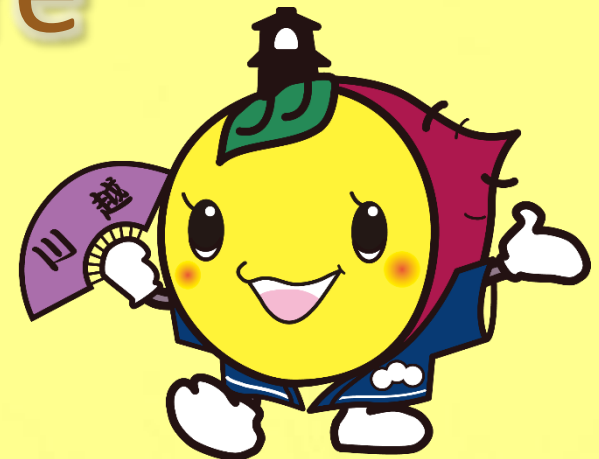


October 22, 2014

Welcome to Koedo Kawagoe A City Filled with History and Culture

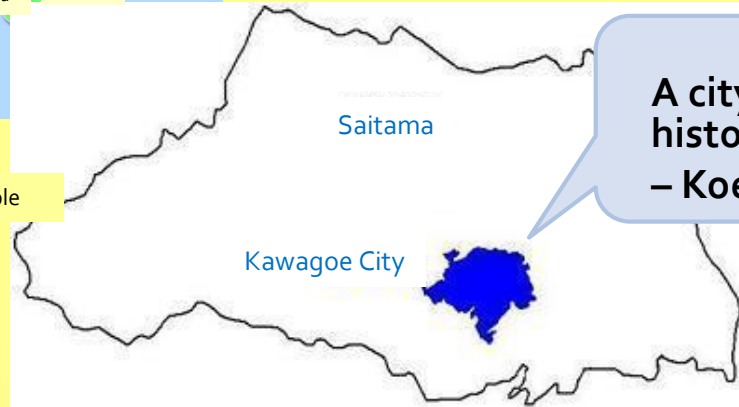


Kawagoe City Mascot
TOKIMO

Kawagoe City Overview

- Population: 349,317 (as of October 1, 2014)
- Area: 109.16 km₂

Merger of 9 neighboring villages in 1955 and transition to a core city in 2003.



A city filled with history and culture – Koedo Kawagoe



Time Bell Tower

Kawagoe – Time connects people



● Tourism with a wealth of attractive historical and cultural assets such as Kura storehouses, and the Kawagoe Festival

● Suburban agriculture, distribution, commerce and industry



Kawagoe Festival



Townscape of Kura Storehouse



Sweet Potato Field



Kawagoe City Demographics (as of October 1, 2014)

- Population: 349,317
- Population aged 65 or older
(elderly population): 83,936
- Population aging rate: 24.03%
 - * Population aged 75 or older: 34,036
 - Rate of population aged 75 or older: 9.74%

FY 2014 Kawagoe City Budget

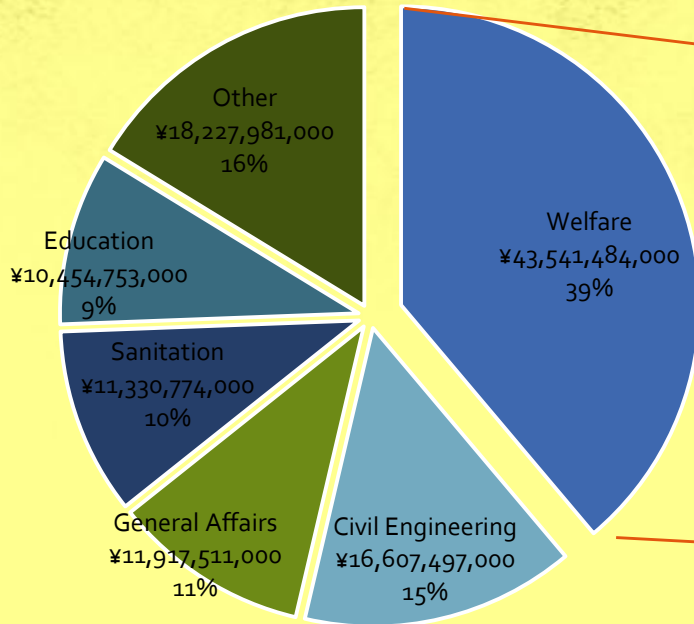
General Account: ¥ 112,080,000 ,000

Special Account: ¥ 82,781,603,000

Total: ¥194,861,603,000

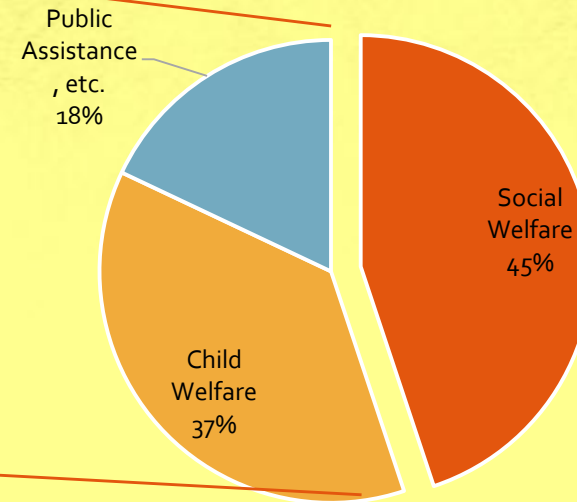
FY 2014 Kawagoe City Budget

General Account



¥112,080,000,000

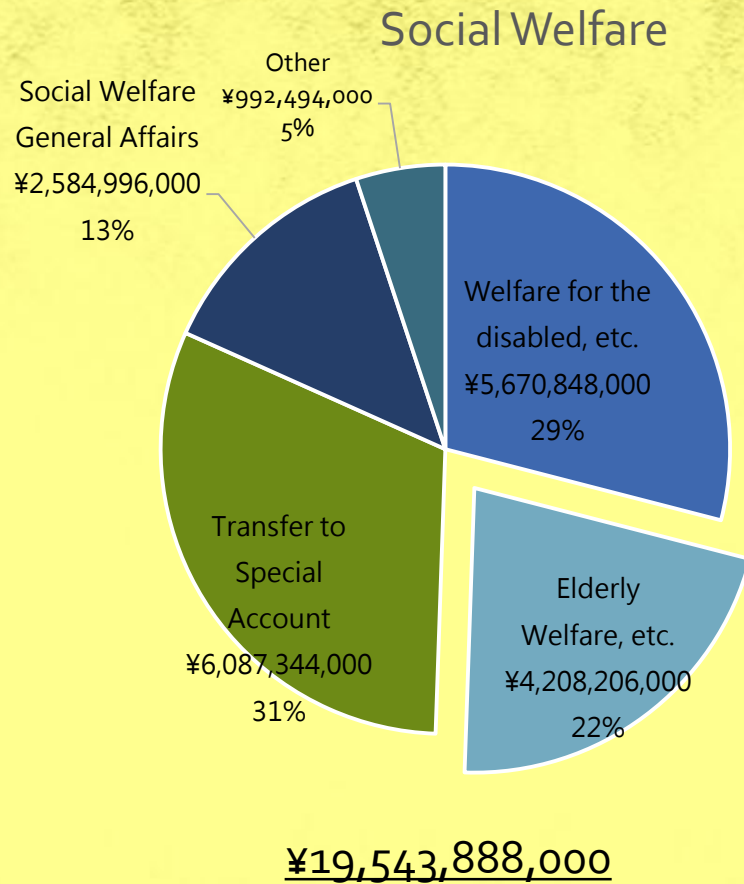
Welfare



¥43,541,484,000

* Welfare includes the cost of a wide range of welfare measures, operations used for children, the elderly and the disabled and public assistance

Budget for Measures Related to the Elderly



Budget for measures related to the elderly

¥4,208,206,000

Healthcare & Welfare Measures for the Elderly



Kawagoe City Mascot
TOKIMO

Kawagoe Health Plan

Kawagoe City Health & Welfare Plan for the Elderly

The 5th Kawagoe City Long-Term Care Insurance Project Plan (FY 2012 – 2014)

Basic Principle

Create a city in which each resident can live his or her life in a comfortable and peaceful environment surrounded by a wealth of history and culture.

Basic Policies (self-assistance, mutual assistance, public assistance)

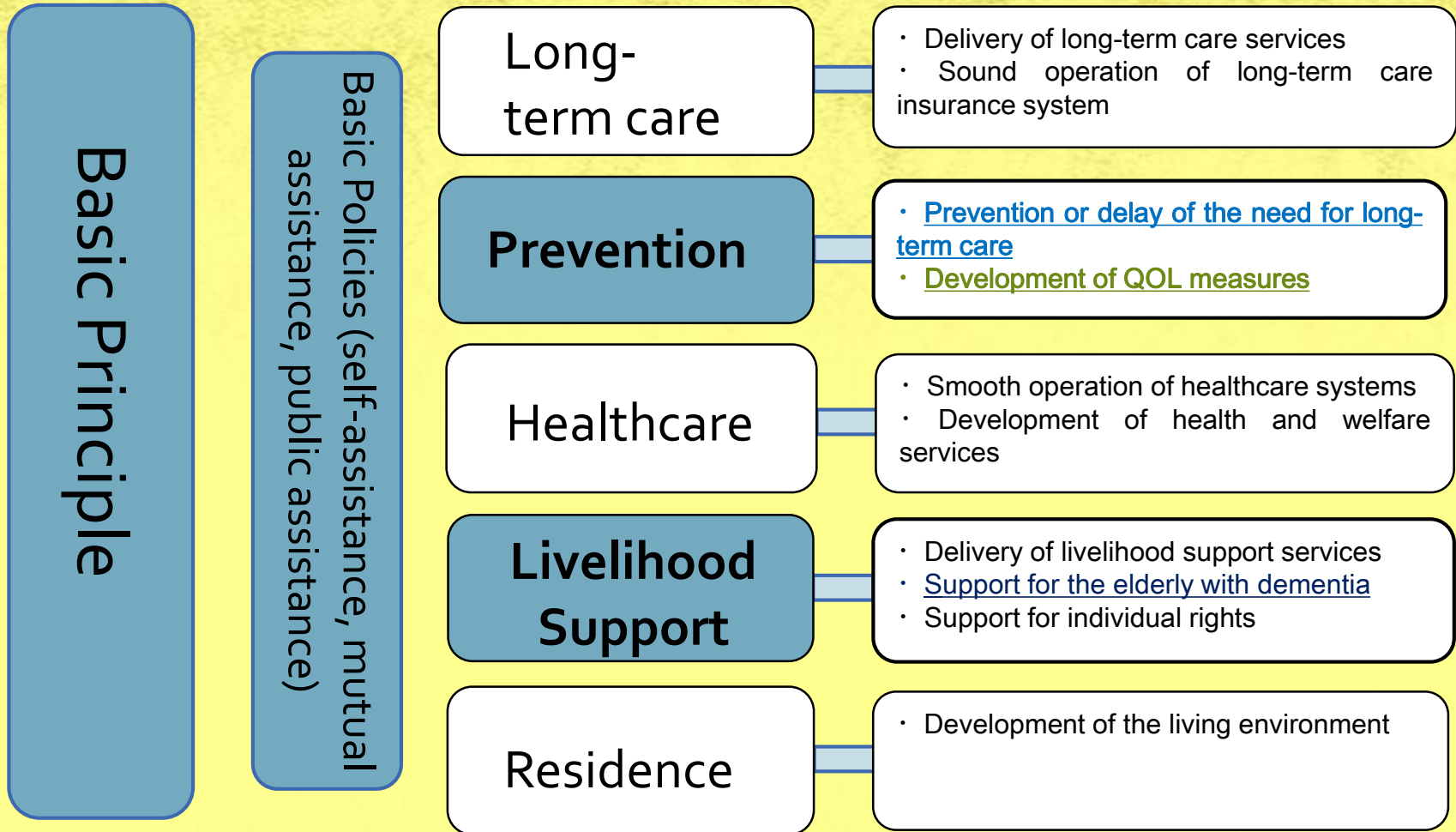
1. Development of a city that increases resident independence and self-assistance
2. Create a city in which residents can interact and provide mutual assistance
3. Create a city in which a wide range of services can be provided to anyone, anytime, and anywhere

*Self-assistance (individual residents)

Mutual assistance (resident cooperation)

Public assistance (local government)

Measurement System



Elderly QOL Activities



Kawagoe City Mascot
TOKIMO

1. Elderly Club

A self-governing organization for residents aged 60 or older in the same community, generally with more than 30 members.

<Purposes>

- (1) To provide **pleasant activities for fun, health, and a fulfilling life** through the building of friendships.
- (2) To cooperate with other organizations in the community, and work on **social activities to improve the community environment utilizing knowledge and experience.**
- (3) To **contribute to a bright society for the aged and the improvement of health and welfare in the community.**

Current Status of Elderly Clubs in Kawagoe City

(as of April 1, 2014)

There are currently 121 elderly clubs in Kawagoe City. Many of these arrange group trips, ground golf competitions, and other entertainment activities.

*References

Elderly Club Members

Male: 3,521

Female: 4,536

Total: 8,057

Ground Golf Competition



Ground golf rules are easy to follow, so anyone can play and have fun. Kawagoe City holds a senior ground golf competition every year with approximately 50 teams participating.

Entertainment Festival



Kawagoe's elderly residents practice and present folk song, dance, and chorus performances. A 94-year-old participant danced and sang karaoke at the spring 2014 festival.

Hobby Exhibition



An exhibition of hobby work is held at the library for 4 days in autumn each year. The exhibition helps to motivate the elderly to live more fulfilling lives.

Park Cleaning



Elderly club MIMOZA cleans parks in the community once a month. Members are welcome to participate as much or as little as they wish.

Safety Patrols



The FURUICHIBA JURO CLUB conducts safety patrols in the community in cooperation with the Residents' Association. Patrols usually take place in the late afternoon when children are returning home from school.

2. Silver Human Resources Center

This organization helps the elderly to enjoy more fulfilling lives as it serves to revitalize the community by providing opportunities for work.

Structure

(1) Members

Healthy residents aged 60 or older with the desire to work

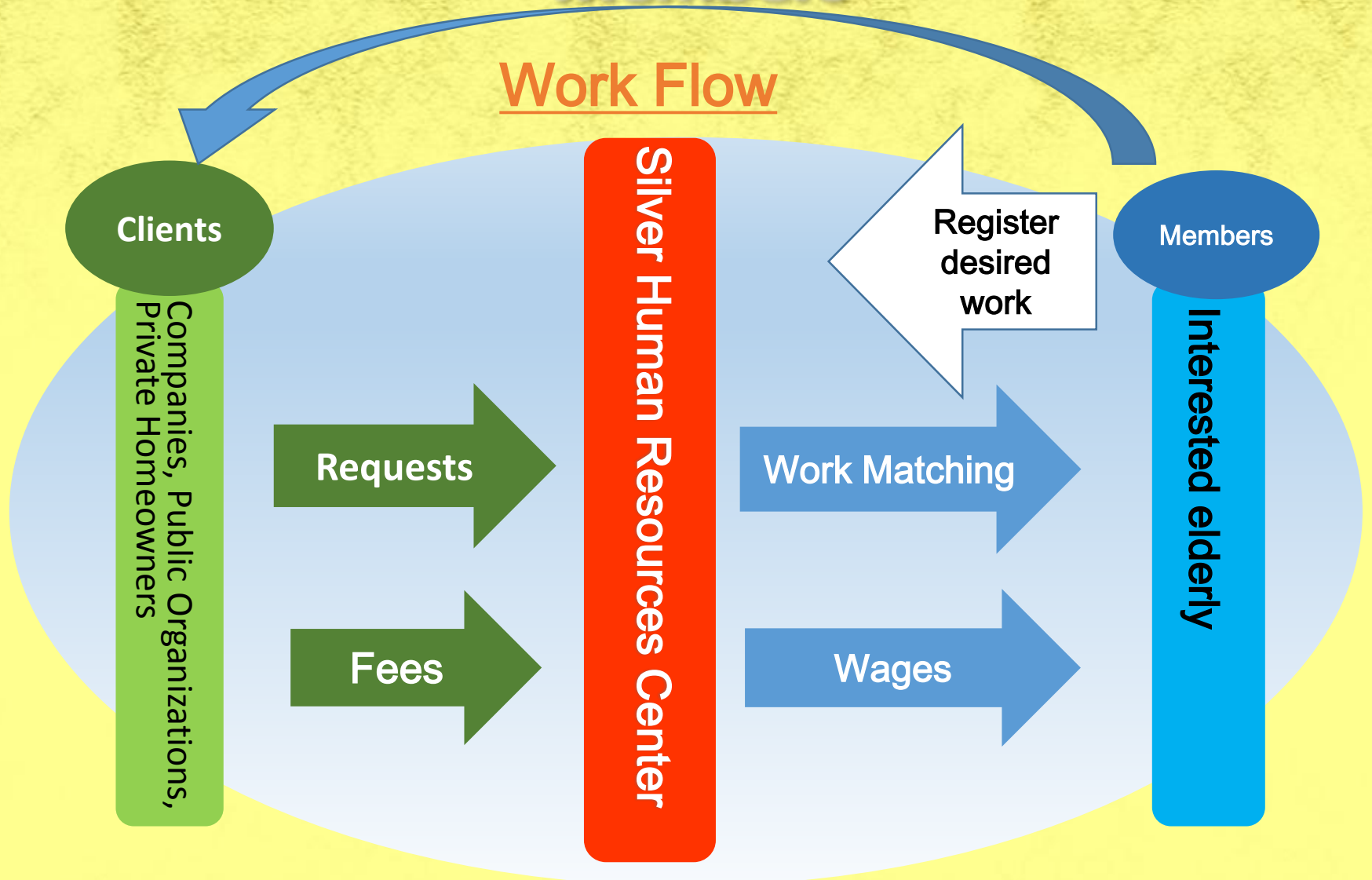
(2) Description

The center accepts requests for **temporary and short-term** labor for work that contributes to the community from private homeowners, companies, and public offices. The center then matches requests with members who are interested.

Wages are set according work content.

Work as a Bridge between Clients and Members

Work Flow



Kawagoe City Silver Human Resources Center

Kawagoe City Silver Human Resources Center has provided opportunities for the elderly to use their skills over 30 years since it was founded in 1980.

FY 2013 Achievements

- Members

Male: 1,939 Female: 645

Total: 2,584

- Orders

3,882

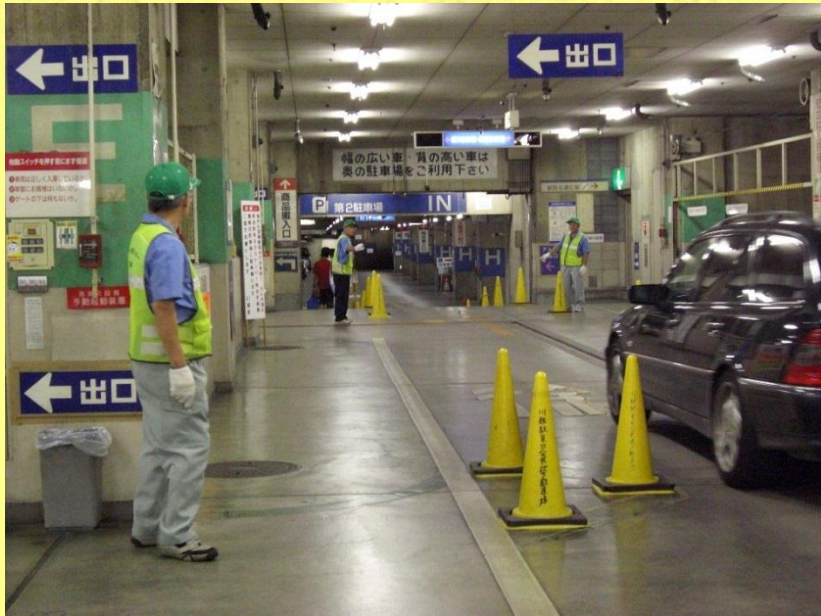
- Sales

¥914,500,648

Work Requests Accepted by the Silver Human Resources Center

Facility
Management

Car and bicycle parking, and public
facility management



Parking
Management



Public Facility
Management

Work Requests Accepted by the Silver Human Resources Center

General

Cleaning, weeding, mowing, product management, etc.



Cleaning

Technology

Computer classes, study classes, accounting & general affairs, etc.



Computer Class

Work Requests Accepted by the Silver Human Resources Center

Skills

Replacement of paper on sliding doors and screens, bicycle recycling, garden plant care, etc.



Replacement of paper on sliding doors and screens



Bicycle recycling

Work Requests Accepted by the Silver Human Resources Center

Office work

Creating certificates and addressing correspondence in Japanese calligraphy, survey support, general affairs, etc.



General affairs



Creating certificates written in Japanese calligraphy

Work Requests Accepted by the Silver Human Resources Center

Services

Guiding tourists, helping with housework, etc.



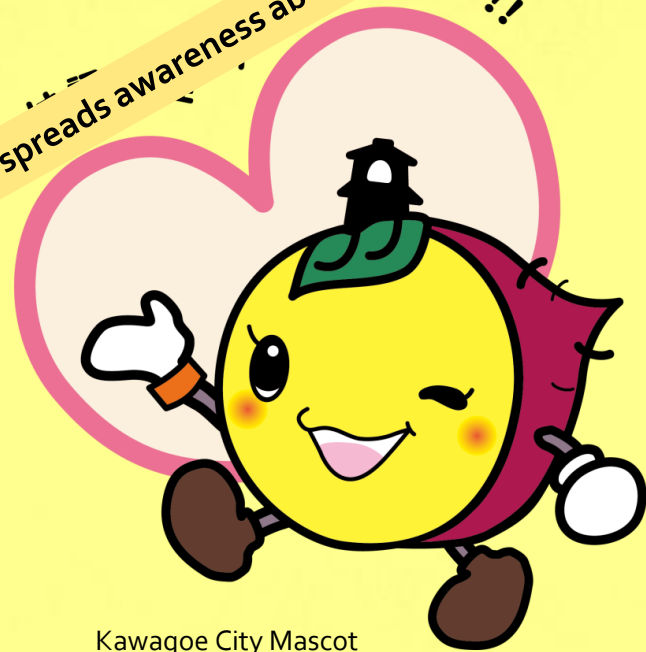
Guiding tourists

Many elderly residents wish to contribute to the community they live in.

The elderly clubs and Silver Human Resources Centers contribute to the improvement QOL for the elderly and promote social participation, which we believe helps to create a bright society for the elderly.

Support for the Elderly with Dementia and Preventing or Delaying the Need for Long- Term Care

TOKIMO spreads awareness about dementia.
さす!!



Kawagoe City Mascot
TOKIMO

Community General Support Center

What is the Community General Support Center?

Entrusted by Kawagoe City, the Community General Support Center is an institution designed to provide comprehensive support for the elderly from the aspects of long-term care, welfare, healthcare, and medical care.

There are currently 9 Community General Support Centers in Kawagoe City.

Community help for individuals with dementia and their families.
 Measures for the Support of Individuals with Dementia (Kawagoe City, Saitama)

- Dissemination of accurate information on dementia
- Support for caregivers
- Committee discussion of policy support reflecting the opinions of caregivers for individuals with dementia



Individuals with dementia, and their families

Dissemination of Accurate Information on Dementia

- Creation and distribution of the pamphlet **Providing Support for Our Friends Together**
- Posting articles in the Kawagoe City Newsletter throughout the year
- Holding Dementia Supporter Seminars
- Long-term care mark leasing project

Continual Support for the Individuals with Dementia and Their Families

- Program for families taking care of individuals with dementia
- Orange Café operation
- Counseling for dementia
- Citizen guardian system



Committee Discussions on Policy Support for Dementia (community general support centers, and other related organizations)

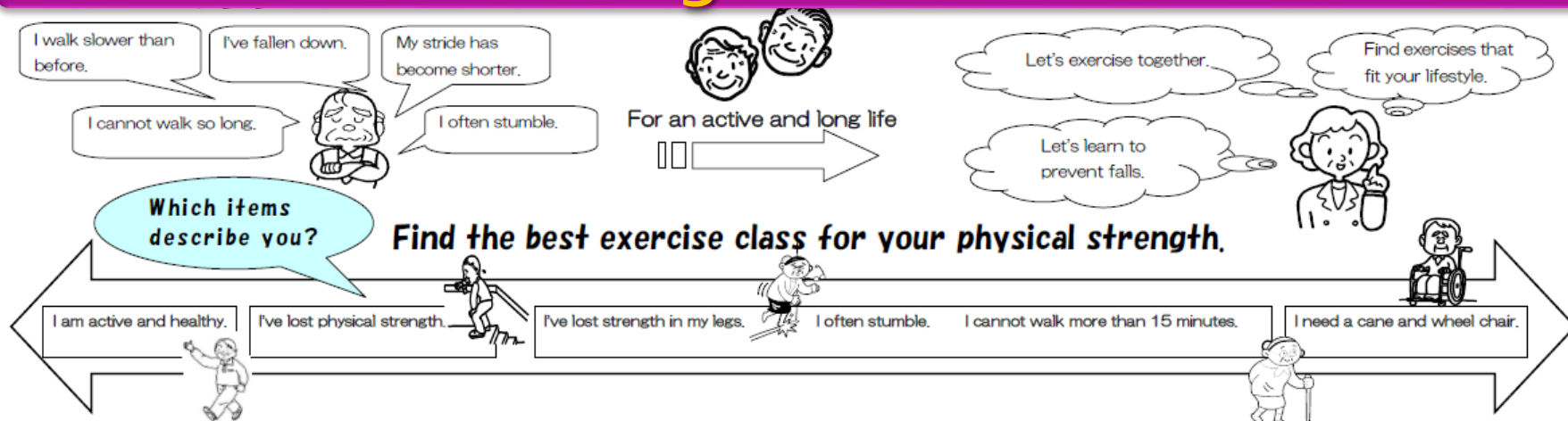


Long-Term Care Prevention

What is long-term care prevention?

Improving the status of individual health. Making healthy individuals healthier and improving problems that individuals have, such as deterioration in the feet and lower back, and maintaining better conditions. Improving the conditions of those who currently require long-term care.

Measures on Long-Term Care Prevention



1 Physical Strength Improvement Club

Content: Stretching with a towel and chair, exercise to increase muscle strength, rhythmic exercise, etc.

Target: Individuals aged 65 and older

Location: General Health Center

Date: Once/week, 10 sessions

Contact: Kawagoe City Health Center, Health Promotion Dept.

2 Koedo Iki-Iki (Active Health) Club

Content: Stretching with a towel and chair, exercise to increase muscle strength, presentations on meals, oral care, etc.

Target: Individuals aged 65 and older

Location: 8 Community Centers in the city

Date: Every 2 weeks, 10 sessions

Contact: Kawagoe City Health Center, Health Promotion Dept.

3 Imokko Exercise Class

Content: Presentations on measurement of physical strength and exercise to delay the need for care. 6 sessions

*After the completion of the classes, participants engage in voluntary group activities in the community (see 6 below).

Target: Individuals aged 65 and older

Location: Resident Association Halls, Community Centers, etc.

Date: Once/month for 5 months

Contact: Community General Support Center

4 Tokimo Exercise Class

Content: Stretching, balance training, muscle strength training, etc.

Target: Individuals for whom items in the **Basic Check List** apply*

Location: General Health Center, welfare facilities, etc.

Date: 2 times/week for 3 months

Contact: Community General Support Center

*** What is the Basic Check List?**

Basic Check list is made to check physical decline from age. Use it to promote your health.

5 Rehabilitation Day-Service under Long-Term Nursing Care Insurance

Content: Rehabilitation and exercise at Day-Care Service Centers or through home visit care

Target: Qualified individuals requiring long-term care, Qualified individuals requiring support

Location: Visits to nursing care facility/ Home visit care by specialists

Date: Determined by certification of long-term care insurance and care plan

Contact: In-Home Care Support Center, Community General Support Center, Kawagoe City Department of Elderly Life fulfillment

6 Voluntary Group

Members gather periodically for exercise at Resident Association Halls and Community Centers. Nursing Care Prevention Supporters help with group activities.

★What is a Nursing Care Prevention Supporter?

Nursing Care Prevention Supporters help individual residents participate in exercise. There are currently 187 supporters in the city.

Basic Check List

As movement, balance and muscle strength decline with age, our lifestyle tends to become less active, which increases the risk of falls and broken bones.

Let's look for the signs of danger in aging!

If you have marked three or more of the gray (shaded) responses below, consult with your nearest Community General Support Center.

| | | Choose Yes/No. | |
|---|---|---|-----------------------------|
| 1 | Can you walk upstairs without holding the handrail or wall? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 2 | Can you stand up from a seated position without support? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 3 | Can you walk for 15 minutes without needing to rest? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 4 | Have you fallen down in the past year? | <input checked="" type="checkbox"/> YES | <input type="checkbox"/> NO |
| 5 | Are you worried that you might fall? | <input checked="" type="checkbox"/> YES | <input type="checkbox"/> NO |

Imokko Exercise Program

Lecture on Preventing
or Delaying the Need
for Long-Term Care



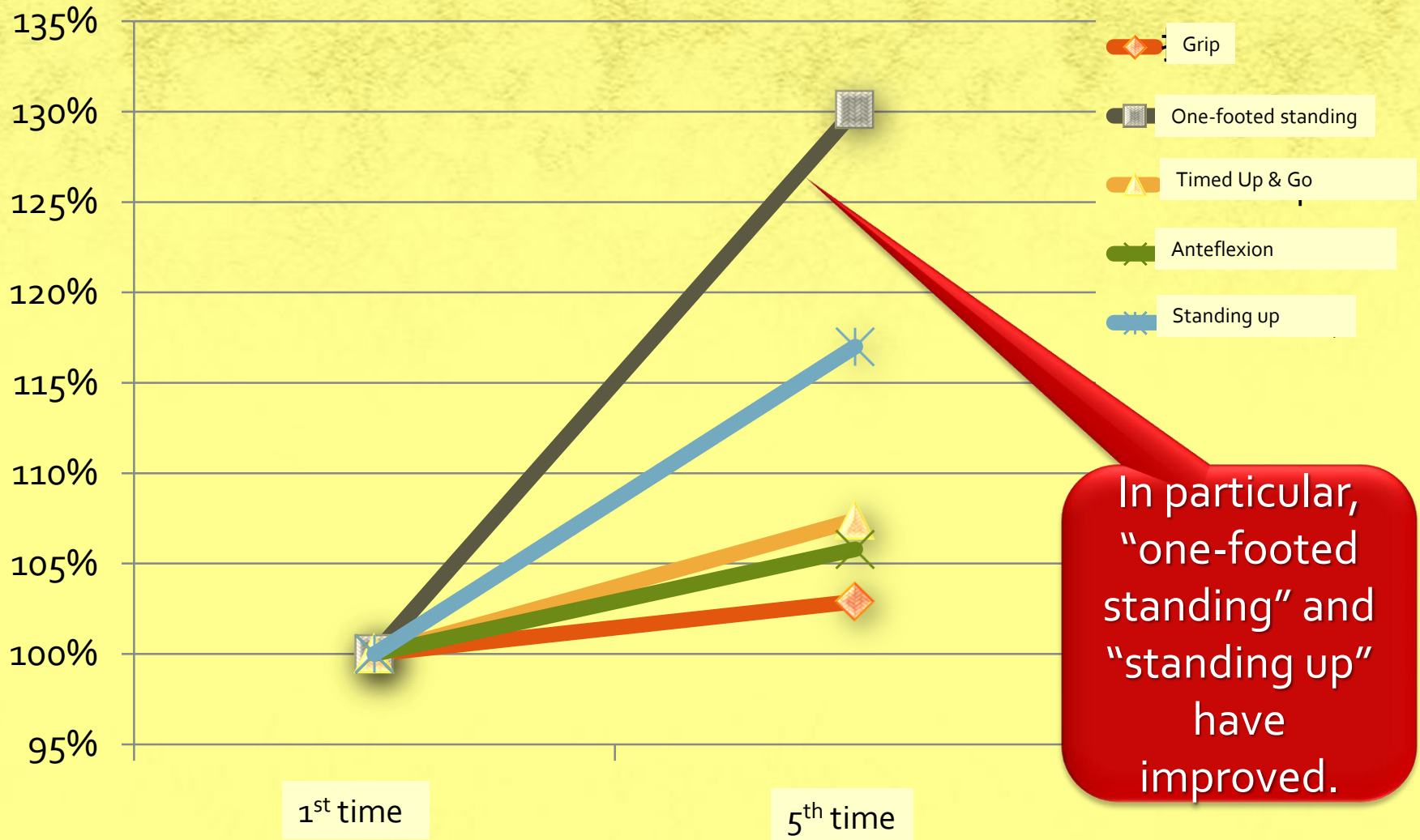
Physical Fitness
Measurement



Imokko Exercise

Location: Residents' Association
Halls & Community Centers
Times: 6 times in each
program

Physical Fitness Measurement Results (Comparison between 1st and 5th times)



Seminars for Individuals Working to Prevent/ Delay the Need for Long-Term Care

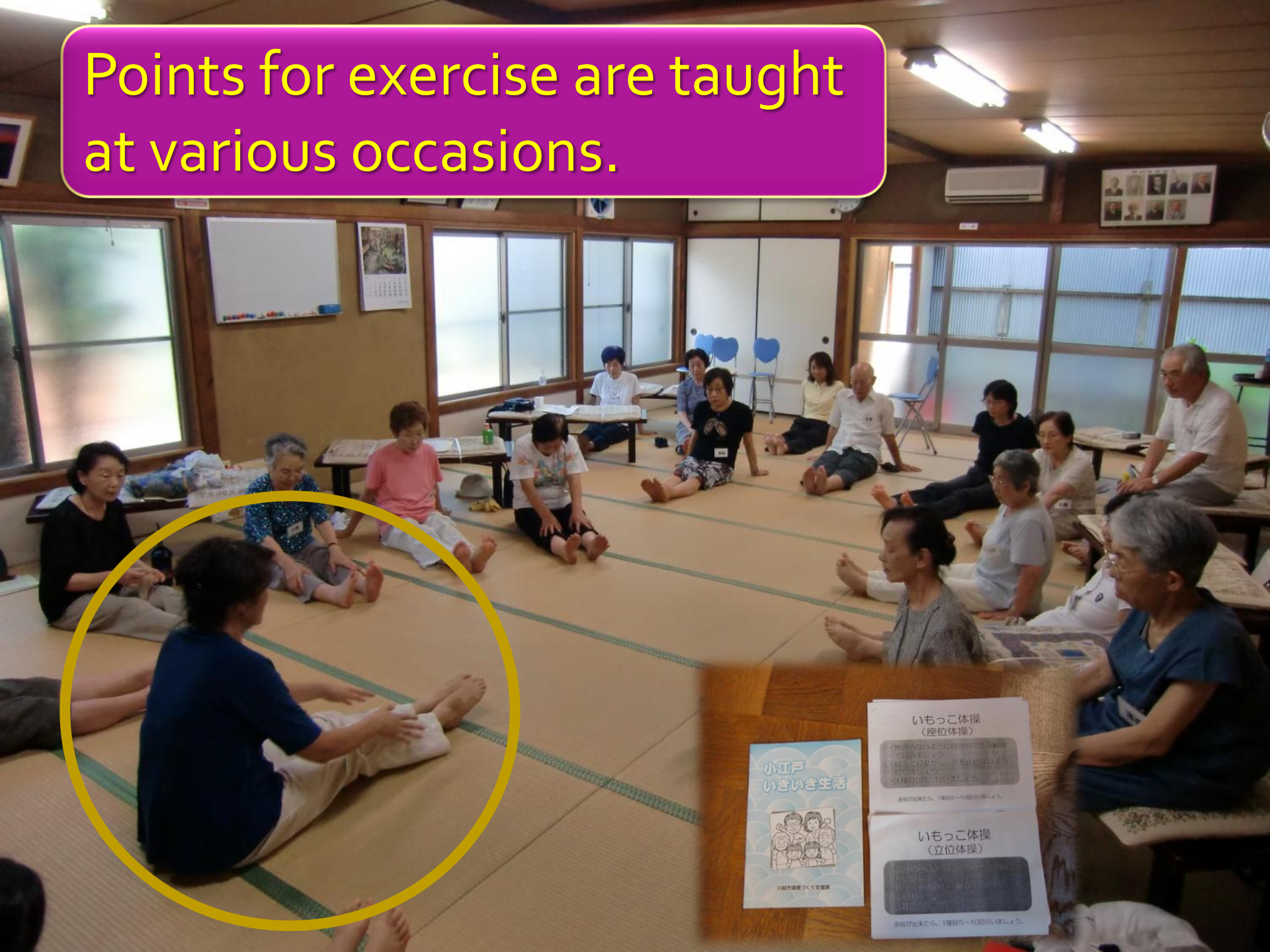
Residents also acquire knowledge and skills to support elderly voluntary group activities at residents' association halls and community centers.



Active support for preventing or delaying the need for long-term care at numerous locations throughout the city



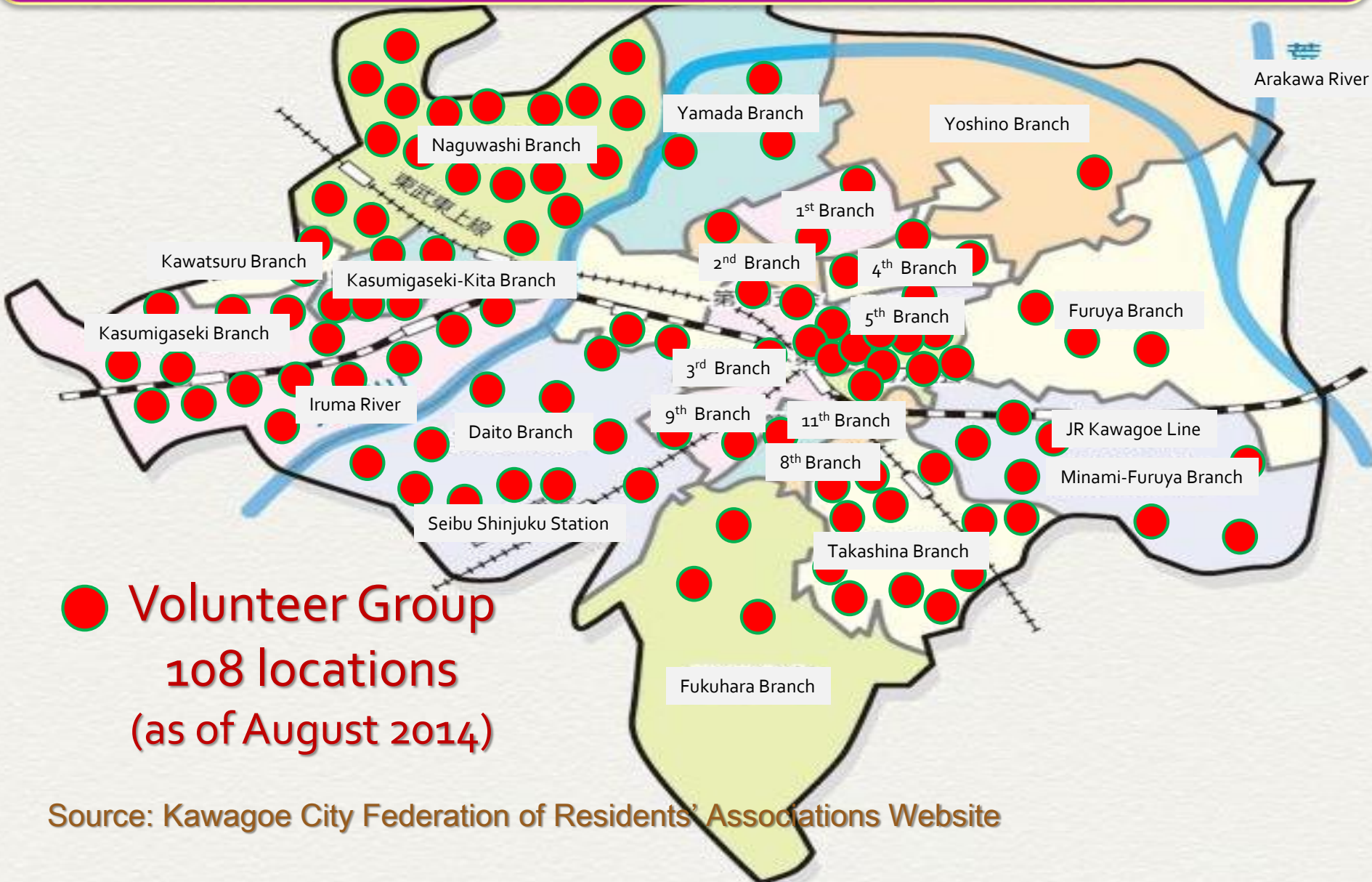
Points for exercise are taught at various occasions.



Presentations by Volunteer Groups



Number of Volunteer Groups in Kawagoe City



Source: Kawagoe City Federation of Residents' Associations Website

Thank you for listening.



Let's try Imokko
Exercise.

