

Name of theme	Enhancement of Welfare and Medical Treatment Supported by the Communities	Name of local or regional government	Fukui Prefecture
Name of undertaking	Joint gerontology research with the University of Tokyo		
Outline	<ul style="list-style-type: none"> We have signed an agreement with the University of Tokyo to carry out joint research on gerontology (the study of ageing), and, in tandem with municipal governments, medical associations, and other relevant institutions, we are progressing a range of initiatives aimed at “Achieving a society where people can age in their own way in familiar surroundings.” One initiative to increase healthy life expectancy is the prevention of frailty, and this fiscal year we are expected to be the first prefecture in Japan to introduce frailty prevention programs in all its municipalities. We are also working to create systems that allow those in need of home treatment to have constant access to medical and care services. We have finished developing these systems across the prefecture and are now working to enhance their quality. 		
Amount of budget	10 million yen	100,000 USD	

1. Tasks (current situation)

- ✧ The ratio of senior citizens in the population of Fukui Prefecture is 30.4% (as of April 1, 2019). It is higher than the national average, and expected to increase to 37% by 2040. Moreover, the working population is expected to suddenly decline, with the working population in 2040 expected to drop by 25% compared to current levels.
- ✧ Fukui Prefecture ranks highly in terms of average lifespans and healthy life expectancy, and as average lifespans are expected to increase further in the future, it will be important to increase healthy life expectancy to an equal, if not higher, level.
- ✧ The ratio of seniors that require care in the prefecture is 17.6% (as of January 31, 2019), which is lower than the national average, but care expenses per insured person are 10% higher than elsewhere in the country.

2. Goals (future image)

- ✧ Ensure that healthy life expectancy exceeds the average lifespan, and create a society where seniors can live healthily with a sense of purpose.
- ✧ Create stable systems to ensure that those in need of medical and care services can live with peace of mind in familiar surroundings and receive the care they need as and when they need it.

3. Details of undertaking (Overview)

- In anticipation of the super-aging of society, Fukui Prefecture has signed an agreement with the University of Tokyo to advance measures that will lead to a society where people can age in their own way in familiar surroundings. The initiative to conduct joint research on gerontology was first signed in 2009 (and has since been renewed twice), and research is underway to develop home treatment and health-building projects.
- Regarding home treatment policies, as it was necessary to have municipalities take the lead and work with relevant institutions such as medical associations, we have launched the Fukui Prefecture Gerontology Promotion Council (comprising the prefectural government, the University of Tokyo, municipal governments, and relevant institutions) to share information among related bodies.

<Promoting frailty prevention (since 2017)>

- Making use of a frailty prevention program developed at the University of Tokyo, we are educating trainers, and offering financial support to municipalities—who will take the lead in these programs—for the purchase of necessary equipment. We are in the process of introducing the program across the entire prefecture.
- Frailty is the decline in physical strength and energy that comes with ageing, and is perhaps best described as the stage between completely healthy and requiring care. It is said that early discovery of frailty symptoms and adjustments in lifestyle choices can help to return an individual to full health.
- Every six months, the frail prevention program implements “frailty checks” from three perspectives—nutrition, exercise, and social participation—allowing the individual to discover symptoms themselves, and work to engage in prevention activities of their own accord.

<Promoting home treatment (since 2010)>

- We have been undertaking research in model towns (Sakai Town and Awara Town) to create systems that allow seniors in need of home treatment to have constant access to medical and care services, and allow them to live in their localities with peace of mind. As such, across the prefecture, we are providing support to build systems that promote cooperation among municipal medical associations and municipal governments.
- In the future, the number of individuals requiring home treatment is forecast to increase, and the number of doctors capable of providing home treatment is expected to decrease. As such, in 2017 we began looking at the gap between demand and supply, communicating it to doctors and related personnel in various regions, and sharing information and awareness of the issue. We are continuing discussions regarding ways in which to further enhance our home treatment services.

(Things that are going well)

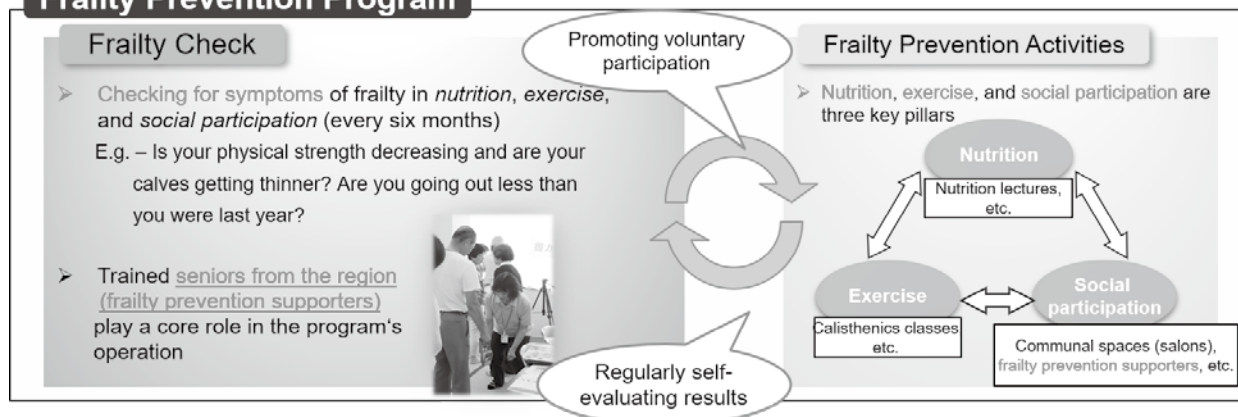
- Up until May 2019, a total of 598 seniors had taken part in 37 frailty checks, and this fiscal year we expect to become the first prefecture in Japan to introduce frailty checks in all its municipalities.
- In our model towns, we successfully created a home treatment model with three characteristics: 24-hour medical response through collaboration with medical institutions, sharing of patient information across multiple disciplines, and the establishment of a comprehensive support and consultation line for medical and care services. In March 2018, these systems were unrolled in all our municipalities.
- In advancing efforts to enhance home treatment, we have strengthened our pipeline with prefectural medical associations and other relevant institutions, giving us a more closely-knit network with which to move forward.

(Things that are not going well)

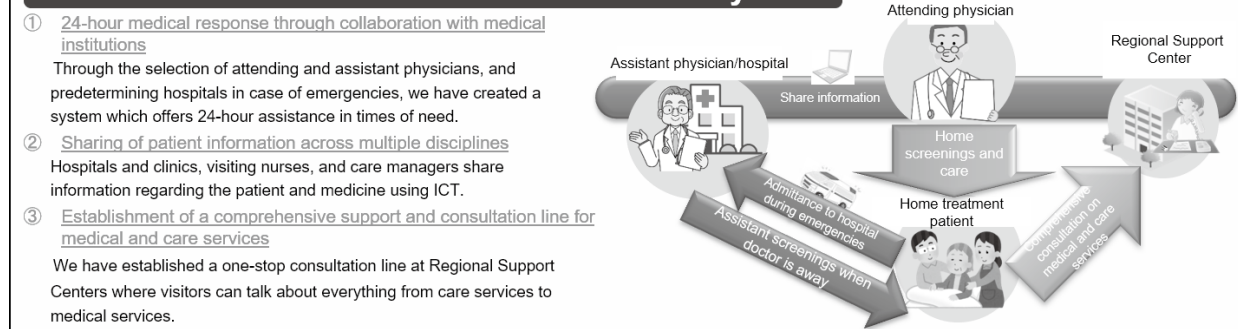
- Although frailty checks have been introduced in all municipalities, if we don't attract frailty check participants to frailty prevention activities, it won't lead to an enhanced healthy life expectancy. Currently, depending on the municipality, frailty prevention activities are not advancing as we'd hoped.
- Although we have introduced home treatment systems across the prefecture, the level of recognition of the system is low, and the number of citizens taking advantage of home treatment is still lower than the national average.

4. References

Frailty Prevention Program



Characteristics of Fukui's Home Treatment System



Name of theme	Enhancement of Welfare and Medical Treatment Supported by the Communities	Name of local or regional government	Shizuoka Prefecture
Name of undertaking	Initiative to extend healthy life expectancy		
Outline	<p>Shizuoka Prefecture boasts a top-class healthy life expectancy in Japan, and is making efforts to develop the Whole Shizuoka health management project, promote citizens' health development, and utilize medical big data. Shizuoka is also making efforts to establish the Graduate School of Public Health Medicine in order to promote research and advanced research based on public health medicine and give back to citizens.</p> <p>Through these efforts, Shizuoka Prefecture aims to further extend healthy life expectancy so as to ensure that each of its citizens can live a healthy and active life, thereby realizing a vibrant aged society which practically increases its productive population and becoming Fujinokuni, world renowned for its healthy longevity.</p>		
Amount of budget	1.57 billion yen	14.9 million USD	

1. Tasks (current situation)

- The ratio of senior citizens in Shizuoka Prefecture is 29.1% as of April 1, 2019, and is expected to increase up to 38.9% by 2045.
- Compared to 2015, the productive population in 2045 will decrease by 710 thousand, which equates to one senior citizen supported by 3.1 people in 2005 and 1.3 people in 2045, increasing the burden placed on the supporting generations.
- According to the healthy life expectancy calculated by the Ministry of Health, Labour and Welfare, Shizuoka Prefecture is one of the top healthy longevity prefectures in Japan (73.82 years old for both men and women, 2nd in the nation). It is necessary to shorten the difference between the average longevity and healthy longevity.

2. Goals (future image)

- Enhance medicine and welfare to promote life with peace of mind
- Realize a society where everyone is healthy and can live in his/her own character

3. Details of undertaking

(Overview)

[Initiative to further extend healthy life expectancy]

- Fujinokuni Healthy Longevity Project

With the goal of extending healthy life expectancy of Shizuoka Prefecture's citizens and enhancing their quality of life, projects are being developed with the five pillars of: (1) spread of healthy longevity program; (2) health mileage project; (3) collaboration with corporations; (4) research on healthy longevity; (5) measures to prevent disease aggravation.

- Whole Shizuoka health management project

By incorporating the perspective of health management, Shizuoka Prefecture aims to promote wholesome health development which includes not only private companies but also households and local communities. Such promotion involves strengthening efforts made toward most-productive generations as well as encouraging acquisition of desirable lifestyle habits from young age.

[Promotion of public health medicine]

- For the purpose of realizing Fujinokuni, world renowned for its healthy longevity through further extension of healthy life expectancy, efforts are being promoted based on the four basic policies of: (1) promoting research on public health medicine; (2) developing personnel; (3) returning benefits back to citizens; (4) building frameworks that serve as hubs. (Expert Committee Chair: Tasuku Honjo, Deputy Director-General and Distinguished Professor of Kyoto University Institute for Advanced Study (KUIAS)).
- Graduate School of Public Health Medicine (tentative name) is scheduled to start its operation in April 2021.

[Proposal of Fujinokuni-type life categories]

- In 2015, Shizuoka Prefecture has proposed the Fujinokuni-type life categories which support senior citizens active at work. This proposal aims to foster a sense of rejuvenation mainly among seniors and to realize a vibrant and active society through longer healthy life expectancy and liveliness.

[Spread of the Nursing Care Mark]

- The Nursing Care Mark was created in 2010 to allow those around the care-giver for a dementia patient or others to understand that he/she is in the middle of providing nursing care. This Mark has since spread inside and outside of Shizuoka Prefecture and is in use at 517 cities, towns, and villages nationwide (as of April 30, 2019).

[Fujinokuni Virtual Medical College]

- In order to enhance and strengthen measures to secure physicians, Shizuoka Prefecture loans funds to study medicine, and strives to secure physicians from inside and outside Shizuoka and to even out distribution of physicians between regions through the Fujinokuni Virtual Medical College.
- At college, a framework has been established so that students can utilize Internet-based information transmission (e-Learning) such as e-mail newsletters and videos, and summer seminars and other prefectural events (schooling) to learn about the appeals of regional medicine of Shizuoka Prefecture while being enrolled at any faculty of medicine in Japan. Upon graduation (after obtaining a medical license), adjustments are being made to provide them with jobs in Shizuoka Prefecture while also giving considerations to obtaining desired specialty medical licenses and other career paths.

(Things that are going well)

- Shizuoka Prefecture has received data on Specific Health Checkups from all insurers with head offices inside Shizuoka. Based on data analysis, health maps, etc., (visualization) have been created by municipalities to support health activities based on scientific data supplied by municipalities and private companies.
- Shizuoka Prefecture designates health promotion business offices and the number of business offices, etc., that operate health management is increasing significantly (Goal of the new vision: 1,000 business offices; As of the end of 2018: 1,817 business offices)
- Fujinokuni-type life categories have been favorably accepted by those who are over 65 years old and still active at work.
- During the period between 2007 and 2018, 1,088 students have received funds to study medicine from Shizuoka Prefecture, and 461 physicians work inside Shizuoka.

(Things that are not going well)

- The rate of undergoing Specific Health Checkups and rate of implementing Specific Health Guidance have been gradually increasing but have not yet reached the goals (Specific Health Checkups goal: 70%; results in 2016: 54.1%).
- It is necessary to strengthen efforts made toward those who are not interested in health promotion and young generations.
- Some issues remain with the extent of data usage such as reflecting data in health promotion plans of municipalities, etc., (Fujinokuni-type life categories).
- There is uneven distribution of physicians between regions and diagnosis and treatment departments.

4. References

Fujinokuni-type life categories

	Name	Age category	Description
Old age	Centenarian	100 or over	100 years of age or over
	Late old age	88 to 99	From 88 to 99 years of age
	Mid-old age	81 to 87	From 81 to 87 years of age
	Early old age	77 to 80	From 77 to 80 years of age
Mature age	Late maturity	66 to 76	Socially active generation (productive) with accumulated experience and variety of skills
	High maturity	56 to 65	
	Early maturity	46 to 55	
	Adults	18 to 45	Vibrant generation while still in social and lifestyle development stage
	Young adults	6 to 17	Starting elementary school to getting voting rights
	Children	0 to 5	Receiving life and developing and growing as a human

Nursing Care Mark

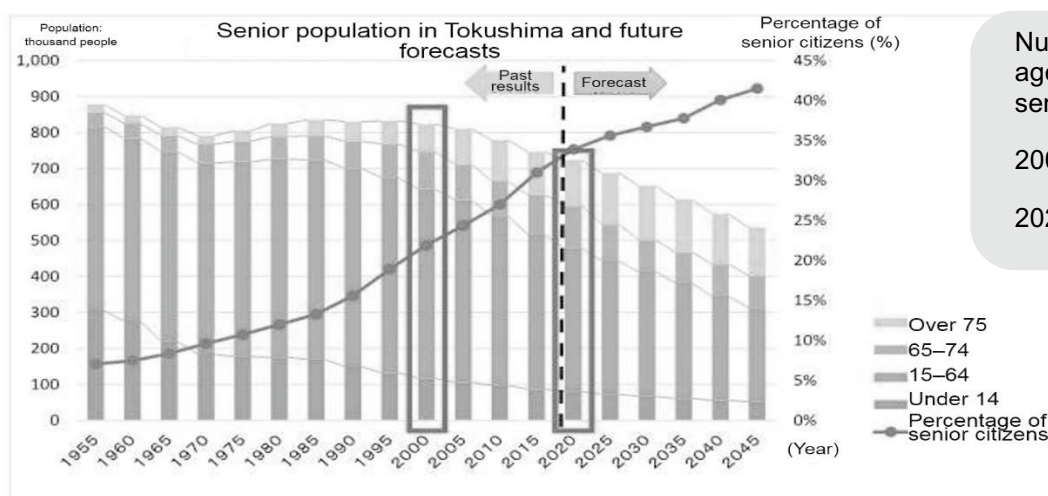


Theme 2 : Enhancement of Welfare and Medical Treatment Supported by the Communities / Regional Report

Name of theme	Enhancement of Welfare and Medical Treatment Supported by the Communities	Name of local or regional government	Tokushima Prefecture
Name of undertaking	Developing a community where anyone can live healthily		
Outline	In a country with one of the world's longest average life spans, Tokushima Prefecture has the fifth highest percentage of senior citizens. Moreover, as a leading "problem-solving prefecture," we are expected to build a model for future regional societies. With "Achieving a joyful Tokushima through senior citizens and their support of regional societies" as our basic principle, we have flipped the conventional idea of seniors requiring support on its head, instead utilizing their individual expertise to the maximum, positioning them as new leaders of regional societies. We are aiming to create a society that supports lifelong careers.		
Amount of budget	112,183,000 yen	1,056,000 US\$	

1. Tasks (Current situation)

- Tokushima Prefecture was defined as an aging prefecture in 1920 with more than 7% of its population made up of senior citizens. Later in 2000, it was the first prefecture in Japan to be defined as "super-aging" with 21.9% of its citizens over the age of 65.
- The total population peaked in 1985, but has been declining ever since. In 2020, it will be estimated that one senior citizen will be supported by 1.6 workers who are between 15 and 64 age. Moreover, the population of those over 75 years of age (many of whom will require nursing care) will increase even further, with 2030 expected to see the highest number.
- According to the "Doctor, Dentist, and Pharmacist Survey" conducted by the Ministry of Health, Labour and Welfare in 2016, Tokushima Prefecture has the highest number of working doctors per 100,000 people in Japan.



Number of working age people per one senior citizen

2000: 2.9 people

2020: 1.6 people

(Issues)

- As the young leaders of tomorrow's society decrease in number, seniors are expected to have to work lifelong careers and be the main players in supporting regional societies.
- There is estimated to be a shortage of 1,400 nurses as the baby boom generation reach over the age of 75 in 2025.
- Although the number of working doctors is comparatively high, the number of doctors per 100km² is low, with the prefecture ranking 29th nationwide. Moreover, 77.5% of these working doctors are concentrated in the east of the prefecture where the population is centralized. The uneven distribution of doctors and the aging society are therefore pressing issues.

2. Goals (future image)

- Build a society of longevity, where citizens can age stress free, and lead healthy, fulfilling lives with peace of mind.
- Create a stress-free prefecture where suitable health, medical, and nursing services are offered to each citizen, with every medical patient having somewhere to go.

3. Details of undertaking (Overview)

1) Attentive watch and support initiatives

Implementing Friendship Visitation Activities and the No One Left Behind Project

- In 1984, the prefecture was the first in Japan to begin Friendship Visitation Activities, where senior citizens watch and support their fellow senior citizens. In 2013, we began the No One Left Behind Project where disabled people regularly deliver commodities to depopulated villages and watch and support their citizens. Senior citizens are no longer the ones being supported, but are supporting regional societies themselves.



<Friendship Visitation Activities>

2) "Active seniors" initiatives

Promoting a Tokushima-style care assistance system

- As there continues to be a shortage of care workers, we established a Tokushima-style care assistance system in 2017 whereby we divide care roles among senior citizens. Seniors themselves now provide care assistance by taking care of work such as cleaning, bedmaking, and conversing with fellow seniors.



<Offering support as part of the care assistance system>

3) Initiatives to create rich and fulfilling later lives

Silver University and Silver Graduate School for seniors

- In 1981 we opened a university for seniors to enable them to live fulfilling lives and to promote the development of leaders for regional welfare. In 2004, we opened a graduate school for seniors to create an environment for them to succeed in becoming important leaders of regional societies. We provide advanced, specialist curriculums, which in turn helps us to develop personnel who can contribute to society.

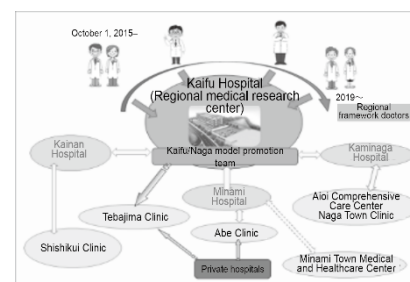


<ICT lecture at the Silver Graduate School>

4) Initiatives to link regional medical facilities

The Kaifu/Naga model

- In the Kaifu and Naga regions, where there continues to be a shortage of doctors, we are promoting the Kaifu/Naga model which seeks to train and secure doctors at all hospitals within the area, with the Tokushima Prefectural Kaifu Hospital as the center of activities.



<Structure of the Kaifu/Naga model>

(Things that are going well)

- Efforts by seniors and disabled persons to watch and support other senior citizens are not only enhancing the lives of and expanding opportunities for interaction among seniors living alone, but also preventing suicides and isolation.
- Our care assistance system to divide care roles is lessening the burden on care workers while helping them to become more advanced and specialized in their work. It is also helping seniors themselves to discover new job opportunities in areas they are used to, enriching their lives and making them healthier. We plan to expand similar efforts into the childcare field, where there is also a lack of human resources.
- Seniors who have graduated from the Silver Graduate School have formed a Life Purpose Committee from which they act as teachers in ICT lectures, volunteer as tourist guides, and offer support in disaster preparedness education activities. They are acting as core personnel in regional and social contribution activities, with each playing an active part in their area of expertise.
- By promoting mutual exchange and cooperation among medical personnel, the Kaifu/Naga model, with the Tokushima Prefectural Kaifu Hospital playing a central role, is linking public medical institutions, and progressing with the provision of medical services in regions where there is a lack of doctors.

Name of theme	Enhancement of Welfare and Medical Treatment Supported by the Communities	Name of local or regional government	Kagawa Prefecture
Name of undertaking	Securing nursing personnel		
Outline	<ul style="list-style-type: none"> There is a severe lack of nursing personnel in Kagawa—the effective job-to-applicant ratio of nursing professionals in the prefecture is twice that of other occupations. Moreover, it is estimated that the prefecture will lack 896 nursing personnel at the end of 2020, and 2,465 at the end of 2025. As a result, we will pursue the following three initiatives: (1) Promote new entries into the nursing profession; (2) Improve the quality of existing nurses; and (3) Improve working environments and treatment of nurses; alongside (4) Support the employment of foreign personnel. 		
Amount of budget	168,432,000 yen (Local currency)	1.589 million US dollars (Amount converted to US\$)	

1. Tasks (current situation)

- There is a severe lack of nursing service personnel in the prefecture—as of May 2019, the effective job-to-applicant ratio for nursing service personnel is 3.49 times, more than twice that of other professions (1.57 times).
- 81.8% of nursing service facilities in the prefecture feel that there is a lack of nursing personnel, and 88.1% of those feel the reason for the lack is down to hiring difficulties. (FY2017 field survey of nursing professionals)
- Negative impressions surround the nursing profession, such as how it is physically demanding. Also on site, 36.4% of nursing professionals in the prefecture are worried about the physical burden the work places on their bodies (lower back pain and other physical strains), and are therefore troubled, worried, and unsatisfied with their jobs. (FY2017 field survey of nursing professionals)
- In the prefecture, the turnover rate of nursing professionals is 16.2%, higher than the average in other industries (12.8%). (FY2017 field survey of nursing professionals)

2. Goals (future image)

- It will be necessary to secure 17,424 nursing personnel by the end of 2020, and 18,830 by the end of 2025. (The number necessary to cope with the planned the 7th Long-Term Care Insurance System.)
- However, it is estimated that the prefecture will lack 896 nursing personnel at the end of 2020, and 2,465 at the end of 2025. (Planned the 7th Long-Term Care Insurance System.)
- We will therefore pursue the following three initiatives: (1) Promote new entries into the nursing profession; (2) Improve the quality of existing nurses; and (3) Improve working environments and treatment of nurses; alongside (4) Support the employment of foreign personnel.

3. Details of undertaking (overview)

(1) Promote new entries into the nursing profession

- We are visiting schools and offering classes to elementary, junior high, and high school students and promoting work experience programs at nursing facilities. We are also providing student loans for students aiming to qualify as care workers, and hosting joint entrance ceremonies for new nursing professionals. (74 people took part in the FY2018 joint entrance ceremony.)
- In order to more widely communicate specialist nursing techniques to citizens in the prefecture, we host a nursing technique contest, “Kagawa nursing technique championship match” at which current nursing professionals compete and brush up their skills in daily care work. This contest involves tasks such as assisting patients in eating, going to the toilet, and bathing. (FY2018: 11 teams; 33 participants)
- We are pushing for a diverse range of personnel to enter the profession, as can be seen by our offering of easy-to-understand beginner’s courses for healthy elderly citizens who have no experience in giving care at the six care worker training schools across the prefecture. (96 people completed the course in FY2018.)

(2) Improve the quality of existing nurses

- We are offering various training programs for new nursing personnel, mid-career nursing personnel, long-term care support specialists, and employees involved in dementia care. (791 people participated in training for new and mid-career nursing personnel in FY2018.)
- We are also implementing a project to secure substitute employees for when nursing professionals are undergoing training. (47 substitutes worked on a total of 916 days in FY2018.)
- We are also offering assistance to related organizations that seek to improve the quality of nursing personnel. (12 organizations in FY2018.)

(3) Improve working environments and treatment of nurses

- We are providing training to facility managers to create appealing workplace environments, and offering training related to a mentor system introduced to improve the retention rate of new nursing professionals. (179 facility managers participated in training programs in FY2018.)
- We are offering financial support to facilities that have introduced nursing robots to lessen the burden on nursing professionals, and hosting nursing robot demonstrations. (Facilities requested financial support for 61 robots in FY2018, showing a huge increase over the previous year (10 in FY2017). This figure demonstrates how more and more facilities in the prefecture are acknowledging their use.)
- In order to promote the acquisition of improved treatment for nursing staff, we are dispatching social insurance consultants to nursing facilities to offer individual advice and guidance. (108 visits in FY2018)

(4) Support the employment of foreign personnel

- We are partially funding facilities that are taking on prospective nurses and care workers as part of the Economic Partnership Agreement (EPA). (203 individuals have been accepted since FY2008, but only 19 (as of June 2019) have acquired the relevant qualifications and stayed in the prefecture.)
- Moreover, due to the establishment of new visa statuses such as “Specified Skills,” the number of foreign personnel working in Japan is expected to increase. In order to ensure that foreigners can smoothly enter and remain in the nursing profession, we will undertake the following:
 - Offer partial assistance for facilities offering scholarships to support foreign students aiming to qualify as nurses and care workers
 - Support the implementation of group training in core regional facilities to improve the skills of foreign nursing personnel
 - Host lectures and nursing-related seminars at facilities hiring foreign personnel

4. References



Beginner's care-giving course leaflet



Kagawa nursing technique championship match leaflet

Name of theme	Enhancement of Welfare and Medical Treatment Supported by the Communities	Name of local or regional government	Nara Prefecture
Name of undertaking	Creation of a healthy prefecture		
Outline	<p>Aiming to become the prefecture with the longest healthy life expectancy in Japan, through the following efforts, we are seeking to create a region in which anyone can live healthily, including senior citizens and those with disabilities.</p> <ul style="list-style-type: none"> - Health-building activities to become the prefecture with the longest healthy life expectancy in Japan - Comprehensive management of the integrated community medical services - Enhancing welfare services - Creation of environments so anyone can play sports anytime and anywhere 		
Amount of budget	1,663,114,000 yen	US\$ 15,582,441	

1. Tasks (current situation)

- As of October 1, 2018, Nara Prefecture is home to around 1,340,000 residents, of whom 410,000 are senior citizens aged 65 or over, accounting for 30.8% of the population. In comparison to other regions, our population is declining and aging rapidly.
- Among nationwide healthy life expectancy rankings, Nara Prefecture ranked 3rd for men and 33rd for women (out of 47 prefectures). In order to achieve our target of number one for both genders by 2022, we must accelerate efforts to do so.
- In 2025, as all the baby boom generation reach the latter half of their senior years (age 75 or over), it is expected the number of care workers in the prefecture will be short by about 5,000. We must therefore work to improve our medical and care resources, secure the relevant personnel, and enhance cooperation between medical and care services.

2. Goals (future image)

- Achieve the longest healthy life expectancy in Japan for both men and women.
- Create a region where everyone, including those with disabilities and seniors that require care, can continue to live healthily and stress-free in familiar surroundings.

3. Details of undertaking (Overview)

- Promoting efforts to improve health
 - We are recommending the following healthy habits to citizens of the prefecture to maintain healthy lifestyles
 - 1) Well-balanced diet (plenty of vegetables and less salt)
 - 2) Appropriate exercise (exercise and sports)
 - 3) Appropriate social behavior (cancer screenings, specific medical checkups, going out, and no smoking)
- Enhancing integrated community care services and home treatment services
 - We are working with the Nara Medical Association to increase the number of doctors engaged in home treatment.
 - We are also working to improve rules concerned with discharging patients from hospital in each region, while also revising operational rules on a wider scale.
- Building a Nara model for welfare
 - Through prefectural and municipal representative meetings, we are working to enhance cooperation and collaboration among districts by sharing our ultimate goals.
- Supporting social readjustment and employment for ex-convicts, and supporting the employment of people with disabilities
- Revitalizing sports in regions within the prefecture

(Things that are going well)

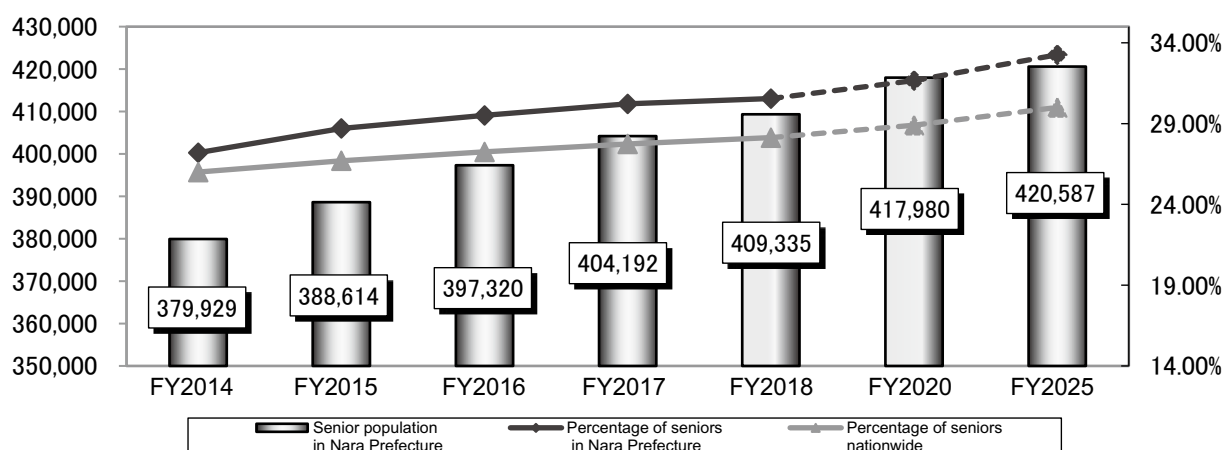
- We have increased the number of individuals engaged in health-building activities thanks to our establishment of “health stations” and our hosting of Iki-iki Centenarian Calisthenics sessions.
- Mutual support initiatives are continuing to develop, with citizen-led communal spaces, regional interaction spaces, and services to watch over seniors.
- We are working to make medical information regarding cancer more visible.
- We have formulated a set of rules concerned with discharging patients, spread its contents, and are promoting cooperative services between medical and care staff.

(Things that are not going well)

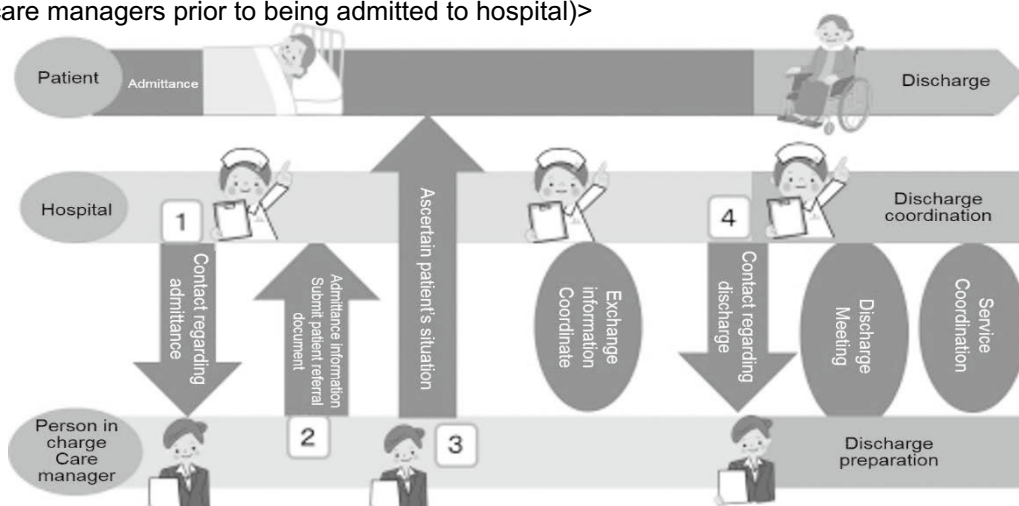
- It is difficult to secure care-related personnel, and it is increasingly apparent that there is a shortage.
- Among healthy life expectancy rankings, women in the prefecture are ranked 33rd nationwide, and as well as being substantially lower than men, there is little sign of improvement.
- Care expenses and insurance fees are rising in line with the aging population.

4. References

<Aging comparison between Nara Prefecture and Japan>



<Rules concerned with discharging patients from hospital (For those registered for care management and have appointed care managers prior to being admitted to hospital)>



Health station



Iki-iki Centenarian Calisthenics



Communal space