

Matsuda Town

Age-friendly City Action Plan

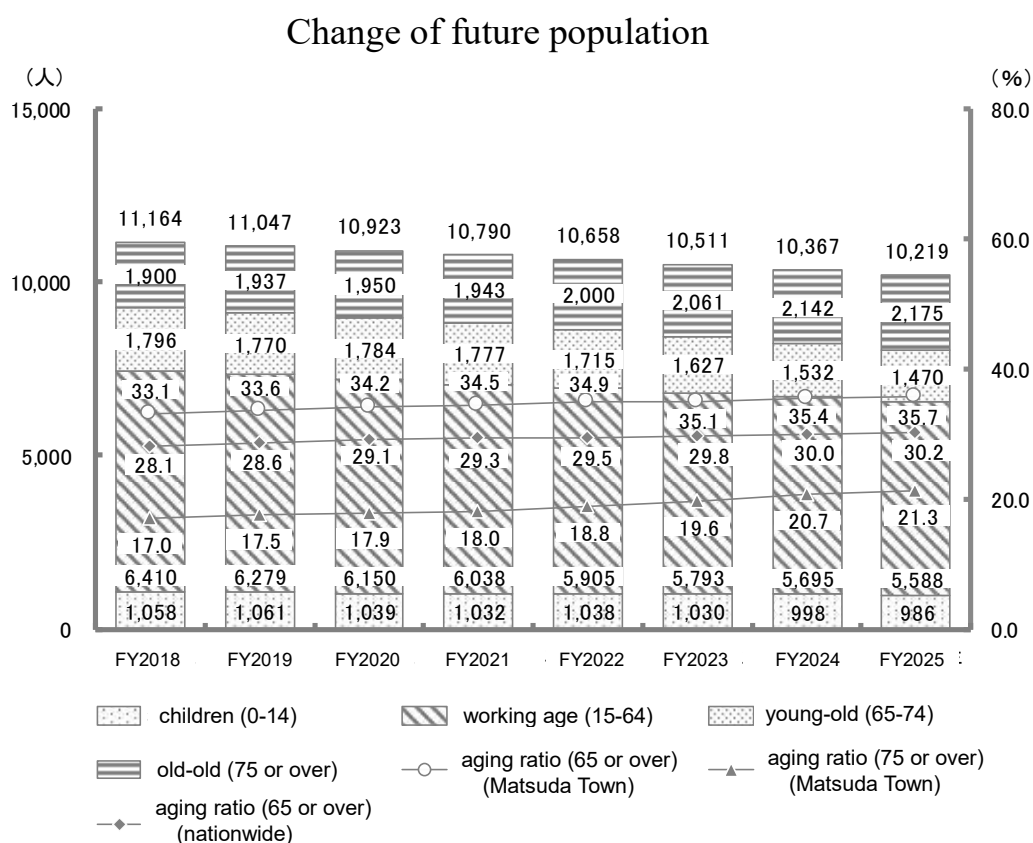


1 Future Population Projected and Progress of Aging

Future population projected shows year-by-year decrease from 11,164 as of the year 2018. Elderly population is 3,696 as of the year 2018.

As of the year 2025 when postwar baby-boom generation becomes old-old, the total population projected which will continue to drop, will be 10,219. At the same time elderly population will decrease to 3,645, but the old-old population will sharply increase and being projected to be 1.14 times as large as the year 2018.

Population aging rate continues to increase and is projected to reach 35.7% as of the year 2025 which keeps higher level than those of nationwide.



2 Changes in the Number and the Rate of Those Certified as Needing Long-term Care/Support

The number of those certified as needing long-term care/support is increasing year by year, and has reached 556 in 2017. The rate of certification of needing long-term care/support is 15.1% in 2017, which is increased from 13.8% in 2013. Also this rate is lower than the nationwide rate 18.1%.

3 Issues for Matsuda Town

Issue 1 Comprehensive health promotion including care prevention

- ◇ We continue and reinforce efforts aimed to raise consultation rate of routine medical checkup and various cancer screening in order for health promotion appropriate to life stages and for early detection and early treatment of disease.
- ◇ We continue efforts to enhance function of Silver Human Resources Center and support the elderly's continued employment and job assistance in order to take advantage of elderly's acquired skills and experiences.
- ◇ We strengthen coordination with local community network and operation of health promotion activities in order to increase "vibrant elderly".
- ◇ Since there are many people who are willing to join local community's group activities etc., in order to prevent becoming reclusive we actively support the activities of Senior Club Matsuda and various regional small communities.

Issue 2 Regional comprehensive care promotion

- ◇ Under such circumstances that further increase of the elderly is projected, we build an operating structure for the elderly to live their familiar territory with peace of mind in cooperation with various regional organization and specialists, as well as function enhancement of regional comprehensive support center.
- ◇ We make further improvement of regional care meeting in order to recognize the regional issues and arrive at countermeasures to solve such issues from individual case by utilizing this regional care meeting.
- ◇ We provide supportive education about not only preparation for the end of life but how to keep positive view of life.

Issue 3 Expansion of measures for dementia prevention and elderly with dementia

- ◇ According to the result of questionnaire which shows that many people take up "response to cognitive symptoms" as a future anxiety, we disseminate correct knowledge of dementia prevention and improve the environment for dementia (how

to consult, support to families etc.).

- ◇ Under such circumstances that increase of the elderly with dementia is projected, we strengthen local community network for supporting the elderly with dementia including coordination with medical institutions result in early detection and early treatment of disease.

Issue 4 Expansion of long-term care services matching with individual needs

- ◇ Due to getting established of long-term care insurance system and growth of the number of certified person, the service cost is increasing year by year. With such cost increase we have to enhance the service quality and improve the attributes of business operator, care support specialists etc.
- ◇ We publicize long-term care services and promote their usage through our website, brochure and seminar etc. so that everyone can use them when necessary.
- ◇ Since long-term care insurance premium might rise in the future due to an increase of the number of those certified as needing long-term care/support, we continuously make effort to maintain care services benefits at an appropriate level.

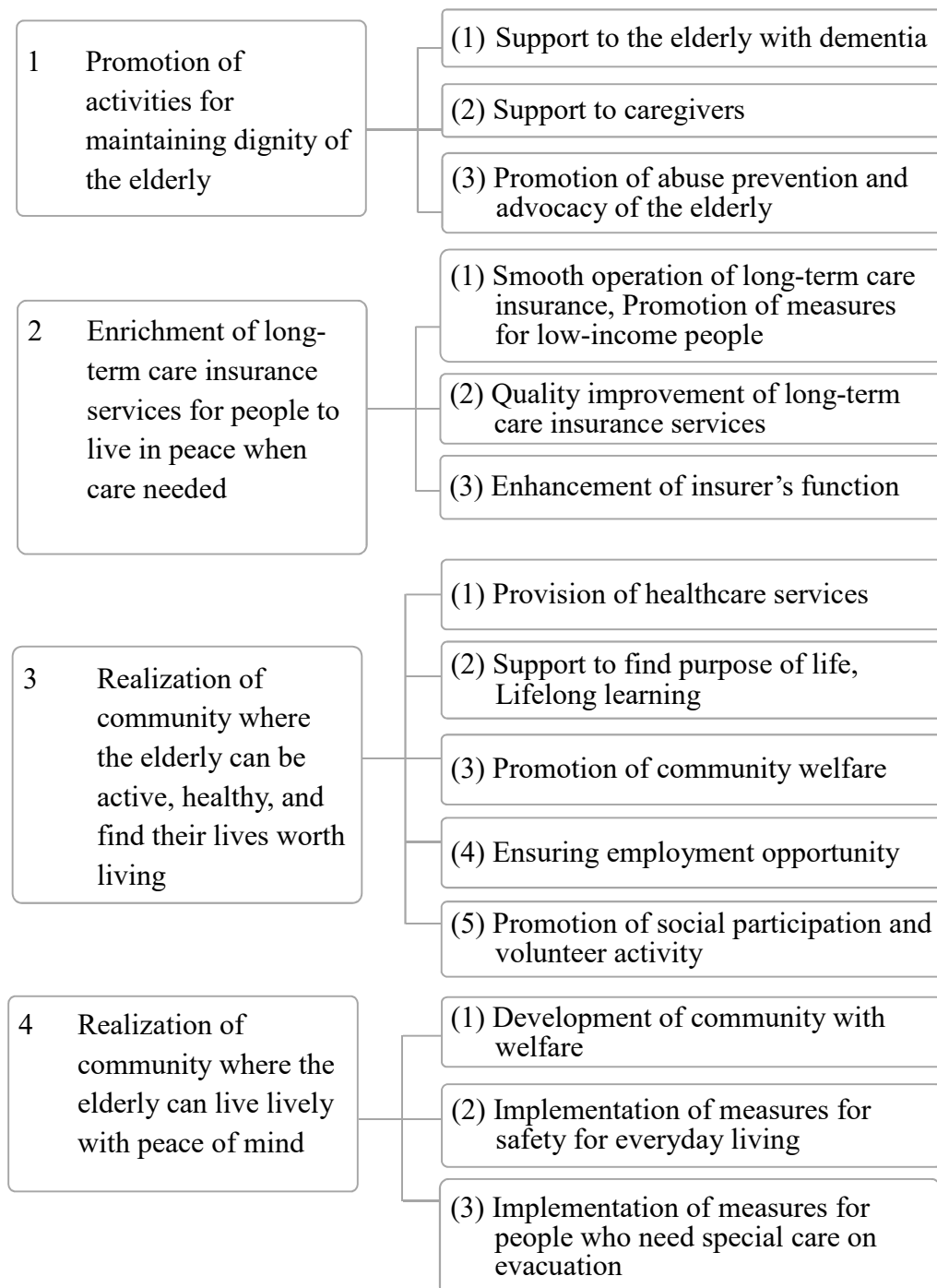
Issue 5 Improvement of home assistance

- ◇ We support the elderly to go out, because it contributes to their independent living.
- ◇ Responding to an increase of the number of in-home care recipient due to progress in aging, we improve the supports to caregivers aiming to reduce their mental, physical and economic burden.
- ◇ Being projected to increase the number of households of an elderly person living alone and elderly only households, we improve informal services for the elderly to live safely in peace such as support to watch over by community residents.

4 Basic Principles of Age-friendly City Action Plan

<Fundamental Objectives>

<Actions>



5 Initiatives Based on Eight Topics

Matsuda City is promoting the following initiatives stipulated in the eight (8) topics of Age-friendly City based on the situation of the elderly and the above-mentioned basic principles.

(1) Outdoor spaces and building

- Creation of barrier-free public facilities
- Launch and maintenance of walking course
- Opening and operation of ME-BYO visualizing corner

(2) Transportation

Operation of senior-friendly transportation system

- Subsidization to keep bus line
- Grant to bus pass for the elderly
- Opening of rest space at station plaza
- Provision of bus and taxi service for the elderly at the time of event
- Support to transfer services by social welfare council etc.

(3) Housing

- Enrichment of information service and consultation about housing for the elderly
- Elderly housing development by private sector
- Utilization of welfare equipment and residential environment improvement by long-term care insurance

(4) Social participation

Promotion of volunteer activity

- Development of framework which enables the elderly to find a motivation to live and participate in society in order for them to live a long and healthy life
- Encouraging the elderly who has wealth of knowledge and experience to participate in local community network proactively

(5) Respect and social inclusion

1) Support to the elderly with dementia

- Dissemination of correct understanding of dementia at “dementia supporter training lecture”
- Establishment of appropriate flow of service delivery responding to the state of dementia by development of dementia care pass

2) Implementation of measures for elder abuse prevention

- Familiarization of importance of watch over by community residents
- Strengthening of network for early abuse detection by cooperation with relevant organizations and training etc.
- Promotion of abuse prevention and early response through newsletter, human rights learning etc.

(6) Civic participation and employment

Ensuring employment opportunity

- Continuous support to silver human resources center

(7) Communication and information

Support to caregivers

- Improvement of support to reduce family caregivers' burden
- Holding a seminar for family caregiver to learn adequate knowledge and skill of nursing care. Also holding a caregivers' exchange meeting.

(8) Community support and health services

- 1) Development of local community network for supporting the elderly with dementia
- 2) Smooth operation of long-term care insurance, Promotion of measures for low-income people
 - Securement of enough capacity depending on the estimation of service user, and securement of stable supply system of them
 - Easier-to-understand information service on long-term care insurance system
 - Insurance premium setting depending on the insured's paying capacity. Extension of insurance premium discount for low-income insured.
- 3) Quality improvement of long-term care insurance services
 - Function enhancement of regional comprehensive support center
 - Enhancement of coordination among various experts
- 4) Enhancement of insurer's function
 - Keeping care services benefits at an appropriate level
- 5) Provision of healthcare services
 - Improvement and familiarization of easier-to-receive health checkup in order for early detection and prevention of disease by such checkup
- 6) Implementation of measures for curing ME-BYO aiming to extension of healthy life expectancy

- Support to the elderly for their proactive health promotion by further dissemination of health related knowledge through brochure and seminar etc.
- 7) Strengthening of coordination between medical care and nursing care
- Function enhancement of Upper Ashigara area coordination and support center for home medical and nursing care
 - Against the increase of home medical care needs we collect the information about medical organization which enables doctor's visit at home and build an operating structure for them in cooperation with medical association etc.