

Yamakita Town

Age-friendly Cities and Communities Action Plan

【September 2020 ~ March 2024】



~Let us Introduce Degony and Degomie~

The D5270 Steam Locomotive which had run on the Gotenba line until 1968 had been displayed quietly at Yamakita Railway Park for more than half a century.

In 2015, Yamakita town succeeded D5270 to run by compressed air power; this is the only movable D52 type steam locomotive in Japan. The purpose of this is that reminds the people Yamakita used to be called “the town of railways”. This could provide pride and joy to the residents to live and stay for a long in Yamakita and invite more people from out of town to visit here.

“Degony” was created in 2016 containing a wish for the above based on the design by a student of Yamakita Public Junior High School and became popular by the adorable features both in the town and outside town. In 1989, his younger sister, “Degomie” was born.

Please keep watching “Degony” and “Degomie” spread the attraction of Yamakita.

CONTENTS

1. What is Age-friendly Cities and Communities?	1
2. Significance in Developing Action Plan on Age-friendly Cities and Communities	2
3. Time Period of Action Plan	2
4. Showing Yamakita Town in Figures	3
5. Philosophy of Age-friendly Cities and Communities Approaches	4
6. Structure of Regional Welfare Plan and Welfare Plan for Elderly / Long-Term Care Insurance Plan	5
7. Actions Based on 8 Topics	7
8. Estimation Method of “Showing Yamakita Town in Figures”	11

1. What is Age-friendly Cities and Communities?

Age-friendly Cities and Communities is a global network that WHO has established in 2010 among the municipalities tackling an age-friendly community creation.

As of September 2019, The WHO Global Network for Age-friendly Cities and Communities has 46 countries and 937 rural communities including Akita city in Akita prefecture, Takarazuka city in Hyogo prefecture and 22 cities and communities in Kanagawa prefecture.

The affiliates develop the action plans on age-friendly community creation and take action to implement, evaluate and improve the action plans. (Source: Kanagawa prefecture's HP)

Yamakita town agreed to this approach and develop the Age-friendly Cities and Communities Action Plan.

<Source: Participating municipalities in Kanagawa as of July 2020>

Yokosuka city, Kamakura city, Zushi city, Miura city, Hayama town, Yamato city, Fujisawa city, Chigasaki city, Hadano city, Isehara city, Oiso town, Ninomiya town, Odawara city, Minamiashigara city, Nakai town, Oi town, Matsuda town, Yamakita town, Kaisei town, Hakone town, Manazuru town, Yugawara town



< Certificate from WHO >

2. Significance in Developing Action Plan on Age-friendly Cities and Communities

Japan has already become a depopulation society; the baby boomers who were born between 1947 and 1949 will turn 75 years old in 2025 would need more medical and nursing-care services.

The ageing population of Yamakita town accelerates faster than the national ageing population. As of June 2020, there are 3,992 elderly people over age 65 in Yamakita town, and ageing rate is 39.8%; the ratio of young-elderly (the ages of 65 to 74) and old-elderly (over age 75) is almost 5 to 5, the total elderly population is expected to be shrunken in the future, on the other hand, the old-elderly population is estimated to increase.

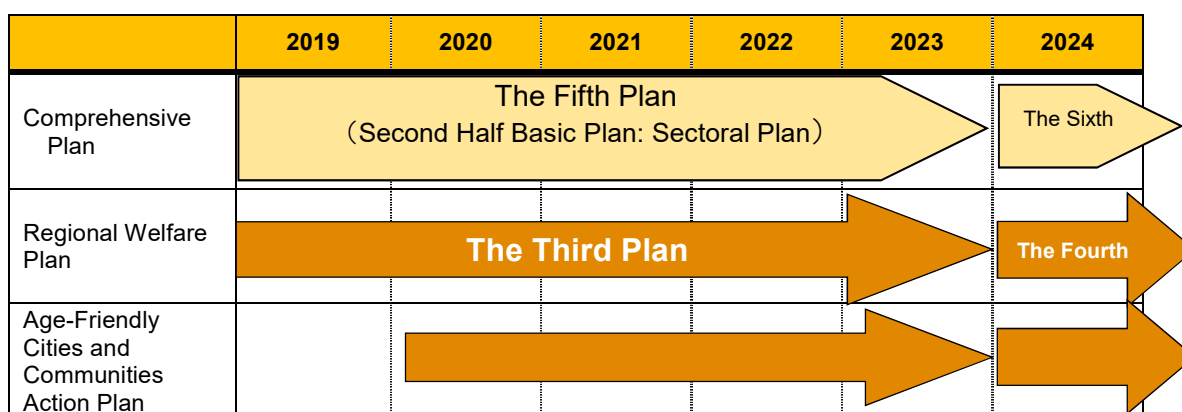
Under this circumstance, in order to create an inclusive society that responds comprehensively to the needs of each individual's life issues based on the philosophy of "Community-based integrated care system"(*1) and "Wagakoto Marugoto"(*2) in March 2019, "Yamakita Town Regional Welfare Plan, the 3rd Period" was developed as the superior plan combined with "Yamakita Town Welfare Active Plan, the 5th Period" developed by the Yamakita Welfare Association sharing the same ambition.

*1 : "Community-based integrated care system" is the system provides integrally seamless services relating to medical, nursing-care, prevention, housing and life-support to enable the older people live until the end of life in their familiar place.

*2 : "Wagakoto Marugoto" means that is the approach aiming to solve complexed issues and objectives across various sections beyond the stereotypical structures such as top-down support system, supporters or recipients.

3. Time Period of Action Plan

The time period of the Action Plan is starting September 2020 to March 2024; this is set to adjust the time period of "Yamakita Town Comprehensive Plan, Second Half Basic Plan, the 5th Period" as a superior plan with the period of "Yamakita Town Regional Welfare Plan, the 3rd Period" as a welfare related superior plan in order to enhance the effectiveness.



4. Showing Yamakita Town in Figures

The following table shows welfare-related issues by estimated numbers for present and in 5 years and 10 years.

Item	Present (2020)	5 years later (2025)	10 years later (2030)
Total Population	10,034	9,766	9,263
Productive-age population (Aged 15 to 64)	4,941	4,862	4,503
Aged population	3,992	3,922	3,736
Aged 65 to 74 (Young elderly)	1,995	1,637	1,335
Aged 75 and over (Old elderly)	1,997	2,285	2,401
Ageing Rate (%)	39.8%	40.2%	40.3%
Number of Supporting Persons per Elderly	1.24	1.24	1.21
Number of Births (people)	28	67	68
Number of Fatalities (people)	168	163	155
Number of Persons Certified for Long-term Care Insurance (people)	713	721	758
Rate of Certified for Long-term Care Insurance in Aged Population (%)	17.9%	18.4%	20.3%
Rate of Certified for Long-term Care Insurance in Old Elderly (%)	35.7%	31.6%	31.6%
Number of Persons with Disabilities (people)	567	557	528

(appended note estimation method)

The population of Yamakita town is expected to decline year by year, and the population of the elderly aged 65 years and older are also expected to decline. It is estimated that the number of elderly people aged 75 and older will increase and the number of people needing medical and nursing care increase accordingly.

<What can we learn from the figures?>

The ageing rate is estimated to more than 40%, thus, the growth in the population of age of 75 years or older who requires medical and nursing care services would be inevitable. However, there are a lot of people who are healthy active seniors or with disabilities. We find the certified people for the long-term care insurance will increase, in other words, 80% of population would not need certification for the long-term care insurance. Therefore, we need to shift to a positive thinking that not all the aged people need for specific support, they could provide supports instead of receiving supports.

5. Philosophy of Age-friendly Cities and Communities Approaches

Basic Philosophy

“Creating a community where people support each other whole the community”

Source: Yamakita Town Regional Welfare Plan, the 3rd period

“Living safely to age in a familiar place”

Source: Yamakita Town Welfare Plan for the Elderly and Long-term care Insurance Business Plan, the 7th Period

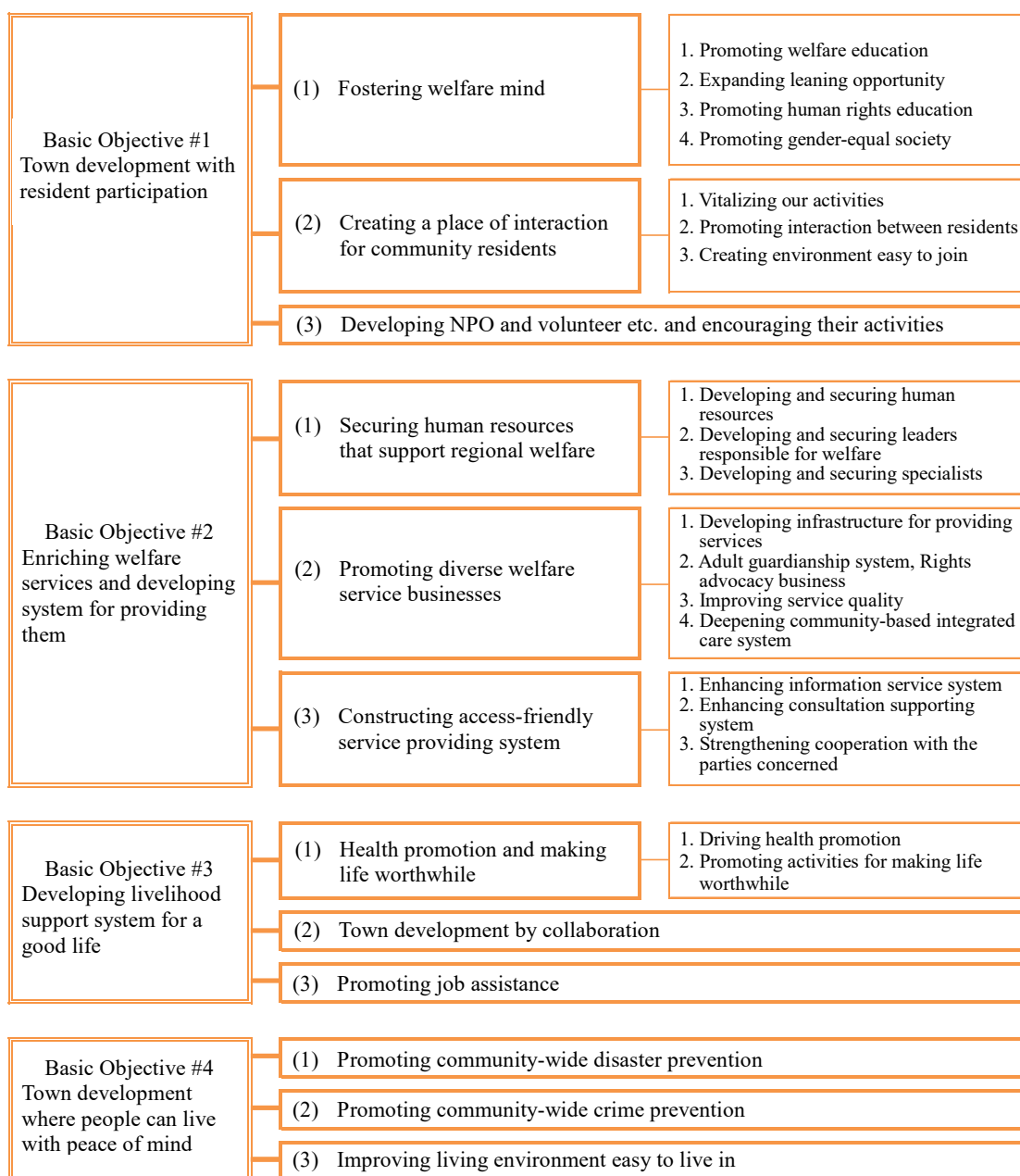
Yamakita Town Age-friendly Cities and Communities Action Plan is developed based on “Yamakita Town Regional Welfare Plan, the 3rd Period” and “Yamakita Town Welfare Plan for the Elderly and Long-term Care Insurance Business Plan, the 7th Period” to ensure consistency with welfare measures.



6. Structure of the measures specified in “Yamakita Town Reginal Welfare Plan, the 3rd Period” and “Yamakita Town Welfare Plan for the Elderly and Long-term care Insurance Business Plan, the 7th Period”

The structure of the measures specified in “Yamakita Town Reginal Welfare Plan, the 3rd Period” and “Yamakita Town Welfare Plan for the Elderly and Long-term care Insurance Business Plan, the 7th Period”, both of them have been developed based on our basic principles, is as follows. And we will implement these measures with reference to the eight topics for Age-friendly City advocated by WHO (hereinafter described).

< Structure of the measures specified in Yamakita Town Reginal Welfare Plan, the 3rd Period >



< Structure of the measures specified in Yamakita Town Welfare Plan for the Elderly and Long-term care Insurance Business Plan, the 7th Period >

1. Enhancing long-term care insurance services
<ul style="list-style-type: none"> (1) In-home care services (2) Care prevention services (3) Facility care services (4) Community-based services, community-based care prevention services
2. Promoting care prevention through new comprehensive business
<ul style="list-style-type: none"> (1) Care prevention and livelihood support services business <ul style="list-style-type: none"> • Visit type services • Day services • Developing infrastructure for livelihood support and care prevention services • Implementing care management for care prevention • Other livelihood support services (2) General business for care prevention <ul style="list-style-type: none"> • Care prevention classes
3. Supporting healthy life with something to live for
<ul style="list-style-type: none"> (1) Lifelong learning <ul style="list-style-type: none"> • Senior citizen's club • Lifelong learning activities (2) Connection with local community <ul style="list-style-type: none"> • Participating in classes and events, participating in planning and operation • Lifelong sports activities • Providing places and opportunities of volunteer activities (3) Health promotion (4) Securing workplace for the elderly
4. Creating comprehensive supporting system
<ul style="list-style-type: none"> (1) Strengthening functions of regional comprehensive support center <ul style="list-style-type: none"> • Operating regional comprehensive support center • General consultation and support business • Rights advocacy business • Promoting regional care meeting (2) Developing livable town <ul style="list-style-type: none"> • Approach to caregivers and their families • Measures for dementia • Maintaining proper long-term care payment • Supporting family care-giving • Anti-crime measures • Disaster prevention measures • Co-working with measures for stable supply of the elderly's housing • Securing human resources both in quality and in quantity • Enhancing cooperation between home medical care and nursing care • Other businesses and activities
5. For promoting this action plan
<ul style="list-style-type: none"> (1) Promotion system for this action plan (2) Progress management and review of this action plan (3) Evaluation of result

7. Actions based on the eight topics

The member city/town of Age-friendly City develop their action plans by reference to the following eight topics advocated by WHO.

- (1) Outdoor spaces and buildings
- (2) Transportation
- (3) Housing
- (4) Social participation
- (5) Respect and social inclusion
- (6) Civil participation and employment
- (7) Communication and information
- (8) Community support and health services



Degony

During the planned period, from September 2020 through March 2024, based on the structure of the measures specified in “Yamakita Town Reginal Welfare Plan, the 3rd Period” and “Yamakita Town Welfare Plan for the Elderly and Long-term Care Insurance Business Plan, the 7th Period”, we, Yamakita Town, will implement the following actions in accord with the eight topics of Age-friendly City

(1) Outdoor spaces and buildings

- ✧ Making public facilities and parks etc. barrier-free and universally designed
- ✧ Maintenance of hiking trails
- ✧ Setting up a ME-BYO (*) related health check counter (in a health and welfare center)
 - *ME-BYO : The concept of ME-BYO is to define people’s physical and mental conditions not as being either healthy or sick but evolving continuously between healthy and sick states, and ME-BYO applies to all conditions between being healthy and sick.
- ✧ Maintenance and operation of park golf courses

(2) Transportation

- ✧ Operating town circulation bus and distributing coupon for the elderly
 - ◆ Distributing coupons to the elderly people over 70 years old who live in the operation area of town circulation bus
- ✧ Subsidizing welfare taxi for the elderly and the person with disabilities
 - ◆ Distributing taxi fare subsidy coupon to the household with the elderly people over 70 in mountainous region of our town (Miho, Shimizu, Kyowa, Hirayamaseto, Takamatsu)
 - ◆ Distributing taxi fare subsidy coupon to the holder of severe disability certificate (physical disability, rehabilitation, or mental disorder)
- ✧ Supporting transportation service business (organized by the social welfare council)
 - ◆ Implementing transportation service for the people who have difficulty going out by taking public transportation
- ✧ Considering new public transportation
 - ◆ Considering new public transportation for supporting resident’s movement

(3) Housing

- ◇ Providing information service and consultation regarding housing for the elderly
- ◇ Supporting an improvement of residential environment by long-term care insurance system and disability welfare system
 - ◆ Supporting an improvement of residential environment such as making home barrier-free by long-term care insurance system and disability welfare system
- ◇ Providing consultation for admission to a long-term care insurance facility etc.
- ◇ Providing housing information through unoccupied house bank
 - ◆ Introducing unoccupied house information, provided and registered by the people who want to rent or sell unoccupied house or land located in our town, to the people who want to use such unoccupied house or land
- ◇ Operating a trial house “firefly home”
 - ◆ Operating a trial house for experiencing “country life only taking 90 minutes from central Tokyo”
- ◇ Creating housing supporting system
 - ◆ Providing housewarming money and paying incentive money to two households living together or nearby

(4) Social participation

- ◇ Promoting volunteer activities by using volunteer rewards card
 - ◆ Promoting the system that a person can redeem his/her points, gained by his/her volunteer activity at a care prevention school or in a long-term care insurance facility, for in-town gift certificate
- ◇ Subsidizing senior citizen’s club and regional social welfare council
- ◇ Carrying out care prevention school
 - ◆ Carrying out physical exercise and recreation program for care prevention in three places in our town throughout the year
- ◇ Holding various training class and lecture
 - ◆ Yamabuki class, welfare meet (social welfare council), healthy youth development meet etc.
- ◇ Holding Yamakita health sports competition etc.
 - ◆ Yamakita health sports competition, Challenge day, Park golf tournament etc.
- ◇ Supporting activities for lifelong learning (hobby, literacy, art, culture)

(5) Respect and social inclusion

- ◇ Supporting adult guardianship petition by mayor of municipality
- ◇ Opening an elderly abuse prevention network
- ◇ Holding human rights lecture, Issuing human rights bulletin three times a year
- ◇ Enriching consulting cases at regional comprehensive support center



Yamakita Town

(6) Civil participation and employment

- ◇ Subsidizing senior human resources center
- ◇ Consultation on employment of persons with disabilities
- ◇ Promoting volunteer activities by using volunteer rewards card (repost)

(7) Communication and information

- ◇ Dissemination and enlightenment of deeper understanding of dementia (Dementia supporter training course (*1), Initial-phase of dementia intensive support business (*2))
- ◇ Issuing dementia care booklet (*3)
- ◇ Holding gatekeeper training course (*4)
- ◇ Enhancing elderly watching network
- ◇ Enhancing prevention of consumer damage

*1 : Dementia supporter training course

The training course for the persons who have right knowledge and understanding of dementia and support people with dementia and their family

*2 : Initial-phase of dementia intensive support business

The business that provides intensive supports to people with dementia and their family regarding how to contact medical institution and how to deal with the situation at the initial phase of dementia

*3 : Dementia care booklet

The booklet describing information and services that people can receive in accordance with the progress of symptoms of dementia

*4 : Gatekeeper training course

The training course for the persons who can notice the signs of suicide and can take an appropriate response

(8) Community support and health services

- ◇ Strengthening function of regional comprehensive support center
- ◇ Strengthening cooperation between home medical care and nursing care
- ◇ Operating long-term care insurance service appropriately and improving its service quality by long-term care counselor dispatch business (*1)
- ◇ Enhancing support system for one who need assistance for evacuation at the time of disaster (*2)
- ◇ Enhancing regional watching over system (meal delivery service (*3), installment of emergency call system (*4), SOS network for the elderly with dementia (*5))
- ◇ Implementing business that provides temporary protection in an emergency for the elderly
 - ◆ Business that provides temporary protection in the long-term care insurance facilities in town for one who does not need hospitalization but needs temporary protection due to dehydration, malnutrition, suspected abuse etc.

*1 : Long-term care counselor dispatch business

The business that listens to the voice of facility residents then conveys their delicate demand and desire to facility operator as a bridge between them

*2 : Support system for one who need assistance for evacuation at the time of disaster

The system for knowing in advance the persons difficult to evacuate for themselves at the time of disaster then sharing these information with community association, welfare commissioner and fire department as well as registering neighborhood supporter at the time of evacuation

*3 : Meal delivery service

The service that delivers nutritionally balanced boxed meal to the elderly who have difficulty cooking due to living alone and confirms the safety at the same time

*4 : Emergency call system

The system that connects the phone with the touch of a button in an emergency such a case that the elderly living alone collapsed at home etc.

*5 : SOS network for the elderly with dementia

The network that is able to find out the registered elderly with dementia when going missing in cooperation with municipality and police department

8. Estimation method of “Yamakita Town in figures”

- ◇ Total population, productive-age population, young-elderly population, old-elderly population
 - Present : 10,034 (source : Basic Resident Register as of June 1, 2020)
 - 5 years later : 9,766 (source : “Yamakita Town Population Vision and Comprehensive Strategy, the 2nd Period (developed in March 2020, hereinafter referred as “Population Vision”))
 - 10 years later : 9,263 (source : Population Vision)
- ◇ Productive-age population (Age 15-64)
 - Present : 4,941 (source : Basic Resident Register as of June 1, 2020)
 - 5 years later : 4,862 (source : Population Vision)
 - 10 years later : 4,503 (source : Population Vision)
- ◇ Young-elderly population (Age 65-74)
 - Present : 1,995 (source : Basic Resident Register as of June 1, 2020)
 - 5 years later : 1,637 (source : Population Vision)
 - 10 years later : 1,335 (source : Population Vision)
- ◇ Old-elderly population (Age 75 and over)
 - Present : 1,995 (source : Basic Resident Register as of June 1, 2020)
 - 5 years later : 1,637 (source : Population Vision)
 - 10 years later : 1,335 (source : Population Vision)
- ◇ Number of births
 - Present : 28 (source : The number of zero (0) years old, Basic Resident Register as of June 1, 2020)
 - 5 years later : 67 (337 (source : Population aged 0-4 years old, Population Vision 2025) divided by 5)
 - 10 years later : 68 (342 (source : Population aged 0-4 years old, Population Vision 2030) divided by 5)
- ◇ Number of fatalities
 - Present : 168 (The number of fatalities from January 2019 to December 2019)
(Death rate : 1.67% = 168 / 10,034 (Total population))
 - 5 years later : 163 (Total population 9,766 x 1.67%)
 - 10 years later : 155 (Total population 9,263 x 1.67%)
- ◇ Number of persons certified for long-term care insurance
 - Present : 713 (source : The estimated number as of 2020, Yamakita Town Long-term care Insurance Business Plan, the 7th Period)
 - 5 years later : 721 (source : The estimated number as of 2026, Yamakita Town Long-term care Insurance Business Plan, the 7th Period)
(The certification rate of necessity of long-term care within old-elderly population: 31.6%)
 - 10 years later : 758 (Old-elderly population as of 2030 x 31.6%)
- ◇ Number of persons with disabilities (total of physical disability, mental disorder and intellectual disability)
 - Present : 567 (as of June 1, 2020 censused by Welfare Section) (Ratio to total population: 5.7%)
 - 5 years later : 557 (Total population x 5.7%)
 - 10 years later : 528 (Total population x 5.7%)

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Action Plan
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