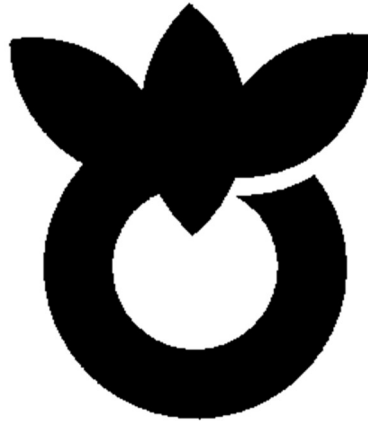


# Age-Friendly City - Oi Town

## Action Plan

A Safe and Lively Dreamland, Oi town

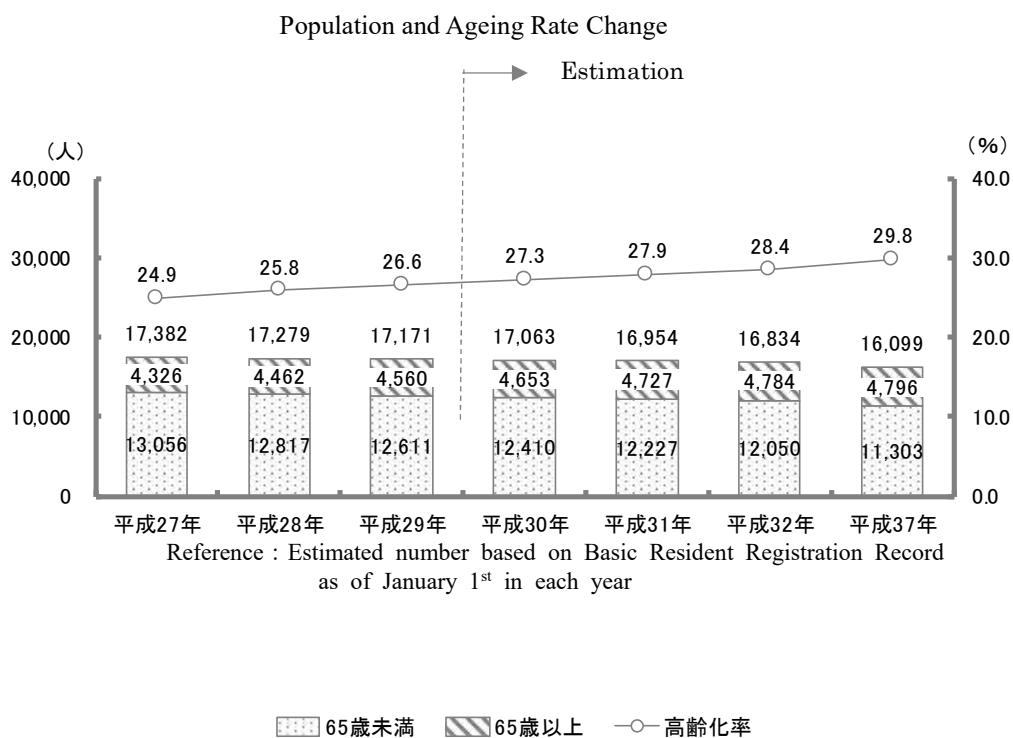


# Circumstances around the Elderly

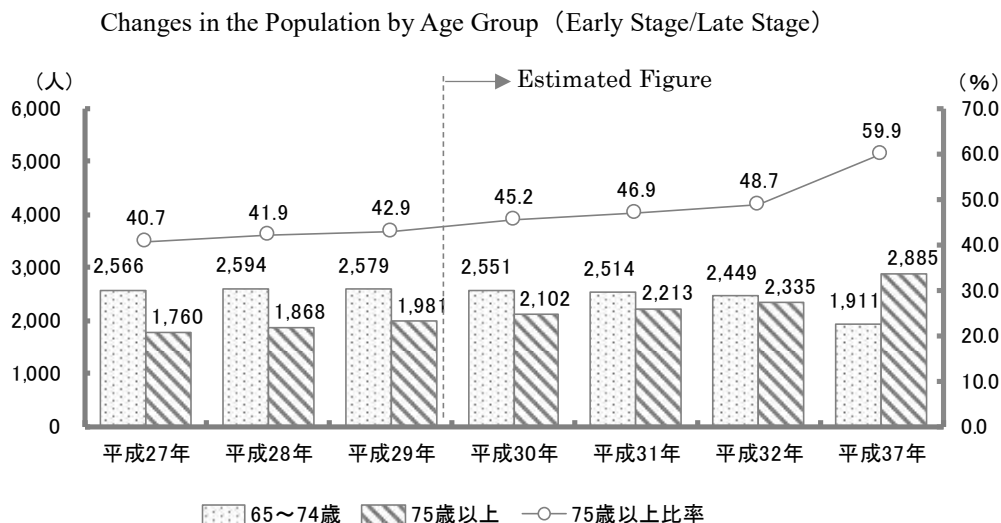
## 1 Present Population and Households

### (1) Changes in Ageing Population

Oi Town's Population has been on a declining trend and was 17,171 in 2017. On the other hand, the number of older people (65 and over) is increasing year by year and was 4,560, with the aging rate of 26.6% in 2017. The rate is expected to increase further more.



Looking at the elderly population by age groups; an early elderly group aged 65-74 and a late elderly group aged 75 and over, although the early elderly group population is projected to shrink, the late elderly group population is growing year by year. The number of the early elderly was 2,579 and the number of the elderly in the late life stage was 1,981 in 2017. It is expected that the number of the elderly in the late life stage will outnumber the early elderly in 2025.



Reference : Estimated number based on Basic Resident Registration Record as of January 1<sup>st</sup> in each year

## ( 2 ) Changes in Number of Households including Elderly

Total number of households of Oi town has grown from year 2000 to year 2010, and in 2015, it was 6,151 households.

The number of households including the elderly has increased, and it was 2,842 in 2010. Looking at its breakdown, the number of single-person households and older married-couple households has been increasing year by year; there were 480 single-person households and 829 older married-couple households in 2015.

The percentage of the households including the elderly represented 46.2% of the total households in 2015. This is 18.5 points higher than the year 2000.

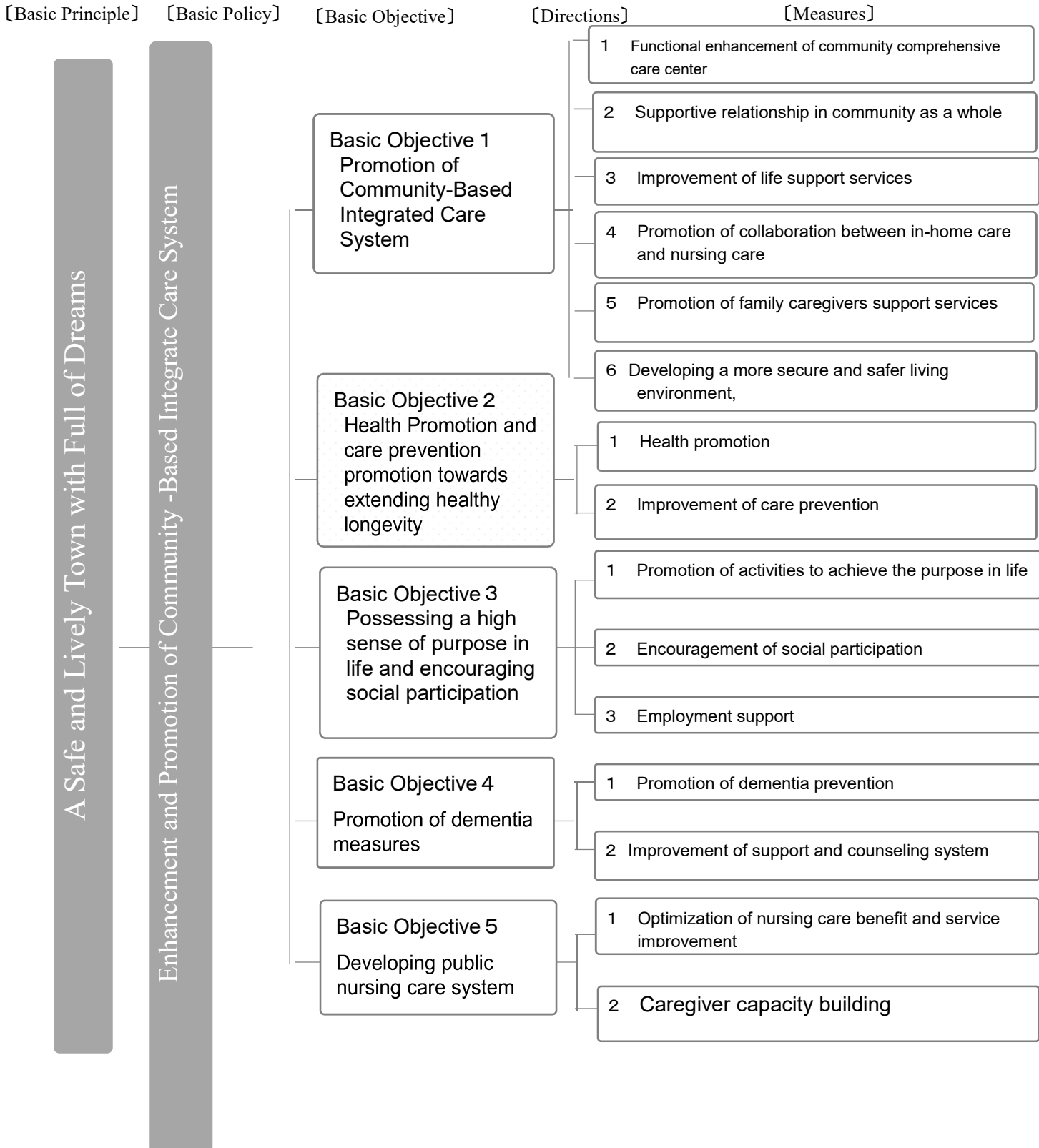
Changes in Number of Households including Elderly

(Households)

区分	2000年	2010	2015	2015
Total	5,468	5,950	6,346	6,151
Including Elderly	1,513	1,885	2,354	2,842
Elderly Single-Person	142	226	314	480
Percentage	2.6%	3.8%	4.9%	7.8%
Percentage	9.4%	12.0%	13.3%	16.9%
Elderly Married-Couple	265	419	658	829
Percentage	4.8%	7.0%	10.4%	13.5%
Percentage	17.5%	22.2%	28.0%	29.2%
Others	1,106	1,240	1,382	1,533
Percentage	20.2%	20.8%	21.8%	24.9%
Percentage	73.1%	65.8%	58.7%	53.9%
Percentage of Households including Elderly	27.7%	31.7%	37.1%	46.2%

※Upper: compare to the total number, below: compare to households including elderly  
Reference : National Census

## 2 Measures



### 3 Initiatives in the 8 Domains of the Age Friendly Cities Framework

Oi town will promote the following initiatives in the 8 domains of the Age Friendly Cities framework between 2018 and 2020 in line with the basic principle for the initiatives to address the above ageing issues.

#### (1) Outdoor spaces and buildings

- Developing public institutions and improving road infrastructure
  - Promoting the provision of accessibility and universal design to the public intuitions and roads in line with the Act for Promoting Easily Accessible Public Transportation and Facilities for the Aged and the Disabled.
- Promoting traffic safety and security measures
  - Engaging in elimination of high-risk areas in order to reduce traffic accidents involving the elderly as well as promoting the provision of information and awareness programs for crime prevention.

#### (2) Transportation

- Community loop bus service
  - The Community Loop bus connects public facilities and medical institutions in the town to encourage the elderly to go out.

#### (3) Housing

- Municipal housing operation
  - Selecting qualified residents and housing management
- Improving nursing home facilities
  - Improving nursing home facilities including community-based combination of long-term senior health care facilities

#### (4) Social participation

- Encouraging lifelong learning activities
  - Offering classes and workshops in consideration of needs of community and accessibility.
  - Promoting “Knowledge Circulation in Society” where older people contribute and pass the knowledge and skills into as a leader.
- Sports activities promotion
  - Supporting the elderly to voluntarily participate exercise classes, sports activities and recreation events to improve their exercise habits.
- Promoting activities of “Fukushi no Kai”(a welfare service group)

- Support the efforts of “Fukushi no Kai” that is established in each regional residents’ association and operated mainly by the elderly.

#### (5) Respect and social inclusion

- Promotion of Respect for the Aged People project
  - “Celebration event for the Respect for the Aged People”
  - Offering a congratulatory money for celebration for the long-life
- Promotion of elder abuse prevention
  - Enhancement of the elder abuse prevention
- Development of advocacy structure
  - Advice and support on advocacy
  - Improving the advocacy system that enables the elderly lacking decision-making capabilities to receive appropriate services and offer the support for day-to-day money management.

#### (6) Civic participation and employment

- Collaboration with volunteers
  - Promoting the operation of the care prevention program named “Oi, Genki-kai” and a café “Hidamari” in collaboration with volunteer supporters.
- Employment support
  - Supporting to expand the job opportunities for the elderly including the employment service center for older people

#### (7) Communication and information

- Promotion of dissemination and awareness development of dementia
  - Promotion of dissemination and awareness development of dementia to increase understanding of dementia including a campaign from perspective of people with dementia.
  - Capacity development for the volunteer supporters who assist people with dementia and their family in the community or occupational fields.
- Supporting dementia caregivers
  - Holding regular meetings for the family of people with dementia

#### (8) Community support and health services

- Health promotion and care prevention for healthy longevity
  - Health promotion including management of diet based on “Oi town Health Promotion Plan and Food and Nutrition Education Plan” aims to extend the healthy longevity - the duration of life that people can live as long as in good health.
  - Mental health promotion and oral health promotion

- Enhancing the functions of town-operated local elderly care management center
  - Enhancing the functions of the town-operated local elderly care management center to provide the integrated and continuous supports to the residents.
  - Networking among the organizations and institutions related to healthcare, medical, and welfare centered around the local elderly care management center.
  
- Strengthening cooperation between medical and nursing care
  - Promoting cooperation between medical and nursing care of 1 city and 5 towns in Ashigarakami area.
  
- Developing a supportive community
  - Providing appropriate nursing care services.
    - Community development and networking of residents, local government, social welfare association, volunteers, regional residents association, welfare volunteers and Commissioned Child Welfare Volunteers.
  - Providing appropriate supports to family caregivers to lessen their burdens.
  
- Appropriate medical and care services at the right time based on one's health condition
  - To lessen burdens of family caregivers, improving the response to provide the proper medical and care services by the Initial-Phase Intensive Support Team (IPIST)m, which is composed of experienced physicians in dementia and public health nurses.
  - To provide the care services to people with dementia to help their life, and to properly provide nursing-care insurance service covering dementia.
  - Promoting close cooperation between medical and nursing care utilizing dementia care pathways.
  
- Developing the system to monitor people with dementia for their security.
  - Promoting "Ashigara SOS networks for wandering seniors program" that finds and secures wandering people with dementia, and encourage advance registration of people who may wander about.
  - Implementing the initiatives to train volunteer supporters for dementia and develop the community that enhances support activities to help create the community that looks on and support people with dementia and their families.
  
- Developing a supportive system in the community
  - Improving home-visit by the locals.
  - Providing safety confirmation of senior citizens at the time of welfare service provision
  
- Meeting the need of vulnerable people in times of disaster
  - Preparing the support system to the vulnerable people and establishing the support system in wide area



- Providing appropriate long term care services and smooth operation
  - Providing appropriate long term care services
  - Smooth operation and sound management of public nursing care system
  - Providing proper long term care benefits
- Improving nursing care service system for the locals to use easily
  - Taking initiatives in consideration of the burdens on low-income residents
  - Ensuring the protection of users and the sound development of business by improving the proper designation of the service provider and strengthening of guidance and supervision for the business operators.
  - Enhancing consultation and complaint processing systems in cooperation with relevant organizations