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

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

Basic Principles

- Establish a center of vibrancy visited by a lot of people
- Develop a base to support comfortable and healthy lives of various generations
- 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

- Integrate diverse business functions to support a high quality of life
- Enhance excitement only the city center can provide where people gather
Sougawa Legato Square - Regional Health Center
Jointly completed on March 26, 2017

Public facilities in red
Private facilities in blue

- Existing gymnastic hall
- Multistory parking lot, Lawson
- Pharma Mirai Kokando
- Pharmacy
- Natural Cafe Kokando
- Gunze Sports
- Aoike Gakuen
- Toyama City Machinaka General Care Center
- Toyama Nursing School
- Patio

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

### Natural Cafe Kokando

| Overview | Cafe run by Kokando |

### D-parking Legato Square

| Overview | Multistory parking lot for 320 cars |

### Toyama Nursing School

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

[Total floor area] 2446.61 m²
[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

<table>
<thead>
<tr>
<th>Type</th>
<th>Time</th>
<th>Amount borne by users</th>
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<tbody>
<tr>
<td>Day care</td>
<td>9:30 - 19:00</td>
<td>JPY 4,900</td>
</tr>
<tr>
<td></td>
<td>9:30 - 13:00</td>
<td>JPY 1,800</td>
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<tr>
<td></td>
<td>13:00 - 19:00</td>
<td>JPY 3,100</td>
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<tr>
<td>Short stay</td>
<td>9:30 - 9:30 next day</td>
<td>1 day (24 hours)</td>
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<tr>
<td></td>
<td></td>
<td>JPY 7,200</td>
</tr>
<tr>
<td>School</td>
<td>10:00 - 12:00</td>
<td>JPY 800</td>
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<td></td>
<td>13:30 - 15:30</td>
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* 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)
Reasons for Using the Post Parturition Support Office (from interviews when using the office)

- I could see they were supporting me. Now I can think I will do my best in childrearing.
- I was able to overcome sleep deprivation and get rid of my fatigue.
- I was able to overcome anxiety, and gain confidence in childrearing to some extent.
- I was able to refresh myself by taking a short leave from my child, and re-realized my love for my child.
- I was very anxious because it was the first and late childbearing, but I overcame without feeling depressed thanks to everyone.
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.
- Pickup from nursery
- See a primary care doctor
- Round visit by pediatrician
- Childcare and nursing by nursery staff and nurses
[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
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

<table>
<thead>
<tr>
<th>(1) Support transfer from hospital to home</th>
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<tbody>
<tr>
<td>Provide home-visit medical care to areas with poor medical resources</td>
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<tr>
<td>Provide home-visit medical care to terminal stage patients</td>
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<tr>
<td>Provide home-visit medical care to patients on a short leave from the hospital</td>
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<tr>
<th>(2) Support home medical care by local clinics</th>
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<tbody>
<tr>
<td>Make a house call on behalf of a family doctor when the doctor is away because of an academic meeting and conference</td>
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<tr>
<th>(3) Carry out home-visit medical care as an alternative for the necessary period</th>
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<tr>
<td>When a family doctor is sick</td>
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<tr>
<td>When frequent visit is necessary, etc.</td>
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<tr>
<th>(4) Introduce to local clinic, etc.</th>
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<tbody>
<tr>
<td>Introduce to a local doctor when physical/psychological/social states become stable</td>
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<tr>
<th>(5) Opportunities of trainings and practice</th>
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<tr>
<td>Accept study tours and training of students and workers</td>
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<tr>
<td>Hold study sessions on home medical care</td>
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<tr>
<th>(6) Educate on Home Medical Care</th>
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<tr>
<td>Deliver lectures in local areas</td>
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<tr>
<td>Cooperate with home-visit nursing stations and pharmacies</td>
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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

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

Report to the hospital on the status of home medical care

Regularly provide trainee doctors with education on total medical examination and treatment/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
3. Home Medical Care Training/Enlightenment of the General Public

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

Results (April 2017-March 20118)
Provide Information on Resources of Home Medical and Nursing Care

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

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

[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.
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

Private
Region

Region/People with disabilities
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

New opportunities for exchange

Make friends
Health promotion

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