

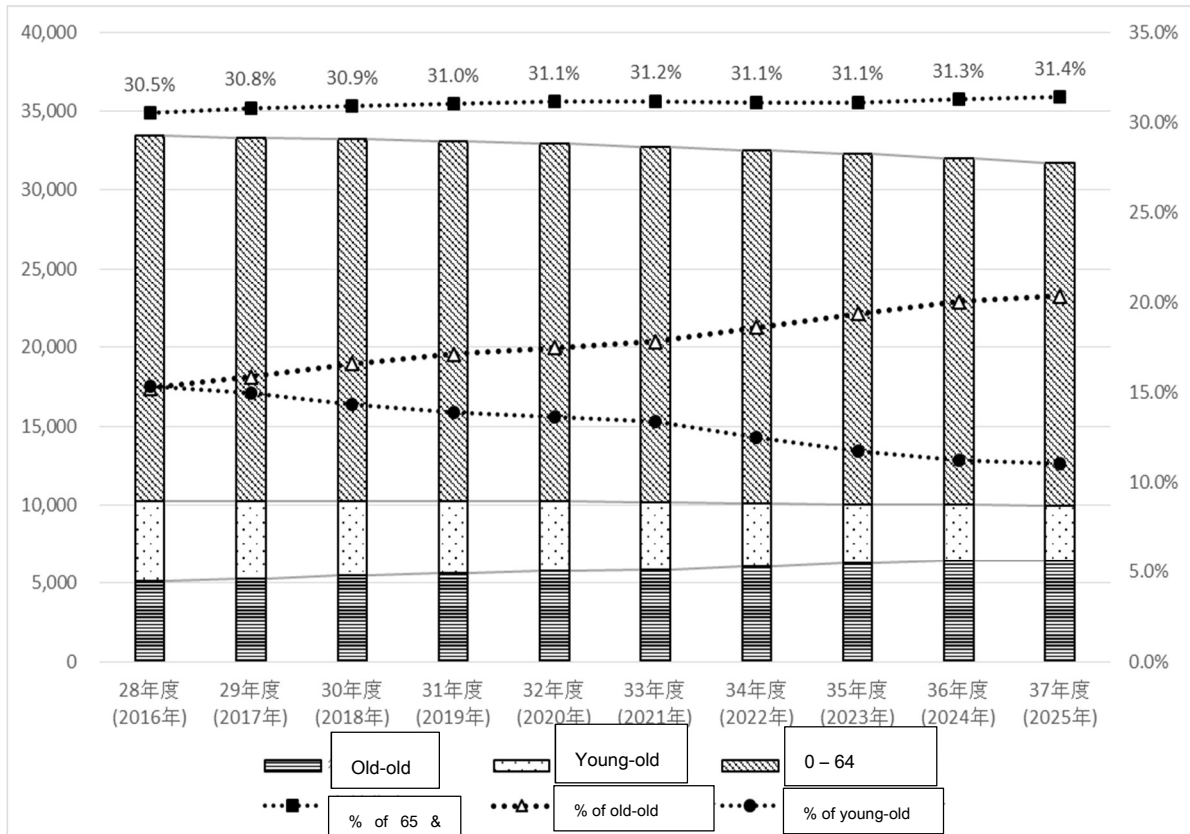
Age Friendly City – Hayama Town

Action Plan

1 How Ageing Progresses in Hayama Town

(1) Progress of Ageing Population

The population of Hayama Town is projected to decrease slowly in the next 10 years. As for the elderly population, the young-old population (65 and over to under 74) will drop to 3,500, while the old-old population will rise to 6,450. In 2025 the percentage of 65 years old and over will be as high as 31.4%.

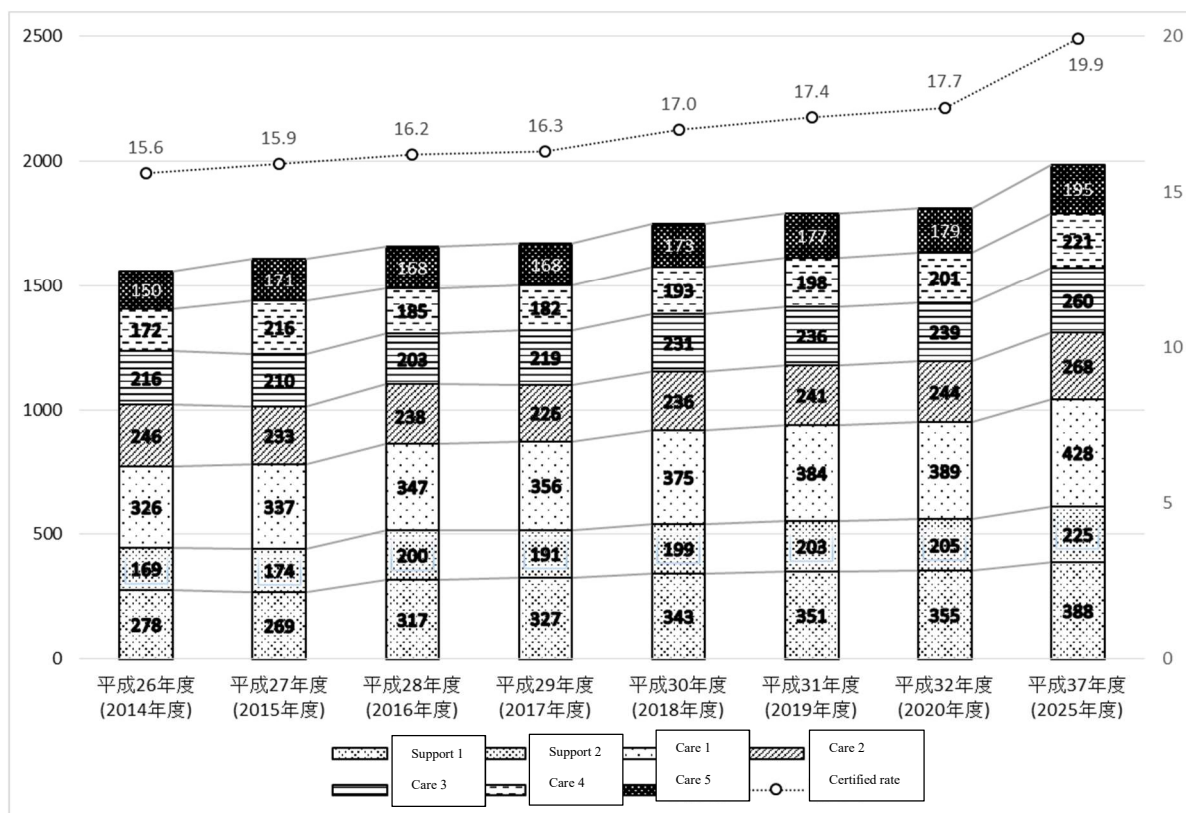


| | 28年度 (2016年) | 29年度 (2017年) | 30年度 (2018年) | 31年度 (2019年) | 32年度 (2020年) | 33年度 (2021年) | 34年度 (2022年) | 35年度 (2023年) | 36年度 (2024年) | 37年度 (2025年) |
|----------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Total Population | 33,479 | 33,345 | 33,227 | 33,081 | 32,916 | 32,718 | 32,503 | 32,266 | 32,003 | 31,722 |
| 65 and Over | 10,222 | 10,267 | 10,264 | 10,264 | 10,249 | 10,203 | 10,118 | 10,040 | 10,007 | 9,961 |
| Young-old | 5,129 | 4,982 | 4,755 | 4,599 | 4,496 | 4,379 | 4,071 | 3,791 | 3,599 | 3,509 |
| Old-old | 5,093 | 5,285 | 5,509 | 5,665 | 5,753 | 5,824 | 6,047 | 6,249 | 6,408 | 6,452 |
| Ratio of 65 and Over | 30.5% | 30.8% | 30.9% | 31.0% | 31.1% | 31.2% | 31.1% | 31.1% | 31.3% | 31.4% |
| Ratio of Young-old | 15.3% | 14.9% | 14.3% | 13.9% | 13.7% | 13.4% | 12.5% | 11.7% | 11.2% | 11.1% |
| Ratio of Old-old | 15.2% | 15.8% | 16.6% | 17.1% | 17.5% | 17.8% | 18.6% | 19.4% | 20.0% | 20.3% |

(2) Change of People Certified as Needing Support or Care

The number of people to be certified as needing support or care is expected to rise continuously. People certified as Care 1 will increase by 63 people in 2020 from the number of

2014. The ratio of people certified as needing support or care (Certified Rate) will rise slowly, until it reaches to 17.7% in 2020.



| | Support 1 | Support 2 | Care 1 | Care 2 | Support 3 | Support 4 | Care 5 | Certified Rate |
|-----------------|-----------|-----------|--------|--------|-----------|-----------|--------|----------------|
| 平成26年度 (2014年度) | 278 | 169 | 326 | 246 | 216 | 172 | 150 | 15.6 |
| 平成27年度 (2015年度) | 269 | 174 | 337 | 233 | 210 | 216 | 171 | 15.9 |
| 平成28年度 (2016年度) | 317 | 200 | 347 | 238 | 203 | 185 | 168 | 16.2 |
| 平成29年度 (2017年度) | 327 | 191 | 356 | 226 | 219 | 182 | 168 | 16.3 |
| 平成30年度 (2018年度) | 343 | 199 | 375 | 236 | 231 | 193 | 173 | 17.0 |
| 平成31年度 (2019年度) | 351 | 203 | 384 | 241 | 236 | 198 | 177 | 17.4 |
| 平成32年度 (2020年度) | 355 | 205 | 389 | 244 | 239 | 201 | 179 | 17.7 |
| 平成37年度 (2025年度) | 388 | 225 | 428 | 268 | 260 | 221 | 195 | 19.9 |

2 Initiatives as an Age Friendly City (Development)

1 Basic Idea

Hayama Town will take initiatives for Age Friendly City with a basic idea “Care Each Other, Stay Healthy and Enjoy Life”

2 Specific Measures

(1) Objectives of Residents-centered Care Activities

Since 2016 we have been promoting “*chokin* exercise” as a preventive care program for residents. *Chokin* exercise, designed to make the elderly healthier, can be taken easily at home without using special equipment.

However seniors need to go out and socially engaged. So, we have organized a wellness program where older people can participate once a week to do *hokin* exercise with others.

Also, supported regularly by the government, we give an effectiveness assessment twice a year. Here, muscle thickness of the femoral and abdominal regions of participants are measured. The results become a source of motivation for participants as well as the information base to be used for various elderly projects. This *chokin* exercise program is a typical example of a collaboration between the government and residents.

(2) Promotion of Residents-centered Care Activities

Chokin exercises started in three places, until they spread to 15 places in town.

Every venue has its own unique plans. Some places spend longer time for communication by chatting over tea. Some emphasize oral care by giving oral exercises, or some have a gathering with bring-in sweets. Some even give brain exercises to prevent dementia.

This shows that residents take their own initiatives to come up with various ideas to become healthy, as opposed to the government covering all programs uniformly. Here, the government backup residents’ activities by giving regular muscle thickness measurement.

We are going to spread this residents-centered exercise program further to wider areas in town, based on the concept of Age Friendly Cities, so that we can realize our slogan, “Care Each Other and Stay Healthy and Enjoy Life.”

3 Collaboration with Neighboring Municipalities

Hayama Town is on the Miura Peninsula which is located in the southeast of Kanagawa prefecture. The four cities and Hayama town on the peninsula have such close relations that they hold the Miura Peninsula Summit meetings. In the meeting they jointly issued a statement, “Making the Miura Peninsula a Successful Area for Managing ME-BYO” We can proudly say that our *chokin* exercise program is contributing to this statement.

We will listen widely to the voices of the elderly, other residents, and experts, and reflect their opinions on our programs. We will also relate our elderly programs to our Comprehensive Plans, so that age-friendly practices can be actualized in many fields of our society.