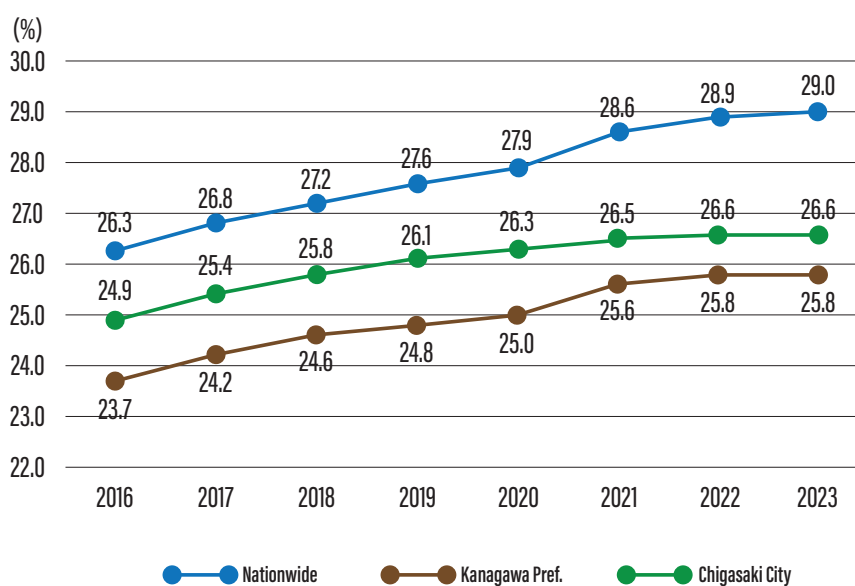
		2000	2005	2010	2015	2020	2023
Chigasaki City	Total population	220,897	228,811	235,643	240,428	243,884	246,394
	Increase rate (%)	3.7	3.6	3.0	2.0	1.4	1.0
Kanagawa Pref.	Total population	8,370,292	8,644,031	8,885,458	9,116,666	9,209,442	9,227,901
	Increase rate (%)	2.8	3.3	2.8	2.6	1.0	1.0
Nationwide	Total population	126,071,305	126,869,397	127,057,860	128,226,483	127,138,033	125,416,877
	Increase rate (%)	1.1	0.6	0.1	0.9	-0.8	-0.9

(Source: Basic Residential Register ,as of the end of March before 2010 and as of January 1 after 2015)

(2) Chigasaki City's aging rates compared with the national level and Kanagawa Prefecture

Chigasaki City's aging rate, like those of the nation and Kanagawa Prefecture, continues to rise. While the city's rate remains lower than the national rate, it is increasing at a faster pace than that of Kanagawa Prefecture.

<Diagram7> Chigasaki City's aging rates compared with the national level and Kanagawa Prefecture



(Source: Basic Residential Register , Demographic and Household Survey, as of January 1 of each year)

(3) Changes in the Number of Certified Persons by Care Requirement Category in Chigasaki City.

The number of primary insured persons certified as requiring long-term care or support has been increasing across all care requirement categories.

<Diagram8> Number of persons certified in Chigasaki City for each care requirement category

	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	
Primary insured person	Requiring Support#1	1,624	1,805	1,938	2,009	1,911	1,955	2,002	1,944	1,954	2,014	2,022	2,049
	Requiring Support#2	970	1,106	1,170	1,169	1,289	1,355	1,515	1,648	1,768	1,846	2,066	
	Requiring Long-term care #1	1,323	1,332	1,404	1,516	1,561	1,679	1,697	1,822	1,993	2,043	2,060	2,231
	Requiring Long-term care #2	997	1,085	1,075	1,132	1,242	1,231	1,295	1,388	1,542	1,576	1,672	1,772
	Requiring Long-term care #3	709	756	843	866	922	1,008	1,109	1,195	1,262	1,335	1,407	1,425
	Requiring Long-term care #4	909	956	995	1,050	1,075	1,163	1,212	1,237	1,323	1,376	1,434	1,485
	Requiring Long-term care #5	738	726	711	737	759	753	764	796	783	856	886	890
	total	7,270	7,766	8,136	8,479	8,759	9,144	9,594	10,030	10,625	10,986	11,327	11,918
Secondary insured person	Requiring Support#1	20	28	30	30	27	31	33	24	29	31	32	38
	Requiring Support#2	44	45	41	44	42	55	39	56	50	52	47	59
	Requiring Long-term care #1	18	15	18	23	20	26	26	18	28	26	24	29
	Requiring Long-term care #2	42	49	38	43	34	35	43	42	46	36	28	41
	Requiring Long-term care #3	16	16	19	16	21	22	18	19	26	22	25	33
	Requiring Long-term care #4	16	15	18	26	22	18	16	29	22	29	34	25
	Requiring Long-term care #5	22	22	20	17	19	19	18	23	24	27	17	26
	total	178	190	184	199	185	206	193	211	225	223	207	251
Total number of certified persons	7,448	7,956	8,320	8,678	8,944	9,350	9,787	10,241	10,850	11,209	11,534	12,169	

(Source: Ministry of Health, Labor and Welfare, Monthly Report on the Status of Long-Term Care Insurance Business, as of the end of September of each year)

(4) Comparison of the percentage of certified persons by care requirement category with national and Kanagawa Prefecture figures

In 2023, the percentage of primary insured persons in Chigasaki City who were certified as requiring "Support 1" and "Support 2" was higher than both the national average and Kanagawa Prefecture average, By contrast, the percentages of those certified as requiring Long-term Care 1 to Long-term Care 5 tended to be lower than the national and prefectural averages.

<Diagram9> Chigasaki City's ratio of persons certified for each care requirement category compared to national and Kanagawa Prefecture figures

	2020			2023		
	Chigasaki City	Kanagawa Pref.	Nationwide	Chigasaki City	Kanagawa Pref.	Nationwide
Requiring Support #1	18.3	12.9	14.1	17.1	13.1	14.2
Requiring Support#2	16.8	14.8	14.0	17.5	14.7	13.9
Requiring Long-term care #1	18.6	19.1	20.4	18.6	19.2	20.7
Requiring Long-term care#2	14.6	19.0	17.1	14.9	18.8	16.7
Requiring Long-term care#3	11.9	13.5	13.2	12.0	13.4	13.2
Requiring Long-term care#4	12.4	12.2	12.4	12.4	12.6	12.7
Requiring Long-term care#5	7.4	8.6	8.8	7.5	8.2	8.5
total	100.0	100.0	100.0	100.0	100.0	100.0

(Source: Ministry of Health, Labor and Welfare, Monthly Report on the Status of Long-term Care Insurance Business, as of the end of September of each year)

6. The City's Response to the National Government's Basic Guidelines

(1) Planned Development of Long-Term Care Service Infrastructure

(a) Developing Service Infrastructure Suited to Local Conditions

Since the *8th Plan*, the city has increased the number of daily activity areas from 3 to 13 in response to both the growing older population in each area and the way activities naturally develop on a neighborhood-by-neighborhood basis. To ensure that older residents can continue to live with peace of mind in communities they know, the city will strengthen systems for delivering community-based services.

(b) Enhancing In-Home Services

To enable older adults to remain in their familiar neighborhoods while receiving appropriate care—one of the key goals of the community-based integrated care system—it is essential to strengthen in-home services. The city will expand these services through the planned development of community-based options such as small-scale multifunctional in-home care, 24-hour home-visit nursing care that responds both regularly and as needed, and small-scale multifunctional in-home nursing care.

(2) Efforts to Deepen and Promote the Community-based Integrated Care System

(a) Strengthening Community Collaboration

The community-based integrated care system serves as a core foundation for building an inclusive community. The city will promote care-prevention and daily-life support initiatives led by local residents and a wide range of organizations, crossing over traditional boundaries of systems, sectors, and the relationship of "supporters" and "supported." In addition, the multilayered support system initiative will enhance comprehensive consultation services at Community Comprehensive Support Centers, regardless of the characteristics or age of those seeking help.

In June 2023, the Basic Act on Dementia to Promote an Inclusive Society was enacted. This law calls for the comprehensive and systematic advancement of dementia-related measures so that people with dementia can maintain their dignity and live with hope. It aims to create a vibrant society in which every individual—including those with dementia—can fully express their individuality and abilities, support each other, and live together in harmony while respecting each person's personality and individuality.

(b) Strengthening Insurer Functions

To strengthen the role of the insurance provider, the city has been working to optimize long-term care benefit expenditures. Under the 9th plan, we will continue these efforts by enhancing and making visible our work on care-plan inspections, reconciliation and public inspection of medical information based on benefit data, and fair, impartial, and appropriate certification surveys for both those requiring long-term care and those requiring support.

(3) Securing Nursing Care Personnel and Improving Productivity at Nursing Care Facilities.

Securing sufficient human resources is essential for advancing the community-based integrated care system. The city will work to secure nursing care personnel by training people to lead comprehensive projects for care-prevention and daily life support programs, by retaining and attracting nursing care workers in cooperation with national and prefectural governments, by improving the public perception of care-work professions, and by supporting workplace improvements that allow staff to work with peace of mind. In addition, we will help facilities improve productivity by promoting further simplification of paperwork and expanding digital, paperless processes to ease administrative burdens.

7. Structure of the 9th Plan

(1) Basic Policy

The *9th Plan* continues to follow the six basic policies outline in the *8th Plan*, in order to further deepen and promote the community-based integrated care system. This system has been developed step-by-step since the *6th Plan* and remains the foundation for supporting older residents in their daily lives.

(2) Direction of Measures

The overall direction of the measures remains consistent with the 8th Plan. However, with growing concerns about a rapidly aging society and a shrinking working-age population, the 9th Plan emphasizes a shift in perspective: from a mindset of "someone has to take charge" to "everyone takes part in supporting the community."

In addition, regarding Basic Policy 5, "Early detection of dementia and building a support system for older adults with dementia," a new policy direction—Policy Direction 6: "Supporting individuals with dementia and their families," has been added.

The contents of the policy directions have also been reorganized to make them easier to understand. Items with similar meanings have been grouped together, and some names have been updated for clarity.

Changes from the previous plan

Basic policy	Content	8th term	9th term
3	change	1. Creating a living environment suited to an aging society	1. Creating a living environment that meets the needs of a super-aged society
4	change	3. Improving and strengthening life support services	3. Supporting those who care for older family members
	integration	1. Publicizing and strengthening the functions of local consultation centers "Publicity" has been integrated into Policy Direction 6 of Basic Policy 4.	1. Strengthening the functions of local consultation offices
5	Newly established	1. Creating a living environment suited to an aging society	6. Supporting individuals with dementia and their families.
		Regarding Basic Policy 5, we have created a new Policy Direction 6.	




(3) Individual Projects


When the plan was originally formulated, the projects associated with each policy direction were intended to align with the Implementation Plan of the *Chigasaki City Comprehensive Plan*. However, the global COVID-19 pandemic and the resulting uncertainty in social and economic conditions made it difficult to forecast the future. As a result, the formulation of the First-Half Implementation Plan of the Comprehensive Plan was postponed for two years, setting its term from FY 2023 to FY 2025.




Because of the delay, no implementation plan was created in FY 2021 or FY 2022—even though the 8th Plan covered FY 2021 to FY 2023. Consequently, individual projects were not included in the 8th Plan as part of the city's official policy framework.

In the *9th Plan*, individual projects are now listed based on identified needs, since this planning period coincides with the development of the Implementation Plan.

Measures per Basic Policy

<p>Basic Policy 1 Ensuring that Older Residents Have the Means to Live Fulfilling lives</p>	
<p>To help older adults live active and fulfilling lives in their familiar neighborhoods, the city will provide support hobby activities, lifelong learning, and opportunities for social participation. Along with creating more opportunities for activities and information, we will also maintain and improve facilities that serve as community activity hubs and safe gathering places. Through the initiatives outlined in Basic Policy 1, we aim to support older residents in continuing to play meaningful roles in the community.</p>	  
<p>Direction of Measures</p> <ul style="list-style-type: none"> (1) Promoting social participation among older residents and supporting community activities. (2) Supporting the development of hobbies that provide motivation for living. (3) Enhancing employment support for older adults. 	

<p>Basic Policy 2 Improving Health and Care Prevention for Older Adults</p>	
<p>For older residents to remain healthy and active throughout their lives, it is essential to raise awareness of their health, along with maintaining if not improving their condition to prevent decline in in their daily functioning from severe illnesses. The city will place priority on supporting daily habits, preventing illness and the need for long-term care, and promoting overall wellness. Through the initiatives outlined in Basic Policy 2, we aim to extend the healthy life expectancy of all older residents.</p>	
<p>Direction of Measures</p> <ul style="list-style-type: none"> (1) Promoting health and supporting healthy living. (2) Support for care-prevention efforts and raising awareness the importance of care prevention. 	

<p>Basic Policy 3 Creating a Community where Older Residents can Live with Peace of Mind</p>	
<p>In recent years, heavy rains, typhoons, and other weather-related disasters have become more frequent, and new infectious diseases have emerged, making disaster preparedness and response increasingly important. At the same time, special types of fraud targeting older adults—such as wire transfer fraud scams—have been on the rise. To ensure that the older residents can live safely and confidently, the city will strengthen efforts in crime prevention, disaster preparedness, traffic safety, improvement of living environments, and securing stable housing. Through the initiatives outlined in Basic Policy 3, we aim to build a community where people can continue living safely in places they know well—not face challenges alone, but supported by those around them.</p>	  
<p>Direction of Measures</p> <ul style="list-style-type: none"> (1) Creating a living environment that meets the needs of a super-aged society. (2) Developing a safe and secure community. (3) Building a disaster-resilient community (4) Enabling stable housing for older adults. 	

Basic Policy 4 Building Support Systems for Older Residents in the Community

For older residents to continue living with peace of mind in their familiar communities, it is essential to build strong local relationships and create a comprehensive support system within in the community. Through the initiatives in Basic Policy 4, the city will further deepen and promote the community-based integrated care system by collaborating with the various organizations and groups active in the community and by strengthening the service infrastructure that supports daily life.

Direction of Measures

- (1) Strengthening the functions of local consultation offices.
- (2) Promoting community watch and support systems by making use of local strengths.
- (3) Supporting those who care for older family members.
- (4) Promoting protection of the rights of older adults.
- (5) Promoting home medical care and coordination between medical and long-term care services.
- (6) Providing clear and accessible information to older residents.



Basic Policy 5 Early Detection of Dementia and Building a Support System for Older Adults with Dementia

The city's goal is to create an inclusive society in which people with dementia can live with dignity and hope. Under Basic Policy 5, we will respect the wishes of people with dementia and their families, deepen public understanding and accurate knowledge of dementia, and build a support system that enables those affected—and their caregivers—to live with confidence.

Direction of Measures

- (1) Strengthening and expanding efforts to prevent dementia.
- (2) Early detection of dementia and timely response.
- (3) Raising awareness and promoting accurate understanding of dementia.
- (4) Enhancing consultation services related to dementia.
- (5) Building a support system for older residents with dementia.
- (6) Supporting individuals with dementia and their families.



Basic Policy 6 Enhancing of Long-Term Care Insurance Services and Preventive Care/Lifestyle Support Projects

Through long-term care insurance, as well as preventive care and lifestyle support services, the city aims to strengthen services so that certified individuals requiring long-term care or support can continue to live independent lives.

Direction of Measures

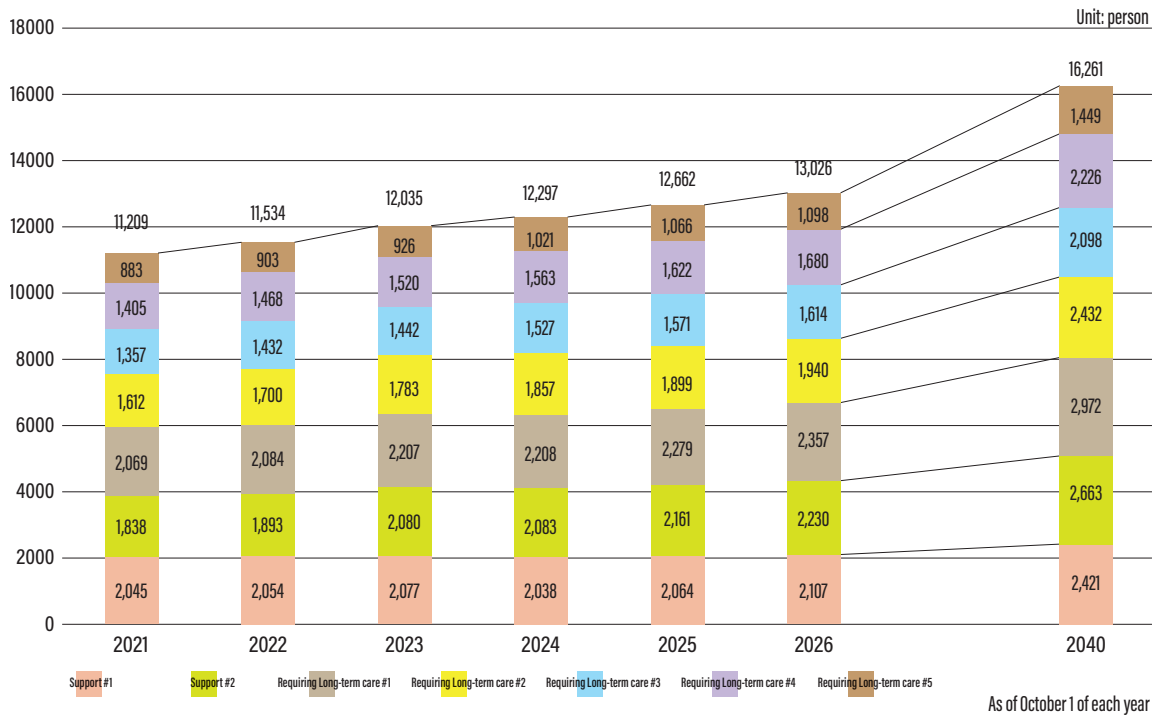
- (1) Projecting future insurance benefits needs.
- (2) Setting targets for long-term care insurance facility development.
- (3) Ensuring appropriate provision of insurance benefits.
- (4) Supporting long-term care insurance providers.
- (5) Securing and retaining long-term care personnel and improving operational efficiency.



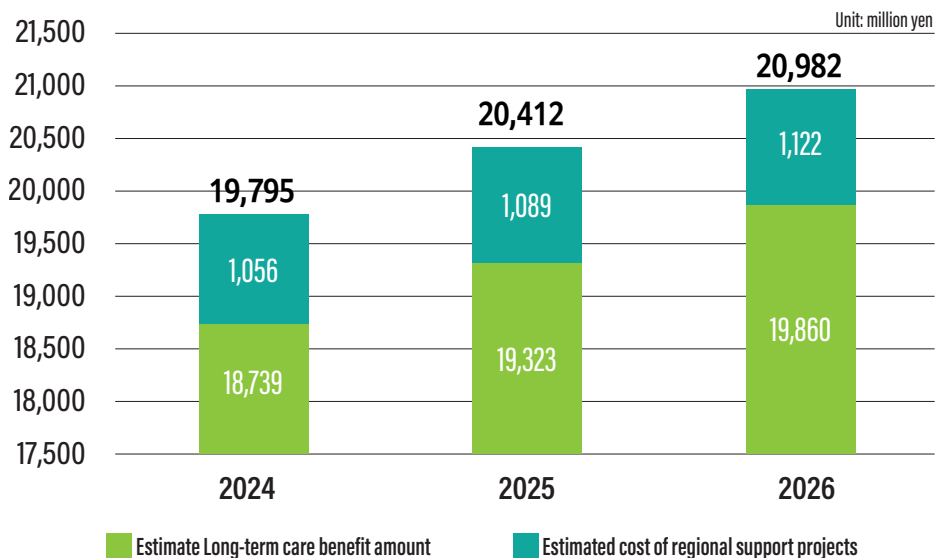
Future View for Long-Term Care Benefits, Other Costs, and Long-Term Care Insurance Premiums

The number of people certified as requiring long-term care or support continues to rise and is projected to reach 16,261 in 2040. This increase is seen across all care requirement categories—from Support 1 through Long-Term Care 5.

<Diagram10> Projected number of persons certified for each care requirement category



<Diagram11> Estimated long-term care insurance benefits under the 9th Plan



8. Long-Term Care Insurance Premiums Set in the 9th Plan Insured Long-Term Care Service Plan

When setting the long-term care insurance premiums for the 9th Plan period, the city established 16 levels income-based premium levels in line with revised laws and regulations. These levels provide more detailed income level classifications so that premiums reflect each insured person's ability to pay.

	Target people	Percentage of the base amount	Annual insurance premium(yen) (Monthly)
1st stage	Recipients of an old-age welfare pension or a public assistance. The household is exempt from municipal tax, and the individual's standard income is 800,000 yen or less.	0.285	18,400 (1,533)
2nd stage	Households exempt from municipal tax where the individual's standard income is over 800,000 and up to 1,200,000 yen.	0.45	29,052 (2,421)
3rd stage	Households exempt from municipal tax where the individual's income exceeds 1.2 million yen.	0.685	44,224 (3,685)
4th stage	Individuals exempt from municipal tax whose standard income is 800,000 yen or less (with at least one municipal tax payer in the household).	0.80	51,648 (4,304)
5th stage	Individuals exempt from municipal tax whose standard income exceeds 800,000 yen (with at least one municipal tax payer in the household).	1.00	64,560 (5,380)
6th stage	Individuals subject to the municipal tax with a standard income less than 1.2 million yen.	1.15	74,244 (6,187)
7th stage	Individuals subject to municipal tax with a standard income of 1.2 million yen or more and less than 2.1 million yen.	1.25	80,700 (6,725)
8th stage	Individuals subject to municipal tax with a standard income of 2.1 million yen or more and less than 3.2 million yen.	1.50	96,840 (8,070)
9th stage	Individuals subject to municipal tax with a standard income of 3.2 million or more and less than 5 million yen.	1.60	103,296 (8,608)
10th stage	Individuals subject to municipal tax with a standard income of 5 million or more and less than 8 million yen.	1.85	119,436 (9,953)
11th stage	Individuals subject to municipal tax with a standard income of 8 million or more and less than 10 million yen.	2.10	135,576 (11,298)
12th stage	Individuals subject to municipal tax with a standard income of 10 million or more and less than 12 million yen.	2.20	142,032 (11,836)
13th stage	Individuals subject to municipal tax with a standard income of 12 million or more and less than 15 million yen.	2.30	148,488 (12,374)
14th stage	Individuals subject to municipal tax with a standard income of 15 million or more and less than 21 million yen.	2.40	154,944 (12,912)
15th stage	Individuals subject to municipal tax with a standard income of 21 million or more and less than 37 million yen.	2.50	161,400 (13,450)
16th stage	Individuals subject to municipal tax with a standard income of 37 million yen or more.	2.60	167,856 (13,988)