

A Warm Town of Welfare We Develop Together



Welfare and Public Health Department

Longevity and Welfare Section

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Basic Policy of the Development of Toyama City

Revitalize public transportation including railways and make urban functions, such as residence, commerce, business and culture, concentrate along the lines to realize the compact city development around public transportation that concentrates on its base

<Conceptual diagram>

”Urban Structure of Dumplings and Skewers”
sought by Toyama City

Skewers: public transportation with service at or above a certain level

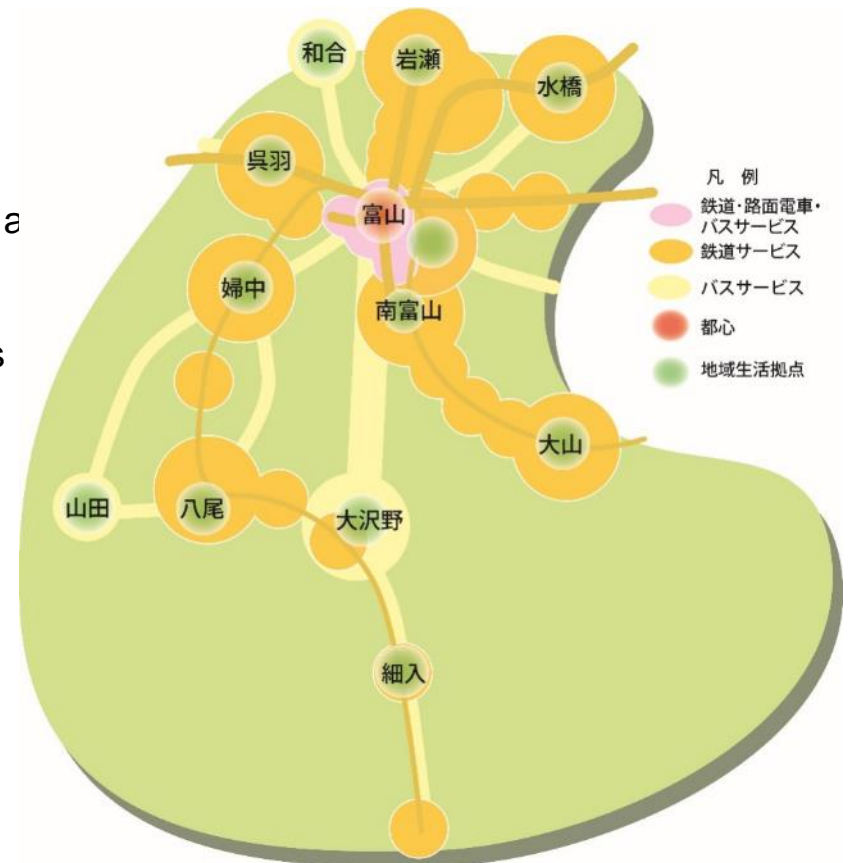
Dumplings: Walking spheres connected by the skewers

<3 pillars to realize the concept>

(1) Revitalization of public transportation

(2) Promotion of residence to districts along public transportation lines

(3) Revitalization of the city center



City Development Responding to the Super-Aging Society (Distribution of Elderly Population in 2017)

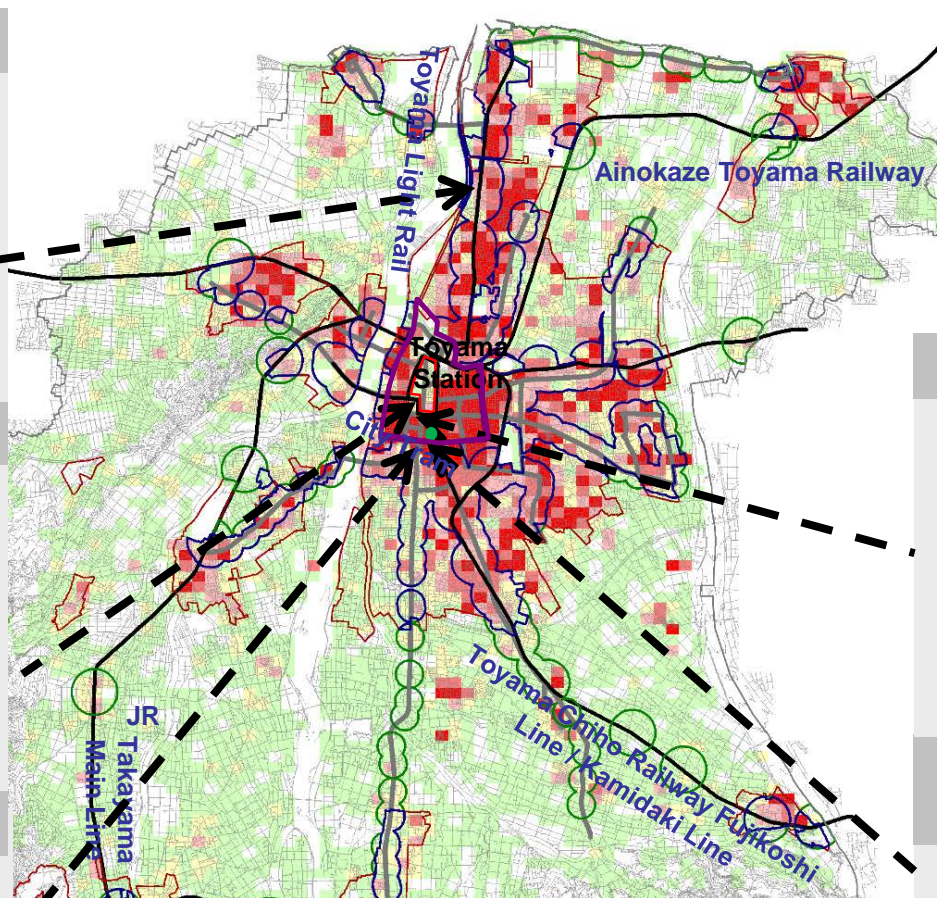
Toyama Light Rail



Loop Line of City Tram



Aville



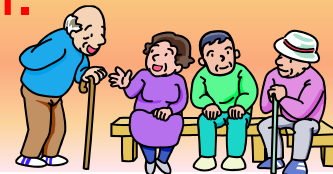
Grand Plaza



Kadokawa Care Prevention Center



“The city center has a large elderly population.”



Has Toyama Light Rail changed “your behavior”?”

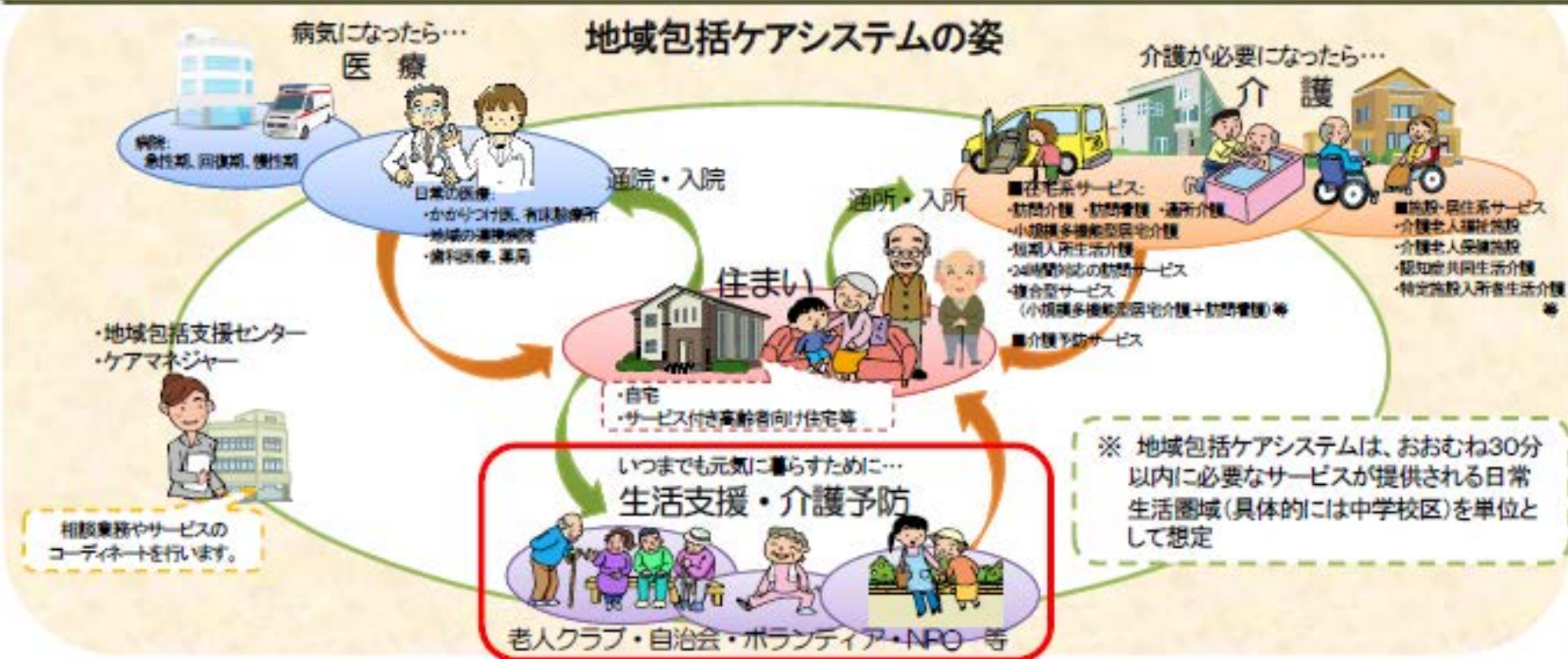
[By age]	合計	年齢別			
		50歳未満	50～59歳	60～69歳	70歳以上
		本項目回答者に占める構成比:%			
何らかの変化あり	54.3	64.1	46.3	52.6	56.8
(うち各種活動に積極的に参加するようになった)	(23.4)	(12.8)	(11.9)	(27.6)	(26.7)
特に変化なし	40.8	28.2	47.8	44.7	37.5
その他(上記以外)	4.9	7.7	6.0	2.6	5.7
		回収数に占める構成比:%			
a. 買い物回数が増えた	10.4	7.7	4.4	9.7	13.4
b. 習い事やクラブへの参加が増えた	4.2	0.0	1.5	1.3	8.0
c. 地元の祭や行事への参加が増えた	5.7	2.6	1.5	9.1	5.9
d. ボランティア、NPO・市民活動への参加が増えた	1.1	0.0	0.0	0.6	2.1
e. 観劇・スポーツなど娯楽に行く回数が増えた	15.3	10.3	8.8	20.1	15.0
f. 気分転換に外出する機会が増えた	18.5	20.5	11.8	14.9	23.5
g. 電車の中で本や雑誌を読む機会が増えた	3.0	5.1	10.3	1.3	1.1
h. 自家用車に乗る回数が減った	25.3	33.3	26.5	26.6	24.6
i. 自家用車に乗せてもらう回数が減った	9.3	10.3	10.3	7.8	9.1
j. 特に変化なし	39.3	28.2	47.1	44.2	35.3
k. その他	8.5	15.4	13.2	4.5	8.6

”I participate in various activities more actively.” is a total of respondents who selected any of b-e

(Source: A lecture material titled “Development of Transportation in Local Cities (Jan. 13, 2016)” prepared by Kiyohito Utsunomiya from Kansai University)

Establishment of Regional Comprehensive Care System

- 団塊の世代が75歳以上となる2025年を目途に、重度な要介護状態となっても住み慣れた地域で自分らしい暮らしを人生の最後まで続けることができるよう、**医療・介護・予防・住まい・生活支援が一体的に提供される地域包括ケアシステムの構築を実現。**
- 今後、認知症高齢者の増加が見込まれることから、認知症高齢者の地域での生活を支えるためにも、地域包括ケアシステムの構築が重要。
- 人口が横ばいで75歳以上人口が急増する大都市部、75歳以上人口の増加は緩やかだが人口は減少する町村部等、**高齢化の進展状況には大きな地域差。**
- 地域包括ケアシステムは、**保険者である市町村や都道府県が、地域の自主性や主体性に基づき、地域の特性に応じて作り上げていくことが必要。**



Toyama City's Comprehensive Welfare Plan for the Elderly

Basic idea “A Warm Town of Welfare We Develop Together”

(1) Enhancement of health and care prevention

(2) Improvement of motivation in life and social engagement

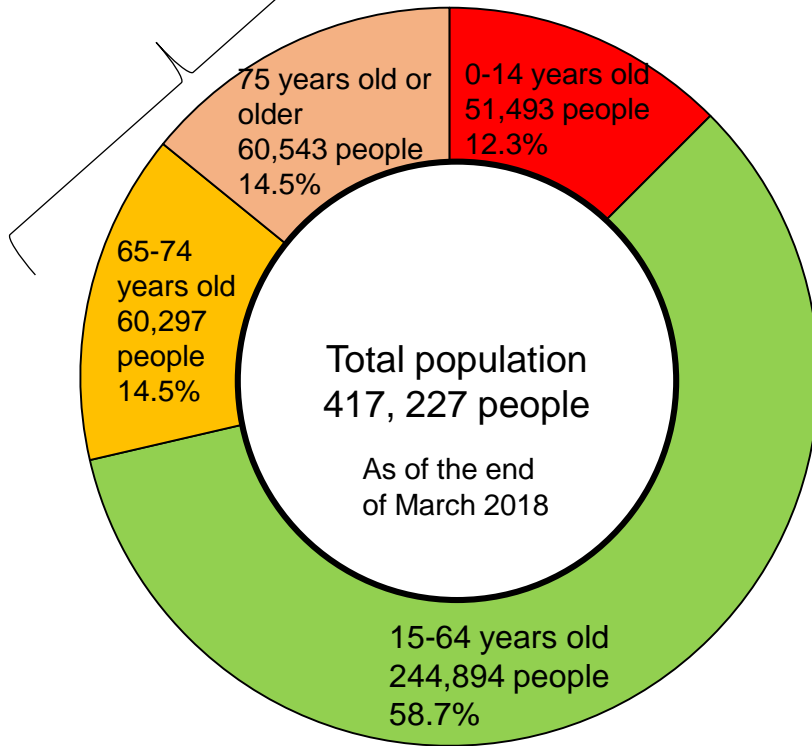
(3) Development of system to support independent daily living in the region

(4) Development of compact and attractive city with pleasant and comfortable atmosphere

(5) Enhancement of insurer functions in care insurance services

Toyama City's Population / Population Aging Rate / Rate of Certification of Long-Term Care Need

Elderly population
120,840 people

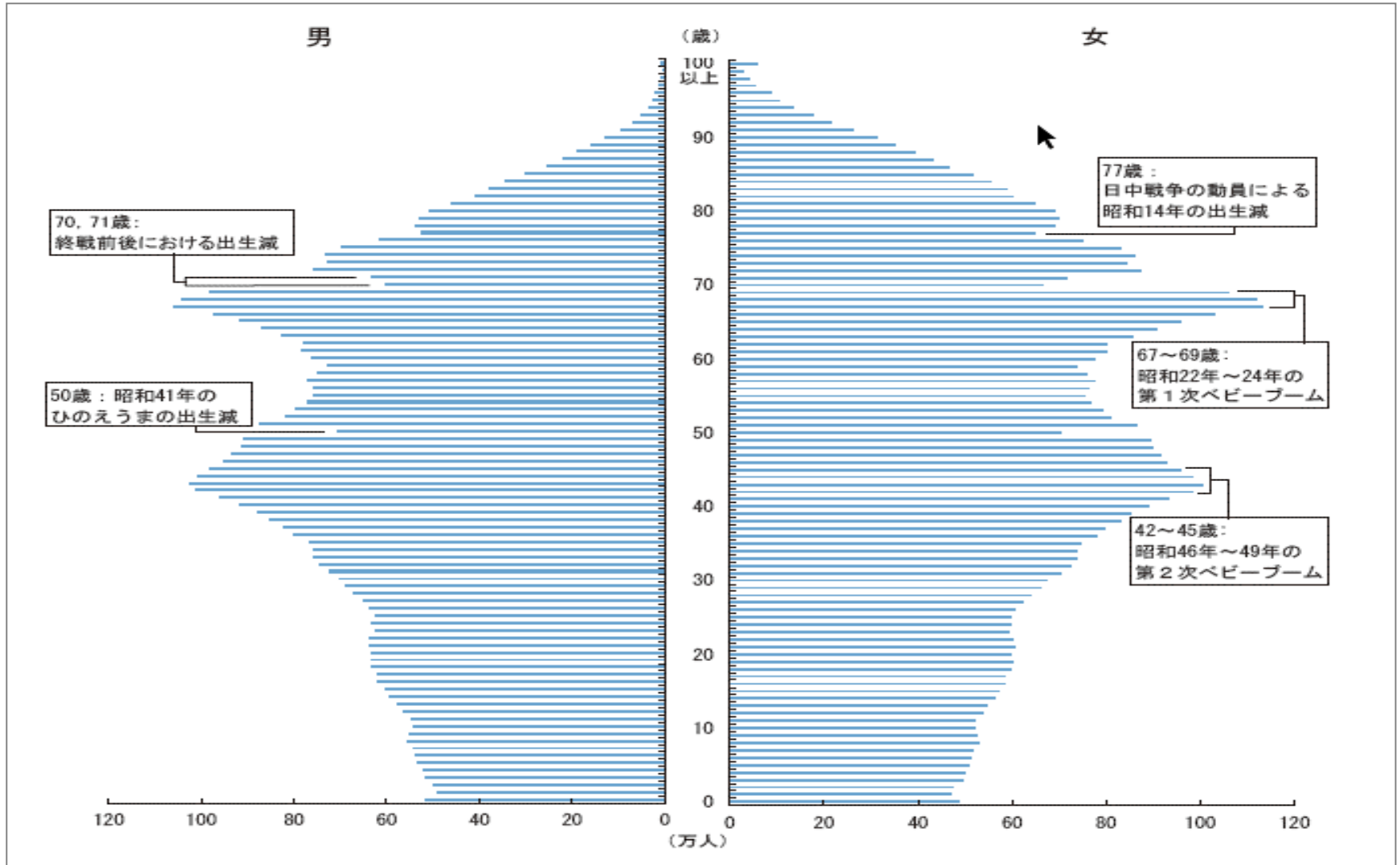


		As of Mar. 31, 2018	Rate
Total population	A	417,227 people	
Total number of households	B	203,127 households	
Number of elderly people	C	120,840 people	29.0% (C/A)
65-74 years old	D	60,297 people	14.5% (D/A)
75 years or older	E	60,543 people	14.5% (E/A)
Number of people with certification of long-term care need (*) (primary insured people)	F	22,689 people	18.8% (F/C)
Number of elderly people with dementia (*)	G	11,456 people	9.5% (G/C)
			50.5% (G/F)

*Estimated figure as of Mar. 31, 2018

Estimated Future Population in Japan

- Population pyramid in Japan (as of October 1, 2016)



Source: From "Statistics Japan 2018" on the website of the Bureau of Statistics of the Ministry of Internal Affairs and Communications

Estimated Future Population in Toyama City (1) (Population / Population Aging Rate)

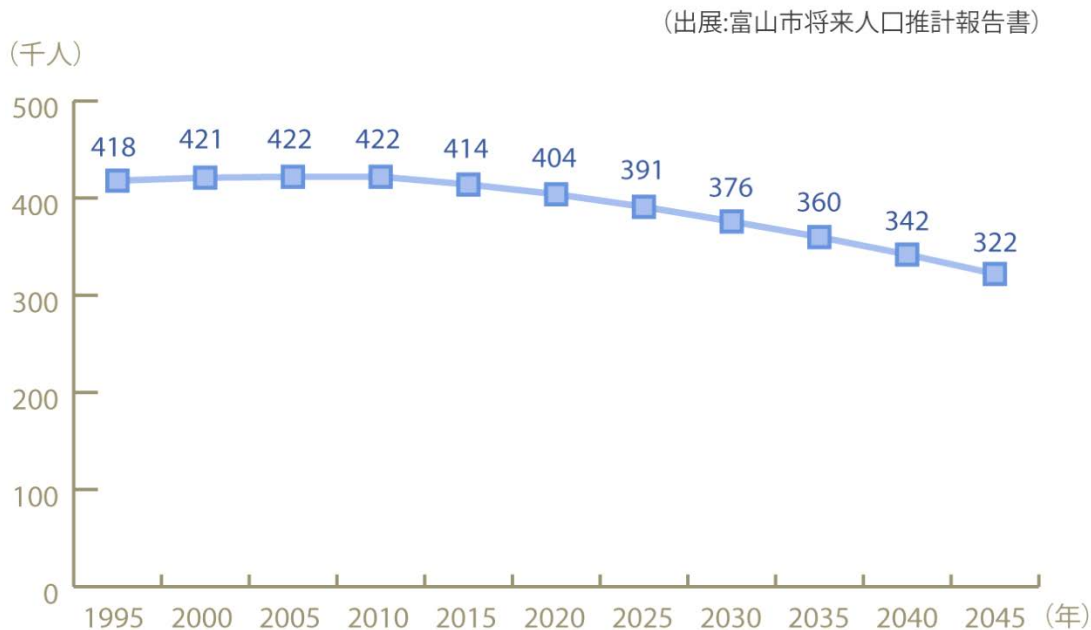
Population decrease and super-aging society

- Total population took a downward turn after reaching a peak in 2010, and will decrease by about 23% in 2045 compared to 2010

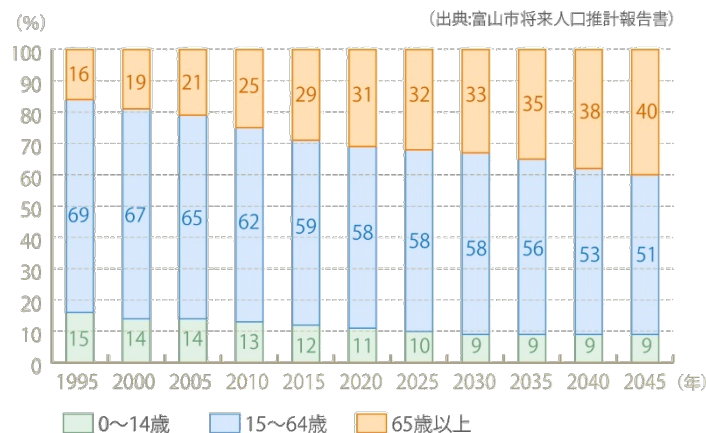
- It is expected that aging population will increase and about 30 percent of the total population will be elderly people in 2030

→ **Economic contraction** due to the decrease in productive population and **increase in social security costs** associate with the progress in aging

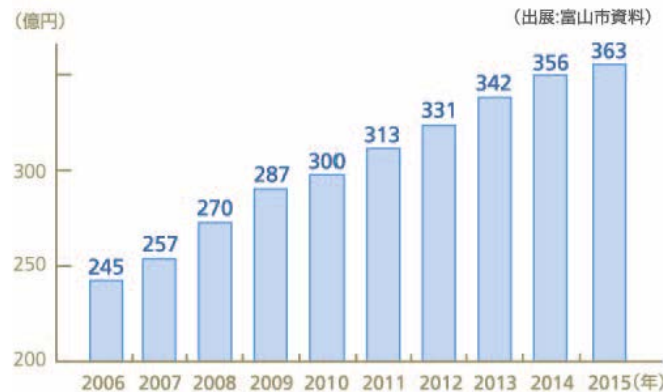
総人口の予測



年齢3区分別人口の予測



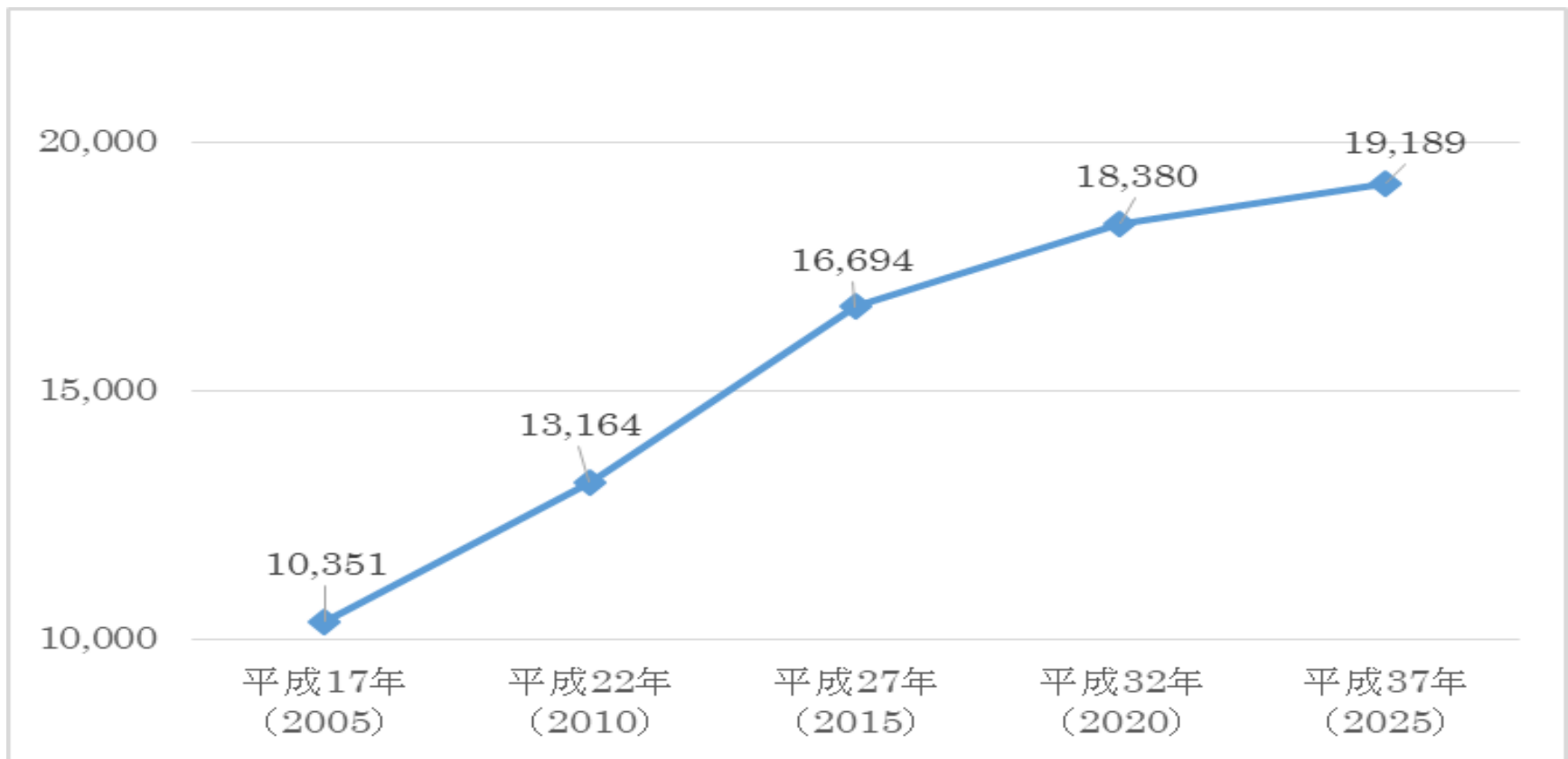
富山市の介護給付費の推移



Estimated Future Population in Toyama City (2) (Elderly People Living Alone)

It is expected that the number of elderly people living alone (65 years old or older) will increase significantly to 19,000 in 2025 because of changes in family structure, such as trend toward the nuclear family

•Estimated number of elderly people living alone



[Method of estimation]

From 2005 through 2015, the numbers are actual figures according to the national census. From 2020 onwards, the numbers are estimated based on the “Chart II-9-1 Number of Elderly Households by accumulated total of families by prefectures” in the “Estimated Future Number of Households in Japan (Estimated Number by Prefectures) as of April 2014”

Issues Surrounding Welfare of the Elderly

(1) Increase in the elderly population and declining birthrates (decrease in productive population)

(2) Increase in the number of elderly people living alone and households with only married-couple (or only elderly couple)

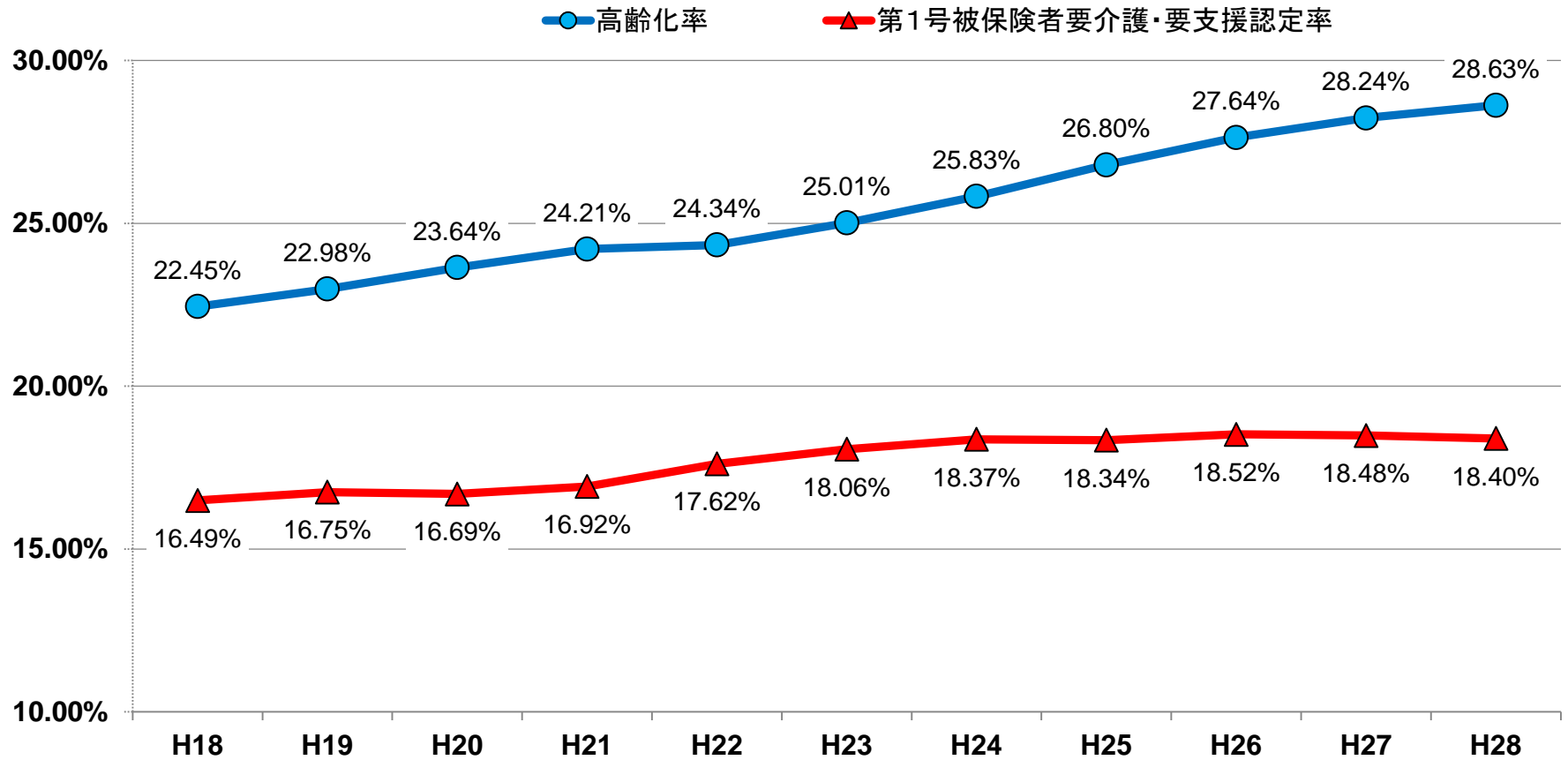
(3) Increase in the number of elderly people with dementia and abuse cases → individual dignity

(4) Development of society in which they can live at home (in the community)
(Collaboration with medical care, enhanced housing, regional network, living environment)

(5) Improvement in healthy life expectancy
(Employment, hobbies, culture, social engagement, care prevention, etc.)

Increasing Need for Care Prevention

Transition of population aging rate and rate of certification of long-term care/support need

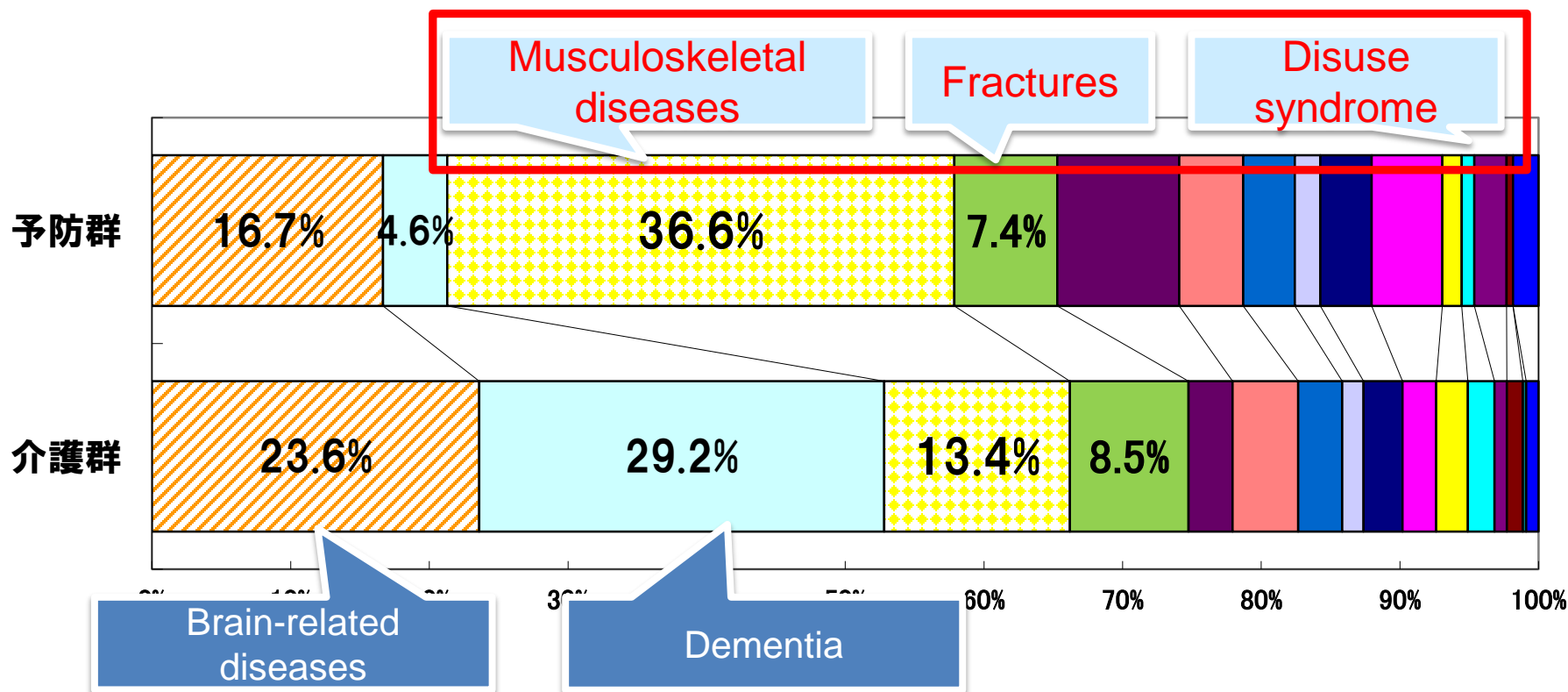


*As of the end of March in each fiscal year

Classification of Disorders Which Became Subject to Long-Term Care / Support (Toyama City)

Proportion of disorders by prevention group (long-term care need 1, 2) and care group (long-term care need 1-5)
 - According to the FY2017 survey by Toyama City

About 40% of the main disorders which became subject to long-term care need 1, 2 were locomotive syndrome-related disorders

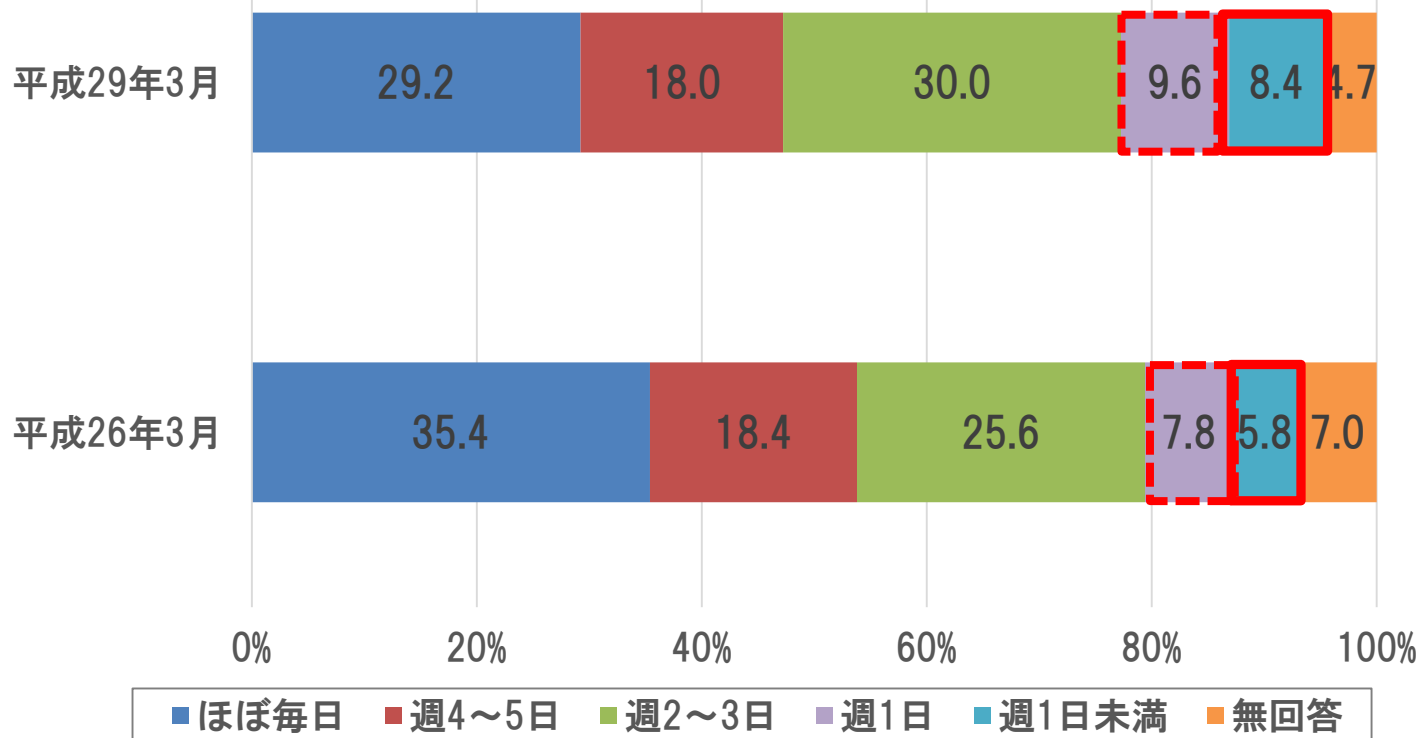


1,000 people were randomly selected from those with certification of long-term care need as of the end of July 2017 and 1 main injury/disease was counted and classified from the “names of specified diseases or any injuries and diseases which are the direct cause of decrease in life function” recorded in the statement of doctor in charge.

Elderly People's Frequency of Going Out

- Fact-finding survey on health and welfare for elderly people (Toyama City) March 2017
- (3,600 elderly people aged 65 or over were randomly selected – 2,443 people among them answered)

About 10% of elderly people go out less than once (1 day) a week



[Estimated number of “stop-at-home” people in Toyama City]

→ (1) **Less than once a week**: 115,694 people x 8.4% ≒ **9,700 people**

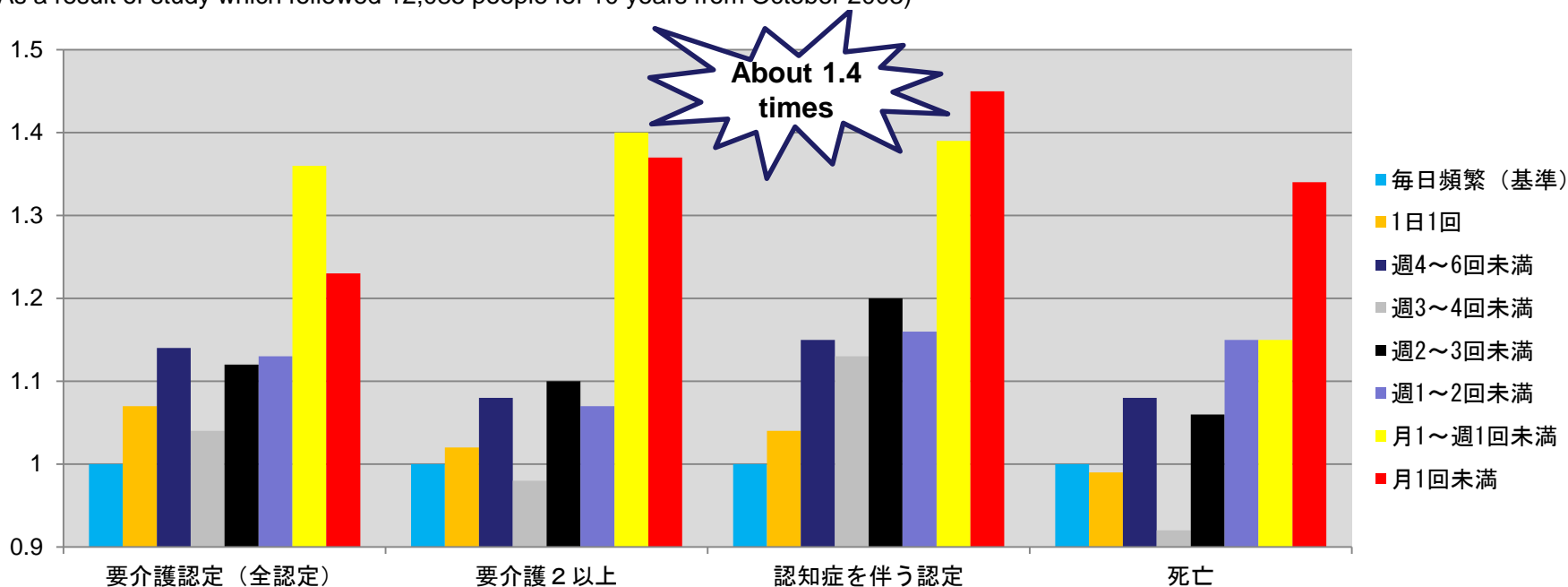
(2) **Once a week or less**: 115,694 people x 18.0% ≒ 20,000 people

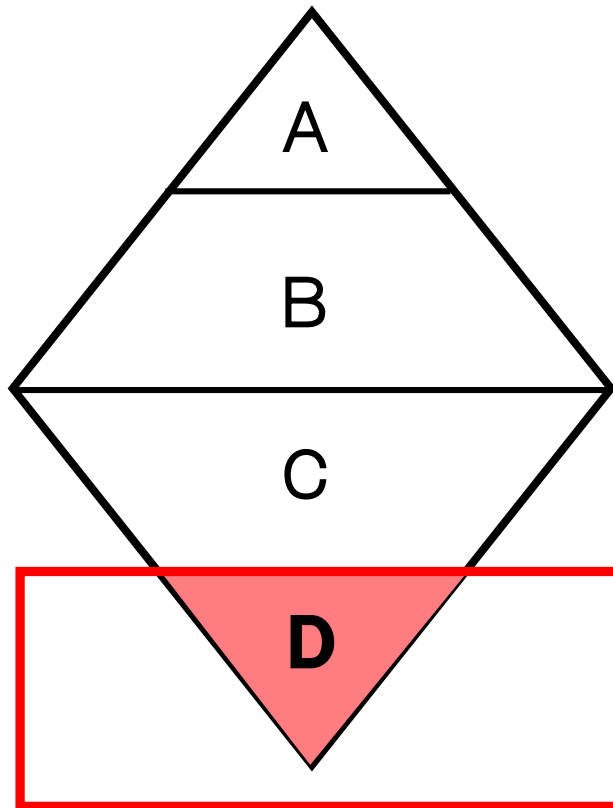
*115,694 people (as of the end of Mar. 2017) = 119,549 people aged 65 or over (resident registry) – 3,855 people living in facilities (condition report of care insurance service)

Creation and development of community (social relationship is importance care prevention)

Those elderly people who interact with others less than once a week have about 1.4 times higher risk of long-term care need or dementia, compared to those who frequently interact with others every day.

According to a study conducted by an associate professor of Nihon Fukushi University, Faculty of Social Welfare, Masashige Saito, et al. (As a result of study which followed 12,085 people for 10 years from October 2003)





A Active group

Actively collect information by themselves and participate in classes, etc.

B Information provision group

Participate if they have information such as newsletter and leaflet

C Waiting-for-invitation group

Participate if someone asks them out to do so

D Refusal-to-go-out group

Don't want to go out for anyone

The group to focus on is “Group D”

(Supervisor) Professor Takahito Takeuchi, International University of Health and Welfare Graduate School

Project for Finding "Stop-At-Home" and Inviting Them Out

Purpose

Disorders causing long-term care / support need: many of them are preventable "locomotive syndrome" cases → First, focus on prevention of "stop-at-home" behind them

- Steps to find stop-at-home people and invite them out



Contents of the project

- (1) Select 2 model districts (school districts)
- (2) At "Information Exchange Meeting for Prevention of Stop-At-Home", in which the head of neighborhood association in the region, leader of care prevention promotion, etc. participate, "discuss" specific measures to prevent stop-at-home and "implement" those measures mainly in senior citizen's club in the region → "organize" the results (to extend them to other districts)
- (3) As advisors, send experts on "prevention of stop-at-home" to the place of implementation at the model districts

- Implementation period 3 years from FY2018 to FY2020



Encouraging Elderly People to Go Out (Project for Supporting Going Out with Grandchildren)

《**Going Out with Grandchildren Project**》 Offer free entry to grandparents with their grandchild (great-grandchild) (implemented in collaboration with Tonami City, Oyabe City, Nanto City, Imizu City, Takaoka City, Himi City, Namerikawa City, Funahashi Village, Kamiichi Town and Tateyama Town) to promote opportunities for the elderly to go out and help them bond as a family through intergenerational exchange



Period

July 2012-

Eligible facilities

• Eligible facilities in Toyama City

15 facilities including Family Park, Science Museum, Folk Museum and Glass Art Museum

• Eligible facilities in collaborative cities

6 facilities in Tonami City, 2 facilities in Oyabe City, 14 facilities in Nanto City, 2 facilities in Imizu City, 10 facilities in Takaoka City, 2 facilities in Himi City, 2 facilities in Namerikawa City

Eligible people

Grandparents and their grandchild/great-grandchild entering the facility together (Only for grandparents living in Toyama City, Tonami City, Oyabe City, Nanto City, Imizu City, Takaoka City, Himi City, Namerikawa City, Funahashi Village, Kamiichi Town and Tateyama Town)

Record (Number of visitors in 12 facilities including Family Park and Science Museum)

2011: 616,529 people (before project commencement)

2017: 662,144 people (35,169 among them are grandparents and grandchildren)

Number of visitors increased by approx. 7.4%

Creation and Development of Community (Friendly Circle for Care Prevention)

Invite those elderly people who have weak legs and backs and are stop-at-home to go out for care prevention



Friendly Circle for Care Prevention is...

Comprised of 5 or more people including elderly people who have weak legs and back and are likely to become stop-at-home. The members get together at least once a week.

Number of circles (As of the end of Mar. 2018)	824 circles
Number of elderly participants	13,182 people
Number of elderly people requiring assistance	2,685 people

Creation and Development of Community (Easy and Active Exercises)

”Carried out in each senior citizen’s club “in an easy and enjoyable way”

- Stretch, rhythmical exercise, massage, brain training
- Those exercises are carried out twice a month, for approx. 90 min. at a time, for 6 months or 2 years in total
- Those exercises are carried out by senior citizen’s clubs, instructors and regional centers for comprehensive support



Fiscal year	Number of groups	Participants
FY2015	28 groups	603 people
FY2016	28 groups	670 people
FY2017	25 groups	497 people

Creation and Development of Community (Citizen's Hall)

Core cities have the largest number of citizen's public halls which are the bases of regional communities and their residents have set up many autonomous citizen's halls.

<<Number of citizen's public halls>>

Rank	Name of autonomy	Number of halls <small>(including branch halls)</small>
1	Toyama City	84
2	Fukuyama City	79
3	Toyohashi City	71

<<Number of autonomous citizen's halls>>

Rank	Name of autonomy	Number of halls <small>(including assembly halls)</small>
1	Toyama City	947
2	Takamatsu City	753
3	Fukuyama City	714

(Reference: "FY2015 City Directory" by the Association for Mayors of Core Cities)



Creation and Development of Community (City Block Community Garden Project)

Develop new community gardens in city block parks (former children's park) in the city center, etc. to **help the elderly have opportunities to go out and make their lives worth living**, as well as **revitalize regional communities** by sharing the delight among the residents.



<Implementation sites>

(7 sites)

Shibazonocho Nichoume Park
Minamishinmachi Park
Nakanoshinmachi Park
Shiroganecho Park, etc.

Harvest festival

<Commencement of service>

April 2013

<Area>

Approx. 20m² per site



Plowing the park



Roasted sweet potato event

Creation and Development of Community (Kadokawa Community Garden Project)

Set up a citizen's farm (approx. 10m²) in Toyama City Kadokawa Care Prevention Center, the care prevention base of the city, where a regional senior citizen's club plays a leading role in cultivating sweet potatoes, etc. and the club members cooperate with neighboring nursery children in harvesting. **Making their lives worth living + intergenerational exchange → care prevention**



[May 22, 2017 Planting]

30 bunches of Naruto-kintoki
sweet potato seedlings

"Horai Longevity Club" (Hoshiicho
District)

*Water them, eradicate weeds, etc.
everyday from planting to harvesting

[October 16, 2017]

Harvested about 130 sweet
potatoes

"Horai Longevity Club" (Hoshiicho
District) + St. Mary Nursery (about 22
children in their senior year)

*The club invites the nursery children

Promotion of Care Prevention (Power Rehabilitation)

Outline

To **prevent age-related motor deterioration and improve exercise function** by providing services focusing on power rehabilitation [**Target users**] every elderly person

Contents of implementation

<Implementation sites> **6 classes in 6 sites (about 30 day care offices also implement the service as a commissioned project)** Yatsuo Health and Welfare General Center, Nishi Health and Welfare Center, Welfare Plaza for the Disabled, Jikoen, Yamada Citizen's Hall, Hosoiri General Welfare Center

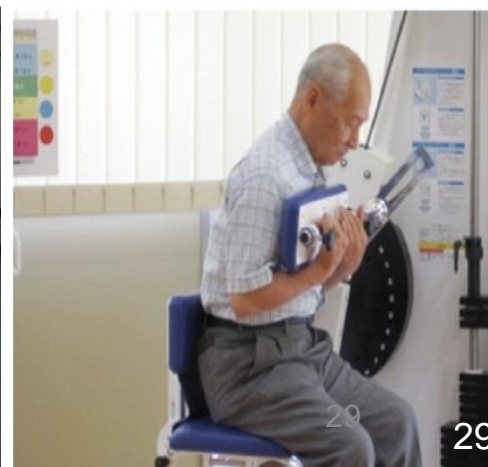
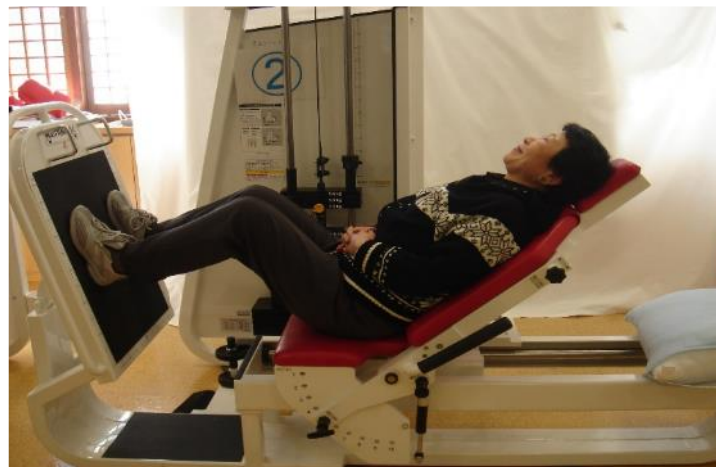
<Content>

Health checkup, provision of programs (warm-up exercises, weight training, cooling down exercises, etc.), evaluation

<Implementation period/number of times>

Implemented **in a class** of about 12 people, **about 3 months, twice a week, 24 times in total**

<Charge to be paid by participant>
1,898 yen/month x 3 months



Promotion of Care Prevention (Power Rehabilitation)

Stimulate those muscles which are not used in daily life by doing just a light exercise.

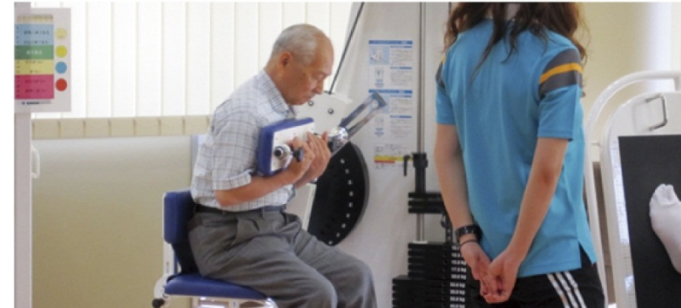
(Directly-operated: 6 sites / commissioned: about 30 sites)



"It has improved my posture."

"It has eased my pain in the knees and back."

"It has made it easier for me to go out."



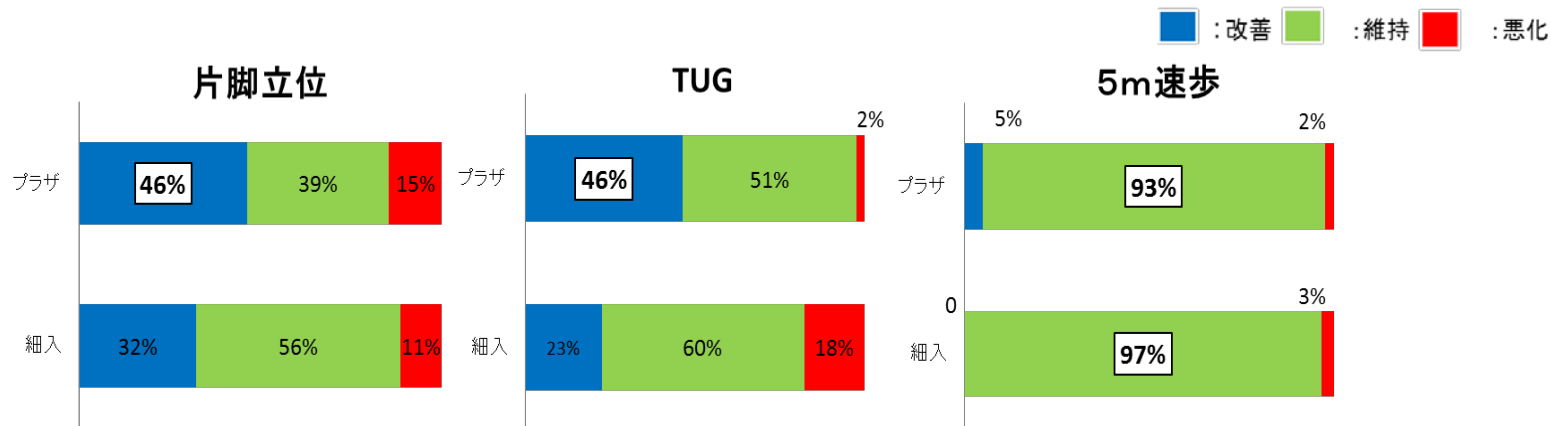
"Now I don't fall so often."

"I became more cheerful and I smile more often."

Promotion of Care Prevention (Power Rehabilitation / Effects)

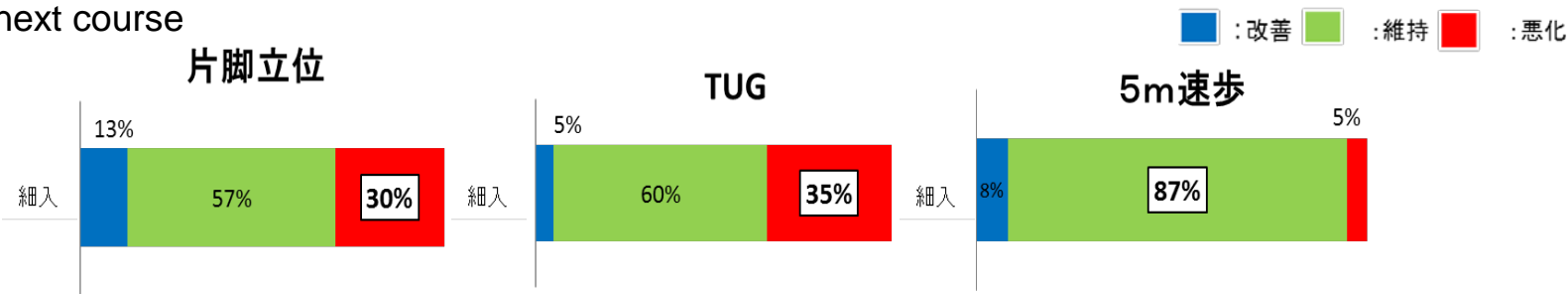
States of Participants

- Comparison of physical fitness results between new participants and continuing participants
- 1) Comparison at the end of course between a site with many new participants (Welfare Plaza for the Disabled) and a site with many continuing participants (Hosoiri General Welfare Center) (FY2014-FY2016)



New participants show greater improvement. (Effective: balance, posture, Less Effective: walking ability)

- 2) Comparison of exercise capacity in the Hosoiri site between the end of 1 course and the commencement of the next course



Continuing participants' strength declines during a course and it is considered that they haven't gained the daily fitness habit at the end of course.

Promotion of Care Prevention (Kadokawa Care Prevention Center)

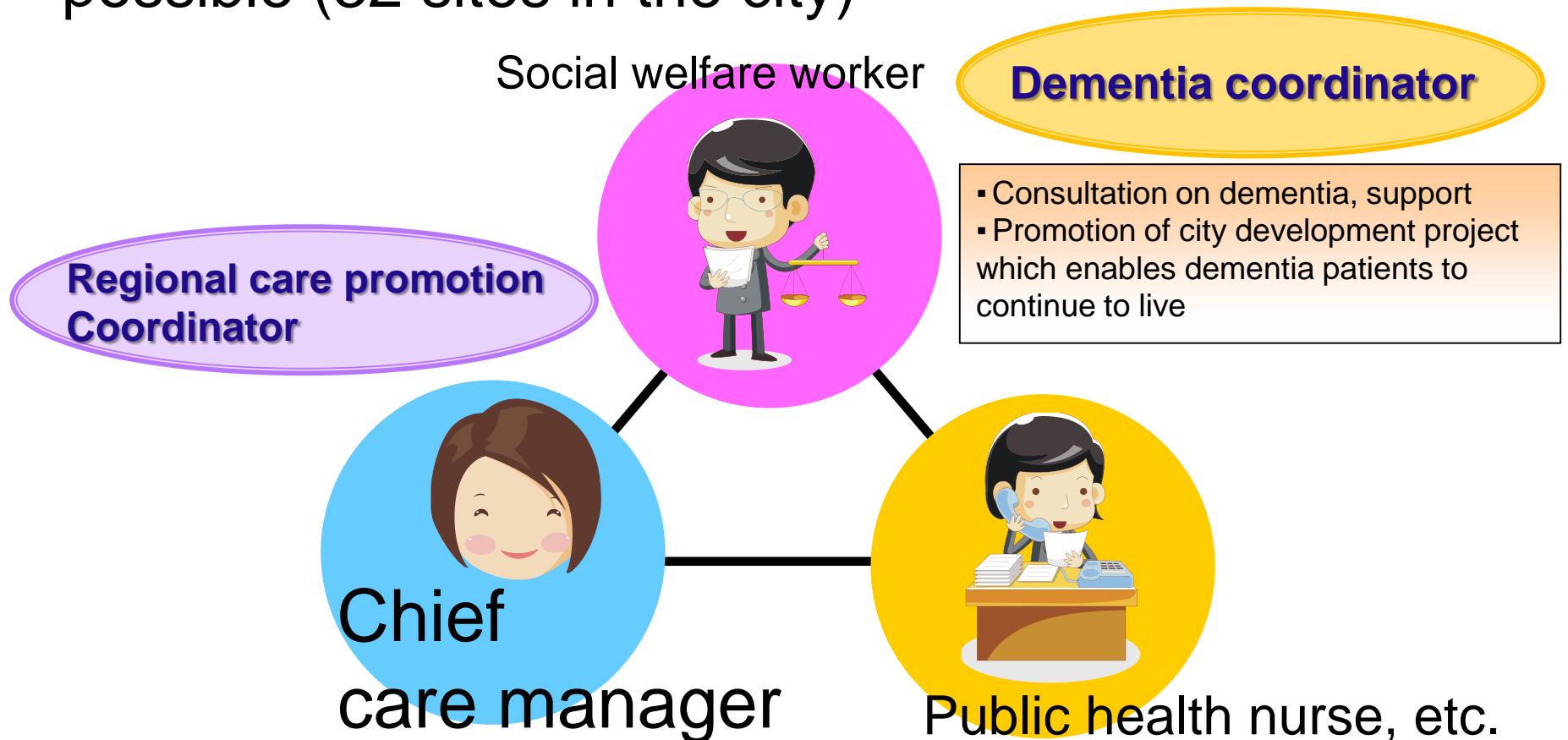
Utilize the former site of Hoshiicho Elementary School to construct a care prevention facility using hot spring water for the first time in Japan

- Provide care prevention programs focusing on aquatic exercise therapy and combining track and field exercise therapy, thermal therapy, personal care, etc.
- Donations from citizens are used for the construction and the management and operation are carried out by designated manager from a private company



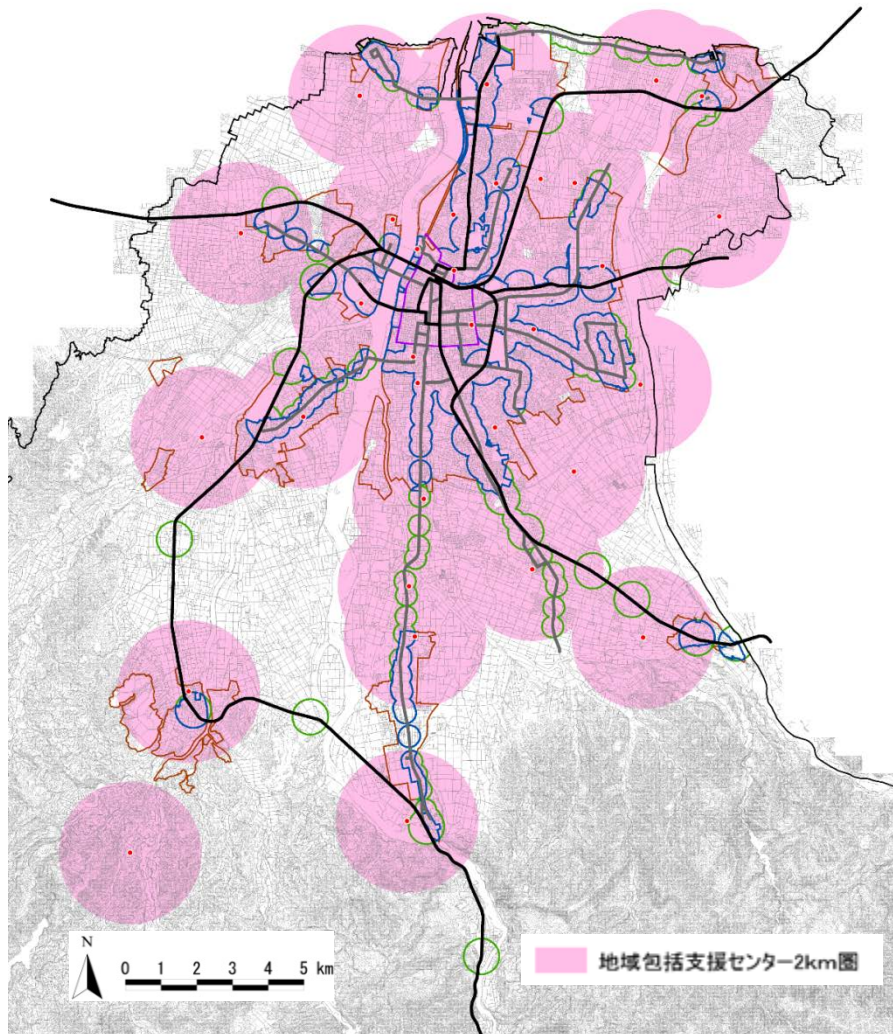
Community General Support Center (1)

Institutions to support elderly people so that they can continue to live in a familiar region as long as possible (32 sites in the city)



Community General Support Center (2) (Population ratio within a 2-kilometer radius)

- About **87.6%** of the citizens live within a 2-kilometer radius of the community general support center.



- Population/ratio within 2-kilometer radius of the community general support center

	Population within 2-kilometer radius (people)	Ratio (%)	Population (people)
Toyama City	366,045	87.6	417,856
Urban center district / residence along the line promotion district	158,991	98.6	161,197
Urban center district	21,543	100.0	21,543
Residence along the line promotion district	137,448	98.4	139,654
Other than urban center district / residence along the line promotion district	207,054	80.7	256,659

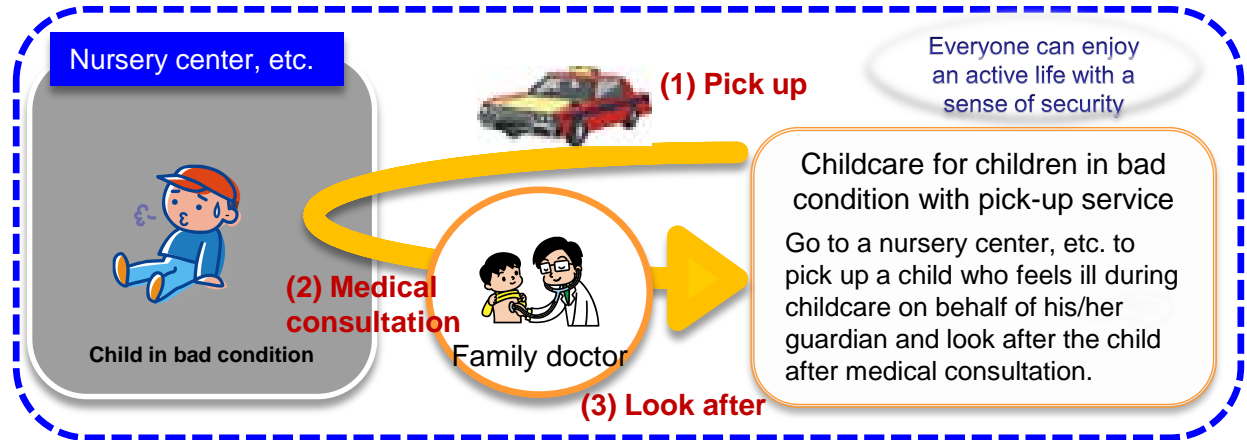
Community general support center:

An institution comprehensively conducting general consultation, abuse prevention, care prevention care management, etc. to improve the residents' health, welfare and medical treatment, establishment of which is set forth in the Long-Term Care Insurance Act. The center has public health nurses, chief care manager and social welfare workers who engage in their works, utilizing the advantage of their expertise and collaborating with each other.

Toyama City Downtown General Care Center

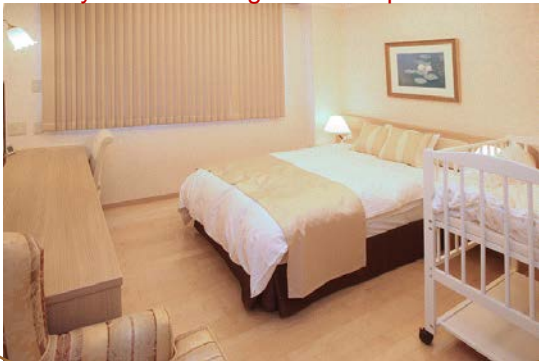
◇ Develop an environment where sick children, etc. are taken care of temporarily when childcare at home is difficult and people can raise their children with a sense of security

Nursery room for sick children



Postnatal care support room

◇ Establish a support system to improve mothers' own self-care ability and make them raise their children with a sense of security by providing physical and mental care, childcare support, etc. to those mothers and children directly after discharge from hospital



Downtown clinic

- ◇ Visit in cooperation with the doctor in charge upon request of the doctor
- ◇ Be the doctor in charge and visit when a doctor to visit cannot be found
- ◇ Visit on behalf of the doctor in charge when the doctor is absent and cannot visit



Regional collaboration room

◇ Hold training sessions to enhance collaboration among medical/care workers and their quality, and disseminate knowledge and raise awareness of home medical care / nursing care for citizens



Dementia Supporter is

- A supporter who correctly understand dementia and warmly watch over patients without prejudice
- Not a person who does something special

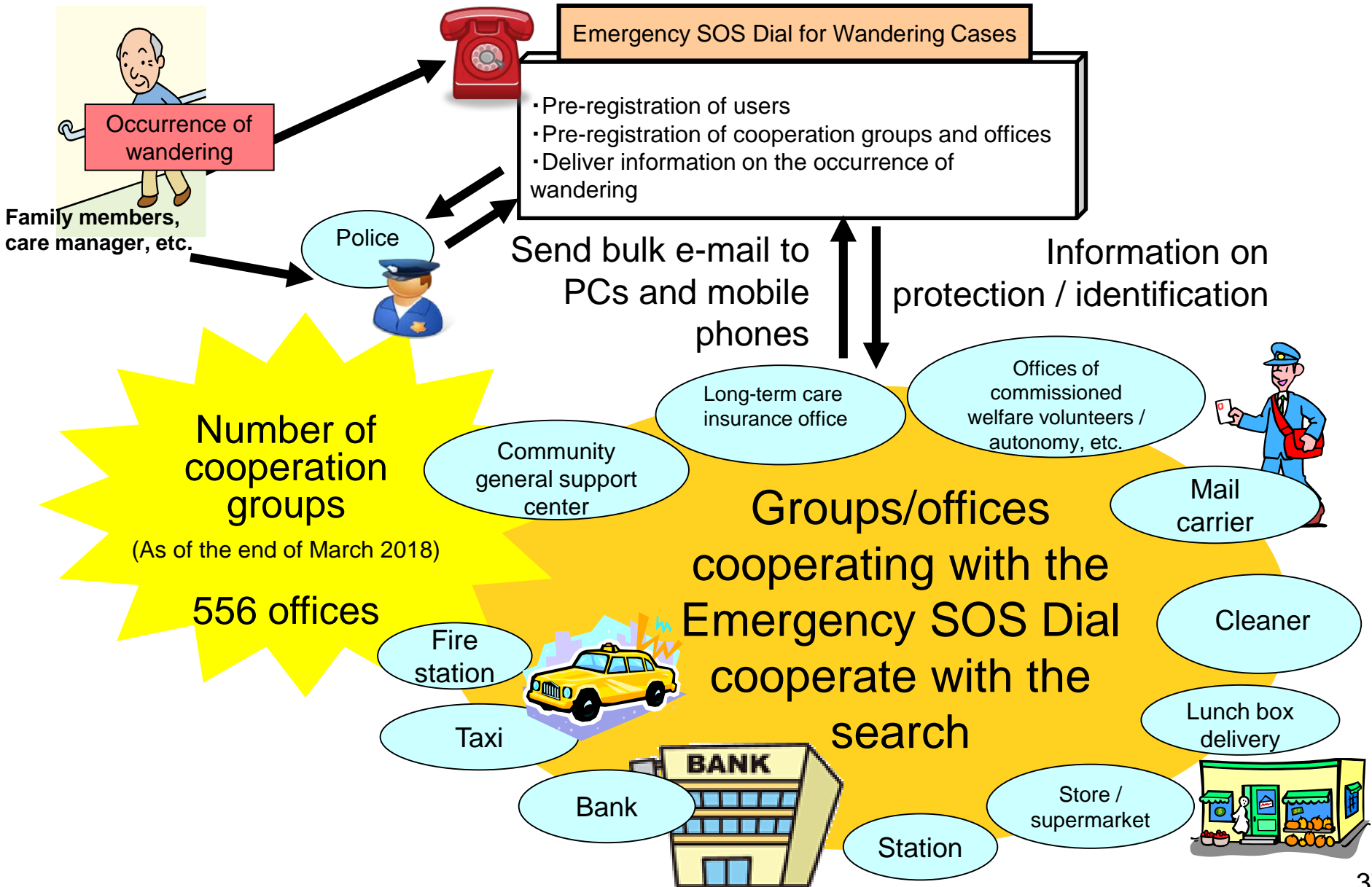


Members of Genki-kai (cheerful club) raising their orange bracelets

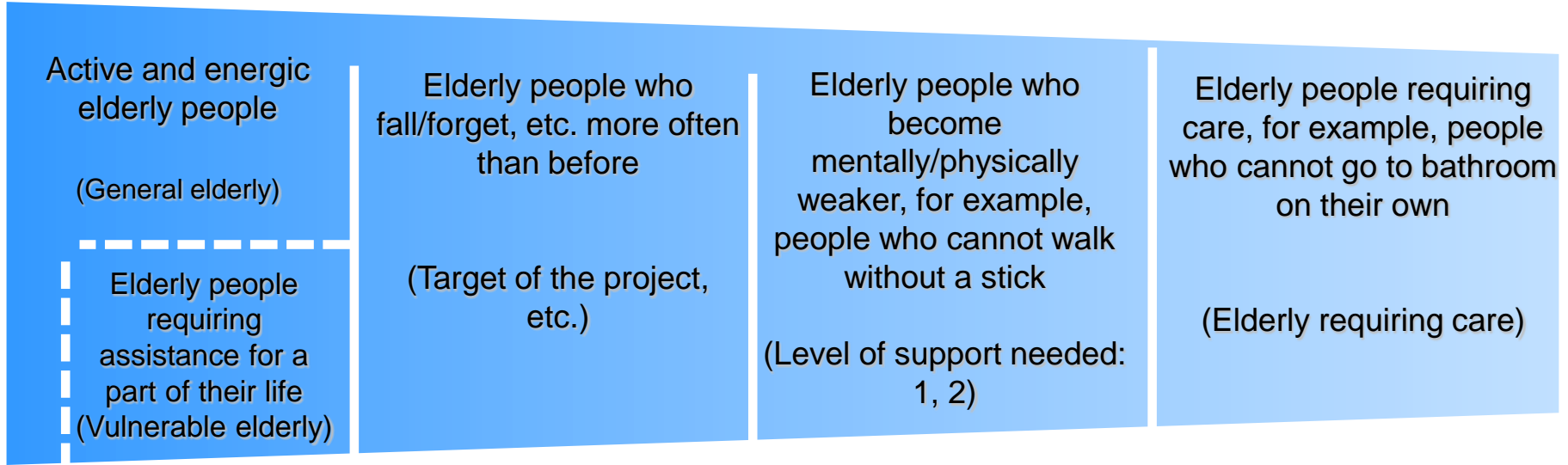


Number of dementia supporters in Toyama City
32,290 (As of the end of March 2018)

Network for Wandering Elderly People with Dementia (Community-Based Watching Service)



Promotion of Care Prevention (Overview)



○ Projects for measures to make lives worth living

- Senior life course
- Senior citizen club activities
- Silver Human Resources Center

Center

- Welfare center for senior citizens, etc.

○ Care prevention projects

- Power rehabilitation
- Easy and active exercises
- Friendly circle
- Kadokawa Care Prevention Center
- Care prevention classes, etc.

○ Care prevention services

- Helper
- Day service
- Short stay, etc.

○ Long-term care insurance services

- Home care service
- Facility service
- Community-based service
Group home, etc.

- ◇ Community general support center
- ◇ Care prevention promotion leader

Structure to support measures for the elderly, care prevention projects

Strength of Toyama City (Resident-Based Places to Attend)

Resident-based places to attend - Ministry of Health, Labor and Welfare “Report on Care Prevention Projects and Comprehensive Projects for Care Prevention / Daily Life Support (FY2015)” -

The number of locations is prominent compared to the average in the nation/core cities
 About 10% (15,586 people) of the elderly population (118,083 people) participate

*Population is as of the end of Mar. 2016

	1st	2nd	3rd
Number of locations of “resident-based places to attend” Nationwide average: 40 locations Average of core cities: 183 locations	Kobe City 1,175 locations	Toyama City 1,129 locations	Osaka City 1,107 locations

Carry out exercises at least once a week

Number of locations	Toyama City 501 locations	Himeji City 417 locations	Kochi City 331 locations
Number of participants	Himeji City 7,341 people	Osaka City 6,796 people	Toyama City 6,742 people

*Breakdown of “resident-based places to attend”

- Care Prevention Friendly Circle (general) 672 locations
- Care Prevention Friendly Circle (unit elderly citizen’s club) 149 locations
- Easy and Active Exercises 28 locations
- Other salons implemented independently in regions and recognized by the Community General Support Center (including those salons held by the social welfare council) 280 locations

Strength of Toyama City (Ratio of Senior Citizens' Club Membership)

Status in core cities and nationwide (FY2016) –Examples on FY2016 Welfare Administration Report-

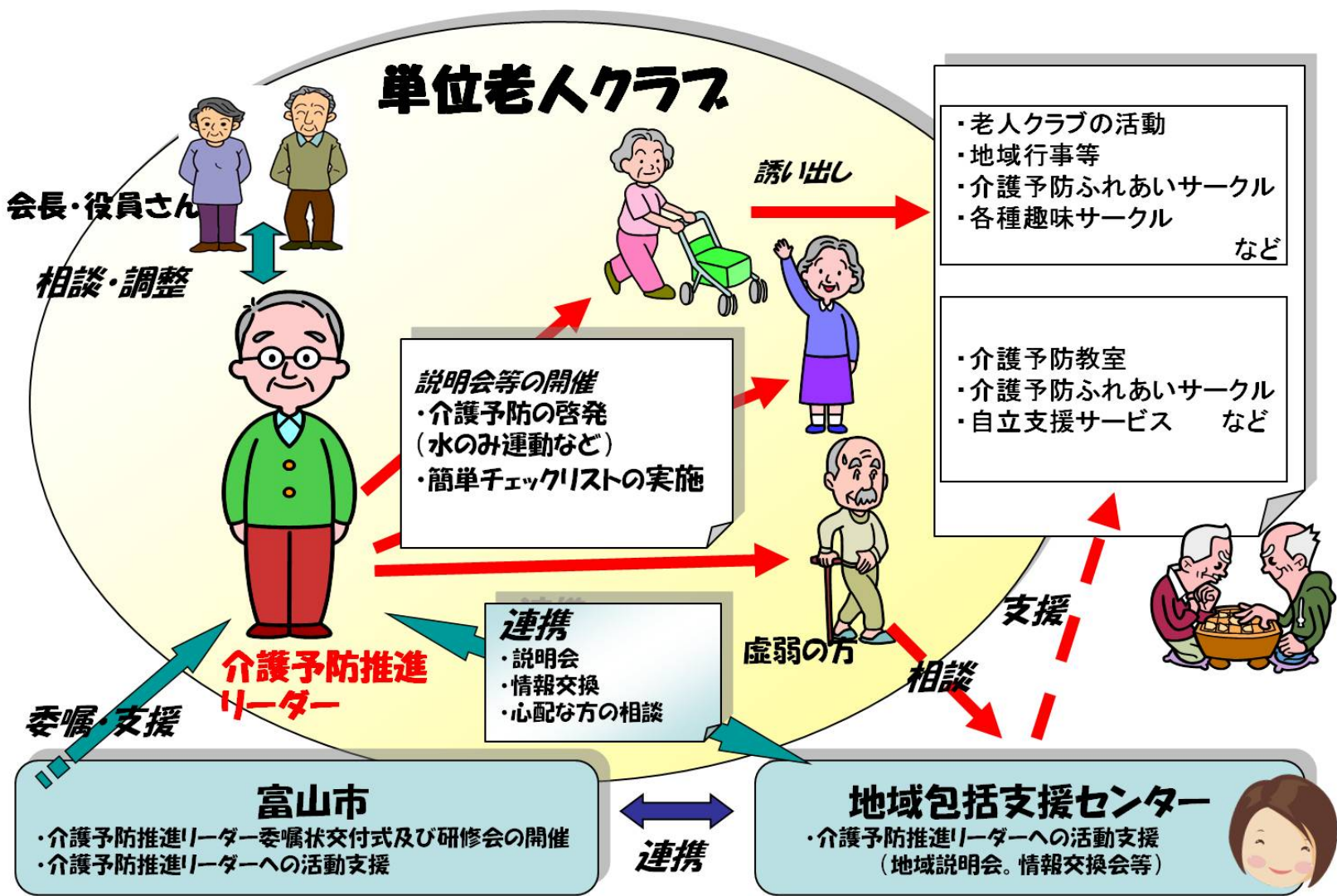
Rank	Core city	Ratio of membership
1st	Toyama City	33.6%
2nd	Himeji City	29.0%
3rd	Toyota City	23.2%
Nationwide		13.4%

Higher than the nationwide ratio and **the highest in the core cities, but tends to decline year by year**
 (2012: 37.2% → 2017: 32.0%)

(Reference) By prefecture

Rank	Name of prefecture	Ratio of membership (%)
1	Toyama	40.9
2	Ishikawa	27.1
3	Gifu	24.9
4	Mie	22.6
5	Saga	22.3
Reference	(Toyama City)	(33.6)
Reference	(Nationwide)	(13.4)

Strength of Toyama City (Care Prevention Promotion Leader)



Strength of Toyama City (Care Prevention Promotion Leader)

”Care Prevention Promotion Leader” is

The person who assumes a role in promoting “care prevention” in a senior citizens’ club so that elderly people can live a healthy life in familiar region for all time

(from FY2007)

Commissioned to about 1 person for a unit senior citizens’ club

Term: 2 years (April 1, 2017-March 31, 2019)



- Status of commission (FY2017)

Commissioned to **562** people in **620** unit senior citizens’ clubs

Care Prevention Promotion Leader’s Main Activities

- (1) Activities to raise awareness of care prevention (implementation of “Drink Water Campaign”, etc.)
- (2) Early identification of vulnerable elderly by implementing simple care prevention checklist
- (3) Talking to and inviting those who tend to be stop-at-home

"Positive Spiral" in the Development of Compact City

A "positive spiral" is created and bringing positive impacts and changes to the "city" and "people"

