

Yokosuka City

Age-friendly City Action Plan



1 Current Situation of Elderly in Yokosuka City

As a central city in the Miura peninsular area, Yokosuka City has enhanced the accumulation of city function and developed living conditions taking advantages of rich natural environment. As a result, the urban area expanded into the suburban area, then housing complex in hilly area and coastal area and large-sized new urban zone has been developed.

However, amid recent years' concerns for declination of social dynamism due to depopulation, low birthrate and longevity, and coupled with Yokosuka City's unique geographic feature, that is, many houses stand on the upper part of the hill and slope land, the immediate action for elderly people to stay living in a familiar territory with peace of mind for all time is needed.

(1) Elderly population

Although the total population of Yokosuka City has been decreasing year by year since 1992, the elderly population has been increasing and has reached around 30% of the total population as at October 1, 2015.

Population changes by age

(as of October 1 each year)

| Segment | FY2000 | FY2005 | FY2010 | FY2015 |
|-------------------------------|-------------------|-------------------|-------------------|-------------------|
| Total | 428,645 100.0% | 426,178 100.0% | 418,325 100.0% | 406,586 100.0% |
| Children (0 – 14 yrs.) | 56,940 13.3% | 55,085 12.9% | 51,670 12.4% | 46,530 11.5% |
| Working Age (15 – 64 yrs.) | 296,241 69.1% | 281,732 66.1% | 261,078 62.4% | 238,148 58.8% |
| Elderly (65 yrs. or over) | 74,760 17.4% | 89,292 21.0% | 105,576 25.2% | 120,465 29.7% |

- As the total number includes the uncertain aged people, it does not equal to the sum of 3 segments.

source : national census

(2) Households with Elderly

The total number of households in Yokosuka City is around 165,000 as at October 1, 2015. Among this, the number of households with the elderly is around 78,000, making up for 47% of the total.

Among all households with the elderly, the number of households of elderly person living alone shows an increasing trend. So community-based mutual supports such as keeping an eye on them or providing livelihood supports are more needed.

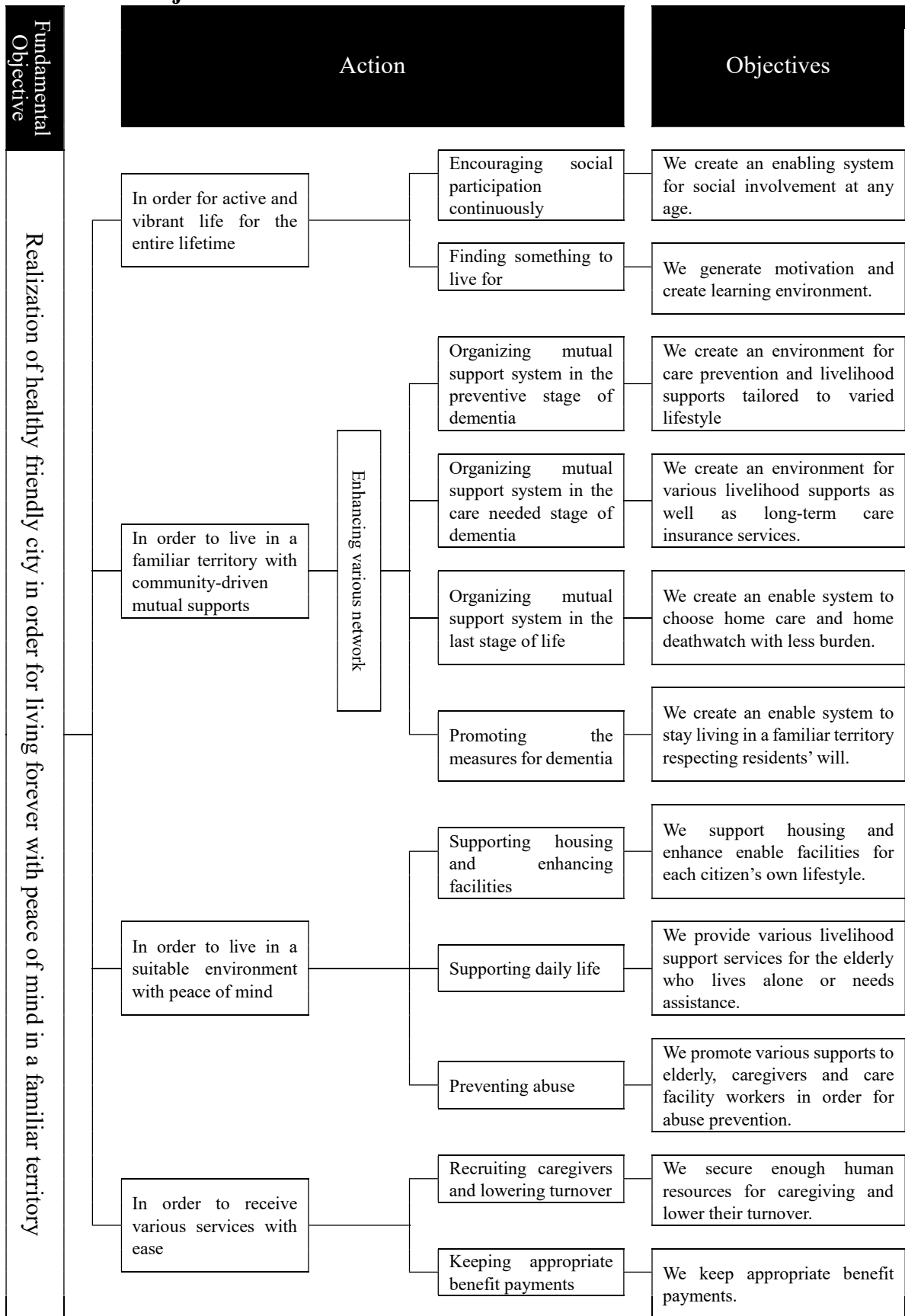
Situation of Households

(as of October 1 each year)

| Segment | FY2000 | FY2005 | FY2010 | FY2015 |
|------------------------------------|---------|---------|---------|---------|
| Total Households | 156,316 | 160,945 | 164,362 | 165,746 |
| Number of Residents per Household | 2.68 | 2.57 | 2.46 | 2.45 |
| Households with Elderly | 52,959 | 60,967 | 70,067 | 78,328 |
| (Ratio to Total Households) | (33.9%) | (37.9%) | (42.6%) | (47.3%) |
| Households of Single Resident | 10,998 | 13,659 | 17,374 | 21,392 |
| (Ratio to Total Households) | (7.0%) | (8.5%) | (10.6%) | (12.9%) |
| (Ratio to Households with Elderly) | (20.8%) | (22.4%) | (24.8%) | (27.3%) |
| Households of Married Couple only | 15,981 | 19,292 | 22,491 | 25,256 |
| (Ratio to Total Households) | (10.2%) | (12.0%) | (13.7%) | (15.2%) |
| (Ratio to Households with Elderly) | (30.2%) | (31.6%) | (32.1%) | (32.2%) |
| Households other than the above | 25,980 | 28,016 | 30,202 | 31,680 |
| (Ratio to Total Households) | (16.6%) | (17.4%) | (18.4%) | (19.1%) |
| (Ratio to Households with Elderly) | (49.1%) | (46.0%) | (43.1%) | (40.4%) |

source : national census

2 Basic Objectives and Structure



3 Initiatives Based on Eight Topics

We, Yokosuka City is promoting the following initiatives in order to achieve our fundamental objective “Realization of healthy friendly city in order for living forever with peace of mind in a familiar territory”

(1) Outdoor spaces and building

- ◇ Creating residential environment which enables the elderly to go to downtown at ease

(2) Transportation

- ◇ Issuing commuter pass named “vibrant senior pass”

(3) Housing

Supporting housing and enhancing facilities

1) Support for housing

- a) Support to elderly for their diverse ways to reside
 - Support to find rental housing
 - Information service regarding various facilities
 - Repair and renovation of housing
 - Subsidizing seismic strengthening etc.

2) Improvement of long-term care insurance facilities and long-term care insurance offices

- a) Special elderly nursing home
- b) Elderly nursing home
- c) Nursing care medical service
- d) Community-based service office
 - Group home
 - Service office for attendant nursing care by regular patrol
 - Multifunctional small nursing care service office
 - Nursing care service office for dementia
- e) Specific facility authorized by relevant laws
- f) Facilities operated by other than nursing-care insurance
 - Care house
 - Daily living support house

(4) Social participation

Encouraging social participation continuously

- 1) Promoting social participation through providing opportunity to work
- 2) Subsidizing senior citizens' club
- 3) Creating environment for doing volunteer activities
- 4) Role of community expected by baby-boom generation

Finding something to live for

- 1) Supporting citizens' proactive health promotion throughout their lives
 - Health checkup
 - Health guidance
 - Health consultation
 - Health education
- 2) Supporting elderly's going out
- 3) Supporting activities for motivation in life
 - Operating welfare center and resting house for the elderly
 - Enhancing lifelong learning
 - Supporting health promotion

(5) Respect and social inclusion

Preventing abuse

- 1) Preventive measures
 - a) Raising citizen's awareness
 - b) Training seminar for specialists
 - c) Support to elderly and caretaker
- 2) Early detection
 - a) Publicizing consultation desk
 - b) Enhancing and utilizing manuals for elderly abuse
- 3) Prompt and appropriate reaction
 - a) Reaction in the initial stage
 - b) Discussion on reaction against abuse
 - c) Network meeting (individual theme)
- 4) Plenary network meeting

(6) Civic participation and employment

Supporting daily life

- 1) Measures for households which need watch over
 - a) Implementation of measures for elderly person living alone in

coordination and cooperation with social worker and children's social worker

- b) Other measures for elderly than the above
 - c) Creation of regional watch over system
 - d) Promotion of measures for people who need assistance at times of disaster
 - e) Expansion of regional community space
- 2) Prevention of consumer damage etc.
 - 3) Assistance for independent living by Yokosuka Anshin Center (social welfare center)
 - 4) Support for adult guardianship usage
 - a) Spread and enlightenment of adult guardianship
 - b) Promotion of network with relevant organizations
 - c) Making mayor's request of trial for initiation of adult guardianship etc.
 - d) Review on subsidy for adult guardian's remuneration and claims fee
 - 5) Operation of Yokosuka citizen guardians system
 - a) Continuation of training of and support to citizen guardians
 - b) Consideration of comprehensive and unified advocacy system
 - c) Widening of citizen guardians' appeal
 - 6) Regional mutual support

(7) Communication and information

Promoting the measures for dementia

- 1) Spread and enlightenment of dementia prevention
- 2) Improvement of early consultation and early reaction system
 - a) Creation of environment of regional mutual support by increasing the number of dementia supporter
 - b) Support to café for dementia
 - c) Support to caregiver
 - d) Recommendation of pre-registration to SOS network system for roaming elderly
 - e) Consultation on adult guardianship
- 3) Support to patient with early onset dementia and his/her family
- 4) Promotion of network with relevant organizations
 - a) Cooperation with relevant organizations
 - b) Building of promotion organization at comprehensive care meeting
 - c) Establishment of SOS network system for roaming elderly
 - d) SOS network system for roaming elderly

(8) Community support and health services

Organizing mutual support system in the preventive stage of dementia

- 1) General care prevention business
 - a) Supportive business for regional care preventive activities
 - b) Business for spread and enlightenment of care prevention
 - c) Supportive business for regional rehabilitation activities
- 2) Care prevention and daily life support business (General business)
 - a) Visiting care services and day care services for care prevention
 - b) Operation of residents-driven visit services
 - c) Visiting prevention services of short-term intensive type
 - d) Care management for care prevention
 - e) Other services
 - f) Airing of general services to citizen
- 3) Building of community-driven mutual support system
 - a) Mutual support by community residents
 - Consultation and support for launch and operation
 - Holding information exchange meeting among supportive parties
 - Training of supporter
 - Coordination with community-driven mutual support council
 - b) Coordination and cooperation for moving community welfare forward
 - Coordination and cooperation with Yokosuka social welfare council and regional social welfare council
 - Coordination and cooperation with social worker and children's social worker
 - c) Coordination and cooperation with private organization and business
 - d) Promotion of measures for people who need assistance at times of disaster
- 4) Building of a network
 - a) Coordination with regional comprehensive support center
 - b) Set up daily life support coordinator (mutual support promoter)
 - c) Holding community-driven mutual support council (1st layer council, 2nd layer council)

Organizing mutual support system in the care needed stage of dementia

- 1) Support to care needed persons and caregivers
 - a) Support to caregivers
 - b) Support to low-income households

- 2) Consultation desk
 - a) One-stop consultation desk for elderly
 - Unification of regional resource information
 - Strengthening of coordination and cooperation with relevant organization and party
 - Development of staff's qualification
 - b) Regional comprehensive support center
 - Operating structure
 - Evaluation of regional comprehensive support center
- 3) Building of a network
 - a) Network centered on regional comprehensive support center
 - b) Network of dementia support
 - c) Network of home care support
- 4) Welfare services other than care benefits
- 5) Organization of regional mutual support system
 - a) Regional mutual support
 - b) Coordination and cooperation for moving community welfare forward
 - c) Coordination and cooperation with private organization and business
 - d) Promotion of measures for people who need assistance at times of disaster
- 6) Cooperation between medical care and nursing care

Organizing mutual support system in the last stage of life

- 1) Promotion of cooperation among multi-sectoral businesses
 - a) Holding a meeting for coordination of home care
 - b) Holding a joint seminar among multi-sectoral businesses
 - c) Promotion of coordination among multi-sectoral businesses at being in and out of the hospital
 - d) Utilization of “Yokosuka etiquette book”, the material for promoting home care coordination
 - e) Holding block conference for home medical care
 - f) Setting up the base of block coordination for home care
 - g) Activity of coordination base of home care centers
 - h) Coordination of municipalities located in the secondary zone of medical care
- 2) Promotion of enlightenment to citizen
 - a) Holding home care symposium
 - b) Going visit for talk about urban renewal

- c) Enlightenment by using brochure etc.
 - d) Introduction the clinic which treats home medical care
- 3) Human resource development
- a) Holding home medical care seminar for practitioner
 - b) Organization of training accompanied by home doctor
 - c) Holding home care seminar for hospital staff with visit base
 - d) Holding home medical care seminar for caregiver
 - e) Holding a seminar for primary care doctor