

Age-Friendly City Action Plan

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Yugawara Town

Chapter1 Objectives of Action Plan

1 Objectives

In Japan, the number of elderly people aged 65 and over is increasing year by year due to the life expectancy extension. In addition, with the decline of birthrates, Japan is ageing at unprecedented speed.

In 2025, the baby boomer generation will become 75 years old and over, and the society is expected to be even more aged. The number of elderly people who need nursing care supports due to dementia or bedridden will increase.

To cope with this phenomenon, we are taking initiatives to deepen and promote the community-based integrated care system which provides integrated and seamless services of nursing care, prevention, medical, life support services and accommodation to meet wide-ranging needs, and which will enable local seniors to safely live in the place where they are used to. Yugawara Town set on this Action Plan to take our integrated approaches in “Yugawara New Comprehensive Plan 2011” and “Plan for an Elderly’s Valued Life” to promote the efforts for the insurer function reinforcement that aims to support independent lives and to prevent disease from worsening, collaboration between medical and nursing care services, and to realize a community-based society.

2 Period

A two year period from April 2019 to March 2021.

This plan will be reviewed every 3 year together with the revisions to the “Plan for an Elderly’s Valued Life”.

Chapter2 Present and Future Situations Surrounding Older Residents

1 Aging Population Change

While the total population of Yugawara Town is on the decline, aging population is expected to become 10,018 (ageing rate: 40.5%) in 2020.

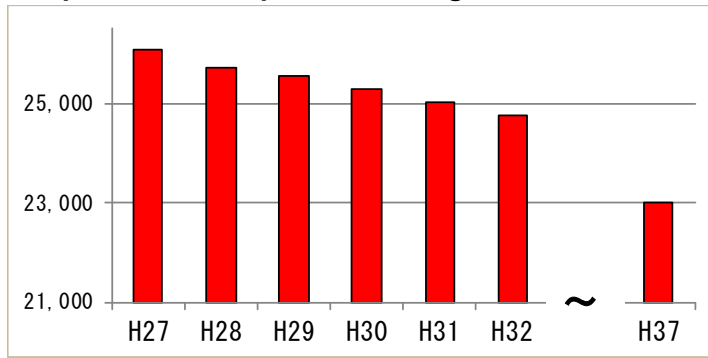
By age groups, young-old elderly (age 65-74) peaked out in 2015 and then began to decline, however, old-old elderly (age 75+) is expected to continue to increase. The elderlies who obtain Certification of Needed Long-term Care are expected to keep increasing.

The ageing population towards year 2025 is expected to be shrink due to the decline of young-old elderly people population.

	(Actual Figures)			(Estimated Figures)			(People)
	2015	2016	2017	2018	2019	2020	(Estimated Figures) 2025
Total Population	26,086	25,718	25,537	25,275	25,015	24,755	22,988
Aged population	9,643	9,793	9,912	9,946	9,984	10,018	9,748
Age 65 - 74	5,067	4,975	4,904	4,782	4,666	4,549	3,358
Age 75+	4,576	4,818	5,008	5,164	5,318	5,469	6,390
Ageing Rate	37.0%	38.1%	38.8%	39.4%	39.9%	40.5%	42.4%
Age 40-64	8,737	8,541	8,478	8,256	8,115	7,972	7,201

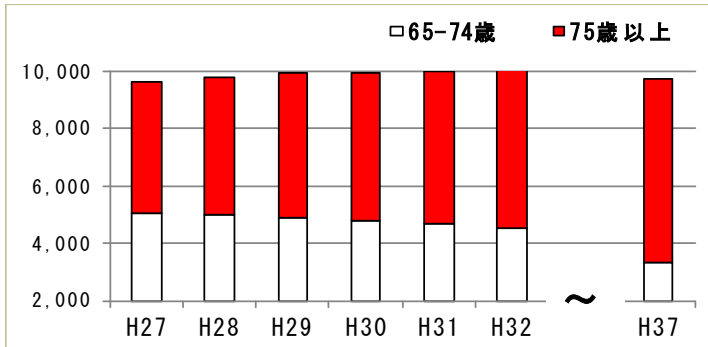
※As of October 1st for each year

【Graph 1】 Total Population Change



◆The total population is on the decline.

【Graph 2】 Ageing Population Change



◆The population of the age 75+-elderly is on the increase.

◆The population of the age 65-74-elderly is on the decline.

◆The total ageing population is on the increase. It is expected to start to decline in 2025.

2 Changes in the Number of People Certified for Long-Term Care/Support

The older people certified for long-term care increase with the growing number of ageing population. There will be 1,609 elderlies in 2020 and 1,805 in 2025.

The estimated populations and the rates are calculated in reference to the figures of the elderlies certified for long-term care by each age group; such as age 65-74, 75 and older and 40-64, considering impacts of the reviews of Community Support Projects.

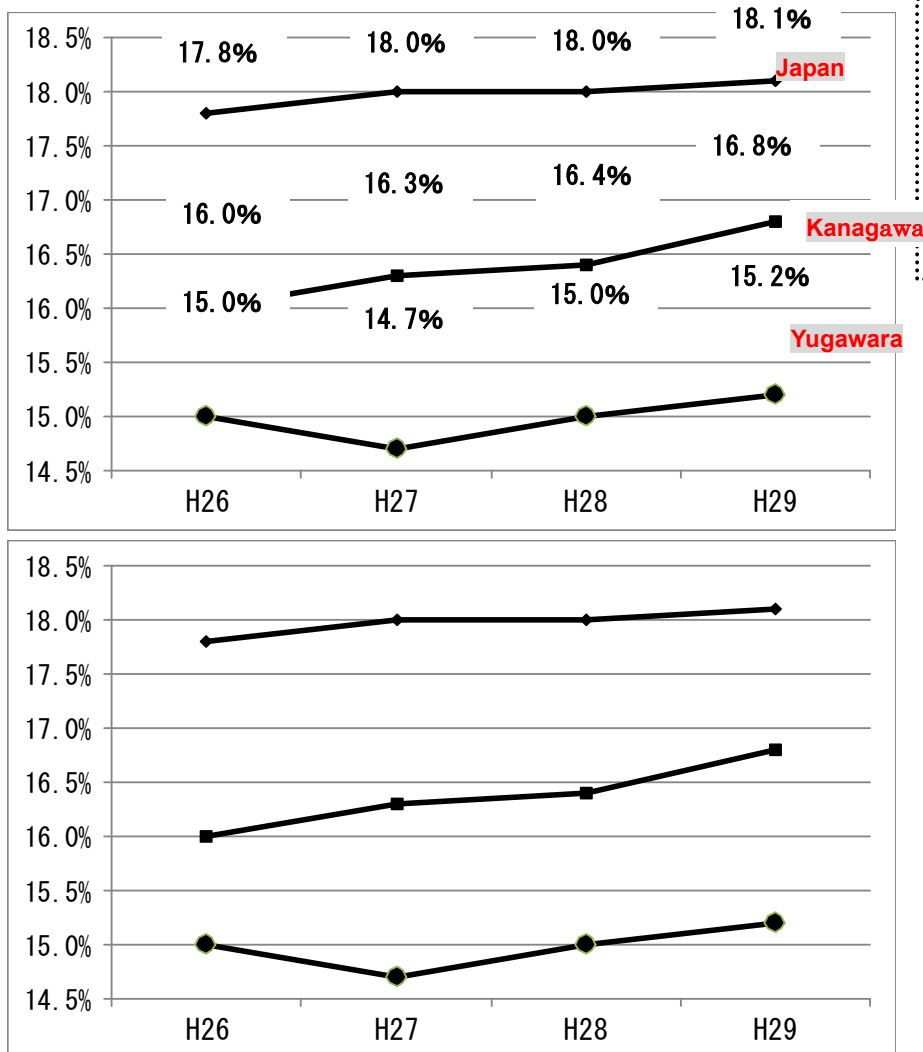
【Estimated Figures by the Care Level】

(People)

	(Actual Figures)			(Estimation)			(Estimation)
	2015	2016	2017	2018	2019	2020	2025
Primary insured	9,540	9,696	9,796	9,851	9,885	9,915	9,638
Need Care (Rate)	1,402 (14.7%)	1,454 (15.0%)	1,489 (15.2%)	1,539 (15.6%)	1,575 (15.9%)	1,609 (16.2%)	1,805 (18.7%)
Need Support1	191	188	191	199	189	177	128
Need Support2	158	164	157	172	181	185	220
(Subtotal)	349	352	348	371	370	362	348
Need Care1	333	387	392	396	408	419	480
Need Care2	261	253	271	277	285	296	341
Need Care3	199	214	219	223	230	238	280
Need Care4	175	169	172	183	189	196	233
Need Care5	85	79	87	89	93	98	123
(Subtotal)	1,053	1,102	1,141	1,168	1,205	1,247	1,457

※The figured of the primary insured people is calculated an estimated figures taking into account the domicile special person from the elderly population.

[Chart3]Changes in the Rate of Persons Need Long-Term Care



◆ The need care rate of Yugawara Town is at a low compare to the nation's or Kanagawa's averages.

Chapter 3 Measures Based on Basic Policy of Action Plan

This action plan is consistently managed with Yugawara Plan 2011 titled as “Yugawara new Comprehensive Plan” and “Plan for an Elderly’s Valued Life “ (The 7th Yugawara Long-Term Care Insurance Project Plan) to promote the measures addressing a super-aged society in Yugawara Town. At the same time we will promote and implement the measures based on the following 8 topics of the age-friendly cities and communities that WHO proposed.

=Basic Policy=

- Basic Objective “Yugawara Plan 2011”

Future Vision

『Yugawara Town filled with a lot of Smiles, season colored and Hot Springs』

Basic Objective (Health and Welfare) Community Development that People live Supporting One Another with a Smile

We will encourage each citizens' wellbeing and promote community development where people live with a smile.



- Individual target (Plan for an Elderly's Valued Life)

Basic Principle 『Community development that elderly people can realize security and their life』

Basic Objective 『Support for Independence of Elderly People Addressing a Super-Aged Society』

- Measures**
- (1) 『Promoting Long-Term Care Insurance Services Adapted to Users』
 - (2) 『Developing Systems Whereby Local Communities as a Whole Can Support the Elderly』
 - (3) 『Health Promotion and Nursing Care Prevention』
 - (4) 『Promoting Services Adapted to Local Situation』

1 Basic Principle

『Community development that elderly people can realize security and their life』

In addition to the rapid ageing of the society, the baby boomer generation will become 75 years old and over in 2025. There will probably be a vague anxiety about the aged society.

Yugawara Town set the Basic Principle “Community Development that People live Supporting One Another with a Smile” to eliminate residents' anxieties.

2 Basic Objective

『Support for Independence of Older People Addressing a Super-Ageing Society』

Structuring system should be actively promoted for older people to continue to live independently depending on their own capacities. The ageing rate of Yugawara is quite high comparing to the average of nation or Kanagawa prefecture, its figure is more than 21%. This figure shows that Yugawara is already a super-aged society. For this reason, the basic objective is set as “supporting independence of older people in line with the condition of a super-aged society”

3 Means-Ends

To achieve the basic objective, Means-Ends is set from four aspects; such as users, local society, prevent nursing care, nursing care service, as follows.

(1) Promoting Long-Term Care Insurance Services Adapted to Users

Securing stable provision of nursing care services and promoting improvement of nursing care services through on-the-job training and workshops.

(2) Developing systems whereby local communities as a whole can support older people.

Aiming at improving the local elderly care management center functional abilities and developing systems that ensure older people to live in peace in the place.

(3) Health Promotion and Nursing Care Prevention

Promoting effective approaches for insurance service and nursing care prevention program for the older people as long as to stay healthy and keep living without nursing care.

(4) Promoting Services Adapted to Local Situation

Promoting improvement of welfare services adapted to the local situation and providing more accessible.

Chapter 4 Measures by Category based on Topics

Yugawara Town will promote the following measures based on the Age-friendly City 8 Topics as well as the Yugawara's basic principle during year 2019 to March 2019.

1 Outdoor spaces and buildings

Towards realizing a secure, safe and comfortable life, we will promote to raise the awareness of traffic safety and enrich transportation facilities. Furthermore, we will cooperate with the police and other relevant authorities to improve safe and secure communities including raising awareness of crime prevention.

(1) Traffic Safety Measures

Improving the transportation facilities built on universal design concepts cooperating with relevant organizations including installing pedestrian crosswalks to secure the elderlies' safety as well as providing effective organizational and systematic education. In order to prevent traffic accidents involving the elderlies, traffic safety and traffic manner guidance will be provided.

(2) Realization of a Society Resistant to Crime

Raising awareness of crime prevention through campaigns to encourage courteous interaction with close cooperation with communities and related organizations as well as promoting the

development of crime-resistant societies that are committed by the locals. Improving the environment where crime is unlikely to occur as promoting the installation of cameras, which are highly effective in preventing crime.

2 Transportation

Aiming to improve the convenience of traffic networks constructed by road networks and to develop roads that ensure smooth and secure movement in everyday living space.

Operation of community buses will be taken to improve the convenience of users.

(1) Road & Traffic Systems

Set a goal and work accordingly on road and traffics systems in cooperation with related organizations.

(2) Public Transportation System

Taking initiatives to improve the convenience of community bus operations including bus lines and time table.

3 Housing

Securing proper accommodation according to their needs; such as nursing home, assisted living residence including owned property and apartments. Taking initiatives with related organizations to make it possible for the older people to safely live without anxiety.

(1) Securing Various Housing

Promoting housing development for the older people to live safely and securely.

(2) Improving Quality of Facility Services

Maintaining and improving supply structure to provide more fulfilled services as well as improving quality of the services by providing advice regularly to care service facilities cooperating with Kanagawa Prefecture.

Supervising and advising the non-registered senior housing to register act on Social Welfare for the Elderly as soon as possible cooperating with Kanagawa Prefecture.

4 Social participation

Providing opportunities to the older people who have various needs to take active part in the local society through encouraging social participations and arranging cultural and sports activities for the elderlies' motivated life.

(1) Supporting Social Participation

As the ageing society grows further, senior citizen's clubs are also ageing and its numbers are shrinking. To encourage older people to join the clubs, leadership trainings will be conducted for club leaders and the elderlies' active roles in society will grow as well as joint programs between communities and the clubs will be promoted.

(2) Developing Cultural Lectures and Sports Activities

Developing Silver Sport Event and Silver Art Exhibition cooperating with Social Welfare Council to ensure the elderly's healthy, fulfilling lifestyles.

(3) Making Life Worth Living

Encouraging lifelong learnings including hobbies, sports and cultures, as well as developing opportunities of active social participations including interacting with young people.

5 Respect and social inclusion

Addressing adult guardianship registration procedures, elder abuses, preventing harm to consumers using related measures and programs cooperating with a consumer affairs center.

(1) Improving Counselling Systems

Improving Counselling Systems in a local elderly care management center. Promote advocacy for senior residents' rights in the communities by public relations on guardians system and supporting the elderlies with no one to depend on.

(2) Establishing Systems of Advocacy for Elderlies Rights & Defending Properties

Establishing systems for human rights protection of the elderlies who have cognitive problems on property management, and who receive and suffer from elderly abuse at home or facilities, or become involved in fraud.

(3) Establishing a Effective System for Elder Abuses Prevention

Discussing networking and cooperating with related organizations to response promptly and appropriately to elderly abuses and advocacy of seniors' human rights.

6 Civic participation and employment

Enhancing regional welfare through comprehensive networking of local residents, communities and the local government for all the locals from the children to the elderlies to make a safe community without any anxieties.

(1) Encouraging to Join Regional Welfare Activities

Supporting community activities through developing volunteers in the welfare service industry to carry on the activities. Supporting the establishment of networks in social welfare organizations including welfare volunteer groups to work together and understanding their activities to know and discuss the collaboration potential on sharing information and joint programs.

(2) Employment Support

Developing opportunities for the retired elderlies and the Baby Boomers to have intergenerational exchanges to contribute to the society and carry on their past experiences and acquired skills from their work. Improving the employment supports including sharing information through "Silver Center", an employment service center for older people.

7 Communication and information

Promoting dementia measures which aim to develop systems to provide appropriate medical and nursing care services at the right time depending on one's dementia status. Also improving response capabilities of residents, medical staff, and nursing care staff.

(1) Promotion and Awareness Development

Promotion and awareness development for deeper understanding of dementia by publishing "Dementia Care Pathways" to receive dementia service information depending on dementia status and "Dementia Check List" for dementia assessment.

(2) Establishing System to Look On

Training supporters who fully understand people with dementia and the families to look them on as well as developing support networks for wandering older people with risk of dementia.

(3) Supporting Family Caregivers

Developing the place and the consultation system for people with dementia and the families to go at ease without being isolated in the community.

8 Community Support and Health Services

Aiming to establish a system in cooperation with the relevant organizations to ensure that the older people can continue living independently and be respected in their own way to live in the place even if the elderly are in need of nursing care by year 2025 when the baby booms reach 75 years old.

(1) Improving Community to Support Elderly's life

We will work with a variety of local resources such as welfare committee members, children's committee members, and volunteer groups to develop a system to detect and monitor the early detection and monitoring of those who need assistance.

At the same time, we will study issues and needs of residents in the region and develop a framework to solve the problems.

(2) Local Elderly Care Management Center

Strengthen the regional comprehensive support center to function as an institution that plays a central role in the regional comprehensive care system.

(3) Closer Coordination between Medical Care and Long-Term Care Provided at Home

Striving to strengthen cooperation between medical care and nursing care, and to provide an integrated system to aim to support the elderly with medical care and nursing needs.

(4) Dementia Measures

Establishing a system to provide health care, medical care and welfare services to the community in response to changes in the status of dementia, and promoting efforts to address the dementia responsiveness of the local and medical care providers, with a view to providing appropriately at the right time.

(5) Maintaining Life Support System

Based on the needs for living support services, which are accompanied by an increase in the number of single living and elderly couples, a lifestyle support coordinator and a consultative body through the activities of the Life Support Coordinators and the Consultative Body are developed, with the understanding of the needs and resources of the local community.

(6) Health Consultation

Establishing a health consultation system and a consultation service center where their families can consult easily, and will provide the necessary advice and guidance on the visit in order to enhance the consultation system for prevention a decline in function in accordance with the diverse needs of the elderly.