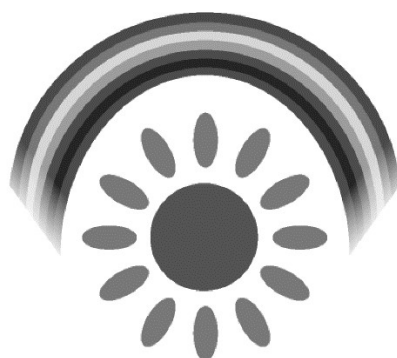


Yamato City
Age-friendly City Action Plan
2019-2020



健康都市やまと

1. Philosophy of developing Age-friendly city Action Plan

- WHO advocates the concept of age-friendly city responding to globally ageing and urbanization. WHO has issued the guideline on age-friendly city in 2007 based on the results of interviews with older people from 33 cities of 22 countries. 8 Key Features of Age-Friendly Cities that need to be verified were indicated to promote the creation of age-friendly environments.



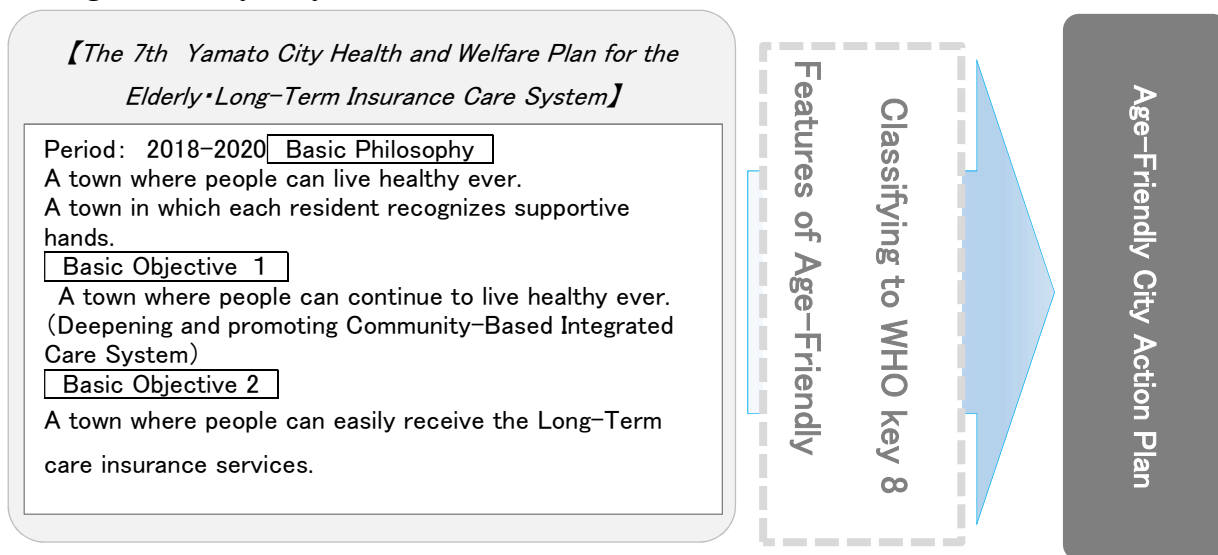
【8 Key Features of Age-Friendly Cities】

- In 2010, WHO has established the Global Network for Age-friendly Cities and Communities in order to connect with municipalities worldwide that worked on the Age-Friendly City project. Based on the concept that WHO advocates globally, Yamato city has joined the GNAFCC in 2017 to promote measures for the elderly more effectively and sustainably.[※]
[※]The WHO Global Network for Age-friendly Cities and Communities currently has 847 cities and communities in 41 countries including Akita city, Takarazuka city and 22 cities and towns in Kanagawa prefecture, Japan. (as of April, 2019)
- Network Affiliates create action plans to promote the creation of age-friendly environments and carry out continuous improvement. Aiming to promote an age-friendly community development, we will create the action plan in line with the actual situations of regions.

2. Outline of Action Plan

- “Health and Welfare Plan for the Elderly • Long-Term Insurance Care System” that we developed introduces basic objectives of measures for the elderly and clearly expresses overall measures what should be addressed. The concept of this plan covers not only health and welfare services for the elderly who are not certified to insured by Long-Term Insurance Care but also a wide range of other relative measures. This concept reaches common ground in the concept of Age-Friendly Cities.
- “Health and Welfare Plan for the Elderly • Long-Term Insurance Care System” is developed by classifying to 8 Key Features of Age-Friendly Cities which WHO proposes to verify.

【Health and Welfare Plan for the Elderly · Long-Term Insurance Care System and Age-Friendly City Action Plan】

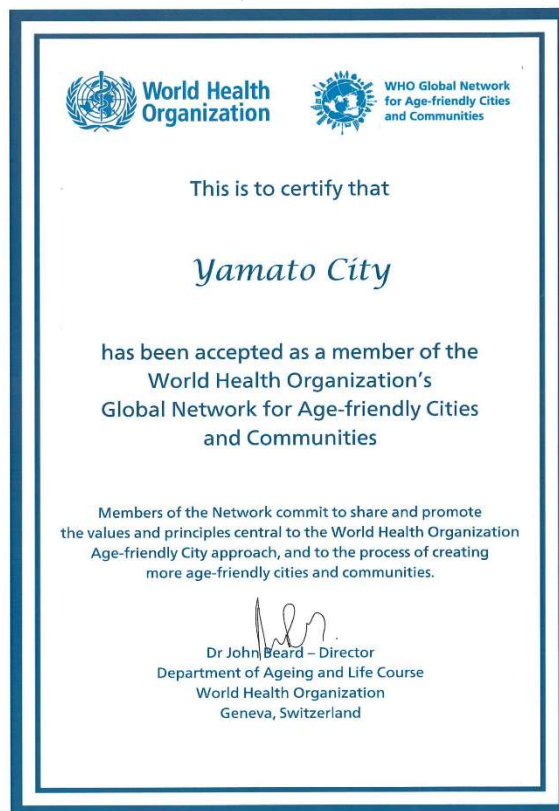


【Key 8 Features of Age-Friendly Cities】

① Outdoor Spaces and Buildings
Outdoor spaces and buildings have huge impact on the accessibility, the independency, the quality of life for the elderly and those factors affects how you get older in the place.
② Transportation
The accessible and affordable public transportation is one of the key factor impacting on active ageing.
③ Housing
Appropriate housing is essential for safe and welfare. Appropriate housing and accessibility to the community services and social services are linked to each other, affecting this independence and the quality of life of the elderly.
④ Social Participation
The elderly get respect and dignity using their abilities and experience through regional recreations and social, cultural and spiritual activities, thus, it could be facilitate building and maintaining the relationship between supporters and the elderly needing care services.
⑤ Respect and Social Inclusion
Some elderly feel that they are respected and accepted, on the other hand, some elderly feels that they are treated less consideration from others in community or service providers even at home.
⑥ Civic Participation and Employment
The elderly can contribute to the community through paid jobs or volunteer activities when the elderly want to in the age-friendly society, and have choices to be involved in the process of politics.
⑦ Communication and Information
Getting appropriate and practical information to manage lifestyle and to deal with individual’s needs by connecting with society is necessary for active ageing.
⑧ Community Support and Health Services
Both health welfare services and support services are essential for managing your health and independency in the regional community. Most concerns from the elderly, caregivers and service providers are how they can use or offer the sufficient appropriate and convenient nursing care services.

3. Progress Management

- “Health and Welfare Plan for the Elderly and Long-Term Insurance Care System” will be developed by three years and the implementation status is evaluated by the Health and Welfare Plan for the Elderly and Long-Term Insurance Care System Council.
- The progress of Age-Friendly City Action Plan is managed based on the implementation and evaluation of “The 7th Health and Welfare Plan for the Elderly • Long-Term Insurance Care System” as well as the action plan will be revised and kept reviewing in conjunction with development of the 8th Health and Welfare Plan for the Elderly • Long-Term Insurance Care System.



Certificate of Affiliation of Global Network for Age-Friendly Cities and Communities

4. Current Status surrounding the elderly in Yamato City

Ageing rate of Yamato city is 23.4% - as of October 1, 2017, source: basic resident register card – it is a lower number comparing with 27.3%: national average and 24.4%: Kanagawa prefecture’s average, however, ageing rate in an urban area is expected to be accelerating faster including Yamato city. The current status surrounding the elderly in Yamato city are following:

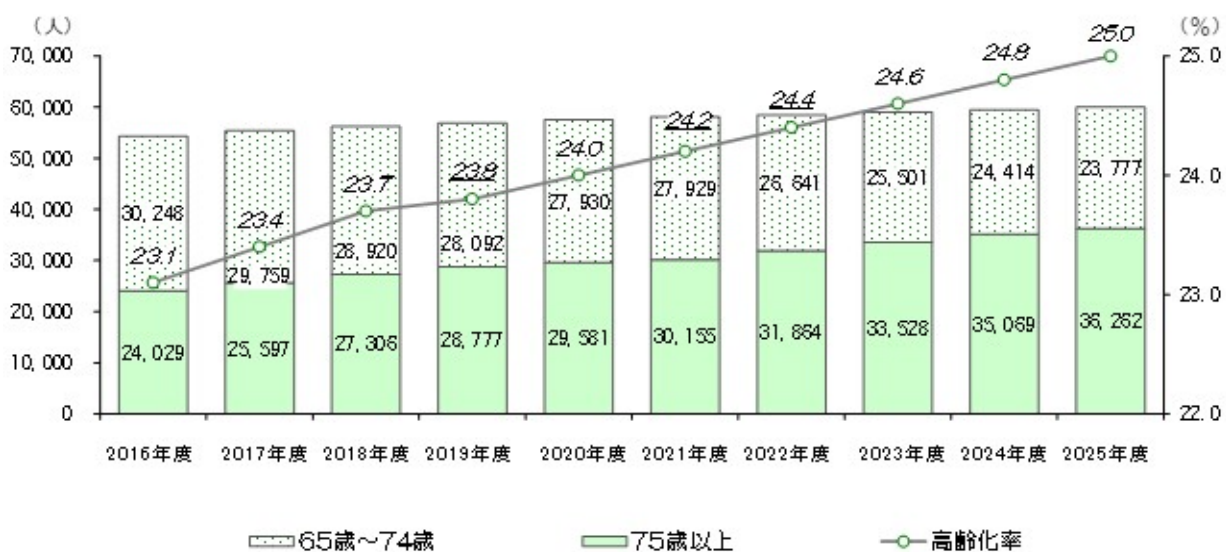
(1) Projected Population

(Actual figures for 2016, 2017. Estimated figure for 2018 by primary factors cohort^{*1})

FY	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Total Population	235, 238	236, 487	237, 116	238, 606	239, 322	239, 582	239, 761	239, 854	239, 853	239, 788
Elderly Population	54, 277	55, 356	56, 226	56, 869	57, 511	58, 084	58, 505	59, 029	59, 483	60, 039
Ageing Rate	23. 1%	23. 4%	23. 7%	23. 8%	24. 0%	24. 2%	24. 4%	24. 6%	24. 8%	25. 0%
0~39	98, 503	97, 867	96, 858	96, 691	96, 004	95, 143	94, 258	93, 386	92, 484	91, 709
40~64	82, 458	83, 264	84, 032	85, 046	85, 807	86, 355	86, 998	87, 439	87, 886	88, 040
65~74	30, 248	29, 759	28, 920	28, 092	27, 930	27, 929	26, 641	25, 501	24, 414	23, 777
75+	24, 029	25, 597	27, 306	28, 777	29, 581	30, 155	31, 864	33, 528	35, 069	36, 262

* As of October 1st every year

* Data of FY2016, 2017 from the basic resident register card



^{*1} **Primary factors cohort...**“Cohort” means that a group of people who were born in the same year or the certain period. Primary factors cohort is a method to estimate the change in the population from the trends in the “natural increase and decrease” from death and birth and the change of the “social increase and decrease” due to the moving, etc., based on the time change of each group.

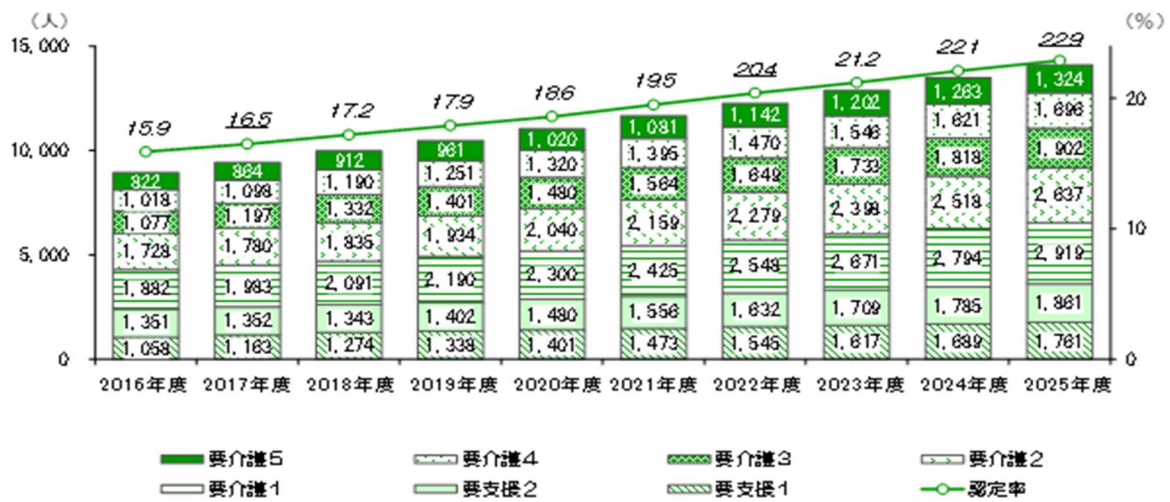
(2) Projected Population of people certified for long-term care/support need
(Actual figures for 2016 & 2017. Estimated figure according to "Visualization System *1" after 2018.)

Fiscal Year	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Total	8,936	9,437	9,977	10,477	11,041	11,653	12,265	12,876	13,488	14,100
Secondary insured	292	300	308	318	329	335	341	346	352	358
Primary insured (A) ※2	8,644	9,137	9,669	10,159	10,712	11,318	11,924	12,530	13,136	13,742
Care5	822	864	912	961	1,020	1,081	1,142	1,202	1,263	1,324
Care4	1,018	1,098	1,190	1,251	1,320	1,395	1,470	1,546	1,621	1,696
Care3	1,077	1,197	1,332	1,401	1,480	1,564	1,649	1,733	1,818	1,902
Care2	1,728	1,780	1,835	1,934	2,040	2,159	2,279	2,398	2,518	2,637
Care1	1,882	1,983	2,091	2,190	2,300	2,425	2,548	2,671	2,794	2,919
Support2	1,351	1,352	1,343	1,402	1,480	1,556	1,632	1,709	1,785	1,861
Support1	1,058	1,163	1,274	1,338	1,401	1,473	1,545	1,617	1,689	1,761
Certification Rate of aged 65+ (A/B)	15.9%	16.5%	17.2%	17.9%	18.6%	19.5%	20.4%	21.2%	22.1%	22.9%
Elderly Population (B)	54,277	55,356	56,226	56,869	57,511	58,084	58,505	59,029	59,483	60,039

* As of October 1 every year(単位:人) * Data of FY2016&2017 from the basic resident register card

※1 **Visualization system**...The "Visualization" system, which is provided by the government, is an information system that comprehensively supports the development and implementation of the Long-Term care insurance program (support) plan in the prefectures and municipalities. Information related to Long-Term care insurance and various information on building a regional-based integrated care system are centrally managing by this system and provided by using graphs and other graphs in a low cost manner.

※2 **Primary Insured and Secondary Insured**... The insured older people of the Long-Term care insurance is divided into medical insurance subscribers; one is Primary Insured who are 65 year old and over, another is Secondary Insured who are aged 40 years to 64 years. The primary insured people may receive nursing care services if s/he get certification of long-term care or approval of support regardless of the causes. The Secondary Insured people can receive nursing care services when s/he receives necessary supports or nursing care certification due to illness (specified diseases) associated with ageing.



(3) Changes in Status of Certified Elderly of needing long-term care/support in the Primary Insured

Fiscal Year		2012	2013	2014	2015	2016	2017
The young-old elderly (aged 65~74)	Certified Elderly (people)	1,233	1,311	1,284	1,348	1,421	1,417
	Elderly Population (people)	27,677	28,836	30,035	30,459	30,248	29,759
	Certification Rate (%)	4.5	4.5	4.3	4.4	4.7	4.8
The old-old elderly (aged 75+)	Certified Elderly (people)	5,782	6,126	6,354	6,801	7,223	7,720
	Elderly Population (people)	18,801	19,871	20,916	22,329	24,029	25,597
	Certification Rate (%)	30.8	30.8	30.4	30.5	30.1	30.2

* As of October 1 every year

(4) Changes in Households (Data from Population Census)

Fiscal Year	2005	2010	2015	2020	2025
Population (people)	203,933	212,761	221,220	228,186	232,922
Households (unit)	77,383	84,382	91,001	97,244	102,020
Household Sizes (people)	2.64	2.52	2.43	2.35	2.28

(5) Changes in population of the certified elderly for Long-Term Care/Support Need with Dementia

Fiscal Year	2013	2014	2015	2016	2017
The Elderly with Dementia (people) *	1, 833	2, 063	2, 324	2, 486	2, 681

* The elderly with dementia... The elderly who are the certified of needed long-term care/support in better condition than status of "Independence Index of Daily Living II – including the doctor's opinion written in the approval application, and this means s/he can be aware of their difficulties by other's advice to live independently, even if s/he has difficulties in daily life due to the symptoms, behaviors or communication capabilities.

5. Basic Philosophy ・ Basic Objectives

■ Period 2019~2020

■ Basic Philosophy A town where people live healthy for good.

A town where each resident recognizes the supportive hands.

■ Basic Objectives

In order to develop the community's capacities and implement the Yamato's measures and efforts based on a national policy package and regional characteristics, measures schemes for the following basic objectives are set.

Basic Objectives and Measures Scheme

<i>Basic Objective1 A town where people can live healthy as long (Deepening and promoting Community-based integrated care system)</i>	
1-1 Improving measures to develop a community where people live with fulfillments and challenging.	1-1-1 Providing opportunities for the elderly to play active roles 1-1-2 Developing the elderly's activity space
1-2 Tackling measures on health promotion and preventing nursing care	1-2-1 Improving medical checkups and screening 1-2-2 Enhancing various health promotion program 1-2-3 Developing preventing care and daily life support services (preventing care・daily life support services) 1-2-4 Developing preventing care・daily life support services (General preventing care services)
1-3 Promoting safe and secured community development	1-3-1 Safe monitoring and networking in the community 1-3-2 Enhancing Community-based integrated support center functions 1-3-3 Improving housing supports for the elderly 1-3-4 Daily life supports 1-3-5 Improving the support system to family caregivers
1-4 Supporting people with dementia to live safety in the community	1-4-1 Promoting raising awareness of dementia 1-4-2 Strengthening system of early detection and early treatment 1-4-3 Supporting people with dementia and family care - givers
1-5 Developing environment to protect the rights	1-5-1 Promoting the rights protection and elder abuse protection 1-5-2 Adult Guardians Use Promotion
1-6 Promoting solid cooperation between in-home medical and nursing care	1-6-1 Strengthening cooperation between in-home medical care and nursing care

1-7 Developing whole the community as thinking it as your own issues	1-7-1 Realization of Regional Inclusive Society
Basic Objective2 A town where people can easily receive the Long-Term Care insurance services	
2-1 Aiming for the best system of certifying Long-Term care/support needing	2-1-1 Optimizing the certification system of needed long-term care/support
2-2 Aiming for the best system of nursing care benefits	2-2-1 Optimizing the system of long-term insurance care benefits
2-3 Improving and maintaining quality of nursing care insurance services	2-3-1 Securing caregivers and developing capacities of caregivers 2-3-2 Improving and maintaining quality of long-term care insurance services
2-4 Improving and maintaining volumes of nursing care insurance services	2-4-1 Improving long-term care insurance service institutions
2-5 Promoting affordable care	2-5-1 Operating stable and fair long-term care services

6. Initiatives for 8 Features

① Outdoor Spaces and Buildings

1-3-3 Improving housing supports for the elderly

Universal Design in Housing Promotion Project

② Transportation

1-3-4 Daily Life Supports

Regional Sharing Transportation Support Program, Community Buses Operation Project, Supporting the Elderly to Go Out Project, Welfare Vehicle Promotion Services

③ Housing

1-3-3 Improving housing supports for the elderly

Supporting Housing Adjustments, Retrofitting the Buildings Promotion Project – Supporting to secure large furniture to the wall, Retrofitting the Buildings Promotion Project – subsidy for reproofing and barrier-free design, Providing information on housing for the elderly with nursing care services, No-Worries Apartment Support Program, Improving municipal housings accessible to the elderly e.g.: barrier-free, the Silver Housing - Sending Daily Life Supporters Project

④ Social Participation

1-1-1 Providing opportunities for the elderly to play active roles

Enhancing daily life support system – Forming a committee and assigning support staff, Supporting employment center for seniors, FUREAI (interaction) Networking Project

1-1-2 Providing the Elderly's Activity Spaces

Activity Place for the elderly, acupuncture, moxibustion and massages treatment subsidiary, supporting to form a senior club, offering a place for the senior clubs, the Senior day's Gifts Project, Activity to find a reason for living, subsidiary for chartered buses, Welfare Center for Seniors Operation Project, FUKUJU Card (vouchers), bathing services for seniors, Welfare Farms for Seniors, Lifelong Learning "Kenkotoshi –daigaku",

Yamato Lifelong Learning Network System, Yamato Lifelong Learning “Anywhere Study”, neighbors tea party “Cha-OH !”, “Himawari Salon”, the FUREAI Networking Project
1-2-2 Enhancing Health Promotion Program
Yamato WalkingPic (Walking Event), Yamato Health Point Program

⑤ Respect and Inclusion
1-4-3 supports for People with Dementia and Family Caregivers
The elderly with dementia abuse prevention, Adult guardians use promotion, Self-Reliant Living Assistance Services: “Anshin Center”
1-5-1 Promotion of the rights protection and elder abuse protection
Public Awareness of elder abuse project, early detection and prompt protection of elder abuse, elder abuse prevention Networking, temporary protection in nursing care home, implementation of consumers’ affairs visiting lectures, Self-reliant Living Assistance Services: “Anshin Center”
1-5-2 Adult Guardians Use Promotion
Public awareness on adult guardians、Adult guardians Use Promotion, mayor application, developing capacities of civil guardians and supporting activities, seminars on adult guardians and consultation
1-7-1 Realization of Regional Inclusive Society
consistency with community welfare plans, improvement of daily life support system, improvement of community care meetings

⑥ Civic Participation and Employment
1-1-1 Providing Opportunities for the Elderly to Play Active Roles
Yamato Volunteer General Information Center, Yamato Volunteer Center, Employee Center
1-3-4 Daily Life Support
Support employee center for the elderly, Yamato Volunteer General Information Center, Yamato Volunteer Center

⑦ Communication and Information
1-2-2 Enhancing various health promotion program
Health information service provision, Yamato health counseling for 24 hours, the Health City Library
1-6-1 Strengthening Cooperation between In-Home Medical and Long-Term Insurance Care
Provision of regional medical care and nursing care information
2-5-1 Operating Stable and Fair Long-Term Nursing Care Services
Information provision of long-term nursing care system

⑧ Community Support and Health Services
1-1-1 Providing Opportunities for the Elderly to Play Active Roles
Preventive nursing care Point Program, developing capacity of the preventive nursing care supporters, developing capacity of dementia supporters, step-up program in capacity development of dementia supporter, trainings for volunteers at Dementia Cafe
1-2-1 Improving Medical Checkups and Screening
Specific health checkups, health checkups for longevity, cancer screening, adult dental checkups, subsidiary of medical checkups on national health insurance, subsidiary of medical checkups for the old-old elderly, infection control measures (vaccination)

1-2-2 Enhancing Various Health Promotion Program
Health counsel, health education, health management using health record notes, specific health guide, visiting health guidance and consultation from public nurses and registered dietitians, adult dental health, activities of health improvement promoters, activities of diet modification promoters, capacity development of diet modification promoters, counsels from psychiatric social workers
1-2-3 Developing Preventing Nursing Care and Daily Life Support Services (preventing nursing care and daily life support services program)
Home-visiting nursing care services ※, elderly daycare service※, daily life support services, long-term preventive nursing care management※
1-2-4 Developing Preventing Nursing Care and Daily Life Support Services (General preventing care services)
Long-term preventive nursing care research program(long-term preventive nursing care survey), public awareness of preventive nursing care program(health equipment demonstration, seminars on long-term preventive nursing care, lectures on dementia, seminar on adult guardians system), community activities of long-term preventive nursing care support program(seminars on developing capacity of the long-term preventive nursing care supporters, long-term preventive nursing care point program, the FUREAI Networking Project), general long-term nursing care prevention service evaluation, regional rehabilitation support program
1-3-1 Safe Monitoring and Networking in the Community
Home visits to the elderly for the interview, interviews to the elderly certified for care/support needing, supporting to the watching out activity by local welfare volunteers, the Senior day's Gifts Project, Agreement on the creation of safe communities and watching out communities, monitoring system for Seniors (former: emergency call system), the Emergency Medical Information Kit, support scheme for the evacuation of people certified for long-term support needing, agreement on cooperation with a special nursing care home in the event of disaster, the FUREAI Networking Project
1-3-2 Enhancing Function of Community-Based Integrated Support Center
Enhancing daily life support system, enhancing community-based care meetings, in-home care support center, Community-based comprehensive support center management council
1-3-4 Daily Life Supports
Enhancing daily life support system, comprehensive nursing care project (Home Visiting and Day Care Services for seniors etc.), welfare equipment lent, payment of costs for welfare equipment, ※, ふれあい収集、a test for safe driving, home visiting haircutting services, wheelchair lent, the FUREAI Networking Project
1-3-5 Enhancing Family Caregivers Support Services
Diaper provision, subsidy for family caregivers, seminars for family caregivers (hosted by a community-based integrated support center), supporting for mutual exchange of caregivers, private consultation on dementia by a clinical psychologist, renting wheelchairs
1-4-1 Promoting Raising Awareness of Dementia
Dementia seminars, lectures for dementia supporters, preventive dementia seminars (the Cognicise - preventive exercise), Dementia Prevention Cognicise Project, Cogni-bike installation program
1-4-2 Improvement of Early Detection and Early Treatment
Primary Dementia Intensive Support Team, promotion of dementia care pathways, regional dementia support promoters, Interprofessional Team Collaboration Research on Dementia Care, Interprofessional Team Collaboration Research (seminar for a daily life support for people with dementia), enhancement of community-based care meeting, dementia simple test system, checkups of dementia with a tablet computer

1-4-3 Supporting People with Dementia and Family Caregivers
The Dementia Café, subsidy for the Dementia Café operated by civils, supporting caregivers meeting organized by the community-based integrated support center, supporting caregivers meeting, setting up a dementia meeting, collaboration between people with dementia and a family association, private counseling on dementia with a clinical psychologist •caregivers meeting, SOS network for wandering elderly, support program of detecting location information of wandering elderly, wondering elderly personal liability insurance program, agreement on safe and secure community development, subsidy program for care home expenses, a counselling for forgetfulness and a counselling on mental health welfare counsel by a special physician
1-6-1 Strengthening Cooperation between In-Home Medical Care and Long-Term Insurance Care
Cooperation program between in-home medical care and long-term care support center, service provision strengthening of integrated medical and long-term care
1-7-1 Realization of Regional Inclusive Society
Assigning inclusive service business
2-1-1 Optimizing the Certification System of Needed Long-Term Care/support
Extension of effective period of certification*, simplifying a procedure of Certification Examination, review of results of certification , confirmation of the certified elderly's usage condition of the services
2-2-1 Optimizing the System of Long-Term Insurance Care Benefits
Changing the burden rate of costs on each users*, review of nursing care plan, setting a maximum fee limit on welfare equipment lending services*, purchasing welfare equipment•evaluation the actual condition of house adjustment*, comparing between inspection and medical information, informing long-term insurance care benefits, inspection of reduction measure of the burden on users*
2-3-1 Securing Caregivers and Developing Capacities of Caregivers
Securing caregivers, supporting introduction of care robots
2-3-2 Improving and maintaining quality of long-term care insurance services
Assigning and training service providers, sending, complaint-handling
2-4-1 Improving long-term care insurance service institutions
Maintaining a long-term insurance care facility
2-5-1 Operating stable and fair long-term care services
Levy insurance premium from primary insured people*, transition to a phased total remuneration for insured premium of secondary insured*, well-learning the long-term insurance care system in order to spread the system, insurance premium reduction measure with public expense for those on low-income*, restricting provision of insurance benefits for non-payers*, the remission of insurance premium*

* The projects which are based on the long-term insurance care system