

Toyama City Machinaka General Care Center (Multi-generational and multi-functional care base facility)



"Communication Base for Medical, Welfare, and Health Care" - Realization of High Quality Lifestyle -

Aims to revitalize the downtown area, which is losing its liveliness due to an aging population, as a base to establish local economies and communities with more vitality where more people get together and vigorously engage in social, economic, or cultural activities

Promotion of residence in the city center

- (1) Enhance the ability to attract customers
- (2) Integrate functions of childrearing, education and welfare
- (3) Local medical base that supports lives of the elderly

Basic Principles

- (1) Establish a center of vibrancy visited by a lot of people
- (2) Develop a base to support comfortable and healthy lives of various generations
- (3) Enrich a community base through ties between community members

Development and management of private facilities that can bring a synergetic effect with the public facilities

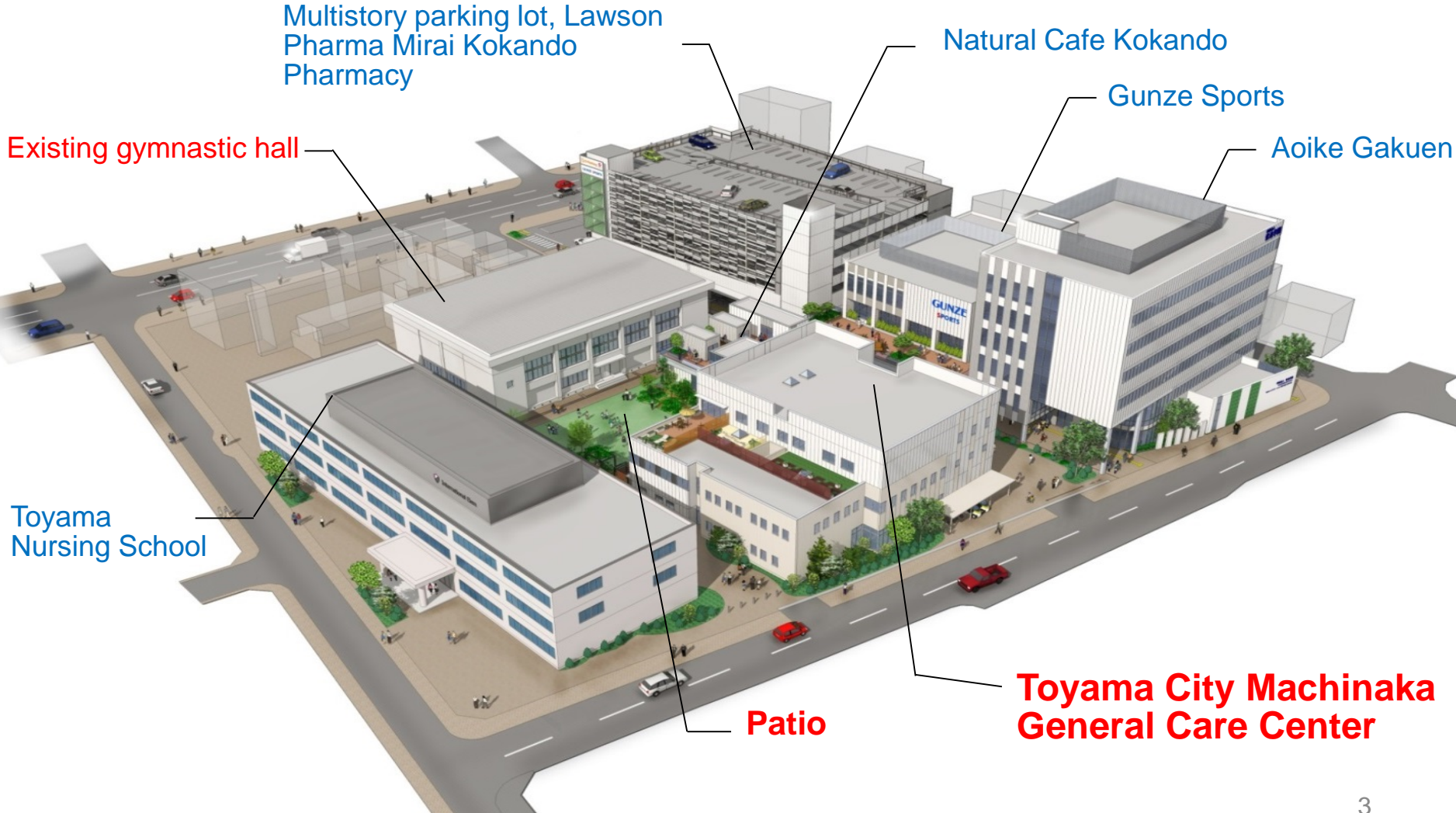
- (1) Integrate diverse business functions to support a high quality of life
- (2) Enhance excitement only the city center can provide where people gather



Sougawa Legato Square - Regional Health Center Open to Public -

Jointly completed on March 26, 2017

Public facilities in red
Private facilities in blue



* "Legato" means playing music in a smooth, connected and continuous manner

Sougawa Legato Square Facility Overview

As of April 1, 2018

Toyama City Machinaka General Care Center

Aoike Gakuen

Overview	Toyama Rehabilitation Medical Health & Welfare College (Physiotherapy, Occupational therapy) Toyama Culinary and Confectionary School (Culinary, Confectionery, Licensed Cook)
No. of students	520 students (320 for Toyama Rehabilitation Medical Health & Welfare College, and 200 for Toyama Culinary and Confectionary School)

Gunze Sports Toyama Legato Square

Overview	Fitness club
No. of members	About 2,000 people

Lawson Toyama Sougawa Shop, Pharma Mirai Kokando Pharmacy

Overview	Convenience store equipped with a pharmacy
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Natural Cafe Kokando

Overview	Cafe run by Kokando
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D-parking Legato Square

Overview	Multistory parking lot for 320 cars
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Toyama Nursing School

Overview	Technical college for nursing (Nursing, Assistant nursing)
No. of students	360 students

Toyama City Machinaka General Care Center

Opened in April 2017



Center Overview

[Total floor area]	2446.61 m ²
[Construction]	Steel (3 stories)
[Parking]	5 cars (for pickup)
[Maintenance method]	PPP
[Sales contract price]	1,149.12 mil. yen

Others: Mobility car (x2), power supply in case of a disaster (for 25 hours)

Facilities

3rd Floor **Post Parturition Support Office**

Short stays for mothers who are within around 4 months since childbirth and their children
- Offers postnatal care as a daycare service or a school service

2nd Floor **Machinaka Clinic**

Provides home medical care

Medical-Nursing Care Cooperation Office

Implement projects to link medical care and nursing care

Care Office for Sick Children

- Care project for sick or convalescent children
- Care project for unwell children with a pickup service

1st Floor **Support Office for Children with Disabilities**

- Supports children with disability
- Provides consultation and support services for infants and young children with disabilities

Machinaka Salon

- Holds events and town healthcare room where multi-generational citizens can participate

Others: Conference room/regional cooperation office

Mission

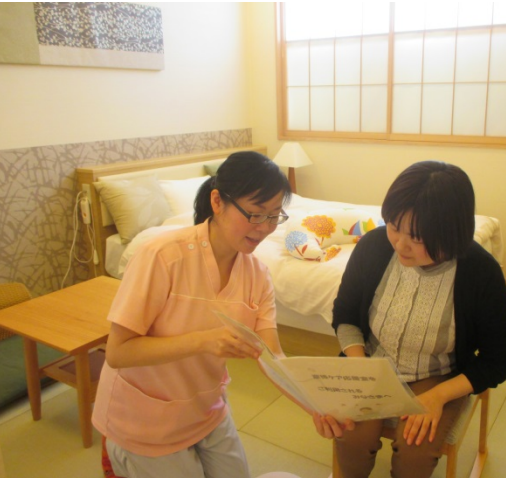
Promotes the building of a town where local residents, from infants and young children to the elderly and people with disabilities, can live healthy life safely, in order to realize a base for urban type community-based integrated care in the downtown area that is facing the rapid aging of society.

[Key Initiatives]

I. Childcare Support

**II. Promotion of Home
Medical Care**

III. Local Community Building



I. Childcare Support



Post Parturition Support Office

Supports mothers so that they can physically recover and psychologically become stable, and develop the ability to take care of themselves as well as their children in a healthy manner

[Targets]

- Mothers who are within around 4 months since childbirth and their children
- Mothers having worries about childcare
 - Mothers needing mental and physical rest
 - Mothers without family support in housework and childcare,
- etc.



[Project contents]

- Day care, short stays, school
- Physical and mental support for postpartum mothers
 - Childcare support



[Staff] Midwife: 15
(Health nurse, psychiatric social worker)

Short stay: 7,200 yen for one night and two days (24 hours)

Day care: 4,900 yen per day

(Fee)

Type	Time	Amount borne by users
Day care	9:30 - 19:00	JPY 4,900
	9:30 - 13:00	JPY 1,800
	13:00 - 19:00	JPY 3,100
Short stay	9:30 - 9:30 next day	1 day (24 hours) JPY 7,200
School	10:00 - 12:00	JPY 800
	13:30 - 15:30	

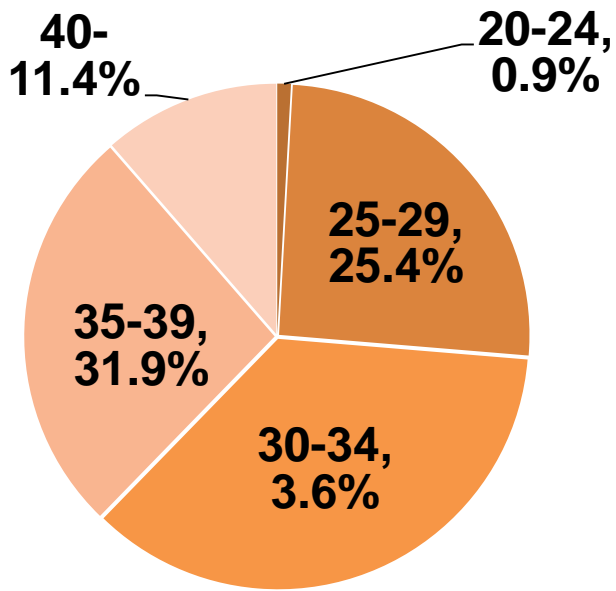
*** Exempted from the municipal tax. Subsidies are given to one-parent households and livelihood protection households**

Usage Result of Post Parturition Support Office

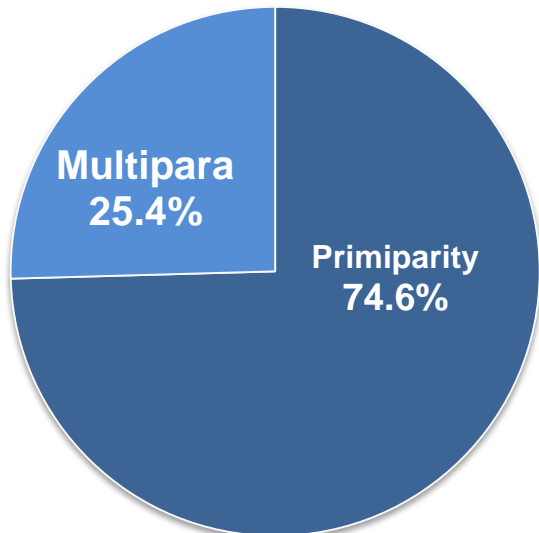
Usage status (April 2017 - March 2018)

- No. of users registering in advance: 63 (actual)
- No. of short stay users: 78 (actual), 181 (total)
(2.3 times in average per person, stayed 3.9 nights)
- No. of day care users: 71 (actual) 207 (total)
(2.9 times in average per person)
- No. of school participants: 77 times, 471 people (total)

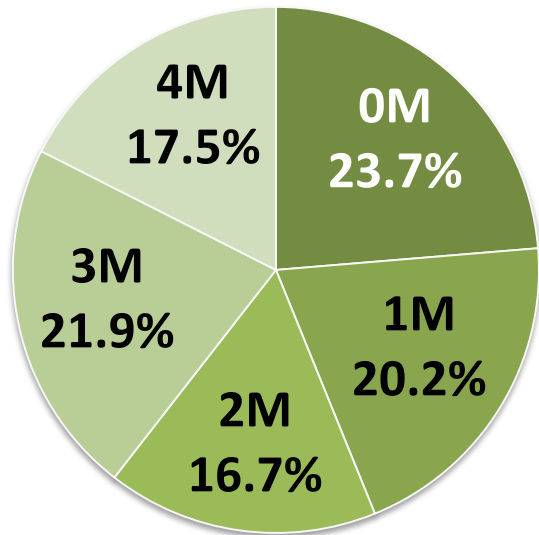
Mother's age



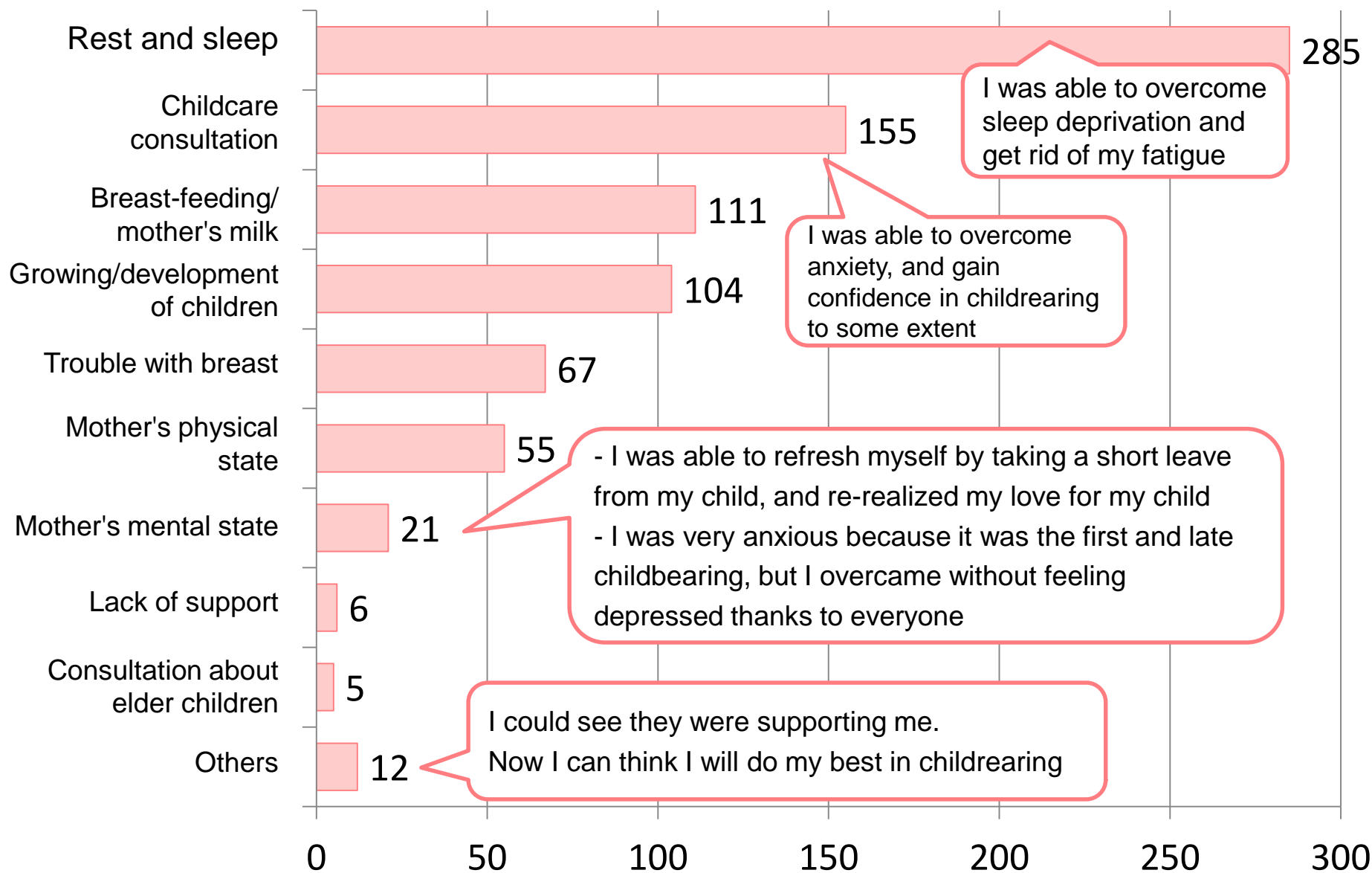
Birth History



Child's age (month)



Reasons for Using the Post Parturition Support Office (from interviews when using the office)



Care Office for Sick Children

When a child becomes sick, and when his/her guardian cannot do childcare in the home, the Care Office for Sick Children provides care on behalf of the guardian

Care project for sick or convalescent children



Sick or convalescent children at home



See a primary care doctor



Childcare and nursing by nursery staff and nurses

Care project for unwell children with a pickup service



Unwell children at nursery, etc.



See a primary care doctor



Childcare and nursing by nursery staff and nurses

Pickup from nursery



Round visit by pediatrician

Reassurance for guardians, safety for children

[Target]

Preschool children over 6 months old
(over 1 year old for a pickup service)

10 people

[Nursing hours]

7:30-19:00

[Staff]

Nurse: 4 (one of them is a sick childcare specialist)

Nursery staff: 5

[Charge]

- Care for sick or convalescent children:
2,000 yen per day
- Care project for unwell children with
a pickup service:
2,000 yen + 25% of taxi fare

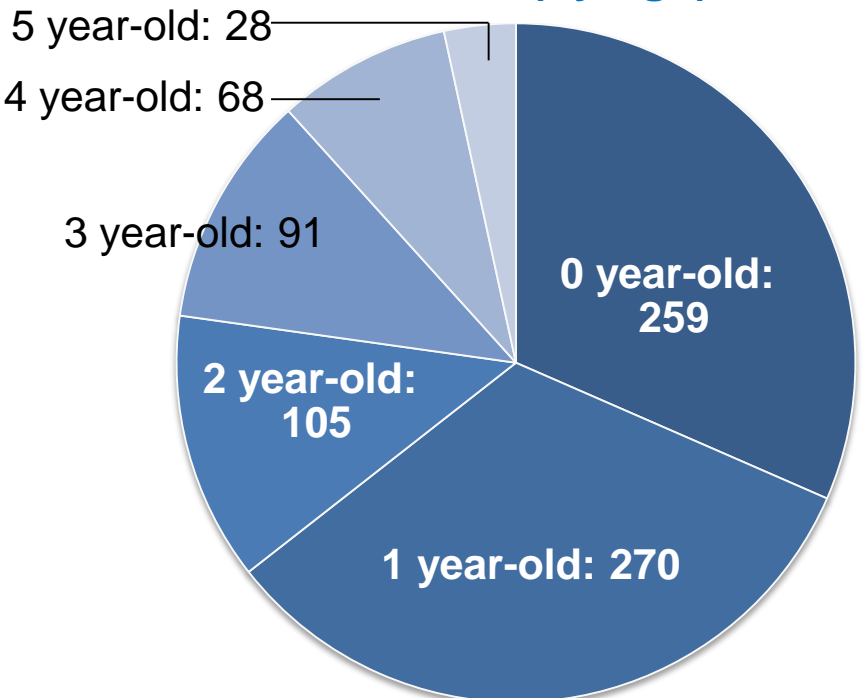


[Usage Result]

(As of the end of March, 2018)

No. of registered people	654	
No. of users	Care project for sick or convalescent children	Actual: 267
		Total: 821
	Care project for sick or convalescent children with a pickup service	Actual: 5
		Total: 7

No. of users of care project for sick or convalescent children (by age)



- More parents with infants and young children are using the Care Office for Sick Children to balance childrearing and work
- Parents use care service for sick or convalescent children more often when their children have a cold or influenza, or develop bronchitis
- Most common occupations among parents using the Care Office for Sick Children are:
 Father: company employee, government employee, teacher, self-employed business
 Mother: company employee, part-time employee, government employee, nurse/midwife, medical service worker, teacher, medical doctor

Support Office for Children with Disabilities

Provides consultation and training services for children with a fear of delay in mental or physical development from the infant, in order to promote seamless support for such children with disabilities and their guardians.

[Project contents]

(1) Consultation and support project for infants and young children with disabilities

Provide consultation service to guardians having infants and young children with a fear of delay in development, and facilitate their development and assist guardians through early and professional support.

(2) Consultation support project for children with developmental disabilities

Provide consultation service to children with developmental disabilities and their guardians so that such children can lead independent daily and social lives in future.

(3) Provider network building project

Facilitate the building of a network with development support providers for children with disabilities, day service (after school, etc.) providers and other providers to offer seamless support from early on according to life stages.

(4) Development support project for children with disabilities

Provide children with impaired intelligence or developmental disabilities and their guardians with training services including trainings to learn basic activities of daily living and adaptability to group living.

(5) Consultation support project for children with disabilities

Solve issues by considering situations of children with disabilities, and execute care management for appropriate service utilization, and provide fine-tuned support in order to improve the use of welfare services for persons with disabilities.

[Target]

Children with a fear of delay in development since infancy, and their guardians

[Operating hours]

8:30-17:00

[Staff's job type]

Nursery staff, children training staff, social welfare worker, occupational therapist, physical therapist, speech therapist, clinical psychotherapist, health nurse, nurse, etc.

[Usage result of the period between April 2017-March 2018 (total)]

No. of people seeking information: 5,379,

No. of users: 10,942



Inside the Support Office for Children with Disabilities



Snoezelen • An environment that stimulates senses (light, music, touch, etc.) to encourage relaxation



Training instruments to facilitate development

II. Promotion of Home Medical Care



Machinaka Clinic (specialized in home medical care)

Supports people who need medical care so that they can keep living in places familiar to them

[Targets]

- People having difficulties in going to a hospital due to diseases and injuries
- People who cannot receive home-visit medical care from other hospitals and clinics due to a geographical factor, disease state, etc.

[Staff]

Doctor: 3, Nurse: 3,
Social welfare worker: 1

[Characteristics]

- Provides home medical care
- Home-visit available 24 hours a day, 365 days a year



1. Six initiatives to promote home medical care

(1) Support transfer from hospital to home

Provide home-visit medical care to areas with poor medical resources
Provide home-visit medical care to terminal stage patients
Provide home-visit medical care to patients on a short leave from the hospital

(2) Support home medical care by local clinics

Make a house call on behalf of a family doctor when the doctor is away because of an academic meeting and conference

(3) Carry out home-visit medical care as an alternative for the necessary period

When a family doctor is sick
When frequent visit is necessary, etc.

(4) Introduce to local clinic, etc.

Introduce to a local doctor when physical/psychological/social states become stable

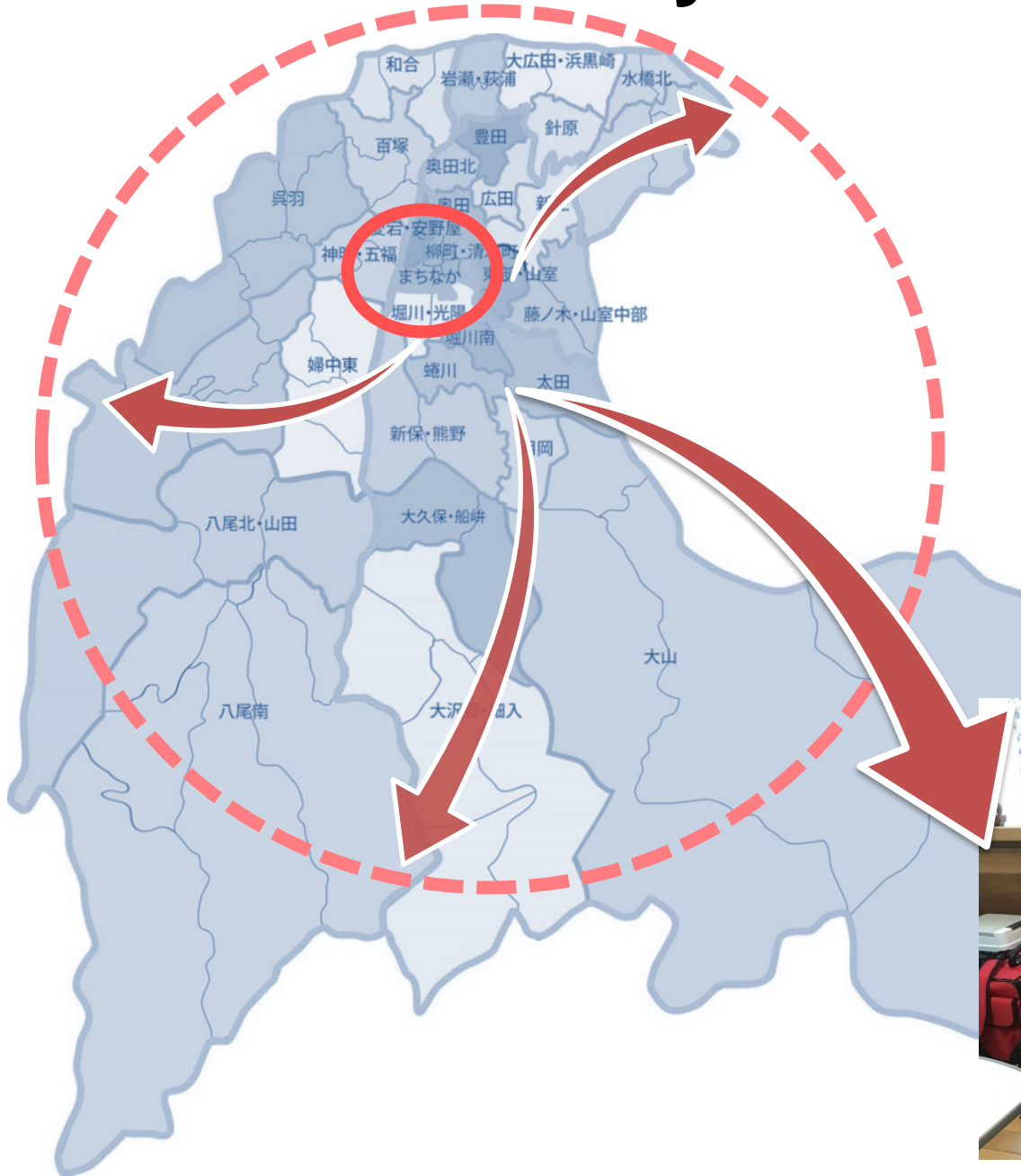
(5) Opportunities of trainings and practice

Accept study tours and training of students and workers
Hold study sessions on home medical care

(6) Educate on Home Medical Care

Deliver lectures in local areas
Cooperate with home-visit nursing stations and pharmacies

To the Entire Toyama City



**Compact mobility cars:
easily travel on even narrow alleys**



**Also visit areas with poor medical
resources**



2. Promotion of Home Medical Care



To provide better care and improve quality of life of patients
Death conference

Review in-home medical long-term care for patients who passed away after leaving the hospital

Report to the hospital on the status of home medical care

Accept students and trainee doctors
Provide nurses of governmental hospitals with the experience of home medical care (since 2018)



Regularly provide trainee doctors with education on total medical examination and treatment/home medical care



3. Home Medical Care Training/ Enlightenment of the General Public



At Grand Plaza



Home medical care seminar

Results (April 2017-March 2018)

Clinical experience of home medical care (second-part training): 2 people

Local medical care (initial clinical training): 22 people

Home medical care experience for students: 6 people

Home medical care technical support for care workers: 67 people

Training at home-visit nursing sites/universities/hospitals: 11 times

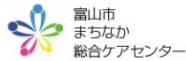
Deliver lectures in local areas: 14 times



Collaborative multi-occupational education for medical/nursing students and specialists

Provide Information on Resources of Home Medical and Nursing Care

Create an information site on medical and home care resources in Toyama City



まちなか総合ケアセンターとは

NEWS

イベント

施設案内

利用案内



まちなか総合ケアセンターとは

富山市まちなか総合ケアセンターでは、子育て支援や、在宅医療、地域コミュニティ（ソーシャルキャピタル）の醸成などを推進するための事業を展開し、乳幼児から高齢者、障害者を含む、全ての地域住民が安心して健やかに生活できる健康まちづくりを推進します。

さらに、総曲輪レガートスクエア内の民間施設と共同事業を展開し、行政や大学、企業、NPO法人、地域住民などが一体的、持続的に健康まちづくりに取り組む仕組みを創出することを目指すこととしています。

アクセス



Googleマップで見る

JR富山駅より

- 徒歩・・・城は大通りを南へ約15分
- バス・・・約5分「総曲輪」下車 徒歩4分
- 市内電車（セントラム）
 - ・・・約7分「大手モール」下車 徒歩2分
- コミュニティバス（まいどはや）
 - ・・・（清水町ルート）市民プラザ前下車 徒歩2分
 - ・・・（中央ルート）平吹町下車 徒歩3分

駐車場

正面玄関前に送迎用駐車場5台分設置しております。隣接の立体駐車場をご利用ください。（有料）



クオリティオブライフの推進拠点 総曲輪
レガート スクエア

富山市くらしを支える
医療と介護の情報

富山市内の医療機関や薬局、訪問看護、介護福祉施設などを検索するサイトを構築しました。

[Main information contents]

- Office information of home nursing care, home-visit nursing, care managers, pharmacies, etc.
- Human resources and facilities environment
- Availability on holidays and outside operating hours
- Status of responses to people needing medical care

etc.

(URL: <http://machinaka-care.city.toyama.lg.jp/mnr/>)

III. Local Community Building



Local Community Building

1. Human Resource Development (train Healthy Town Building Meisters)

Develop local professionals who work on building a healthy town where every person from babies to the elderly can live safely. Targets people are local residents, companies, and specialists in the fields of medical care, health, welfare, etc.

[Meister Training Course]



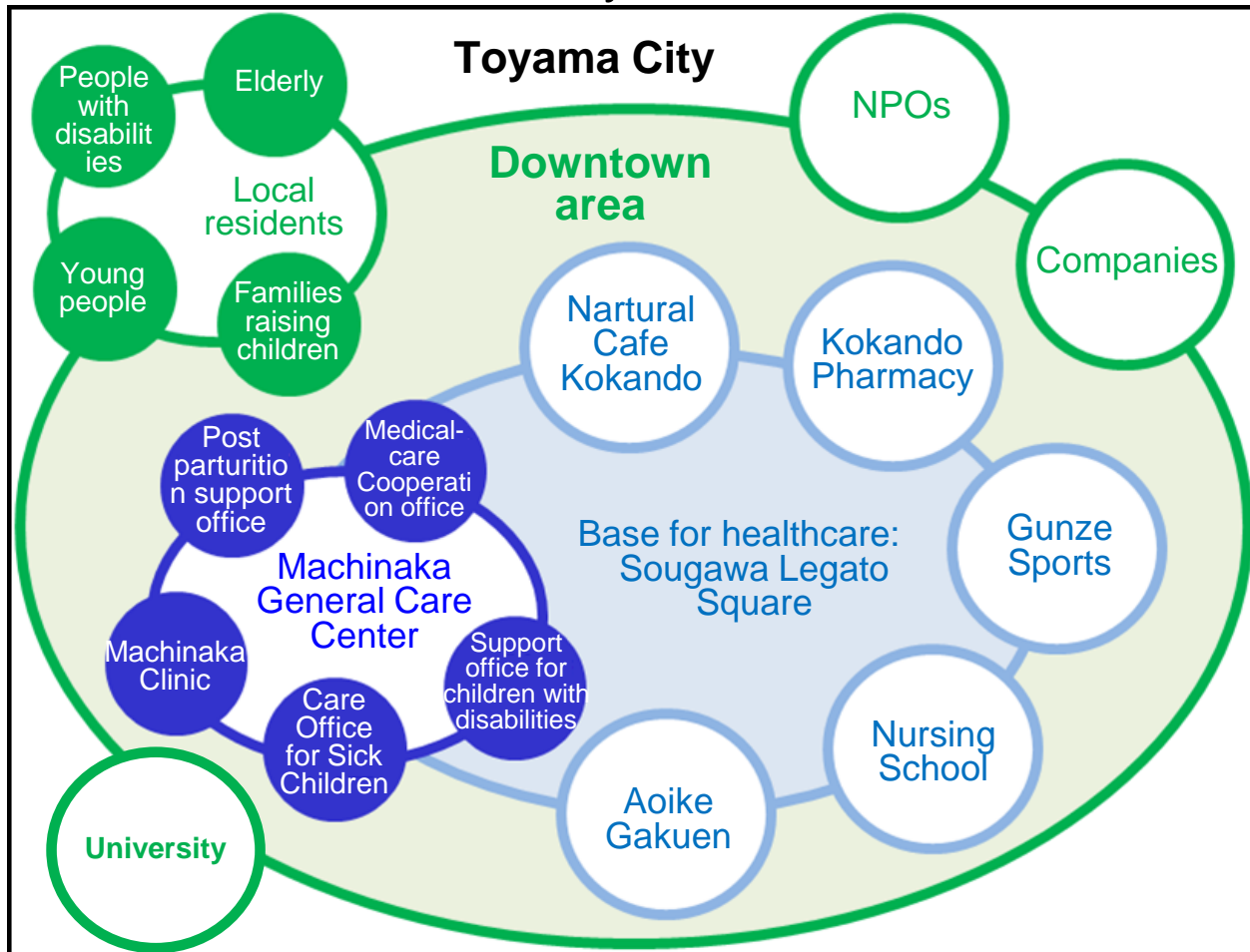
[Course graduate opening house as a Salon]



Local Community Building

2. Device

- Local residents and volunteers, NPOs, companies, universities, and the government work together to create a place where various generations can connect each other multi-functionally.



Multi-generation Leads to Multi-function (Example)

Senior circle



Region/Children



Improve creative enthusiasm and motivation for activities among senior people
Lead useful and fulfilling lives
Preventive nursing care
Mutual understanding between different generations

Private



Region



New opportunities for exchange
Make friends
Health promotion

Region/People with disabilities



Region/Children



Communication not available in daily life
Strengthen learning mind
Job satisfaction
Exchange with people with various background

Local Community Building

3. Activity Support

An NPO, "Machispo Toyama" operates and manages a communication space for private and public groups, while fostering and supporting its own voluntary groups that work at the space.

[Private: Gathering]



[Public: Machinaka Salon]





"Toyama City"
where all residents can live safely