

Koriyama City Safe Community Steering Committee

Elderly Safety Task Force Activity Report

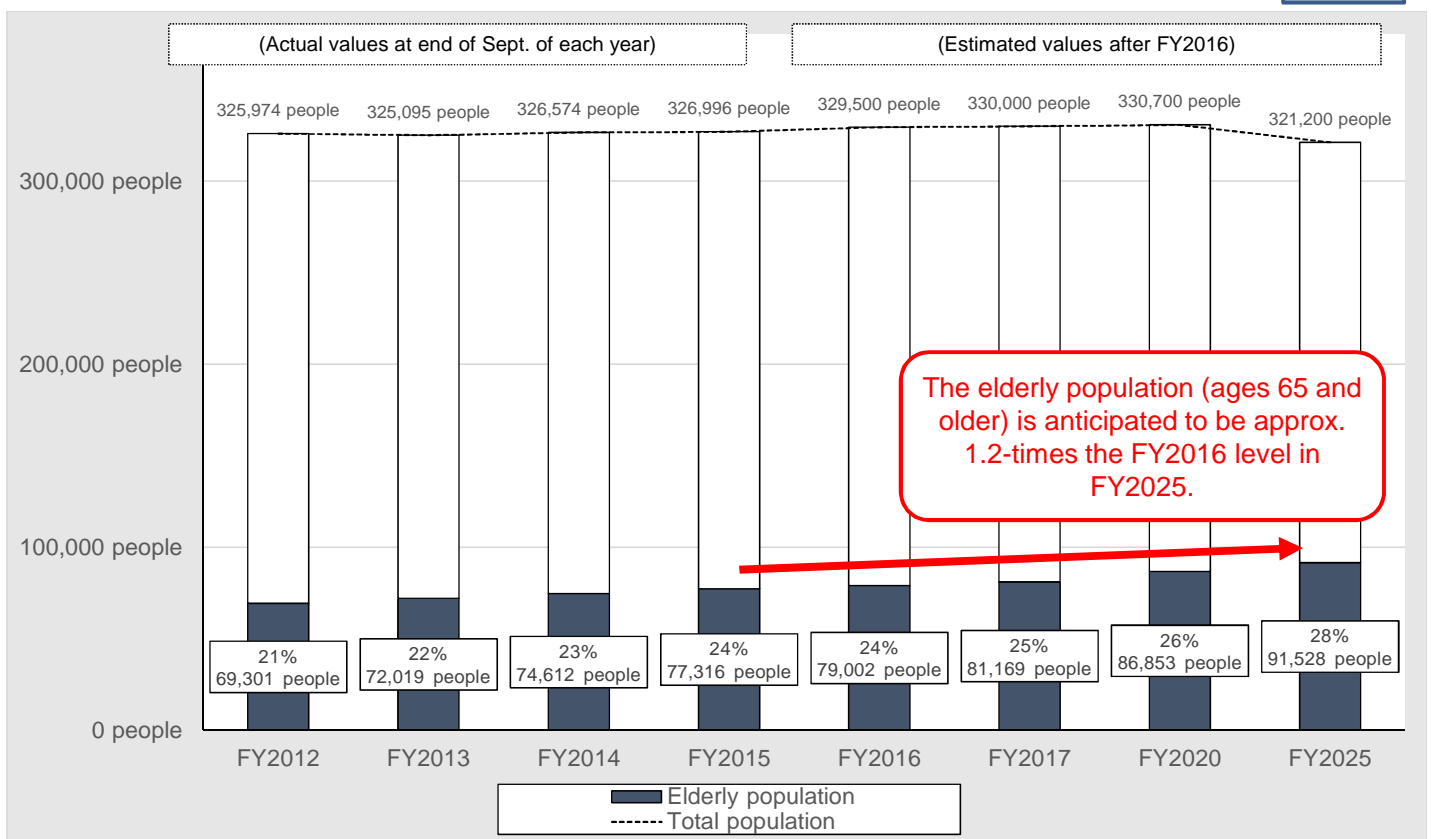


Presenter: Yoko Funayama, Chair

Background of Creating Task Force 1

Elderly population in Koriyama City's total population

Fig. 1

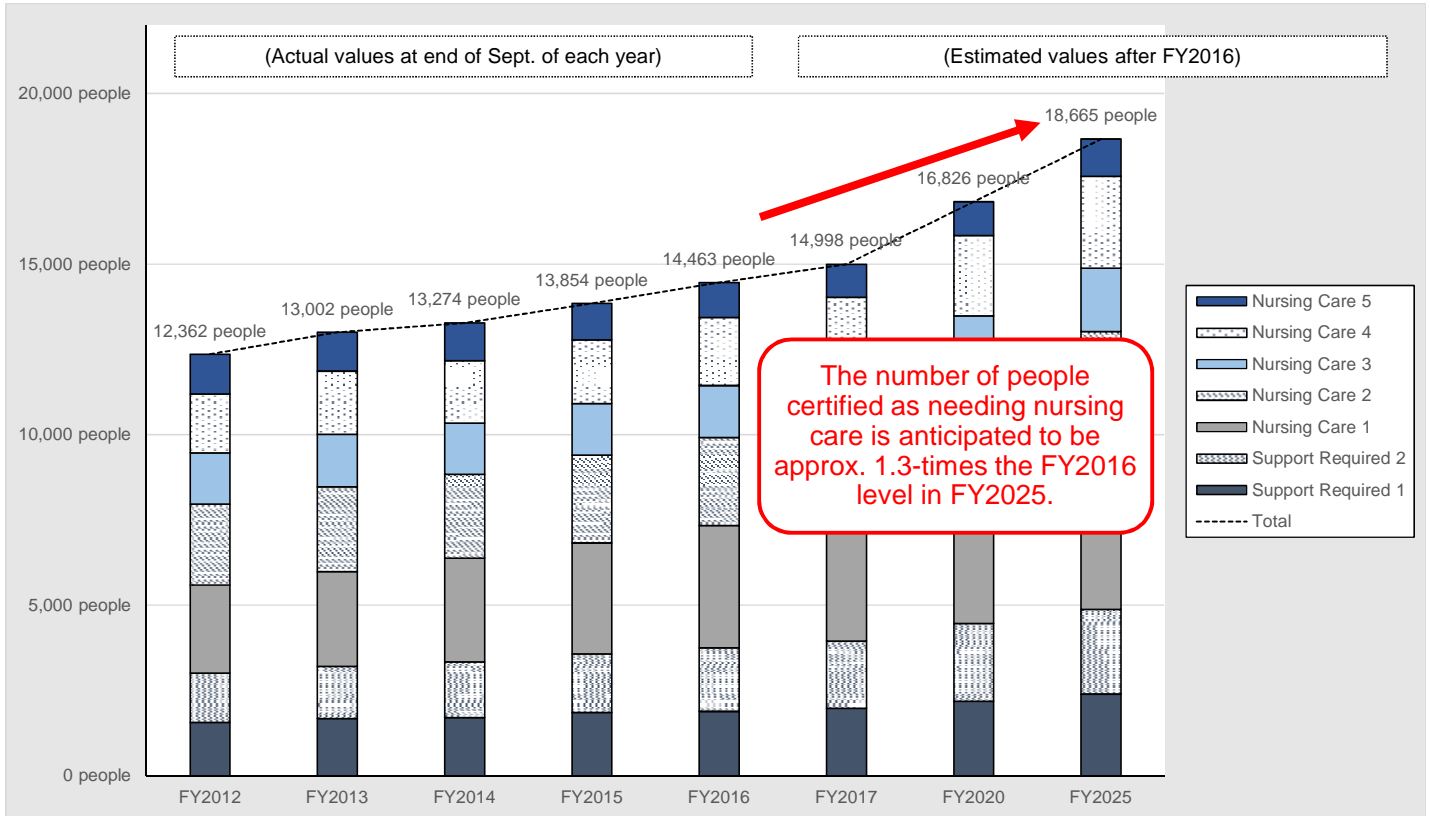


Background of Creating Task Force 2

Increase in people certified as needing long-term care

Fig. 2

Transition of number of people certified as needing long-term care in Koriyama City



Created by: Koriyama City "6th Stage Koriyama City Elderly Welfare Plan and Long-Term Care Insurance Business Project"

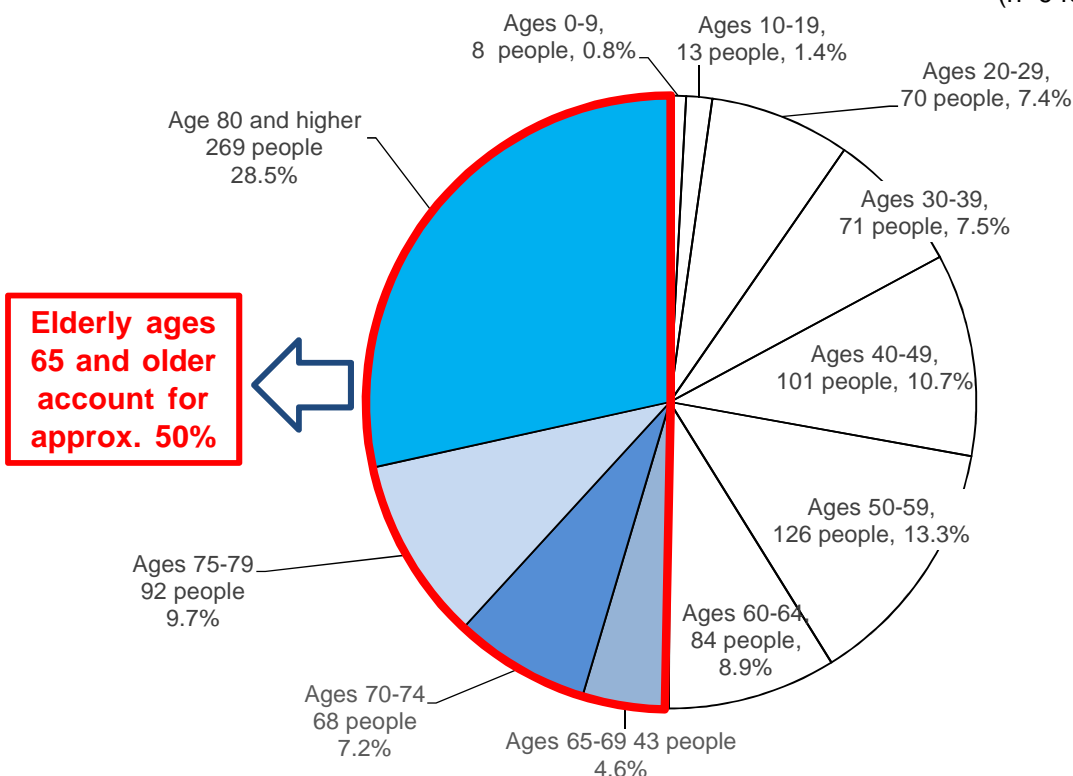
Background of Creating Task Force 3

The rate of elderly people is high among deaths caused by injuries and other causes

Number of deaths caused by injuries and other causes

(n=945)

Fig. 3

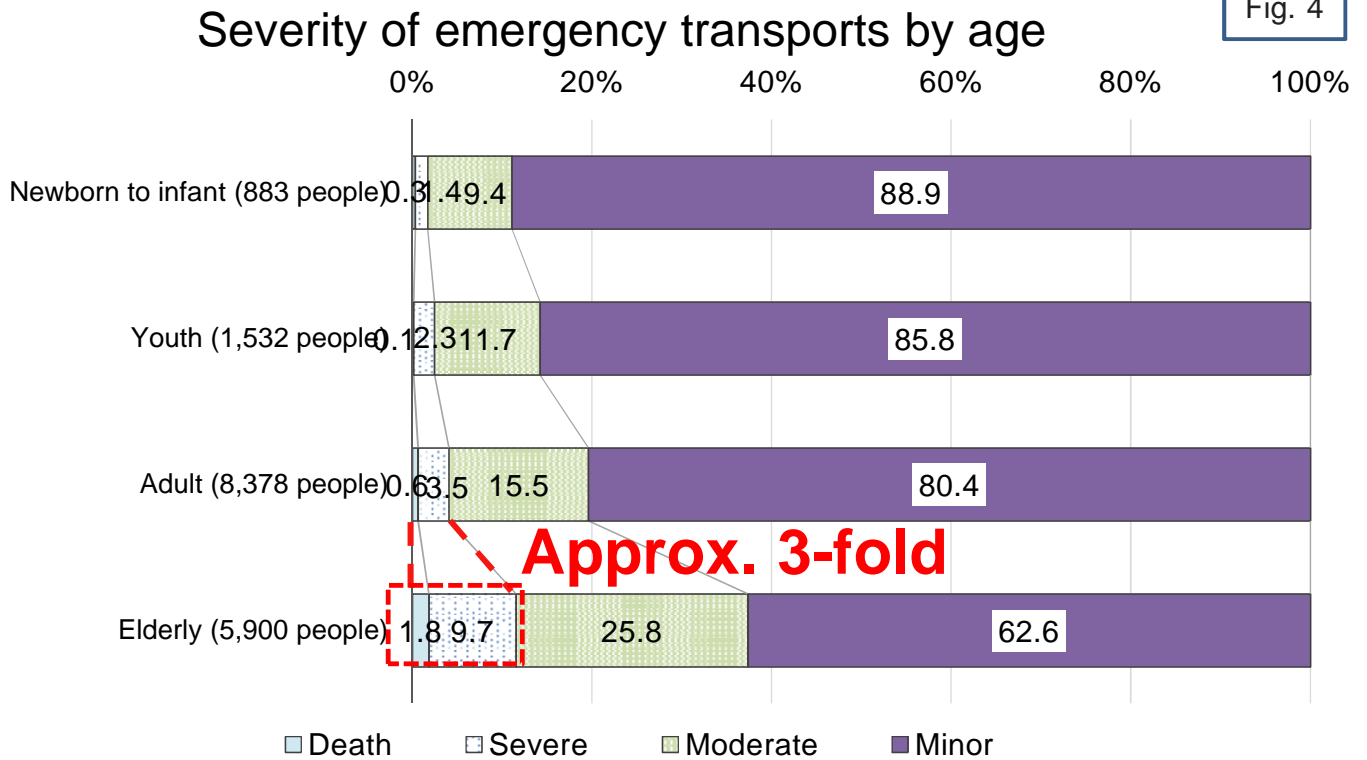


Koriyama City Health Department "FY2009 to FY2014 Demographic Statistics (Cause of Death Ledger)"

Background of Creating Task Force 4

Severity of emergency transports of elderly people is 3-times higher than adults

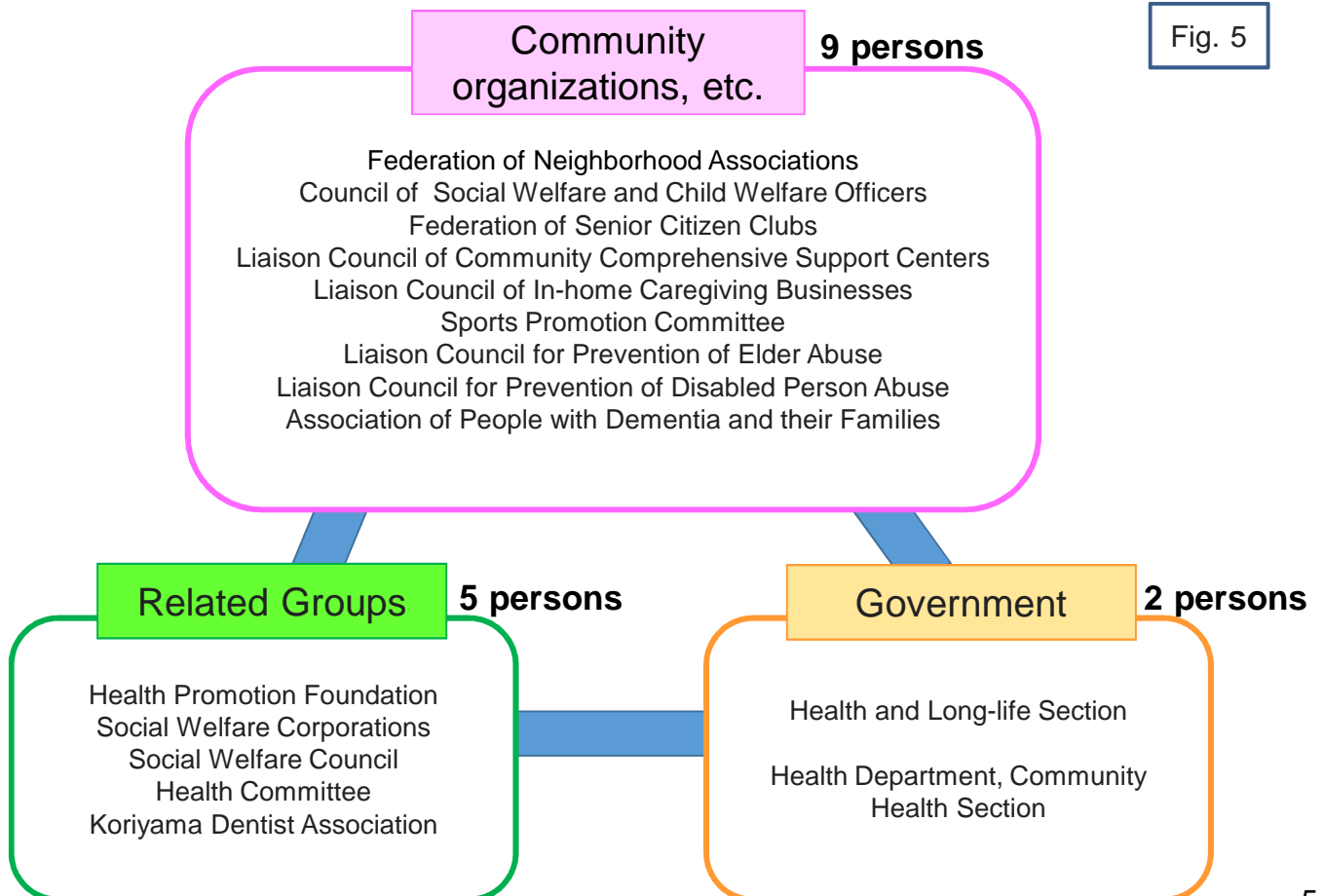
Fig. 4



Koriyama Fire Department "FY2010 to FY2014 Emergency Transport Data"

Composition of Elderly Safety Task Force

Fig. 5



History of Activities

Fig. 6

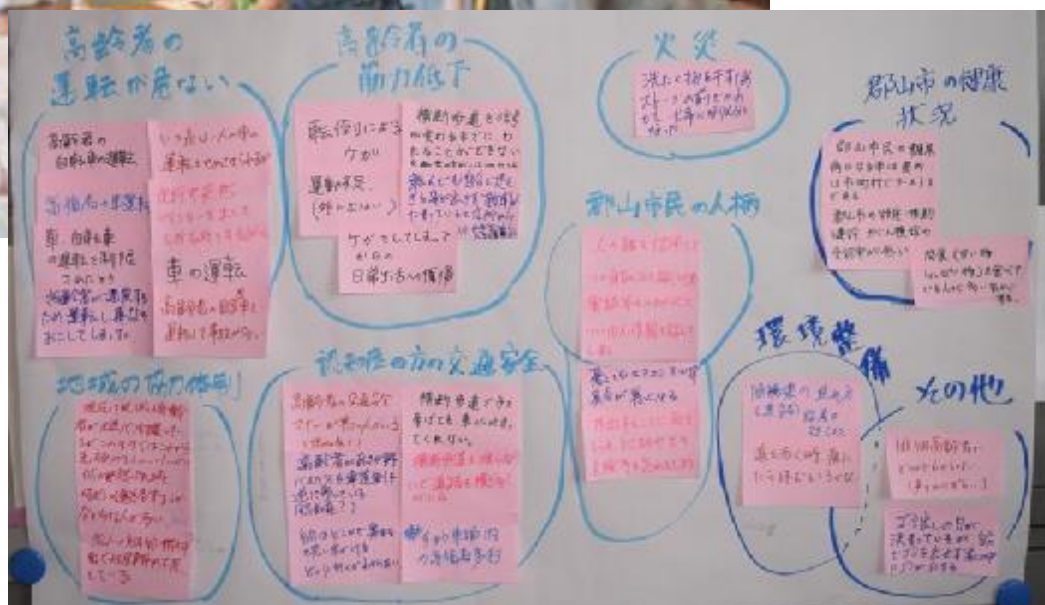
Task Force meeting	Details of meeting	
1st	Common understanding of Safe Communities	
2nd	Study of subjective challenges	
3rd	Study of objective challenges	
4th and 5th	Identification of priority challenges	
6th	Study of direction and targets	
7th to 19th	Study of actual measures	
20th to 25th	Study of evaluation indicators	Evaluation and analysis of measures

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Review of subjective challenges 1

Fig. 7



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Review of subjective challenges 2

Fig. 8

Main opinions received at workshops

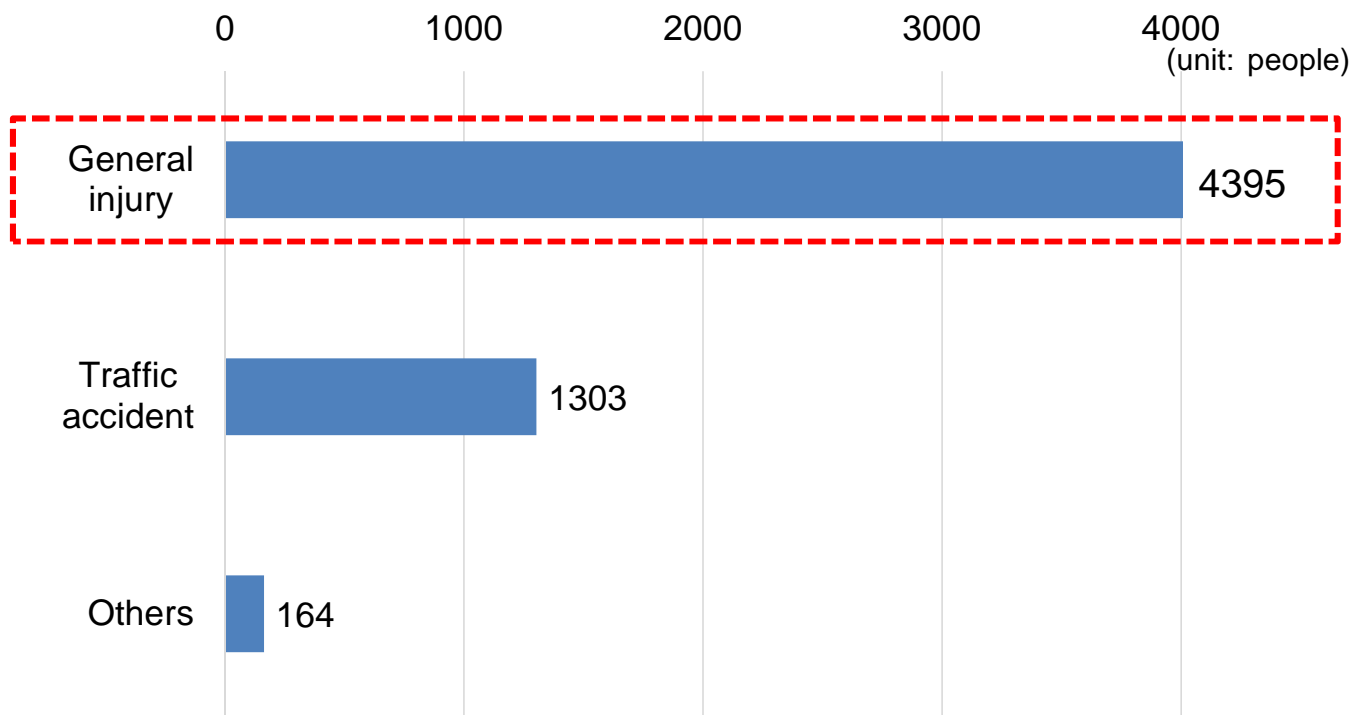
Injuries from falling are high	Drop in motor abilities and judgment abilities
Lack of communication	Driving by elderly people is dangerous
Care of people with dementia, and prevention are essential	Drop in cognitive functions is not noticed

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Objective data 1 General injuries are high among elderly people

No. of elders ages 65 and older transported by ambulance for external causes, by cause (n=5,900)

Fig. 9



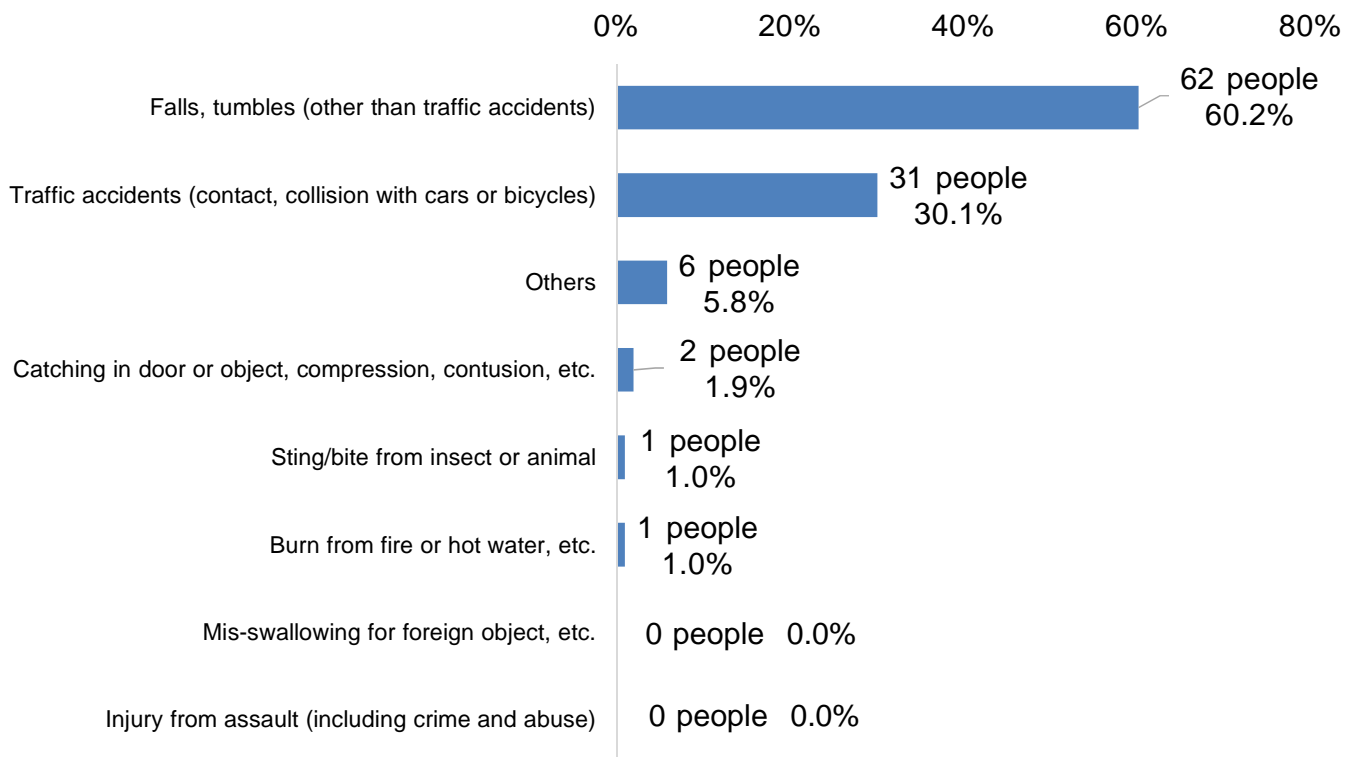
(Source: Koriyama Fire Department "FY2010-2014 Emergency Transport Data")

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Objective data 2 Fall and tumble accidents are high among elderly people

Types of accidents and injuries sustained by elderly people ages 65 and older (n=103)

Fig. 10



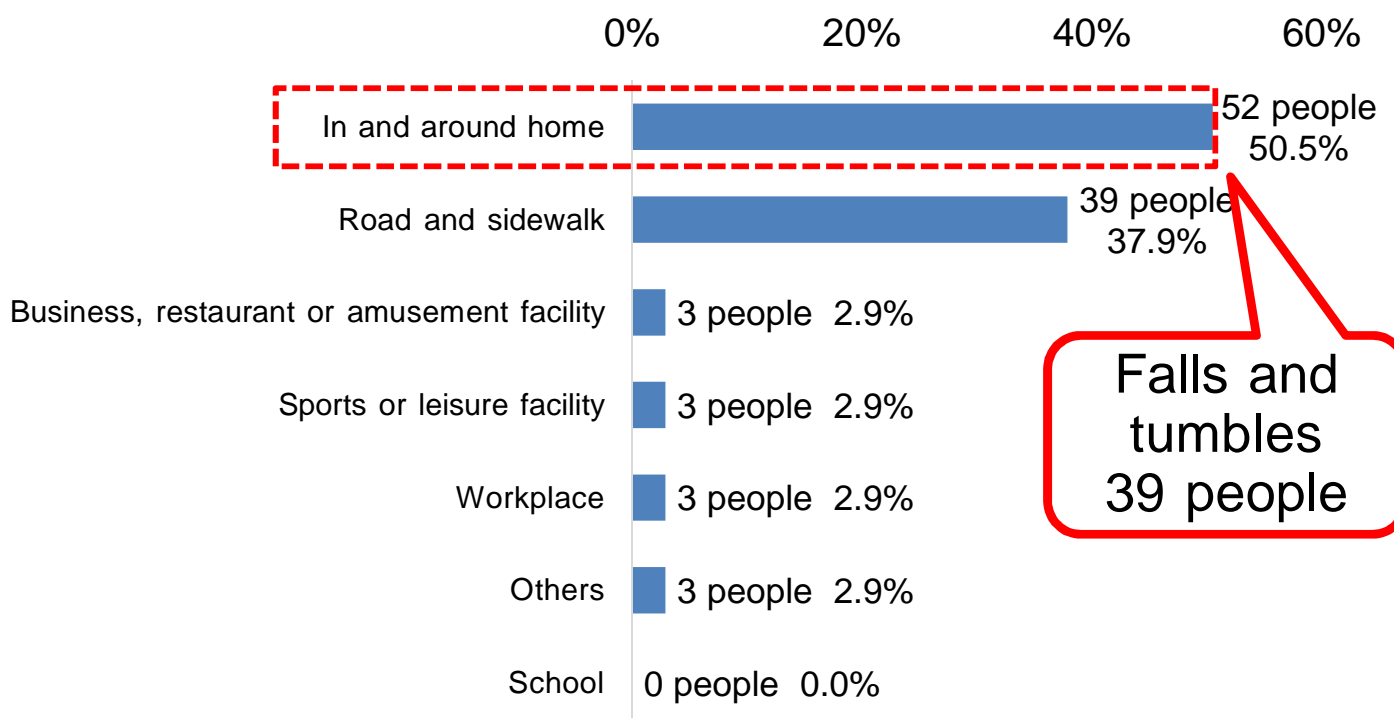
(Source: Koriyama City Safe Community "Survey of Citizen Awareness (survey timing: December 2014)")

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Objective data 3 Elderly people are often involved in accidents in or around the home

Place of accident or injury involving people ages 65 and older (n=103)

Fig. 11



(Source: Koriyama City Safe Community "Survey of Citizen Awareness (survey timing: December 2014)")

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Objective data 3 Elderly people are often involved in accidents in or around the home

Fig. 12

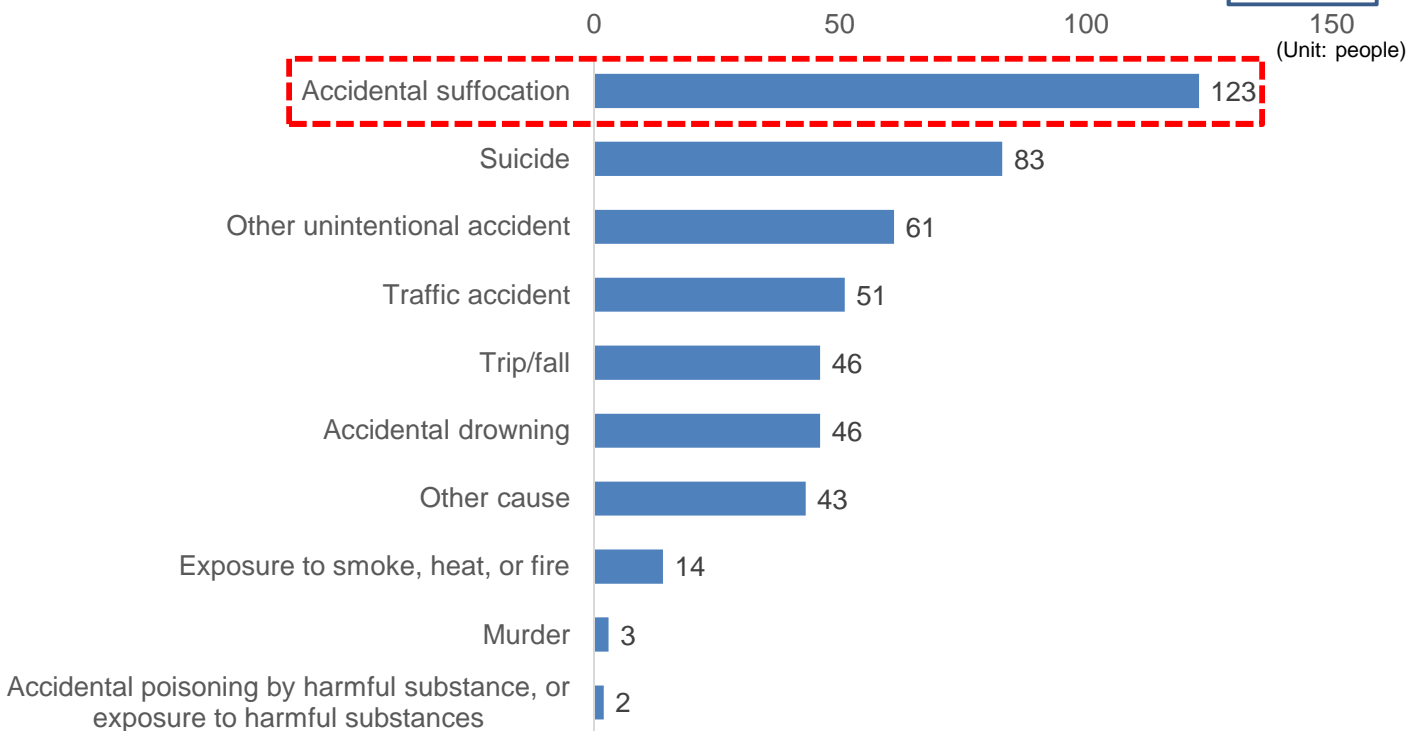


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Objective data 4 The rate of accidental suffocation by elderly people is high

Number of deaths by injury or other external cause of people ages 65 and older, by type (n=472)

Fig. 13



(Koriyama City Health Department "Demographic Statistics from FY2009 to FY2013 (Cause of Death Ledger)")

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Trends of elderly injuries 5

Ranking of cause of death by external cause by age group

Fig. 14

Age group	1st place		2nd place		3rd place	
Ages 0-9	Suffocation	3 deaths	Traffic accidents Drowning	2 deaths 2 deaths	Tumbles, falls, smoke, fire	1 death
Ages 10-19	Suicide	8 deaths	Traffic accidents	3 deaths	Smoke, fire, poisoning	1 death
Ages 20-29	Suicide	64 deaths	Traffic accidents	7 deaths	Drowning, suffocation	2 deaths
Ages 30-39	Suicide	62 deaths	Traffic accidents	8 deaths	Smoke, fire	2 deaths
Ages 40-49	Suicide	72 deaths	Traffic accidents	13 deaths	Suffocation	5 deaths
Ages 50-59	Suicide	95 deaths	Traffic accidents	16 deaths	Drowning	9 deaths
Ages 60-69	Suicide	68 deaths	Traffic accidents	17 deaths	Suffocation	16 deaths
Ages 70-79	Suicide	43 deaths	Suffocation	33 deaths	Traffic accidents	29 deaths
Ages 80-89	Suffocation	71 deaths	Suicide	31 deaths	Drowning	30 deaths
Age 90 and older	Suffocation	37 deaths	Tumbles/falls	18 deaths	Drowning	6 deaths
Total (All ages)	Suicide	447 deaths	Suffocation	174 deaths	Traffic accidents	115 deaths

(Koriyama City Health Department "FY2009 to FY2013 Demographic Statistics (Cause of Death Ledger)")

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Objective data 6 An increase in elderly people with dementia is anticipated

Situation of elderly people with dementia by nursing care level
(current as of end of Sept. 2015)

Fig. 15

[Situation of elderly people with dementia by nursing care level]

(Unit: people)

Dementia	Support Required 1	Support Required 2	Nursing Care 1	Nursing Care 2	Nursing Care 3	Nursing Care 4	Nursing Care 5	Total	Rate (%)
Independent	1,476	1,494	1,027	663	334	269	109	5,372	40.5
Mild	232	138	1,983	1,667	779	707	284	5,790	43.6
Moderate	5	0	23	129	373	607	413	1,550	11.7
Serious	0	1	1	0	16	246	298	562	4.2
Total	1,713	1,633	3,034	2,459	1,502	1,829	1,104	13,274	100.0

※Degree of elderly person with dementia's independence in daily life

Mild: Can communicate but may have trouble finding words

Moderate: Has difficulty communicating will, may have problem behavior or behavioral disorders such as incontinence

Serious: Problem behavior or pronounced mental disorders that hinder daily life

(From Koriyama City Regional Comprehensive Care Promotion Section:
"6th Stage Koriyama City Elderly Welfare Plan and Long-Term Care Insurance Business Project")

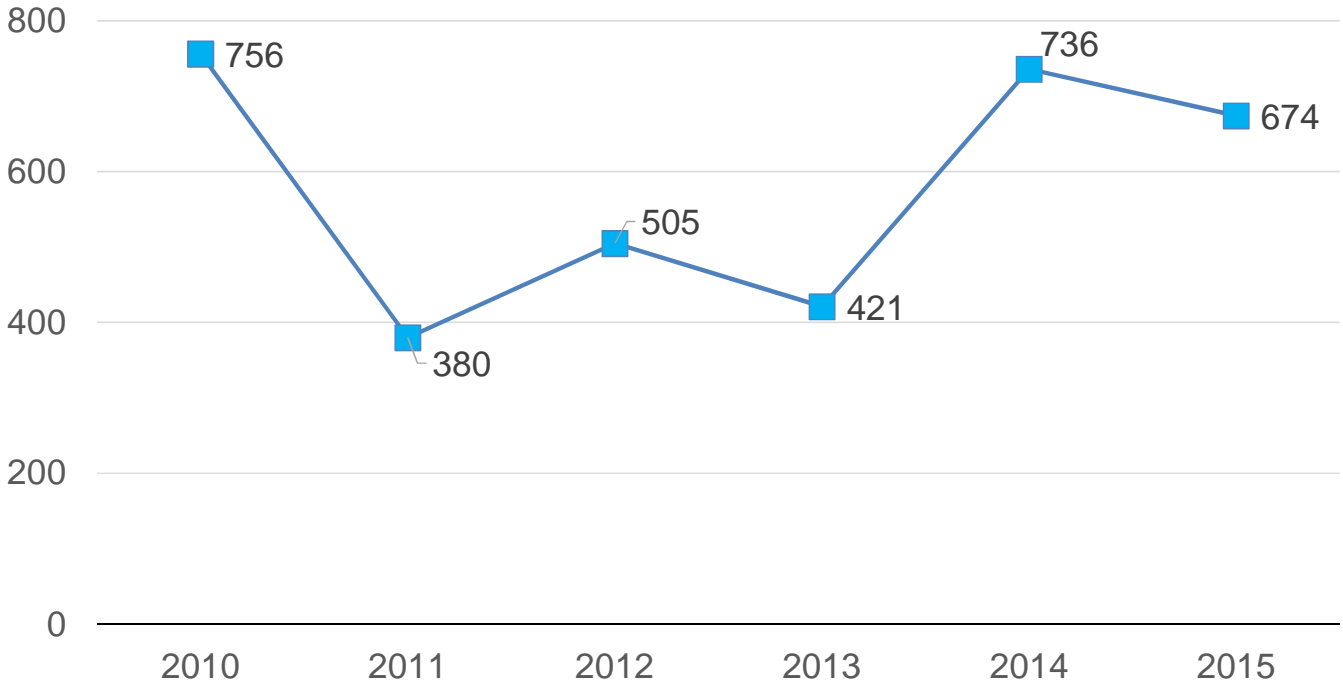
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Objective data 7 Consultations regarding elder abuse are increasing

Transition of number of consultations regarding elder abuse, etc.

Fig. 16

(Unit: people)



(From Koriyama City Long-Term Care Insurance Section "FY2010 to 2015 Situation of Comprehensive Support by Center")

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Organization of challenges

Fig. 17

Challenge 1 There are many falls by elderly people.

- General injuries lead types of accidents and injuries sustained by elderly people. Many citizens think that injuries from tripping or falling are highest.

Fig. 9

Fig. 10

Fig. 11

Challenge 2 There are many suffocation accidents sustained by elderly people.

- The rate of accidental suffocation leads the types of cause of deaths by elderly people.

Fig. 13

Fig. 14

Challenge 3 An increase in elderly people with dementia is anticipated.

- The rate of people certified as requiring care who have dementia is high.
- The number of people certified as needing nursing care is increasing each year.

Fig. 15

Challenge 4 There are many cases of abuse against elderly people.

- The rate of consultations regarding elder abuse is high.

Fig. 16

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Summary of challenges, directions, priority targets, and programs

Fig. 18



18

List of main existing programs

Fig. 19

Priority challenge	National government/Prefecture	City	Community
There are many falls by elderly people	Nursing care insurance policy	Subsidies for housing renovations	Radio calisthenics Energetic Centenarian Exercises
Suffocation accidents are high among elderly people	Nursing care insurance policy	Lectures	Centenarian Exercises for Chewing
An increase in elderly people with dementia is anticipated	Nursing care insurance policy Seminars	Elderly People with Dementia SOS Mimamori-watching Network	
There are many cases of elder abuse	Nursing care insurance policy Seminars	Consultations	Visits by welfare officers, etc.

■ Education
 ■ Environment
 ■ Regulations

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List of programs

Fig. 20

Priority challenge	Program
There are many falls by elderly people	<ol style="list-style-type: none"> 1. Promotion of care-prevention classes such as Energetic Centenarian Exercises and increasing sessions. 2. Living environment checks 3. Promotion of participation in oral cavity care and oral exercise instruction linked with nursing care prevention classes
Suffocation accidents are high among elderly people	<ol style="list-style-type: none"> 3. Notify elderly people of high rate of accidents from suffocation. Notify at oral care or oral exercise classes.
An increase in elderly people with dementia is anticipated	<ol style="list-style-type: none"> 4. Cooperation with SOS Mimamori-watching Network 5. Promotion of mimamori-watching activities in community
There are many cases of elder abuse	<p>Carry out together as mimamori-watching activities in the community are important</p>

Related issues carried out together



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There are many falls by elderly people

Fig. 21

Program 1 Promotion of care-prevention classes

Outline

Improved

Promote care-prevention classes such as Energetic Centenarian Exercises

Promote at meetings and community gatherings attended by task force members

Main activities

Groups to hold the classes were called for in the Gazette Koriyama (Feb. 2016 edition, June 2017 edition)

Leaflets were distributed at board meeting of Health Department officers active in the community (May 10, 2017)

Improvement

Task Force members promoted the program at various meetings and when visiting homes of elderly people.

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There are many falls by elderly people

Fig. 22

Program 1 Promotion of care-prevention classes

Results of activity

No. of venues holding Energetic Centenarian Exercises

FY2015 12 → **as of Sept. 2017 58**

No. of Energetic Centenarian Exercises participants

FY2015 205 people



As of Sept. 2017

1,172人



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There are many falls by elderly people

Fig. 23

Program 2 Living environment checks

New

Outline

Leaflets showing hazard spots in the home were created and distributed

Main activities

Prepared on March 2017

- Distributed at neighborhood association board meetings, etc., attended by Task Force members, and other community gatherings
- Leaflet distributed at Party for Seniors (September 2017)
- Distributed and promoted when nursing care experts visit homes of elderly people (From August 2017)

The nursing care expert visits the home one to three months after distributing the leaflet, and checks whether the program has been implemented.

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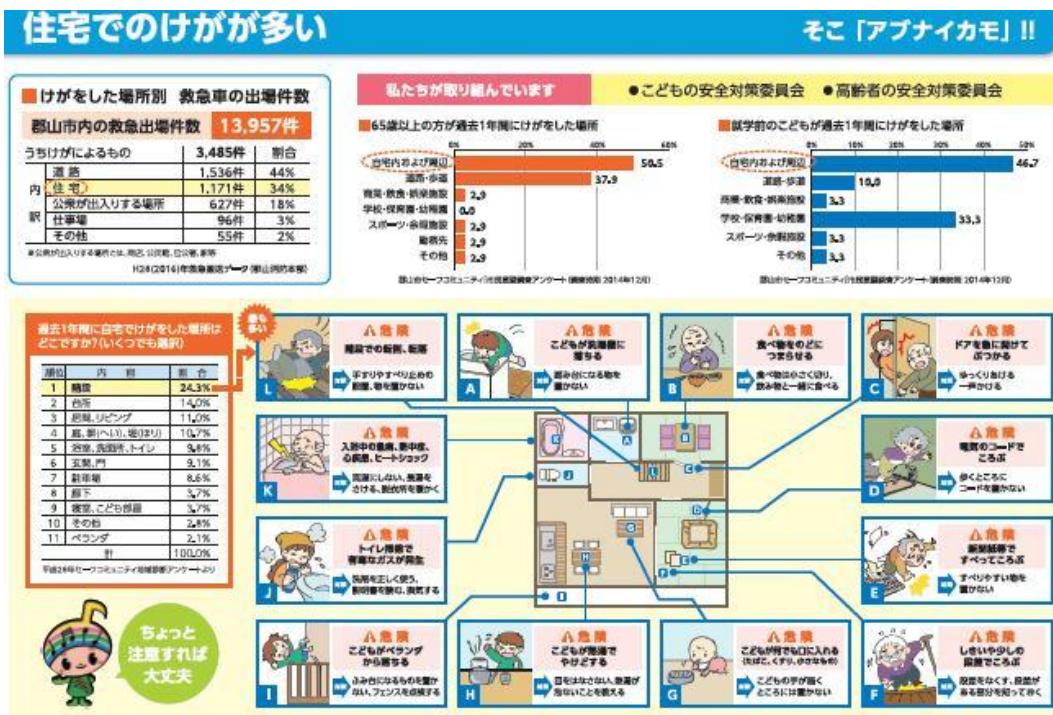
There are many falls by elderly people

Fig. 24

Program 2 Living environment checks

Results of activities

Approx. 5,000 leaflets distributed



Suffocation accidents are high among elderly people

Fig. 25

Program 3 Promotion of oral cavity care linked with nursing care prevention classes

Outline

Improved

Oral cavity care is explained and leaflets are distributed during nursing care prevention classes to increase participation in oral exercise classes. (Linked with nursing care prevention classes)

Main activities

Oral exercise classes are promoted together with nursing care prevention classes. (From August 2015)

Improvement

The Task Force members use various opportunities to explain and promote the importance of oral cavity care.

Suffocation accidents are high among elderly people

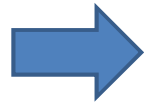
Fig. 26

Program 3 Promotion of oral cavity care linked with nursing care prevention classes

Results of activities

No. of venues holding Centenarian Exercises for Chewing

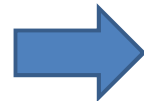
FY2015 9



as of Sept. 2017 24

No. of people participating in Centenarian Exercises for Chewing

FY2015 115 people



As of Sept. 2017 385 people



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An increase in elderly people with dementia is anticipated

Fig. 27

Program 4 Cooperation with Koriyama City Elderly People with Dementia SOS Mimamori-watching Network

認知症高齢者SOS見守りネットワーク

Watching network for SOS from the dementia elderly



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An increase in elderly people with dementia is anticipated

Fig. 28

Program 4 Cooperation with Koriyama City Elderly People with Dementia SOS Mimamori-watching Network

Support

Outline

Koriyama City Elderly People with Dementia SOS Mimamori-watching Network is promoted and improved for ensure effective operations.

Main activities

Promotion at meetings attended by Task Force members, such as Orange Cafe, and community gatherings.

Organization of Koriyama City Elderly People with Dementia SOS Mimamori-watching Network search simulation drill (Nov. 15, 2017)

Improvement

The Task Force noted problems in communicating information, so one of the groups belonging to the Liaison Councils created an original communication method.

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An increase in elderly people with dementia is anticipated

Fig. 29

Program 4 Cooperation with Koriyama City Elderly People with Dementia SOS Mimamori-watching Network

Results of activities

No. of member groups

November 2015 57 groups → Sept. 2017 97 groups

No. of registered members

November 2015 0 people → Sept. 2017 256 people

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An increase in elderly people with dementia is anticipated There are many cases of elder abuse

Fig. 30

Program 5 Promotion of mimamori-watching activities in the community



Outline

Promote the activities of communities that have incorporated leading programs, and encourage mimamori-activities in the community

Main activities

The activities of groups that are conducting original mimamori-watching activities are posted in the Federation of Neighborhood Association newsletter and webpage (August 2017)

Results of activities

No. of newsletters prepared Approx. 9,000 copies

Distributed to members of the community through each neighborhood association

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Activity indicators and performance indicators (1)

**Priority challenge 1
There are many falls by elderly people.**

Fig. 31

Program	Activity indicator	Performance indicator	
		Short-term	Mid-/long-term
Promotion of care prevention classes	No. of venues holding Energetic Centenarian Exercises 12→58	No. of participants 205→1,172 Subjective effect of participants	No. of people transported by ambulance for general injuries
Living environment checks	No. of leaflets distributed Approx. 5,000 copies newly distributed	Subjective effect of participants	
Promotion of oral cavity care linked with care prevention classes	No. of venues holding oral exercise classes 9→24	No. of participants 115→385 Subjective effect of participants	

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Activity indicators and performance indicators (2)

Priority challenge 2

There are many suffocation accidents sustained by elderly people.

Fig. 32

Program	Activity indicator	Performance indicator	
		Short-term	Mid-/long-term
Promotion of oral cavity care linked with care prevention classes	No. of venues holding oral exercise classes <u>9→24</u>	No. of participants <u>115→385</u> Subjective effect of participants	No. of deaths from suffocation

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Activity indicators and performance indicators (3)

Priority challenge 3

An increase in elderly people with dementia is anticipated.

Priority challenge 4

There are many cases of abuse against elderly people.

Fig. 33

Program	Activity indicator	Performance indicator	
		Short-term	Mid-/long-term
Cooperation with Elderly People SOS Mimamori-watching Network	No. of members groups and registered members <u>Member groups</u> <u>57→97</u> <u>No. of registered members</u> <u>0→256</u>	Recognition of Elderly People SOS Mimamori-watching Network	Understanding of dementia No. of consultations regarding elder abuse
Promotion of mimamori-watching activities in community	No. of promotional leaflets prepared <u>Approx. 9,000 copies newly prepared</u>	No. of mimamori-watching groups	

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Current stage and future direction (1)

Fig. 34

Priority challenge	Current achievements	Future directions
Challenge 1 There are many falls by elderly people	<ul style="list-style-type: none"> • Promotion of exercise classes • Distribution of living environment check sheet leaflet 	<ul style="list-style-type: none"> • Continue current activities • Introduce activities incorporating actual details and effect
Challenge 2 Suffocation accidents are high among elderly people	<ul style="list-style-type: none"> • Promotion of exercise classes • Promotion of oral cavity care 	<ul style="list-style-type: none"> • Promote necessity of swallowing • Modify exercises so they can be performed at home

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Current stage and future direction (2)

Fig. 35

Priority challenge	Current achievements	Future directions
Challenge 3 An increase in elderly people with dementia is anticipated	<ul style="list-style-type: none"> • Promotion of "Dementia SOS Mimamori-watching Network", and proposals for effective management 	<ul style="list-style-type: none"> • Continue current activities • Promote groups with effectively managed programs
Challenge 4 There are many cases of elder abuse	<ul style="list-style-type: none"> • Introduction of groups performing mimamori-watching activities in the community 	<ul style="list-style-type: none"> • Find and further promote groups that are active in the community

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Thank you for your guidance.



Koriyama City image character Gakuto-kun