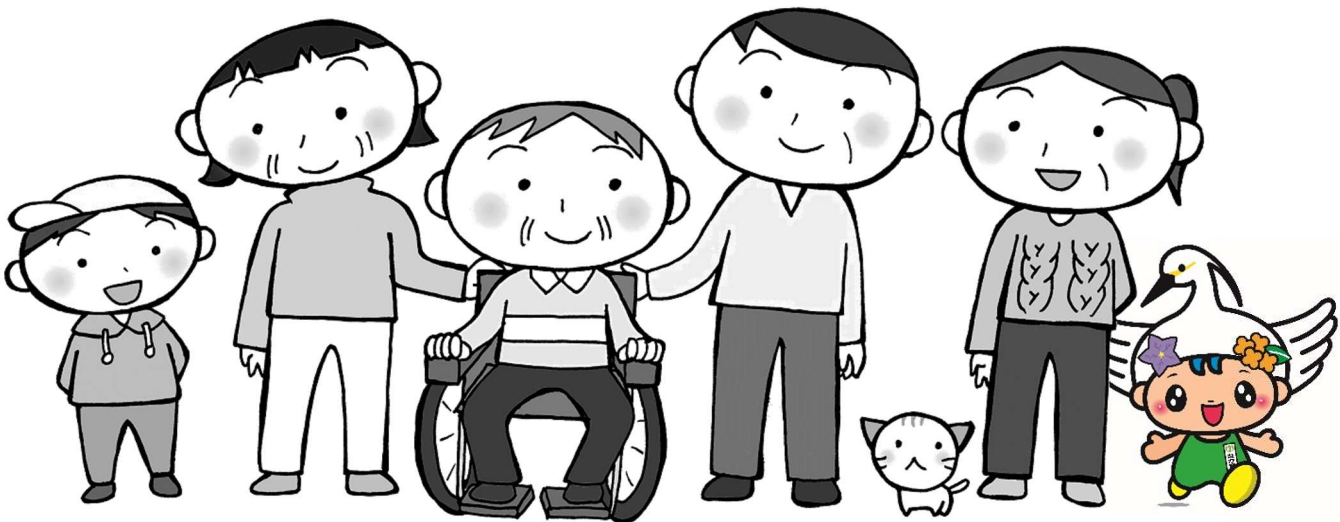


Age-Friendly City- Nakai town

Action Plan

~ Vibrant Community, Warm Interaction, Supportive Neighborhood ~

Nakai Town where People Live in Peace of Mind



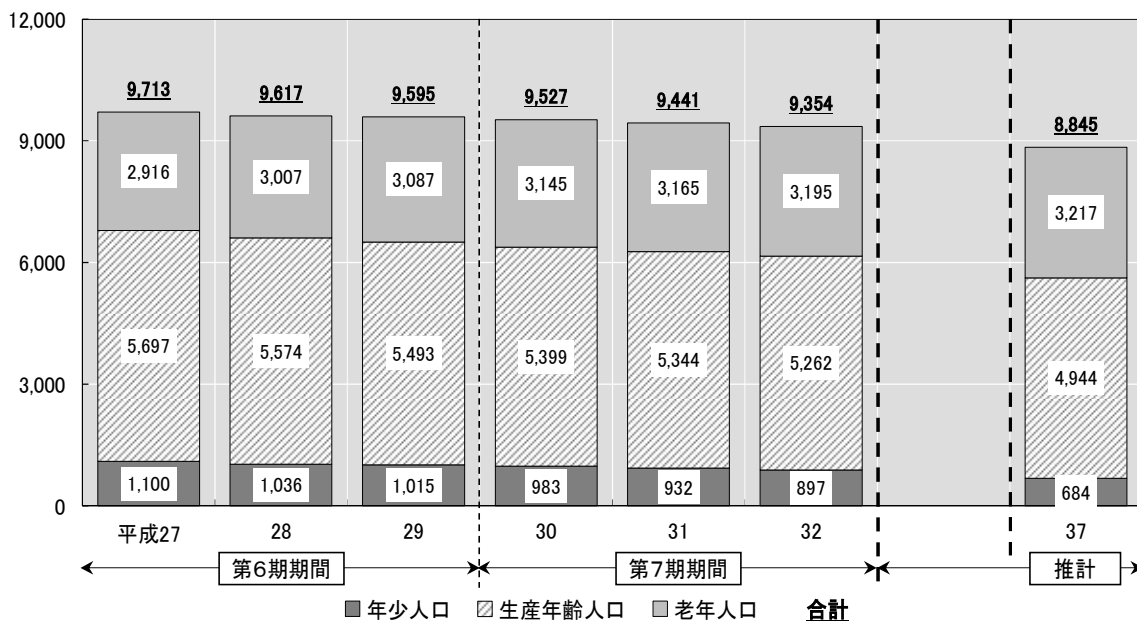
Nakai Town

1 Current Status and Population Projection on the Elderly (Vital Statics of the Elderly)

① Total Population and Population by Age Groups

The total population of Nakai town is on the declining trend and projected to be 8,845 in 2025. Look at the population by 3 age groups, working-age population (aged 15 - 64) and children population (aged 0-14) are on the declining trend, on the other hand the aged population (aged 65 and older) is growing.

Figure-1 Total population and population by age groups change



Material : The 7th Nakai town's Health and Welfare Plan for the elderly

- Long-Term Care Insurance System Plan

Source : (Actual Figure) Basic resident register record (as of October 1 of each year)

(Estimation) 「Visualization」 system

In the age structure, while the ageing rate has been rising, both the percentage of working-age group and child group will shrink, this will cause the ageing rate to be 40% of the total population of Nakai town in 2025.

Figure-2 Changes in the age structure (%)

Group	The 6th			The 7th			Estimate
	2015	2016	2017	2018	2019	2020	2025
Child -age (aged 0-14)	11.3	10.8	10.6	10.3	9.9	9.6	7.7
Working-age (aged 15-64)	58.7	58.0	57.2	56.7	56.6	56.3	55.9

Older (aged 65+)	30.0	31.3	32.2	33.0	33.5	34.2	36.4
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Material : The 7th Nakai town's Health and Welfare Plan for the elderly •

Long-Term Care Insurance System Plan

Source : (Actual Figure) Lon-Term Care Insurance System Report

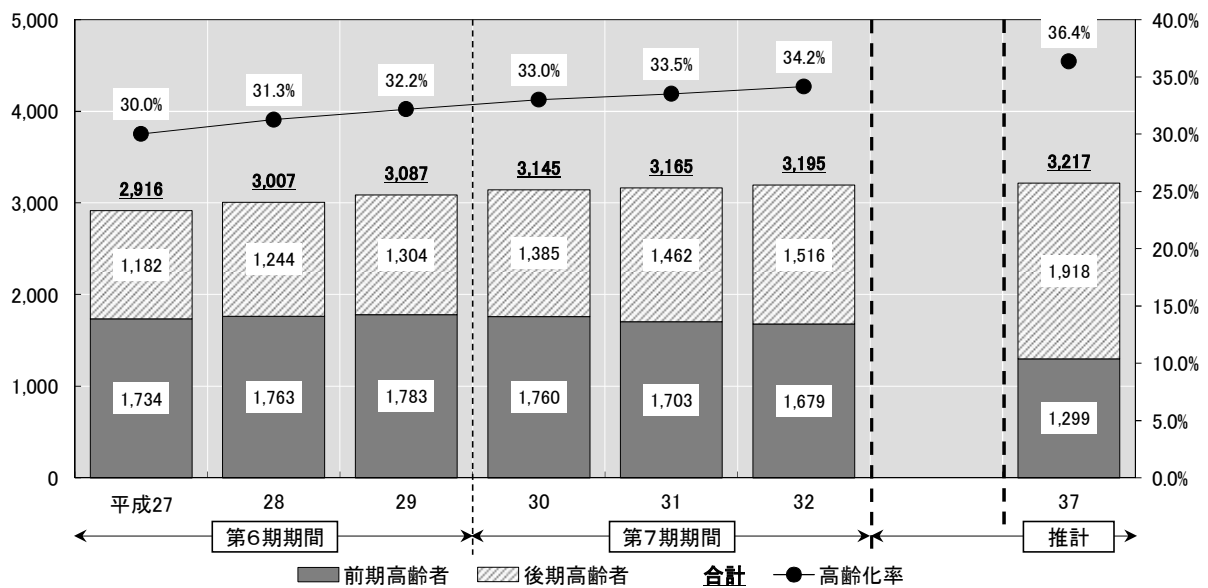
(Estimation) 「Visualization」 system

② Aged Population and Ageing Rate

As the aged population is growing, its number was 3,087 and the ageing rate was 32.2% in 2017. They are expected to be 3,217 and 36.4% respectively in 2025.

Looking at the ageing population change, the number of ageing population is projected to increase by 279 between 2017 and 2025, within that 55 for the young-old elderly (aged 65~74) will decline and 334 for the elderly at the latter-stage (aged 75 and older) will increase.

Figure-3 Changes in Ageing Population (aged 65+) and Ageing Rate



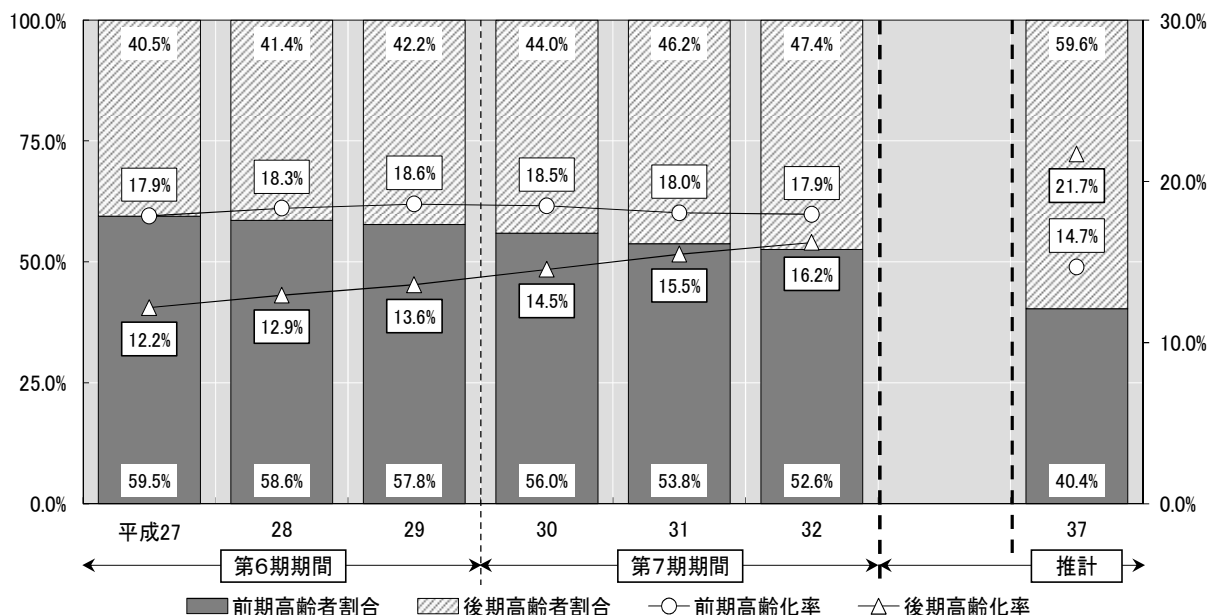
Material : The 7th Nakai town's Health and Welfare Plan for the elderly

Long-Term Care Insurance System Plan

Source : (Actual Figure) Long-Term Care Insurance System Report

(Estimation) 「Visualization」 system

Figure-4 Changes in Constitution of and Ageing Rate



Material : The 7th Nakai town's Health and Welfare Plan for the elderly •
Long-Term Care Insurance System Plan
Source : (Actual Figure) Lon-Term Care Insurance System Report
(Estimation) 「Visualization」 system

2 Basic Principle and Taking on Measures for Age-Friendly City Efforts

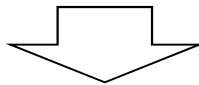
Section 1 Basic Principle

Our goal is a community development that enables the elderly to live their own fruitful life without any anxiety as long as possible in the place.

〔Basic Principle〕

~Vibrant Neighborhood, Warm Interaction, Supportive Community~

Nakai Town where People Live in Peace of Mind

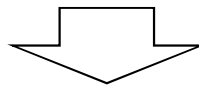


〔Basic Points〕

are on the basis of

“Act for Partial Revision of Care Insurance Law for the improvement of Community -Based Integrated Care System”

“Basic guideline to ensure the smooth implementation for providing insurance benefits on nursing care insurance program”



〔Basic Objectives and Structure of Measures〕

Measures by 4 Basic Objectives

To realize a community that enables all locals to live actively without any anxiety, we set 4 basic objectives.

Section 2 Basic Objectives and Structure of Measures

① Basic Objectives

Four objectives are set in “Health and Welfare Plan for the Elderly and Care Insurance System Plan” to the realization of the basic principle.

Basic Objective1: Supporting the elderly to live lively and healthy life

As the aged population is growing, the healthy older people percentage is also increasing. While some older people continue to work or participate in social activities, many others don't know when or how to participate in activities in the community.

Nakai town will develop an environment in which they can easily participate in the community activities, art and cultural and sports events in order for the elderly to live a life with fulfillment. In addition, the social participation in cooperation with relative organizations will be encouraged.

Basic Objective2: Managing the system to support the elderly's life in the community as a whole

To realize a Community-Based Integrated Care System in line with a principle of inclusive society, a collaboration with special institutions and organizations including medical institutions is required to address such issues as “Coordination between in home medical care service and nursing care service” and “Transition support for Employment Office for people with disabilities”.

Not only continuous improvement of the community-based integrated care system, but also there should be a management in the system to adjust revised items and support eligible persons. A safe and secure environment and comfortable community development will be promoted to support and encourage the living life independently in the place.

Basic Objective3: Care prevention and improvement of everyday living life support service

Both “Health promotion” to prevent the decline of physical capacity with ageing and “Care prevention” promotion to prevent severer have same purpose that aims to prevent deterioration of health status or cognitive function, thus the integrated support services for health promotion and maintenance is necessary for the elderly to live healthy and actively as long as possible.

This project is set as a healthcare for the elderly, aiming to encourage health promotion measures, and to take an appropriate care prevention and preventing deterioration in the level of primary nursing care in cooperation with healthcare and medical department.

Basic Objective 4 Improving care prevention and stable system operation

The National Government has addressed to social issues surrounding the elderly through the long-term care insurance system which has had some legislative changes and service changes since its commencement in 2000.

In the New Long-Term Care Insurance System, new measures will launch; such as, collaboration promotion between medical and nursing care, improvement of insurer function towards self-reliance support and dementia management.

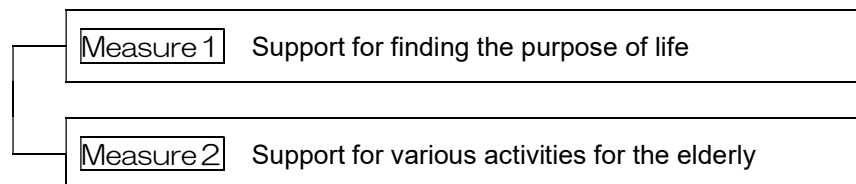
In the new long-term care system, new initiatives including promotion of medical and nursing care cooperation and strengthening of the insurance function for the prevention of self-reliance and prevention of severe problems, will begin.

In Nakai town, we will continue to enhance the long-term care service and ensure stable operation of the system in line with our efforts to date what we have done. We will continue to ensure smooth management of the long-term care insurance system and strengthen the proper implementation and service delivery system.

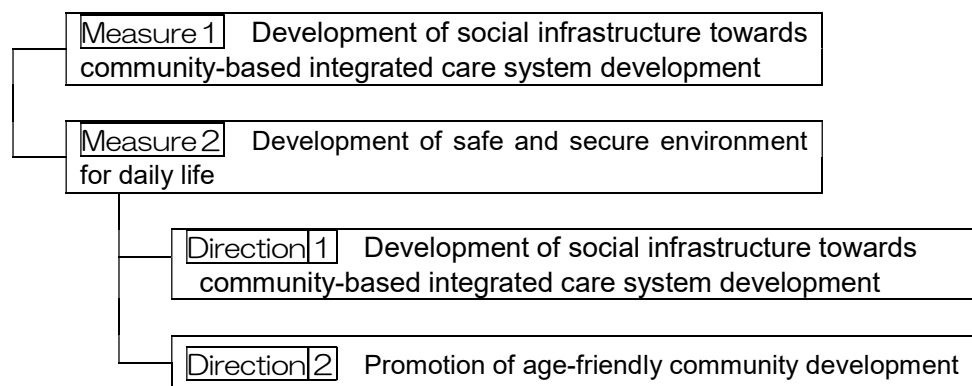
② Structure of Measures

The following are the structure of measures that consist of the plan:

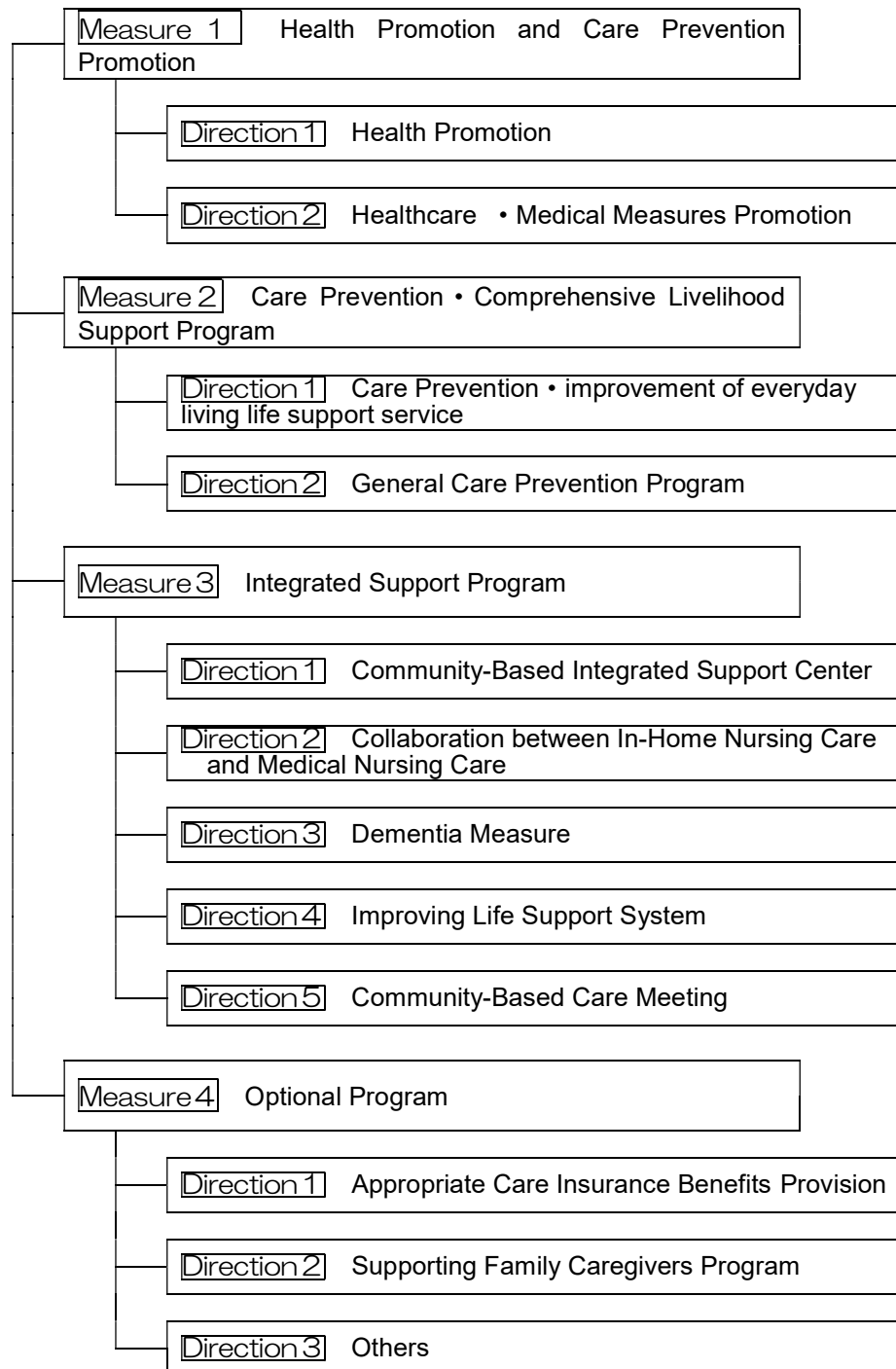
Basic Objective 1 Supporting the elderly to live a lively and healthy life



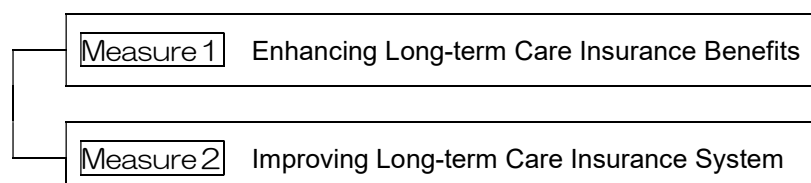
Basic Objective 2 Managing the system to support the elderly's life in the community as a whole



Basic Objective 3 Improvement of care prevention and everyday living life support service



Basic Objective 4 Improving care prevention and stable system operation



3 Measures Based on 8 Features of Age-Friendly City

Based on the situation surrounding the elderly and the basic principles of measures as previously stated, we will promote the following measures in accordance with 8 topics of the Age-Friendly City during the period from 2019 to March 2021.

(1) Outdoor spaces and buildings

- Developing an easily accessible environment for the elderly
- Based on the principle of Community-Based Integrated Care Service, an universal design in community development will be promoted for the elderly to continue to live in place. Moreover, road hazards; such as steps and road cave-in, will be surely fixed in cooperation with the locals and organizations to enable the elderly to travel easily in community.
- Crime Prevention • Traffic Safety Education
- To develop a community in which the elderly can live in peace of mind, crime prevention and traffic safety education in cooperation with relative organizations will be encouraged. Then, for the elderly's self-protection, safety education, various information including the crime-related safety information, prevent harm to consumers will be provided.

(2) Transportation

- Regional Public Transportation Association Meeting
- The regional residents, the local government, the transportation business operators, the drivers' groups are working, considering and discussing all together to respond to the residents' needs and the situations to realize the sustainable transportation services that "locally operated public transportation for the locals".
- Welfare Transportation Charged Service
- To Support the elderly and people with disability have difficulties to go to hospital or shopping, in cooperation with a social welfare association to provide transportation service with charge.

(3) Housing

- Improving Support System to Secure Housing for the Elderly
 - Providing proper information centered on the Community-Based Integrated Support Center and continuously securing housing.
- Supporting to Remodel House for the Elderly to Live Safely and with Peace in Mind.
 - For those who are deemed to be required to renovate their house, they will

receive consultations about renovation of bathrooms, kitchens, bathroom sink, toilet bowls, and others, as well as retrofitting housing to promote improvements in their living environment.

- Research and Study on Securing Various Housing for the Elderly
 - As "Securing Housing" is one of the principles of Community-Based Integrated Care, an initiative on Securing Housing will continue to be considered through housing renovation and improvement of the living environment.
- Supporting the Elderly who Need to Be in Nursing Care Facility
 - Recently, as types of facility have been diversified along with the needs of nursing and medical care services shifts, we will work on operating proper procedures and guiding and developing the facilities so that the elderly can enter the right place depending on their individual needs. As for the facilities that are difficult to be set up alone, we will consider them from a wide range of perspectives as a basic infrastructure for responding to demands.
- Lending Emergency Call Device
 - Cellular phones with phone straps are provided to the elderly who live alone to secure a way to contact when necessary. A contractor manages and monitors them for 24 hours, and they shall notify town's emergency department when something happens to them. This program will continue to watch over the elderly and protect their life environment at home without anxiety.
- Supporting of Provision of Nursing Care Products for Bedridden Elderly
 - The continuous supports to the family caregivers will be implemented in order to make the economic burden a little lighter through the provision of adult diapers and pads for older people that are excluded from Long-term Care Insurance to the elderly who live at home on bedridden or with dementia among people who are certified category 4 of requiring nursing care.
- Home-Helper Program
 - The Town directly manages a program that provides the support service to the elderly people who live alone at home and who live with other elderly person but are frail. In this program, the town will send home-helpers who provide support in daily life so that the elderly can continue to live independently at home.

(4) Social participation

- Encouraging Social Participation and Supporting for a Vibrant Life
 - Encouraging the elderly to participate social activities including voluntary activities using the elderly's rich knowledge and experience through developing community activities based at the Social Welfare Center as the elderly's interaction space.
- Supporting Lifelong Learning and Lifelong Exercises

- Everyone can live healthy with fulfillments regardless of age, gender or whether they have disabilities or not through encouraging to develop learning, cultural or sports programs responding to various needs.
- Providing Opportunities for Activities and Interaction
 - Developing opportunities for various activities and interactions with school children through utilizing regional resources including community meeting spaces and schools.

(5) Respect and social inclusion

- Collaboration between Welfare Volunteers and Student Council
 - Supporting welfare volunteers and student council who play the primary role in watching over the security and organizing activities in the community as well as making their activities known and deeply understood by the locals to facilitate their activity system.
- Countermeasure Elder Abuse Prevention
 - We will work with the Community Comprehensive Support Center to deal with consumer damage, such as fraud and bad practices, and to promptly detect and prevent abuse of the elderly.
- Improvement of Rights Protection Program
 - We will continue to promote the dissemination of daily living support services, in cooperation with the Social Welfare Council as well as a subsidy for remuneration and application procedure expenses of the guardianship system.

(6) Civic participation and employment

- Encouraging Voluntary Activities
 - Promoting the locals' participation in voluntary activities and NPO activities as well as providing public information and offering opportunities of voluntary activities will be encouraged in order to encourage for the locals to participate in social activities including the "Healthy Older People". The elderly's participation in the nursing care prevention program is necessary, therefore, we will continue to study and review the case analysis of a volunteer point system of the elderly nursing care which has been promoted by Kanagawa prefecture and then consider the appropriate method of implementation.
- Employment Service Center for Older People
 - Continuously supporting Silver Human Resources Center to provide employment opportunities for them to contribute their rich knowledge and experience to the society through the employment.
- Functional Enhancement of Health Welfare Center
 - A Health Promotion Station in the Health Welfare Center will be improved as a base of health promotion, it works as a base for the elderly's activity space as

well.

Promoting the use of the Health Promotion Station for the elderly as the place where users of the Center will receive health checkups, advice and information on managing ME-BYO based on their own health report. The elderly's health promotion and managing health will be encouraged through the station's activities.

(7) Communication and information

- Developing community space for the elderly
 - In cooperation with Social Welfare Councils, we will continue to take initiatives aiming to develop positive community activities through the supports by offering the place, lending equipment, and providing information.
Developing a comfort space for the elderly in the neighborhood through the community activities as an important player or a volunteer.
- Promoting Initial-Phase Intensive Support for Dementia
- Some medical professions visit people who are at high risk of dementia, people with dementia and their family by forming Initial-Phase Intensive Support Team for Dementia to intensively give an initial support including a family support in cooperation with related organizations that can lead to the next step treatment or support.
- Community-Based Support System for Dementia and Encouraging Improvement of Nursing Care
 - Continuous supports for the elderly with dementia in the community will be carried out by developing and using care pathways for dementia as well as developing a cooperation with third parties in the community and promoting the support project for people with dementia and their family.
In addition, aiming to develop a friendly community that supports people with dementia and their families, we will organize the "Dementia Café" as an opportunity to create a forum where people can get together easily to exchange opinions and information freely on dementia. At the same time we will continue to consider and improve the support system how medical institutions and nursing care offices hold the Dementia Café to promote the sharing, discovery and cooperation of the local resources related to dementia.

(8) Community support and health Services

- Strengthening a Support System at a disaster
 - Based on the local disaster measures of Nakai town, we will develop a support system to provide information necessary in times of disasters, and to properly take care of the elderly people who need to receive special supports when evacuating.
- Awareness of Health Promotion

- We will also make efforts to develop a support system that cooperates with related parties in evacuation guidance and at the shelters and to have senior citizens to have priority in moving in a temporary housing complex.

In order to promote good health in the elderly, the health promotion will be encouraged at a Health Checkups Event, and other forums will call for the awareness and management of health. We will also develop capabilities of various volunteers (such as Nakai town certified Physical Fitness Volunteers and training assistants) to strengthen the support systems.

○ Continuous and Diverse Health Promotion

- In order to encourage the social participation and health promotion of the elderly, we will arrange seminars and forums, promoting the social participations as well, we will develop projects to prevent the health problems due to changes in the lifestyle of the elderly. At the same time, aiming to promote the social participation and good health, the "Senior introductory Course" and the "Health Promotion and Networking Promotion of elderly men: named: Oyaji-no-Kai" will be conducted. In the future, we will set up a voluntary activity group by the participants to expand the social activities for the elderly to meet the needs. By establishing new sites for these activities and encouraging participation of the elderly, we will support a wide range of health development, such as improving health conditions of the elderly, preventing the shut-ins, making friends, and helping to prevent dependency on long-term nursing care.

○ Promoting Collaboration between Nursing Care, Medical Care and Welfare

- Nakai town has been working on a target toward establish a Community-Based Integrated Care System in collaboration with a local elderly care management center. The "Community-Based Nursing Care Promotion Meetings" will be positively held, and it is necessary to drive further promotion of measures for in-home nursing care and long-term care cooperation, as it is positioned as a priority policy for the future of 2025. We will promote the establishment of a network to realize the Community-Based Integrated Care system and strengthen ties with the local community so that elderly people can live their lives in the familiar places.

○ Enhancing function of Local Elderly Care Management Center

- The Local Elderly Care Management Center implements comprehensive support services, plays a core roll of comprehensive livelihood support for the elderly and works on enhancing regional support projects aiming to establish a Community-Based Integrated Care system as follows: 1.Nursing care prevention management 2.General consultation 3. Rights protection 4. Comprehensive and continuous care management.
- In order to further enhance The Local Elderly Care Management Center, we will consider expanding the correspondence system for Saturdays, Sundays and holidays, and expanding the telephone counseling system to respond to growing

requests. In order to ensure proper management and neutrality, the "Council for the Management of the Regional Comprehensive Support Center" will be held, and periodic evaluations will be conducted on the management.

○ Promoting Collaboration between In-home Medical and Nursing Care

- At the "Support Center for In-Home Care and nursing care cooperation support center in Ashigara-Kami Area" that 1 city and 5 towns in the area have launched together, the locals received consultant services on in-home medical and nursing care by Regional Medical Care, Nursing Care specialists or Local in-home Medical and Nursing Center.

In addition, Nakai town will continue to cooperate with the "Support Center for In-Home Care and nursing care cooperation support center in Ashigara-Kami area" to ensure the proper supply systems for medical care and nursing care services in the region, and to make efforts so that the elderly can continue to live in the community.

○ Promoting Initial Intensive Support Project for Initial-phase of Dementia

- The dementia initial support team including multiple professionals will aim to support the independent living by visiting persons suspected of dementia or visiting their families to focus on initial support including family support and providing adequate treatment and supporting for dementia in cooperation with related organizations.

○ Improvement of Livelihood Support and Nursing Care Prevention Services

- Aiming to keep the elderly's life without anxiety using various services, we will drive the efforts involving in developing services that lack in the community and assigning a livelihood support coordinator to have opportunities for the service providers to deal with service requests and utilizing an alliance body.

○ Promoting Community Care Meeting

- In order to establish the Community-based Integrated Care System that enables the elderly who need assistance and nursing care to continue living with dignity in the place where they are used to living, the community care Council will be effectively used to identify regional issues and to further promote solving problems.

○ Improvement of Long-Term Care Benefit Services

- Provision of long-term care insurance services based on the Long-Term Care Insurance Act and the system is provided to the people needing support and people certified needing nursing care services. In order to provide services, we will make efforts to ensure that the service is appropriate for the actual situation of the Nakai town and the local communities. We will also develop a system that lacks services including a wide range of areas in this town in cooperation with the national and prefectural government.

○ Better Management of Long-Term Care Insurance Systems

- It is showing in the Long-Term Care Insurance Act and the Long-Term Care Insurance Guidelines that the smooth implementation of the Long-Term care insurance system and the establishment of a service delivery system are to be implemented by the insurer's responsibility.

In Nakai Town, we will continue to work to ensure smooth management and service provision.