

# **Age-Friendly City - Hakone Town Action Plan**

~Creating an Elderly Friendly Community~

【Second Term: 2021~2023】



Cherry Blossom at Kenritsu Onshi Hakone Park

## **Hakone Town**

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### 【Age Friendly City Global Network】

It is a network established by the World Health Organization (WHO) to promote cooperation with cities around the world that are actively implementing Age Friendly City initiatives and to share information on various measures for the elderly, in which HakoneTown has participated since 2009.



### 【Kenritsu Onshi Hakone Park】 (photo)

This is the site of Hakone Togashima Rikyu, built in 1886 (Meiji 19). ...In the year following the grant, the park was opened to the public as a prefectural park, and a roadway, parking lot, observation plaza, and parkway have been developed. Today, the park is loved by people as a place of scenic beauty where they can enjoy remnants of history and views of Lake Ashi, the outer rim of Hakone, and Mt. Fuji.

It was registered as a national monument in 2013. The ruins of the Hakone Sekisho (barrier station) and the old Tokaido cedar avenue are located in the vicinity.

# Chapter1 In Formulating Action Plan

## Section 1 Overview and Background

As a super-aging society with more than 37% of the population over 65 years old, one of the basic goals of the "Hakone Town's 6th Comprehensive Plan" is to "create a town where everyone supports each other and everyone is healthy." The plan aims to provide welfare and medical services and support activities by local residents so that all town residents, regardless of age, gender or disability, can live safely in their own familiar neighborhoods.

By 2025, all baby boomers (born between 1947 and 2012) will be the latter-stage elderly (aged 75 or older), and the number of people requiring support or nursing care, elderly people with dementia, and single or married couples in elderly households is expected to increase.

The total population as of January 1, 2021 was 11,195, and it will be 11,655 on January 1, 2019, thus the population decreased by 460 in 3 years, while the population over 65 years old decreased by only 13 people to 4,239. The rate of aging is now 37.9%.

Approximately four years later, in 2025, the total population is estimated to be 10,217, with 4,149 elderly people aged 65 and over, and the aging rate is expected to reach approximately 40%.

Therefore, looking ahead to 2025 and aiming to realize an Age Friendly City, we will continue to work on "promotion of a community-based comprehensive care system and realization of a community-based symbiotic society" and "enhancement of health promotion and care prevention and mutual support in the community" as in the first phase action plan, and promote efforts to establish a community-based symbiotic society where the elderly can continue to live healthy lives and the entire community can support them through realization of "enhancement of sustainable long-term care insurance services".

## Section 2 Period

The period of this plan is three years, from April 2021 to March 2024, and thereafter, this plan will be revised in accordance with the revision of the Elderly Health and Welfare Plan and the Long-Term Care Insurance Business Plan.

## Chapter 2 Changes in Ageing Rate and Aged Population

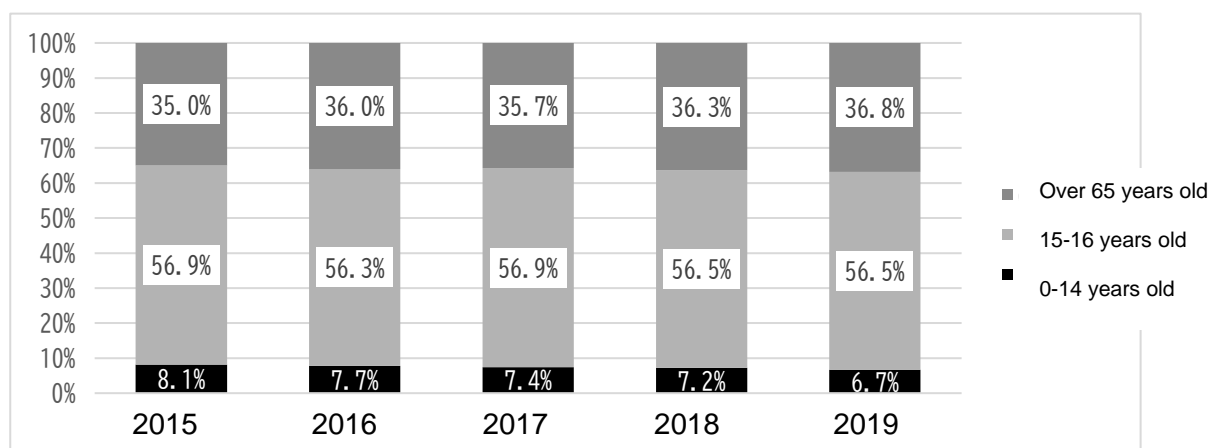
### Section 1 Population Change (Population Change by 3 age groups)

The total population is on a downward trend, with 11,535 in 2028, a decrease of 620 in the four years since 2015. The population aged 65 and over has generally leveled off to a decline since 2008. On the other hand, the population of the elderly aged 75 and over reached 2,151 in 2025, an increase of 175 in the four years since 2015.

In terms of population ratios by age group, the population of the juvenile population (0-14 years old) is declining, the working-age population (15-64 years old) is generally flat, and the elderly population (65 years old and over) is increasing.

In 2019, the aging rate had increased to 36.8%.

**【Percentage of Total Population Change by 3 Age Groups】**



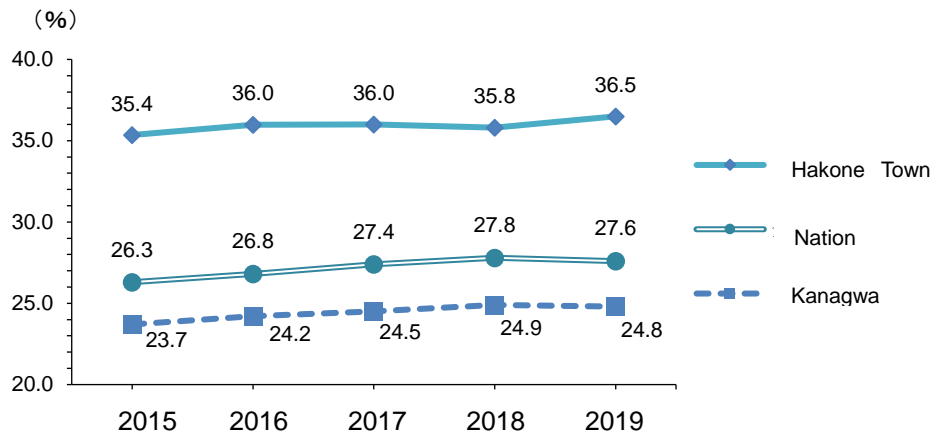
	2015	2016	2017	2018	2019
total population	12,155(100.0%)	12,016(100.0%)	11,991(100.0%)	11,755(100.0%)	11,535(100.0%)
Aged 0~14	986 (8.1%)	930 (7.7%)	891 (7.4%)	847 (7.2%)	775 (6.7%)
15~64	6,911 (56.9%)	6,764 (56.3%)	6,821 (56.9%)	6,636 (56.5%)	6,513 (56.5%)
65~74	2,282 (18.8%)	2,264 (18.8%)	2,198 (18.3%)	2,161 (18.4%)	2,096 (18.2%)
Over 75	1,976 (16.3%)	2,058 (17.1%)	2,081 (17.4%)	2,111 (18.0%)	2,151 (18.6%)
Total 65 over	4,258 (35.0%)	4,322 (36.0%)	4,279 (35.7%)	4,272 (36.3%)	4,247 (36.8%)

Reference: Basic Resident Registration Record (As of September 30 of each year)

## Section 2 Ageing Rate Change

Hakone Town's ageing rate is 9.0-12 points higher comparing with National population and Kanagawa Prefecture's in 2019.

【Comparison of Ageing Rate (Town · Nation · Prefecture)】



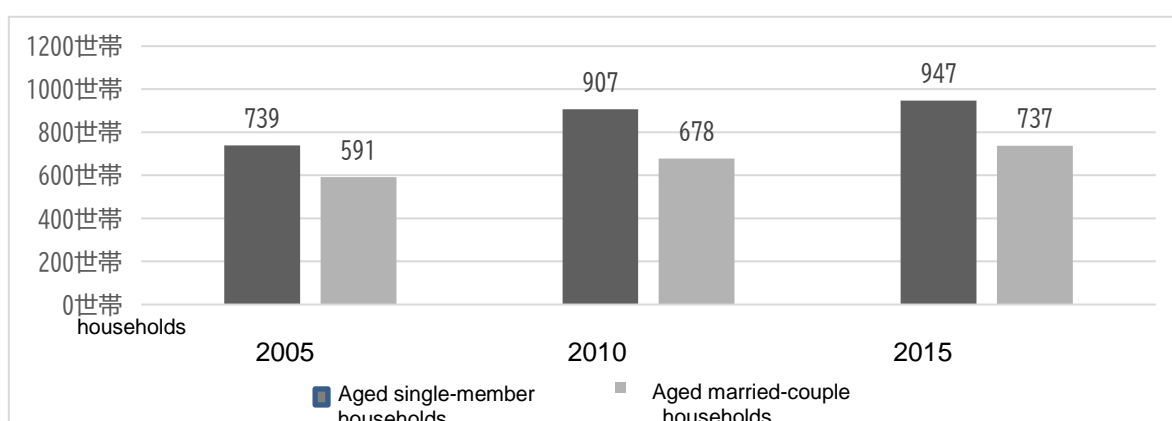
Reference: "Population, Population Changes and The number of households based on basic resident registration"  
(As of the end of December each year)

## Section 3 Changes in the number of aged households

According to the 2015 Census, 2,640 (43.4%) of the 6,077 general households had an elderly person aged 65 or older. Elderly couple households accounted for 737 households (12.1%) and elderly single-person households for 947 households (15.6%), which are higher than in Kanagawa Prefecture.

The ratio of elderly couple households and elderly single-person households to the general number of households has been increasing year by year, with a particularly noticeable increase in the number of elderly single-person households.

【Aged Households Change】



Unit: Households

	2005 【Hakone】	2010 【Hakone】	2015 【Hakone】	2015 【Kanagawa Pref.】
General Households	6,805 (100.0%)	7,257 (100.0%)	6,077 (100.0%)	3,965,190 (100.0%)
Households with elderly persons aged 65 and over	2,307 (33.9%)	2,593 (35.7%)	2,640 (43.4%)	1,410,766 (35.6%)
Aged Single-member households	739 (10.9%)	907 (12.5%)	947 (15.6%)	398,979 (10.1%)
Aged Married-couple households	591 (8.7%)	678 (9.3%)	737 (12.1%)	452,972 (11.4%)
Other households living together	977 (14.4%)	1,008 (13.9%)	956 (15.7%)	558,815 (14.1%)

Reference 「Population Census」 (as of the end of October in each year )

## Section 4 Aged Population Projections

The total population is expected to continue to decline, falling to 10,665 by 2023.

The number of people aged 65 and over is also expected to decrease, and the aging rate is expected to remain generally flat to slightly decrease.

On the other hand, among those aged 65 and over, the population of those aged 75 and over is likely to continue to increase, and the percentage of the latter-aged population is estimated to exceed 20%.

### 【Actual Number and Estimated Number of the Elderly】

upper: people lower: %

	Actual Figures			Estimated Figures		
	2018	2019	2020	2021	2022	2023
Total Population	11,755	11,535	11,072	10,936	10,801	10,665
Age 40~64	3,515 (29.9%)	3,425 (29.7%)	3,335 (30.1%)	3,291 (30.1%)	3,247 (30.1%)	3,203 (30.0%)
Age 65 or over	4,283 (36.4%)	4,237 (36.7%)	4,200 (37.9%)	4,142 (37.9%)	4,080 (37.8%)	4,017 (37.7%)
65~74	2,151 (18.3%)	2,086 (18.1%)	2,024 (18.3%)	1,922 (17.6%)	1,818 (16.8%)	1,715 (16.1%)
Over 75	2,132 (18.1%)	2,151 (18.6%)	2,176 (19.7%)	2,220 (20.3%)	2,262 (20.9%)	2,302 (21.6%)

Source: 「Basic Resident Register Record」data (as of the end of September of each year) for the years 2008, 2019, and 2020 for the total population; other total population and the number of insured persons are estimates corrected by the National Institute of Population and Social Security Research's population estimates by region.



## Section 5 The town in 2025 and 2040

According to national estimates, the total population is expected to decline to nearly 10,000 by 2025, and to fall below 10,000 by 2040.

The number of people aged 65 and over is expected to continue to decline, falling below 4,000 by 2025.

On the other hand, the population of those aged 75 and over is expected to increase until 2025, and by 2025, one out of every four residents will be aged 75 and over. The proportion of people living alone and the elderly with dementia is expected to increase, and the percentage of those certified as requiring support or nursing care in 2025 is expected to rise to nearly 20%.

The population over 75 years old is also expected to decrease after 2025.

### 【Ageing Population Projections】

upper:people lower:%

	Actual	Estimate		
	2020	2023	2025	2040
Total Population	11,072	10,665	10,394	8,209
Ages 40~64	3,335 (30.1%)	3,203 (30.0%)	3,115 (30.0%)	2,828 (34.4%)
Ages over 65	4,200 (37.9%)	4,017 (37.7%)	3,899 (37.5%)	2,988 (36.4%)
Ages 65~74	2,024 (18.3%)	1,715 (16.1%)	1,512 (14.5%)	1,250 (15.2%)
Ages over 75	2,176 (19.7%)	2,302 (21.6%)	2,387 (23.0%)	1,738 (21.2%)

### 【Number of persons certified as requiring support or nursing care (by level of nursing care)】

	Actual	Estimate		
	2020	2023	2025	2040
Support level 1	75	80	83	61
Support level 2	80	86	88	65
Sub. Total	155	166	171	126
Care level 1	156	167	170	125
Care level 2	104	112	114	84
Sub. Total	260	279	284	209
Care level 3	115	124	127	92
Care level 4	99	106	110	79
Care level 5	65	68	71	53
Sub. Total	279	298	308	224
Total	694	743	763	559
Certification rate	16.5%	18.5%	19.6%	18.7%

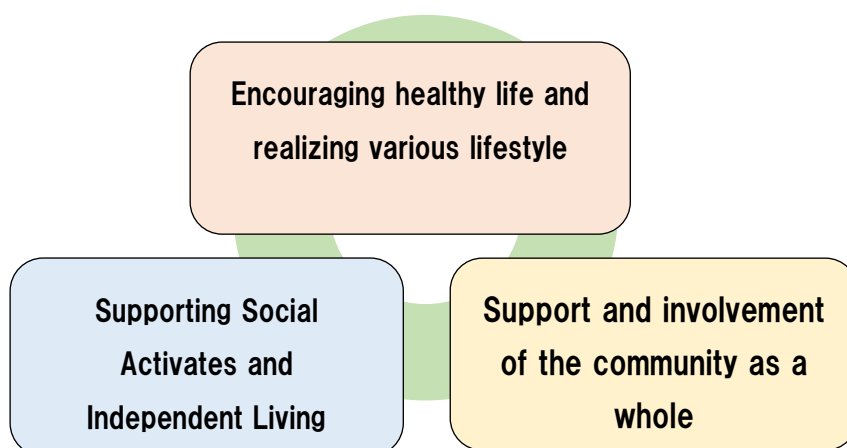
## Chapter 3 Development of Age-friendly City Action Plan

### Section 1 Basic Principle

This plan follows the basic principles of the 8th Elderly Health and Welfare Plan and Long-Term Care Insurance Business Plan.

We will promote the creation of an environment in which human rights are respected, appropriate support is provided according to each person's condition and environment, and independence is supported for those who need care, so that they can live healthy and fulfilled lives even in old age, and even if they need care, the government, relevant organizations, and service providers will support them. We aim to realize a "community symbiosis society" in which all people, including the elderly, children, and people with and without disabilities, live actively in the community and support each other through active participation in society not only by those who live in the community but also by each and every citizen of the town.

#### 【Basic Principle Structure】



### Section 2 New Vision of Developing a Longevity Society

In our town, there are many elderly people who are active workers, and many others who visit for the rich natural environment and hot springs. While taking advantage of the town's unique characteristics, we will build a society of longevity and regional symbiosis through the cooperation of the town's residents, local community, government, and private businesses, each of which recognizes its own role.

This plan follows the goal of "a society where the elderly can live in good health and peace of mind and be active with vitality," which has been the vision of the longevity society, and will be the common goal of the town's residents, community, and local government in the welfare of the

elderly in the future.

~A society in which the older people can  
enjoy healthy, safe and active lives~

## Section 3 Basic Objectives

As in the 8th Elderly Health and Welfare Plan and the Long-Term Care Insurance Business Plan, this plan establishes the following three basic goals from a long-term perspective in order to realize the vision of a society with longevity, "a society in which the elderly can live in good health and peace of mind and be active."

### Basic Objective 1: Promotion of community-based comprehensive care systems and realization of a community-based symbiotic society

The "community-based comprehensive care system" is to be promoted, and the following priority issues are to be addressed: "development of livelihood support systems," "coordination of health, medical care, and nursing care," "promotion of dementia measures," and "creation of mechanisms for a community-based symbiotic society."

- Developing Life Support System

Through the Life Support System Development Project, etc., we will consider the enhancement of life support services by various entities such as volunteers (local residents).

- Cooperation between Healthcare, Medical Care and Nursing Care

In order to support home medical care for the elderly, we will promote projects to promote home medical and nursing care coordination, etc., while taking into consideration perspectives such as end-of-life care and strengthening measures to cope with dementia.

- Promotion of Dementia Policies

In addition to initial support by the Intensive Initial Support Team for People with Dementia (IITS), the Community Support Team for People with Dementia (CSCS) will continue to promote the creation of a system to provide specific support, such as training dementia supporters, in addition to building partnerships among support organizations and providing consultation services.

- Creating a framework for a community-based symbiotic society

The concept of a community-based comprehensive care system is to support independent living in the community by providing the necessary support in the community in a comprehensive manner, keeping in mind that care is provided during the aging process. This concept can also be applied to the transition of people with disabilities to community life, support for local children and child-rearing families with difficulties, etc.

While considering the implementation of the newly established multilayered support system development project in Japan and other measures, we will strive to build a comprehensive support system for a regional symbiotic society.

## Basic Objective 2 Community Development for Residents' Healthy and Active Life with Fulfillment

In response to the concerns of the elderly about becoming bedridden or suffering from dementia, we will promote health promotion and care prevention efforts to extend the healthy life expectancy of the town's residents, based on the principle that "one's own health is one's own responsibility".

In addition, we will expand opportunities and venues for social participation for the elderly, and create a system that promotes employment and work-like activities so that they can make use of the knowledge and experience they have accumulated over the years.

Furthermore, we will expand the circle of understanding and support necessary for people with dementia to continue to live in their familiar neighborhoods, prevent elder abuse, and maintain and improve community functions to prevent disadvantageous situations.

In addition, in order to realize a community-based symbiotic society, we will strive to create a community where all people, regardless of age, children, or disability, can live actively and support each other in the community as a whole.

## Basic Objective 3 Improvement of Sustainable Long-Term Care

We will improve the quality of services by securing the necessary nursing care personnel and service providers so that detailed nursing care insurance services can be provided according to the physical and mental conditions of each person certified as requiring support or nursing care.

In addition, we will strive to operate a sustainable long-term care insurance system by realizing appropriate certification and the provision of truly necessary services without excesses or deficiencies through efforts to optimize long-term care benefits and other measures.

Furthermore, we will build a support system for in-home care by establishing an environment in which services can be provided by a variety of entities in accordance with local conditions.

## **Chapter 4 Efforts based on 8 Topics of Age-Friendly Cities**

Based on the situation of the elderly and the basic principles for promoting efforts, the following efforts will be promoted based on the eight topics proposed by WHO during the three-year period from 2021 to 2023.

### **Section 1 Outdoor spaces and buildings**

In addition to promoting appropriate use of health and welfare facilities for the elderly, we will develop comprehensive health, medical, and welfare services by utilizing the General Health and Welfare Center "Sakura-kan" in its role of creating a safe and comfortable living environment.

We promote the creation of an environment where it is easy to go out and improve public facilities that are easy to use so that everyone can engage in activities with confidence.

### **Section 2 Transportation**

Because Hakone town is located in the mountainous area, it takes time to move around the communities, so that accessibilities and community development are the key enablers for the elderly to move around safely and easily. Therefore, we will consider the establishment of a transportation support service to existing public transportation systems, and in cooperation with related organizations, we will provide traffic safety education and guidance to car drivers and others, as well as publicize the voluntary return of driver's licenses.

In addition, we will continue the subsidy program for bus fares that has been implemented to support outings for the elderly.

### **Section 3 Housing**

Housing is the foundation of independent living for the elderly, and we believe that it is necessary to provide comprehensive services from the perspective of daily living activities for the elderly, along with welfare equipment.

Therefore, in order to promote home modification by nursing care insurance, we provide advice to service users beforehand and coordinate between users and service providers.

We will also strengthen cooperation with health, welfare, and business associations to enhance home repair consultation services and strengthen the post-repair verification system.

In addition, we will work to develop a consultation and guidance system in cooperation with care managers.

## Section 4 Social participation

For the elderly who tend to shut themselves away at home, we provide various services and opportunities for activities such as hobbies at the Senior Citizens Welfare Center “Yamanamisou” and community centers, etc. We also provide guidance and support for the elderly who have difficulty adjusting to society by visiting them.

In order for the elderly to find the purpose of life and participate social activities, we will provide information on the activities and provide opportunities for consultations, hobbies and recreational activities, at the same time we will urge a measure for finding the purpose of life from the perspective of care prevention and livelihood support.

In addition, in order to promote the creation of a sense of purpose in life and social participation, we will provide information and consultation on activities for the elderly, enhance opportunities for hobbies and recreational activities, etc., and actively promote projects for measures to create a sense of purpose in life from the perspective of preventing nursing care and supporting people's lifestyles.

## Section 5 Respect and social inclusion

In addition to providing support in the community for the elderly with dementia, which is expected to increase as the number of elderly people aged 75 and over in the latter-stage of elderly increases, we will also protect the rights of the elderly by preventing abuse.

As for support for dementia, we will work with community comprehensive support centers, specialized physicians, and dementia community support staff to improve initial response to people with dementia, as well as to improve consultation on dementia and mental health counseling.

To ensure that the human rights of all elderly people, including those with dementia, are respected and protected, we will develop a core institution that will serve as the keystone of a regional collaborative network for rights protection support, and take measures to protect rights and respect human rights, including the adult guardianship system.

Furthermore, with the cooperation of community associations and community welfare committee members, the Community Comprehensive Support Center will play a central role in preventing abuse of the elderly and in early detection and response to such abuse.

## Section 6 Civic participation and employment

In order to support the social participation of the elderly through employment, we will enhance the Silver Human Resources Center system, promote new member enrollment, and increase

orders. Also, we will increase opportunities for the elderly to be active in society by utilizing the Silver Human Resources Centers and other organizations.

## Section 7 Communication and Information

We will develop a system to support the elderly so that they can continue to live independently in their own neighborhoods peacefully, and enhance the necessary lifestyle support services so that they can continue to live at home. In addition, we aim to maintain and improve communities in which all residents can play an active role in their own way while supporting each other, and to realize a "community symbiosis society" in which all town residents can live actively and safely in the community.

## Section 8 Community support and health services

The goal is to provide preventive measures for the elderly in their own neighborhoods according to their individual circumstances even before they require nursing care or support, and to enable them to live independent daily lives in their own neighborhoods even after they have become in need of nursing care.

Mainly led by the Community Comprehensive Support Center, various projects such as "community support projects" will be implemented depending on the physical and mental condition of each elderly person and the level of support or nursing care required certification.

### “Regional Support Measures”

The "community support projects" include three types of projects: "comprehensive projects for care prevention and daily life support," "comprehensive support projects," and "voluntary projects," in which municipalities take the initiative in implementing a wide variety of measures according to local characteristics.

Hakone Town will continue to develop community support programs focusing on the needs of the elderly and support for their daily lives.



### ***Care Prevention and Sport for Daily Living Program***

This project promotes initiatives related to independence support, considering the age and physical and mental condition of the elderly, so that approaches can be made not only to provide functional recovery training and other services to the elderly themselves, but also to include the environment and community surrounding them.

### ***Comprehensive support Program***

In order for elderly people to lead healthy and active lives in their familiar communities, they need not only long-term care insurance services but also care that integrates various community resources, such as health, medical, and welfare professionals and volunteers. This project is led by the Regional Comprehensive Support Center to support the home lives of the elderly and enable them to live in the community with peace of mind.

### ***Optional Program***

In line with the philosophy of community support projects, these projects are implemented according to the actual conditions of the community, based on the original ideas and ingenuity of the municipality, and include projects to optimize the cost of nursing care benefits, support for the use of the adult guardianship system, support for home renovation, and support for community independence.

## Chapter 5 Implementation of the Action Plan

The following are measures to effectively and systematically promote this plan in order to realize the longevity society that Hakone town aim for.

- Implementation of multifaceted measures

In order to realize the philosophy of this plan and develop a community comprehensive care system, a wide range of fields such as welfare, health, medical care, education, community development, and disaster prevention must be addressed, and a multifaceted approach is required.

In addition to related divisions, we will promote measures in cooperation with various related organizations.

- Promotion of wide-area collaboration

Promote effective provision of long-term care insurance facility services, community-based services, etc., the Kanagawa prefecture and the West Region.

In addition, some services are difficult to provide due to geographical conditions, and we will work with neighboring cities and towns to consider measures to promote the entry of service providers and ensure that necessary services are provided in an equal manner.

- Improvement of information provision services and public relations

In addition to utilizing existing information media such as the town's website and public relations to enable the elderly to better select the services they need from a variety of providers, we will seize opportunities at the elderly gathering and provide information, etc.

Age-Friendly City-Hakone Town Action Plan  
Second Term: April 2021 to March 2024  
Welfare Department, Hakone Town

