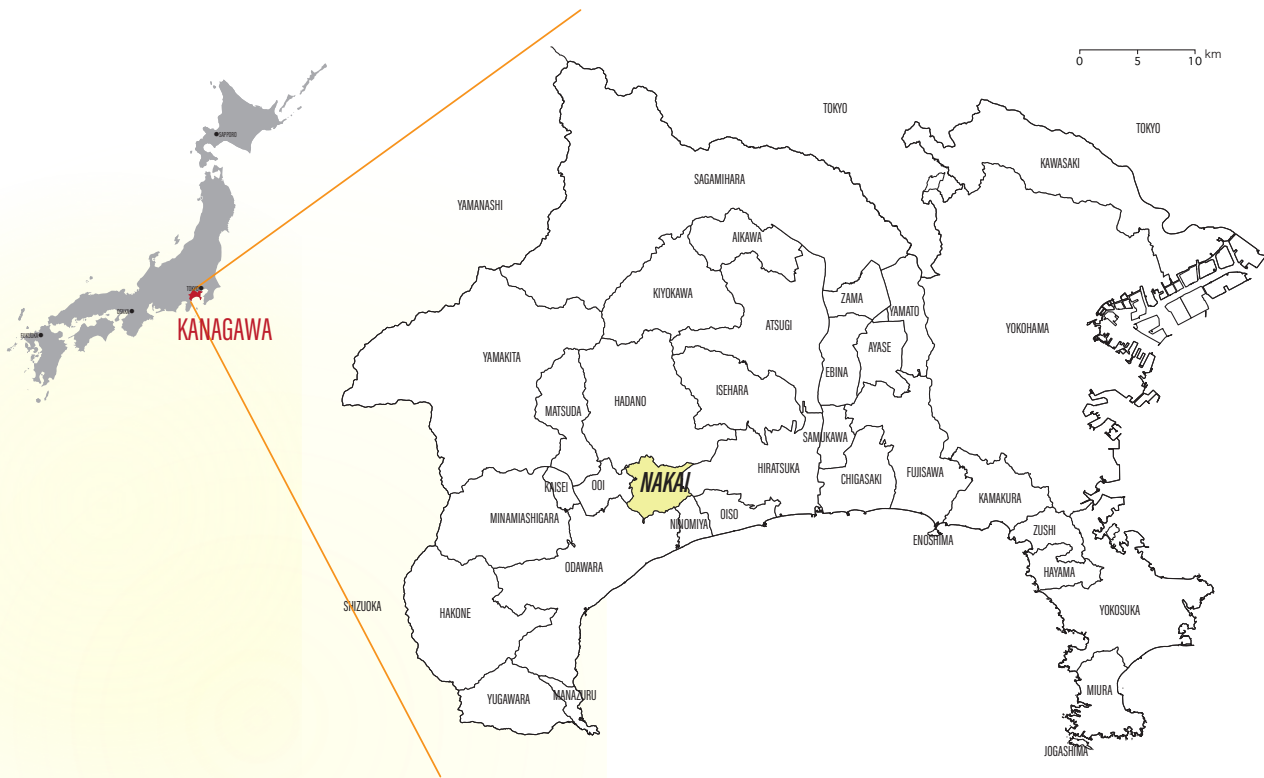


NAKAI Town

Age-friendly City Action Plan



~Lively, Friendly, and Supportive~

Nakai, the Town Where Older Adults can Live with Peace of Mind

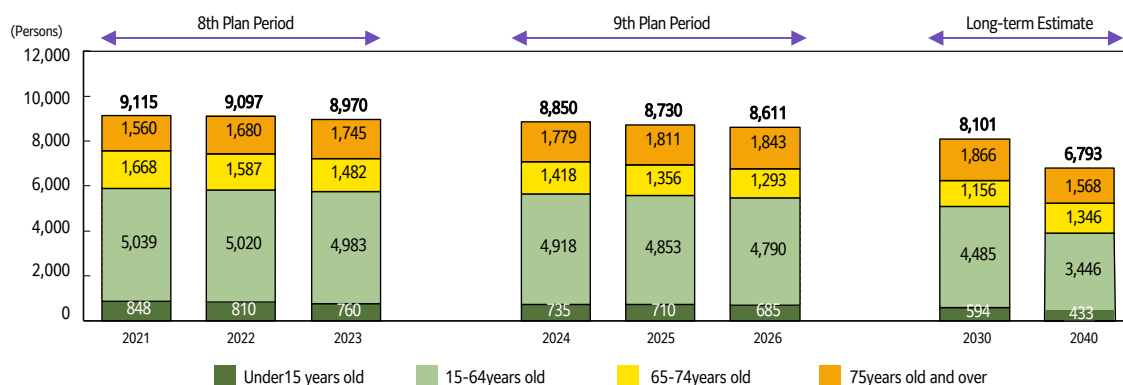
1. Achievements Related to the Older Population in Nakai Town (Population and Dynamics)

① Trends and Estimates of the Population by Age Group

The total population of Nakai Town has continued to decline each year, reaching 8,970 in 2023. By age groups, the population of children under 15 years, adults aged 15 to 64, and older adults aged 65 to 74 have all been decreasing annually.

Within the older population, however, the number of residents aged 75 and older has continued to rise, even as the 65 to 74 age group has since 2021 shown a decline.

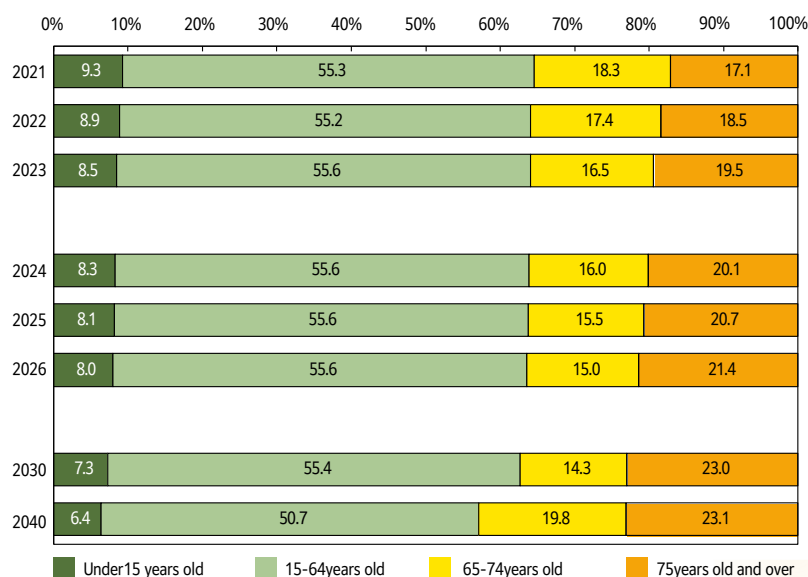
Based on projected estimates, the declining trend is expected to continue beyond 2024 for the age groups under 15, 15 to 64, and 65 to 74. The population aged 75 and older is projected to continue increasing.



Data source: Population based on the Basic Resident Register (as of the end of September each year)
Estimates are calculated using the cohort change rate method based on actual data from the FY 2019 to the FY 2023.

② Trends in Age-Specific Population Ratios and Future Estimates

The proportion of Nakai Town residents aged 65 and over has been rising steadily since FY 2021, reaching an aging rate of 36.0% in FY 2023. According to future estimates, the proportion of residents aged 75 and over will continue to grow, reaching 21.4% in FY 2026, and further increasing to 23.1% by FY 2040.



Data source: Population based on the Basic Resident Register (as of the end of September each year)
Estimates are calculated using the cohort change rate method based on actual data from the FY 2019 to the FY 2023.

2. Basic Philosophy and Implementation of Policies for Advancing Age-friendly City Initiatives

Section 1: Basic Philosophy

Nakai Town aims to create a town where older residents can continue living in familiar surroundings, maintain their health and sense of purpose, and enjoy a fulfilling life in a safe and supportive environment—while people of all ages help and support one another.

Basic Philosophy

~Lively, Friendly, and Supportive~

Nakai, the Town Where Older Adults can Live with Peace of Mind

Section 2: Basic Goals and Policy Framework

① Setting Basic Goals

The Nakai Town Health and Welfare Plan for the Elderly and Insured Long-Term Care Service Plan set forth the following four basic goals to achieve the fundamental principles.

Basic Goal 1	Supporting a Vibrant and Active Lifestyle
To build a community-based, inclusive society, it is essential to create a cycle of mutual support—one which people feel connected to each another and to their community, and where everyone has a role and a sense of purpose.	
The town will work to expand opportunities and places for active involvement in social activities. This includes encouraging participation in local initiatives and supporting a variety of community groups, helping older adults stay engaged, contribute their strengths, and thrive within their communities.	

Basic Goal 2	Establishing a System to Support the Lives of Older Adults Throughout the Community
To help older adults continue living safely in their own neighborhoods, it is vital to strengthen and promote the community-based integrated care system. Building up the skills and capability of those who sustain this system is crucial.	
Nakai Town will keep improving the community-based integrated care system, while enhancing community-based monitoring networks that support older adults during disasters, detect and prevent elder abuse early on, and help create safe secure neighborhoods that protect the lives and dignity of older residents.	

Basic Goal 3	Enhancing Care Prevention and Daily Living Support
To enable that older adults can remain healthy and independent for as long as possible, it is important to expand health promotion and care prevention initiatives tailored to their needs, including frailty-prevention programs. By preventing illness, functional decline, or the need for support or long-term care, we aim to extend healthy life expectancy.	
The town will strengthen care-prevention initiatives that help older adults live healthy, active lives; work to delay the onset of dementia; and foster a community where people with dementia can continue living with hope and dignity.	
Dementia measures will focus on both coexistence and prevention. Because dementia can affect anyone, Nakai Town will further improve efforts to promote accurate understanding of dementia and enhance consultation and support services.	
It is also important to reinforce the system of comprehensive support centered on community comprehensive support centers, and to build a seamless network that integrates home medical care with long-term care in collaboration with local healthcare and long-term care providers.	

Basic Goal 4 Enhancing Long-Term Care Services and Ensuring Stable System Operation

To build and maintain a reliable long-term care insurance system, it is important to plan the service infrastructure with a medium to long-term perspective. This includes preparing for major demographic changes, such as 2025 when the baby boom generation turns 75, and 2030 when their children reach age 65.

Nakai Town is working to ensure that long-term services are provided appropriately and that the long-term care insurance system operates smoothly. To prevent improper insurance payments and to make sure users receive appropriate care, the town is also implementing a Long-Term Care Benefits Appropriation Optimization Project.

② Policy Framework

The Plan is Organized as follows:

【Basic Goals】	【Measures】
(1) Supporting a Vibrant and Active Lifestyle	① Support for Creating a Sense of Purpose in Life
	② Support for Diverse Activities for Older Adults
(2) Establishing a System to Support the Lives of Older Adults Throughout the Community	① Deepening and Promoting the Community-Based Integrated Care System
	② Creating a Safe and Secure Living Environment
	Policy Direction 1 Enhancing services that support safe daily living
	Policy Direction 2 Promoting an age-friendly city
(3) Enhancing Care Prevention and Daily Living Support	① Promoting Health and Care Prevention
	Policy Direction 1 Promotion healthy living
	Policy Direction 2 Supporting independence and preventing decline
	② Expanding Comprehensive Services for Preventive Care and Daily Life Support
	Policy Direction 1 Preventive care and daily life support services
	Policy Direction 2 General preventive care services
	③ Advancing Comprehensive Support Initiatives
	Policy Direction 1 Operating the community comprehensive support centers
	Policy Direction 2 Promoting coordination between home medical care and long-term care
	Policy Direction 3 Promotion of dementia-related policies
	Policy Direction 4 Strengthening daily living support systems
	Policy Direction 5 Promoting community care conferences
	④ Enhancing Programs Tailored to Local Conditions
	Policy Direction 1 Long-term care benefits optimization program
Policy Direction 2 Family care support program	
Policy Direction 3 Other locally appropriate programs	
(4) Enhancing Long-Term Care Services and Ensuring Stable System Operation	① Long-Term Care Benefits Services
	② Improving the Operation of the Long-Term Care Insurance System

3. Action Items in the Eight Interconnected Domains of the Age-friendly City

In this town, based on the current situation of older residents and the basic philosophy described earlier, we will promote the following initiatives aligned with the eight domains of the Age-friendly City.

(1) Outdoor Spaces and Buildings

- Promotion of Barrier-Free Accessibility
 - Following the principles of community-based integrated care, we will work to create an environment where older adults can continue living in their familiar neighborhoods by promoting urban planning based on universal design principles.

In addition, we will appropriately identify and eliminate hazardous obstacles—such as steps, uneven surfaces, and potholes—that may hinder the mobility of older adults when they go out or move around.
- Crime Prevention and Traffic Safety Awareness
 - To build a safe and secure community for older residents, we will work with relevant organizations to implement measures that protect their lives. We will also promote traffic safety awareness, share community safety information, and strengthen awareness-raising efforts to help older adults protect themselves.

(2) Transportation

- Improving the Regional Public Transportation Conference
 - Based on the 2023 Nakai Town Regional Public Transportation Plan, we will enhance regional public transportation so that residents can continue living here with peace of mind. Our goal is to create a transportation system that is safe, secure, and comfortable for everyone—including older adults—and provide people-friendly mobility options.
- Paid Transportation Service for Welfare Recipients
 - To support older residents and people with disabilities who have difficulty traveling to medical appointments or shopping, we will continue promoting this paid transportation service in cooperation with the social welfare council.
- Transportation Service for Participants in Care Prevention Program
 - To make this program easier to access and more effective, we will provide transportation support for older adults who have difficulty reaching program venues, ensuring that transportation barriers do not prevent participation.

(3) Housing

- Enhancing Support Systems for Securing Housing and Housing Renovations for Older Adults
 - Efforts will be made to disseminate appropriate information, mainly through community comprehensive support centers, while coordinating with relevant departments to ensure the systematic provision of housing.

We will also introduce priority measures to help older households move into public housing more easily. For older residents who need renovations to make their current homes safer and more comfortable, we will work with the relevant departments to provide subsidies for improvements such as barrier-free modifications, seismic reinforcement, and other upgrades that enhance their living environment..

○ Promotion of the Creation of a Safe and Secure Community

- To help build a community where older adults can live with peace of mind, we will work with relevant organizations to implement measures that protect their safety and well-being. We will also promote traffic safety and share community crime-prevention information to raise awareness and help older residents protect themselves.

Additionally, we will support long-term care preparation activities (*Kaikatsu*) and strive to improve quality of life in later years by offering guidance on creating end-of-life notes and introducing appropriate consultation services, in collaboration with the relevant agencies.

○ Support for Securing Diverse Housing Options for Older Adults

- We will promote registration of vacant houses in vacant house banks and work to secure a variety of housing options for older residents. This includes supporting older adults living alone or couples who need assistance by introducing them to vacant homes in walkable areas with good living environments, as well as homes that have been renovated to be barrier-free.

○ Support for Older Adults who Need to Enter Facilities

- We will strengthen consultation systems to address issues such as declining cognitive or physical functions that make it difficult to continue to live at home, as well as increasing the burden on family caregivers. As care and medical needs have diversified in recent years, so too have the types of facilities available. Working together with community comprehensive support centers, we will provide appropriate guidance and support so that each person who wishes to enter a facility can do so in a way that matches their individual needs.

○ Loan of Emergency Notification Devices

- As the number of older adults living alone continues to grow, we will maintain efforts to ensure a safe and secure living environment by providing emergency notification devices. We will continue outreach to eligible individuals and work to develop a system that can respond appropriately to their needs.

○ Subsidy for Care Products for Older Adults

- For older adults living at home who are bedridden or have dementia and are certified as requiring long-term care level 3 or higher, we provide subsidies for disposable diapers and urine-absorbing pads—items not covered by long-term care insurance to help ease the financial burden.

We will continue supporting family caregivers and work to reduce the economic strain of home-based care.

○ Home Care Worker Dispatch Service

- Through our direct operated service, we provide individualized support such as welfare checks, help with shopping, and accompaniment to medical appointments.

As the population ages rapidly, the number of older adults living alone and older households continues to increase, creating even greater demand for these services.

We will continue to work closely with community comprehensive support centers and other related organizations to help older adults maintain independence in their daily lives.

(4) Social Participation

- Promotion of Social Participation and Support for Active Lifestyles
 - We promote social participation by encouraging volunteer activities that draw upon the rich knowledge and experience of senior citizens. This includes expanding salon activities held at health and welfare centers as spaces where older adults can gather, interact, and stay engaged.
- Support for Lifelong Learning and Sports
 - We promote learning, cultural, and sports activities that respond to diverse needs so that people of all ages and abilities—regardless of gender or disability—can enjoy healthy, fulfilling lives.
- Providing Opportunities for Activities and Interaction
 - We support salon activities and community-building initiatives by collaborating with social welfare councils and making use of local resources such as community centers to create more opportunities for social connection
- Promotion of Fall Prevention Programs
 - We will train volunteer instructors for fall-prevention exercises and provide support to neighborhood associations to help secure venues and ensure the continuity of these programs. In addition, as part of our broader frailty-prevention initiatives, we will coordinate this program with related initiatives to expand opportunities for older adults to participate actively in the community.

(5) Respect and Social Inclusion

- Collaboration with Commissioned Welfare Volunteers and Commissioned Child Welfare Volunteers
 - These volunteers will continue to serve as local contact points for older adults, single-parent households, people with disabilities, and children who are facing difficulties. They will keep gathering information about questions, concerns, and needs in the community, and will act as a bridge between residents, the town, and other support organizations.

For people who need assistance, the volunteers will provide information, coordinate with the appropriate agencies, and help build networks of support. They will continue working together to strengthen and improve the community-based integrated care system.
- Promoting Measures to Prevent Elder Abuse
 - To prevent elder abuse and protect the rights of older adults, we will continue building a network of local partners and offering consultations with professionals. We will also encourage the use of the adult guardianship system to support people who need decision-making assistance.
- Establishment of an Monitoring Network for Older Residents
 - We will carry out surveys and home visits to understand the circumstances of older couples. By promoting older people monitoring network and working with local businesses, we aim to identify older adults who need support as early as possible. Continuing to build this network is essential for the community.
- Ensuring Personnel for the Community-Based Integrated Care System and Improving Productivity in Care Settings
 - To address the shortage of workers in the care field, we will clarify our priorities—such as offering subsidies for training and providing information on available services—so that we can secure, train, and support people working in care roles. These efforts will reflect the specific needs of our community. In collaboration with the prefecture, we will work to attract new care workers and help existing workers remain in their jobs by supporting their skills, employment stability, and workplace improvements.

We will also continue to review and improve initiatives that help to reduce the workload of care workers, such as using ICT tools in care settings and cutting down on paperwork. At the same time, we will keep working toward building communities where residents actively support one another.

○ Infection Prevention Measures

- Even though COVID-19 has been reclassified as a Class V infectious disease under the Infectious Diseases Control Law, repeated waves of infection are still expected. We will therefore continue taking steps to prevent the spread of the infection in certain activities for older people who are at higher risk of severe illness while also maintaining and promoting preventive care services for them.

If a new infectious disease emerges, we will work with the prefecture to ensure a stable supply of hygiene and protective supplies by promoting stockpiling and creating systems that allows older person care facilities and related institutions to respond quickly and prevent outbreaks.

It is essential that care services continue without interruption during infectious disease outbreaks or natural disasters. To support this, we will provide assistance based on the Business Continuity Plans (BCPs) created by care facilities and businesses.

(6) Civic Participation and Employment

○ Promoting Volunteer Activities

- We will support a wide range of volunteer activities and create more opportunities for residents to take part. This includes encouraging social participation among older residents.

To encourage volunteer activities, we will also promote initiatives that use the Volunteer Point System to work to create an environment where people can continue volunteering in many different ways.

○ Support for Silver Human Resources Center projects

- As the population ages, it becomes increasingly important to offer work opportunities that allow older adults to remain active and contribute to society. We will continue providing support for these programs.

○ Support for the Federation of Senior Citizens' Clubs

- Senior citizens' clubs are expected to play a larger role as the population ages, but recruiting new members has become difficult. To help revitalize these clubs, we will consider offering more flexible membership options, including individual memberships.

We will also look into ways to collaborate with neighborhood associations and coordinate with salon-style social activities to strengthen these efforts.

○ Promoting Use of the ME-BYO* Center and Health Promotion Stations

- We will continue operating and promoting the use of the ME-BYO Center and Health Promotion Stations as places where residents can check their health and physical condition, receive advice based on their results, and learn about health-promotion initiatives.

Through these efforts, we aim to support better health and self-care among older residents.

* ME-BYO is a concept that refers to the transitional state between health and sickness.

(7) Communication and Information

Supporting a Wide Range of Activities for Older Adults

- Working together with the Social Welfare Council, we will support community activities by helping share information, providing venues, lending equipment, and introducing useful programs so that residents can take part more easily.

By working with activity leaders, volunteers, and local organizations, we will also promote a wide variety of lectures, social gatherings, and programs. Through these efforts we will increase the number of welcoming places where older adults feel they belong and strengthen mutual support networks within familiar neighborhoods. At the same time, we will address problems such as fewer opportunities to go out and the risk of social isolation by continuing to develop community activities and related initiatives.

Improving Care-Prevention Classes

- Using the prefecture's Management ME-BYO Program, we will continue to offer lectures on care prevention, including topics such as oral health and frailty prevention, to raise awareness and improve understanding of these health issues.

In the future, we will plan new lectures based on the needs of residents, focusing on practical knowledge and techniques for effective care prevention and provide well-designed programs that match those needs.

Promoting Community Support for People with Dementia and Improving Care

- In line with the National Framework for Promoting Dementia Measures, which aim to delay the onset of dementia and create a society where people with dementia can live with hope, we will continue building supportive community environments.

To deepen understanding of dementia, we will expand outreach and awareness activities during World Alzheimer's Day and Alzheimer's Awareness Month. These efforts will include opportunities for people with dementia to share their experiences. Alongside standard dementia supporter training, we will also provide advanced training and promote the launch of Team Orange activities.

We will also explore digital technology to hold hands-on workshops that allow people to better understand dementia through real experiences.

With dementia community support promoters at the center, we will continue working with dementia community local support organizations to assist people with dementia living in the community.

We will also we will continue using dementia cafés as easy-to-access gathering places for people with dementia and their families.

(8) Community Support and Health Services

Strengthening Disaster Support Systems

- Based on the town's regional disaster prevention plan, we will put systems in place to provide appropriate information and support during emergencies. We will also establish specific systems to support older residents who need special assistance during evacuations.

Through disaster drills and public lectures, we will help residents gain the knowledge they need, improve cooperation, and strengthen coordination during emergencies. For facilities serving people who need extra support and that are located in flood-risk areas, we will guide them to ensure their safety based on their individual evacuation safety plans.

We will also create a registered list of people who agree to receive evacuation assistance. This list will be shared with relevant evacuation support organizations so that safety checks and evacuation assistance can be carried out quickly and effectively when disaster occurs.

○ Promoting Health Awareness

- To support healthy aging, we will continue promoting the importance of regular exercise and routine health checkups, based on existing health promotion plans. Through these efforts, we will strengthen overall awareness of good health.

○ Promoting Ongoing and Varied Health Initiatives

- We will continue the program that brings together health promotion for older adults and care-prevention efforts. This includes providing personalized health guidance based on health check results and offering group health education, including programs focused on frailty prevention. These efforts will remain central to improving the health of older residents.

○ Strengthening Cooperation Between Health, Medical, and Welfare Services

- To help older adults continue living in their familiar communities, we will strengthen ties between the Community Comprehensive Support Center, related agencies, government departments, and the community. We will also further develop the *Nakai Town Older People Monitoring Network* to support a strong, community-based care system.

In addition, we will promote greater awareness of end-of-life care at home and work together with various organizations to make better use and strengthen the function of the Community Care Conference.

○ Strengthening the Role of Regional Comprehensive Support Centers

- As the population continues to age and needs increase, we will consider measures such as increasing staff, improving services in the evenings, on weekends, and on holidays, and expanding telephone consultation services. To better support family caregivers, we will work with organizations that assist young caregivers and strengthen local caregiver support systems tailored to community needs. We will also stay informed about national and prefectural trends and advanced programs, and continue exploring the development of a multi-layered support system.

To ensure fair and appropriate operations, we will continue holding meetings of the Nakai Town Community Comprehensive Support Center Operations Advisory Committee to review activities through regular evaluations and ongoing improvement.

○ Promoting Coordination Between Home Medical Care and Long-Term Care

- At the Ashigara-kami District Home Medical Care and Long-Term Care Coordination Support Center, we will continue accepting consultations from local medical and long-term care professionals, community support centers, and other related organizations regarding their services. We will coordinate services for residents who need home medical care or long-term care support.

Together with this center, we will continue building a strong system that allows people to receive medical and long-term care services while continuing to live in homes and the community they know.

○ Strengthening Consultation and Support for Dementia

- While continuing to expand opportunities for older adults to take part in community activities, we will also carry out programs that help prevent dementia. We will raise awareness of dementia early-response teams and combine this with education about dementia, so that support can begin quickly. We will also strengthen systems to monitor older people with dementia and respond quickly if they go missing.

In addition, we will work with related organizations to improve support for people with early-onset dementia.

○ Building a Foundation for Daily Living Support and Preventive Care

- As the number of older residents continues to grow, we will expand services to meet their wide-ranging needs. By making full use of existing services and developing new ones where gaps exist, we will help older adults live safely and with peace of mind in their communities. We will also focus on training service providers and securing proper places for them to work.

We will continue to move projects forward under the guidance of coordinators, while working closely with related organizations to examine challenges and improve services.

○ Strengthening Community Care Conferences

- We will continue to strengthen Nakai Town's community-based integrated care system by making full use of community care conferences that focus on preventing the need for care and supporting independence.

Through individual case discussions at these conferences, we will better understand the real challenges facing older residents and connect these findings directly to problem-solving discussions so that support can be put into place smoothly and without delay.

○ Strengthening Long-Term Care Benefit Insurance Services

- We will continue to provide long-term care insurance services to people who have been certified as requiring support or long-term care, in accordance with the Long-Term Care Insurance Act and related systems.

When delivering these services, we will ensure that they match the actual needs of our town, its local community and its residents. In cases where local services are not sufficient, we will work together with the national and prefectural governments to build systems that allow services to be provided on a broader scale.

○ Supporting Family Caregivers

- We will continue to offer consultation and support for families caring for older adults at home. We will also run caregiver exchange programs where families can share information and gain practical knowledge about caregiving and dementia support.

For people who have had to quit their jobs or need to provide constant supervision because of caregiving responsibilities, we will work to build a stable caregiving service system and secure enough trained workers. At the same time, we will collaborate with related agencies to raise awareness and improve working conditions for caregivers.

○ Improving the Operation of the Long-Term Care Insurance System

- Under the Long-Term Care Insurance Act and related guidelines, insurance programs are responsible for running long-term care programs smoothly and maintaining stable service systems

In Nakai Town, we will continue working to ensure that the system operates smoothly and that residents receive the services they need without interruption.