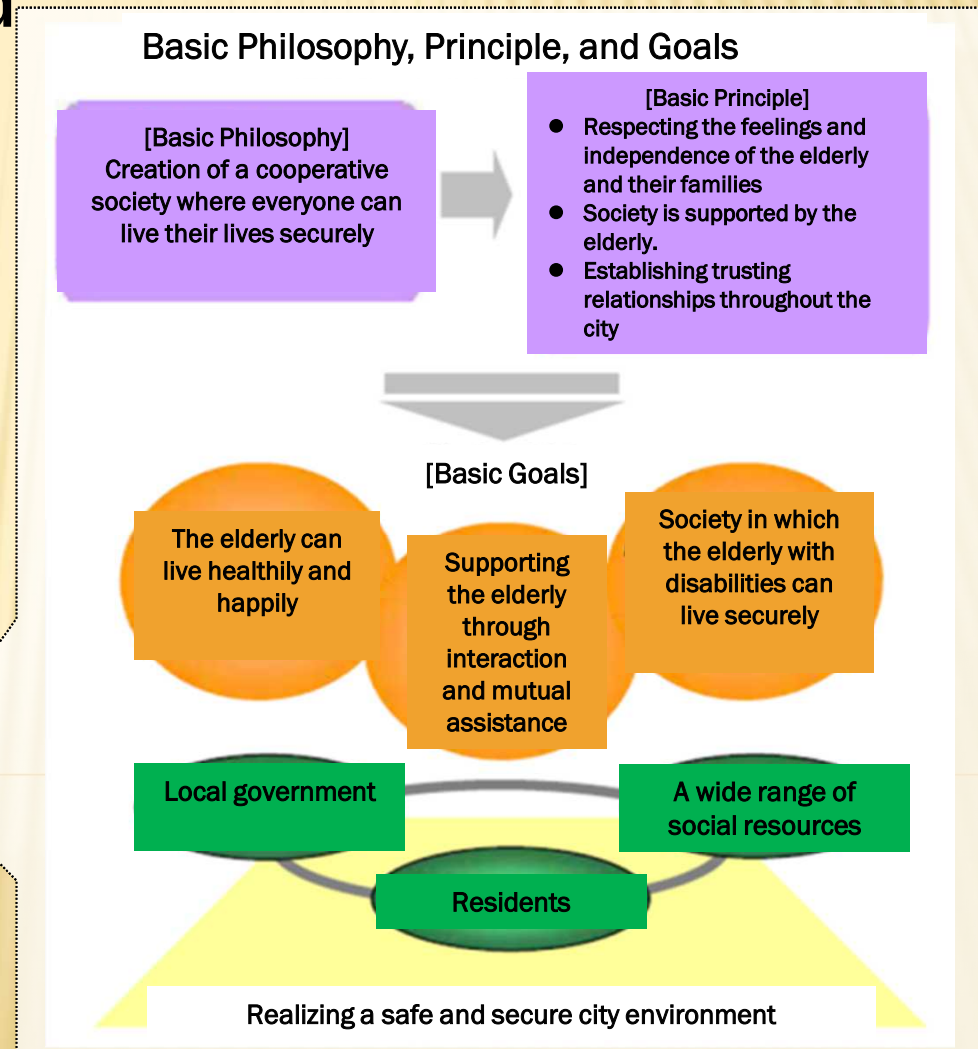


# The 5th

# Outline of the Shinagawa City Long-term Care Insurance Project Plan

## 1. Project Plan Background



## **2. Shinagawa City Long-term Elderly Care Goals**

**“Live at home as long as possible”**

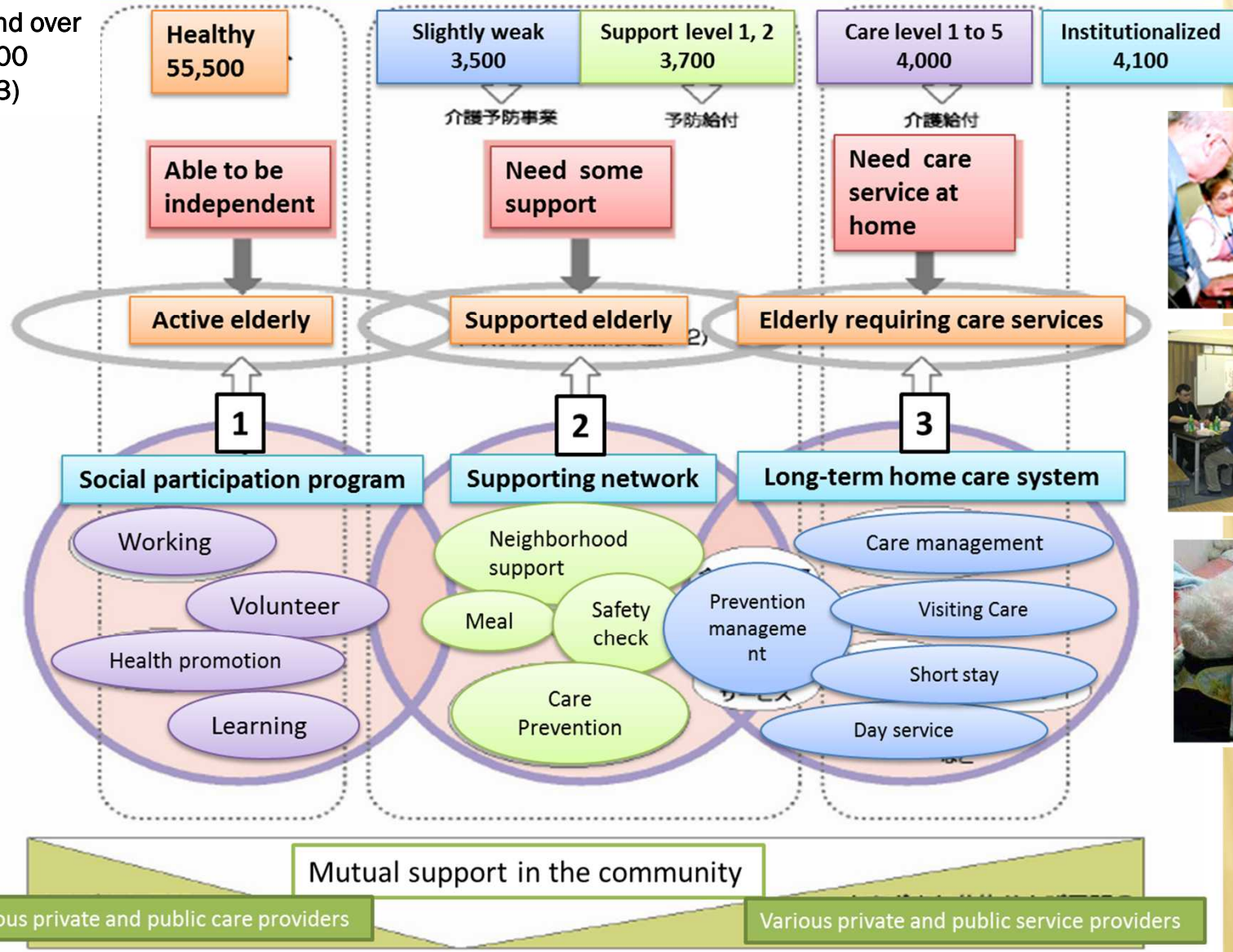
### **7 Principles of Long-term Nursing Care for the Elderly**

- (1) Support for the independence of the elderly and their families**
- (2) User-oriented**
- (3) Emphasis on preventive care**
- (4) Comprehensive and efficient services**
- (5) Emphasis on home-based care**
- (6) Sound management of the system**
- (7) Mutual cooperation in the community (community support)**

# 3. Three Systems that Support the Elderly

5<sup>th</sup> Shinagawa LTC Plan (2010)

65 and over  
70,800  
(2013)



## 4. Priority Issues and Projects Promoted in the 5<sup>th</sup> Term

### Priority Issues

- **Establishment of a Integrated Community Care System that Supports Home-based Care for the Elderly**
- **Facility Improvement as a Safety Net**

### 7 Projects

- (1) Health promotion for the elderly and promotion of social participation programs
- (2) Improvement of a wide range of networks in cooperation with the community
- (3) Enhancement of the home-based nursing care support system
- (4) Improvement of services that support home-based care welfare
- (5) Improvement of care for the elderly with dementia
- (6) Promotion of cooperation between medical care and welfare
- (7) Improvement of long-term care facilities for the elderly

# Preventive Long-term Care Projects

## Fitness

- *Ikiiki* Fun Exercise Seminar
- *Ikiiki* Fun Muscle Strength Training
- Healthy *Yawara* Exercise

## Food

- Home-made Cooking Class for Seniors (for men)
- *Wakuwaku* Fun Cooking

## Brain Function Training

- *Ikiiki* Fun Exercise for Brain Function
- *Ikiiki* Fun Healthy Mah-jong

# Ikiiki Fun Exercise Seminar

- Content:

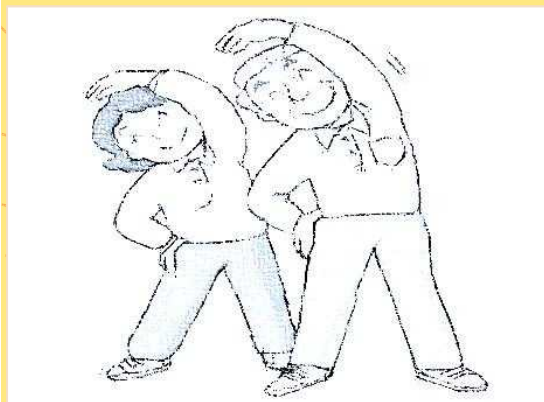
Making a habit of exercising in the park utilizing the installed equipment      Operated by fitness and community instructors

- Location: →

Suzugamori Park, Keiyo Park, Royal Sunny (elderly care facility),  
Kitahama Park

- Achievements:

FY2012/ 4 locations/ 1,483 elderly



# *Ikiiki Fun Healthy Mah-jong*

[No betting, drinking, or smoking]

## Subject Starting Date

- Shinagawa City residents aged 60 or older
- Fully implemented in April 2002

## Project Contents

- General: 7 programs
- Slow: 17 programs
- Beginners: 2 programs

## FY2012 Achievements

- Registered: 778 individuals
- Total participants: 19,767 individuals



# Home-made Cooking Class for Seniors (for men)

## Subject

- Shinagawa City residents aged 65 or older who have few opportunities to cook

## Contents

- Shopping and Cooking (preparation and clean-up included)
- 1 venue, 10 sessions/ program, 2 times/ year
- Held at 2 venues
- Outsourced the operation to a public interest incorporated association, Senior volunteers involved

## Achievements

- 740 individuals (FY2012)



# Outline of the Lifestyle-related Disease Prevention Project

## 1. Health Checkups

Lifestyle-related diseases such as cancer, cardiac heart disease, and cerebrovascular disease account for 56.6% of mortality in Shinagawa Ward. (2012)

To prevent lifestyle-related diseases, Shinagawa City promotes health checkups for early detection and treatment.

### ■ Health Checkups

In addition to the Specific Health guidance given by medical insurers to subscribers, Shinagawa provides health checkups.

- Shinagawa Health checkups  
Residents aged 40 or older who are not covered by medical insurance
- Women's Health checkups  
Female residents aged between 16 and 34
- Health checkups for individuals aged 35 or older  
Residents aged between 35 and 39 (male/female)

### ■ Cancer Screening

As a part of the measures for preventing cancer, which is the top cause of mortality, Shinagawa carries out 7 cancer screenings to promote early detection and treatment.

- Females aged 20 or older  
Uterine cancer screening
- Females aged 34 or older  
Breast cancer screening
- Males/Females aged 40 or older  
Screening for gastric, lung, colon, and pharyngeal cancer screening
- Males aged 55 or older  
Prostatic cancer screening

## 2. Fitness Exercise

Through the provision of Healthy Exercise Seminars for the elderly and Interactive Healthy Exercise Seminars for elderly requiring support for independence, Shinagawa promotes exercise as a lifelong habit for health maintenance, and to prevent lifestyle-related diseases, falls, and bone fractures.

### ■ Healthy Exercise Seminars

▪ Targeting residents aged 60 or older, we hold Trim Exercise Seminars once a week at 43 locations in Shinagawa City.

One session is for approximately 20 individuals. A total of 34,938 participants in 2012.



### ■ Interactive Healthy Exercise Seminars

▪ Targeting the elderly aged 65 or older who with weak body and tend to stay home, we hold healthy exercise seminars that individuals can participate in while seated. The seminars are held once a month at 13 locations in Shinagawa City.

A total of 2,287 individuals participated in 2012.



### 3. Health Promotion Committee Members (Volunteers)

Shinagawa City commissions individuals recommended by concerned parties to act as Health Promotion Committee Members to promote healthy resident lives.

Furthermore, we also ask individuals recommended by residents' associations to become health promotion volunteers for the promotion of healthy lives in each area.

#### ■ Shinagawa Health Promotion Council

(30 members)

- The Council consists of 13 members recommended by medical institutions (medical associations, dental associations, pharmacists associations) and health promotion organizations (Trim Exercise Association, Shinagawa Dietic Association, Radio Exercise Association, Sports Promotion Committee, etc.), 13 Health Promotion Committee Directors, and 4 concerned workers
- The Council carries out enlightenment activities for health promotion.



#### ■ Health Promotion Committees

- The Committees consist of 215 members recommended by 13 residents' associations in Shinagawa City.

#### ◇ Activities in the community

- Interactive Health Promotion Seminars
- Lectures for health promotion (lifestyle, exercise, etc.)
- Healthy Food Cooking Lessons
- Walking



# Lifelong Work Project

## ■ Shinagawa Silver Human Resources Center

The Center provides work opportunities for healthy elderly around 60 years of age or older who desire extra income or something to keep occupied. It is a public interest incorporated association.

**Purpose** The elderly who do not wish to be employed fulltime, but wish to have something to do become Center members. Using their long experience and capabilities, we provide support to ensure the motivation to live a healthy life.

**Content** The Center receives work requests appropriate for the elderly from companies and individuals, and selects appropriate members in accordance with capabilities and interest.

## Achievements (FY2012)

### Members

2,626 individuals

### Total workforce

329,378 persons

### Commissioned work

16,708 cases

### Income

¥1,304,808,000

## Major Work

### Office Work

- General office work
- Computer data entry (accounting)

### Copyist

- Writing addresses and names
- Writing service orders, letters of appreciation

### General

- Building cleaning • Weed removal
- Letter delivery • Park cleaning

### Services

- House cleaning • Laundry
- Cooking meals • Picking up children

### Technical

- Replacement of paper sliding screens (*fusuma & shoji*)
- Cutting trees
- Japanese dressmaking



Smoking Manner Improvement



Sealing Documents

# Lifelong Work Project

## ■ Sapo Shinagawa (Free Job Placement Office)

This is a job search service jointly operated by Shinagawa City Council on social welfare and Shinagawa City Silver Human Resource Center provided free of charge to individuals around 55 years of age or older.

**Purpose** Considering the conditions and purpose work for the elderly, which are different from younger generation, we strive to meet the diversified needs of older job seekers, such as the desire to keep occupied or work for a shorter number of hours.

**Content** Targeting elderly individuals around 55 years of age, we introduce jobs free of charge. We also organize job matching workshops for both companies and job seekers, and seminars for the elderly who are seeking jobs to promote matching.

## Participants (FY2012)

<b>Joint Job Matching Workshops</b> <ul style="list-style-type: none"> <li>• 2 times</li> <li>• 522 individuals</li> </ul>	<b>Employment Support Seminars</b> <ul style="list-style-type: none"> <li>• 12 times</li> <li>• 32 individuals</li> </ul>	<b>On-site Employment Consultations</b> <ul style="list-style-type: none"> <li>• 4 times</li> <li>• 32 individuals</li> </ul>
<b>Mini Job Matching Workshops</b> <ul style="list-style-type: none"> <li>• 5 times</li> <li>• 214 individuals</li> </ul>	<b>On-site Information Session</b> <ul style="list-style-type: none"> <li>• 6 times</li> <li>• 42 individuals</li> </ul>	<b>Job Seeker Seminars</b> <ul style="list-style-type: none"> <li>• 1 time</li> <li>• 45 individuals</li> </ul>

## Achievements (FY2012)

**Registered job seekers**

708 individuals

**Re-registered job seekers**

1,712 individuals

**Total visitors**

2,420 individuals

**Total users**

5,961 individuals

**Employed**

357 individuals

**Job offers**

1,090 jobs

## Joint Job Matching Workshop



# Outline of the Shinagawa Ward Small to Medium Sized Enterprises' Ctr.

## [Purpose]

The Small to Medium Sized Enterprises' Ctr. is operated for the purpose of promoting small business and supporting welfare benefits for small and medium business employment.

### ■ Basic Information (Job Description)

- ★ Conference room rental service
- ★ Seminars
- ★ Loan facilitation for business
- ★ Aid for shops and manufacturers
- ★ Welfare benefits for small and medium business employees

(Small to medium Sized Enterprises ' Ctr.)

### Photos from the Festival



### ■ Building Information

5 <sup>th</sup> & 6 <sup>th</sup> Floor	Shinagawa Sch. of Community Care Worker
4 <sup>th</sup> Floor	Employee Welfare Association/ Tenants
3 <sup>rd</sup> Floor	Rental Rooms (Conference Room, Japanese Room, Recreation Hall, Salon, Group Room, Kids' Room)
2 <sup>nd</sup> Floor	Front/ Rental Rooms (Seminar Rooms)/ Igo & Shogi Corner/ Commercial & Tourism Dept./ Manufacture & Management Support Dept.
1 <sup>st</sup> Floor	Lobby/ Restaurant/ Coffee Shop/ Employment Center/ Sapo Shinagawa/ Traditional Art Craft Corner
Basement	Music Room/ Photo Lab



### (Gymnasium Building)

1 <sup>st</sup> & 2 <sup>nd</sup> Floor	Sports Room/ Health Training Room
Basement	Parking Lot/ Pottery Room/ Fureai Workshop