

# **Promotion of rehabilitation in integrated community care**

Chiba Prefecture Chiba Rehabilitation Center

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## COI disclosure

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There are no companies in a COI relationship related to this announcement that should be disclosed.

- As life-long rehabilitation in an integrated care system, in addition to providing rehabilitation treatment in hospitals and facilities, a variety of activities such as preventive care services and life support will be conducted as part of community rehabilitation.
- In this symposium, we will focus on the current situation in Chiba Prefecture and describe integrated community care and life-long rehabilitation.

- The number of people aged 65 and over is expected to peak at around 39 million in 2042, and the proportion of the population aged 75 and over is also expected to continue to increase.
- Under these circumstances, the demand for medical care and nursing care among citizens is expected to increase further from 2025, when the baby boomer generation turns 75 or older.
- For this reason, the Ministry of Health, Labour and Welfare is promoting the establishment of a comprehensive community support and service provision system (integrated community care system) by 2025 so that where possible, people can continue to live the rest of their lives in their own way in a community where they are familiar with, so as to maintain their dignity and support self-reliant living.
- There are large regional differences in the extent of aging, such as in large urban areas, where the population is flat and the number of people aged 75 and over is rapidly increasing, and in towns and villages, where the population of people aged 75 and over is increasing slowly but the population is decreasing.
- For this reason, being the insurers, it is necessary for municipalities and prefectural governments to create a system according to the characteristics of the region based on the autonomy and independence of the region.

# Integrated community care system



The 3 leaves - "Medical Care and Nursing," "Nursing Care and Rehabilitation," and "Health and Social Welfare"- represent the provision of services by specialists. As a prerequisite, "preventive care and life support" supported by the initiative and ingenuity of each respective community shall be available, and as a foundation for living, "housing" required shall be established with the "way of living" ensured as basic requirements, as expressed by the soil and pot. Furthermore, as the foundation of everything, the importance of each and every resident understanding the situation in the region, making their own choices, and having the right mindset is expressed by the plate.

# Promotion of integrated community care at the municipal level

- Self-reliance support
- Self-help enhancement
- Creating spaces for social participation, watching over and supporting each other
- Collaboration and networking
- Raising awareness of rehabilitation treatment
- Support activities to achieve this include day care, home visits, commuting places run by residents, training sessions, training of leaders for preventive care, and participation in individual community care and promotion conferences

# Preventive care and daily life support project

- It is important to work in a well-balanced manner on each of the "mental and physical function", "activity", and "participation" component, so individual assessments of motor function, cognitive function, nutritional function, oral cavity function, activity, etc., are made and a goal-oriented approach is implemented
- Preventive care includes not only the prevention and improvement of a decline in physical functions, but also the promotion of "mutual aid" through the "making of friends". Furthermore, we aim to develop "mutual assistance" as a community-wide initiative to develop the community into one where people watch over and support one another (community development)
- In the administration of commuting places led by residents, the presence of leaders (resident volunteers) is important in the planning and running of activities.

# Integrated support projects

- In the Community Care Individual Conference, life support and advice is provided based on an evaluation of daily life functions through tie-ups with specialists, which aims not only to support independence and enhance self-help, but also to let people live a decent life of their choice in the community
- Advance individual issues to the regional care promotion council, and uncover regional issues based on the sufficiency of medical and nursing care services in the region, as well as how neighborhood councils and senior citizens' associations are watching over and supporting one another



# Consultation and support for the handicapped

- Employment and other support for handicapped persons, such as those with higher brain dysfunction, etc., is also an important role of a Community Rehabilitation Support Center.
- It is necessary to create a network with the Disability Counseling and Support Center and the municipal department in charge of the handicapped
- At the Community Care Conference for Independent Support, among the reasons cited for requiring support, people with disabilities are often cited as being frail and requiring support for health management, dementia, and household support, so it is desirable to share information from the perspective of handicap support.

# How to build a community care system - Regional Care Conference -

The Community Care Council provide a means to realize an integrated community care system that simultaneously enhances support for elderly individuals and develops the social infrastructure to support it

Specifically, the following are promoted by the Regional Comprehensive Support Center, etc.

1. Besides trying to resolve individual issues of the elderly through a multi-disciplinary approach involving medical, nursing and other personnel working together, enhance practical skills in care management that will contribute to the independence support of nursing care support specialists.
2. Clarify issues common to each region by accumulated analysis of the issues in individual cases.
3. Develop local communities and resources necessary to resolve common regional issues, and reflect them in the project plans for long-term care and insurance, etc., leading to policy formulation.

# Purpose of life-long rehabilitation

- Maintenance and improvement of daily life functions
- Support for self-reliant living and social participation
- QOL improvement
- Reduction of nursing burden

# Function of life-long rehabilitation

- **Soft landing function:** Support stabilization of life at home after discharge from hospital
- **Maintenance functions:** Monitoring, evaluation, and medical intervention where necessary
- **QOL support function:** Reconstruction and support of a decent life
- **Functions to support dignity as a person:** Continuous rehabilitation support until the end of life

# In integrated community care

## Role of life-long rehabilitation

- Independent living and prevention of aggravation of disability
- Rehabilitation treatment under medical and long-term care insurance, a support service for acquiring and maintaining a decent human life
- Establishment and enhancement of rehabilitation services
- Strengthening collaborative activities and building networks
- Raising awareness of rehabilitation services and supporting community development

# In integrated community care system

## Challenges of life-long rehabilitation

- In order to support municipalities at the prefectural level, it is necessary for prefectural rehabilitation centers to establish community rehabilitation support activities.
- At the municipal level, it is first necessary to secure and dispatch sufficient rehabilitation specialists to support preventive care and daily life support projects.
- "Self-help and mutual assistance" initiatives are necessary: Dispatching rehabilitation specialists to "commuting places that are led by residents" needs to lead to not only "self-reliance support" but also "demonstrate the independence of residents" and "self-management by residents"
- In municipalities, the expectation of support from rehabilitation specialists tends to be biased toward "improvement of physical function," and there is a lack of views regarding issues like "making friends," "fostering volunteers," and "promoting mutual aid" in community development

# Chiba Prefecture Chiba Rehabilitation Center



A prefectural facility that combines medical care and social welfare for children and the elderly throughout the prefecture

Rehabilitation medical facility: Outpatient clinic including pediatric and adult ward with 110 beds

Medical-type Facility for Children with Disabilities "Aiikuen"

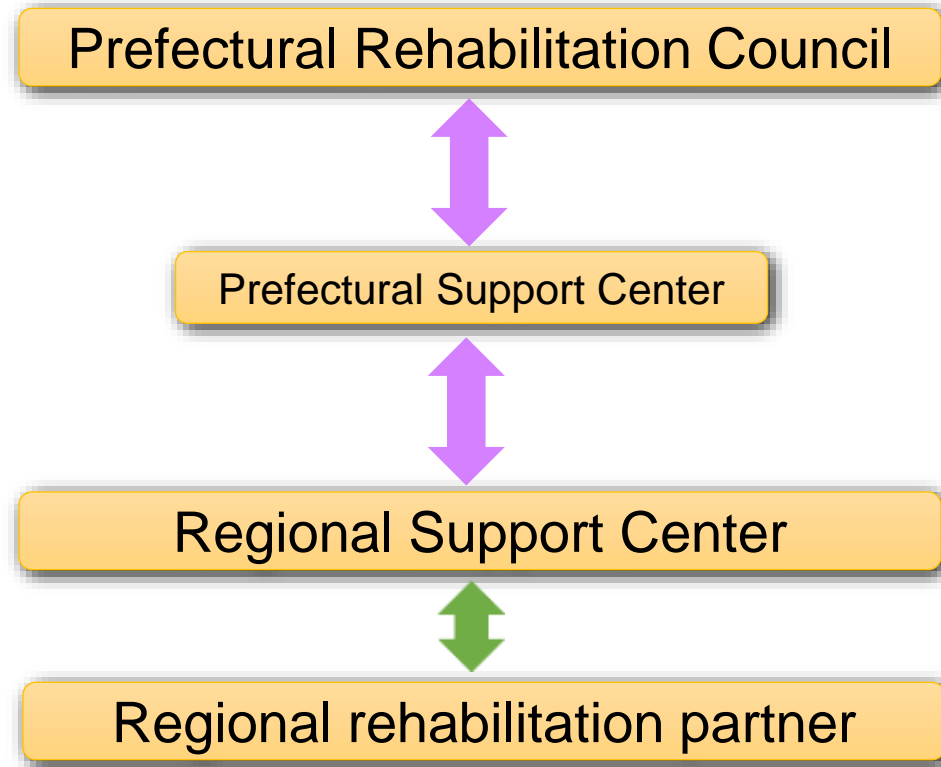
Medical Child Development Support Center (day care facility)

Medical Care and Child Support Center

Rehabilitation Center (facility for persons with disabilities) Orthotics manufacturing facility

**Community Rehabilitation Promotion Department** Higher Brain Dysfunction Support Center

# Community Rehabilitation System in Chiba Prefecture



Supporting integrated community care and  
community rehabilitation activities  
(Preventive care project, visiting lectures, etc.)



# Community Rehabilitation Council

- Study rehabilitation methods that contribute to the promotion of integrated community care
- Creation of guidelines for the promotion of community rehabilitation that contribute to the development of integrated community care
- Designation of Prefectural and Regional (Wide-area) Rehabilitation Support Centers
- Study on a rehabilitation coordination system for supporting people in need of assistance in the event of a disaster, etc.
- Study ways to realize a society in harmony with local communities, etc.
- Consider collaboration and role allocation in cooperating with prefectural (regional) rehabilitation support centers, and strive for efficient and effective management

# Members of the Chiba Prefecture Community Rehabilitation Council

- Chiba Prefecture Rehabilitation Support Center → Chairman
- Chiba Medical Association
- Chiba Dental Association
- Chiba Nursing Association
- Chiba Physical Therapy Association
- Chiba Association of Occupational Therapists
- Chiba Association of Speech-Language-Hearing Therapists
- Chiba Social Welfare Association
- Chiba Roken
- Chiba Prefectural Liaison Association For Home-Visit Nursing
- NPO Chiba Care-Manager Conference
- Chiba Prefecture Integrated Community and Home Care Support Centers
- Chiba Municipal Health Activity Liaison Council
- Chiba Prefecture Health Center Directors' Association
- Community Rehabilitation Regional Support Center

# Chiba Prefecture Community Rehabilitation Support System Development Project

## **Promotion of Community Rehabilitation projects in cooperation with the prefecture**

- Policy recommendations for community rehabilitation projects

- Proposal and implementation of community rehabilitation-related survey

- Conduct of workshops for citizens and community rehabilitation personnel

## **Supporting the activities of 9 Regional Support Centers in the prefecture**

- Conduct of exchange meetings where all support centers gather, dissemination of information nationwide

- Responding to consultations received from each regional support center

- Cooperation in training sessions organized by regional support centers in each region

## **Proposal and trial of community rehabilitation activities**

- Cooperation of rehabilitation specialists with integrated community care centers

- Activities to raise awareness of community rehabilitation by visiting elementary schools in the prefecture

- Organization and Secretariat of Chiba Prefecture Disaster Rehabilitation Activity Group

- Promote the conduct of multi-occupational collaboration meetings in each region

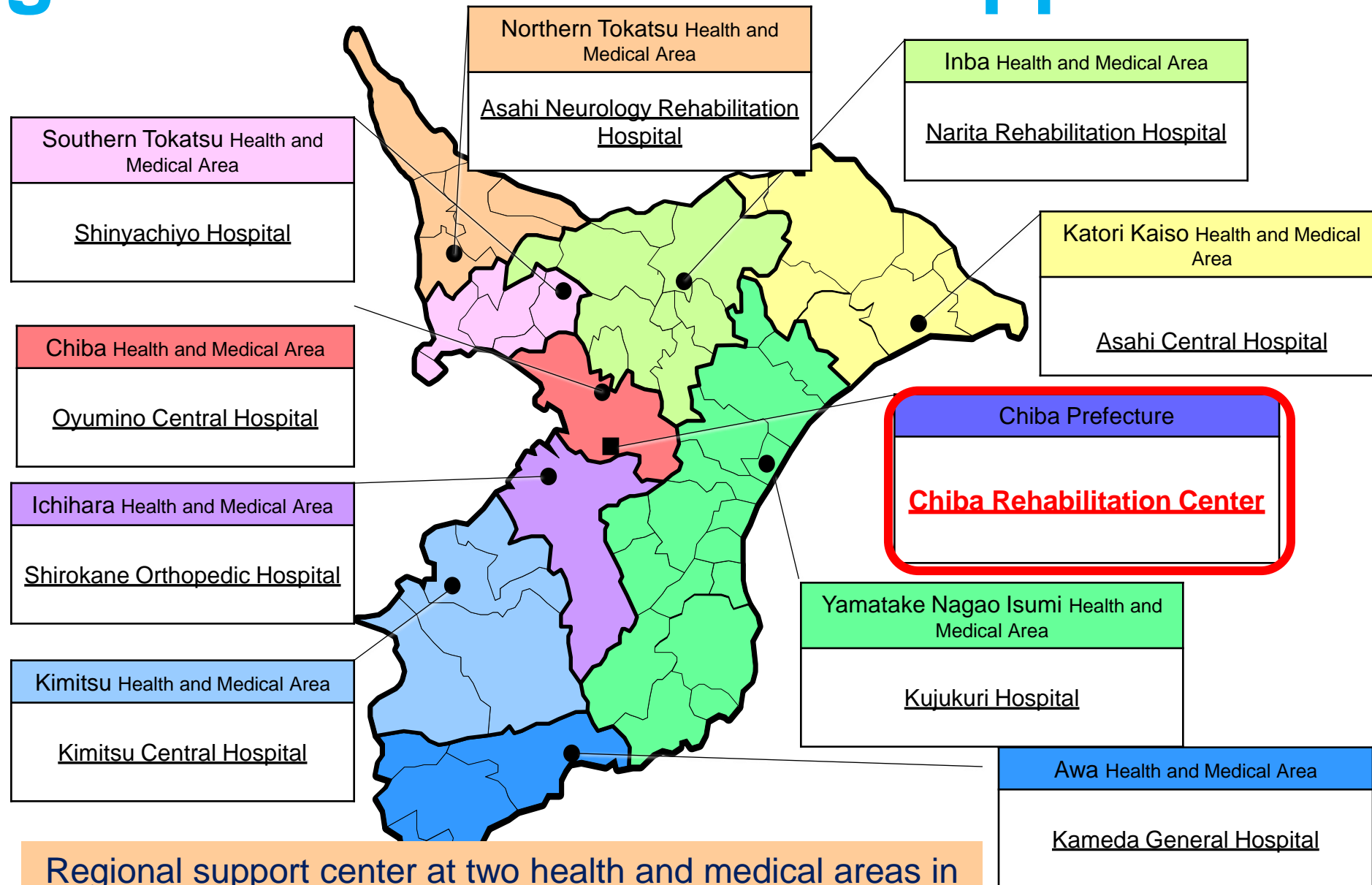
# Integrated community care at the Prefectural Rehabilitation Support Center

- Systematically and comprehensively provide rehabilitation-related support for municipalities implementing integrated community care systems
- Projects related to the dispatch system for rehabilitation specialists
- Projects that are likely to lead to mutual support and community development in the region, such as the development of resident volunteers etc.
- Projects related to the strengthening of networks and collaborative activities in the region in order to provide seamless rehabilitation treatment from the acute phase onwards
- Projects related to the qualitative improvement of rehabilitation care, such as training to improve the skills of nursing care support specialists

# Regional Rehabilitation Support Center

- Provide manpower support and consultation support to municipalities, rehabilitation personnel, preventive care personnel, etc., including the dispatch of staff and lecturers etc.
- Try to enhance the regional rehabilitation support system according to the regional characteristics of the region in cooperation and collaboration with public health centers, regional comprehensive support centers, medical institutions, facilities covered by long-term care insurance, and various organizations
- In order to allow people with disabilities and the elderly to live a safe and vibrant life together with other people in places where they are accustomed to living, all people, institutions, and organizations involved in medical care, health, social welfare, and daily life should work with one another to carry out all activities from the standpoint of rehabilitation.
- Organize training sessions on community rehabilitation for the elderly for municipalities, rehabilitation personnel, preventive care personnel, etc.

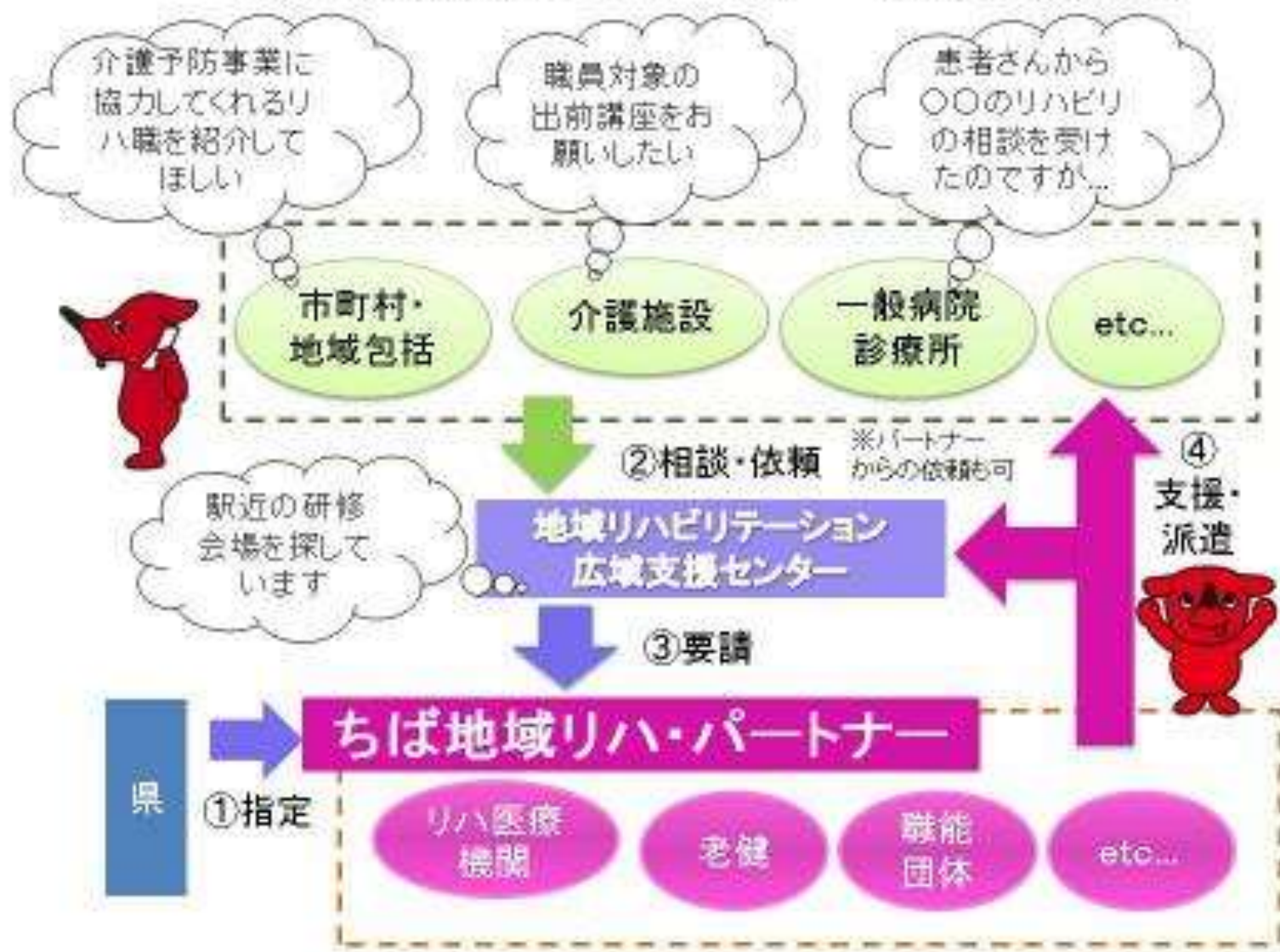
# Regional Rehabilitation Support Center



Regional support center at two health and medical areas in the prefecture

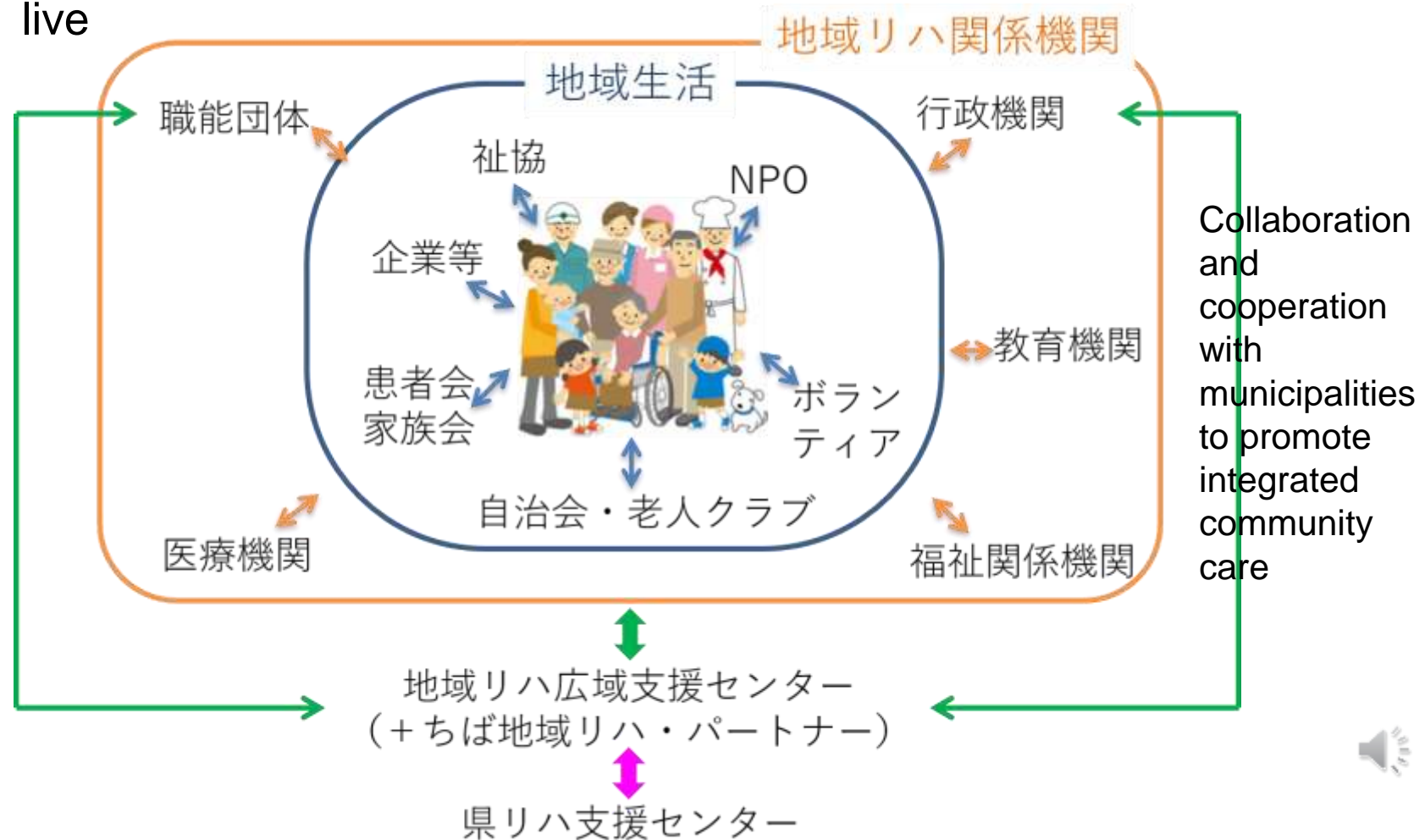


## ちば地域リハ・パートナー制度の流れ





Aim to create a community where the people who live there can always be themselves and realize a life that they want to live





# Support of Regional Support Center



Regional Support Center Staff  
Liaison Meeting

Confirmation of activity plan, etc.



Regional Support Center  
Staff brainstorming

Group work and exchange of opinions  
about the direction of community  
rehabilitation

# Activities of Regional Support Center (Chiba City)

## Administration of spaces where local resident volunteers go to



Training of volunteers at  
commuting places



Networking events of  
volunteers





# Activities of Regional Support Center (Chiba City)

## Administration of spaces where local resident volunteers go to



Supporting the independent activities of local residents as a specialist



# Summary

- In order to promote integrated community care, it is important to cooperate with the Community Rehabilitation Council, the Prefectural Rehabilitation Support Center, and the Regional Rehabilitation Support Center, and it is necessary to clarify the issues in each region and implement the activities while solving these issues.
- In integrated community care, "self-help and mutual assistance" efforts are expected, and the dispatch of rehabilitation specialists to "commuting places that are led by residents" needs to lead to not only "self-reliance support" but also "self-management by residents"

Thank you for your attention

