

Age-Friendly City - Hakone Town Action Plan

Hakone Town

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Chapter1 In Formulating Action Plan

Section 1 Overview and Background

As Hakone Town is becoming a super aged society, "Building a community where everyone cares each other's and lives healthy" was set as a basic objective in "The Sixth Comprehensive Plan". This object aims at supporting activities by the residents as well as providing welfare services and medical services to residents to live safe and comfortable life in the place regardless age, sex or disabilities.

In 2025, all baby boomers will become old-old elderly (75 years old and over), it is expected that the number of people who need care supports (Certified People with Long-Term Care), older people with dementia, and living alone or with married older couple by themselves will increase.

The population of Hakone Town was 11,599 as of January 1, 2019 and was 12,101 in 2016. The population declined by 502 people for the past 3 years until 2019, at the same time the population of 65 years and over was 4,148 people which was 130 people declined. This caused the percentage of the population ageing ratio increased 1.2 points to 36.6%.

In 2025, it is estimated that total population will be 10,217 including 4,149 older people aged 65 or over, accounting for 40% of total population of Hakone town.

In this situation, "Deeper and Promotion of Community-Based Integrated Care Systems" and "Creating a community where everyone can enjoy healthy and active lives" toward the year of 2025 will be committed. By establishing "Sustainable long-term insurance system operation", we will engage in the initiatives to establish an inclusive social community whereby the community as a whole can support the overall life needs of the older people to sustain the healthy lives as long as they can.

Section 2 Period

Duration of this period is 2 years, starting from April 2019 to March 2021. The plan will be reviewed in every 3 years, together with revisions to the Elderly Health and Welfare Plan and Long-Term Care Insurance Plan.

Chapter 2 Changes in Ageing Rate and Aged Population

Section 1 Population Change (Population Change by 3 age groups)

The total population is on a declining trend in Hakone Town. It is 11,755 people in 2018, which declined by 787 people over 4 years from year of 2014. On the other hand, the elderly population is on increasing, it was 4,272 people in 2018, which increased by 72 people over 4 years from year of 2014.

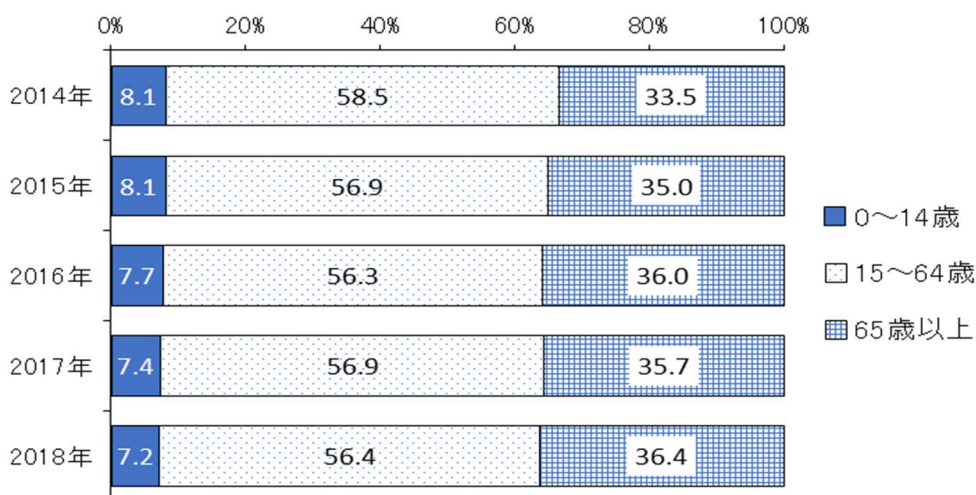
As for 3 age groups, the following table shows that the population of young age group (aged 0 -14 years) and working age group (aged 15 -64 years) decreased, the number of young-old elderly (aged 65-74 years) was almost flat, and the number of old-old elderly (aged 75 and over years) increased.

upper: people lower: %

	Total population	Aged 0 -14	15-64	65 +		
				65-74	75 +	total
2014	12,542	1,011	7,331	2,265	1,935	4,200
	100.0	8.1	58.5	18.1	15.4	33.5
2015	12,155	986	6,911	2,282	1,976	4,258
	100.0	8.1	56.9	18.8	16.3	35.0
2016	12,016	930	6,764	2,264	2,058	4,322
	100.0	7.7	56.3	18.8	17.1	36.0
2017	11,991	891	6,821	2,198	2,081	4,279
	100.0	7.4	56.9	18.3	17.4	35.7
2018	11,755	847	6,636	2,161	2,111	4,272
	100.0	7.2	56.4	18.4	18.0	36.4

Reference : Basic Resident Registration Record (As of September 30 of each year)

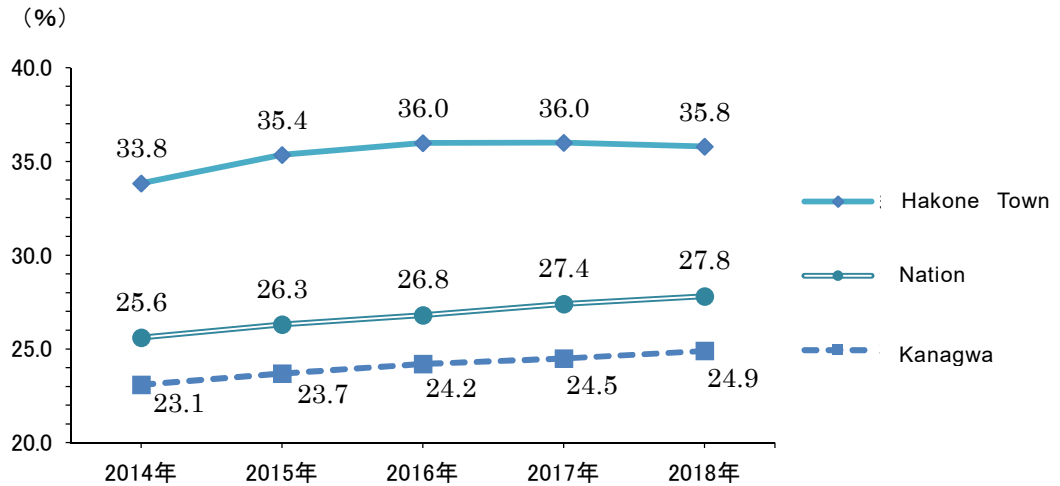
【Percentage of Total Population Change by 3 Age Groups】



Section 2 Ageing Rate Change

Hakone Town's ageing rate is 8.0-11 points higher comparing with National population and Kanagawa Prefecture's.

【Comparison of Ageing Rate (Town・Nation・Prefecture)】



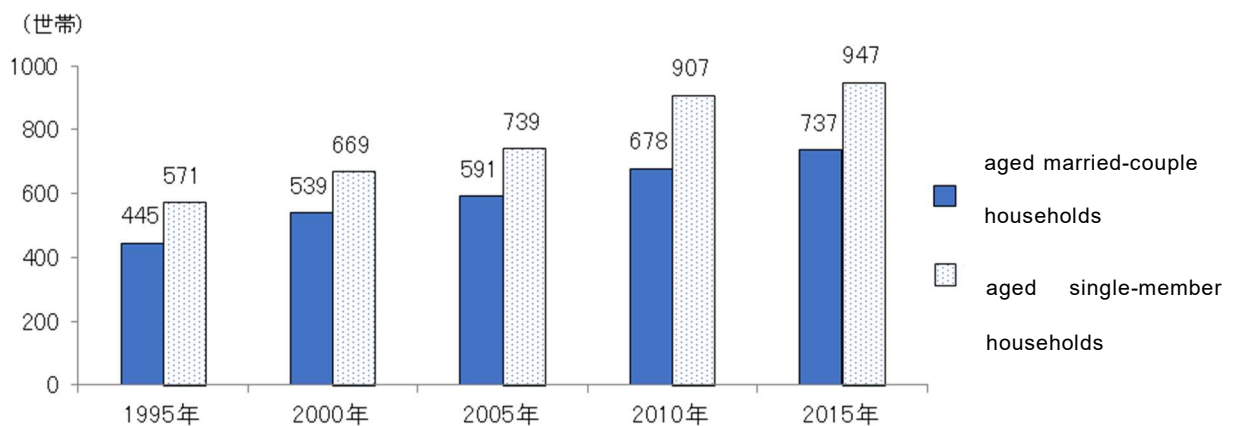
Reference: "Population, Population Changes and The number of households based on basic resident registration"

(As of the end of March in 2012 and as of the end of December after 2013)

Section 3 Changes in the number of aged households

According to Population Census of year 2015, there are 737 aged married-couple households, 947 are for aged single-member households. They are on an increasing trend and there has been a significant rise in the number of aged single-member households.

【Aged Households Change】



Reference 「Population Census」 (as of the end of October in each year)

Section 4 Aged Population Projections

It is projected that by 2020, the total population will be declining to 11,231. After reaching its peak in 2019, the number of the aged population is expected to on a declining gradually and will continue to flat for a while.

A population between aged 40 and 64 years is estimated to be on a decline – the working-age population itself will decline, the ageing rate will be projected to increase to 38.6% in 2020.

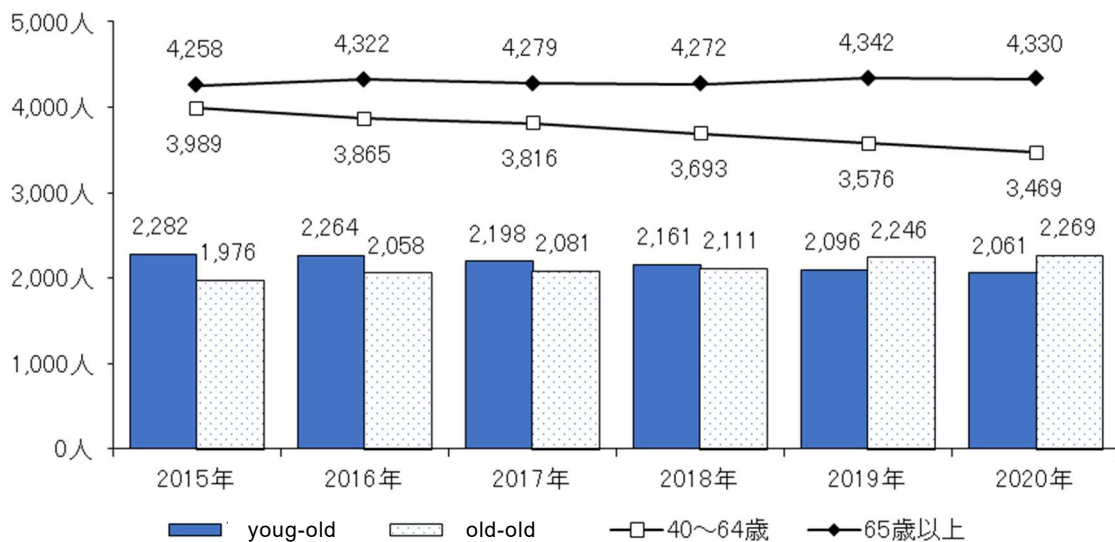
In term of young-old and old-old elderly population, the number of young-old elderly population will slightly declining, however, the number of old-old elderly population will increase and then the old-older elderly population is projected to exceed the young-old elderly's.

【Actual Number and Estimated Number of the Elderly】

upper:people lower:%

		Actual Figures			Estimated Figures		
		Year 2016	2017	2018	2019	2020	
Total Population	(People)	12,016	11,991	11,755	11,427	11,231	
	(%)	100.0	100.0	100.0	100.0	100.0	
	40~64 year	(People)	3,865	3,816	3,693	3,576	3,469
		(%)	32.2	31.8	31.4	31.3	30.9
	65+ years	(People)	4,322	4,279	4,272	4,342	4,330
		(%)	36.0	35.7	36.4	38.0	38.6
	young-old population	(People)	2,264	2,198	2,161	2,096	2,061
		(%)	18.8	18.3	18.4	18.3	18.4
old-old population	(People)	2,058	2,081	2,111	2,246	2,269	
	(%)	17.1	17.4	18.0	19.7	20.2	

Reference:「Basic Resident Register Record」(as of the end of September for each year)



Section 5 Future Situation in 2025

In 2025 the number of a total population of Hakone town is expected to stand at 10,217, down about 1,538 from 2018. While nationwide ageing population in 2025 is expected to be the largest, Hakone's ageing population in 2019 will reach 4,342 as its peak, after then it will be gradually declining. The decline in number of the total population will exceed the decline in the number of the ageing population so that an ageing rate will continue to increase to 40.6% in 2025.

The population of an age group between aged 40 years and 64 years is expected to decline down to 3,463 in 2025.

The number of old-old elderly is projected to exceed the number of young-old elderly in 2019, after then it will be continue to increase up to 2,566 in 2025, the ratio of old-old elderly will be 25.1%, that is, one in four will be the old-old elderly person in Hakone town.

【Ageing Population Projections】

upper:people lower:%

		Actual	Estimated		
		2018	2019	2020	2025
Total	(人)	11,755	11,427	11,231	10,217
	(%)	100.0	100.0	100.0	100.0
Aged 40~64	(人)	3,693	3,576	3,469	3,463
	(%)	31.4	31.3	30.9	33.9
Aged 65+	(人)	4,272	4,342	4,330	4,149
	(%)	36.4	38.0	38.6	40.6
Young-old	(人)	2,161	2,096	2,061	1,583
	(%)	18.4	18.3	18.4	15.5
Old-old	(人)	2,111	2,246	2,269	2,566
	(%)	18.0	19.7	20.2	25.1

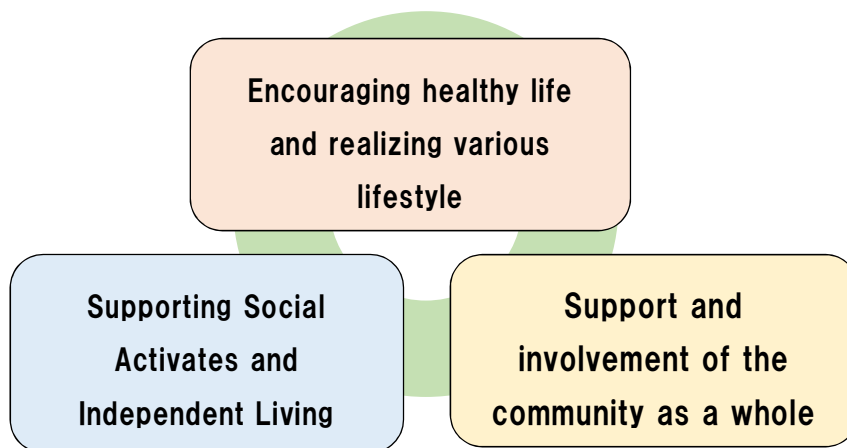
Chapter 3 Development of Age-friendly City Action Plan

Section 1 Basic Principle

The action plan follows the basic principle of “the Seventh Social Welfare Service Plan for the Elderly and the Long-Term Care Insurance Plan”.

The healthy life will be encouraged for maintaining the active life even when residents get older, and besides the care prevention measures will be more improved for them to live healthy without nursing care service as long. When the service is needed, the elderly must be respected and receive appropriate services depend on individual conditions and situations. We aim at establishing an environment in which the independence of persons needing long-term care can be supported.

【Basic Principle Structure】



Section 2 New Vision of Developing a Longevity Society

In the plan, we set a common goal for their future on the Elderly Social Welfare among the residents, the communities and municipalities. This goal follows the new vision for a longevity society development which is that "a society where the older people can enjoy healthy, safe and active lives" written in "the 7th Social Welfare Service Plan for the Elderly and the Long-Term care Insurance Plan".

~A society in which the older people can enjoy healthy, safe and active lives

Section 3 Basic Objectives

We set three basic objectives from a long-term perspective to realize “A society in which the older people can enjoy healthy, safe and active lives” in the same way as “the 7th Social Welfare Service Plan for the Elderly and the Long-Term Care Insurance Plan”.

Basic Objective1 Deepening and Promoting Community-Based Integrated Care System

Deepening and promoting community -based integrated care system, we will tackle key measures such as; “Developing Life Support System”, “Cooperation between Healthcare, Medical Care and Nursing Care ”, “Enhancing Local Elderly Care Management Center’s Function “.

- **Developing Life Support System**

Strengthening collaboration between at-home medical care and nursing care, developing counselling system for early detection and early diagnosis of dementia and improving system of life support and care prevention services by various stakeholders including private offices, social welfare corporations, volunteers (the locals) as well as utilizing Care Prevention and Daily Life Support Comprehensive Project in Long Term Care Insurance System.

- **Cooperation between Healthcare, Medical Care and Nursing Care**

In the future the elderlies who need both medical and nursing care will be supported in the community as a whole so that comprehensive and sustainable at-home medical and nursing care will be provided cooperating regional related facilities including healthcare, medical and nursing care.

- **Enhancing Function of Local Elderly Care Management Center**

A Local Elderly Care Management Center is required its further functional enhancement as a core institution to develop the community -based integrated care system. Cooperating with the Center on the basic guidelines and the management policies, Hakone town will present more specific contents to improve the structure ensuring effective integrative management with understanding each responsibilities. Evaluation by the Management Committee Conference and PDCA will be improved to strengthen the efforts of continuous inspection and evaluation.

Basic Objective 2 Community Development for Residents' Healthy and Active Life with Fulfillment

In order to respond to the health concerns including dementia and bed-ridden, Hakone strengthens "Long-Term Preventive Care" considering based on "self-health management" and encourages a comprehensive and systematic support for the individuals' health promotion.

To respond to the elderly who want to keep living their active lifestyle, we are aiming to improve an environment that provides and expands the opportunities of social activities to them, and where they contribute their experience and knowledge into as a citizen who support a society.

Moreover, while ageing society is developing, a regional inclusive society would be developed where all the people support each other and live actively regardless of age, sex, with or without disabilities through maintenance and management of community function.

- **Framworking for a Regional Inclusive Society**

A concept of the community -based integrated care system is designed with aged care in mind. This concept which provides comprehensive supports and the support of people's independent life can be applied to the supportive of children with difficulties and families raising child with problems in a community as well as transition of life of people with disabilities.

The regional inclusive society aims at realizing a society that foster a community where all the residents live their own life with social roles and support each other to live to be yourself cooperating with public welfare services.

Basic Objective 3 Improvement of Sustainable Long-Term Care Insurance Service

In order that people continue to live at home where possible, we will strive the following efforts; to improve the quality of services that should be proper and attentive depending on individual's physical and mental condition with support-need or care certificated, to provide appropriate certifications and adquent services to the people who truly need the services, and to encourage a nicely balanced benefits and burdens in order to operate the sustainable long-term care insurance system.

Furthermore, an environment where various bodies can provides the services responding to needs in the region will be developed and a support system for home-

nursing care will be established.

Chapter 4 Efforts based on 8 Topics of Age-Friendly Cities

In keeping with the concept in promoting the measures and the factors surrounding the elderlies as the above, during April, 2019 and March, 2021, Hakone promotes the following efforts based on 8 Topics of Age-Friendly Cities.

Section 1 Outdoor spaces and buildings

The comprehensive welfare center, “Sakura-kan”, as a role of creating an environment to secure living safely is used for developing the integrated service provision of healthcare, medical and welfare including welfare facilities for the elderlies use promotion

Improving an environment where anyone can go out safely and securely for their activities and maintain public facilities are promoted.

Section 2 Transportation

Because Hakone town is located in the mountainous area, it takes time to move around the communities, so that accessibilities and community development are the key enablers for the elderlies to move around safely and easily. Therefore, it is considered that transportation support services should be established to reach the public transportation more easily. Also, the education is provided to the drivers to increase traffic safety awareness in cooperation with related bodies as well as improvement of traffic safety facility will be promoted including maintenance of pedestrian facilities, traffic lights and safety barriers.

Regarding an issue of returning the driver license, not only publicities will be used effectively but also we will observe a measure of nation and neighboring municipality and consider it.

Section 3 Housing

Housing is an important element for the elderlies’ daily life, it is considered that integrated service for the housing is required as well as welfare equipment. Therefore, we will provide advice on the services and coordinate between users and contractors to promote remodeling houses through the long-term insurance system.

The strengthening of cooperation with healthcare and welfare institutions and organizations is also promoting to improve the inquiry service on the remodeling

houses and backup services.

Section 4 Social participation

For elderly people who tend to be shut up in the house, it is necessary to provide them with opportunities to engage in hobbies and various services at the welfare center for the aged and the community center, and to provide guidance and support to elderly people who are difficult to adapt to social adaptation.

In addition, it is important to enrich the activities to promote health and social exchange considering the integrated promotion of the finding the purpose of life and the health promotion for the elderlies because it is said that they are closely related.

In order for the elderly to find the purpose of life and participate social activities, we will provide information on the activities and provide opportunities for consultations, hobbies and recreational activities, at the same time we will urge a measure for finding the purpose of life from the perspective of care prevention and livelihood support.

Section 5 Respect and social inclusion

With the shift towards an increasingly elderly population, it is predicted that the number of people with dementia will increase, local communities as a whole can support the overall life needs of the elderly, and protect their rights by preventing elderly abuse.

As the support for the people with dementia, the initial response will be improved in cooperation with the local elderly care management center, the medical specialists and the supporters for the people with dementia including enhancement of advice and guidance system on mental health.

In addition, towards protect and respect all the elderlies' rights, the measures of advocacy and human rights protection including the adult guardianship system involving the Social Welfare Council's legal proceeding to family court.

Responding to the elderly abuse, the Center will work to prevent the abuses and early detection of it with the cooperation of the Local Community Association and welfare volunteers.

Section 6 Civic participation and employment

To encourage civic participation through working, the system of an employment

service center for older people will be enhanced by recruiting new members, technical training and vocational development. The job opportunities for the elderlies will be developed through the employment service center for older people.

Section 7 Communication and Information

The support system will be improved for the single-member household and only aged couple household to live independently and securely in the place. We will promote to maintain and improve a community where all residents support and care each other and to develop a “reginal inclusive society” that will enable all people to live actively without anxiousness.

Section 8 Community support and health services

The preventive care measures will be promoted for the elderlies to live their life in the familiar place. Even when they get certified for long-term care, we will promote the regional integrated support system and counselling services that enable senior citizens to live independently in the place.

The various programs including the regional support measures centered on the local elderly care management center will be implemented depending on each person’s physical and mental condition or nursing level.

“Reginal Support Measures”

The Reginal Support Project is consist of 3 projects; “Care Prevention and Support for Daily Living Program”, “Comprehensive Support Program”, “Optional Program”, and the various measures will be implemented depending on regional characteristics by mainly municipalities. Hakone Town will develop the Regional Support Project to meet the elderlies needs and support them.

Care Prevention and Sport for Daily Living Program

This program encourages the efforts on self-reliance support depending on the mental and physical condition and the ages, aiming to provide to not only functional rehabilitation program to the elderly themselves but also other approaches to their environment as a whole to be involved.

Comprehensive support Program

It is necessary to have the nursing care services that integrates various resources such as health care, welfare and volunteer services for the elderly to live healthy and actively in the place as well as the Long-term Insurance System. This program is operated based on the Community Comprehensive Care Center for the support to the elderly's daily life at home so that they live safe community life.

Optional Program

Our Optional Programs includes "Long-term care benefits to be proper use program", "support for use of Adult Guardianship program", "Remodel house support", "support self-independence in the community program" in line with the policy of the Regional Support Program, which is implemented with unique ideas and creative ingenuity based on the local circumstances.

Chapter 5 Implementation of the Action Plan

The following are the strategies to implement the action plan effectively and intentionally to realize a society with a long life that Hakone town aims at.

- Implementation of multifaceted measures

To clarify the policy of this action plan and develop the community-based integrated care system, it is necessary to boost the mutilated measures involving wide variety of fields, such as welfare, healthcare, medical, education, community development and disaster prevention. The measures will be engaged in cooperation with not only an internal department but also external related organizations.

- Promotion of community cooperation within widespread area

We will encourage to provide the effective services including public nursing homes and community-based services through Kanagawa prefecture and the west Kanagawa. In Hakone town, because there are some areas which have geographic difficulties to secure the services, the service development and promotion should be considered in cooperation with neighborhood communities to provide equally necessary services to the areas.

- Improvement of information provision services and public relations

We will provide information when the elderly get together as well as make use of existing information media such as the town homepage and public relations so as to enable the elderly to choose appropriate services from a wide range of supply sources.

Age-Friendly City-Hakone Town Action Plan
April 2019- March 2021
Welfare Department, Hakone Town

