

## (2) Welfare for Elderly

The elderly population is expected to continue growing. Based on the Tokyo Metropolitan Health and Welfare Plan for the Elderly (including Prefectural Insured Long-Term Care Service Plan) formulated in March 2018 and other plans, the TMG aims to realize a society that respects the dignity of the elderly, where they can actively live as themselves in a familiar environment and with a sense of security.

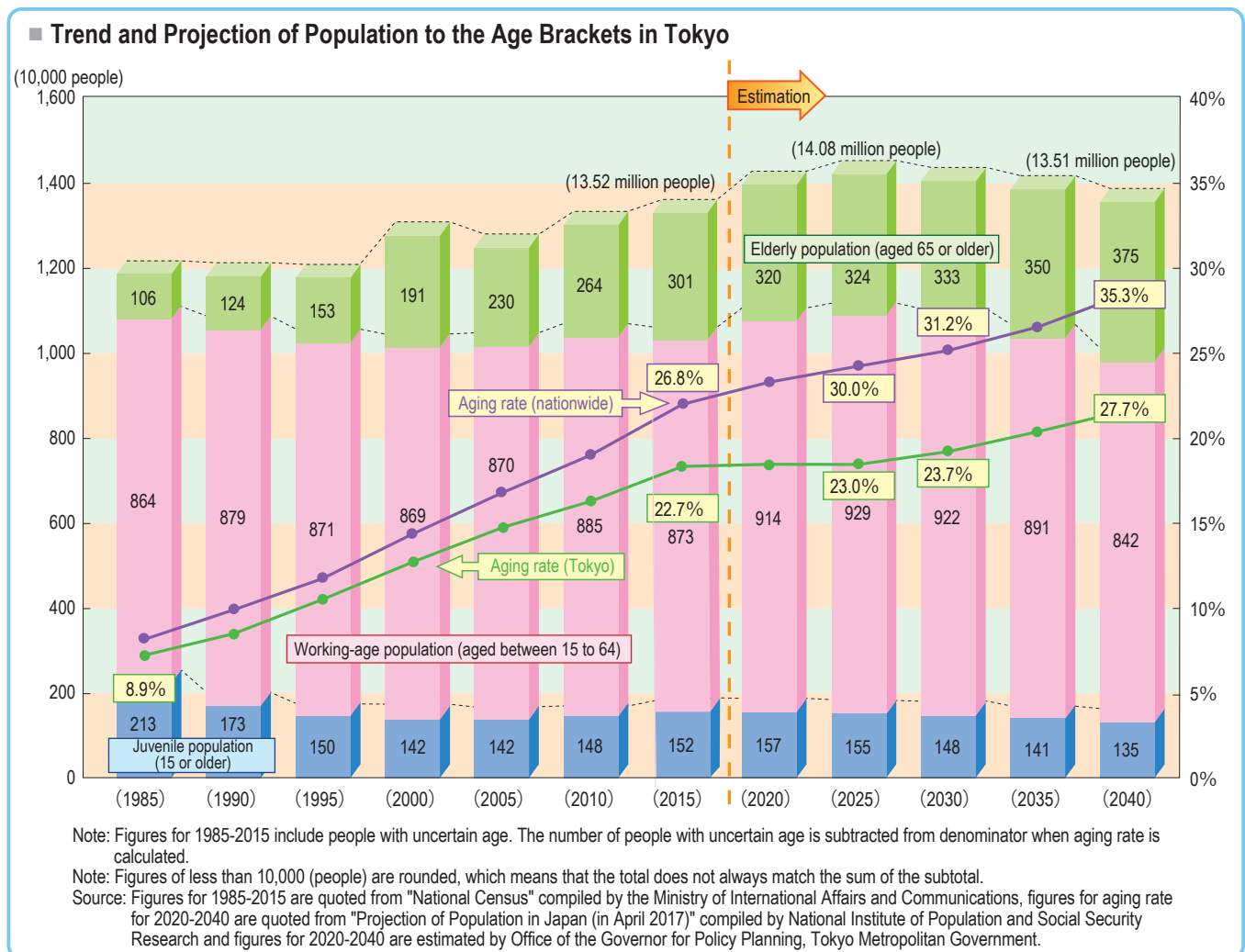
### Current Status of Elderly

#### Increasing Aging Population

The population of elderly aged 65 or older in Tokyo was 3.01 million as of October 1, 2015, which accounts for 22.7% (aging rate) of the total population

(except the age-indeterminate).

It will reach 23.7% by 2030 and 27.7% by 2040, which means that about one in four residents of Tokyo will be over the age of 65.



#### Rising Average Life Expectancy

As of 2017, the average life expectancy of a Japanese male is 81.09, and 87.26 for a female. Compared to the averages in year 1975, which were 71.73 and 76.89 respectively, the average life expectancy has increased by 9 to 11 years for both males and females in the last 40 years.

#### Many Healthy Elderly Persons

Of the elderly population (\*) in Tokyo, approximately 86% (85.9%) of those aged between 65 and 74, and approximately 76% (76.2%) of those aged 75 or over said they felt they were in "good" or "regular" health.

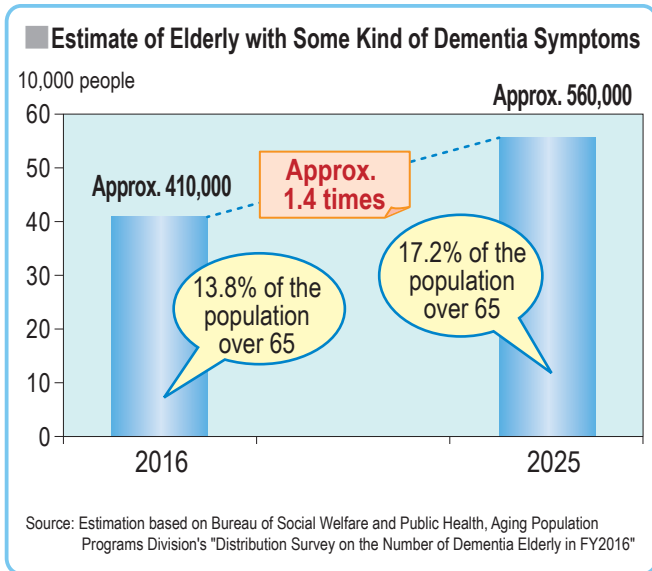
#### Increasing Number of the Elderly Require Long-term Care

The number of seniors who require support or nursing care is increasing.

### People with Dementia Are Expected to Increase

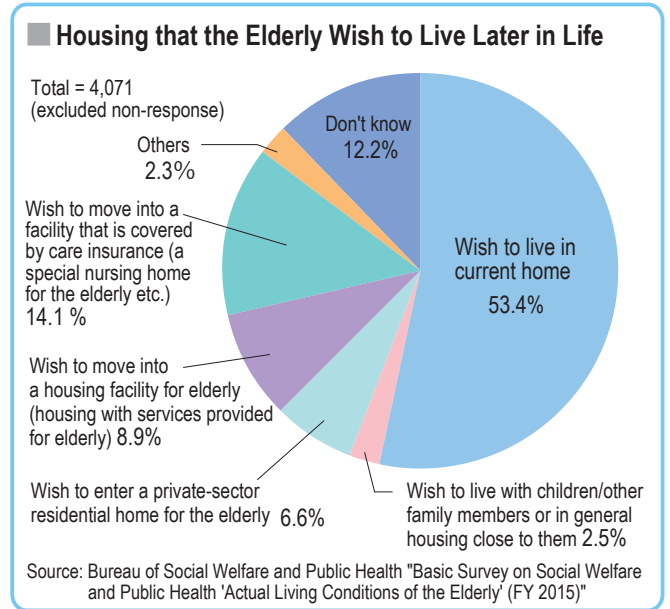
Among the elderly who are certified as being in need of care (support) in Tokyo, the number of people who have some kind of dementia symptoms (above level I of independence in daily life for people with dementia) has reached approximately 410,000 as of November 2016. This figure is expected to increase to approximately 560,000 in 2025.

The number of people with dementia is expected to rise quickly as the population of the elderly increases, especially those aged 75 and older.



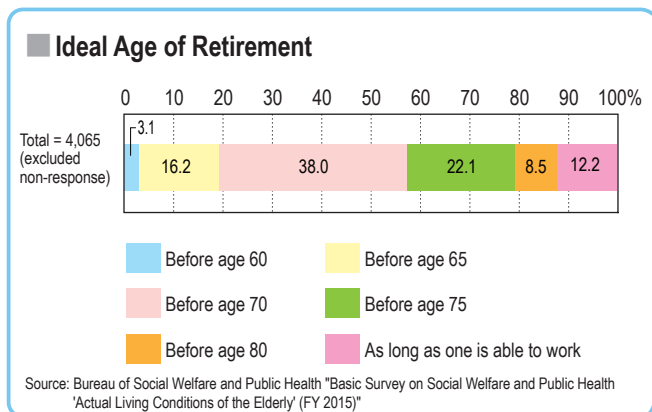
### Many Elderly Persons Wish to Continue a Life at Home

When non-working men/women aged over 65 were asked about where they wish to live later in life, the highest percentage of response was "wish to remain living in my current home", indicating that many people wish to continue their lives in the familiar environment of home.



### Many Elderly Persons Wish to Continue Working after Retirement

When non-working men/women aged over 65 were asked, "What is the ideal retirement age?", the top response was "Around 70", indicating a high motivation to work.



### Plan Overview

- “Welfare Plan for the Elderly” and “Long-term Care Insurance Support Plan” have been integrated to form the “Comprehensive Basic Plan for the Elderly” in Tokyo.
- The three-year plan covers the period of fiscal years 2018 to 2020. The medium- to long-term perspective of the plan looks at 2025 when the baby boomer generation reaches age 75 and over.
- “Tokyo Metropolitan Health and Medical Care Plan”, “Tokyo Metropolitan Plan for Persons with Disabilities and Disability Welfare Plan”, and “Tokyo Metropolitan Regional Welfare Support Plan” have also been formulated and revised, and their integrity is ensured.

### Concept of Plan

The concept is to make Tokyo a place where people can continue to live and support each other in the community with peace of mind.

The TMG promotes the creation of a community in Tokyo that makes it a place where the elderly can have a place to live and work using their experience and abilities. Furthermore, it should be a place where the elderly can support and be supported by the community, and where they can proactively choose a way to dwell, reside, and live from among various options so that they can continue to live together with peace of mind.

Based on the status of elderlies in Tokyo in 2025 and the revisions of the long-term care insurance system

## Aim to Build a Comprehensive Regional Care System in Tokyo

### Priority Areas

★ Lists advanced cases of comprehensive regional care in municipalities for each area

#### 1. Smooth and adequate management of long-term care insurance system

Support municipalities, which are insurers, so that equate care management and services can be provided, and each elderly person can maintain his/her life with independence and respect.

#### 2. Development of a service infrastructure for long-term care

Develop a well-balanced infrastructure for long-term care so that the elderly can live with a sense of security in a familiar community, even if they require long-term care.

#### 3. Secure housing for the elderly and promote the creation of a welfare-oriented community

Provide the elderly with choices of places to live according to their various needs, while developing an environment where the elderly can live with a sense of security in the community.

#### 4. Promote measures for long-term care personnel

Secure high-quality long-term care personnel by developing an environment where as many people as possible wish to take a job as a care worker and find it worthwhile after being employed.

#### 5. Promote in-home medical care

Realize a community where the elderly can receive medical and long-term care, while living at home by es-tablishing a system of collaboration among medical and long-term care service staff to provide services.

#### 6. Comprehensively promote measures to address dementia

Realize a community where the elderly can live with a sense of security, even if they develop dementia, by establishing networks in collaboration with various community resources such as medical institutions, care service providers, etc

#### 7. Promote long-term care prevention and develop a community where mutual support is provided

Realize a community where healthy elderly people can play an active role in the community such as by acting as volunteers, etc. and where livelihood support can be provided according to an elderly person’s needs.

## Framework of the Long-term Care Insurance System

The Long-term Care Insurance System is designed so that the society as a whole can support the elderly who are in need of long-term care to lead life as independently as possible. The TMG, in cooperation with its municipalities (insurer), will continue providing proper insurance benefits and structural maintenance of long-term care services. (Long-Term Care Insurance Section, Aging Population Programs Division, Bureau of Social Welfare and Public Health)

### Insured Persons

Subject	Premium Payment	Eligibility for Insurance Benefits
Those who are 65 or older (Category 1 insured individuals)	The premium is automatically deducted from the Old-age Pension, Retirement Pension, Bereavement Pension or Disability Pension, if the amount exceeds 180,000 yen per year. Others must pay their premiums individually to municipal governments.	Those who require support in their daily life, for instance, need constant care, are bedridden at home, or suffer dementia, etc. The benefit is provided regardless of the reason for requiring long-term care.
Those who are 40 to 64 years old (Category 2 insured individuals)	Paid with the Medical Care Insurance Premium	Those who require support in their daily life, for instance, need constant care, are bedridden at home, or suffer dementia, etc. However, limited to the case where long-term care is required due to one of the 16 specified diseases such as presenile dementia or cancer (terminal).

### Service Charges

- 10%, 20% or 30% of the service charges must be paid by the policyholder.
- Monthly maximum limit (payment limit) is fixed by level of care required for long-term care services provided for individuals requiring home care.

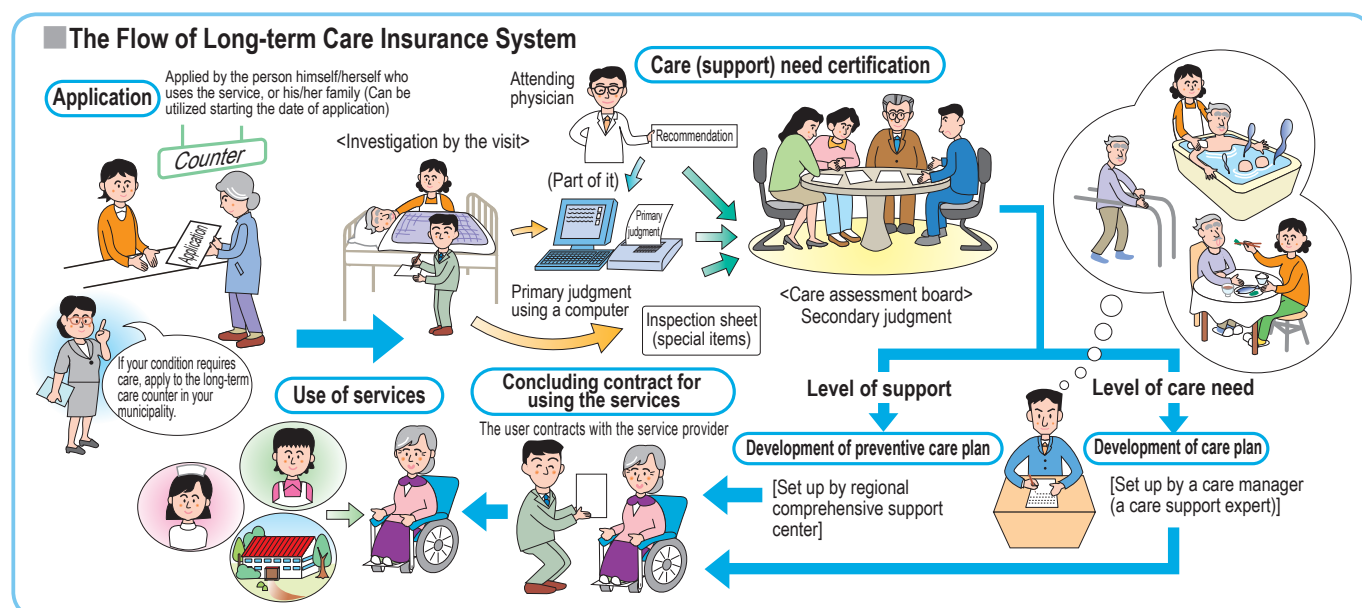
- 10% or 20% of the service charges and costs for food and accommodation must be paid by the policyholder in case of using service of facilities in addition to the self-pay burden according to the burden ratio. (Some reduction may be made for the food cost for low-income persons).
- In case the self-pay burden paid in a month exceeded the predefined amount, the balance amount shall be reimbursed as an allowance for high-cost Long-term Care Service.

### Cost-sharing for the Long-term Care Insurance

50% of the expenses of the long-term care benefits excluding the self-pay burden according to the user's burden ratio are paid from taxes, while the remaining 50% are paid from the premiums of persons aged 65 and over and those aged between 40 and 64 who are participating in the medical insurance. The premiums for persons aged 65 and over are calculated in each municipality based on the service cost determined in the Long-term Care Insurance Service Plan that is formulated every three years.

### Services of Long-Term Care Insurance System

The trend toward the aging of Japanese society is expected to continue into the future, which means that the number of elderly in need of long-term care and elderly with dementia is also expected to increase. So, these services are designed to prevent the low-grade from degenerating to being in need of care support or severe case. In the midst of this situation, these services are designed to prevent moderate cases from degenerating to the point where assistance or nursing care is required. The focus is on preventing the need for nursing care.



## Services of the Long-term Care Insurance System

- The following services are available for those who are certified Level 1-5 of Long-term care need. (Long-Term Care Insurance Section, Aging Population Programs Division, Bureau of Social Welfare and Public Health)

	Type of Service	Description
Development of long-term care service plan	Home care and support	To provide proper in-home services, care support experts (care manager) develop care plans based on the users' physical, mental and environmental condition and their wishes and coordinate with service providers.
Services provided at home	Home help service	Home helpers visit users' home to provide nursing and personal care and assistance with housework, etc.
	Home help service at night (*)	Home helpers periodically conduct night patrols around users' home or visit users when contacted to provide nursing and personal care and assistance with housework, etc.
	Regular visits/on-call visits (*)	Home helpers, nurses, etc. periodically conduct patrols round the users' homes or visit users' homes when contacted to provide nursing and assistance with medical care, etc.
	Bathing service	Portable bathtub and care services for people who have difficulty bathing at home.
	Nurse service	Nurses visit users' home to provide nursing and medical care.
	Rehabilitation service	Physical therapists visit users' home to provide mental and physical rehabilitation and training to achieve independent living.
	Medical guidance service	Doctors, dentists and pharmacists visit the users' home to provide guidance and assistance.
Services provided at a facility	Day service	Users visit the facility to receive care including bathing service and meals or training to improve physical functions.
	Community-oriented daycare service (*)	Users visit facilities (capacity of less than 19 persons) to receive care including bathing service and meals or training to improve physical functions.
	Day service for the elderly with dementia (*)	Users visit the facility to receive care and training suitable for people with dementia.
	Rehabilitation service (daycare)	Users visit medical facilities to receive rehabilitation to improve mental and physical functions and achieve independent living.
	Short-stay daily-life service (welfare-oriented short stay)	Users are admitted to a special nursing home for a short period of time and receive care and training to improve physical functions.
	Short-stay medical service (medical care-oriented short stay)	Users visit or stay for a short period of time at a medical institution and receive care and training to improve physical functions.
	Small-scale and multi-functional in-home care (*)	Users visit or stay for a short period of time at a nearby facility and receive care and training to improve physical functions. In addition, the users may receive at-home service by the staff from the facility or other necessary services from related facilities.
	Nursing and small-scale multifunctional in-home care (*)	Combinations of two or more services are accepted, e.g. home nursing visits and Multifunctional Preventive Long-Term Care in a Small Group Homes
Residential care services outside the user's home	Daily-life group care for the elderly with dementia (*)	Small group of people with dementia (5 to 9 people) cohabit in a home receiving appropriate care.
	Daily-life care service in specified facilities	Users receive care living in paid-nursing homes or care houses.
	Community-oriented daily-life care service in specified facilities (*)	Users receive care living in small-scale paid-nursing homes.
Institutional care services	Welfare facility for the elderly requiring care (Special nursing home for elderly)	Users who are in need of constant care and have difficulties living at home are admitted to receive proper care.
	Community-oriented welfare facility for the elderly requiring care (*)	Users receive care living in small-scale special nursing homes.
	Geriatric health services facilities	Users who require long-term medical care including rehabilitation, but are in stable condition, are admitted to receive proper care and aim to go back home.
	Sanatorium type medical care facility for the elderly requiring care (Healthcare for Illness, etc.)	Users who are admitted to hospitals/clinics covered by long-term insurance receive daily medical care, rehabilitation in the chronic stage and long-term care for long periods.
	Long-term medical care facility	Users who require long-term medical care are admitted and receive daily medical care, rehabilitation at a chronic stage, and long-term care.
Welfare equipment services	Rental service of welfare equipment	Welfare equipment such as special beds or wheelchairs are available for rental.
	Subsidization of welfare equipment costs	Subsidizes the purchase price of welfare equipment that are unavailable for rental, such as chair toilets or bath stool excluding the self-pay burden paid by the users according to the burden ratio (with an upper limit).
Subsidization for home renovation	Subsidization of home renovation costs	Among the small-scale home renovation costs such as for mounting handrails and eliminating steps, subsidizes the renovation costs excluding the self-pay burden according to the burden ratio (with an upper limit).

○ Support need level 1 or 2 users are eligible to use the following services.

	Type of Service	Description
Development of service plan for the prevention of physical deterioration	Support for long-term care prevention	To provide proper in-house services to prevent physical deterioration, community support center staff develops care plans based on the users' physical, mental and environmental condition and their wishes and coordinate with service providers.
Services provided at home	Bathing service	In principle, services are the same as the ones for those who require long-term care. However, these services are provided for the low-grade suitable for the objective to "maintain and improve physical and mental functions and to prevent a person from needing long-term care" in terms of the content, period, and procedures.  Furthermore, home visit-based care and day service care was provided for people in requirement categories 1 and 2 by the home-visit and day center services implemented by municipalities under the title of "Services for Long-Term Care Prevention and Daily Life Support Services".
	Nurse service	
	Rehabilitation service	
	Medical guidance service	
Services provided at a facility	Day service for the elderly with dementia (*)	(e.g.) • As part of the day-service and the rehabilitation service, services to improve physical functions, oral functions, and nutritious status are available.  • Note that services of "daily-life care for the elderly with dementia" are available only for those who are certified Support Need Level 2.
	Rehabilitation service (daycare)	
	Short-stay daily-life service (welfare-oriented short stay)	
	Short-stay medical service (medical care-oriented short stay)	
	Small-scale and multi-functional in-home care (*)	
Residential care services outside the user's home	Daily-life care for the elderly with dementia (*) (group home for the elderly with dementia)	
	Daily-life care service in specified facilities	
Welfare equipment services	Rental service of welfare equipment	
	Subsidization of welfare equipment costs	
Home renovation services	Subsidization of home renovation costs	

Note: \* Services in general for residents of the municipalities where the service providers or facilities is located (community-based services)

### To Improve Long-term Care Services

#### Enhancement of Care Management

Training of long-term care staff and improvement of staff quality and dissemination of proper care plans are currently being undertaken.

#### Consultation and Complaints regarding Long-term Care Insurance

The TMG always welcomes consultations and complaints regarding the Long-term Care Insurance. It also requests reports from concerned organizations as needs arise and offers guidance and advice.

Based on the complaints from users, the Tokyo Metropolitan National Health Insurance Association conducts research at concerned organizations and provides guidance and assistance.

#### Disclosure of Long-term Care Service Information

Objective information of long-term care service businesses is surveyed and disclosed to ensure selection and service quality to users.

### Measures for Low-income Users in Cost-sharing

Self-pay burden of the service charge for low-income users has been reduced to 3/4 of the generally paid 10% and of costs for food and accommodation at facilities. (The amount varies in each municipality.)

In addition, user payment is eliminated (100% reduction) for welfare recipients for individual rooms.

### Support to Secure Human Resources for Long-term Care and Medical Care

Measures for Securing/Training Human Resources for Long-term Care at Nursing Care Facilities

#### ○ Supporter Program for Long-term Care Facilities

To create an environment in which community residents voluntarily participate in activities to support long-term care services at facilities, the TMG will support municipalities in developing training programs and systems to receive the residents.

### ○ Program to Support the Retention of Replacement Visiting Nurse Station Staff (During Training or Maternity Leave, etc.)

In order to improve the working environment and to promote retention of visiting nurses working at visiting nurse stations, support is provided for expenses required to employ substitute staff when the nurses are absent for training or maternity or family-care leaves, and thereby aims to secure volume and improve the quality of visiting nurse services.

### ○ Securing Visiting Nurse Personnel

To support the lives of the elderly requiring nursing care at home, etc., this project works to secure, train, and maintain visiting nurse personnel. The program will support the training of new visiting nurses mainly at large-scale visiting nurse stations and support their acquisition of home-visiting nurse qualifications. It also provides training, etc. to cultivate managers who are able to conduct stable management of service providers, to train personnel and to participate in nursing and small-scale multifunctional in-home care.

### ○ Support Program on the Employment of Administrative Personnel at Visiting Nurse Stations

To reduce the administrative burden of the staff and develop an environment to allow them to focus on their specialized tasks, the project supports visiting nurse stations that newly assign administrative personnel.

### ○ Support Program on Newly Employed Visiting Nurses

To increase the number of nurses working at the home-help service field, the TMG will provide support to the visiting nurse stations which employ and train nurses inexperienced with home-help service for enhancing the educational system.

### ○ Visiting Nurse On-demand Training Program New

In order to contribute to improving the skills of visiting nurses, etc. who are engaged in childcare and long-term care, e-Learning training will be implemented in an aim to train and retain visiting nurse personnel.

### ○ Training Project on Care Staff Expelling Phlegm for Patients

Research is conducted on training care staff capable of services at facilities such as Special Nursing Homes for the Elderly, and services in homes, e.g. medical care such as expelling of phlegm.

### ○ Support Program for Current Care Staff to Obtain Qualifications

With an aim to train and improve the service of care staff working at long-term care facilities and service providers, the program supports their acquisition of qualifications.

### ○ Care Staff Skill Improvement Project

Visiting nursing care staff and long-term care facility staff are trained in medical knowledge and the special physical characteristics of elderly people required for

their work, as well as how to respond in emergency situations. This helps them to provide safe and appropriate long-term care services.

### ○ Program to Secure Substitute Staff to Support the Training of Present Care Staff

To improve the capability of long-term care staff, the program secures substitute staff when long-term care insurance service providers send their staff to receive training.

### ○ Program to Promote the Introduction of a Career Path for Tokyo Care Staff

To work toward retention and development of care staff, the program supports service providers that introduce a career path that ensures compensation based on responsibilities by utilizing the state's "Care Career Grading System".

### ○ Support Program to Lease Housing for Tokyo Care Staff

The TMG will secure care staff by leasing housing close to the workplaces and providing to Tokyo care staff in order to realize an environment where it is easy for care staff to work. At the same time, it will support the service providers which promote rapid responses in case of disaster by assigning personnel to the disaster response and implementing disaster prevention measures in accordance with plans serving as a base of community welfare in case of disaster.

### ○ Program on Measures to Secure Care Staff

The TMG will secure stable care staff by having students, housewives, healthy elderly residents and employees experience the attractive points and satisfaction that come with the long-term care service at worksites. At the same time, it will provide full support for the acquisition of long-term care qualifications by those who wish to work in this field, introduce the job of nursing care facilities to displaced workers, and help them obtain qualifications while working.

### ○ Support Program for Repaying Scholarships and Providing Training for Care Staff

The program secures, trains, and retains care staff by paying an allowance equivalent to the repayment amount of a scholarship and supports service providers for the planned development of care personnel.

### ○ Program to Dispatch Care Instructors (Second Challenge FOR Seniors)

The program promotes the participation of retiring seniors in care work by expanding the appeal of care work and helping them learn skills through care instructors dispatched to companies, etc.

### ○ Support Program to Reduce the Burden on Care Service Providers by Using ICT Devices

The program supports the use of ICT devices that contribute to reducing the care burden on in-home care service providers, in order to help retain care staff by lowering the turnover ratio and improving the working environment.

○ Program to Promote Utilization of ICT in Long-term Care Insurance Facilities **New**

The program supports the development of ICT environments and the introduction of status-monitoring equipment, etc. in special nursing homes for elderly persons, etc. in an aim to make work more efficient and reduce the burden on staff members.

○ Support Program to Use Next-generation Care Devices

The program supports the retention of care staff and improves the lives of the elderly through the appropriate use and effective introduction of next-generation care devices at care service providers.

○ Support Program to Operate a Childcare Facility inside the Care Service Facilities

The program subsidizes the cost of childcare facilities operated by care service facilities and providers for their employees, in order to reduce turnover and promote the reemployment of care staffs, etc.

○ Program to Develop an Environment for Accepting Foreign Care Staff **New**

Regarding foreign care staff, the program provides support to allow their smooth acceptance in facilities for elderly persons, etc.

**Support for Daily Life in the Community to Prevent Physical Deterioration**

Municipalities take initiatives to prevent long-term care and to provide comprehensive daily life support as a part of a regional support program based on the Long-term Care Insurance Act. They aim to prevent the elderly from requiring long-term care (or support) and to help them live in the community with peace of mind as far as possible, even if they require long-term care or medical care. The TMG supports the smooth implementation of their initiatives.

**New comprehensive project on long-term care prevention and day-to-day life support**

■ Project on long-term care prevention and daily life support service

In order to fulfill diversifying needs of the elderly requiring support, various services will be provided including resident-oriented support in addition to the services corresponding to the home-helper service and the day-care service for long-term care prevention.

\* This services are offered for the elderly requiring support and persons applicable to the items of the basic checklist.

- (1) Home-help type services  
This service replaces the previous home-help service for long-term care prevention: home helpers will visit and provide support with an aim to prevent the need for long-term care and NPOs and resident-oriented organizations will provide various types of support.
- (2) Day-care type services  
This service replaces the previous day-care service for long-term care prevention: day service centers will provide services such as training to improve physical functions and NPOs and resident-oriented organizations will provide venues for gathering.
- (3) Other day life support services  
Various services will be provided including meal delivery, watching over the elderly, and organizing the community gathering to fulfill the needs of the community.

■ Project on long-term care prevention for the elderly in general

Anyone aged over 65 can use this service. This is the project to enhance community networks based on the relationships with people by having venues in the community for the elderly to commute to and gather.

- (1) Project to raise awareness and educate the public about long-term care prevention  
The elderly can participate in the gymnastic classes and lectures which are organized by municipalities. In addition, brochures will be distributes to raise awareness and educate the public about long-term care prevention.
- (2) Project to support community activities for long-term care prevention  
This will serve to promote and support resident-oriented activities for long-term care prevention such as having venues in the community for the elderly to commute to and gather.
- (3) Project to support community activities for rehabilitation  
This will serve to dispatch professionals of rehabilitation to such places as the venues that residents can commute to.

**Community Comprehensive Support Centers**

These facilities consult with the elderly and their families regarding long-term care issues, coordinate necessary services and create care prevention plans.

**Training Program for the Staff at Community Comprehensive Support Centers**

Network building and other capabilities of the Community Comprehensive Support Center staff will be improved by conducting training for them.



### **Program to Support Functional Improvements to Community Comprehensive Support Centers**

Working alongside the municipalities, the Community Comprehensive Support Centers, which are intermediate organizations promoting the creation of comprehensive community care systems, are to be strengthened, in order to ensure the effective and efficient operation of Community Comprehensive Support Centers by municipalities, and support community-led promotion activities to prevent the need for long-term care, organization of community care meetings for self-reliance support and prevention of the need for long-term care and comprehensive consultation structures.

### **Tokyo Metropolitan Support Program for the Prevention of Long-Term Care**

The TMG will support various measures by municipalities to prevent the need for long-term care and improve community activities through the establishment of a Tokyo Metropolitan Support Center for the Prevention of Long-Term Care, which will train personnel in preventing the need for long term care, and dispatch rehabilitation specialists, etc. as needed.

### **Program to Promote Long-term Care Prevention and Frailty Prevention New**

To enable people to maintain a healthy condition in later life, activities is conducted to increase public awareness of long-term care prevention and frailty prevention, mainly focusing on senior generation metropolitan area residents and those who are about to become senior citizens.

#### **What is frailty?**

As people become older, the vitality of their mind and body (for example, physical strength, cognitive functions, etc.) reduces, and they face increased risks of developing life function disorders, long-term care conditions, or dying.

Regarding measures to counter frailty, please also refer to Page 69: Program to Develop the Dietary Environment of Elderly Persons.

### **Program to Establish Consultation Desks for Monitoring the Condition of Elderly Persons**

In order to provide assurance and safety to enable elderly persons to continue living in their familiar community, support is provided to municipalities to establish elderly person condition monitoring consultation desks which function as bases for implementing activities including the function of a consultation desk for elderly persons in the community linked with Community Comprehensive Support Centers, gaining an understanding of their living conditions, and for monitoring linked with related institutions.

### **Condition Monitoring Supporter Training Program**

Support is provided to municipalities for implementing training to enable persons in the community to carry out monitoring depending on the situation such as by contacting specialized institutions including Community Support Centers if they notice unusual changes in the condition of elderly persons, etc.

#### **Strengthening Cooperation between Medical Care and Long-term Care**

### **Tokyo Metropolitan Project on the Maintenance of Housing with Service for the Elderly (Addition of Collaborated Medical and Long-term Care)**

To improve housing, so as to allow the elderly to continue living safely in a familiar community even if they require medical or long-term care, this project subsidizes the maintenance expenses of housing provided with a combination of both regular/on-call care or nursing visits and day care services and small-scale and multifunctional in-home care.

### **Support Project for the Establishment and Operation of Visiting Nurses, etc. Service Providers**

Management consultants who have expertise in the practice of visiting nurse services provide individual consultation sessions in order to stabilize and streamline the management of visiting nurse stations and strengthen their foundations, and to support the establishment of nursing and small-scale multifunctional in-home care.

### **Support Project on End-of Life Care in a Beloved Place**

In order to support a person at his/her end of life in the place he/she wishes to be, the project will improve the management of medical and nursing care personnel, and subsidize the expenses of small-sized service providers in developing and maintaining an environment for end-of life care. The project has also raised people's awareness of issues surrounding their own end of life.

#### **Support for Elderly with Dementia**

This project supports the building of communities where people with dementia and their families can live with peace of mind.

### **Comprehensive Promotion of Measures to Support People with Dementia**

The Tokyo Metropolitan Dementia Prevention Promotion Council has been established, which is investigating and promoting comprehensive dementia countermeasures.

### **Medical Centers for Dementia Project**

The program will develop a support system in the community by providing specialized medical services

on dementia so that people with dementia can live in security in the community, and by designating medical centers for dementia to facilitate coordination among medical institutions and between medical and long-term care fields. In the medical centers for dementia, activities are implemented including the provision of specialist medical consultation on dementia, differential diagnoses, responses to physical complications and behavioral and psychological symptoms, support for persons suffering from dementia and family caregivers, etc., promotion of community connections, and training of human resources.

### Early Onset Dementia Support Program New

In addition to increasing public awareness to deepen understanding of early onset dementia, this provides support relating to the social participation, etc. of persons suffering from early onset dementia.

### Project to Operate Integrated Early Onset Dementia Support Centers

To resolve issues particular to early onset dementia, this Center (there are two centers in Tokyo) serves as a single desk to provide consultation services and to coordinate necessary support in the areas of the many different fields of medical care, social welfare, employment, etc., and appropriately provides support at an early stage.

### Project to Operate a Center that Promotes Support for People with Dementia

This center is established as a support base to improve the ability of healthcare professionals in Tokyo to respond to dementia. It provides training for healthcare professionals, cultivates personnel who can act as leaders in municipalities, and builds a system to support people with dementia in the island area.

### Training Project to Improve Response Capabilities to Dementia by Dental Surgeons, Pharmacists and Nursing Staff

In order to enhance response capabilities to dementia in medical care, training is implemented targeting dental surgeons, pharmacists, and nursing staff.

### Training Project for Care for Elderly with Dementia

In order to enhance the quality of care for elderly persons with dementia, the TMG implements training for care staff, etc. in long-term care insurance facilities and businesses.

### Project for Dementia Support Coordinators

In order to improve the ability of healthcare professionals in Tokyo to respond to dementia, this project supports municipalities that appoint nurses and public health nurses who are familiar with information on the medical care, long-term care, and livelihood support for people with dementia at Community Comprehensive Support Centers.

### Community Support Network for Dementia

Establish a system where people with dementia

can receive appropriate support according to stage of dementia, from early, moderate, to severe.

### ○ Dementia Diagnosis Promotion Program New

The TMG is proceeding to disseminate correct knowledge relating to dementia, in addition to promoting the cognitive function tests for early period diagnosis, and supports municipalities which are developing systems for making early period responses to dementia.

### ○ Project to Make Dementia Friendly Communities

Support municipalities that create communities where people can live with people with dementia in places such as large-scale housing complexes

### ○ Project to Promote the Dementia Care Program

The TMG familiarizes people with the “Japanese Version of BPSD Care Program”, which is expected to improve BPSD\*.

\* BPSD stands for Behavioral and Psychological Symptoms of Dementia, which are frequent symptoms of dementia such as disorders of perception, thought, mood, and behavior. Some examples of behavioral symptoms are wandering and agitation, whereas psychological symptoms include delusions and hallucinations.

### Project to Promote the Protection of Elderly Person Rights

In addition to providing support for municipality staff, etc. who play a central role regarding the Law for Elderly Abuse Prevention, training for protecting the rights of elderly persons is implemented targeting municipality staff and care service providers.

### Improvement of Infrastructure of Community Support Services

The TMG will improve the infrastructure of community support services for the elderly including long-term care insurance facilities such as special nursing homes and geriatric health services facilities, as well as realizing various housing facilities that combine accommodation and proper care such as care houses and silver peers.

### Secure Facilities and Housing Tailored to the Various Needs of the Elderly (The Target in Tokyo Metropolitan Health and Welfare Plan for Elderly)

Item	Target (by the end of FY2025)
Development of special nursing home for the elderly	Capacity of 62,000 people
Development of long-term care welfare facilities	Capacity of 30,000 people
Development of group homes for the elderly with dementia	Capacity of 20,000 people

## **Improvement of Long-term Care Insurance Facilities**

In areas with delays in the development of Special nursing homes for elderly, or geriatric health services facilities, the TMG will provide additional financial support for building costs to alleviate or resolve the uneven distribution among areas and promote infrastructure improvement.

## **Subsidy for Building Costs when Converting to Long-term Medical Care Facilities New**

By subsidizing the building costs when converting from a sanatorium-type medical care facility for elderly persons requiring care to a long-term medical care facility, the TMG is promoting these conversions.

## **Emergency Development Project of Group Homes for the Elderly with Dementia**

By subsidizing part of the expenses required for developing group homes for elderly persons with dementia implemented by municipalities, the TMG is promoting their development.

## **Matching Project of Group Homes for Elderly with Dementia**

This project promotes landowners or building owners to understand the development for group homes for elderly with dementia, and matches them up with service providers to promote development.

## **Subsidy for Building Costs of Charged Nursing Homes for Long-term Care Purposes**

By subsidizing the building costs of charged nursing homes for long-term care purposes developed by landowners or service providers, the TMG will promote the establishment of these homes.

## **Intensive Improvement of Community-based Care Services**

By providing financial support for part of the cost needed to improve community-based care services run by municipalities, the TMG will promote infrastructure improvement.

## **Subsidy for Development Fee of Low-cost Urban-type Homes for the Elderly**

Considering the high land prices in Tokyo, the TMG will develop low-cost homes providing meals and livelihood support services for the low-income elderly by relaxing facility standards such as room size requirements.

## **Subsidy for the Lump-sum Payment of Fixed-term Land Leasehold**

Considering the difficult situation in securing sites for facilities in urban areas because of high land prices, the project will promote the improvement of facilities, such as special nursing homes for the elderly by partially subsidizing the lump-sum payment when a site is secured with a fixed-term land leasehold.

## **Project to Support the Development of Special Nursing Home for the Elderly Using Leased Land**

The project subsidizes a part of the land lease when

Special Nursing Homes for the Elderly or care houses for long-term care are developed on leased national land or private land.

## **Program to support the Securing of Sites relating to the Development of Special Nursing Homes for the Elderly New**

In order to promote the development of special nursing homes for elderly persons, the TMG provides support to municipalities which are attempting to find sites for development and are matching land owners with service providers, etc.

## **Subsidy for Building Costs of Short Stay**

The project will promote the enhancement of in-home services by subsidizing the building costs of short-stay services established together with other than special nursing homes for the elderly and independently started short-stay services.

## **Development of Special Nursing Homes for the Elderly for Broad-based Use and Subsidy for Promoting Community Welfare**

The TMG grants a subsidy for welfare purposes to municipalities that agree to develop more facilities than necessary for communities so that they promote the development of special nursing homes for the elderly for broad-based use.

## **Develop a System to Build Substitute Facility**

In order to promote rebuilding of old Special Nursing Homes for the Elderly and other facilities, build a system to build a substitute facility on land owned by the TMG, and to allow businesses to take turns to use the facility based on requests.

## **Silver Peer (Public Rental Housing for Elderly)**

Housing facilities with characteristics: 1) handrails, stepless floor and emergency call system, 2) warden or Life Support Assistance (LSA) to confirm safety or emergency care and 3) cooperation with Community Comprehensive Support Centers and other facilities.

The TMG supports the installation entities.

## **Barrier-free Homes**

Subsidy is available for the expenses regarding at-home nursing care for indications not eligible for the home renovation services under the Long-term Care Insurance System, home modification for care prevention, and making barrier-free homes.

Please contact your municipality for further information.

## **Promote the Supply of Housing with Services for the Elderly**

The TMG will secure quality barrier-free housing while providing livelihood support services including emergency care and safety check, and promote the supply of housing with services for the elderly, where the elderly can receive services by paying a reasonable fee, as well as high-quality rental housing for the elderly in Tokyo.

When private-sector service providers supply housing with services for the elderly, financial support

such as for maintenance fee is provided to businesses through coordination with municipalities.

### Support for Available Housing for the Elderly

The TMG has been taking other measures such as the Trouble-free Entrance of Elderly to Rental Housing system, where information on serviced apartments that accept senior tenants is registered and can be browsed, or the Safe-living System where patrols looking out for senior residents are conducted. (This is a self-project carried out by a public interest incorporated foundation, Tokyo Metropolitan Center for Disaster Prevention, Construction, and Community Building)

### Metropolitan Housing

A program is available to increase the probability of access to metropolitan housing by seven times compared to general households.

A points system also exists to prioritize those with a higher degree of dwelling need moving into housing that is for rent.

### Program to Secure Housing with Daily Life Support

The program supports the efforts by municipalities to secure housing for low-income elderly and to provide such life support as monitoring utilizing the Living Support Council of municipalities (\*).

\* This is the organization which supports both persons requiring special care about securing housing and renters of privately rented housing by providing the information on housing in collaboration with housing and welfare departments of local governments, related parties, and living support organizations in order to facilitate the move-in of persons requiring special care about securing housing (such as low-income persons, the elderly, persons with disabilities, and child-rearing households).

### Support for Elderly with Dementia

The TMG promotes social participation by senior residents by offering opportunities in various activities and also secures various career opportunities depending on the desire and ability of individuals.

### [Promotion of Social Participation]

#### Silver Pass

The issuance of the Silver Pass, valid for the use of both public and private busses and Metropolitan transportations (Toei) in Tokyo, is supported by the TMG to promote social participation by seniors aged 70 or older.

#### Support for Senior Citizens' Club

Subsidization for the operation of senior citizens' clubs and support for activities conducted by Federation of Senior Citizens' Club.

### Program to Promote the Community Activities for Healthy Elderly

The program supports the efforts by municipalities to encourage healthy elderly to work and volunteer at welfare facilities in order to help the elderly enjoy good health and contribute to their local communities so that they have a sense of worth, as well as to reduce the burdens of staff of welfare facilities.

### Program for Supporting a Happy Second Life in an Era of People Living for 100 years

In the light of an era in which people can live until 100 years old, this program supports municipalities that provide opportunities for the elderly to find motivation in life through participation in cultural, educational, and sports activities so that they can play an active role in communities. It also supports municipalities that develop bases for activities so that the elderly can casually stop by and join.

### Promotion of Regional Comprehensive Care through Community Contribution Activities Conducted by a Variety of Organizations (Tokyo Hometown Project)

By making best use of the active business activities and the power of many people maintaining rich experiences and knowledge, which is an advantage of Tokyo, support is provided for enhancing the operation infrastructure of regional welfare organizations in order to invigorate community contribution activities that contribute to building regional comprehensive care. Additionally, together with providing support for the creation of new supporters and activities, information is issued regarding the various community contribution activities to provide opportunities for wide-ranging social participation.

### Creation of Handbooks Relating to Social Participation and Caregiving New

In order to enable people to build up an image of their life plans for their later years, the information necessary to allow people to live healthy and fulfilling lives targeting metropolitan area residents aged between 50 and 64, and the support methods, etc. when caregiving and support become necessary, are disseminated.

### [Employment]

#### Tokyo Shigoto Center (Tokyo Metropolitan Employment Service Center)

The Shigoto center provides people of all ages with "one-stop" service for employment and job-hunting. Programs such as employment consultation or ability development training are conducted at the "senior corner" for persons aged 55 or older.

#### Silver Human Resources Center

The center offers short-term/simple temporary jobs to healthy elderly persons aged 60 or older with motivation, in which they can utilize their knowledge, experience and skills. Such facilities are located in 58 places in Tokyo, offering jobs requested by families, businesses and public organizations in the community.

### **Active Senior Employment Promotion Center**

Corporations supported by local municipalities offer employment consultation or job-search services to seniors aged 55 or older as a licensed free employment assistance service provider.

### **Tokyo Metropolitan Geriatric Hospital and Institute of Gerontology**

It aims to improve the health of seniors and achieve healthy longevity through provision of medical care that fits with the specific characteristics of elderly persons, cooperation of research and clinical output, and research for maintaining and improving QOL of seniors, to take part in the creation of urban model for super-aging society in Tokyo.

- It aims to establish, provide, and disseminate medical care considering the characteristics of the elderly.
  - It further improves medical care for focused diseases such as vascular diseases, cancer of the elderly, and dementia.
  - It provides specialized medical care in response to diseases unique to the elderly.
  - It contributes to securing a regional medical care system in collaboration with regional medical institutions, care service providers, and related agencies.
- It promotes research on long healthy lives and for improving the QOL of the elderly.
  - It promotes research to overcome diseases unique to the elderly and geriatric syndromes, and supports the lives of the elderly in communities.
- It promotes initiatives integrating medical care with research and gives knowledge and know-how back to society.