

## 1. Vision and Goal

- To transform Eumseong-gun into an age-friendly city, the following vision is formulated through a process involving the analysis of environmental conditions, the study of advanced cases, age-friendliness diagnosis, Focus Group Interviews (FGI), identification of key issues, and the presentation of guidelines across eight different domains.

- **Eight Categories based on WHO GNAFCC Guideline:**

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

- Characteristics of Eumseong-gun: According to the research, the senior citizen has various needs in eight categories. Details are as follows.
  - **(1)Outdoor spaces and buildings:** Lack of convenience facilities for the elderly and infirm among public facilities, Road convenience needs to be improved, Crosswalk hours need to be extended, Need to ensure pedestrian safety.
  - **(2)Transportation:** Expansion of mobility services for the elderly, Creating an environment to prevent traffic accidents, and Safety management of roadways.
  - **(3)Housing:** Lack of nearby amenities, Ensuring mobility at home.
  - **(4)Social participation:** Expanding opportunities for senior citizens to participate in society and diversification of jobs for senior citizens.
  - **(5)Civic participation:** Lack of access to information about leisure participation opportunities for seniors, Lack of space for leisure time with friends.
  - **(6)Respect and social inclusion:** Expanding events and programs in which multiple generations can participate together, Expand awareness-changing education for the elderly, Reflection of senior citizens' opinions in policy.
  - **(7)Communication and information:** Lack of information sheets and broadcast content for the elderly, Lack of accessibility to daily life information.
  - **(8)Community support and health services:** Lack of medical facilities in the area, Need for support for vulnerable senior citizens, Expanding opportunities to use health education and exercise classes.
- The strategic project for senior citizens was developed, and categorized into three main areas, aligning with the vision of "A Happy Senior Life Begins in Eumseong-gun."

- **Three main areas:**

- (1) Physical environment improvement project
- (2) Socio-cultural environment-related projects
- (3) Society and social services related projects

○ For Eumseong-type age-friendly city, we categorized three main areas and a total of 44 detailed project plans set

- **(1) Physical environment improvement project**

- Cover three categories from WHO GNAFCC guidelines: Outdoor spaces and buildings, Transportation, and Housing
- 16 detailed projects are set

- **(2) Socio-cultural environment-related projects**

- Cover three categories from WHO GNAFCC guidelines: Social participation, Civic participation and employment, and Respect and social inclusion
- 13 detailed projects are set

- **(3) Society and social services related projects**

- Cover three categories from WHO GNAFCC guidelines: Communication and information, Community support and health services
- 15 detailed projects are set

## 2. Action plans for the three main areas

### 1) Physical environment improvement project

(Including Outdoor spaces and buildings, Transportation, and Housing categories)

- ① Repair and improve facilities of old senior citizen center
  - Improving living inconveniences and ensuring facility stability through repairs to aging facilities crowded with the elderly
  - Support for repairing old senior center stairs and access roads, installing handrails and safety bars inside of center, etc.
- ② Support for barrier-free design of roads and buildings
  - Improving accessibility for pedestrians in public facilities and public institution buildings(especially for the elderly)
  - Incorporating features like barrier-free ramps, step-free entrances, and other accessibility elements in building design may qualify for partial financial support during construction
- ③ Support for creating senior-friendly jobs in social enterprises
  - Diversification of social enterprises in Eumseong-gun: support for social enterprises in various fields related to solving problems for the elderly
  - Providing social services to vulnerable groups, Expanding the scope of support for village businesses or self-supporting businesses in Eumseong-gun
- ④ Expansion of barrier-free trails and exercise spaces
  - Expanded pathways and exercise places that cater to the needs of all residents, including the elderly and those with mobility impairments, ensuring a seamless and hassle-free experience
  - Developing open spaces adjacent to the pedestrian trail, creating a space for small group exercise and a nature-friendly healing space
- ⑤ Expansion of senior protection zone designation and improvement of surrounding environment
  - Local environment improvement project equivalent to a senior citizen protection zone(Installation and management of protection zones for village residents, Smart crosswalk installation, etc)
  - Expand the installation of information signs in areas with frequent traffic accidents for senior citizens and areas with frequent falls
- ⑥ Fall risk area maintenance project

- Accident prevention through maintenance of areas where falls frequently occur among elderly people while walking
- Maintenance of steep slopes in alleys, repair of road cave-ins, repair of damaged staircases, etc
- ⑦ Operating a Mobile Elderly-Friendly Public Service Response Team
  - Operate a team to handle difficulties closely related to daily life that seniors find difficult to handle without outside help
  - Doorknob repair, short circuit and water leak work, simple repair of home appliances, etc.
- ⑧ Senior citizen housing gas safety confirmation project
  - Develop gas accident prevention measures for elderly and vulnerable households to fire accidents
  - Managing 60+ senior safety and welfare support group, regular safety inspection and fact-finding survey of LP users(senior citizen and vulnerable households)
- ⑨ Redevelopment of dangerous roads and sidewalks at night
  - Creating an environment where seniors can move safely and conveniently even at night
  - Installation of night signs to ensure visibility, rearrangement of roads and guide lines using luminous paint, etc
- ⑩ Providing customized exercise programs according to the characteristics of the elderly
  - Providing basic exercise space and opportunities to maintain a healthy daily life for the elderly
  - Providing indoor and outdoor exercise programs that reflect the physical characteristics of the elderly, providing specialized exercise space for people with chronic diseases
- ⑪ Senior citizen living hygiene safety management
  - Creating a comfortable living environment for vulnerable residents who find it difficult to quarantine or clean regularly
  - Implementation of daily quarantine and disinfection, support for general cleaning through screening
- ⑫ Installation of “Silver Bench” to improve walking convenience
  - Improving mobility convenience for the elderly and those with walking disabilities
  - Install “Silver benches” in pedestrian areas where public transportation is not

readily available

⑬ Cooling and heating support for disabled seniors and vulnerable groups

- Installation of energy-saving products to support residential heating and cooling in winter and summer
- Establishment of appropriate cooling and heating support measures for low-income seniors

⑭ Safe public transportation boarding and alighting assistant

- Resolving the inconvenience of getting on and off public transportation for the elderly
- During certain periods, such as the 5-day market, assisting senior citizens in getting on and off public transportation is provided at traditional markets and downtown stops

⑮ Senior-friendly shuttle bus route reorganization research service

- Increased convenience of movement between cultural, welfare, and SOC facilities in Eumseong-gun
- Study on circular shuttle bus operation routes among major public facilities in Eumseong-gun

⑯ Sign up for senior citizen safety insurance

- Establishment of a compensation safety net at the Eumseong-gun level for disasters and crimes that may occur in daily life
- Eumseong-gun citizen safety insurance subscription(Bulk payment by Eumseong-gun)

**2) Socio-cultural environment-related projects**

**(Social participation, Civic participation and employment, and Respect and social inclusion)**

① Operating of a social interaction venue for senior citizens (Eumseong Salon)

- Providing a communication space for forming consensus and exchanges among senior citizens
- Small local salons operated in 2-3 villages, stocked with coffee/tea/refreshments/books, etc

② Cultivating age-friendly city activists

- Training experts for activities to create a livable village from the perspective of the elderly

- Discovering resident participation projects, supporting events, and promoting village record projects
- ③ Local governance organization of age-friendly cities by region
  - Composition of senior-friendly committee members and private organizations for each legal unit
  - Establishment of direction for creating and operating a senior-friendly city, holding regular meetings
- ④ Elderly Job Diversification Research Project
  - Promoting research projects for qualitative growth of jobs for the elderly in Eumseong-gun
  - Analysis of job supply and demand for senior citizens in Eumseong-gun, collection of opinions on preferred jobs, review of job effectiveness, etc
- ⑤ Expanding sports infrastructure to improve basic physical strength of the elderly
  - The renovation and replacement of aging exercise equipment in neighborhood parks within Eumseong-gun
  - Constructing Sports Park, Bandabi National Sports Center, facility improvement project for Sports Park, etc
- ⑥ Discovering hobbies for the elderly and single-person households
  - Support for discovering personal hobbies that can help improve the mental health of the elderly and single-person households
  - Including adult literacy education, lifelong learning programs, digital video autobiography content operation, etc
- ⑦ Public cafe operated by cognitively impaired and elderly people
  - Create a place to provide social participation opportunities for the cognitively disabled and the elderly
  - A local public cafe run by people with mild cognitive impairment and the elderly in Eumseong-gun
- ⑧ Implementation of senior citizen health quest
  - Running a health quest to motivate exercise to manage the health of the elderly
  - Encouraging local residents to lead a proactive walking lifestyle using mobile apps. Provides certain incentives when target step count is achieved
- ⑨ Operating a living lab in response to aging-society

- Operating a community living lab to respond to social problems caused by aging
- Living lab: Living laboratory open to citizens(within community center)
- Developing convenient daily necessities for the elderly, and discovering policies for the elderly and vulnerable groups, etc
- ⑩ Senior-friendly relationship recovery center
  - Responding to social relations issues such as communication between family members, social interpersonal relationships, and intergenerational conflicts
  - Establishment of a family center, providing consultation and problem solving related to social relationships
- ⑪ Project to discover and strengthen social networks for the elderly
  - Safety check service to prevent lonely death
  - Enhancing the scope and responsibilities of honorary social welfare civil servants
- ⑫ Survey on health disadvantaged groups (elderly single-person households)
  - Identify the current status of the elderly and health-disadvantaged groups in Eumseong-gun through an accurate and thorough survey
  - Conduct a fact-finding survey to identify high-risk health groups, building health data for Eumseong-gun residents
- ⑬ 'Eumseong-gun Silver News' corner opened for senior citizens
  - Improving information accessibility and securing diversity of information channels for the elderly
  - A new section dedicated to senior citizens was created in the existing Eumseong-gun newsletter

### **3) Socio-cultural environment-related projects**

#### **(Communication and information, Community support and health services)**

- ① Securing financial resources through enactment and revision of senior-friendly city ordinances
  - Securing legal basis and necessary resources for creation and operation of Eumseong-gun senior-friendly city
  - Laying the foundation for efficient business progress after joining GNAFCC
- ② Revitalizing the operation of the Senior-Friendly City Creation Committee and expanding citizen participation
  - Conduct research and establish an environment to create an age-friendly city, promote

- policies and projects, and continue to expand monitoring of residents
- ③ Establishment of elderly-friendly health big data collection and analysis base
    - Collecting big data on the health of residents in Eumseong-gun to establish policies for the elderly and providing proper health and welfare services by identifying the health status of Eumseong-gun residents
    - Survey of living conditions by class, health level survey by population group, analysis of medical needs and demand for health services, etc
  - ④ Expanding the accompanying helper system for the elderly and single-person households
    - Helping elderly people with limited mobility and vulnerable groups visit hospitals, clinics, and public institutions
    - Expand the demand class by segmenting the current system
  - ⑤ Operating integrated care call for elderly people
    - Establishment of a system that directly responds to the immediate care issues of the elderly
    - Initiating a senior citizen welfare call center “Elderly Care Call” : Direct connection to necessary welfare and information services through one phone consultation
  - ⑥ Preparing a community consultation system for the management of alcoholics
    - Beginning professional management of alcohol use disorder, which causes complex social problems
    - Building a mutual support system between community organizations, establishing an information system for people with alcohol use disorders, securing addiction rehabilitation experts, etc
  - ⑦ Managing senior-friendly city monitoring group
    - Conducting a monitoring group for GNAFCC's action plan for the future re-certification process as a senior-friendly city
    - Forming a monitoring group of 15 to 20 residents, monitoring progress of the senior-friendly city action plan, discovering best practices, collecting opinions from senior citizens, etc
  - ⑧ Medical Welfare Integrated Support Center(Strengthening community integrated care response)
    - Providing professional counseling and necessary welfare services to patients and their families to resolve the psychological, social, and economic difficulties they experience during the treatment of the disease



- Deployment of a dedicated human resources team consisting of nursing, health, and welfare workers
- ⑨ Visiting senior center program “Maeum-Masil(Mind-walking)”
  - Emotional support for elderly patients and their guardians(caregivers) who have difficulty in maintaining a healthy mental state
  - Identifying high-risk groups for mental health and providing mental health programs through mobile counseling centers
- ⑩ Expanding early dementia screening in home settings
  - Establish community-centered active dementia prevention and response measures in preparation for an aging society
  - Encouraging cognitive screening tests for intensive screening subjects and implementing cognitive screening tests(CIST) through regional visits
- ⑪ Operating customized health prescription classes
  - Personalized exercise prescription according to individual diseases and health conditions to maintain a healthy life for the elderly
  - Prescribe healthy exercise methods to local residents(senior citizens) in cooperation with exercise experts from the Health Promotion Center and the Eumseong-gun Sports Council
- ⑫ Distribution of artificial intelligence(AI) equipment for elderly care
  - Appropriate care support project incorporating technology for elderly people living alone and vulnerable groups for whom care support is essential but not sufficient
  - Supplying AI speakers, activity detectors, emergency pagers, etc. to the elderly and vulnerable groups
- ⑬ Increasing rehabilitation exercise equipment
  - Improved accessibility to rehabilitation exercise equipment that can alleviate physical diseases caused by aging, such as farm syndrome
  - Installing rehabilitation exercise equipment in external public facilities(front yard of institution, park, etc.) by region
- ⑭ Increasing senior citizen hall IPTV about Eumseong-gun information broadcasting programs
  - Improving information transmission to the elderly by periodically increasing the number of broadcasts containing Eumseong-gun information
  - IPTV usage fee support for Senior citizen center(hall)

⑮ Elderly health care support

- Operating a circuit doctor system at the senior center: Chronic disease management, health education and health counseling
- Shingles vaccination for people over 65 years of age