

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 Communities	Name of local or regional government	Kofu City
Name of undertaking	Creating communal spaces and offering living support services by the citizens		
Outline	<ul style="list-style-type: none"> We are seeking to expand the number of communal spaces known as Iki-iki Salons for senior citizens in the city, who tend to isolate themselves from the community. We currently have 139 such locations (in each town). However, the majority of these Iki-iki Salons are only held once a month, and thus are not creating ample opportunities for seniors to leave their homes. That is, they are not effectively leading to preventive care. Moreover, with the increase in number of seniors living alone, and many who don't require nursing care, the need for living support (such as help with housework) is increasing. We are therefore promoting the creation of systems whereby local citizens offer their support. 		
Amount of budget	Undetermined	(Amount converted to US\$)	

1. Tasks (current situation)

- We are holding meetings in each school district where local citizens can discuss the needs of their locality and talk about what services they can provide. However, there are differences in enthusiasm levels depending on the area.
- We have been holding Iki-iki Salons since 2010, but the rate of increase of new salons is slow, with only four or five opening each year.
- Moreover, many salon activities revolve around tea parties and karaoke, and preventive care activities such as calisthenics are few and far between.
- Living support services are provided by local volunteers who visit the homes of senior citizens and help with housework. Designing a functional system and matching users to helpers is therefore incredibly difficult.
- We are currently moving forward with the design of a system, and training helpers who can provide such services.

2. Goals (future image)

- Continue creating opportunities in each school district for local communities to discuss local welfare and provide new services.
- Move forward with the creation of communal spaces for senior citizens with different functions, such as those for interaction and those for preventive care.
- Use living support services to promote independence among seniors receiving support, and increase the number of organizations offering such services as they lead to preventive care.

3. Details of undertaking

(Overview)

- We are conducting questionnaires at school district meetings to ascertain the issues in each region, and matching desired services to services that can be provided.
- We are sending experts such as public health nurses, nutritionists, and dental hygienists to communal spaces that are being used for preventive care. Not only is this motivating preventive activities among seniors, it is providing them with opportunities to self-plan their lifestyles to ensure they continue such activities in their day-to-day lives, and not only at the communal space.
- Our living support services comprise cleaning, cooking, washing, and other housework support, and workers who have undergone fixed training are visiting homes and providing these services.

(Things that are going well)

- Around 90% of school districts have held their first meeting regarding local welfare, and those who have asked to do so have held a second.
- Although the majority of our 139 Iki-iki Salons are only held once a month, around 20 are held weekly. We believe that these more frequently held salons can be changed into spaces for preventive care.
- 70 individuals have undergone the necessary fixed training for the provision of living support services.
- There are an increasing number of localities seeking to provide living support services and others that are conducting questionnaires regarding local issues.

(Things that are not going well)

- Many localities are not interested in local welfare, and are failing to grasp the issues and needs of the area.
- There is a lack of individuals that can lead the Iki-iki Salons, meaning it has been difficult to create new salons.
- Regarding our living support services, it has been difficult to determine the share of expenses covered by those receiving support, particularly considering the rates offered by nursing care businesses.

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	Dazaifu City
Name of undertaking	Promoting opportunities for seniors to leave their homes and give life a sense of purpose through a "Vitality Creation Point Project"		
Outline	<ul style="list-style-type: none"> As of the end of March 2019, the population of Dazaifu City stands at 71,598, while 27.6% of those are senior citizens (the population of those aged 65 or older). The city developed as a so-called satellite town of Fukuoka from the mid 1960s to 70s when residences were built in the city's hilly areas, and those that transferred here at the time are now moving into their senior years. Specifically, the number of seniors living alone or with their spouse are increasing. In 2015, the city launched the Vitality Creation Point Project to promote opportunities for seniors to leave their homes and promote preventive care. Seniors who participate in city-designated health checkups, cancer screenings, and preventive care activities collect points for their efforts, which can be exchanged for shopping vouchers to be used within the city. Moreover, leftover points can be donated to local governments to support the revitalization of projects that help give life a sense of purpose and promote health. 		
Amount of budget	5,992,000 yen (Local currency)	56,530 U.S. dollars (Amount converted to US\$)	

1. Tasks (current situation)

- The ratio of seniors undergoing health checkups is low. In Dazaifu City, the ratio of those undergoing specific medical checkups in fiscal 2017 was 31.7% compared to the prefectural average of 33.8%.
- In order to prevent seniors isolating themselves from society, and to give them carefree opportunities to leave home, it will be necessary to revitalize projects organized by local governments that helps them have a sense of purpose and promotes health.

2. Goals (future image)

- Create a city where citizens can live an active life with a healthy body and mind.
- Promote various health-building projects for pre-senior age groups to reduce the number of citizens requiring nursing care, and support long and healthy lives.

3. Details of undertaking

(Overview)

- We presenting points that can be exchanged for shopping vouchers to encourage participation in health screenings and health-building projects for citizens over the age of 40. As lifestyle choices begin to affect those most in their 40s, by increasing awareness of and encouraging participation in health-building projects we are promoting health and preventive care. We are also supporting the revitalization of health-building projects held by each locality by encouraging the donation of leftover points.

<Applicable Projects>

- Health-building and preventive care
E.g. municipal health screenings, company health screenings, preventive care workshops, walking groups, calisthenics, health festivals, etc.
- Culture and art activities
E.g. cultural festivals, music festivals, Mahoroba Citizens' University (for seniors), Dazaifu Human Rights Festival, etc.
- Regional health-building
E.g. Projects led by local governments in each school district, local government approval projects, projects hosted by the Long-life Association, etc.

Although points allocated for participation in each project are between 25 to 200, by increasing the number of points for health checkups, cancer screenings, group health result lectures, and regional health festivals, we are further encouraging participation in health screenings and health-building projects.

<Point exchange>

1,000 points → 1,000 yen's worth of shopping vouchers; 2,000 points → 2,000 yen's worth of shopping vouchers; 3,000 points → 3,000 yen's worth of shopping vouchers; 5,000 points (maximum limit) → 3,000 yen's worth of shopping vouchers + 3 kg of Fukuoka-produced rice.

*Leftover points worth between 1,000 to 3,000 yen can be donated to the local governments of each individual's administrative district.

(Things that are going well)

- More and more individuals are reaching 5,000 points each year, demonstrating the increase in awareness among citizens of health-building and preventive care.
- The number of participants in continuing health-building initiatives such as walking groups and calisthenics are increasing, leading to an improvement in lifestyle choices.

Walking group members: 531 people in fiscal 2015 → 2,387 people in fiscal 2018

- In making regional health-building projects part of the point program, and donating leftover points to local governments, we have contributed the launch of health-building projects at local governments and those in school districts.

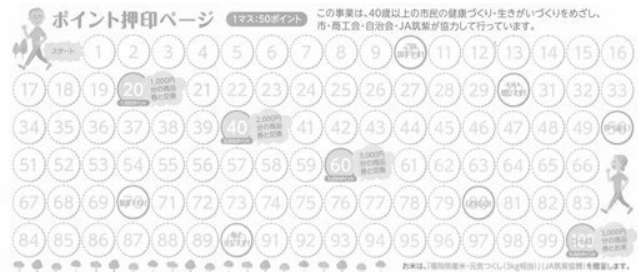
(Things that are not going well)

- Although we have increased awareness of projects and seen an increase in participants, project expenses are increasing as a result. We must therefore find ways to limit project costs while maintaining motivation among participants, for example by revising the rate of points returned to participants and making health checkups mandatory.
- We were expecting to see an increase in the number of people taking health checkups, but we have yet to see real results.

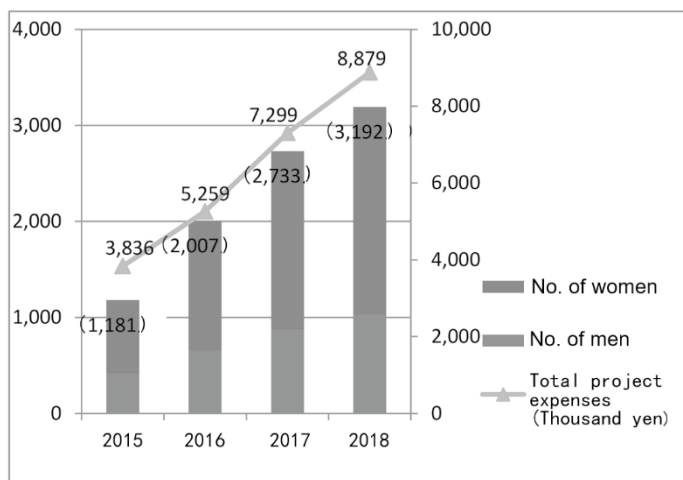
4. References

主なポイント事業	ポイント数	総費用
① 健康づくり推進事業 (健康づくり推進事業費)	2,000	2,000
② 健康づくり推進事業 (健康づくり推進事業費)	2,000	2,000
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Fiscal 2019 Health-building Point Card (left: front of card; right: reverse of card)



Graph 1: Number of individuals reaching 5,000 points against project expenses



✧ Giving participants points at a health checkup venue

Name of theme	Enhancement of Welfare and Medical Treatment Supported by the Communities	Name of local or regional government	Nara City
Name of undertaking	Enhancement of a support system to promote regional welfare		
Outline	<p>Nara City flourished as the former capital of Japan more than 1,300 years ago, and it was then that Empress Komyo, the consort of Emperor Shomu, was engaged in a range of philanthropic work such as the establishment of Hiden-in and Seyaku-in. The former was a facility to take in the poor and those without parents, while the latter was a facility where the sick could receive medicine and treatment. It can be said then that the foundations for the city's welfare systems were already in place. In 1972, we were the first in Japan to announce ourselves as a "Welfare City," and have since maintained this attitude while developing various social welfare projects.</p> <p>We have also worked to improve public services led by the government including the Healthcare System and the Long-term Care Insurance System. However, as the birthrate declines and the population ages, the lifestyle issues of people in the city are becoming more diverse and complex, and there is only so much that these public services can achieve. We therefore need to advance various projects in line with regional conditions, especially with regard to new issues such as the increase in seniors with dementia.</p> <p>In order to combat these issues, we are implementing measures against dementia and others that help to build support networks for senior citizens, and by working with regional citizens, organizations, and private businesses, we are focusing on a number of projects to further develop public welfare services and build a structure that enables citizens to mutually support one another.</p>		
Amount of budget	28,850,000 yen	(Amount converted to US\$)	

1. Tasks (current situation)

In 10 years, the population in Nara City has declined by more than 12,000, from 368,592 to 356,352. At the same time, the number of citizens over the age of 65 has increased by more than 26,000, from 82,677 to 108,849. The number of citizens under the age of 15, meanwhile, has decreased by more than 6,700 over 10 years, meaning that the generation expected to lead our future society is on the decline. Amidst these changing social situations, we are seeing an increase in wandering seniors with dementia, an increase in senior citizens living and dying alone, and an increase in households where seniors in their 80s are looking after unemployed "hikikomori" children in their 50s—a phenomenon also known as the 8050 Problem.

Moreover, using government estimates, the number of seniors with dementia is expected to increase by more than 5,500 in 5 years. The number of citizens eligible for long-term care services in the year 2000, when the Long-term Care Insurance System began, was around 6,000; in 2018, however, this number increased to 20,000. In line with the increase in senior citizens and those with dementia, we expect the number of citizens eligible for the Long-term Care Insurance System to increase even further.

Dementia is no different from other illnesses, and it is important to discover and diagnose it early in order to undergo appropriate treatment and care. Early discovery and treatment can give the individual the chance to improve their cognitive functions while preventing the conditions worsening, and also provide them with a wider choice of treatment and care options. The individual can then make their own decision on treatment methods, reevaluate their lifestyles, and look at how to move forward with their families. As such, to spread awareness and understanding of the illness, we must take every opportunity possible to spread information and educate our citizens.

2. Goals (future image)

No Loners Project (The 3rd Nara City Regional Welfare Plan slogan)

→ Create a convivial society in which all our citizens coexist, so that those suffering from dementia can live stress-free in familiar surroundings.

- Train 30,000 dementia support staff by March 2022
 - There are 20,000 as of March 2019
- Open 30 dementia cafes by March 2022
 - There are 15 as of March 2019
- Create 14 teams of initial period intensive support staff
 - There is one team as of March 2019

3. Details of undertaking

(Overview)

◎ Forming and stationing initial period intensive support teams and regional dementia support staff

Regional dementia support staff act as intermediaries between the dementia sufferers and medical institutions, care services, and regional support institutions to ensure that they get the support they require. These staff also provide consultation services for dementia sufferers and their families. Initial period intensive support teams, meanwhile, offer early support to dementia sufferers, those with signs of dementia, and their families, ensuring they get the support they need to continue living in their homes or familiar surroundings. The team comprises of specialist dementia doctors, medical personnel with specialist expertise such as public health nurses, social workers, and care workers.

◎ Building a support network for senior citizens

We are actively taking steps to build a network that can provide support to senior citizens as and when necessary. We are also aiming to transform from a city of wandering dementia sufferers to a city where dementia sufferers can walk alone in safety. As such, in fiscal 2018 we held mock experiential training throughout the city in which citizens were asked to approach and talk to acting dementia sufferers seen wandering alone.

◎ Launching a cooperative support center by medical and care personnel

In addition to hospitals and facilities, to ensure that seniors requiring care can live stress-free in surroundings they are familiar with, we are launching a cooperative support center at which medical and care personnel work together to provide necessary support.

◎ Opening the Nara City Individual Rights Center

So that seniors with dementia and other who cannot protect their own rights receive the support they require, we have opened the Nara City Individual Rights Center to spread and promote the government-led conservatorship system.

(Things that are going well)

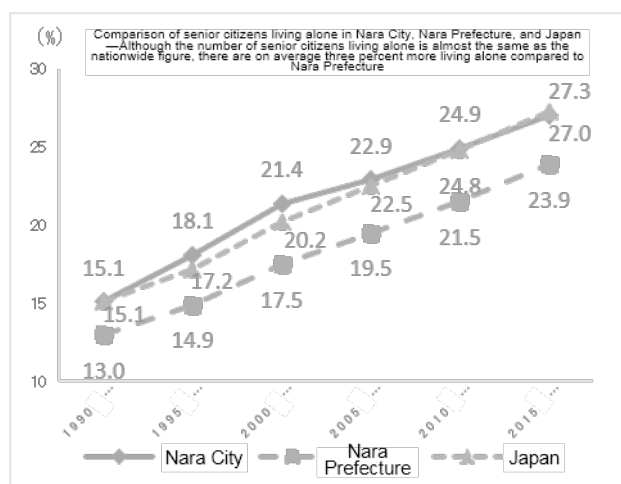
- Awareness and understanding of dementia have spread throughout the city.
- We have created a system where senior citizens with dementia and other individuals can achieve the goals set out in their own life plan.
- We have built a system with various preventive measures to discover symptoms at an early stage and prevent conditions worsening.

(Things that are not going well)

- Although understanding of dementia among families and regions has improved, it has been difficult for dementia sufferers themselves to do the same.
- We must consider ways to stabilize our funding such as through government subsidies and beneficiary payments.

4. References

Estimated future number of senior dementia sufferers in Nara City



Reference: National consensus (as of October 1 each year)

	Actual figures				Estimated figures	
	2015	2016	2017	2018	2020	2025
Total population	360,310	360,893	359,157	357,488	350,000	334,900
Total senior population	102,416	104,722	106,674	108,268	109,000	110,200
Percentage of seniors	28.4%	29.0%	29.7%	30.3%	31.1%	32.9%
Estimated number of dementia sufferers	13,244	14,309	14,656	15,028	18,748	20,938
Estimated percentage of dementia sufferers	12.9%	13.7%	13.7%	13.9%	17.2%	19.0%

- Total population and senior population: National consensus (figures up to 2015 are actual), the 4th Nara City Regional Welfare Plan - Second Half Basic Plan, and estimated figures from the National Institute of Population and Social Security Research based on the national consensus.
- Estimated number of dementia sufferers: Up until 2018, the number of dementia sufferers among senior citizens eligible for care and support services.
- Estimated percentage of dementia sufferers: Actual figures up to 2018, and figures from 2020 onwards are based on "Research into the estimated future number of senior dementia sufferers in Japan."

Name of theme	Enhancement of Welfare and Medical Treatment Supported by the Communities	Name of local or regional government	Tenri City
Name of undertaking	Creation of mutual support and help within the community		
Outline	<ul style="list-style-type: none"> - Everyday problems used to be solved through mutual support and help within the community back in the days before the social security-based way of thinking became the requisite for all everyday problems, and our city was no exception. - However, solving all everyday issues by government service is virtually impossible. Especially, weakening of relationship within members of community is making the issue even more difficult to address. - To tackle this challenge, initiatives to address issues such as child care support, dementia support and assistance for people with difficulty shopping, with the slogan "Town of Mutual Support Tenri" have been launched, aiming to establish (1) collaboration among members of the community and (2) public-private collaboration in various forms. 		
Amount of budget	(1) 0 JPY (2) 10,119,000 JPY (for 3 years)	(1) 0 USD (2) 93,434 USD (for 3 years)	

1. Tasks (current situation)

- Town's population continues to decline since its peak in 1996. Isolation of residents within the community is worsening due to increase of nuclear families and single-person households.
- Living issues that cannot be adequately addressed with the current government service structure are increasing, such as mixed issues across several government services or issues falling within gaps between government services.

2. Goals (future image)

- The action started by the government becomes an informal support to communities in the end.
- Sustainable government operation capable of supporting citizens established through optimizing the burden on the government by government-citizen collaboration as well as public-private collaborative initiatives such as Social Impact Bond.

3. Details of undertaking

(Overview)

[Creating informal support within community] (1)

- The "Children's Cafeterias" that initially started out as a place of food support for children in community by providing meals is now growing into the multi-generation interaction hubs as they expand in our city.
- As a part of child care support, tutoring school where children can voluntarily attend to study (named "Machika-Juku (Town Power School)") has been run by volunteers in the community. Additionally, an initiative is in place to cultivate children's hopes for their future, where children can earn points as they attend the Machika-Juku which they can accumulate and exchange with opportunities to interact with professionals in their desired (dream) jobs (the initiative is named "Dream Support Project").

[Sustainable government operation through new form of public-private collaboration] (2)

- Social Impact Bond is the arrangement where a government outsources government services to private businesses and provides considerations to investors for the achieved result that is evaluated by third-party organization. It allows the government to hedge its risk against paying consideration for no/inadequate result. The City aims to solve the social issues of dementia prevention and lower social security cost as a result.... "Brain Activation Class (Dementia Prevention Class)" Project
- Support for people with difficulty shopping has been achieved by the City offering the community centers to be utilized as points of sale (previously no commercial activity was allowed) and

contractually arranging moving shops provided by private business, previously only available to its members, to be available to everyone. Such arrangement allowed the moving shops to be brought into areas within the City where there was no shop accessible for residents therein on foot. The points of sale also serve as places for people in the community to gather and interact.

(Things that are going well)

- The “Children’s Cafeterias” are expanding as voluntary activities among people in the community, as a result of the government’s support by providing venues, PR assistance and sending its personnel to participate as volunteer staff. (Increased to 8 locations as of 2018, since its launch in 2017)
- Dementia prevention class “Brain Activation Class” under Social Impact Bond have been contributing to maintenance and improvement of brain function of the class participants. Consideration have been paid to the investors and the classes have been held in increased locations. (Increased from 1 location to 6, between 2018 and 2019)
- Moving shops are also increasing its visit frequency and locations thanks to strong sales, resulting in increase of available products and sales areas. (Increased from 2 school districts to 3, between 2017 and 2019)

(Things that are not going well)

- Greater mutual support and help within the community are still needed within the City. To achieve this, the key is to cultivate people willing to be in the leading roles of new initiatives, by the government publicizing its wonderful existing projects to its citizens.

4. References

Creating informal support within community

Children’s Cafeteria



Machika-Juku



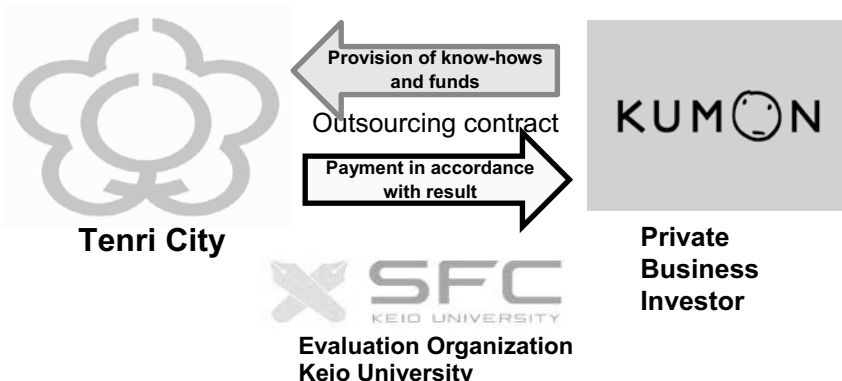
Interview with professional baseball players

Children studying enthusiastically on their own



Sustainable government operation through new form of public-private collaboration

Illustration of Social Impact Bond



Brain Activation Class (Dementia Prevention Class) Project

Name of theme	Enhancement of Welfare and Medical Treatment Supported by the Communities	Name of local or regional government	Gose City
Name of undertaking	Creating purpose in life for senior citizens, encouraging social participation, and promoting preventive care		
Outline	As the population rapidly declines and the ratio of senior citizens in the city quickly increases, the working population is decreasing, and the number of seniors with dementia is increasing. Against this backdrop, we are working to create preventive care environments to ensure senior citizens can live with vitality and a sense of purpose. We are enhancing citizen-led communal spaces (citizen-led preventive care initiatives) to promote preventive care for seniors, extend the city's healthy life expectancy, and create opportunities for regional interaction and mutual support.		
Amount of budget	10,383,000 yen	(Amount converted to US\$)	

1. Tasks (current situation)

Gose City is located in a mountainous area on the south-west side of the so-called Yamato plains. The number of seniors in the population stands at 10,188 (as of August 1, 2019), which accounts for 39.6% of the city's total population.

The city is facing a variety of issues, such as the state of preventive care and welfare for senior citizens, the necessity to revitalize regional relationships, and rising insurance costs. In order to promote the health of our citizens, reinvigorate regional communities, and thereby prevent rising insurance costs, we are promoting preventive care activities in line with regional development.

2. Goals (future image)

To ensure that senior citizens are not separated from society due to their age or mental and physical wellbeing, we will aim to create regions that ensure the continuous increase of communal spaces for seniors to promote person-to-person interaction. And, by supporting seniors' independence with the help of specialist rehabilitation staff, we will place communal areas at the center of efforts to ensure that active seniors can take on new roles in society. In doing so, we will aim to give seniors a sense of purpose in life, and achieve a society that encourages lifelong careers.

3. Details of undertaking

(Overview)

We are promoting preventive care efforts to enable seniors to continue living with vitality in familiar surroundings, with a renewed sense of purpose and a new role in society. We are thereby supporting activities that will position active seniors as leaders of regional communities.

- 1) Increasing and enhancing the number of communal spaces through Iki-iki Centenarian Calisthenics sessions
- 2) Increasing and enhancing teams that promote friendship activities
- 3) Increasing and enhancing "Orange cafes"

(Things that are going well)

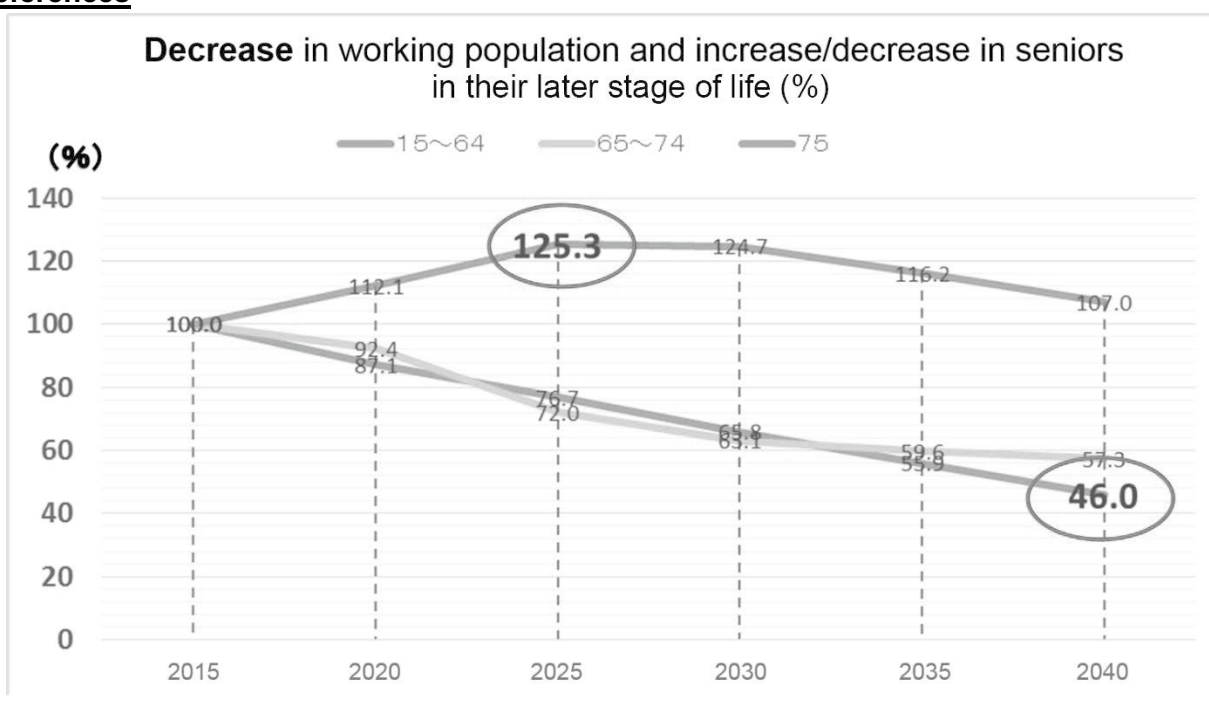
- 1) - Increased balance and strength
 - Communal spaces have increased participants interest in regional issues.
 - Meeting once a week has given seniors something to enjoy and a sense of purpose in life.
 - It has become easier for seniors with physical and intellectual disabilities, those with dementia, and others who require day-to-day support to participate in society thanks to assistance from specialist rehabilitation staff.
 - We are holding lectures to promote longer healthy lifespans with the help of dental hygienists and nutritionists.

- In taking lectures to train dementia supporters courtesy of Caravan Mate, we have increased understanding of dementia.
- 2) - Enhanced regional support initiatives for seniors
 - Active seniors have taken leading roles in regional communities.
- 3) - Communal spaces have become places for recreation for dementia sufferers and their families
 - Local citizens' understanding of dementia has improved.
 - Participating citizens are operating cafes.

(Things that are not going well)

- There are overlapping roles among senior citizens.
- It has been difficult to approach citizens who have isolated themselves from society.
- We must improve our preparations to train leaders for the next generation.

4. References



We currently have 92 communal spaces!



Name of theme	Enhancement of Welfare and Medical Treatment Supported by the Communities	Name of local or regional government	Miyake Town
Name of undertaking	Using strengths of a small town to promote region-wide efforts face to face.		
Outline	<ul style="list-style-type: none"> Encouraging longer and healthier lives, we are seeking to create an environment where all citizens from children to seniors lead lifestyles with a vested interest in health. Moreover, longer and healthier lives for our citizens will lead to an increase in number of healthy and active seniors. We are therefore creating a town where seniors gain a real sense of purpose playing a key role in supporting the locality and local economy. We are striving to create a town where everyone involved can co-create communities, lifestyles, and a sense of purpose, while cooperating with one another and playing active roles in their own ways. 		
Amount of budget	(14,691,000 yen)	(Amount converted to US\$)	

1. Tasks (current situation)

- The population of Miyake Town has been decreasing since 1995, and the population in 2018 stood at 6,971. Ratio-wise, the child and working populations have been on a downward trend, while the senior population is increasing (34.8%). This percentage is higher than both Nara Prefecture and nationwide.
- In 2025, the first post-war baby-boom generation (1947–1949) is expected to be over the age of 75 and account for 38.4% of the population. In line with the increasing number of seniors, there is also expected to be an increase in the number of “primary insured people” and a higher number and ratio of those requiring nursing care.

2. Goals (future image)

- Create an environment where all citizens from children to seniors have a vested interest in health, and can choose healthy actions of their own accord.
- Create an environment where seniors can play a leading role in society, live with a sense of purpose, and be active in a wide variety of fields.
- Create a town where everyone has a role, and supports one another while creating a community where they can be active in their own way. And, in tandem with public services, create a town where everyone can live while supporting one another.

3. Details of undertaking

(Overview)

<Healthy initiatives from a young age>

In order to encourage longer and healthier lives, we are letting young children experience the joys of physical exercise from a young age while aiming to establish exercise as routine. This will enable them to stay healthy throughout their lives.

We have introduced gymnastics and eurhythmics as regular classes in certified centers for early childhood education and care, and have also started “morning sports lessons” for all students at elementary schools.

<Introducing appropriate exercise opportunities around town>

To ensure that routine exercise begun at a young age continues well into adulthood, we have established exercise spots all over town for all age groups.

We have begun yoga classes at children’s support centers for mothers with young children, and are also holding a variety of exercise classes for those in their middle- to late-age. We are also in the process of opening training facilities at health and welfare centers across town.

<A sense of purpose in later life>

To promote longer and healthier lives, we are engaged in a variety of initiatives to increase the ratio of individuals taking specific medical checkups and to prevent lifestyle diseases and their aggravation. We are providing opportunities to learn about health care, and providing ongoing support so that health-building activities are carried out voluntarily. To promote preventive care, we are continuing such activities even for those in their senior years. Also, with “a healthy body and mind for an active community” as their motto, seniors themselves are actively leading regional activities.

<Creating a community where people play an active role in their own way>

To create a community where everyone—seniors, disabled persons, and children—can co-create communities, lifestyles, and a sense of purpose while cooperating with one another and playing active roles in their own way, citizens, business owners, and local administrations are generating ideas and communicating with one another.

We are also working with local citizens to give shape to the activities they can and want to see happen at our newly established multi-purpose facilities.

(Things that are going well)

- By politely recommending that citizens take specific medical checkups, we have raised the ratio to 48.5%, which is the third highest in Nara Prefecture, and the highest among municipalities that don't have directly managed clinics.
- Our efforts to prevent lifestyle diseases and their aggravation have led to the launch of voluntary calisthenics groups, the leaders of which have gone onto begin preventive care activities. Specifically, the regional preventive care activity project that began in fiscal 2016 has led to the creation of active groups in 10 locations.
- Although the ratio of senior citizens in Miyake Town is high, the ratio of those that require care is only 15.6%, which is lower than both the Nara Prefecture figure (18.2%) and the nationwide figure (18.3%).

(Things that are not going well)

- Although the number of citizens who can take the initiative in healthy activities is increasing, the majority of citizens rely on guidance from local administrations, which means there is a lack of personnel who can lead the next generation of voluntary activities. As such, the continuation of currently active groups is under threat.

4. References



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	Koryo Town
Name of undertaking	Measures to increase healthy population through assisting each other in communities		
Outline	<p>Koryo Town is located in the middle western area of the Nara Basin, 30 kilometers away in a straight line from Osaka City which is the core city of the Kinki area. The town is broadly divided into four areas: the northern area, the western area, the eastern area, and the Mamigaoka area.</p> <p>It is a town with a population of about 34,900, a 25.9% aging rate, and a 7.4% birth rate. Its population is steadily increasing, but it is also hit by the wave of low birthrate and aging. In the “Koryo Town Population Vision”, its population is expected to be about 22,000 in 2060, but the town aims to maintain a population of 30,000.</p> <p>With the birthrate decline and aging and decreasing population, it will be necessary to adopt perspectives of creating environment for community residents to support and help each other and revitalizing regional communities in town planning in the future.</p> <p>In the fields of healthcare and welfare, we aim at revitalizing the regional communities through various measures.</p>		
Amount of budget	(Local currency (yen)) [Regional touring health class Koryo Genki Juku] 729,980 yen [Koryo Town care prevention leader KEEP] 3,549,000 yen	(Amount converted to US\$)	

1. Tasks (current situation) :

- The population continues to increase, but is expected to be about 22,000 in 2060.
- The aging rate is now 25.9%, but it apparently will be higher in the future.
- The neighboring connections and communities are different from area to area.

2. Goals (future image)

- Local residents and government are linked with each other to be able to work together in taking measures.
- Communities are activated to strengthen connections and mutual supports in the communities.
- The basis for local residents to cope with problems in their communities is built.
- Regional health measures are taken with the use of social capital.

3. Details of undertaking

[Regional touring health class Koryo Genki Juku]

(Overview)

Regional health activities are designed to maintain and improve health of residents and are expected to cope with health problems in communities. Reflecting on whether we could provide services that are really beneficial to local residents in our healthcare activities and gazing at our original intention once again, we started the “Koryo Genki Juku” initiative to offer touring lectures in each area. Health nurses in charge of each district, together with health fitness programmers or administrative dietitians depending on the theme, visit to gymnasiums and public halls in the communities to hold health classes.

We aim to listen to voices of residents by visiting communities, leading to assistance for individuals and families. We aim not only to maintain and improve health, but also to build connections between local residents and the government and revitalize local communities.

(Things that are going well)

- Since we started the class in FY2014, the number of participants has been going up in every precinct.
- In addition to a lot of old members, there are a large number of new participants reflecting the higher recognition of the class.
- Many participants bring their neighbors, and the class serves as a place of interaction among participants.
- Free tickets for community bus (named Koryo Genki-Go) are distributed to participants at Genki Juku, which leads to the increased number of users of the community bus.

(Things that are not going well)

- From now on, we will need to consider the manner of operation for local residents to take the initiatives in independently running the class.
- Health nurses actually feel that there are interactions among participants. In the future, we will need to consider indicators and evaluation methods specifically showing how much the connection among local residents is strengthened.

[Koryo Town care prevention leader KEEP]

(Overview)

In order to extend healthy life expectancy and prevent nursing care, we have been providing lectures to train care prevention leaders in cooperation with Kio University since FY2014. Certified care prevention leaders become the members of a volunteer organization “KEEP” supporting care prevention. Their activities have led to a system to continuously promote awareness on care prevention and to provide assistance at public spaces such as regular gathering places and salons in communities.

Care prevention leaders encourage local residents to participate in society and support them in adopting their own lifestyles by self-help and mutual help. In doing so, the leaders can improve their own health and engage in the activities, feeling fulfilled, and realizing their roles.

The roles and objectives of the government are to create places for residents to independently work, to make a mechanism to build self-help and mutual help of residents, to support residents in smooth community planning to realize mutual help, and to continuously train care prevention leaders.

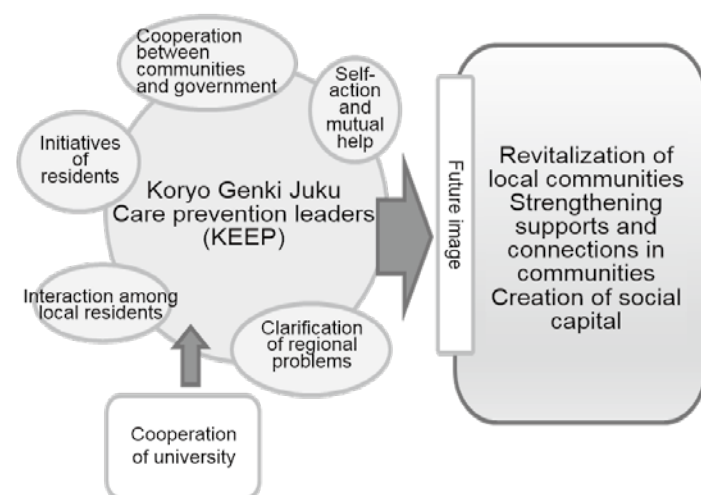
(Things that are going well)

- We have trained care prevention leaders for five years from FY 2014, and about 70% of them are active. This has led to care prevention for the leaders themselves, their achieving fulfillment, and their social participation.
- The number of participants at the class has been increasing year by year, generating places for regular gathering on the residents' initiatives, utilizing care prevention leaders (KEEP).
- The number of places of regular gathering where residents independently work on care prevention. Many of them are continuous participants, contributing to the promotion of awareness on care prevention.
- The engagement of care prevention leaders (KEEP) in continuous supports for places for regular gathering enables assistance suited to individual participants.
- Care prevention leaders serve as liaison between the government and residents, providing the government with the opportunity to learn the needs and complaints in communities.

(Things that are not going well)

- We have set a target of forty places of regular gathering in the town and are considering the method of promotion of awareness for the future.
- We think we can find weakly persons at an early stage by grasping those who are registered in places for regular gathering, but are absent for a long time or abruptly cannot attend. In the future, it will be necessary to build a watch scheme in places for regular gathering.
- We need to consider how to secure candidates for care prevention leaders and other issues relating to the continuous training of leaders.

4. References



List of places of regular gathering in Koryo Town



- | | |
|--|--|
| (1) Society of Brightness (1-chome, Umamikita) | (13) Akabe Lively Club (Akabe Public Hall) |
| (2) Rape Blossom Club (2-chome, Umamikita) | (14) Healthy Circle (Central Public Hall) |
| (3) Samwa-kai (3-chome, Umamikita) | (15) Nadeshiko Kai (Otsuka Public Hall) |
| (4) Hamayu Club (4-chome, Umamikita) | (16) Rokudoyama Nagomi-kai Exercise Club (Rokudoyama Public Hall) |
| (5) Lively Health Club (5-chome, Umamikita) | (17) Sakura-kai (a private house in Hikiso) |
| (6) Yokomine Happy Club (6-chome, Umamikita) | (18) Wellness Village Hashio Moon Princesses (Wellness Village Hashio) |
| (7) Smile (7-chome, Umamikita) | (19) Vivid Classroom Wellness Village Hashio (Wellness Village Hashio) |
| (8) Shinyu-kai (8-chome, Umamikita) | (20) Society of Gathering Sawa (Sawa Public Hall) |
| (9) Twinkle Club (2-chome, Umaminakai) | (21) Happiness Salon (Kudaraatarashi Public Hall) |
| (10) Moon Princess Exercise (3-chome, Umaminami) | (22) Village of Bush Clover (Kudaranijo Public Hall) |
| (11) Vivid Umaminami (4-chome, Umaminami) | |
| (12) Tsubasa Granpa no Kai (5-chome, Umaminami) | |

Name of theme	Enhancement of Welfare and Medical Treatment Supported by the Communities	Name of local or regional government	Shimoichi Town
Name of undertaking	Developing a community where anyone can live healthy		
Outline	For creating energetic and lively communities, it is important to strengthen the power of communities. In our town, we are working on promotion of self-help by the slogans "Let yourself know" and "Do things for yourself." We are also trying to create a town realizing symbiosis society where residents of all generations from children to the elderly can continue to live healthily in places where they were born and raised, as well as the establishment of community-based integrated care system.		
Amount of budget	60,000,000 yen		

1. Tasks (current situation)

- Due to the decrease of not only the young population but also the elderly population, local communities are declining.
- In our town, about a half of districts can be called marginally viable communities just from figures. (Rate of aging: 45.08%, rate of certification of long-term care need: 22.3%)

2. Goals (future image)

- Continuous efforts for care prevention, etc. on the initiative of residents
- Continuation and succession of local communities
- Communities with vitality in spite of decreased population

3. Details of undertaking

(Overview)

- Problems and measures on health, medical services, and nursing care in Shimoichi

We have identified problems based on actual data of healthcare, welfare, and nursing care, and are working on four themes in reference to the opinions of residents expressed at community care meetings (discussion group), etc.

 - Information sharing and penetration to residents at Meeting for Cooperation on Medical Services and Nursing Care
 - Creating communities realizing symbiosis society
 - Creating a town promoting health by walking
 - Measures to support dementia patients and their families

(Things that are going well)

- Reorganization of public hospitals in the Nanwa area by following the Nara model and opening of South Nara Comprehensive Medical Center
- Cooperation with doctors, specialists, professionals of at-home medical care and home-visit nursing care, and pharmacists in the town
- Town planning by promotion of exercise and interaction [promotion of walking]

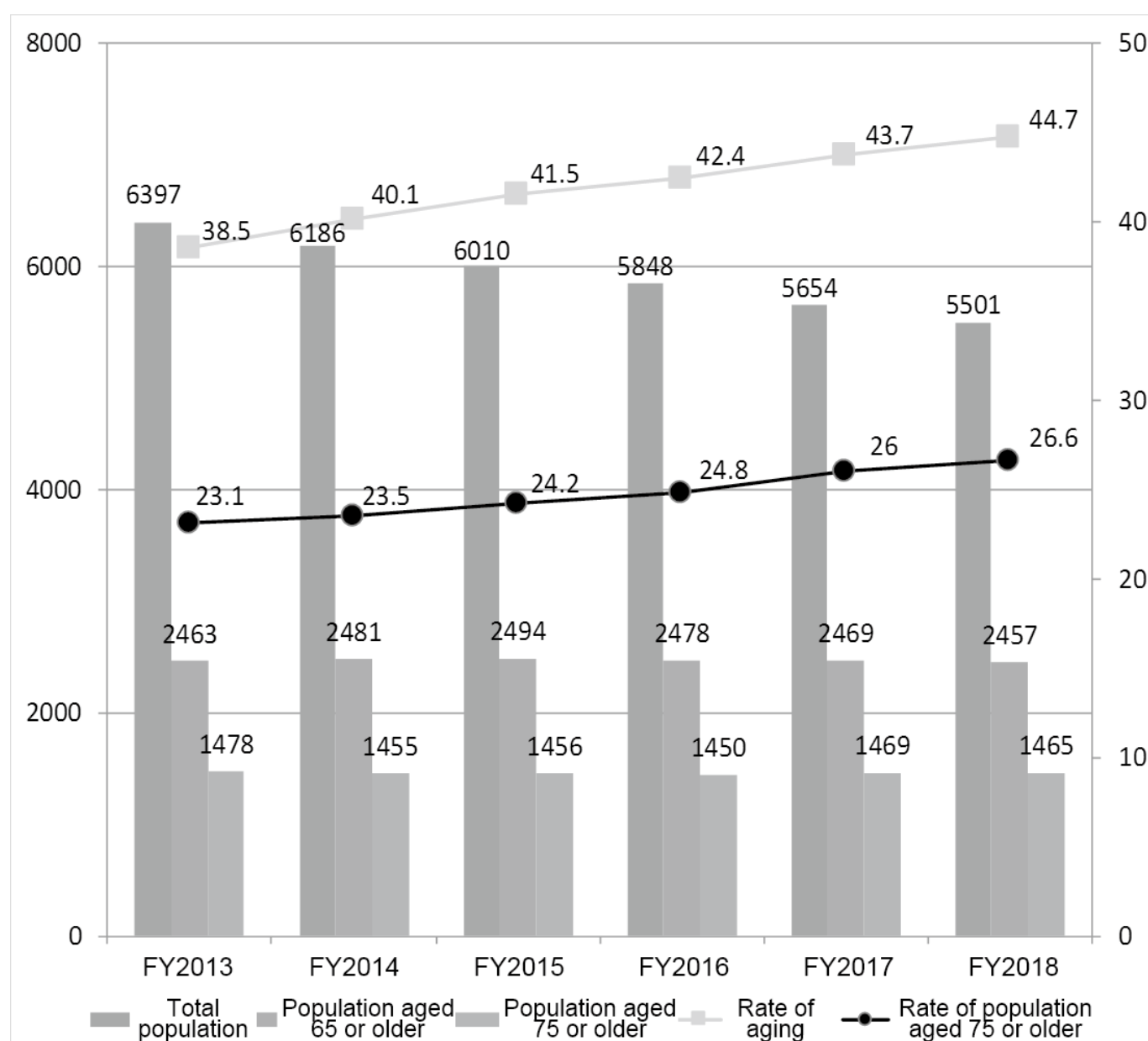
- Creating a town where residents with dementia can live with peace of mind
- Finding and training human resources [Activities of care prevention supporters] [Schools, the council of social welfare, the town government, and the nursing care office cooperate with each other to make children experience “finding” and “greeting” and provide them with the opportunity to think]

(Things that are not going well)

- Preparations for generational shifts of leaders
- Decrease in specialists of medical nursing care, in particular doctors, in the town

4. References

Changes in population of Shimoichi Town



Source: basic resident register (at the end of September of each year)