

第 2 回本邦研修（2017 年 4 月）

(1) 第2回本邦研修工程表等

日付	時刻		形態	研修内容	講師又は見学先担当者等		言語	研修場所
					氏名	所属先及び職位		
5/10 (水)				来日日				
5/11 (木)	9:30	~ 12:00	講義	ブリーフィング		JICA 東京	英	JICA 東京
	13:30	~ 17:00	講義	コース概要、日本における高齢者支援の制度（フォーマルサービス）	岩名礼介	MURC	英	
5/12 (金)	9:00	~ 11:00	講義	地域の支え合いの仕組み（インフォーマルサポート＝自治会、民生委員、社協等）	齋木由利	MURC	日	
	14:30	~ 15:00	見学	「三田いちサロン」の見学	青木大和	港区三田一丁目町会会長 元神明宮神主	日	港区三田一丁目町会
	15:00	~ 15:30	講義	元神明宮に関する説明				
	15:30	~ 16:30	講義	三田一丁目町会の活動に関する説明				
	16:30	~ 17:00	見学	町歩き				
5/13(土)・14(日) 休日								
5/15 (月)	9:15	~ 9:55	講義	介護保険サービスの説明	津金澤寛	つばさグループ株式会社オールプロジェクト 代表取締役	日	特別養護老人ホーム 夢の郷
	9:55	~ 10:55	見学	特別養護老人ホーム、デイサービスの見学				特別養護老人ホーム つばさ
	11:05	~ 11:45	見学	定期巡回、配食サービスの見学				つばさデイサービスセンター 一貞元
	13:55	~ 14:15	見学	子どもとの交流イベントの見学				グループホームふくふく
	14:25	~ 15:25	見学	グループホームの見学				特別養護老人ホーム 夢の郷
	15:40	~ 16:00	見学	学童保育の見学				
	16:00	~ 16:30	講義	質疑応答				
5/16 (火)	9:00	~ 9:45	講義	地域づくりによる介護予防の説明	大江浩子	国分寺市高齢福祉課いきいき推	日	いずみプラザ

日付	時刻		形態	研修内容	講師又は見学先担当者等		言語	研修場所	
					氏名	所属先及び職位			
						進係			
グループ1	10:05	~	11:15	見学	うれしのつどいの会見学	新井武志	目白大学保健医療学部理学療法学科 准教授	日	特別養護老人ホームうれしのの里
グループ2	10:25	~	11:35	見学	あおぞら筋トレ見学	浅川康吉	首都大学東京 健康福祉学部理学療法学科 教授	日	さわやかプラザもとまち
	14:00	~	16:30	講義	プロボノによる地域活動団体への支援に関する講義	嵯峨生馬	特定非営利活動法人サービスグラント 代表理事	日	JICA 東京
5/17 (水)	9:00	~	12:00	講義	日本における介護予防政策の歴史展開と今後の方向性に関する講義	服部真治	医療経済研究機構 研究員	日	
	13:30	~	15:00	実習	グループワーク	武井泉	三菱 UFJ リサーチ&コンサルティング 国際研究室 主任研究員	英	
	15:15	~	16:30	実習	議論・質問コーナー	岩名礼介	三菱 UFJ リサーチ&コンサルティング 社会政策部 部長・上席研究員	英	
5/18 (木)	9:30	~	12:00	講義	社会福祉協議会の役割・活動	山本繁樹	立川市社会福祉協議会 地域福祉推進課 課長	日	JICA 東京
	14:30	~	15:00	見学	自治会のサークル活動の見学	星野恵子	けやき台団地自治会 事務局長	日	けやき台団地自治会
	15:00	~	16:30	講義	団地の現状と自治会活動に関する説明				
	16:40	~	17:00	見学	団地の町歩き				
5/19 (金)	9:00	~	11:00	実習	グループワーク	武井泉	三菱 UFJ リサーチ&コンサルティング		JICA 東京

日付	時刻		形態	研修内容	講師又は見学先担当者等		言語	研修場所		
					氏名	所属先及び職位				
						ング 国際 研究室 主 任研究員				
	11:00	~	13:00							
	14:00	~	14:40	講義						
	14:40	~	15:10	見学	藤田 直	社会福祉法 人賛育会第 二清風園	日	特別養 護老人 ホーム 清風		
	15:10	~	16:10	講義						
				おれんじドアの担い 手の方々とのディスカ ッション、活動に関する 質疑応答						
5/20(土)・5/21(日)休日										
5/22 (月)	9:30	~	12:00	講義	民生委員の役割と地域 の助け合いに関するパ ネルディスカッション	野尻 三重子	港区 民生 員・児童委員 協議会 芝 地区会長	日	JICA 東 京	
						古橋 義弘				東京都立三 田高等学校 後援会会長
						青木 大和				港区三田一 丁目町会会 長 元神明宮 神主
	14:00	~	15:00	講義	地域食堂に関する説明	井上 温子	NPO 法人ド リームタウ ン代表	日	連携セ ンター 第一ビ ル 地域リ ビング プラス ワン	
	15:00	~	15:30	講義	地域食堂の担い手との ディスカッション					
	15:40	~	16:10	見学	地域食堂の見学					
5/23 (火)	9:00	~	12:00	発表	グループワーク	武井 泉	MURC	英	JICA 東 京 別館 AB	
	13:30	~	15:30	発表	研修総括	岩名 礼介	MURC	英	JICA 東 京 別館 AB	
	15:45	~	16:30		評価会	同上	同上	英	JICA 東 京	
	16:30	~	17:00		修了セレモニー(修了 証授与)	同上	同上			
5/24 (水)					帰国日					

(2) 研修員リスト

		氏名	役職
1	Mr.	Said bin Sidup	Director , Elderly Division , DSW , Head Quarters
2	Ms.	Mazura binti Ngah Abd Manan	Senior Principal Assistant Director , Community Division , DSW , Head Quarters
3	Ms.	Norhida binti Abdul Aziz	Principal Assistant Director , Community Division , DSW , Head Quarters
4	Mr.	Bazlan bin Ismail	Principal Assistant Director , Elderly Division , DSW , Head Quarters
5	Mr.	Mohd Mahir bin Mohd Tahir	Principal Assistant Director , Quality Standard Division , DSW , Head Quarters
6	Ms.	Siti Fatimah binti Ismail	Principal Assistant Director , Training and Competency Branch , DSW , Head Quarters
7	Mr.	Mohamad Aziz bin Abdul Kapi	Senior Assistant Director , Elderly Division , DSW , Head Quarters
8	Ms.	Nithiah Palaniandy	Senior Assistant Director , Legislation and Enforcement Division , DSW , Head Quarters
9	Mr.	Desa bin Mat Rabi	Senior Assistant Director , Training and Competency Branch , DSW , Head Quarters
10	Ms.	Sunarny binti Mastury	Principal Assistant Director , DSW , Selangor
11	Ms.	Rugayah binti Ag Besar	Principal Assistant Director , DSW , Sabah
12	Ms.	Irine Anak Andrew Ganggang	Principal Assistant Director , DSW , Sarawak
13	Ms.	Suryani binti Mohamad	Principal Assistant Director , DSW , Pahang
14	Ms.	Roshayati binti Omar	Principal Assistant Director , DSW , Kelantan
15	Mr.	Anuwar bin Ismail	District Welfare Officer , Social Welfare District Office , Manjung
16	Mr.	Ansharey bin Matarsad	Social Welfare District Officer, Alor Gajah, State of Malacca
17	Mr.	Che Ahmad bin Che Noor	Head of Elderly Institution , RSK , Kangar
18	Mr.	Abdul Razak bin Yahaya	Head of Elderly Institution , RSK , Taiping
19	Dr.	Izwana binti Hamzah	Public Health Physician and Senior Assistant Director, Family Health Unit, Perlis State Health Department
20	Ms.	Sara binti Othman	EPU, Prime Minister Department
21	Ms.	How Sin Meun	Assistant Secretary , Policy & Strategic Planning Division , MWFC

Why did Japan return to Community Based Support System for the elderly?

The 2nd Training Course in Japan: The Project on Successful Aging: Community Based Programmes and Social Support System in Malaysia

Social Policy Department
General Manager / Senior Analyst
Reisuke IWANA

三菱UFJリサーチ&コンサルティング



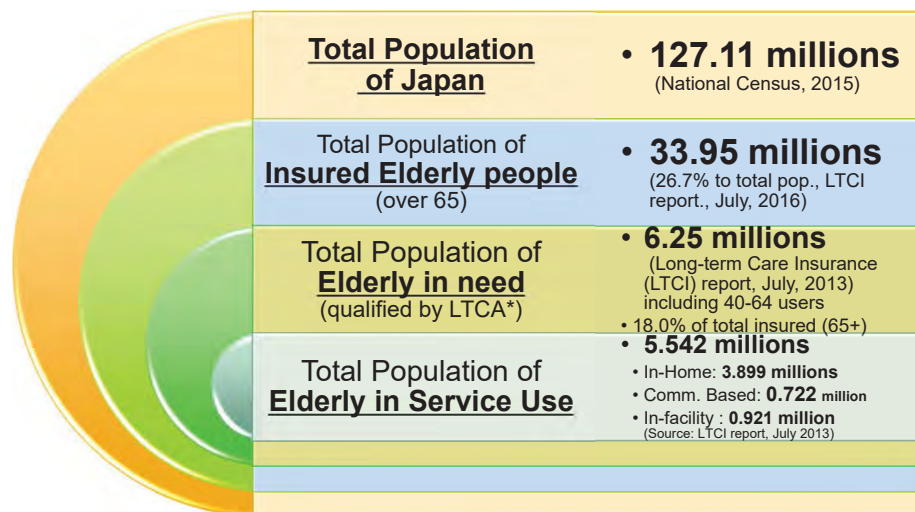
Basic Administrative Structure

- General Administrative structure
 - Central Government (1)
 - Prefecture Government (47)
 - Municipality (approx. 1,700)
 - ✓ City, Town, and Village
 - 【Government Decreed Cities (20)】
 - ✓ Devolution of power from Prefecture to GDC.
 - Public Assistance, PWD Welfare, Elderly welfare, Minsei-iin, Child welfare
 - Public hygiene, city planning, hotel administration and so on.
 - ✓ Sapporo, Sendai, Saitama, Chiba, Yokohama, Kawasaki, Sagami-hara, Niigata, Shizuoka, Hamamatsu, Nagoya, Kyoto, Osaka, Sakai, Kobe, Okayama, Hiroshima, Kita-Kyushu, Fukuoka, Kumamoto

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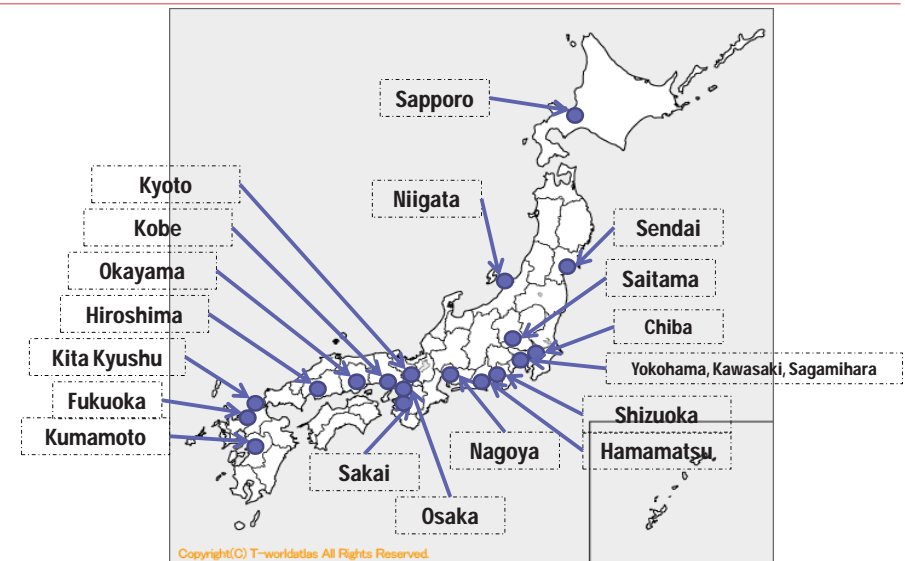
Demographic Scale



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Government Decreed Cities



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Administration

	Central	Prefecture	Municipality
Head of Administration	Prime Minister	Governor	Mayor
Election of Head	Indirect Election Elected by the member of Parliament.	Direct Election	Direct Election
Structure	Parliamentary Cabinet system	Dualistic Representative System	Dualistic Representative System
Major policy responsibility	National security, Foreign Diplomacy, Jurisdiction. Policy development for entire policy domain.	Implementation of schemes and policy arrangement including social welfare services. Major part of health insurance and pension operation belong to other administrative bodies.	

Note: More details on local administration in Japan, please refer to "Local Government in Japan" (Council of Local Authorities for International Relations) <http://www.jlqc.org.au/activities/images/aboutjapan/j05.pdf>

What is typical Image of Japanese Society?

Super Aged Society?

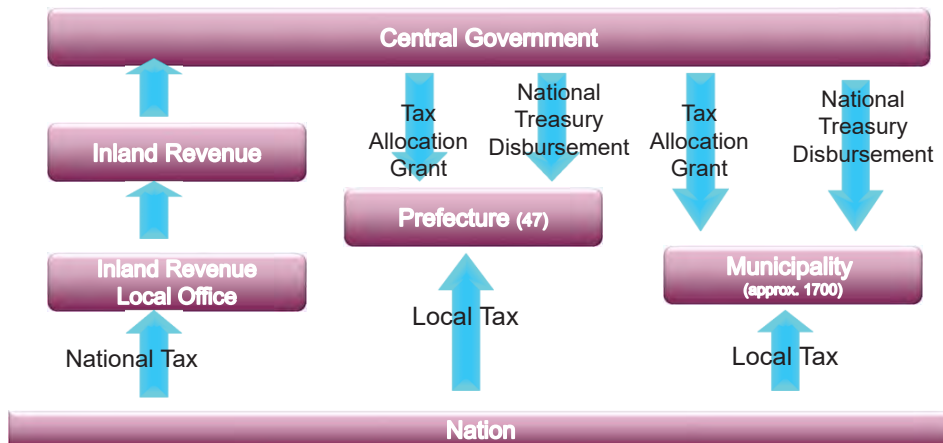
34 millions of Elderly People
Decreasing Young Generations

More than Quarter of population:
65+

Baby boomers (born in 1947-49)
are about to reach at 75+ by 2025

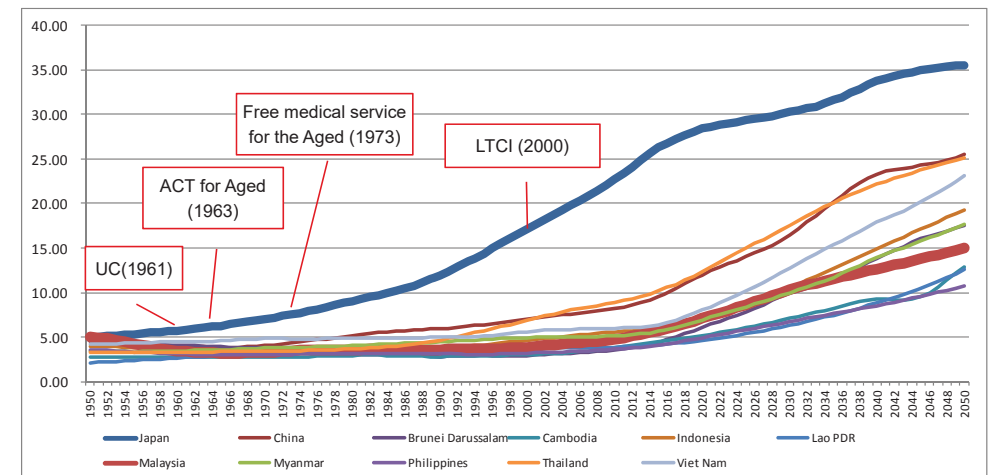
Increasing Elderly living alone....
More vulnerable households

Financing System

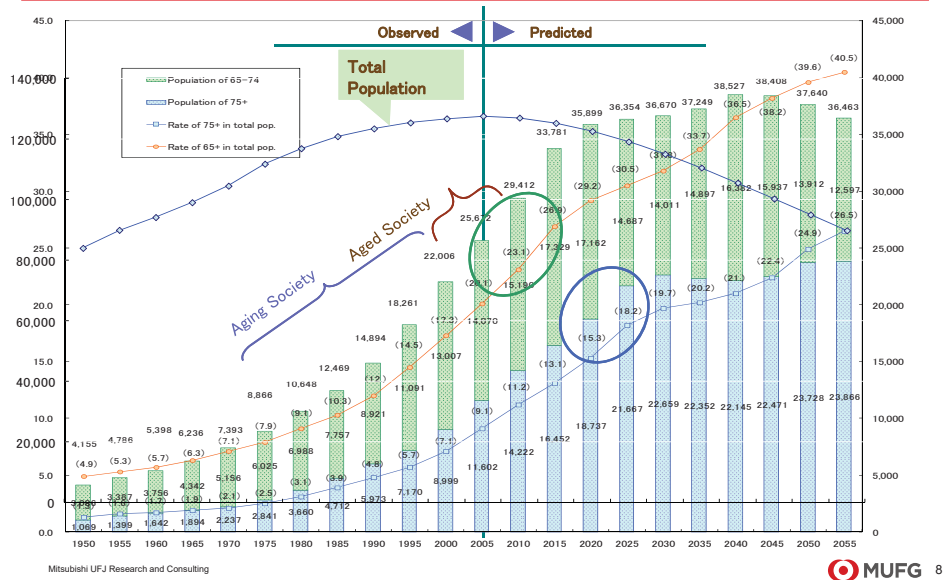


Source: UN Population prospects

Aging in Asia (% of 65+ in total pop.)



Population



What is typical Image of Japanese Society?

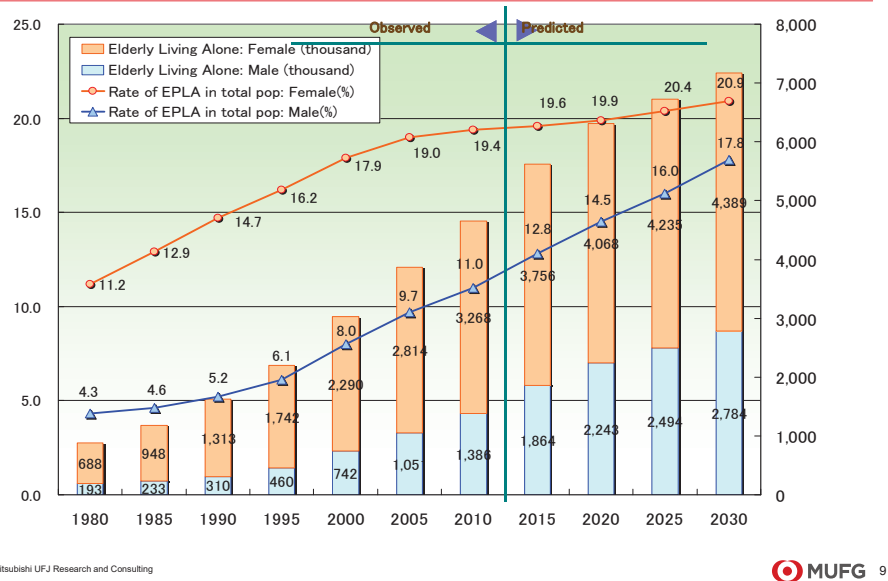
Advanced Social System?

Universal Coverage: 1961 on Pension and Health Insurance

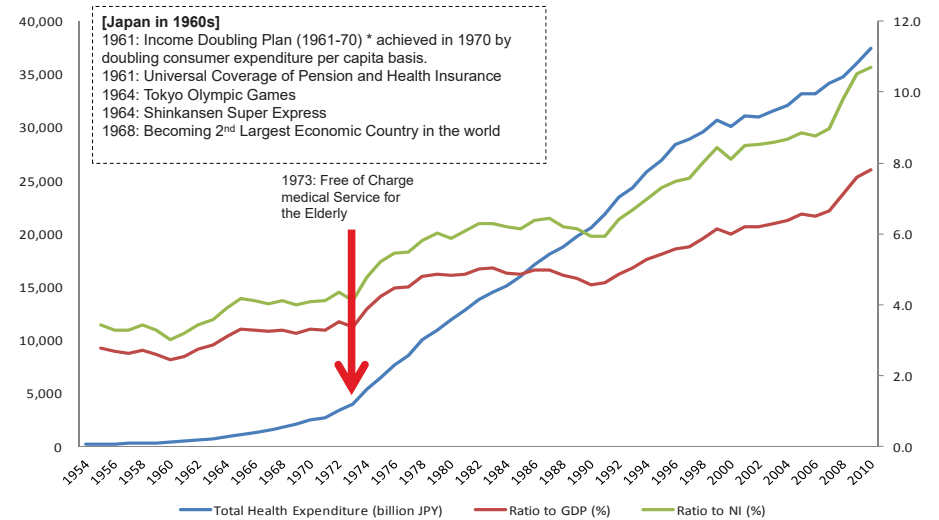
Long Term Care Insurance: 2000 taking care of more than 6 million elderly people

Low Level of co-payment for Social Insurance (10-30% for Health-I, 10-20% for LTCI)

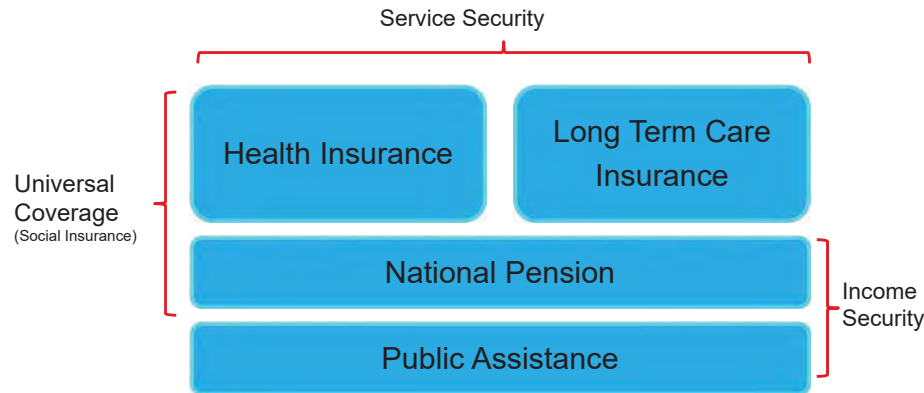
Elderly People Living Alone



Historical Key Event



Social Security System in Brief



But now we are faced with many difficulties

WE HAVE TO CHANGE

Need cost containment and control over use of services

Lack of human resources for the elderly care

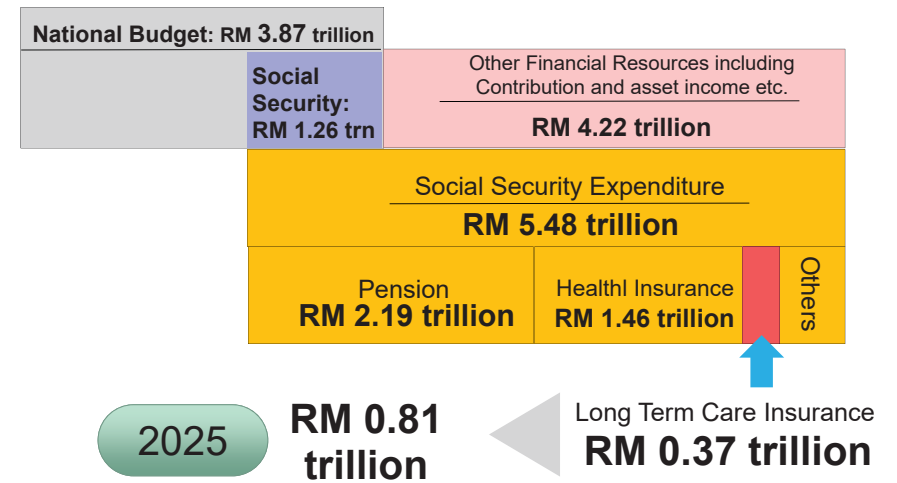
Need innovation and improvement of skills and knowledge on promoting self reliance of elderly in need

Source: IPSS (National institute of population and Social Security Research), 2009
Total amount of benefit in 2009 is 99.9 trillion JPY.

Social Security System in Brief

Benefit provided to individuals and households	Social Insurance (compulsory)	<u>Health insurance (UC:1961)</u> <u>Pension Insurance (UC:1961)</u> <u>Long-term Care insurance (2000)</u> Employment insurance Occupational accident compensation insurance	90.3 trillion yen (90.4%) 3 trillion MYR
	Social Welfare (tax based)	<u>Welfare for Disabled, Elderly, children, and mothers. (Act for welfare for the Aged: 1963)</u>	8.8 trillion yen (8.8 %)
	Public Assistance	<u>Public assistance (1946, 1950)</u>	290 billion MYR
Policies establishing foundation of social security	Public Health	Measures for food sanitation, control against TB, infectious disease, and drugs tap water, etc.	0.8 trillion yen (0.8%) 28 billion MYR

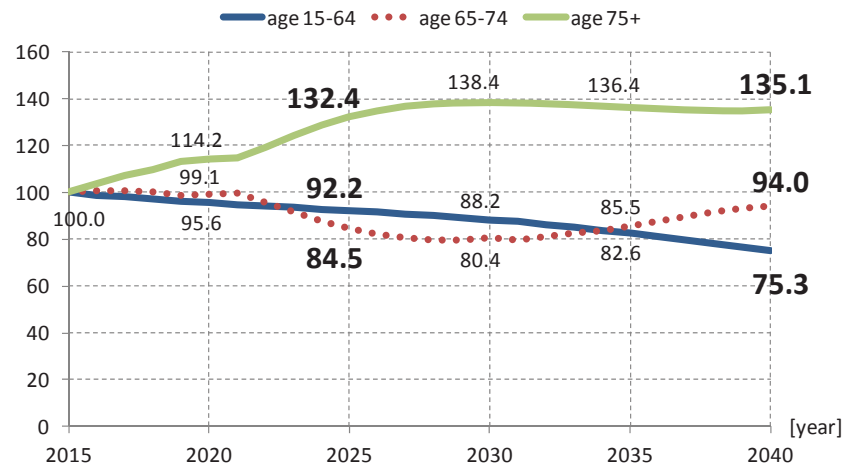
Financial Magnitude of Social Security and LTCI (2014)



JPY:100=RM4.04 1.0RM=JPY24.78

Source: Assembled by IWANA, according to MOF, and Institute of Population and Social Security Research

Demographic Change



Source: Graphed by MURC based on Population Prediction, Jan 2012, IPSS.
Index: Year 2015=100

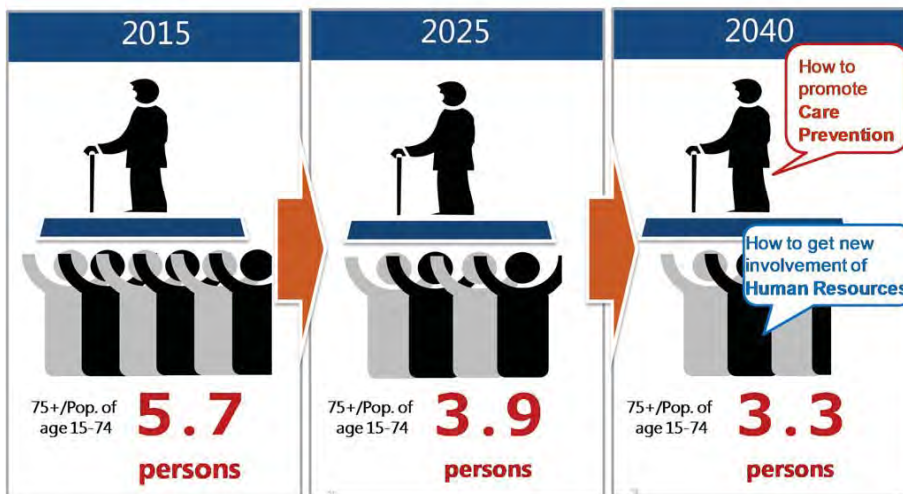
But now we are faced with many difficulties

What we have to do... are

Creating “Integrated care system” as a whole social system (which does not exclude informal sector)

Getting new involvement of human resources including informal and for profit sectors.

We are faced with demographic difficulties



Source: IWANA, Reisque, Mitsubishi UFJ Research and Consulting.

Community Based Integrated Care System (CBICS)



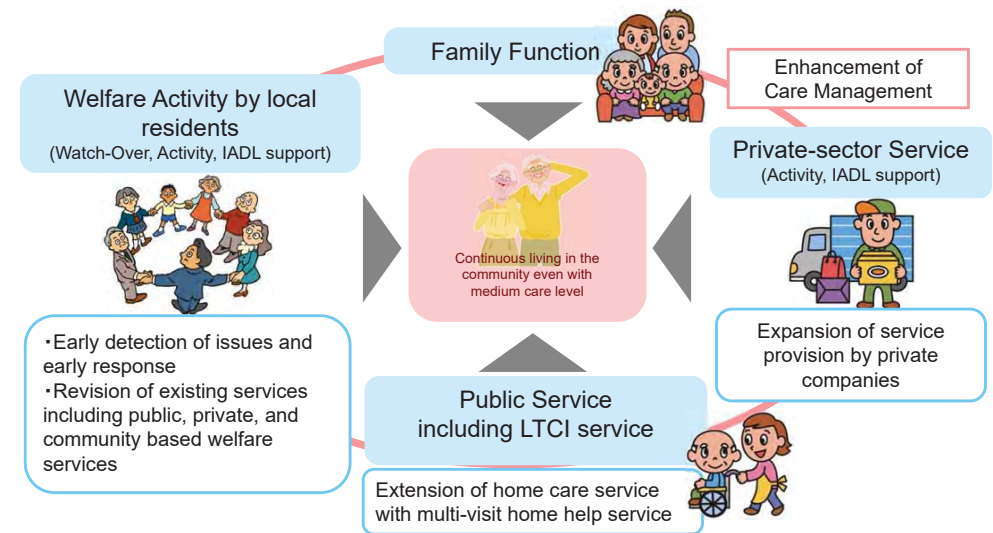
Source: MURC “Study Team on CBICS”

WHO is going to provide (After 2000: Introduction of LTCI)



Source: MURC "Study Team on CBICS"

Community Based Integrated Care System



WHO is going to provide (From Now on....)

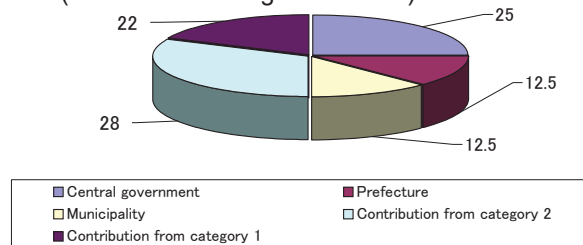


Source: MURC "Study Team on CBICS"

Appendix: Outline of "Long Term Care Insurance"

Outline of Long term care insurance(1)

- ◆ Insurer: Municipality or Group of municipalities. (local government)
- ◆ Type of insurance: Compulsory social insurance.
- ◆ Financing: contribution from the member category 1 (65+), and category 2 (40-64) and tax (central and local governments)



◆ Entitlement of benefit

- ◆ Category 1: insured person who passes the certification of LTC need, and rated from support level 1,2 or care level 1-5.
- ◆ Category 2: insured person who has disease listed as "specific disease", and passes the certification of LTC need, and rated from support level 1,2 or care level 1-5.

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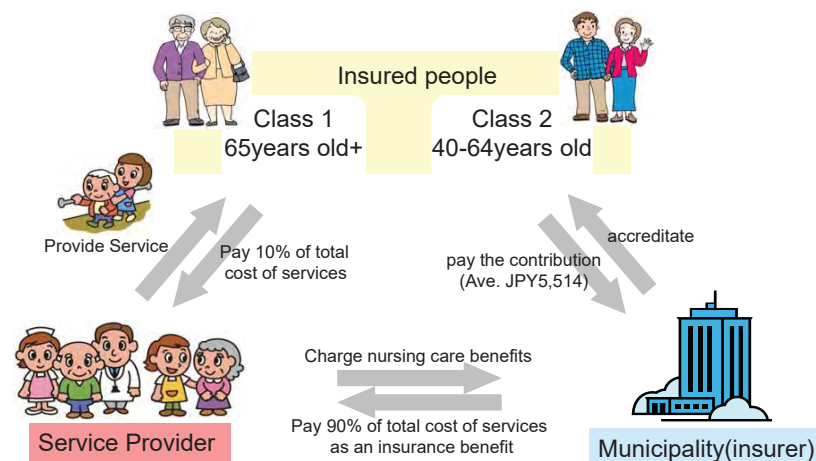
Benefit: benefit levels (7 classes according to care need) with ceiling

Monthly Benefit and Long Term Care Accreditation (for in-home)

	Ceiling of benefit(JPY)	Ceiling of benefit(MYR)	Condition
Support 1	50,030	MYR2,000	Independent (ADL) with support Support for IADL
Support 2	104,730	MYR4,200	
Care 1	166,920	MYR6,700	
Care 2	196,160	MYR7,800	Care for ADL and IADL
Care 3	269,310	MYR10,700	
Care 4	308,060	MYR12,300	Bedridden or care for entire daily life
Care 5	360,650	MYR14,400	

Source: Assembled by SAIKI Yuri based on Government Regulation
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Outline of Long term care insurance(2)



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Use Fee: Insurance benefit: 90%, Co-payment: 10% of service fee

Unit rate for service use (example)

Day Service

Care Level	Day Service
Support level 1	¥16,470(Monthly Amount)
Support level 2	¥33,770(Monthly Amount)
Care level 1	¥6,560(Daily Amount)
Care level 2	¥7,750 (Daily Amount)
Care level 3	¥8,980 (Daily Amount)
Care level 4	¥10,210 (Daily Amount)
Care level 5	¥11,440 (Daily Amount)

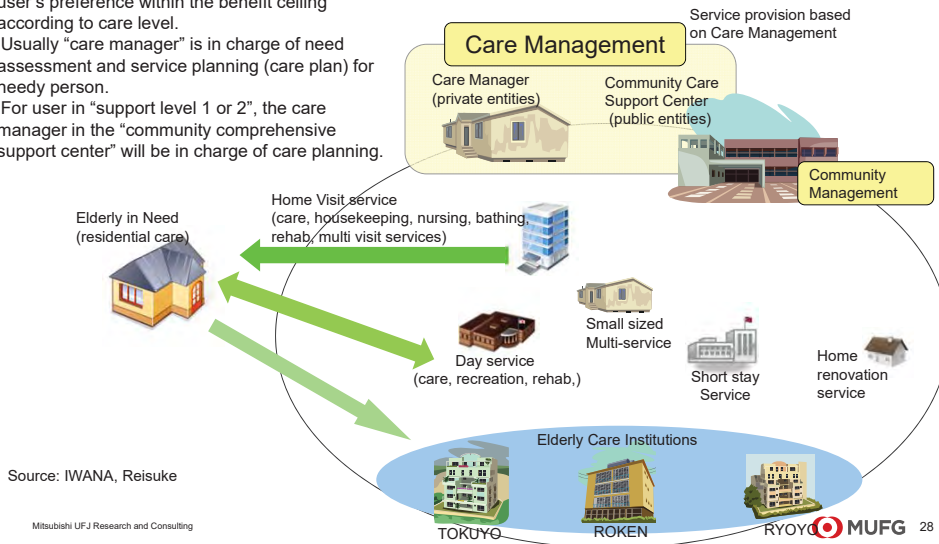
※Care Level 1-5: 7-9 hour service

Home Help Service(Care Level 1~5)

	Less than 20min	20-29 min	30 min- 59min	60min - 89min
Physical support	¥1,650	¥2,450	¥3,880	¥5,640
	20-44 min	More than 44min		
Life support	¥1,830	¥2,250		

Usage of service

- ◆ User can access to the services according to the user's preference within the benefit ceiling according to care level.
- ◆ Usually "care manager" is in charge of need assessment and service planning (care plan) for needy person.
- ◆ For user in "support level 1 or 2", the care manager in the "community comprehensive support center" will be in charge of care planning.



Service Menu of Long Term Care Insurance(2)

Community Support Program

- Preventive care program (for unqualified)
 - Secondary preventive care program: Survey for semi dependent people, Day care service for semi dependent (physical rehabilitation, consultation for nutrition, and oral training), home visit for semi dependent, and evaluation programs for prevention programs
 - Primary preventive care program: Activities for public awareness on preventive care in the community for entire elderly population in the community including promotion and training of preventive care by community volunteers

=>2015~reformed system (Enhancement of Care Prevention, +Life Support)

- Comprehensive support program
 - Care management for prevention
 - General consultation support program
 - Advocacy program
 - Comprehensive and continuous care management (support for care managers acting in the community as private entity)
- Voluntary program (under discretion of municipality)
 - Standardization program for LTC benefit
 - Supporting program for carers and family

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Service Menu of Long Term Care Insurance(1)

Home care service

- Home Visit type
 - Home helper service, Home visit bath, Home visit nurse, Home visit Rehabilitation
- Day service type
 - Day Service / Day Care Service (rehab.)
- Short Stay
 - Short stay service in the institutions (from several days to weeks)

Institutional Care (only for Care Level 1~5)

- TOKUYO, ROKEN, RYOYO (as described later)

Community-Based Service

- Home Visit type
 - Home helper service for night care, Multi-visit home help service
- Day service type
 - Day Service for the elderly with dementia
- "Group Home"
 - Small scale resident type institution for Dementia
- Small scale Institutional Care
- Combination Service
 - Home helper service, Home visit nurse, Day Service, Short Stay

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The role and main player of
“Informal support” for the elderly in Japan

The 2nd Training Course in Japan: The Project on Successful Aging: Community Based Programmes and Social Support System in Malaysia

Ms. Yuri SAIKI, Senior Analyst,
Department of Economic Policy,
Mitsubishi UFJ Research and Consulting Co., Ltd.

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Goal of “Community Based Integrated Care”

Transition from home, to hospital and to facility would bring “relocation damage (physically, mentally, and even socially)” to patients.

Percentage of people who want to die at home : 54.6%*1
Percentage of people who actually die at home : 12.8%*2

Demand for the framework of community for the continuous life

Community Based Integrated Care System

*1 Cabinet Office: Survey on the elderly attitude to Health, 2012. sample; nationwide 55+ of male and female
*2 Ministry of Health, Labour and Welfare: Vital Statistics, 2014

Definition of “Community Based Integrated Care System”

What is “Community Based Integrated Care System” ?

Integrated support and care system
to stay living
in a familiar place
in one’s own way
for life

For Example...

1 A certain old woman's hobby was knitting. Her husband passed away years ago, and she lives on her own now. She invites an outside instructor to preside knitting class once a week. Neighbors join as students.



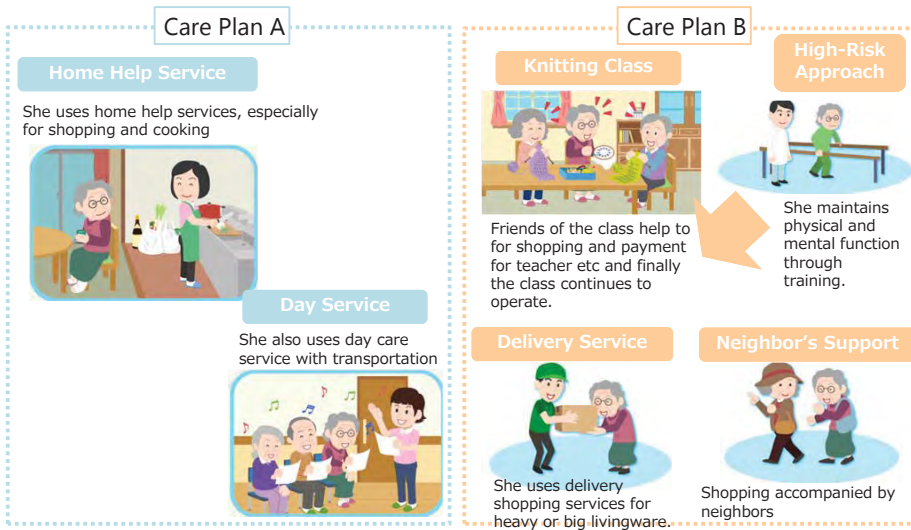
2 Old woman also gives grandchildren the works she made in the class, and enjoys sometimes making big pieces and putting them in the exhibition. That kind of activities were her worth living for. However, one day, she fell and broke her leg.



3 Since then, she stopped going out. Since it was getting harder for her to prepare for the class, arranging instructors preparing tea and sweets, she closed the class. Her family was worried about her withdrawal and consulted with the Community support center.

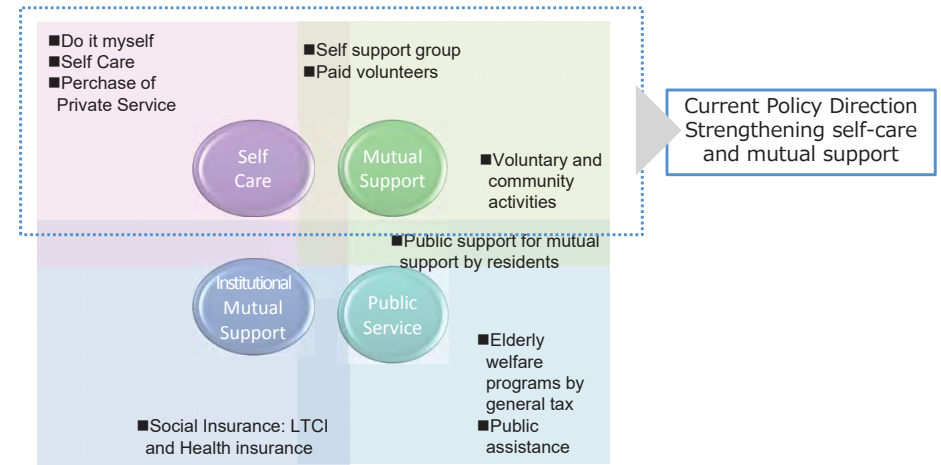


Which Care Plan is suitable for her ?

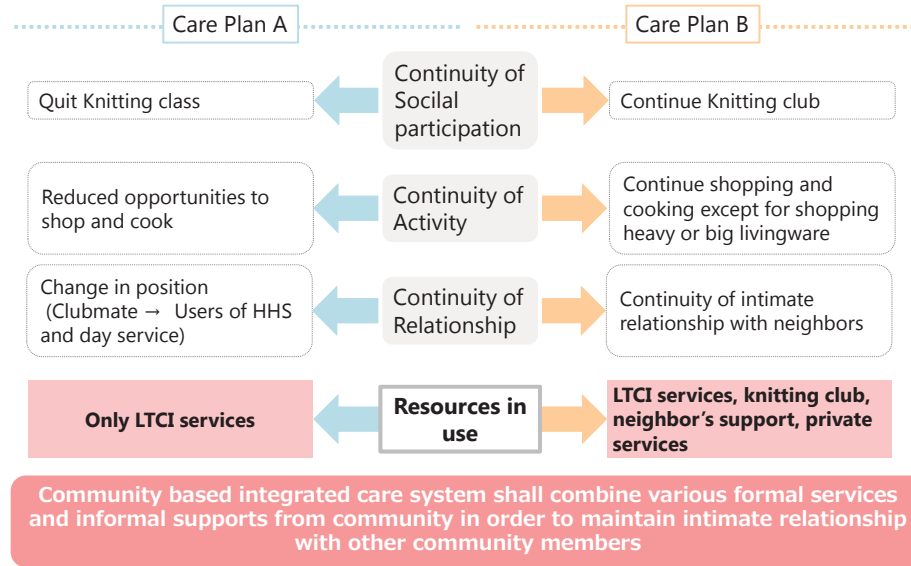


Component of "Community Based Integrated Care"

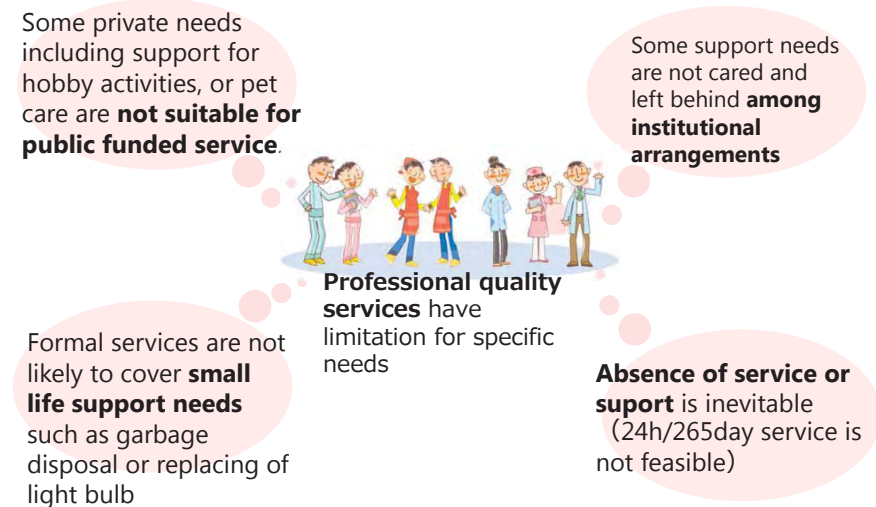
LTCI is not enough for the continuous living in the community



Difference between plan A and B

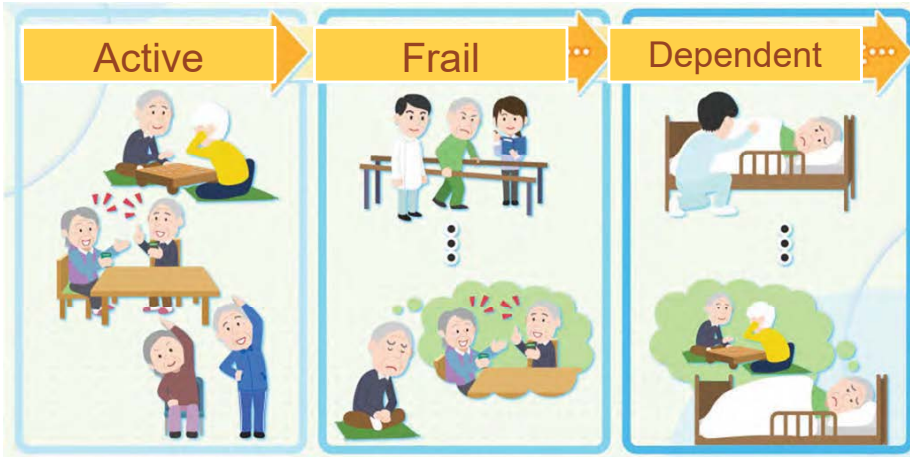


Why promotion of self-care and mutual support ①



Why promotion of self-care and mutual support ②

Isolated from Intimate relationship with community



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MUFG 8

Why promotion of self-care and mutual support ③

High Risk Approach

Mainly exercise class, focusing on specific physical function (Service Provision)



Mussel Training



Lecture on Nutrition

Population Approach

Creating Various Activity Spaces in Community (Community Development)



Sport



Hobby



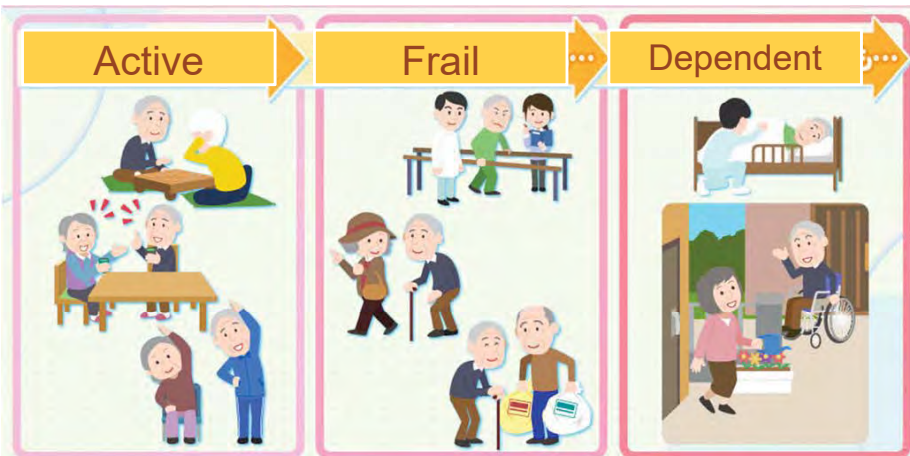
Volunteer

User (target)	Specified through checklist of frail elderly	Anyone, with friends and neighborhood
Program	Only lessons on support for physical, oral, and nutrition	Wide variety of programs including Salon, Exercise, hobby, community activity, volunteer programs and so on
Term	3~6 months	No limit
Fund	LTCI	LTCI etc

10

Why promotion of self-care and mutual support ②

Isolated from Intimate relationship with community



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MUFG 9

Why promotion of self-care and mutual support ③

Current

High Risk Approach



Population Approach

Future

High Risk Approach



Population Approach

Despite high program effect, low level of participation of residents. Follow-up support (by population approach) after completion of the program were not enough.

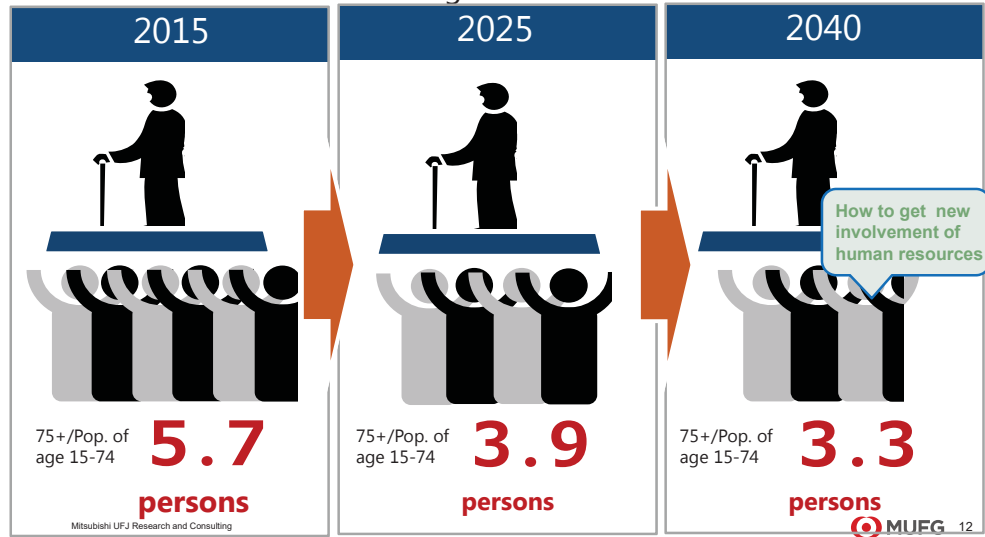
By enhancing the program on population approach, Providing care prevention in continuous relationship with friends and neighbors. Expert consultation would be provided for those in need in the limited period of time (high risk approach)

Mitsubishi UFJ Research and Consulting

G 11

Why promotion of self-care and mutual support ④

Shortage of Human Resources

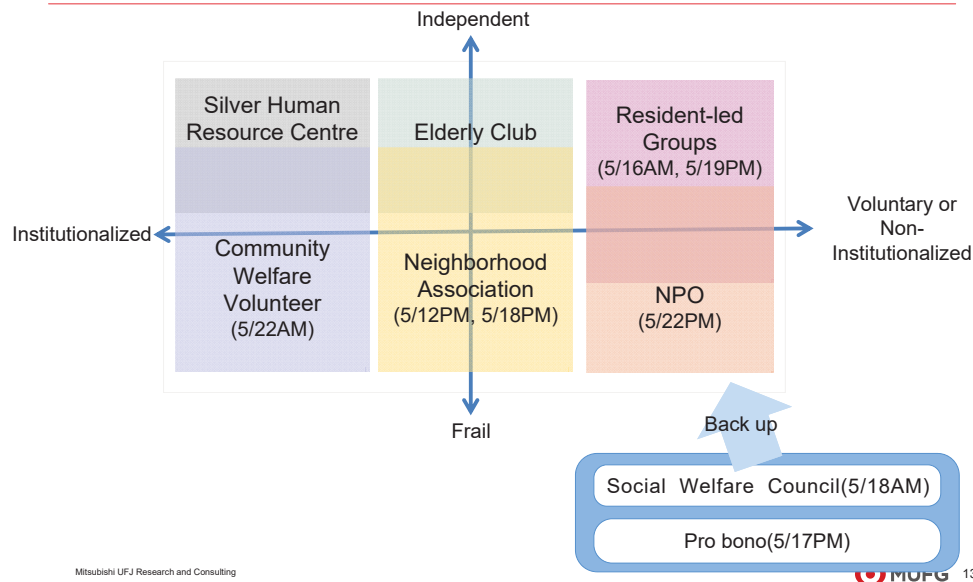


Elderly Clubs

Mitsubishi UFJ Research and Consulting



Category of Self-care and Mutual support



Elderly clubs

What is the elderly club?

Volunteer organizations by the elderly based on communities

Objective of the activity

Engage in exiting activities which enrich life through making friends, reasons to live, and health. It also aims at engaging in social activities in cooperation with organizations within a community by utilizing ones' expertise and experiences, and promote the building of bright aged society and health welfare.

Membership

About over 60 years old

Organization

Organized base on the small area which allows members to talk to each other daily and gather on foot. Size is about 30-100 members.

Operation and finance

- Voluntary and democratic operation based on the will of members
- financed by the membership fee and subsidies

Mitsubishi UFJ Research and Consulting

Source : Mr.hattori, IHEP

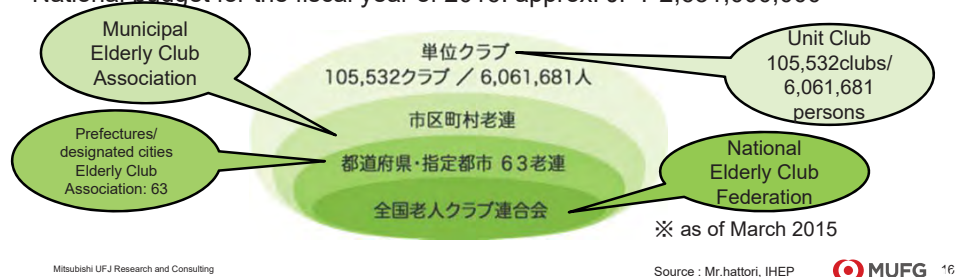


Legal status and public subsidies of the elderly club

Article 13, Act on Social Welfare for the Elderly

1. A local government shall endeavor to hold educational seminars and recreational events to facilitate the maintenance of elderly persons' physical and mental health, and any other program widely available for elderly persons' voluntary and active participation (hereinafter referred to as an "senior health programs").
2. Local governments shall commit to the advancement of the programs aimed at promoting the welfare of the elderly, and shall endeavor to provide appropriate assistance to senior citizens' group or any person implementing those programs.

National budget for the fiscal year of 2016: approx. JPY 2,631,000,000



Elderly club's activities

Promote health/senior sports

daily health control, health promotion, studies on the prevention of illness and being bedbound, exercises for the elderly, walking, various senior sports, health activities such as prevention of accidents

Fraternity activities

As one of the neighbors/friends, support the elderly living alone, physically weak elderly, elderly with disabilities, and their families

Voluntary social activities

Cleaning and planting of streets and public facilities, collecting recyclable gavages, collecting donations for the Red Feather Campaign and disasters, donation of hand-made floor cloth and diapers, inspection of dangerous sports in a community, prevention of fire and disasters etc.

Club activities

Chorus, cameras, ceramics, paintings, skiing, swimming, dancing, table tennis, haiku, go/Japanese chess, sawing etc. Recently, word processors, cooking, video, computers etc.

Studying activities

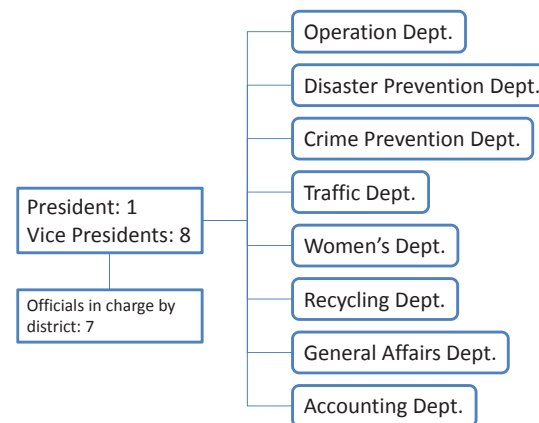
About health, pension, long-term care insurance, medical care system, rules in taking medicines, history of the community, and environment issues.

Mita 1-chome Neighborhood Association

- Outline of the activity and issues of community -
May 12, 2017

Outline of Mita 1-chome Neighborhood Association

- **No. of officials:** 56
- **Source of income:** Membership fees, subsidies from Minato Ward, etc.
- **Organization:**



* There is also Taiju-kai (club for elderly people) as an another organization

Outline of Mita 1-chome



Minato Ward

- Population: **243,977**
- Population aged over 65 years: **42,441**
- Proportion of those aged over 65: **17.4%**
(National average: **26.3%**)

Mita 1-chome

- Population: **4,289**
- No. of households: **2,230**
- * Two high-rise apartments were constructed over the past few years

*Population, vital statistics and the number of households derived from the Resident Registers, Statistic Bureau, Ministry of Internal Affairs and Communications, as of January 1, 2016

Main activities

Activities in FY 2016

1. Board meetings
2. Recycling
3. Early morning radio exercise for children during the summer vacation
4. Salons
5. Crime prevention activity
6. Disaster drill
7. Recreational activities
8. Cooperation with a town-wide sports day
9. Night watch
10. New Years' Celebration
11. New Year's mochi (rice cake) pounding
12. Cooperation with nationwide traffic safety campaigns in Spring and Fall

1. Board meetings



Held once a month

5

3. Early morning radio exercise for children during the summer vacation



Organized by Children's association and Women's Dept.

7

2. Recycling



Collecting used paper, cardboard, aluminum cans, etc.
Monthly activity (12 times/year)
300 participants in total

6

4. Salons



A seminar on the preparation for the end of life

8

6. Disaster drill



Drill for setting up a shelter

9

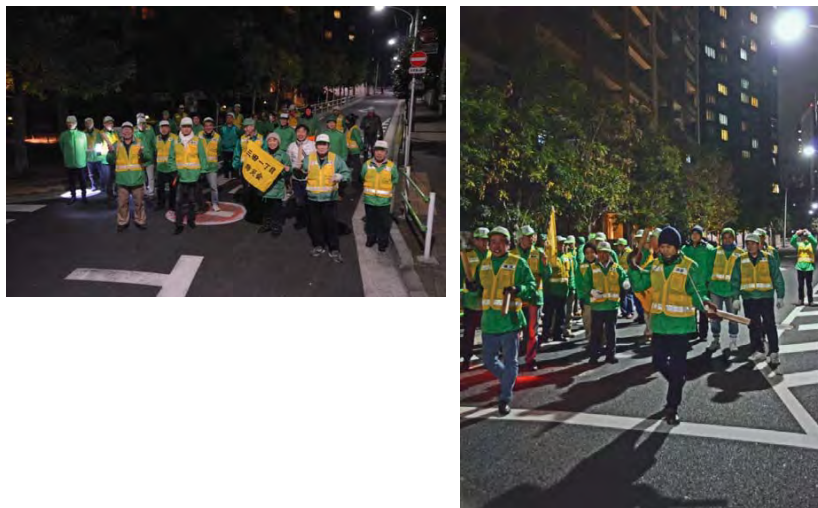
11. New year mochi (rice cake) pounding



70 volunteers serving about 500 plates

11

9. Night watch



From December 20 2015 to February 14, 2016
230 participants in total

10

Current situations and issues

- Decrease in participation rate to the association event
 - increase the number of studio-type and rental apartment
 - decrease the number of independent housing
- Some people think neighborly ties are not necessary
 - Are public supports and LTCI services really enough ?
- Different perception towards community
 - It depends on lifestyle and how many years they live there.

12

Neighborhood association's role in community

- Activation of community
- Create an friendly atmosphere even a newcomer can participate in neighborhood association easily
- Create a comfortable environment for board member of neighborhood association to work (Because they are volunteers)

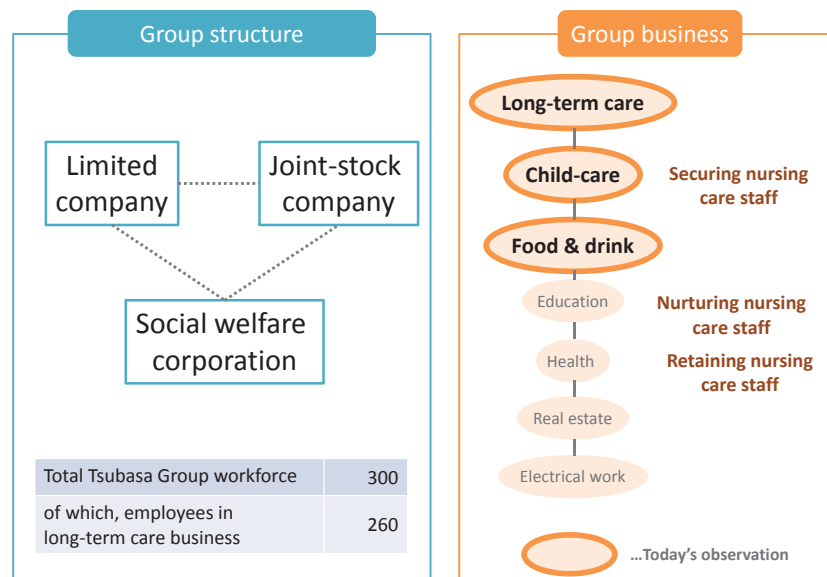
Observation of the Long-term Care Insurance Service



Tsubasa Group

May 15, 2017

Outline of Tsubasa Group



Outline of Kimitsu City, Chiba Prefecture



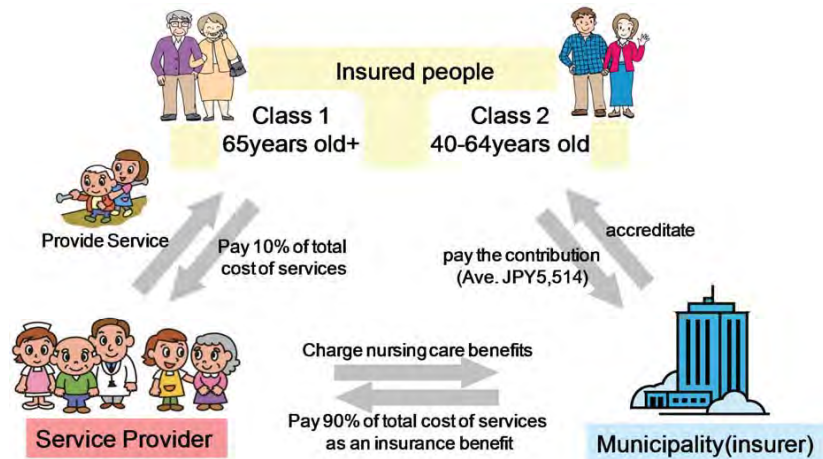
City area	319 km ²
Population ^{*1}	88,316
No. of households ^{*1}	37,866
Population over 65 years old ^{*2}	23,273
Population over 75 years old ^{*2}	10,534
No. of persons certified as requiring support or long-term care ^{*2}	3,619

^{*1}: as of the end of March, 2014 ^{*2}: as of the end of September 2014
 Source: Kimitsu City Health and Welfare Plan for the Elderly and Plan for the Sixth Care Insurance Program, March 2015

Today's observation contents

Long-term care business	<ul style="list-style-type: none"> • TOKUYO • Day service nursing care • 24-hour home help care / nursing services • Group home for the cognitively impaired
Child-care business	<ul style="list-style-type: none"> • After-school care for children
Food and drink business	<ul style="list-style-type: none"> • Food distribution service • Restaurant (today's lunch venue)

Mechanism of care insurance system ①



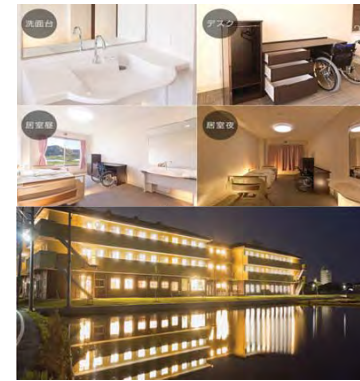
Source: MURC

Mechanism of care insurance system ②

	Condition
Support 1	Independent (ADL) with support Support for IADL
Support 2	
Care 1	Care for ADL and IADL
Care 2	
Care 3	
Care 4	Bedridden or care for entire daily life
Care 5	

Source: MURC

Long-term care business - TOKUYO



Eligible persons	CARE LEVEL 3~5
Capacity	80 persons
Service contents	Users are admitted to the facility and receive physical nursing care, physical functional training and health management services, including bathing, excretion and meals.
Monthly fees	CARE LEVEL 3: 125,430 JPY CARE LEVEL 4: 127,560 JPY CARE LEVEL 5: 129,690 JPY

Long-term care business – Day service nursing care



Eligible persons	SUPPORT LEVEL 1・2 CARE LEVEL 1~5
Capacity	30 persons
Service contents	Users visit the facility to receive simple rehabilitation services such as physical nursing care and functional training, including bathing, excretion, and meals. A courtesy shuttle service is available from users' homes to the facility.
Service hours	Monday to Saturday 10: 00~16: 30
Monthly fees	SUPPORT LEVEL1 : 1,647JPY/month SUPPORT LEVEL2 : 3,377JPY/month CARE LEVEL1 : 656JPY/day CARE LEVEL2 : 775JPY/day CARE LEVEL3 : 1,006JPY/day CARE LEVEL4 : 1,021JPY/day CARE LEVEL5 : 1,144JPY/day

Long-term care business – 24-hour home help care / nursing services



Eligible persons	CARE LEVEL 1~5
Service contents	A 24-hour home help care service. Home visit helpers regularly visit users' homes to provide life support and physical nursing care. Helpers also respond in emergencies when reported by users.
Monthly fees	CARE LEVEL 1: 6,670 JPY CARE LEVEL 2: 11,120 JPY CARE LEVEL 3: 17,800 JPY CARE LEVEL 4: 22,250 JPY CARE LEVEL 5: 26,700 JPY

Child-care business – after-school care for children



Eligible children	7 to 12 years old (elementary school students) Children whose parents are absent in daytime due to their work
Service contents	Offering after-school places for children with hand-made meals and sweets and a bathing service.
Service hours	Weekdays: after school until 18:30 Saturdays, Sundays and Public Holidays: 8:00~18:30
Monthly fees	12,000 JPY

Long-term care business – Group home for the cognitively impaired



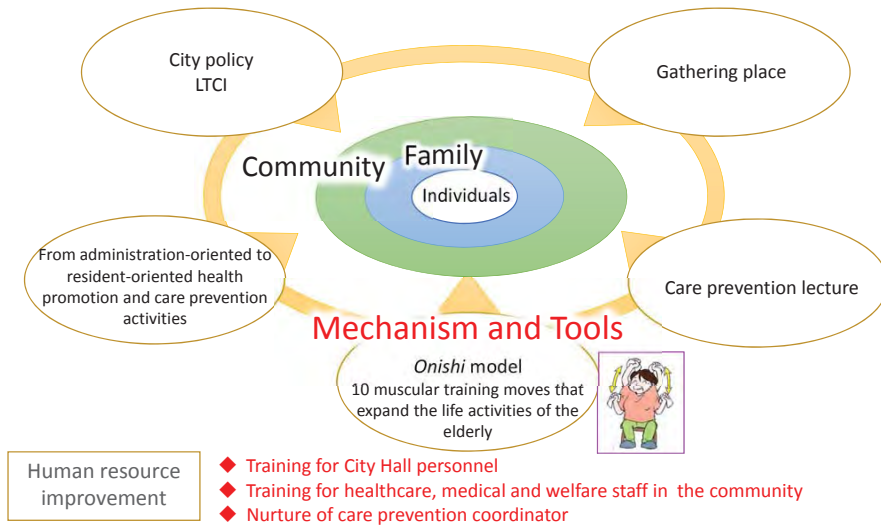
Eligible persons	SUPPORT LEVEL 2 CARE LEVEL 3~5 Those diagnosed with dementia
Capacity	18 persons
Service contents	Users live together receiving physical nursing care service, including bathing, excretion and meals and physical functional training.
Monthly fees	SUPPORT LEVEL 2: 144,930 JPY CARE LEVEL 1: 144,930 JPY CARE LEVEL 2: 145,440 JPY CARE LEVEL 3: 145,950 JPY CARE LEVEL 4: 146,460 JPY CARE LEVEL 5: 147,000 JPY

Food and drink business – Food distribution



Eligible persons	Those who want to buy
Capacity	-
Service contents	Delivery of frozen meal
Fees	500 JPY/meal

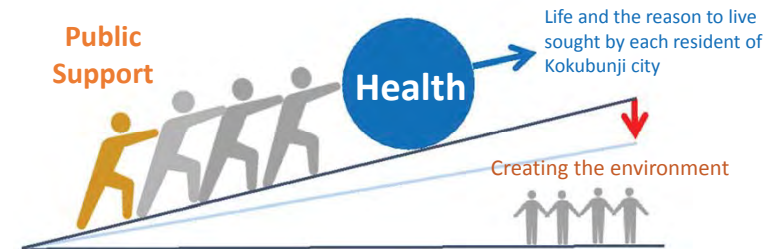
Care prevention through community development



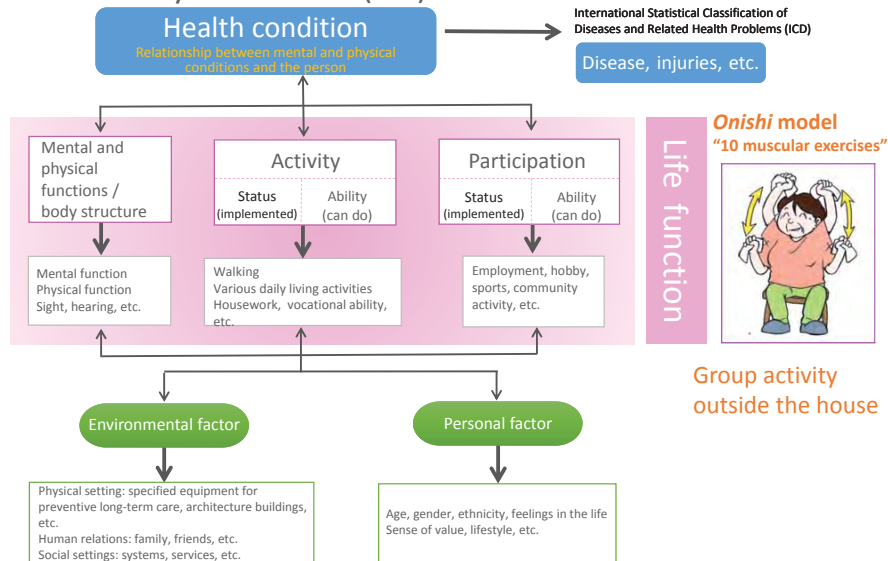
Reference: *the Practical Guidance for Health Japan 21 in the Community*

Role of public support

○ Offering a **mechanism** and **tools** that allow residents to exercise by themselves.



International Classification of Functioning, Disability and Health (ICF)



Source: Report on the 3rd Ministry of Health, Labour and Welfare (MHLW) ICF Symposium "Towards Utilization of International Classification of Functioning, Disability and Health - Possibility of Assistance Technology as the Environmental Factor" (Statistics and Information Department, Minister's Secretariat, MHLW, March 2016)

Role of public support

○ A **mechanism** allowing residents to exercise by themselves

[Extension phase]
Gather at the venue once a month
Explanation of exercise
= Joint muscular exercise



Role of public support

○ **Tools** allowing residents to exercise by themselves



Leaflet



DVDs (video / voice)

You, your peers and your community all become healthy



Community based Support system for the elderly

By introducing **“Pro Bono”**



Tokyo Hometown Project Secretariat



What is “Pro Bono”?

“Pro Bono” means to **involve persons with professional skills and experiences in volunteer activities to produce outcomes that will help solve social problems.**

Pro Bono Publico For Good Public

Derived from a Latin word “Pro Bono Publico (for the public good)”

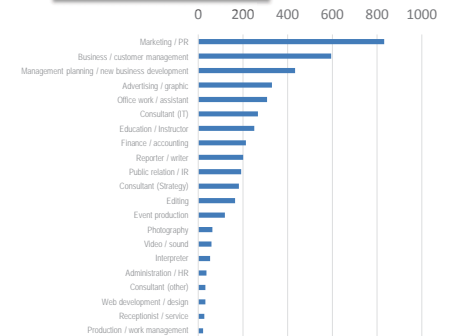
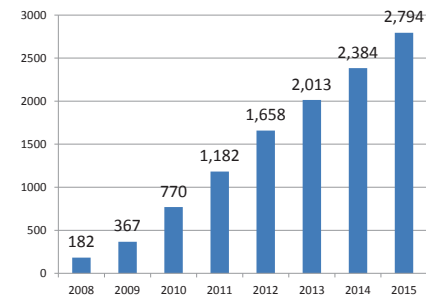
I. What Is Pro Bono?

Statistics on “Pro Bono Workers”

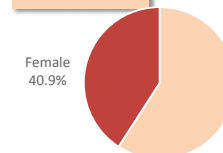
No. of registered Pro Bono workers: **3,145**

As of October 25, 2016

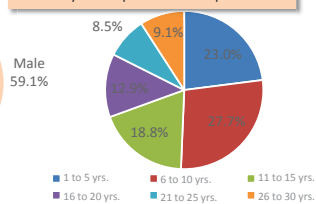
Details of registered workers



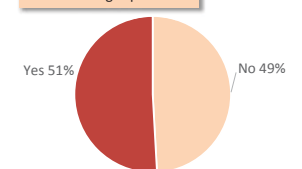
Male-female ratio



No. of years of professional experiences

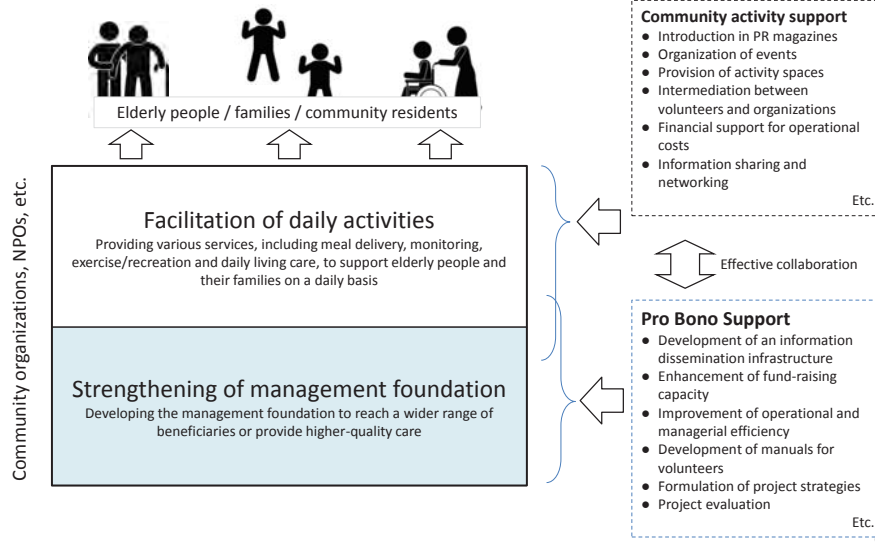


Volunteering experience



Pro Bono Support

In collaboration with existing community activity support, Pro Bono assists wide-ranging community-based integrated care organizations in enhancing their management foundation.



Community organizations, NPOs, etc.

Project-type Support to Produce Tangible Outcomes

We provide **project-type support** to produce tangible and practical results so that persons participating in community welfare can effectively utilize Pro Bono support.



Examples of Support Projects in FY2015: Long-term Projects

(1) Creation of publications (brochures, etc.)
NPO Kaze no Yasumba (Bunkyo ward)



- This community café was opened in June 2013, aiming to fill the gap between the residents and their municipal government or neighborhood associations and provide tangible support to individuals. It provides wide-ranging services, including "handyman" services to solve little problems and vacant property caretaker services on behalf of residents.
- Pro Bono workers created a brochure that is easy to read so that local residents can understand the various activities of the NPO.



(2) Website development
Taichi Mimamori Network (Sumida ward)



- This community network was established to monitor the community after the Great East Japan Earthquake. Fifteen volunteers visit each of the more than 300 elderly residents in Taihei 1-chome, Sumida ward, three times a year to monitor their lives.
- The Pro Bono project developed a website to explain and disseminate the accumulated know-how of the community network so that neighboring town associations could initiate similar monitoring activities.



(3) Action plan formulation
Tamariba/Toshin (Itabashi ward)



- They create opportunities for community members to socialize by organizing many salons and study meetings; focusing on the special abilities and characteristics of the management members.
- Despite the wide range of activities to promote interactions between different generations, they felt they could not reach the people in need. Therefore, they collaborated with Pro Bono workers to formulate an action plan including mechanisms to develop pioneering activities with a sense of speed.



Examples of Support Projects in FY2015: Short-term Projects

Creation of flyers



NPO Platina Biyo-juku
We created a flyer to promote an event held by the NPO.



Mitaka Minna no Hiroba
We created a flyer to introduce the activities of the network, comprising multiple organizations.

Problem analysis workshop



Association to Consider Elderly Care in Arai
A workshop was held to review the activities of the association over the past four years to analyze its short- and medium-term problems and propose necessary actions.



NPO Mube no Kai
A workshop was held to review the activities of the NPO from an external perspective and propose new ideas and opportunities to improve relationships with its service users.

Utilization of SNS



Kaname-cho Asayake Kodomo Restaurant
We created a Facebook page and advertising materials that are easy to understand.

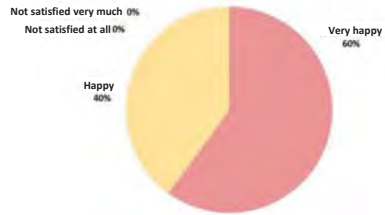


Taiyo-sha Himawari-en
We chose the most suitable option among various SNS and created a blog on the spot.

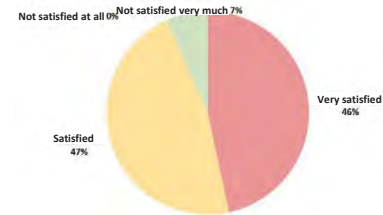
Child-raising Salon Tachikawa Toy Library Palette
We created a user-oriented mini flyer to encourage people to visit the facility.

Comments from Participating Organizations

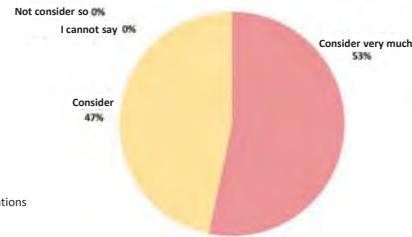
Are you happy to participate in the Pro Bono project?



Are you satisfied with outcomes and proposals offered by the Pro Bono team?



Do you consider it effective for diverse organizations like Pro Bono to engage in promoting community-based integrated care?



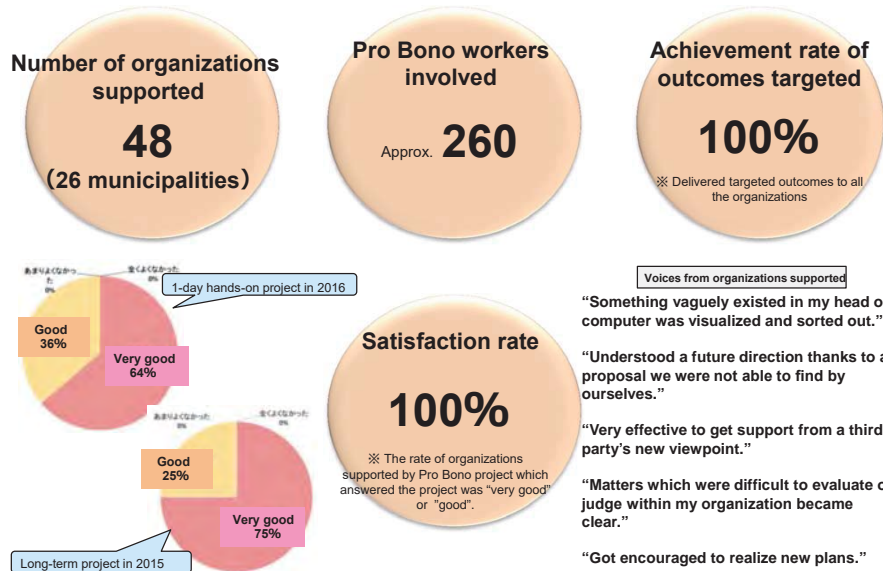
* Pro Bono One-day Challenge 2015
Answers from 15 participating organizations
(Response rate: 100%)

10

II. What Support Is Needed?

Outcomes so far

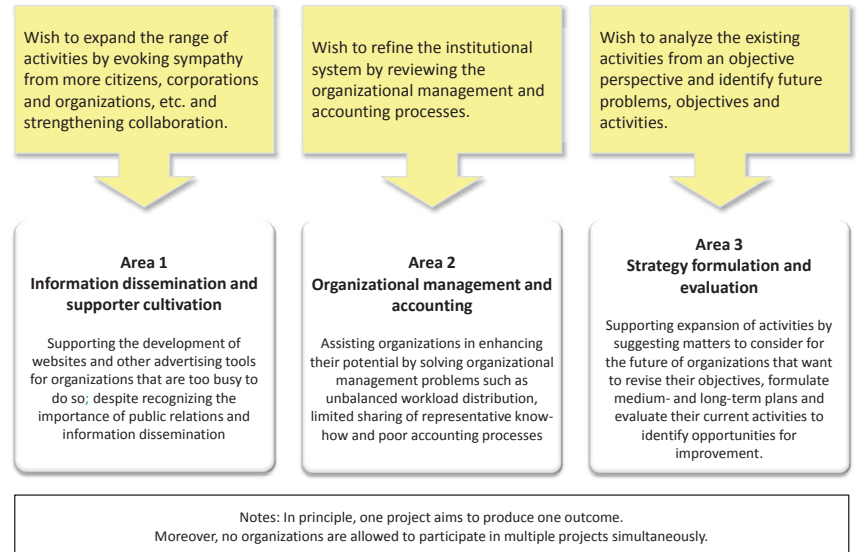
Below are outcomes of support projects implemented since 2015.



9

Areas of Project-type Support

Pro Bono provides project-type support, mainly in the following three areas, to meet the needs of community organizations and NPOs engaged in community-based integrated care:

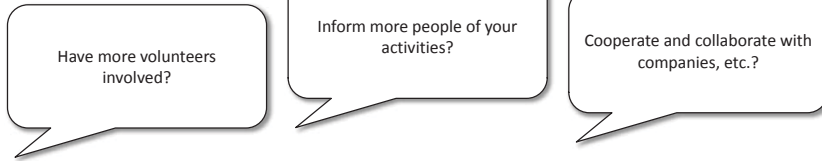


12

Details of Support (1) Information Dissemination and Supporter Cultivation

Producing advertising materials for organizations that are too busy to do so, despite recognizing the importance of public relations and information dissemination

For instance, don't you want to...



Pro Bono support: a list of support options

(Long-term projects)

Website development

We will renew your website, a key tool for information dissemination, so that you can deliver information to your target groups.

Print ads (e.g. brochures)

We will create a compelling brochure that provides an at-a-glance overview of your activities to facilitate understanding of your service among users and supporters.

Video ads

Video ads can be more effective than static ads. We will create a several-minute video to introduce your organization.

Promotional materials

We will create appealing and compelling materials you can use to encourage companies, etc. to collaborate. These promotional materials can be a powerful tool for fund-raising.

(Short-term projects)

Utilization of Facebook and SNS

Since Facebook and other SNS are rapidly gaining popularity, we will assist your organization in creating your Facebook page to get "likes."

Event flyers and posters

We will show you how to create appealing and eye-catching flyers and posters so that you can upgrade those you already have.

Crowdfunding projects

Let's get crowdfunding (fund-raising on the Internet). We will develop a project that evokes public interest.

Translation

We will assist your organization in conveying information to foreign residents and service users in their native languages to involve them in your activities and build a diverse and inclusive community.

13

Details of Support (3) Strategy Formulation and Evaluation

We will support the expansion of activities for organizations wishing to revise their objectives, formulate medium- and long-term plans and evaluate their current activities to identify opportunities for improvement.

For instance, don't you want to...



Pro Bono support: a list of support options

(Long-term projects)

Action plan formulation

We will identify internal issues and external opportunities and challenges, set medium- and long-term objectives and develop a future action program.

Basic marketing survey

We will identify and propose various opportunities for improvement by surveying your service users and supporters.

Project evaluation

We will visualize the value of your activities via an external/objective assessment and numerical evaluation of your project results.

(Short-term projects)

Problem analysis workshop

We will list problems faced by your organization and prioritize them so that you can take the next action.

Property utilization workshop

We will assist organizations managing facilities, stores and salons in effectively utilizing their empty properties.

Guide to questionnaire surveys

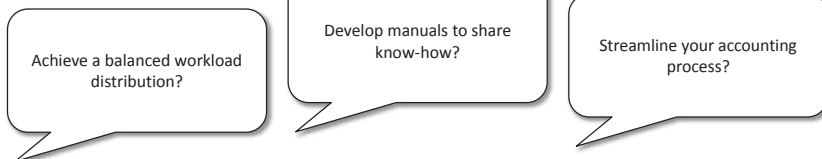
We will suggest how to use the results of a questionnaire survey of service users, etc. and how to design an effective questionnaire.

15

Details of Support (2) Organizational Management and Accounting

Don't you think you are too busy to handle all the necessary tasks? In order to get you out of such a situation, we will assist your organization in enhancing potential by solving organizational management problems.

For instance, don't you want to...



Pro Bono support: a list of support options

(Long-term projects)

Management manuals

We will support institutional development to involve more volunteers in your activities by putting your know-how into documents.

Operational efficiency improvement

We will analyze the existing operational process to identify excess and waste and propose the ideal process flow to improve your operational management.

Donation management

We will assist your organization in strengthening the donation and donor management system so that you will be certified as a nonprofit organization whose donors can claim tax deductions.

(Short-term projects)

Utilization of cloud tools

We will facilitate information sharing within your organization by effectively utilizing cloud tools, such as Google, SkyDrive and Dropbox.

Accounting process improvement

We will analyze the existing accounting process to identify problems and opportunities for improvement and make proposals on the highest priority issues.

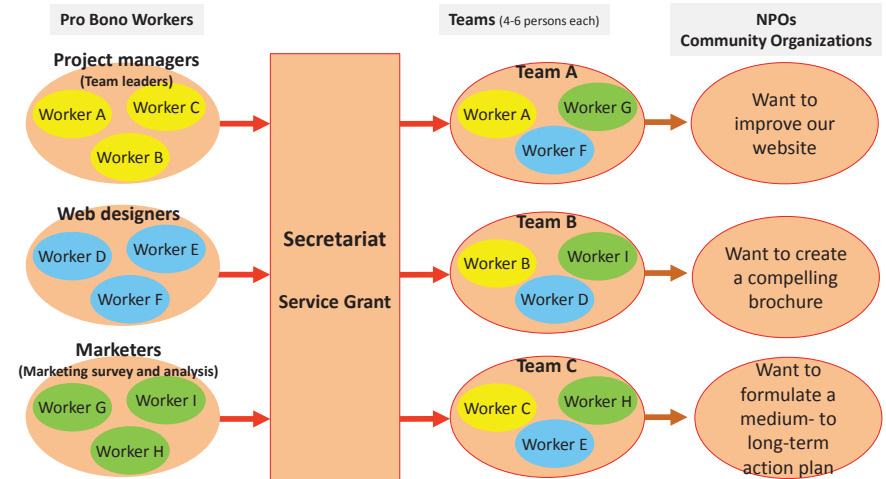
Legal system development

We will assist your organization in developing legal document templates, such as terms of service and agreements, to deal with legal affairs.

14

A Conceptual Diagram of "Team Building"

Building a team of Pro Bono workers with different experiences and skills to reduce individual workloads and generate high-quality outcomes that will meet the needs of participating organizations.



5

Expected Advantages for Community Organizations and NPOs

You can get tangible results that will help solve your organizational management problems.

We can assist your organization in expanding and strengthening activities by producing practical and tangible results.

You can activate your organization by expanding your horizons.

We can provide opportunities to inspire your staff and volunteers by facilitating interactions with business persons.

You can gain insights into the activities of other community-based integrated care organizations in other communities.

A number of community-based integrated care organizations will be involved so that they can understand each other's activities.

You can receive professional, high-quality, free support.

Note that the activity expenses, such as web server management and printing costs, shall be borne by your organization.

16

III. An Example of Support

NPO Dream town (Itabashi ward)

【Overview of organization / Goal of Pro Bono support】

The housing complex in Takashimadaira, Itabashi ward, was constructed during the period of Japan's rapid economic growth and is known as a "Mammoths (=gigantic)" housing complex. Residents' aging has been progressing and it has become a challenge how to support the life of elderly persons living alone.

NPO Dream town is running a community café "Community Living plus 1" and offering an interactive space centered on preparing and having food together where participants with diversity are able to take part. A manual for running the café has been developed to enable participants to collaborate with each other and keep the place open with a free atmosphere.

【Pro Bono support and outcome】

Pro Bono members have clarified the value and the challenge of "Community Living plus 1" with an objective viewpoint through observing its activities and interviewing volunteers.

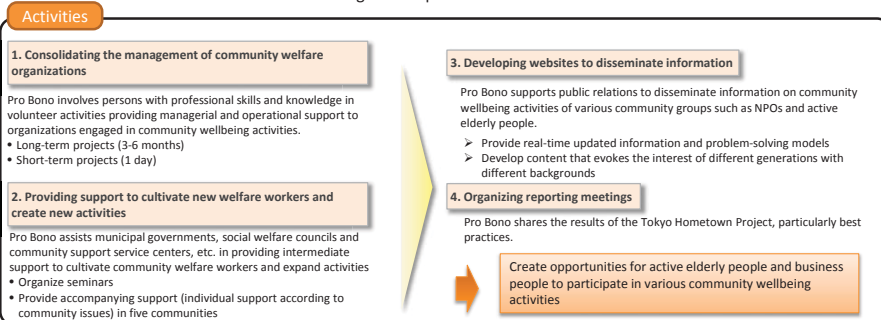
The members also reviewed the operation of the community café and developed a manual for guest services, hygiene control, and use of the equipment.

Through these, the Pro Bono team helped to build a solid foundation so that volunteers can continue to engage with high motivation.



An Overview of the Tokyo Hometown Project

Objective To activate community wellbeing activities that can help establish community-based integrated care systems by exploiting the advantages of Tokyo such as its active business activities and extensive human resources with abundant knowledge and experience.



Future Directions of the Long-term Care Prevention

Research Department, Institute for Health Economics and Policy (IHEP)
Researcher Shinji Hattori

IHEP

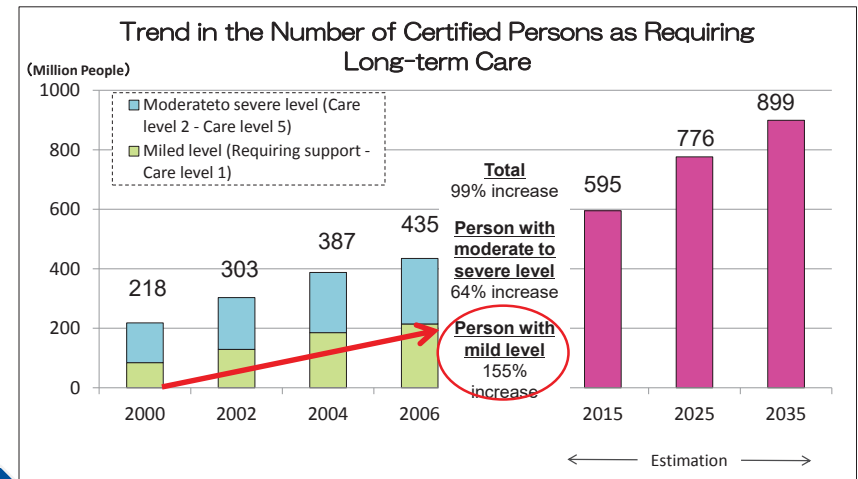
Institute for Health Economics and Policy

IHEP

Institute for Health Economics and Policy

Introduction of Long-term Care Prevention (established in FY2006)

- A significant increase in the number of persons certified as requiring support level/care level 1 (light disability level).



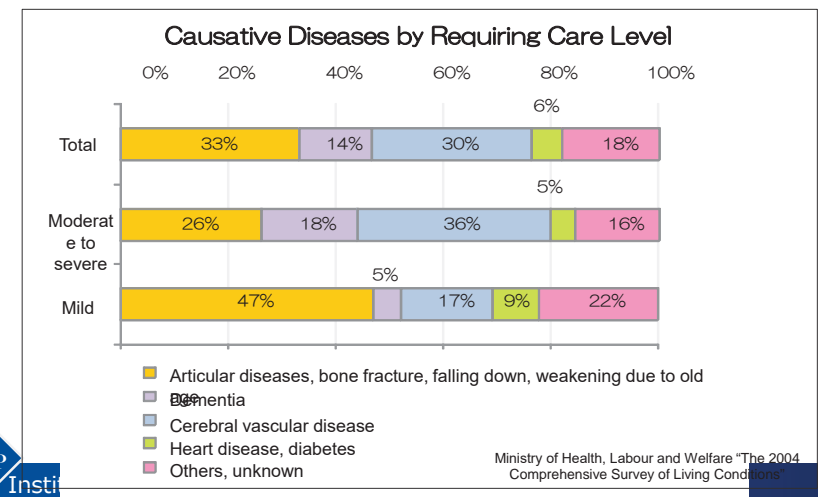
IHEP

Institute for Health Economics and Policy

Introduction of Long-term Care Prevention (established in FY2006)

- About half of the causative diseases of the persons with mild level of disability are reduced body functions from not moving enough.

Prevention is possible by moving the body regularly, etc.! → Establishment of the prevention-oriented system



IHEP

Institute for Health Economics and Policy

1. Why was 'long-term care prevention' institutionalized?
- History and overview of introducing long-term care prevention-

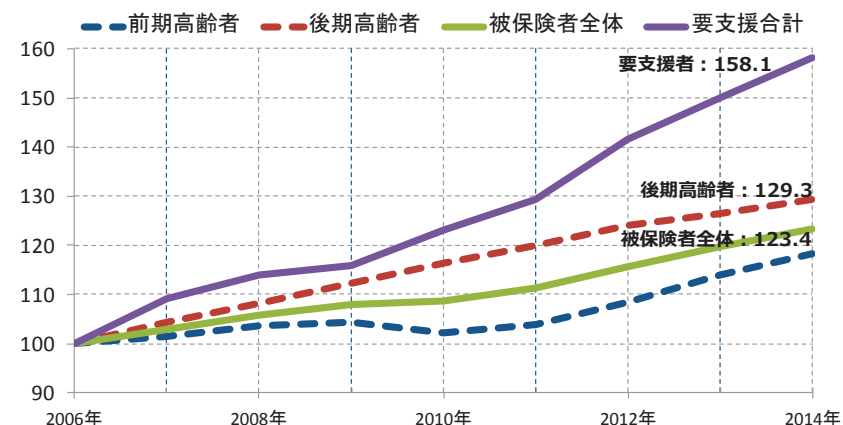
IHEP

Institute for Health Economics and Policy

2. Problems of conventional long-term care prevention

これまでの介護予防って成功といえるのか？

平成18年度(2006年度)の介護予防事業スタート以来、全体的には後期高齢者の伸び以上に要支援者は増えている。



介護予防事業 (平成18年度～)

課題1

参加意欲の引き出し

課題2

介護予防の効果の継続

3. Development of new long-term care prevention strategy against existing problems

Care Prevention – 2 types of Approach

High Risk Approach

Mainly exercise class, focusing on specific physical function (Service Provision)

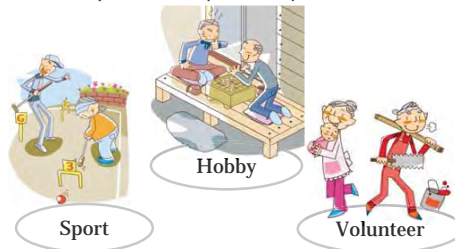


Mussel Training

Lecture on Nutrition

Population Approach

Creating Various Activity Spaces in Community (Community Development)



Sport

Hobby

Volunteer

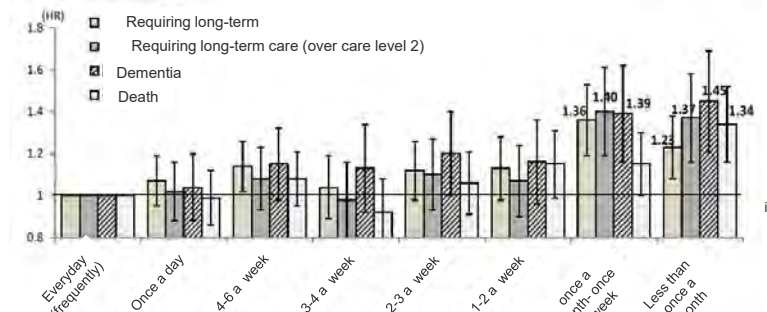
User (target)	Specified through checklist of frail elderly	Anyone, with friends and neighborhood
Program	Only lessons on support for physical, oral, and nutrition	Wide variety of programs including Salon, Exercise, hobby, community activity, volunteer programs and so on
Term	3~6 months	No limit
Fund	LTCI	LTCI etc

Correlation between Social Participation and Care Prevention

The elderly who interact with others less than once a month to less than once a week is likely to become certified 'requiring long-term care' elderly or to become dementia by 1.3-1.4 times higher, in comparison with the elderly who interact with others everyday. In addition, the elderly interact with others less than once a month is likely to die earlier by 1.3 times compared to the elderly who interact with others everyday.

Data collected from 14,804 individuals aged over 65 (collection rate: 50.4%) in 6 municipalities of Aichi prefecture via mail questionnaire in October 2003. The research traced individuals independent in walking, taking bath, and excretion (12,085) at the time of collecting the questionnaire to observe the shift in their life such as becoming to 'requiring long-term care,' dementia, and death. (Research design and analytical method) Research design: longitudinal study (prospective cohort study) Analytical method: Cox regression analysis Aichi Gerontological Evaluation Study (AGES) project

Correlation between the frequency to interact with others outside of home and health index



Result after adjusting data considering sex, age, family configuration, education duration, marital status, income, illness, forgetfulness, and resident area

The result was similar when removing cases where one's research categorization changed within 1 year of

Care Prevention – Policy Orientation

Current



Future



Despite high program effect, low level of participation of residents. Follow-up support (by population approach) after completion of the program were not enough.

By enhancing the program on population approach, Providing care prevention in continuous relationship with friends and neighbors. Expert consultation would be provided for those in need in the limited period of time (high risk approach)

- How do the public administrators and medical professionals interact with residents?
-Some examples-

Active Centenarian Physical Fitness Program (*Iki-iki Hyaku-sai Taiso*) was implemented twice a week for 3 months

Case for the 96-year-old frail elderly woman to walk 5 meters



Before(9.2 sec.)

Kochi prefecture (2002)

Long-term Care Prevention through Community Development

Enhancement Program for the Residents Operated Places for Social Gathering

<Concept>

- ◆ Expansion of places for social gathering **mainly led by residents** throughout the municipality and **in a range offering the elderly easy commuting**
- ◆ Promotion of participation of not only those young-old elderly, but also those who are in need of some type of support such as the old-old and secluded elderly
- ◆ Aiming at the **autonomous growth** through the operation and active participation of the residents themselves
- ◆ Implementation of exercises that can be done also by the old-old elderly and those requiring support
- ◆ Implementation of exercises **once or more a week as a general rule**



Active Centenarian Physical Fitness Program (*Iki-iki Hyaku-sai Taiso*) was implemented twice a week for 3 months

Case for the 96-year-old frail elderly woman to walk 5 meters

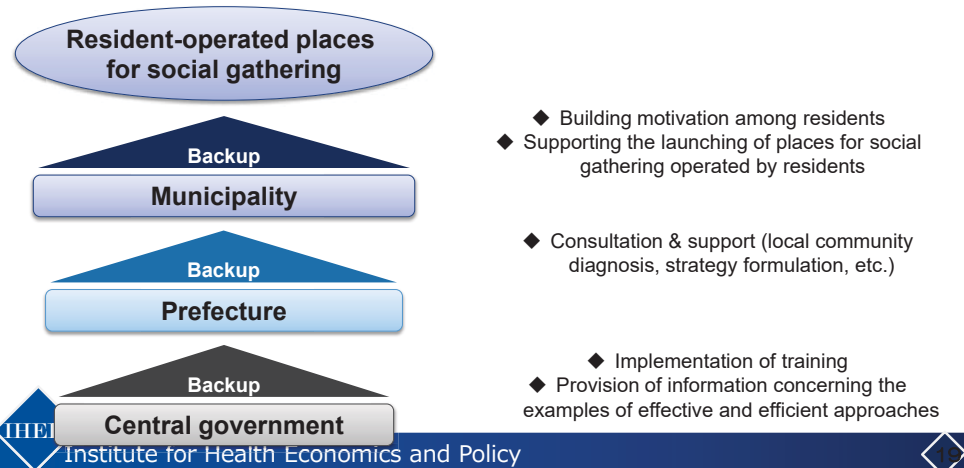


In 3 months (3.3 sec.)

Kochi prefecture (2002)

Government and Prefectural Support to the Municipality

- The prefecture is to provide support to the municipality in order to be able to formulate strategies that correspond to the actual situations of local community and engage in approaches for long-term care prevention through community development.
- The government is to strengthen the prefectural support to the municipality, promoting effective and efficient approaches for long-term care prevention.

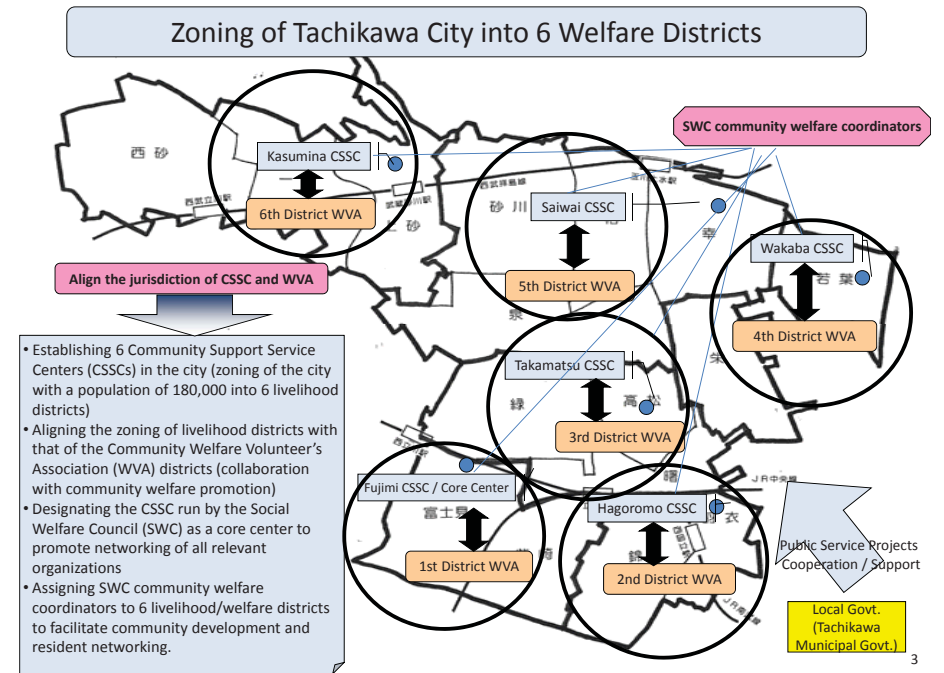


Second Training in Japan

Promotion of Community Welfare by Social Welfare Council

Resident-based Community Development Initiatives

Tachikawa Social Welfare Council



Tokyo: Tachikawa City

• An Overview of Tachikawa

Tachikawa is located in the west of Tokyo. It is a core business city with JR Tachikawa Station, which serves the most passengers in the Tama region, Tama Monorail Tachikawa Station, various commercial and business establishments, national research and training institutions and a district court.

Tachikawa is also known as a leafy city, with Tamagawa Aqueduct to the north, the Tamagawa River to the south and a national park in its center.

Moreover, Tachikawa is also reputed as a city of art and culture, with various public artworks dotted around.

- Population: 181,486
- Population aged 65 and over: 43,113
- Aging rate: 23.75%

As of November 2016



Kururin (official mascot of Tachikawa city)

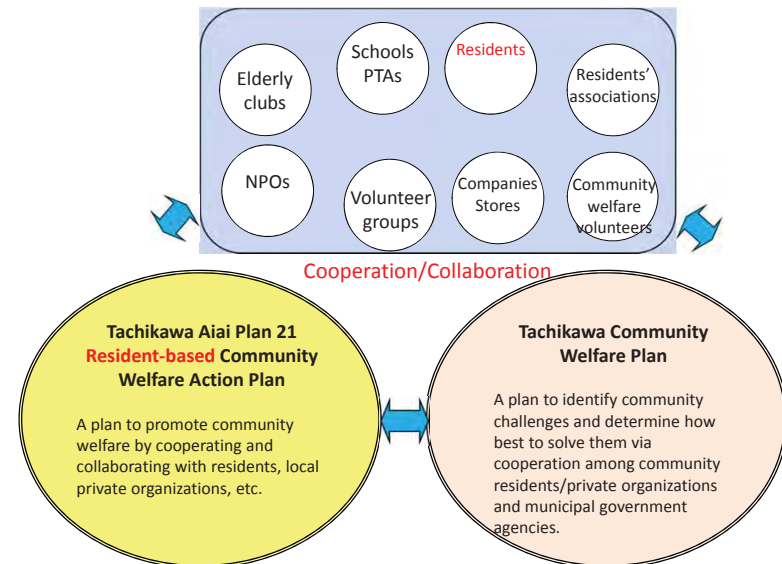


Udo, for which Tachikawa is noted as a leading producer



Showa Memorial National Park

PROMOTION OF COMMUNITY WELFARE



4TH TACHIKAWA AIAI PLAN 21

<BASIC CONCEPT>

Make Tachikawa a happy city where everyone can lead a normal life

4 Community Development Targets:

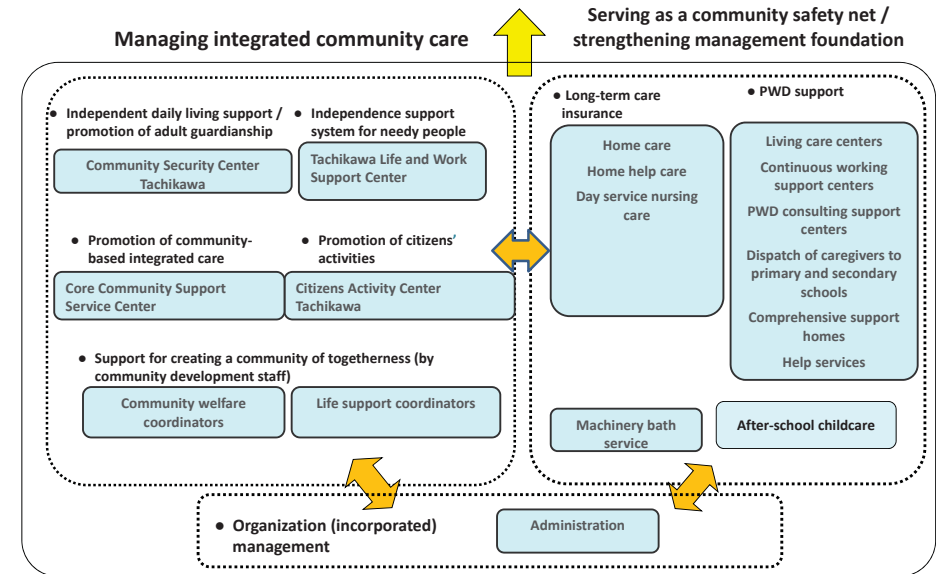
A city where everyone feels safe and reassured

A city where everyone can find their own place and play an active role

A city where everyone can respect one another

A city where everyone can live with dreams and hopes

An Overview of Tachikawa Social Welfare Council Make Tachikawa a happy city where everyone can lead a normal life



4TH TACHIKAWA AIAI PLAN 21

4 objectives and planned activities

Objective 1. Mutual Learning:

- Encourage citizens to learn actively

- (1) Create various opportunities for learning in communities
- (2) Strengthen information collection and dissemination capacities

Objective 2. Mutual Consideration:

- Cultivate a culture where different characters and values are respected

- (1) Undertake awareness-raising activities to form a coexistent society
- (2) Promote community-based care prevention activities

Objective 3. Mutual Connection:

- Promote community development through various networks

- (1) Assign coordinators to promote resident-based welfare activities
- (2) Enhance consulting services by developing the network
- (3) Facilitate citizens' activities

Objective 4. Mutual Support:

- Create a community where everyone helps one another

- (1) Provide community-based support for independent living
- (2) Promote community-based mutual support activities
- (3) Enhance participatory activities to protect rights

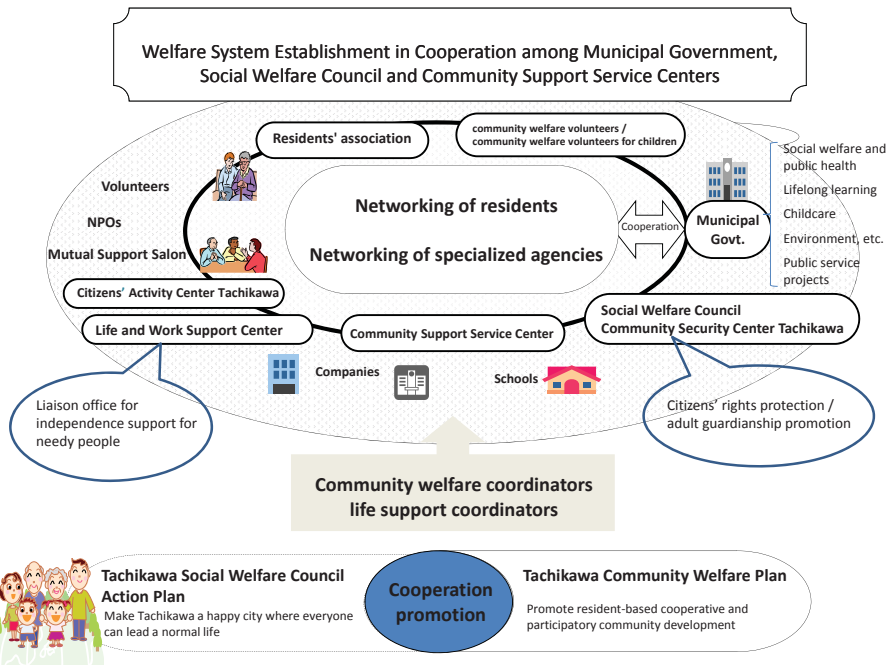
Details of FY2016 Project Budget

Revenue item	thousand yen	%
1. Membership fees	5,700	0.7
2. Contributions	14,000	1.6
3. Revenue from subsidies	204,441	23.4
4. Revenue from entrusted fees	264,068	30.2
5. Lease business revenue	288	0.0
6. Business revenue	10,956	1.3
7. LTCI business revenue	136,411	15.6
8. Employment support business revenue	12,807	1.5
9. Revenue from welfare service business for PWD, etc.	190,559	21.8
10. Revenue from reversal of reserve asset	10,000	1.1
11. Revenue from dividend receipt	338	0.0
12. Other revenues	24,798	2.8
Total revenue	874,366	100

Expenditure item	thousand yen	%
1. Labor cost	603,145	69.0
2. Operation cost	175,802	20.1
3. Office expense	57,700	6.6
4. Expenditure of employment support business	12,926	1.5
5. Expenditure of subsidies	4,330	0.5
6.	669	0.1
7. Other expenditures	19,794	2.3
Total expenditure	874,366	100

Revenue	874,366	thousand yen

Expenditure	874,366	thousand yen



Participants in Tachikawa Community Care Meetings (Municipal Level)

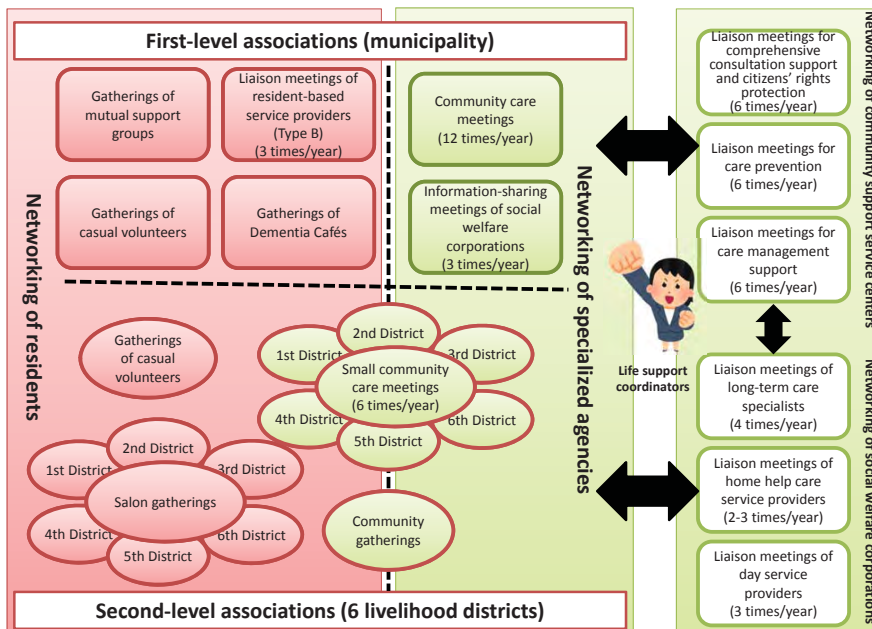
- Community Support Service Centers (6) / Social Welfare Consultation Centers (3)
- Elderly Welfare Division / Long-term Care Insurance Division / Health Promotion Division / Livelihood Welfare Division
(* managers, section chiefs and responsible officers)
- Tachikawa Public Health Center (responsible public health workers)
- **Social welfare council (citizens' rights protection staff, independence support staff, community welfare coordinators and life support coordinators)**
- Silver Human Resources Center
- Consumer Service Center (counselors)
- 6 hospitals / dementia medical centers in Tachikawa
(social workers, nurses of regional liaison office, etc.)

* Each meeting starts with the introduction of new social resources, such as new care service providers, medical institutions, NPOs and volunteer groups.

* The meetings are attended by lawyers from the Japan Legal Support Center.

11

Conceptual Diagram of Networking of Community Associations and Specialized Agencies



Monthly Tachikawa Community Care Meetings (to exchange opinions with consulting service providers)



12

Bimonthly Small Community Care Meetings (Livelihood District Level)

- Organized to discuss community issues with relevant organizations. Organized to exchange information with care managers/ service providers, community welfare volunteers, community activity groups, etc. and discuss community issues with various organizations concerned.
- Building a network involving social welfare council staff, Community Security Center Tachikawa staff, Elderly Welfare Division staff and Health Promotion Division staff.
- Involving wide-ranging organizations involved in community development.
- ◎ Also functioning as a coordinators council by involving life support coordinators in meetings of their respective districts.
- Separately, the social welfare council organizes liaison meetings for social welfare corporations, salons and information exchange meetings for mutual support groups.
(* to connect community resources to community needs)

13

Livelihood District-Level Community Care Meetings (to cooperate in mapping community resources)



Various local organizations, including care managers, welfare service providers, community welfare volunteers, social welfare council, municipal government agencies and volunteers offer and list their resources to understand their districts, establish networks and cooperate for community development.

Examples of Community Issues

- Community-based perspectives to protect consumers
- Collaboration with local real estate companies: community development centered on housing
- Dying in the community: case studies to consider how to prepare for dying
- How to deal with hoarding houses
- Waste-sorting for the elderly living alone
- How to promote understanding of informal services and use them in support: case studies
- Meetings with local community welfare volunteers
- Support for people with financial problems
- Collaboration and utilization of disability welfare systems
- Stress relief for social workers
- Community life support for people with mental disorders
- Interventions and networking for wandering dementia patients
- Collaboration with local practicing physicians:
Establishment of face-to-face relationships
- Support for family caregivers
- How to deal with pets kept by the elderly living alone

15

Meetings between Home-visit Nursing Station Directors and Care Managers



Training of Community-level Care Managers



Services Provided by Community Security Center Tachikawa of Social Welfare Council

- ① Providing consulting services on how to use social welfare services
- ② Implementing the independent daily living support project
- ③ Functioning as an adult guardianship promotion center
- ④ Becoming an adult guardian as a corporation
- ⑤ Organizing community-level liaison meetings for third-party guardians
- ⑥ Training citizen guardians
- ⑦ Implementing nursing home support schemes
- ⑧ Cooperating in interventions for elderly abuse
(to deal with financial abuse and support petitions to the mayor)
- ⑨ Functioning as a municipal PWD abuse prevention center

Community-based comprehensive rights protection center

Liaison Meetings of Day Service Providers

Aiming to improve the quality of services through mutual communication



Liaison Meetings of Third-party Guardians, etc. in Tachikawa



Training of Citizen Guardians



Features of Tachikawa Life and Work Support Center (Collaboration with conventional schemes of social welfare council)

- ① Independence support system for needy people
- ② Loan for livelihood welfare
- ③ Loan for students preparing for entrance exams
- ④ Housing benefit

What is the role of a community welfare coordinator?

Working to create

- A city of togetherness
- A city where residents can cooperate to solve their concerns



SWC community welfare coordinators are assigned to each livelihood district to coordinate and support the development of social capital based on trust, the principle of mutual benefit and networks in the resident-based community.

Efforts of the Social Welfare Council (1)

Establishing a common image of SWC and SWC staff as a premise

- Embodiment of its legal personality as a “corporation aiming to promote community welfare” as defined by the Social Welfare Act
⇒ Community welfare is what is most needed today.
- Fulfillment of its mission to build resident-based welfare communities
⇒ “Community” is key to all welfare policies
- Realization of the identity of SWC staff as a “community-based social worker” (acquisition and regular update of values, knowledge and skills essential to community welfare specialists)

Efforts of the Social Welfare Council (2)

(1) Promotion of participation of local residents and their small community welfare activities

- SWC activities, lively interaction salons, monitoring networks, promotion of residents' mutual support activities, creation of community places, etc.
- SWC's efforts to promote small community welfare activities are essential to primary prevention and preventive consultation support in community-based integrated care.
* Primary prevention requires residents' independent action.
- SWC assists resident groups in networking and sharing information with one another so that they can facilitate participatory community health promotion and disease prevention and develop monitoring/mutual support networks in each small community.

⇒ Promotion of community-based integrated care / expectations for SWC in creating a coexistence society

Efforts of the Social Welfare Council (3)

(2) Enhancement of comprehensive consultation support

- Re-establishing comprehensive cross-sectional consultation and living support systems, including contract-based management of specialized consulting services and welfare support centers, to promote the welfare of elderly people, PWD, children and families and living support for needy people

⇒ Is it boosting the networking of community resource?

⇒ What can SWC do to establish a comprehensive consultation support system?

(3) Establishment of a community-based rights protection system

- Managing the core center and building a basis for the community-based rights protection system based on networking of specialized organizations, including bar associations, judicial scriveners' associations and social welfare workers associations, as well as support for the use of the adult guardianship system centered on the independent living support project

⇒ Does SWC catch up with the development of the Adult Guardianship Promotion Act?

Efforts of the Social Welfare Council (4)

(4) Promotion of volunteer/citizen activities

- Managing the core center to promote the activities of local volunteers and citizens
⇒ Community / municipal development center
- Mediating the activities of local volunteers and NPOs
- Enhancing the functions of disaster management volunteer centers and promoting the participation of citizens
- Establishing a basis for a coexistence society by promoting social welfare education at primary and secondary schools and lifelong learning

(5) Enhancement of SWC's primary functions as a community welfare council

- Strengthening its functions such as promoting the participation of residents, networking of community welfare organizations, systematization, discussions on community issues, liaison and coordination
⇒ Reverting to the basics of SWC activities
- Establishing networks of social welfare corporations
⇒ Connecting their services to community needs
- Serving as a training center for local professional and resident service providers

Efforts of the Social Welfare Council (5)

- The five pillars of community development are combined according to the characteristics and social resources of individual communities and past SWC activities
- SWC is expected, depending on the community, to function as a safety net for contract-based welfare/care services
- The organization and promotion of participatory community welfare activities have become key to SWC activities while community care is increasingly focusing on prevention, dementia care and community-based mutual support.
- It is essential to provide local communities with information on the community welfare promotion activities of SWC.
⇒ Create a community culture/environment where residents are encouraged to contribute to their communities and donate funds for SWC's community development activities.

Building a mechanism of mutual residents support through the activities of the resident's association

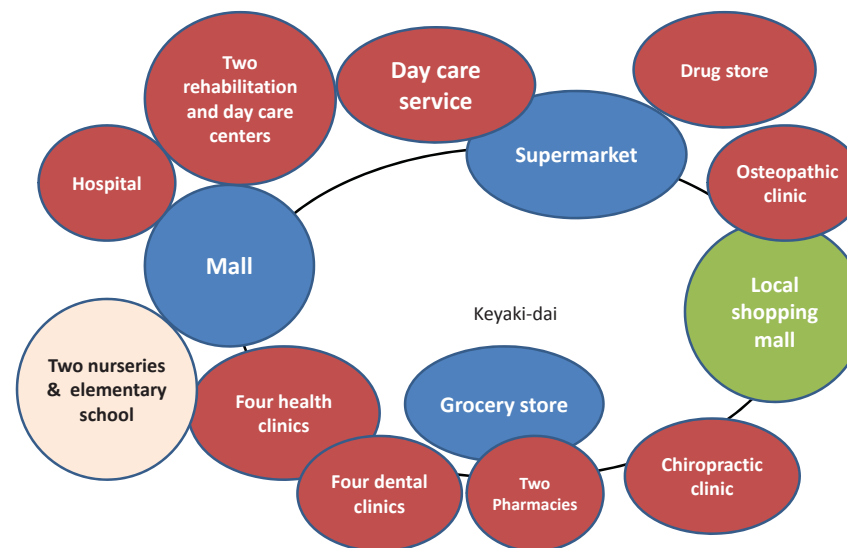
- ◆ Even a housing complex constructed half a century ago can become a source of vitality
- ... “Making community into a home town” and “Visualizing good intentions”



Keyaki-dai Housing Complex

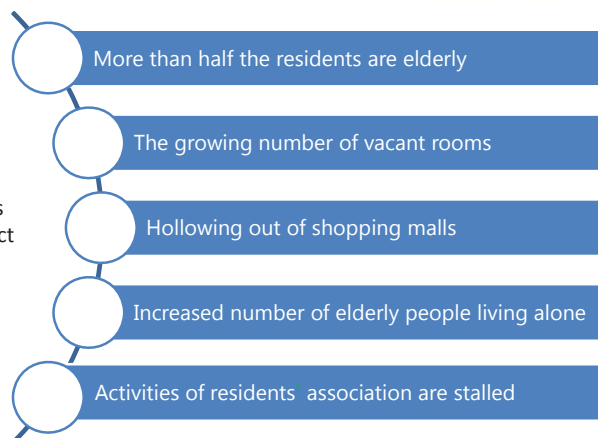
49 years since construction
No elevator
Horizontal stairs
Five stories
30 buildings
1,230 households

Keyaki-dai used to be one of the renovated housing complexes in 2008, but today...



The following terms have become talking points:
“Marginal housing complex” “Housing complex crisis”

Various problems arise in housing complexes, many of which were constructed during the rapid economic growth period. These problems are attributed to the fact that parents remain in the residence while their children have become independent and left the place.



One of the reasons why Keyaki-dai housing complex was not counted as renovated housing complex

“Building a care and disaster prevention base”
under residents' efforts

Outline of programs, projects and other initiatives of the Keyaki-dai Resident's Association

- Organizing events for elderly people to find new friends
- Support to nurture the relationships built in the event to organize a voluntary group
- Residents' voluntary organization: Otasuke Tai (supporting team)
- “Keyaki Juku (school)” derived from Otasuke Tai
- A survey on residents' living condition is conducted by a voluntary disaster prevention organization
- Visiting care based on the data obtained by the survey
- Collaboration with relevant organizations, including a community support service center

Meetings of supporters representing their floor in which a change of residents' mental status is perceived and their true voice is heard

Great East Japan
Earthquake
on March 11

People's hearts
were moved

- Get the real insight into those persons requiring assistance
 - My dead wife's name has been included on the list, which means the actual residential status is not updated. Reconfirm the data.
 - This is not a time to discuss privacy matters.
 - Some residents do not put their nameplates on the door or greet neighbors when passing each other. Such tendency will mean residents will never help each other in the event of a disaster
 - Elderly people are all facing solitary and anxiety
- Supporters representing their floor have actually spoken for those elderly people with serious anxiety for several years by investigating the actual status of residents living on the same floor.

Mutual Support Mapping

which indicates who need care and who care

支えあいマップ24				x x号棟				自主防災協議会資料につき、他への情報転用禁止			
501	502	503	504	505	506	507	508	509	510	511	512
10歳未満 KXXXX	85・難聴 KXXXX				協力員 KXXXX	10歳未満 KXXXX			75 KXXXX	協力員 KXXXX	防災委員 KXXXX
401	402	403	404	405	406	407	408	409	410	411	412
	防災委員 KXXXX				乳幼児 KXXXX				71 KXXXX	防災委員 KXXXX	
301	302	303	304	305	306	307	308	309	310	311	312
	防災委員 KXXXX				防災委員 KXXXX				74 KXXXX		
201	202	203	204	205	206	207	208	209	210	211	212
71 協力員 KXXXX		協力員 KXXXX	要医療 KXXXX		80 歩行難 KXXXX	81 協力員 KXXXX			協力員 KXXXX		身障 難聴 KXXXX
101	102	103	104	105	106	107	108	109	110	111	112
		86 要介護 KXXXX					70 KXXXX		78 KXXXX	80超 要介護 KXXXX	介 KXXXX

※80超の一人暮らし・介護認定者・障害認定者・その他要望者

※単身高齢者(65~79)・10歳未満の子供がいる家庭
80超の高齢者がいる家庭

※車椅子使用

※階段のデータ持ってます(★=継続の協力員)

※号棟のデータ持ってます。防災委員と自治会委員。

※災害時に協力の申し出をしてくださった方

※普通救命受講。AED使えます。介は介護職・医は医療従事者

Samples of letters to residents

Database based on questionnaire for residents

居住者のみなさまへ H23年7月
けやき台自主防災協議会より お願ひ

けやき台団地には、地震などの大規模災害が発生したときに、地域住民みずから組織的な活動をおこなうことで、被害を軽減させ、地域の安全を守ることを目的とした「けやき台自主防災協議会」という組織があります。

災害時にはすべての居住者が力を合わせる必要があるため、入居と同時に全居住者が自動的に会員となります。新入居の方、また自治会未加入の方はその旨ご承知おきください。また、お願ひいたします。なお、当会は、自治会とは別組織で、会費はありません。

現在、自主防災協議会では、通常の防災訓練・避難訓練、救助訓練等の開催はもちろんのこと、一人の助けを借りずとも、あらかじめ支援の必要な人の救出プランを立てたり、防災グッズの取り付けのお手伝いをしたりという、きめの細かい活動も視野に入れて運営しています。

特に力をいれているのが、各階の居住実態調査で、年に一度「階段協力員」さんのご尽力で、居住者数と要支援者の把握を行っています。お答えいただいた内容は防災以外で利用されることはありませんので、差し支えない範囲で結構です。以下の調査にご協力ください。記入後は、階段協力員さんまでお届けください。よろしくお願ひします。

階段記録票 2011年7月現在

号棟 号室 氏名

(1) ご家族の人数・性別・年齢(年代でけっこうです)を教えてください。物資等を行政に要請する場合の参考とさせていただきます。

(2) ご家族の中に大規模災害が発生したときに、支援が必要な方はいらっしゃいますか？
また現在、防災グッズの取り付けなどで手がほしいということがありますか？
差し支えない場合は自主防災の防災アドバイザーが訪問し、具体的な救出方法のご相談や手助けをいたしますので、お申し出ください。

(3) 医療・介護・消防などの心得のある方、また救出活動や避難生活時に力を貸していただける方はお知らせください。

階段記録票 x x号棟 x x ~ x x階 平成24年(2012年)		けやき台団地自主防災協議会資料 No. XXX		
階層	お名前	性別と年齢(年代)		
		人数	人数	
		男性	女性	
xx	xxxx	1	69才	外出時は車椅子を利用 支援必要です
xx	xxxx	2	70才 40才	23普通救命受講者
xx	xxxx	1	83才	歩行不安があります 支援お願ひします
xx	xxxx	2	77才 77才	23協力者
xx	xxxx	1	71才	
xx	xxxx	1	80才	24協力者
xx	xxxx	1	52才	
xx	xxxx	4	68才 38才 9才	
xx	xxxx	2	60才 69才	聴覚障害があります
xx	xxxx	4	31才 30才 3才 1才	大規模災害時に 支援あると お願ひします
	合計	19	8 11	

階段協力員
協力の申し出があった方
xxxxさん
xxxxさん(ともに介護ヘルパー2級、心療衛生士です)
xxxxさん(ともに災害、支援で働くことをお願ひします)
xxxx(ヘルパー資格あり、視覚障害者の誘導できます)
xxxxさん/xxxxさん/xxxxさん/xxxxさん

階段協力員のみなさまへ
平成23年9月7日
けやき台団地自主防災協議会

みなさまにご尽力いただきました「階段記録票」の23年度版をお届けします。

何度も足を運ばれたり、説明に苦労されたり、いろいろあったのではないかと感じております。本当にありがとうございました。お礼申し上げます。おかげさまで、117階の記録が集まり、約900世帯の把握ができました。

そこで、次の活動の第一歩として、号棟ごとに、居住者同士が話し合う機会を設けたいと考え、別紙の「支えあいマップ作成会議」を開くことにいたしました。実際の災害時にすみやかな救出活動ができるようになるための集まりです。ぜひご参加ください。

防災委員のみなさまへ

年の瀬が近づいて参りました。何かと忙しい毎日をお過ごしと思ひます。今年は3・11以降、地域のことをさまざま考えさせられる年となりました。

6月開催の「階段協力員」会議には、126階段中、半数近い参加者があり、「災害時に助け合おうにも隣近所の顔が見えないれば動きようがない、要援護者はじめ居住実態をしっかり把握するように」という力強いご意見を沢山いただきました。

そこで調査した結果、「災害時に支援がほしい」と答えた方は約110人。その一方で、若い世代の方、まだまだ元気な中高年の方、約70名が協力を申し出てくださいました。

その中から新たに号棟ごとの責任者である「防災委員」を引き受けてくださる方が、一挙に20名以上誕生したことは、ほんとうに、けやき台の財産・かけがえのない宝だと思っております。

年が明けましたら、「防災シュミレーション」を皮切りに、研修を兼ねた各種講座や懇談会を随時開催してまいります。その都度お知らせしますが、けやき台に感じられませんか？

義務感だけでは長続きしませんので、和気あいあい、人と人とのつながりを楽しみながら学ぶ中で、災害に強い地域力が積みあがっていくと考えております。

お仕事やお体に支障のない範囲でご参加いただければ幸いです。大切なお一人お一人です。くれぐれも年末年始の寒さの折り、体調を崩されることがありませんよう、よい年明けを迎えられますよう、お願ひいたします。

平成23年12月10日
けやき台団地自主防災協議会

Let's build a care and disaster prevention base!

- Organizing events to gather people
- Establishing a *Otasuke Tai (Mutual Supporting Group)*
- Enhancing the nursing care capacity of the community (including the use of scalamobil)
- Compiling a database on actual residents' status

Rebuilding "face-to-face" relationships

By rebuilding such relationship, establish a mechanism of consistent mutual support; both in peacetime and an emergency

Offering a venue in which the elderly and PWD can help others

"Scala Mobile has come!"
Community Magazine in March 2013



お知らせ 新春イベント

居住者のみなさまへ

音楽動物園のボーカルとピアノが おとなの心にしみる
昔懐かしい歌 恋しい歌を みなさんといっしょに 歌い演奏します

♪ いっしょに歌おう
いっしょに笑おう ♪

歌とおしゃべりの会

毎週・火曜日 午後1時30分～3時
第2・3集会所

…1月17日よりスタート…

歌唱指導：かとう 笑み先生 ピアノ：ほろりようだ れいご先生

Event Information

Sing a song

日程および曲目

☆ 童謡・唱歌 1/17・2/7・2/28

曲目 みかんの花咲く丘 たきび 冬景色 どこかで春が 花月の砂浜 牧場の朝 他

…昔の歌を思い出して、子ども心をとりもどそう！ 願の活性化には歌が一番！

☆ 懐かしい歌 1/24・2/14・3/6

曲目 りんごの唄 誰か故郷を想わざる 如床旅情 ここに幸あり 四季の歌 いい湯だな しあわせなら手をたたこう 他

…胸キュンキュンだった昔き日の歌の歌・切ない歌・元気な歌、いろいろあるよ～

☆ 世界の歌 1/31・2/21・3/13

曲目 冬の星座 カチューシャ 野ばら 故郷を離るる歌 山のロザリア すみれの花咲く頃 他

…あこがれのシャンソンはじめ外国の歌演歌・歌声喫茶年代にはたまらない！

☆ 大クイズ大会 3/20(または3/27)

参加費：無料 主催：けやき台団地自治会

The Elderly's Party

歌の会メンバー織出
みんなが銀座カンカン娘だった

見守りと防災の拠点をしよう会 4月の開設日とイベント

……けやき台団地自治会・自主防災協議会協働……

Event information

Only 2 days in a week in the initial stage

見守りと防災の拠点
12月のイベント紹介

けやき台団地自治会・自主防災協議会協働

もものづくりの会
6・13・27(水)
30～16:00

歌とおしゃべりの会
4・11・18(火)
13:30～15:00

いきいき体操A・B
6・13・27(木)
45～12:00

いきいき体操C
6・13・27(木)
12:30～13:30

心者マージャン教室
★7・14(金) 9:30～12:30
★2(日) 和室でやってます
9:30～12:13:～16:
★9(日)
9:30～12:13:～16:
★16(日) 9:30～12:
9:30～16:00

楽しくダンササイズ
5・12(水)
10:00～12:00
沢村の曲などに合わせ
映像をみながら自分たちで
踊ります。指導員はいません。
動きやすい格好でお気軽にご参加。

もちつき大会
23日(金)
朝日入りのつぎ年
大団圓

モビル隊合同練習
21日(金) 10:30～

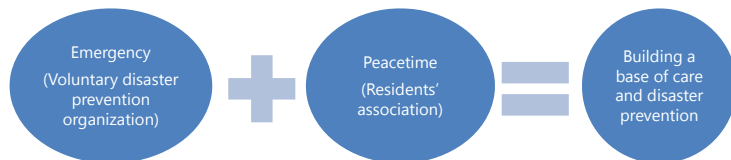
平成24年度 立川市協働のまちづくり 推進事業補助金助成事業

A half years later, events were held more than 2 times in a week

東京都の補助金を受けての歌の会は終了しましたが、新たに「明るさ・健康・仲間づくり」をモットーに誰もが楽しめる楽しい時間としてスタートしました！
木曜はいきいき体操の会場。同時ににかしら「ものづくり」したい仲間も集まってきてます。フリースペースだから出入り自由。3時まで開いてます。遊びにきてね～！

Cooperation between the resident's association and voluntary disaster prevention organizations

Resident's association is understaffed but voluntary disaster prevention organization is the abundance of human resources



Supporters and persons requiring assistance joined forces to play a central role in various events

バザー
ものづくりの会の作品展示&販売コーナーもあります

見守りと防災の拠点からの
お知らせ

5月30日(木)
10:~15:
第3・4集会所

…見守りと防災の拠点では、毎週木曜日に「ものづくりの会」を開いていますが、つわものが大勢いて、工房のように日々テキナ作品が仕上がっています。もったいないので、作品展示&販売会を企画しました。バザーとあわせて開催しますので、お楽しみください。収益金は見守りと防災の拠点で開かれる各種イベント時のお茶菓子代に充当させていただきます。バザー品の提供もお願いします。値付けの作業や売り子さんなど、お手伝いの方も大歓迎！お店ごっこは、いくつになっても楽しいですよ～！

バザー品をご提供ください～！

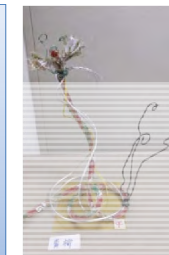
Participants from a wide age

Art event to activate brain

Information on bazaar to pay tea/coffee in the event



材料は、頼りないロープと針金だけ。でもねじったり丸めたりしているうちに、あ～ら不思議。素敵な空間美が出現。色を塗って水引きをあしらえば、ハイ、オリジナルお正月飾りが完成



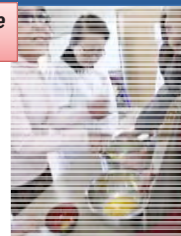
Sample of products

Monozukuri Group (Group for making something) is always planning some events, sometime collaborating two events together

Participants in a wide age group

Making something

participants from 0-90 years old



Making a cake event: 38 participants



～住みなれた団地で暮らし続けるために～

知ってて安心 サービス あれこれ

病氣→入退院→介護→老い支度 やっぱり家がよい！
納得のいく生き方・死に方
チューブだらけはN.Oできる！
配食サービス飲食 博覧会 (ハイバク) なんでもかか？
老後よろしく ending ノート
今から気をつけられる介護予防 などなど、
シリーズでお届けします。

「見守りと防災の拠点」に
新イベント登場！
毎月第4or 第5火曜
「れんぞく ふくしセミナー」

シリーズ①

テーマ
意外と知らない介護保険

講師 わかば地域包括支援センター
川野 和也さん (保健師)

日時 6月26日(火) 13:30~14:30

場所 第2・3集会所 協力 わかば地域包括支援センター

参加費無料
お茶の用意して
待ってま～す

ある程度の年齢になれば、誰もが避けて通れない重い課題をできるだけやりやすくもといえます。いざというとき慌てないために、不測の事態に備える「いい年のとり方」必須講座。講師は、制度と現実とのほざまで日夜「橋渡し役」として奮闘する包括の職員・川野和也さん。現場の職員としてのナマのはなしが聞けますよ～。お楽しみに。

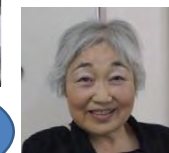
Seminar on successful aging

Held in Once a Month
--to get information to be aging smarter
--collaborate with the Community based integrated care Center
--started in June 2014



Wide range of theme is discussed

Beauty seminar





Home-Visit Bathing Service



知らぬいふまではいられぬ!!



紙オムツ最新事情

講師 白十字株式会社 指導員

紙オムツへの認識が変わる！
演習用に最新サンプルがお目見え！

日本の紙オムツはここ10年でめざましい進歩を遂げ、今や世界NO.1レベル...ここで進化し続けたかと思うほどの品質を、実践を通じて体験します。各施設センター-奥野の川野さんも「自分で新製品を覚えてみるチャンスがなかった」とお喜びする内様。今月も「いい年のとり方セミナー」...開催させていただきますよ！

日時 10月23日(火) 午後1:30~3:00
場所 けやき台第2・3集会所

セミナー終了後みんなで楽しくお茶しながら、雑談してまで相談窓口としてもご利用ください。参加費は無料です。

一人死も出始めたので終活関連も取り上げている...生前契約で後始末をしてくれるNPO法人の紹介も...写真は立川市の市営葬儀の仕組み・参加者34名



Events for taking care and disaster prevention

月	火	水	木	金	土	日
この年、見守り防災の拠点活動にご協力ご参加頂いた皆様にお礼申し上げます。						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	お年暮りお楽しみ会！寒いお年で早速予約に...			



8月のイベント紹介
見守り防災の拠点
けやき自治会&自主互済協議会

みんなで歌おう！歌声広場
5・19・26(火) 13:30~
涼しい集会所で暑さを吹き飛ばそう！
月会費 1000円 お茶菓子つき！

ゆるゆる体操C
7・14・21(木) 13:30~
歩行器や杖歩行の方にも可能な運動です
ABCとも月会費 500円！
いつでも入会できます

いのちのつくりとティールーム
8月9日は夏休み
させていただきます

健康マージャン
3・10・31(日) 10:~16:

おとなのための楽文塾
協が20歳若返り！ 5(火) 10:~

いい年のとり方セミナー
...これは知っておきたい！
立川市の「市営葬儀」のお値段！
30(土) 13:30~
※ 特別企画のため、曜日が土曜になってます
講師 シルバー人材センター-葬祭事業部
久保田 淳一さん

イキイキ体操 A&B
6・27(水) 7・28(木) 10:~

ココモトレニング
4・11・18(月) 15:~16:

ダンスサイズ
8月は夏休みです

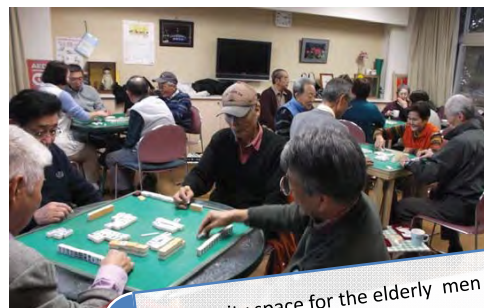
けやきベビース (旧和室)
9(土) 10:~12:
ベビーベッドありますよ~

初心者 しょうぎ
毎水曜 12:30~エラウンジ

納涼の夕べ
22・23(金・土)

Starting a beginner class in Aug. 2016

Health Mah-jong game



Community space for the elderly men

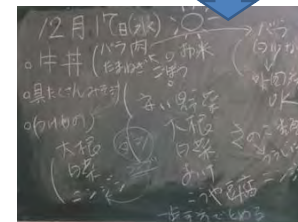


Number of participants is about 100.

Cooking Class for preventing dementia
Keyaki-Day

I am 97 years old!

Meeting memo with lots of hints from good cook



Delicious dishes for about 30 person



I came here with grampa.



Baby massage class

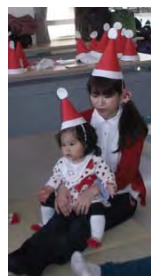
- classes for mom raising babies
- during class, the elderly take care of kids

Aerobics for mom



Seminar for raising child

- to raise kids is to raise yourself
- during class, the elderly take care of kids
- After class, they have tea time



Keyaki Babies

Christmas Party



A mechanism of gathering people

Organizing over 30 events per month for three years



13 voluntary circles were formed with around 300 members

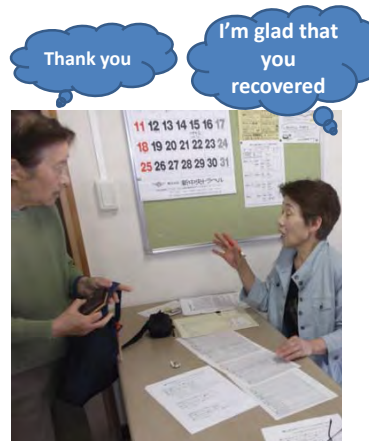
Physical activity ⇒ physical exercises A, B and C, slow exercise (five levels), training to prevent locomotive syndrome (including male participants), dance (for the younger generation), tai chi ⇒ **monthly fees: 500 yen for each except tai chi**

Brain activity ⇒ singing, creative work, mahjong, shogi, writing school

Others ⇒ **Keya-kids (a voluntary circle of infants and their mother)**
Keyaki Day, Seminar on how to age nicely (held by resident's association)

Event activity is initiated by each voluntary group

Retaining a watching function with prompt information collection



Reception desk of Singing Club. If a member is consecutively absent from the club for an unknown reason, the club will contact such member.

Exercise Class



Exercise class for the elderly with stick or walker aid

Exercise for elderly men called "Loco Training"



Otasuke Tai (Supporting group)'s catch phrase for activities

More people than we think have good intentions.
We want to help those facing problems, but find ourselves unsure how to proceed, which means our good intention remains unexpressed.

It is like we are saving money in our minds.
Why not share and utilize such saving?

Otasuke Tai is a support mechanism based on mutual relationships: helping others by what you can do and asking others when you cannot.

Otasuke Tai member list and what they can support

お助けスタッフ 可能な作業内容	家事系											方仕事系			修理系			文書系		見守り系		外出系		備考 活動可能日
	ゴミ	浴室	押入	掃除	洗濯	調理	家具	大工	電気	照明	ハンコ	パソコン	手書き	送迎	散歩	スクラ	有資格	車椅子						
1)xxxx	○																					土・日		
2)xxxx																						火・水・木・日16:~		
3)xxxx				○																				
4)xxxx																								
5)xxxx	○	○	○	○	○										○	○						月水金(一時お休み) 土午後・日		
6)xxxx	○	○	○	○																				
7)xxxx											○	○												
8)xxxx																								
9)xxxx																						比較的夕方時間あり 火・水13:~		
10)xxxx																						月・火11:~12: / 木・金 日		
11)xxxx																						月 / 水・土10:~15:		
12)xxxx																								
13)xxxx	○	○																						
14)xxxx																								
15)xxxx	○	○	○																			月・水・金・日		
16)xxxx																								
17)xxxx																								
18)xxxx																								
19)xxxx																						月・金 / 第2・4火・土14:~		
20)xxxx	○	○																						
21)xxxx																								
22)xxxx																						月・土		
23)xxxx	○																					火・水・金・土・日		
24)xxxx																								
25)xxxx																								
26)xxxx	○	○																				月・火・木・金13:~ / 土・日午前 平日の午前中		
27)xxxx																						日・祝日		
28)xxxx																						火		
29)xxxx																						水		
30)xxxx																								
31)xxxx																								
32)xxxx																								
33)xxxx																								
34)xxxx																								
35)xxxx																								
36)xxxx																						金を除く午前中も事前連絡必要 日14:~16:		
37)xxxx																						火・水・土9:~14: 日以外可も事前連絡		
38)xxxx																								
39)xxxx																								
40)xxxx	○																					9:~12: / 13:~15		
41)xxxx																								
42)xxxx																						水・金10:~12:		

Otasuke Tai: mechanism and operation

Fees: 300 yen up to 30 minutes, 500 yen up to an hour

All amounts are paid to workers (not in cash but in community currency)

A user calls the residents' association

The coordinator confirms beforehand

Allocating staff and notifying the user

Staff provides services

Coordinator settles the fee and converts it into a ticket for payment

Come to cram school with homework!

School kids can come to this cram school during summer vacation. In the past, there were only one lecturer and a few students. However, now...



Keyaki cram school was established by *Otasuke Tai* members who worked in educational field. One room was renovated for cram school and two lectures are open at the same time. About 30 students from elementary to the high school.

Keyaki cram school

Keyaki cram school 日程表

〒113-8531 東京都荒川区西日暮里5-1-1
 電話 535-7592

元塾講師や小学校の先生だった「お助け隊」のスタッフによる「けやき塾」が4月1日から集会所でスタートします。開塾日と時間割が下記のように決まりましたので、お知らせします。

- 開塾日 毎週 月・水・土の3日開
- 時間割 A 午後5:30~6:30
 B 午後6:30~7:30 (一部7:~8:)
- 教科 小・中学校の英語・数学・国語・算数
- 視察点でのクラス編成のご案内
- 月曜日 A=《広澤先生》小・中・英語 《白井先生》小・算数
 B=《北先生》中・数学 《白井先生》小・算数
- 水曜日 A=《丸島先生》小・英語 《白井先生》小・国語
 B=《広澤先生》中・英語 《北先生》中・算数
- 土曜日 A=《北先生》中・英語 《北先生》中・算数
 B=《広澤先生》中・英語 《北先生》中・算数

※開塾日はお天候により変更する場合がございます

けやき塾は、お助け隊の中からお集まりの地域住民によるボランティア活動、お助け隊が中心となり、ご自宅でも開催いたします。お集まりお待ちしております。
 電話 535-7592



Farewell Party



We don't forget that you were always in good-faith, thank you.

Skala Mobile was Installed!



Install cost was covered by Tokyo Metropolitan Gov. for the elderly to go out easily.

Step1: carry vacant Skala to the second floor

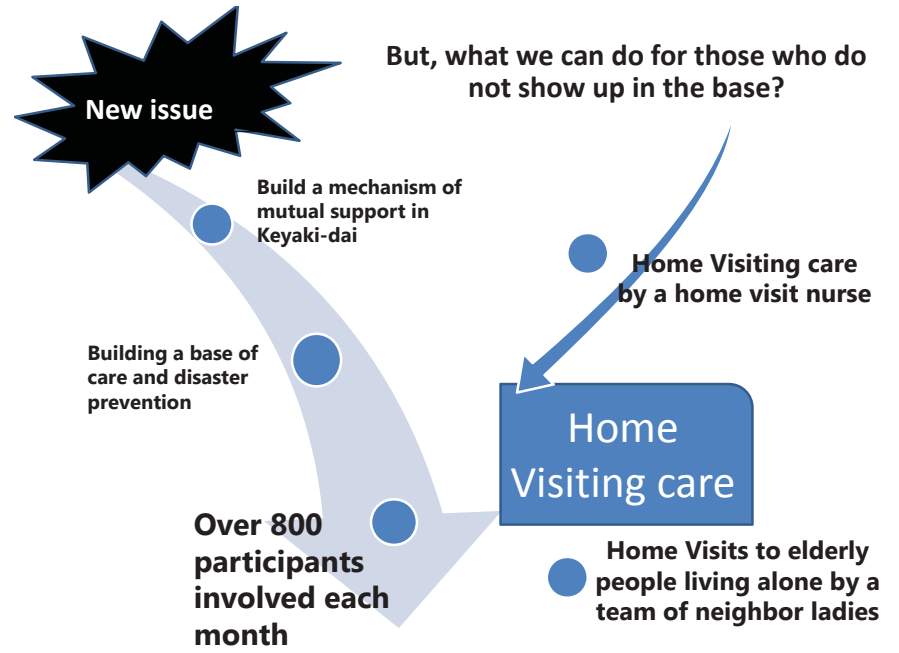


Step2: Vacant Skala is carried beside the bed and the elderly takes a seat of Skala

Take your time and move to a seat.....



OK!



居住者のみなさまへ 看護師さんによる「見守り訪問」

高齢化と独居化が進むけやき台では、今年から自治会による「見守り訪問」が行われてきました。

その結果、「地域の中にかくさんお友達ができた」「遠くには出かけられないけれど、集会所のイベントなら参加できて、毎日が楽しい」など、安心の輪が広がっています。でも実際には、まだまだ色々な理由で、「集会所ですら遠い」という方はいらっしゃるはずで。

そこで来年1～3月を「見守り訪問月間」として、看護師さんのチームがご自宅を訪問させていただきます。

人とのふれあいはほしい。誰かと話したい気持ちもある。でも、やっぱり「出かけるのが大変」という方、また退院直後外出が困難な方、あるいは、日中、見守りの必要な家族を一人で残していく不安を抱えたお身内の方も、ご活用ください。

また同時に、自主防災協議会としては、この期間を、災害時要援護者の申し出をされた方の訪問期間とさせていただきます。

現在、自主防災では、130名の方から「災害時にはなんらかの支援がほしい」「安否確認してほしい」「声かけしてほしい」といった要援護の申し出を受けていますので、適切な手助けができるよう事前準備をしておきたいと思っております。日頃の健康不安等もご相談いただければと思います。

Information for Home visit nursing service

「見守り訪問」は、自治会による「見守り訪問」と「見守り訪問」に関するお問い合わせが年明けの日となりました。今年もよろしくお願いいたします。新春早々で恐縮ですが、けやき台自主防災協議会では、大規模地震発生時には、無事だった人々で居住者の安否確認を行います。その際、災害の規模によっては、負傷者の応急手当、転倒家具からの救出、初期消火、あるいは避難支援など、さまざまな活動を行う必要がでてまいります。そこで、今のうちに「安否確認マニュアル」作成と「要援護者の支援プラン」を整備しておきたいと思っております。

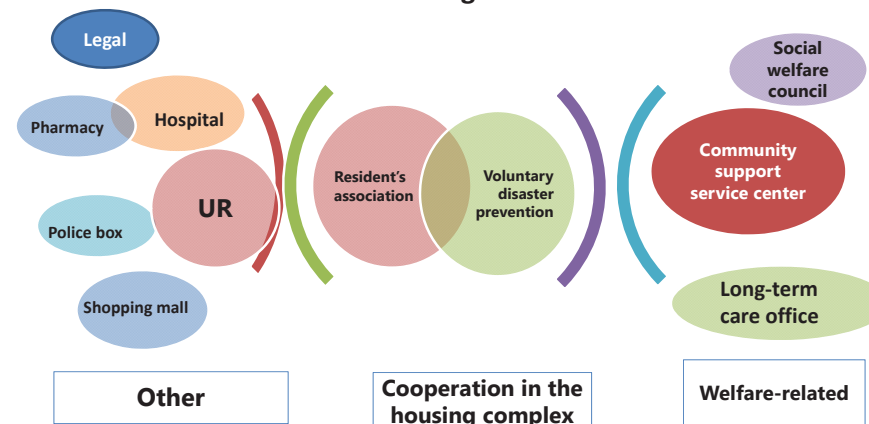
まずは、1月12日（土）には「安否確認訓練」を行います。すでに階段下掲示や自治会ニュースでお知らせしましたように、1と2号棟が対象です。この訓練を元に、効率的な安否確認の手法を確立させていきたいと考えておりますので、ご協力をお願いします。

マイクで告知のあと、防災委員が全戸を訪問します。ご在宅の方は、玄関ドアを開けてください。実際の災害時でも、避難路を確保するため、玄関ドアを開ける習慣をつけてください。

また、1～3月の予定で、先にお知らせしましたように、要援護の申し出を頂いている方を中心に、「見守り訪問」を行います。お体の状態、避難時に必要な手助けの内容などを教えてください。いづれにしても、今年が安心な一年となりますよう、可能なことから着手してまいりますので、ご理解いただけますようお願いいたします。

Care and disaster prevention base: Contact points

Coordination with related organizations is the lifeline



Winter Home Visiting care (Jan. to Mar.)

	FY 2013	FY 2014
Visitors	Three nurses	11 singing staff
Target	Over the age of 80	Elderly people living alone
No. of visited	120 residents	320 residents
Contents	Check physical conditions and explain the support approach at the time of disaster	Inform emergency contact and where to leave the key

Community support service center praised some emergency responses as it was a successful outcome by our good intentions.

Activities attempted in Keyaki-dai in recent years

◆ Bring out and visualize potential good intentions in the community (visualizing good intentions)



◆ It is the mechanism of “helping each other” that is not an organization like an existing residents’ association. It was something like the characteristics and atmosphere of the community.

Making the
community
into a home town

What outcomes
were seen?

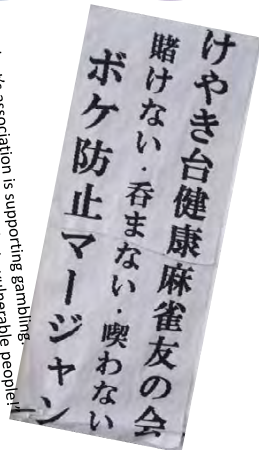
Making the community into a home town

- ◆ Community is a term specifying a place
- ◆ Home town brings an image of people's unchanged heart
- ◆ Success in our activities is attributed by many residents' wish for their community not to be a vacant place but like a home town.
- ◆ Residents' association trying to meet needs
- ◆ People leverage accumulated feelings
- ◆ Feeling attachment to the community is key



A café serving 100-yen coffee

resident's association is supporting gambling.
If they have such time, shed light to vulnerable people!
The signboard is a voluntary objection to such criticism.



NEVER GIVE UP ON YOURSELF

Working toward a Dementia Friendly Community



Nao Fujita
Machida Tsurukawa Daiichi Senior Support Center
May 19, 2017

Dementia Care Policies in Machida City

- 2014 Start the Early-stage Dementia Intensive Support Team Project
 - 2015 Develop and deliver Dementia Care Pathways
 - 2016 Set up a consulting service office at Dementia Medical Center
- Promote Dementia Cafés
- (1) Occasional Dementia Cafés
(for public awareness raising)
Dementia Café booth at an event of the Stores' Association
Dementia Cafés at Starbucks and other coffee shops
 - (2) Opening of Dementia Cafés
11 Dementia Cafés
(new and existing gatherings) in Machida City

Machida City



Area: 71.8 km²
Population: 428,000
Elderly ratio: 25.9%
(Tsurukawa District)
Population: 45,000
Elderly ratio: 24.1%

Machida City

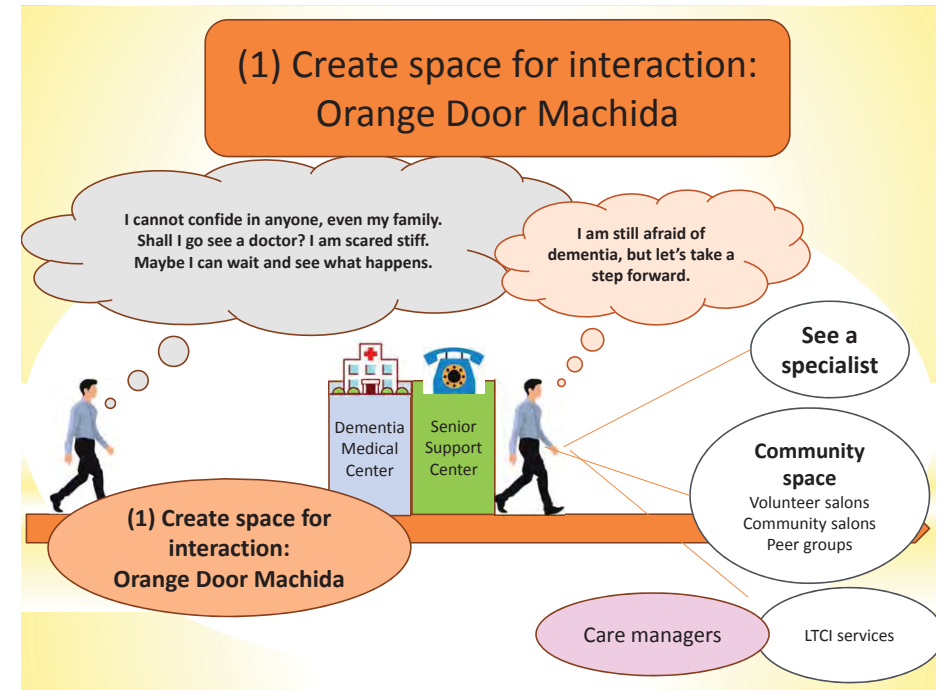
Senior Support Centers (Community support service center)

Senior support centers provide general consulting services to senior citizens living in their respective communities. These centers support and coordinate relevant organizations to ensure elderly people can stay in the communities they have lived in.

Findings from Daily Consultations

- (1) Young-onset dementia
- (2) Mild cognitive impairment (MCI)
- (3) Inquiries from men

It is difficult for patients to accept the fact that they are suffering from dementia, even if they are aware of changes in themselves and difficulties in daily life.



Three Pillars of Actions



(1) Create space for interaction

(2) Create community space

(3) knowledge dissemination / Awareness raising

Foundation of Orange Door Machida

<Concept>

How can we create a place that makes everyone feel welcome?



A. This is a venue where someone will meet you at the door with a welcoming smile and delicious tea.

Foundation of Orange Door Machida

Friendly staff with a welcoming atmosphere:

Dementia patients (3)

★ **Volunteers (4)**

(Care prevention supporters)

NPO staff (2)

★ **University students (2)**

Senior Support Centers

Social welfare corporations

Daily activities



Agenda:
2 - 3 PM
Weekly topics
3 - 3:30 PM
Discussion on future activities

Foundation of Orange Door Machida

★ **Volunteers (care prevention supporters)**

Care Prevention Supporter Training Course
(4 days / 5 facilities)

Community residents trained on elderly issues to engage in their own care-prevention and community awareness-raising activities

★ **University students**

Social worker interns



Attending a conference hosted by
Alzheimer's Disease International
Feb. 18, 2017



Spring walking on the
One Ryokudo Road
Apr. 7, 2017



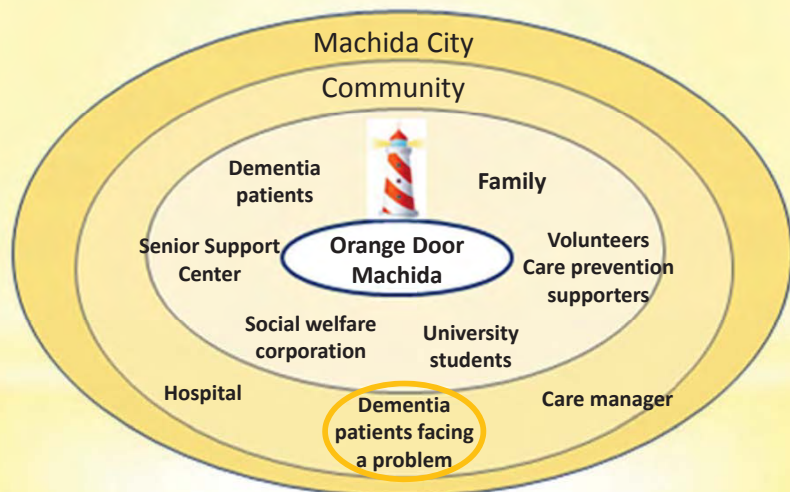
Three Pillars of Actions

(1) Create space for interaction

★ (2) Create community space

★ (3) knowledge dissemination / Awareness raising

Concept of Orange Door Machida



(2) Community space

It is important to find a venue you enjoy not too far from your home.

The key is to do what you want to do!



Ms. Hirata
Himawari no Kai (NPO)



Ms. Matsumoto
Himawari no Kai (NPO)

(2) Create community space

I like weeding my garden.
(Weeding activity: once per week)



I am great at making tea.
(Miyata Teahouse: once per month)



Thank You Very Much for Your Attention!



Autumn Concert
Oct. 28, 2016

(3) knowledge dissemination / Awareness raising Dementia Supporter Training Course at Nozuta High School Nursing Day at Tsurukawa Sanatorium Hospital



Create opportunities
for dementia patients
to talk to students
(Occasional awareness-raising
program)



Community Welfare Volunteers / Community Welfare Volunteers for children serve as community welfare counselors.



■ Role of a community welfare volunteers / community welfare volunteers for children

Community welfare volunteers / community welfare volunteers for children act as social welfare promoters / coordinators to provide the following consultation and support for welfare, while striving to view the situation from residents' perspectives and respecting their privacy.

- Serving as counselors who are close to residents
- Providing information to those in need of support
- Reporting the problems plaguing residents to local government
- Conducting surveys

■ Status of a community welfare volunteers / community welfare volunteers for children

- Community welfare volunteers / community welfare volunteers for children are appointed by the Minister of Health, Labour and Welfare as special public officers of the Tokyo Metropolitan Government.
- Community welfare volunteers concurrently serve as welfare community volunteers for children, as defined in the Child Welfare Act.
- They also serve as councilors of Minato Social Welfare Council.

■ Tenure of a community welfare volunteers / community welfare volunteers for children

They have a three-year tenure. The present term started on December 1, 2016 and ends on November 30, 2019.

- Those appointed midway through the term will work until the same expiration date.
- They are re-elected every three years. In principle, all are reappointed unless they reach the age limit or resign for personal reasons.



■ Qualifications of a community welfare volunteers / community welfare volunteers for children

Community welfare volunteers / community welfare volunteers for children (assigned to districts) must meet the following qualifications:

- Age: less than 67 years old for new appointees; less than 73 years old for re-appointees
Cf. New community welfare volunteers / community welfare volunteers for children to be appointed on December 1, 2016 shall be born on or after December 2, 1949.
- People who are mentally and physically healthy, have common sense and show understanding and enthusiasm about social welfare and community welfare volunteers' activities
- People who have voting rights in Minato municipal elections and have resided for more than three years in the districts where they are to be assigned
- People who have a stable livelihood and sufficient time to serve as community welfare volunteers /

community welfare volunteers for children

- People who respect other individuals' personality, treat everyone without discrimination and keep information confidential

■ Tasks assigned to community welfare volunteers / community welfare volunteers for children

Community welfare volunteers regularly provide consultation on social welfare to local residents and make referrals to public and other social welfare service providers. The following tasks are also assigned to welfare workers:

- (1) Surveys
 - Fact-finding survey of solitary elderly people (every May to June)
 - Surveys requested by the municipal government and issuance of certificates, etc. based on requests from residents
- (2) Meetings, etc.
 - Attendance in monthly community welfare volunteers' / child welfare volunteers' council meetings (except August and December)

(3) Training

- Training for new appointees
- Three-day training held by the Tokyo Metropolitan Government by the end of the first fiscal year
- One-day training (administrative briefing) held by the Minato Municipal Government at the time of inauguration
- Sectional training held a couple of times a year
- City-wide training held once or twice a year
- Overnight training held by district community welfare volunteers' / child welfare volunteers' council



(4) Others

- Cooperation for regular activities of the Minato Social Welfare Council
- Distribution of Kotobuki gift vouchers to the elderly (every August to September)
- Cooperation for longevity celebrations (every September)
- Cooperation for the Minato municipal festival bazaar (every October)
- Moreover, community welfare volunteers / community welfare volunteers for children independently organize the Tampopo Club (see the photo) at ten different locations in the city to support child-rearing.

■ Precautions for activities

The following precautions are required as specified in the working regulations for community welfare volunteers. Each is crucial to win the trust of local residents.

- Don't exploit your position as a community welfare volunteers / community welfare volunteers for children for political purposes.
- Keep any information of which you become aware in the course of your engagement confidential (professional confidentiality)
- Don't apply discriminatory or preferential treatment depending on race, creed, sex, social status, or family origin.



■ Availability of funds for activities

Community welfare volunteers / community welfare volunteers for children receive no compensation because they are volunteers. They are, however, provided with 11,100 yen every month as funds to cover activities, including transport and communication expenses. These funds are tax-free.

(Membership fees for Metropolitan Child Welfare Volunteer Association, Japan Mutual Support Group, Minato Mutual Support Group and other associations are deducted from the funds. Moreover, depending on

the district, community welfare volunteers / community welfare volunteers for children voluntarily save for overnight training trips and other activities.)

Personal information disclosed about community welfare volunteers / community welfare volunteers for children

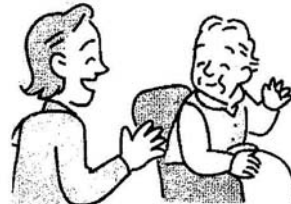
The contact information of welfare volunteers is disclosed to the public as follows so that residents can seek consultation from them:

- The names, phone numbers and responsible districts of new community welfare volunteers are provided in the municipal public relations magazine "Minato"; published immediately before their inauguration.
- The names, addresses and phone numbers of community welfare volunteers are included in the list of municipal agencies used within the municipal government.



Activities of community welfare volunteers / community welfare volunteers for children in Minato

- In Minato, the maximum number of district community welfare volunteers and chief community welfare volunteers for children are 156 and 12 respectively (as of November 1, 2015).
- The district community welfare volunteers and chief community welfare volunteers for children served approximately 802 households on average (as of April 2015).
- Elderly issues comprise 57.1% (1,112 cases) of the issues consulted with district community welfare volunteers / community welfare volunteers for children, followed by 18.4% (359 cases) for child issues and 5.7% (110 cases) for PWD issues. Other issues represent 18.8% (366 cases). The annual average number of consultations provided by community welfare volunteers / community welfare volunteers for children is estimated to be approximately 12 per person (based on the actual results in 2014).



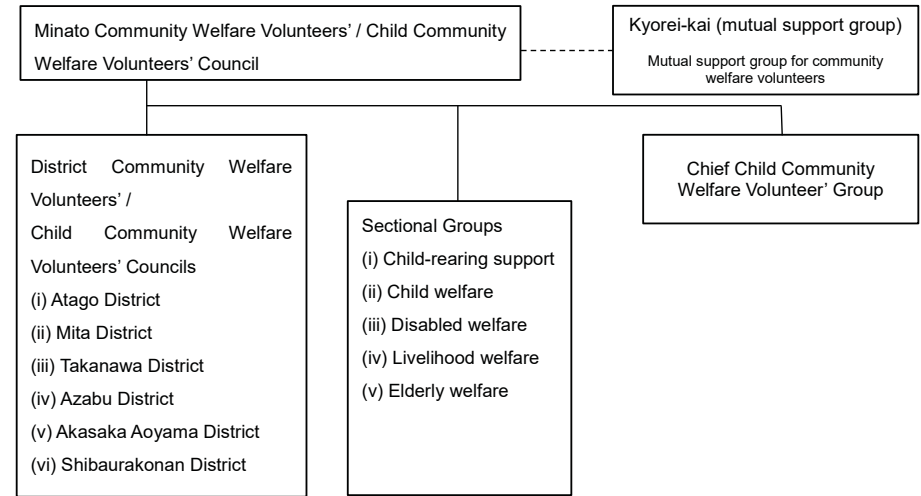
Organizations of community welfare volunteers / community welfare volunteers for children in Minato

Minato City is divided into six districts (Atago, Mita, Takanawa, Azabu, Akasaka Aoyama and Shibaurakonon), each of which establishes a community welfare volunteers' / child community welfare volunteers' council and more than ten council meetings per year for the purposes of liaising with and coordinating the activities of community welfare volunteers / community welfare volunteers for children, liaising with local government agencies and acquiring knowledge and skills.

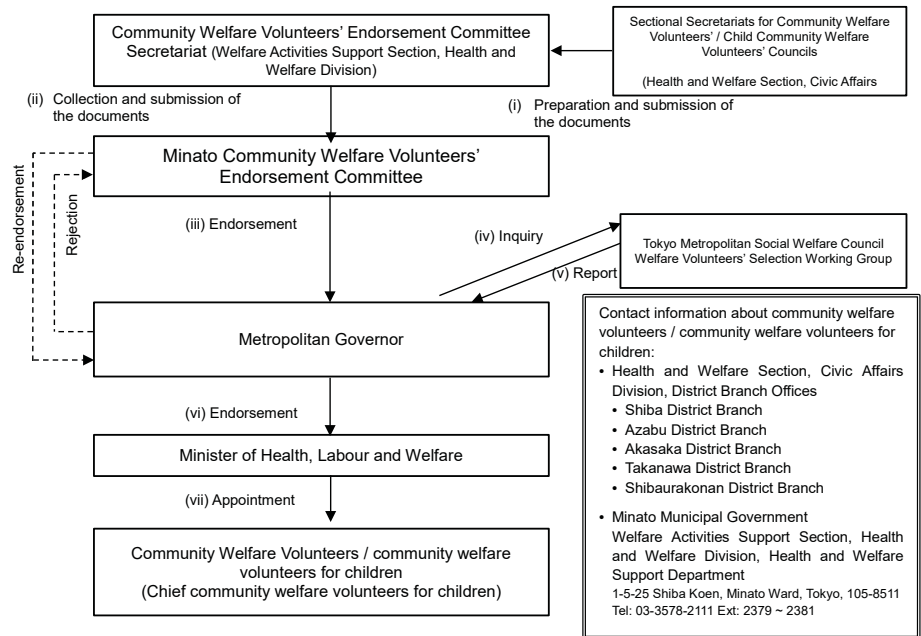
Moreover, sectional groups have been established at the community welfare volunteers' / child community welfare volunteers' councils beyond the borders of the six districts. Each district community welfare volunteer / community welfare volunteer for children belongs to one of the sectional groups: child-rearing support, child welfare, disabled welfare, livelihood welfare and elderly welfare (Chief community welfare volunteers for children belong to the chief child community welfare volunteers' group).



Minato Community Welfare Volunteers' / Child Community Welfare Volunteers' Council



Flow of selection of Community Welfare Volunteers' / Community Welfare Volunteers for children



Contact information about community welfare volunteers / community welfare volunteers for children:

- Health and Welfare Section, Civic Affairs Division, District Branch Offices
- Shiba District Branch
- Azabu District Branch
- Akasaka District Branch
- Takanawa District Branch
- Shibaurakonon District Branch
- Minato Municipal Government Welfare Activities Support Section, Health and Welfare Division, Health and Welfare Support Department

1-5-25 Shiba Koen, Minato Ward, Tokyo, 105-8511
Tel: 03-3578-2111 Ext: 2379 ~ 2381

PLUS ONE
お問合せは (11時~17時)まで
03-6906-6578

6月のおうちごはん

2	木	こうさんの盛り蕎麦ランチ♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
3	金	12時~あっちんの麻婆豆腐♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
4	土	こうさんの簡単ごはん♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
6	月	ケンさんの焼き肉♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
7	火	よっちゃんラーメン♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
9	木	たくちゃんの油淋鶏♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
10	金	12時~けんちゃんのタンドリーキン8生春巻き♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
11	土	太田さんのナポリタン♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
13	月	たくちゃんの鶏の楠煮♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
14	火	おれんじごはん・こどもの日	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
15	水	よっちゃんラーメン♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
16	木	FLORES野毛のハンバーグ♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
20	月	ママのお楽しみごはん♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
22	水	かとおちゃんのカツオのカレー煮♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
23	木	よっちゃんラーメン♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
24	金	12時~FLORES野毛のムール貝のソテー♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
25	土	太田さんのナポリタン♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
27	月	たくちゃんの天ぷらそば♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
28	火	たくちゃんの中巻おこわ♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
29	水	よっちゃんラーメン♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。
30	木	FLORES野毛のハンバーグ♪	おうちごはんは、12時からです。16時を過ぎる場合はお電話ください。

6月のイベント・教室

魚・野菜を共同購入しよう♪
6/10, 24 (金)
※別メニューあり、詳細はスタッフまで

金曜日はおかえりごはん♪
6/3, 10, 17, 24
※お昼12時~17時、大人400円、小学生200円、中学生300円、高校生400円
※お昼12時~17時、大人400円、小学生200円、中学生300円、高校生400円

ヨガ教室 6月11日(土)、25日(土)
10時15分~11時45分
参加費1000円 初心者歓迎
持ち物:動きやすい服装、タオル、飲み物

生バンドで民謡和歌謡を楽しもう♪
6/12(日)13時~14時20分
6月生まれの誕生日会♪
6/15(水)14時15分~

ママカフェ シナモン♪
6/23(木)14:15~16:15
【材料はついでに2回分提供】はじめてのクッキーづくり♪
※メールにて参加費を申し込みます。前払金でお申し込みください。
持ち物:クッキー作りを楽しくしましょう♪
※詳細は高島平とどろき利用センターへお問い合わせください。
申込先:高井 hatake@sinamon.jp

マナーセミナー♪
6/28(火)14:30~15:30 参加費 無料(ドリンク代別)
内容:マイコンシェルブリングが教えてくれるお金のことばかり♪

梅仕事♪(※6/20月)まで申込
6/28(日)10時~13時
梅酒、梅ジュース、梅サワーを仕込みます。
参加費:1000円(材料費、送料別)
※詳細は梅仕事スタッフ、予約先までご覧ください。

〒119-0002 高島平区高島平2-28-1102 (高島平団地28-1号棟 イーストサイド会館内)
TEL: 03-6906-6578
FAX: 03-6906-6579
E-mail: info@dreamtown.info
Facebook: dreamtown.info

Schedule for June 2016

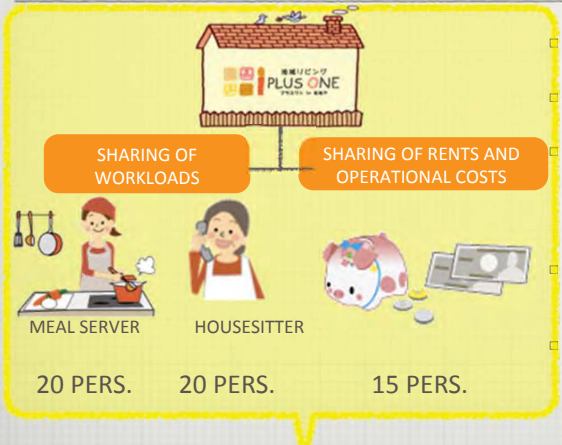
HOME MEALS



- Community Living is not a “restaurant” but a “living space” shared by community members.
- First-timers enroll as “home meal” members.
- The “Home Meal” cooking duty is assigned in turn to local volunteers registered as Plus One Family members (*) once to four times per month.
- Those on cooking duty get complimentary meals and beverages.
- The meals are offered at a reasonable price (in principle, 550 yen).

* Refer to the “Community Living Mechanism”

WHAT IS COMMUNITY LIVING?



It is not a “restaurant” but a “living space” shared by community members.

Community members share workloads to make the space comfortable and homey.

Open hours: 11 AM - 5 PM
Mon & Wed:
English conversation class (until 9 PM)
Tue & Fri: Welcome-back meal (until 9 PM)

Location: Eastside shopping street, Takashimadaira Housing Complex (2-28-1-102 Takashimadaira)

Activities:

- Home meal: approx. 20 times/month
- Welcome-back meal: 6 times/month
- Kitchen rental
- Class/event
- Daily flea market

- Plus One Family members are always offered complimentary beverages. The space is very welcoming and homey.
- Those on cooking and housesitting duty have complementary meals.

WELCOME-BACK MEALS



VOLUNTEERS ENGAGED IN COMMUNITY LIVING ACTIVITIES

HOMESITTERS AND MEAL SERVERS



COMMENTS FROM RESIDENTS



Volunteer Meal Server: Taku-chan

What will you cook next month?
I am glad to hear "delicious."
I like the children I met here as if
they were my own grandchildren :-)

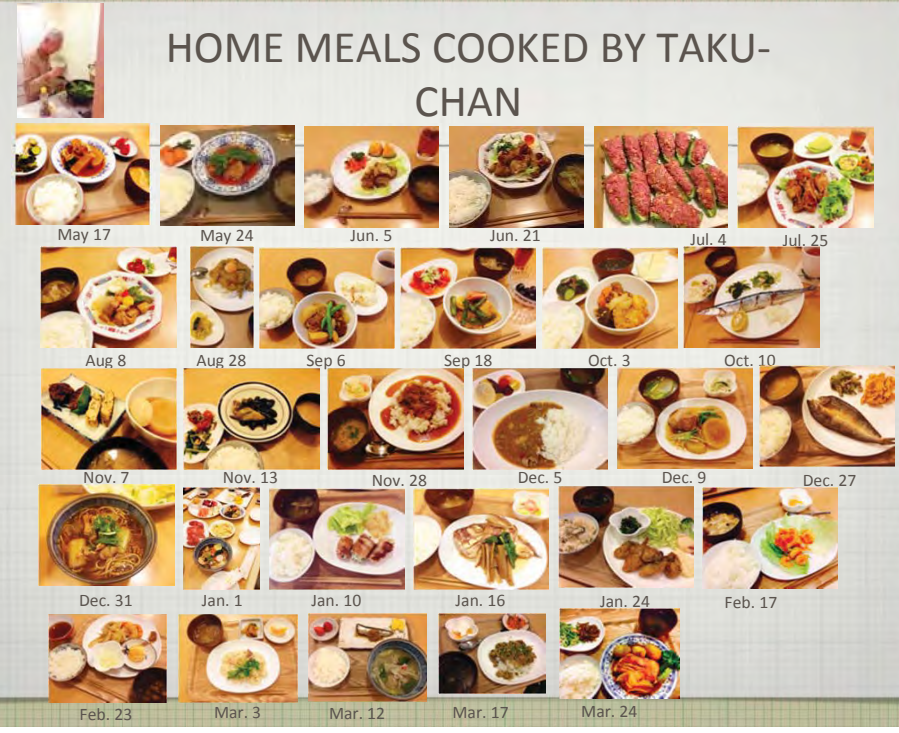


VOLUNTEERS ENGAGED IN COMMUNITY LIVING ACTIVITIES

HOMESITTERS AND MEAL SERVERS



HOME MEALS COOKED BY TAKU-CHAN



COMMENTS FROM RESIDENTS

Cook Server: Noge-san

I always get tired after volunteering at Community Living. But I am grateful because I can sleep well.



DAY SERVICE B IN ITABASHI WARD

Revised plan

More than twice a month
More than two service users per month
More than 24 persons per year
↓
20,000 yen per month
(240,000 yen per year)



Initial plan

More than 20 service users per month
(1,000 persons per year)
↓
10,000 yen per month
(subsidiary rate: 50%)
(120,000 yen per year)

別表4(第5条関係)
補助金上限額基準表

住民主体の通所型サービス補助金上限基準額表

1か月		2か月		3か月	
事業対象者参加延人数	上限額	事業対象者参加延人数	上限額	事業対象者参加延人数	上限額
41人以上	50,000円	81人以上	100,000円	121人以上	150,000円
31人以上 40人以下	40,000円	61人以上 80人以下	80,000円	91人以上 120人以下	120,000円
21人以上 30人以下	30,000円	41人以上 60人以下	60,000円	61人以上 90人以下	90,000円
2人以上 20人以下	20,000円	4人以上 40人以下	40,000円	6人以上 60人以下	60,000円
4か月		5か月		6か月	
事業対象者参加延人数	上限額	事業対象者参加延人数	上限額	事業対象者参加延人数	上限額
161人以上	200,000円	201人以上	250,000円	241人以上	300,000円
121人以上 160人以下	160,000円	151人以上 200人以下	200,000円	181人以上 240人以下	240,000円
81人以上 120人以下	120,000円	101人以上 150人以下	150,000円	121人以上 180人以下	180,000円
8人以上 80人以下	80,000円	10人以上 100人以下	100,000円	12人以上 120人以下	120,000円
7か月		8か月		9か月	
事業対象者参加延人数	上限額	事業対象者参加延人数	上限額	事業対象者参加延人数	上限額
281人以上	350,000円	321人以上	400,000円	361人以上	450,000円
211人以上 280人以下	280,000円	241人以上 320人以下	320,000円	271人以上 360人以下	360,000円
141人以上 210人以下	210,000円	161人以上 240人以下	240,000円	181人以上 270人以下	270,000円
14人以上 140人以下	140,000円	16人以上 160人以下	160,000円	18人以上 180人以下	180,000円
10か月		11か月		12か月	
事業対象者参加延人数	上限額	事業対象者参加延人数	上限額	事業対象者参加延人数	上限額
401人以上	500,000円	441人以上	550,000円	481人以上	600,000円
301人以上 400人以下	400,000円	331人以上 440人以下	440,000円	361人以上 480人以下	480,000円
201人以上 300人以下	300,000円	221人以上 330人以下	330,000円	241人以上 360人以下	360,000円
20人以上 200人以下	200,000円	22人以上 220人以下	220,000円	24人以上 240人以下	240,000円

COMMUNITY SPACE SERVING AS A COMMUNITY WELFARE CENTER

COMMUNITY LIVING
(COMMUNITY SPACE)



+ DAILY LIFE SUPPORT

= A SAFE COMMUNITY EVEN FOR
THOSE LIVING ALONE

Aiming to create a community where community spaces are as ubiquitous as convenience stores

COMMUNITY-BASED INTEGRATED CARE BEYOND GENERATIONS, HANDICAPS AND NATIONALITIES

Aiming to create a community where home-like community spaces are as ubiquitous as convenience stores and where even those living alone feel safe.



- PWD (person with disabilities) : a homey place to stay when they are off duty
 - Used by child-rearing households, solitary elderly people, students, working adults and foreign residents
- The gathering of diverse people can increase opportunities to take an active part and support with one another.

HAVING A POSITIVE YET SMALL IMPACT...

CONNECTING INTERSPERSED ACTIVITIES

- A Community Space Liaison Council was established to link 15 organizations within the ward.

→ Aiming to further strengthen community welfare by raising awareness of residents and municipal government officers about community spaces and increasing the number of home-like community spaces



THANK YOU

3rd Anniversary Party in May 2016

FUTURE PLAN

- Coordinators will be stationed to put the following into action:
 - 1 Apply quantified indicators to measure the welfare function of the community space and regularly evaluate its effects.
 - 2 Strengthen its function of looking after service users
 - 3 Consider expanding the range of activities to include Bento Lunch + (Home-visit) daily life support
 - 4 Assist other communities in developing community spaces (lectures, workshops, etc.)
 - 5 Collaborate with various organizations within and outside the ward to promote coexistence-oriented community-based integrated care.