

Koriyama City Safe Community Promotion Council Elderly Safety Task Force Activity Report



Presenter: Yoko Funayama, Chair



Composition of Elderly Safety Task Force

Community organizations, etc., 8 members

Federation of Neighborhood Associations
Council of Social Welfare and Child Welfare
Officers
Federation of Senior Citizen Clubs
Sports Promotion Committee
Liaison Council for Prevention of Elder Abuse
Liaison Council for Prevention of Disabled
Person Abuse
Association of People with Dementia and their
Families
Health Committee

Related Groups, 6 members

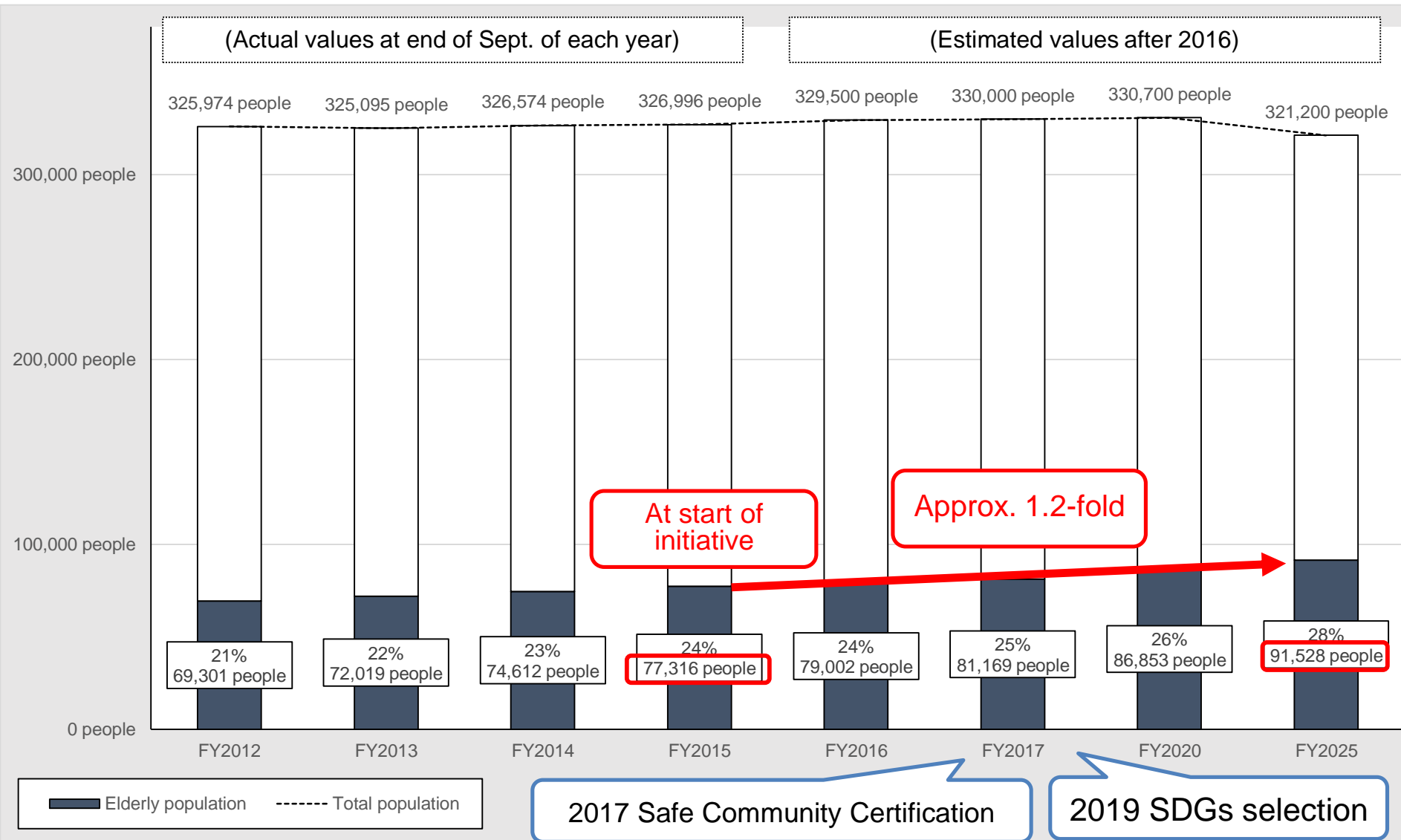
Health Promotion Foundation
Social Welfare Service Agencies
Social Welfare Council
Koriyama Dentist Association
Liaison Council of Community
Comprehensive Support Centers
Liaison Council of In-Home Caregiving
Businesses

Government, 2 members

Health and Long-life Section
Health Department, Community
Health Section

Background (1): Increase in elderly population

Transition of elderly population within total population of Koriyama City

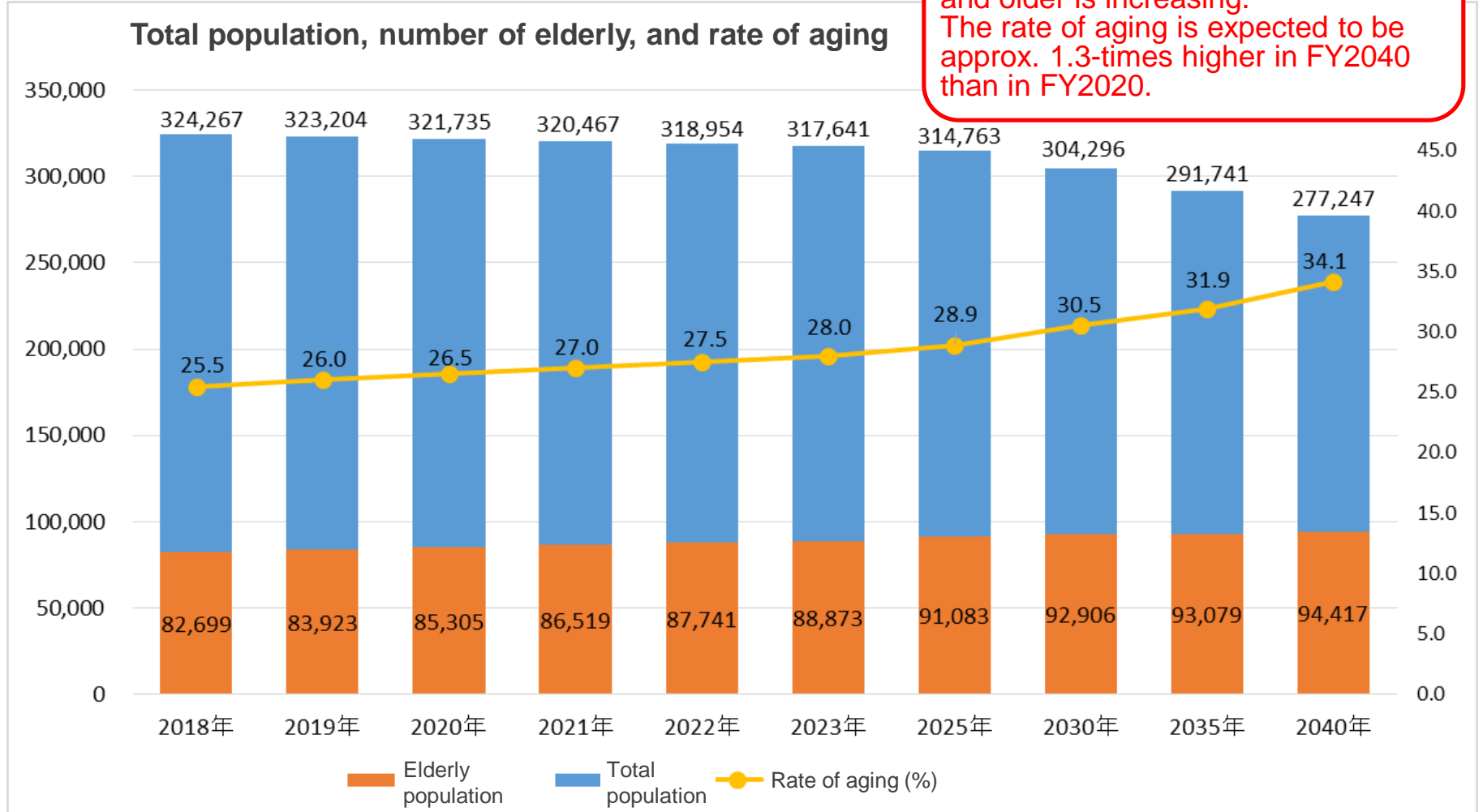


Background (1): Increase in elderly population

Transition of elderly population within total population of Koriyama City
(latest Demographic statistics)

(Estimated values after 2021)

The total population is decreasing and the elderly population ages 65 and older is increasing.
The rate of aging is expected to be approx. 1.3-times higher in FY2040 than in FY2020.

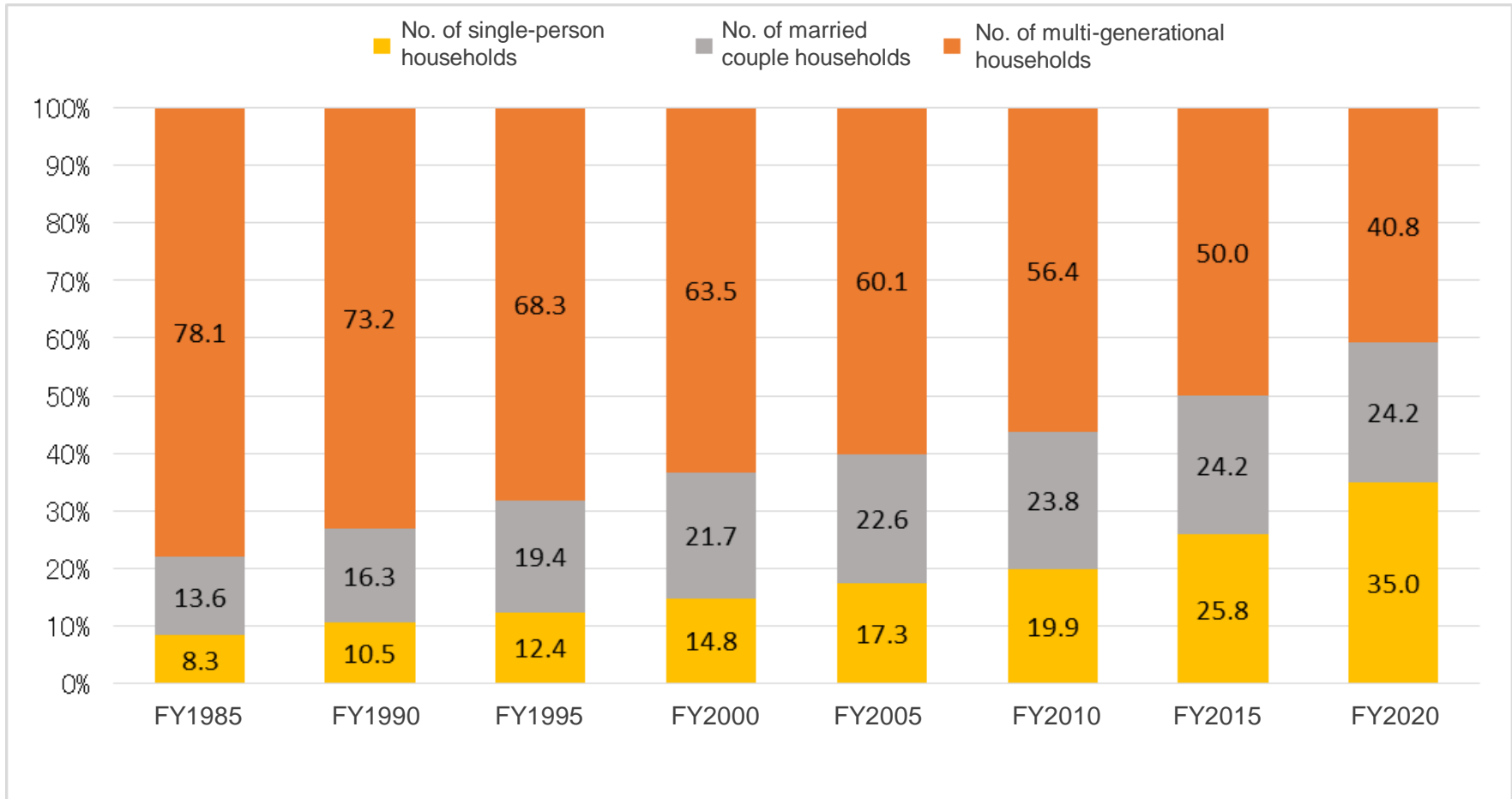


Background (1): Increase in elderly population

<Additional reference>

Percentage of households with only elderly people

The percentage of households consisting only of elderly people ages 65 and over, especially those living alone, is increasing.



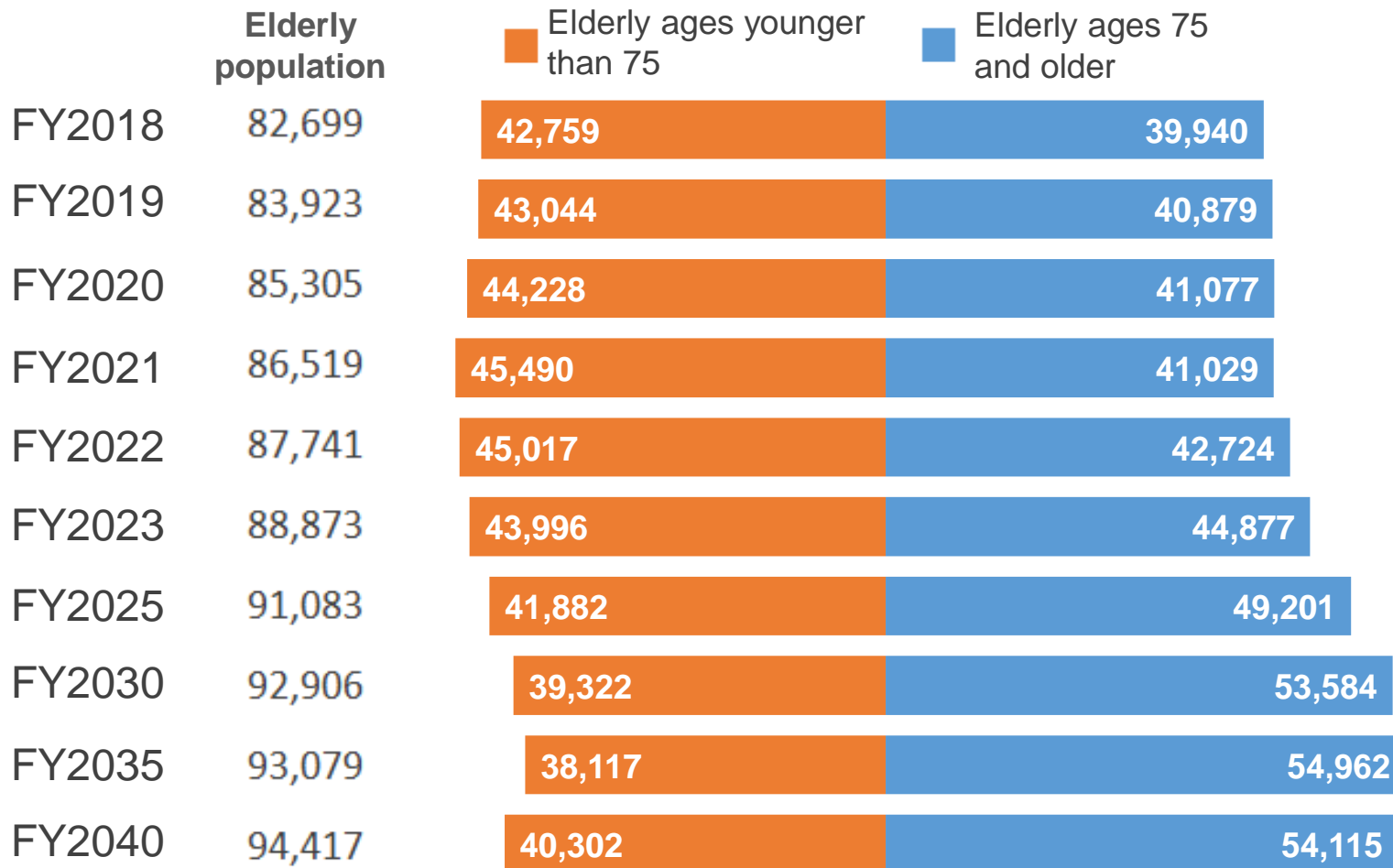
(Source: National Census from FY1985 to 2015, Basic Residents Register for FY2020, as of October 1)

Background (1): Increase in elderly population

<Additional reference>

Percentage of elderly ages 75 and older

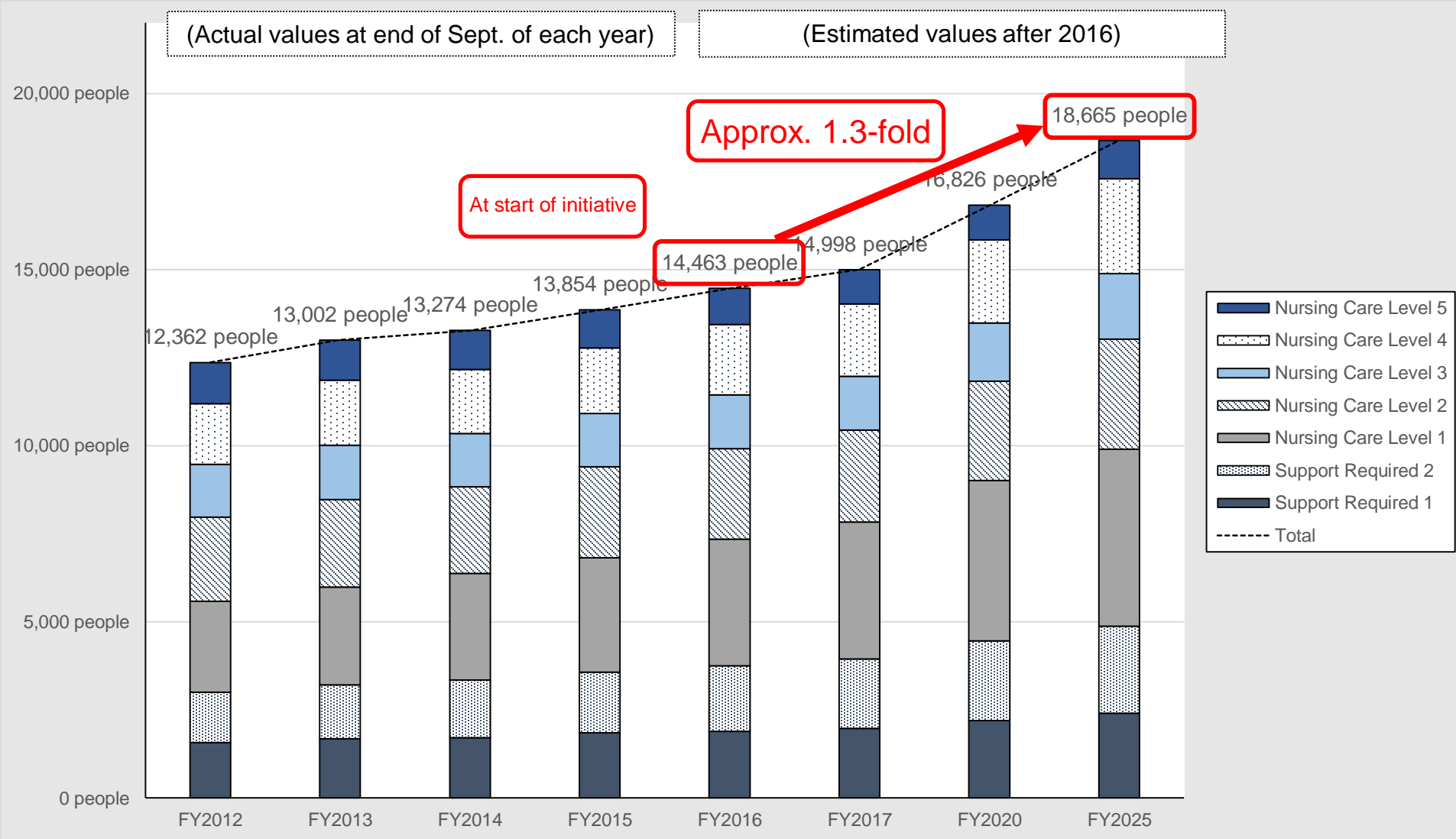
Among the elderly, the percentage of elderly ages 75 and older is increasing.



Background (2):

Increase in number of people certified as requiring long-term care

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



Background (2):

Increase in number of people certified as requiring long-term care

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



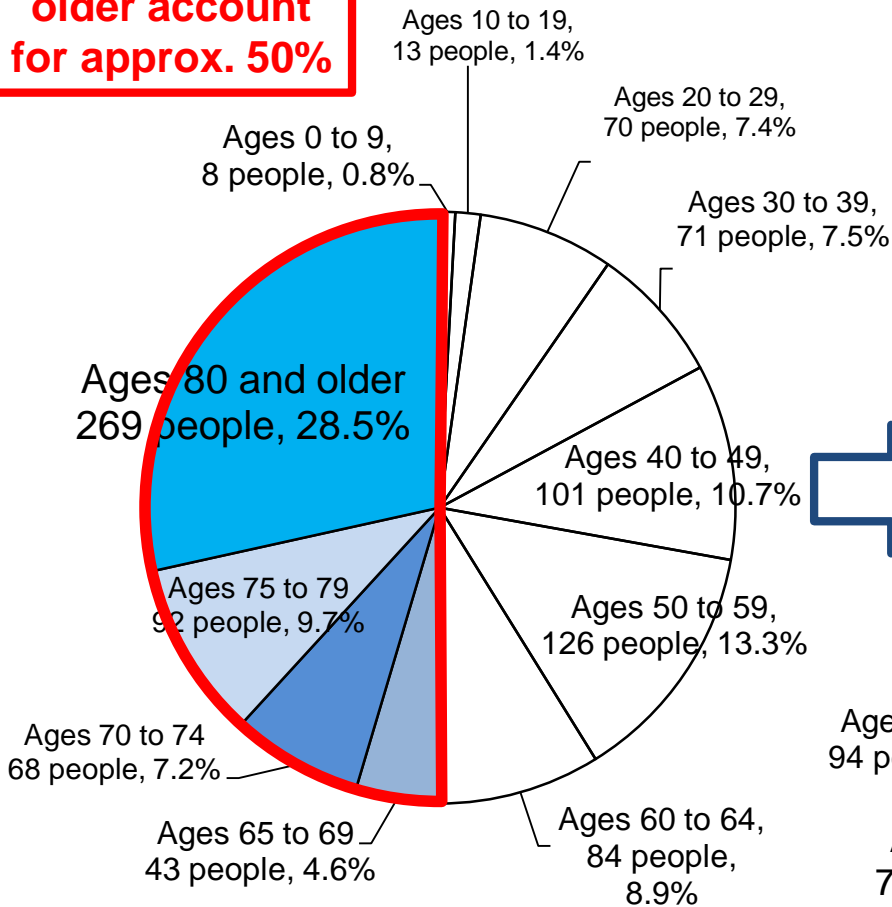
(Source: Koriyama City Long-Term Care Insurance Section, Estimate, as of October 1 of each year)

Background (3):

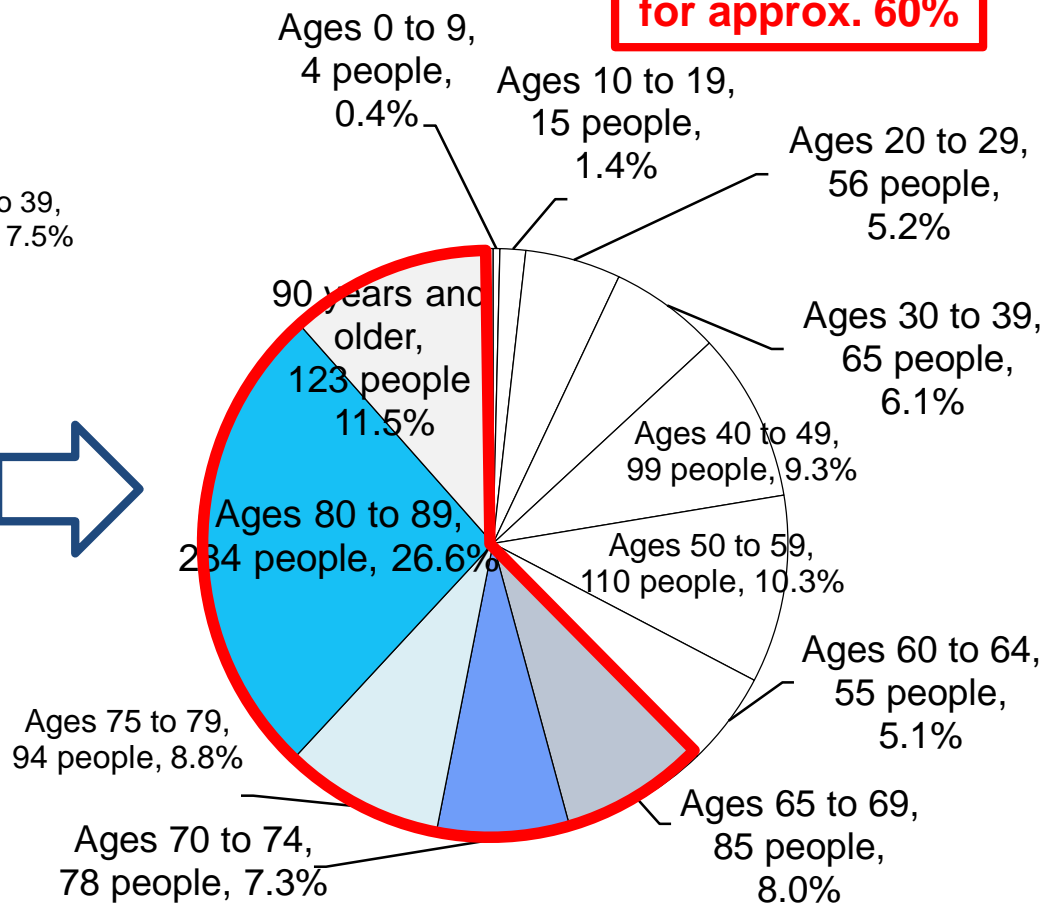
The elderly account for a high percentage of deaths from injuries and other external causes.

Number of deaths by injury or other external cause

65 y.o. and older account for approx. 50%



65 y.o. and older account for approx. 60%



FY2009 to 2013 (n=945)

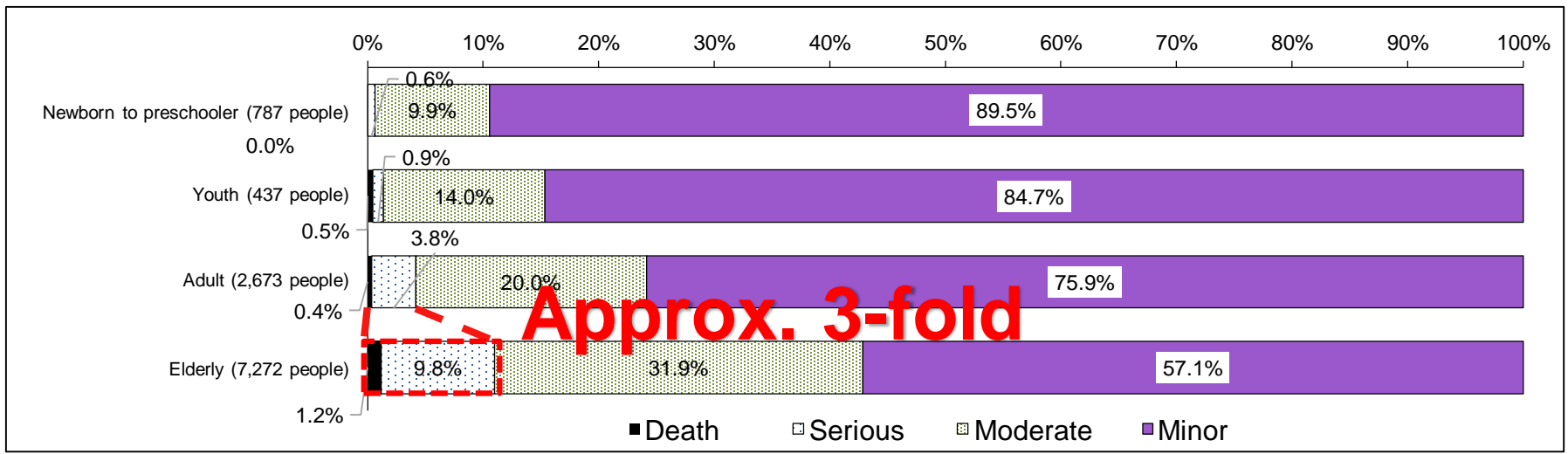
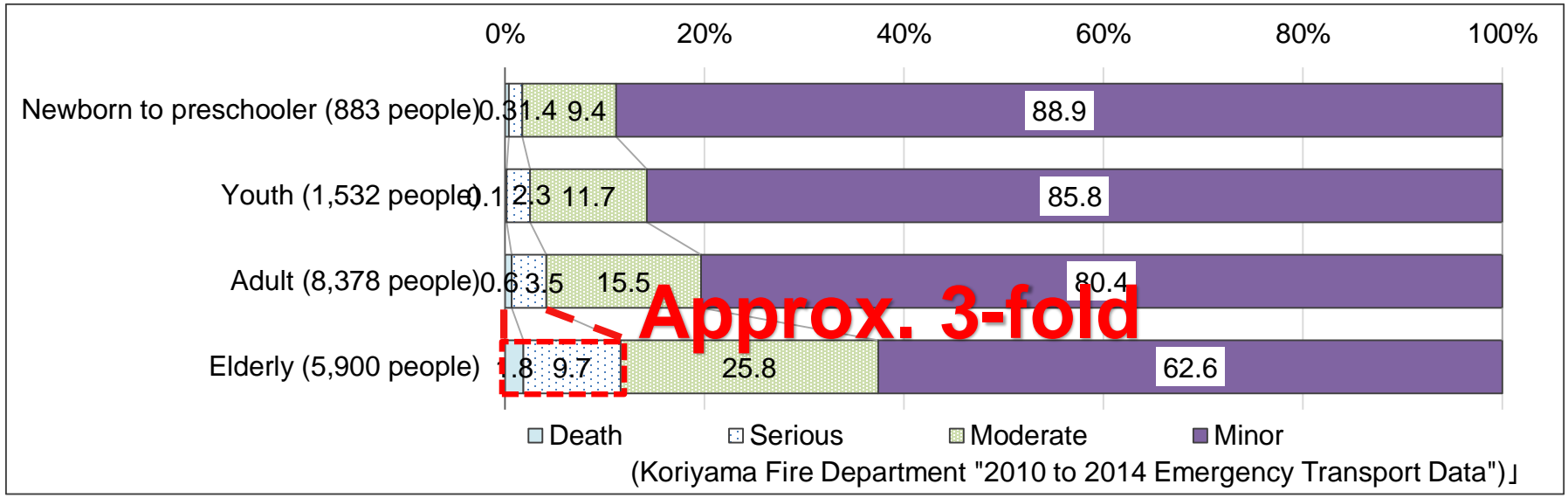
Koriyama City Health Department "Demographic Statistics (Report on Causes of Death)"

2014 to 2019 (n=1,068)

Background (4):

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

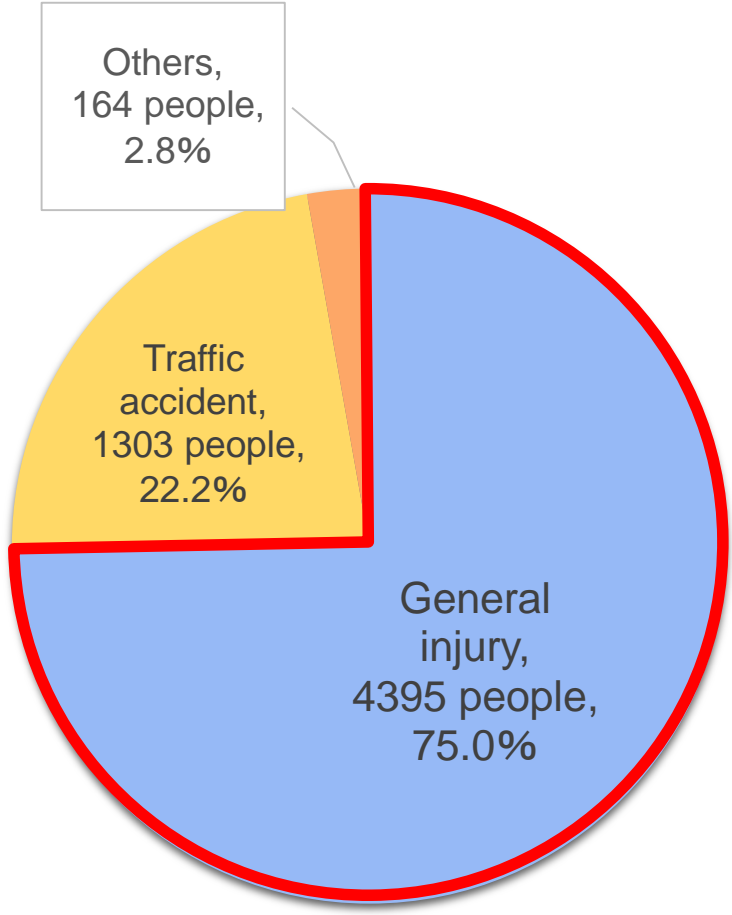
Severity of emergency transports by age



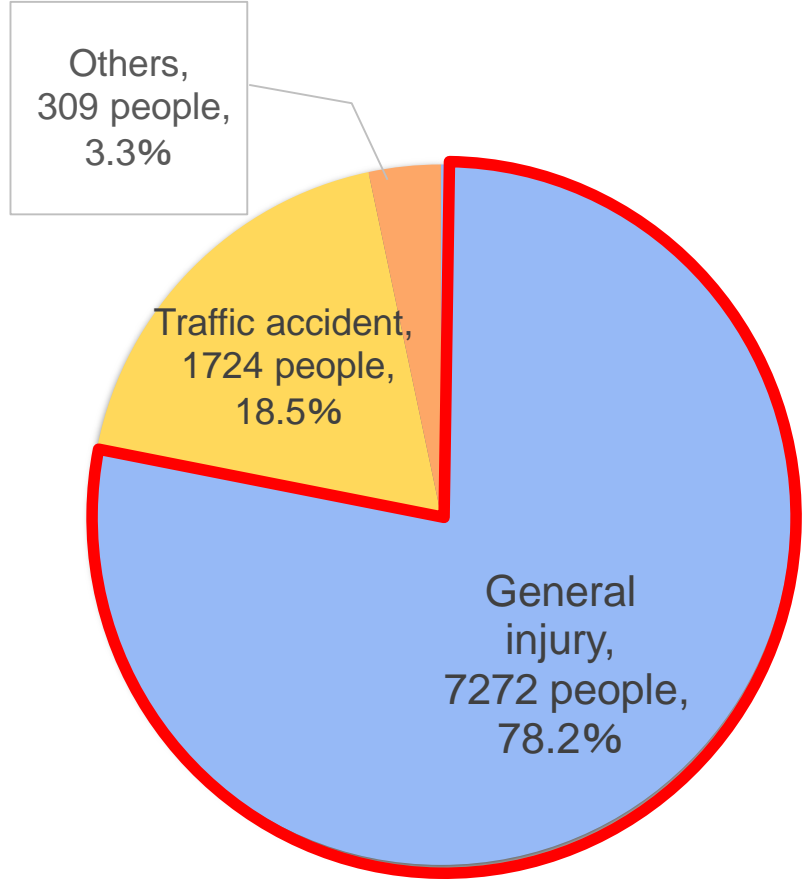
Objective data (1): General injuries are high among elderly people

Number of emergency transports of elderly people ages 65 and older for external causes by cause

Fig. 1



2010 to 2014 (n=5,862)



2014 to 2020 (n=9,305)

(Source: Koriyama Regional Fire-Fighting Union "Emergency Transport Data")

Objective data (1): General injuries are high among elderly people

Number of emergency transports of elderly people ages 65 and older for external causes by cause

	2018	2019
Total number emergency transports	13,052 people	13,425 people
Injury or accident	2,960 people	3,183 people
General injury	1,623 people	1,723 people
General injury (65 and older)	1,084 people	1,167 people
General injury (65 and older, fall)	785 people	905 people
General injury (65 and older, rate of people who fell)	72.4%	77.5%

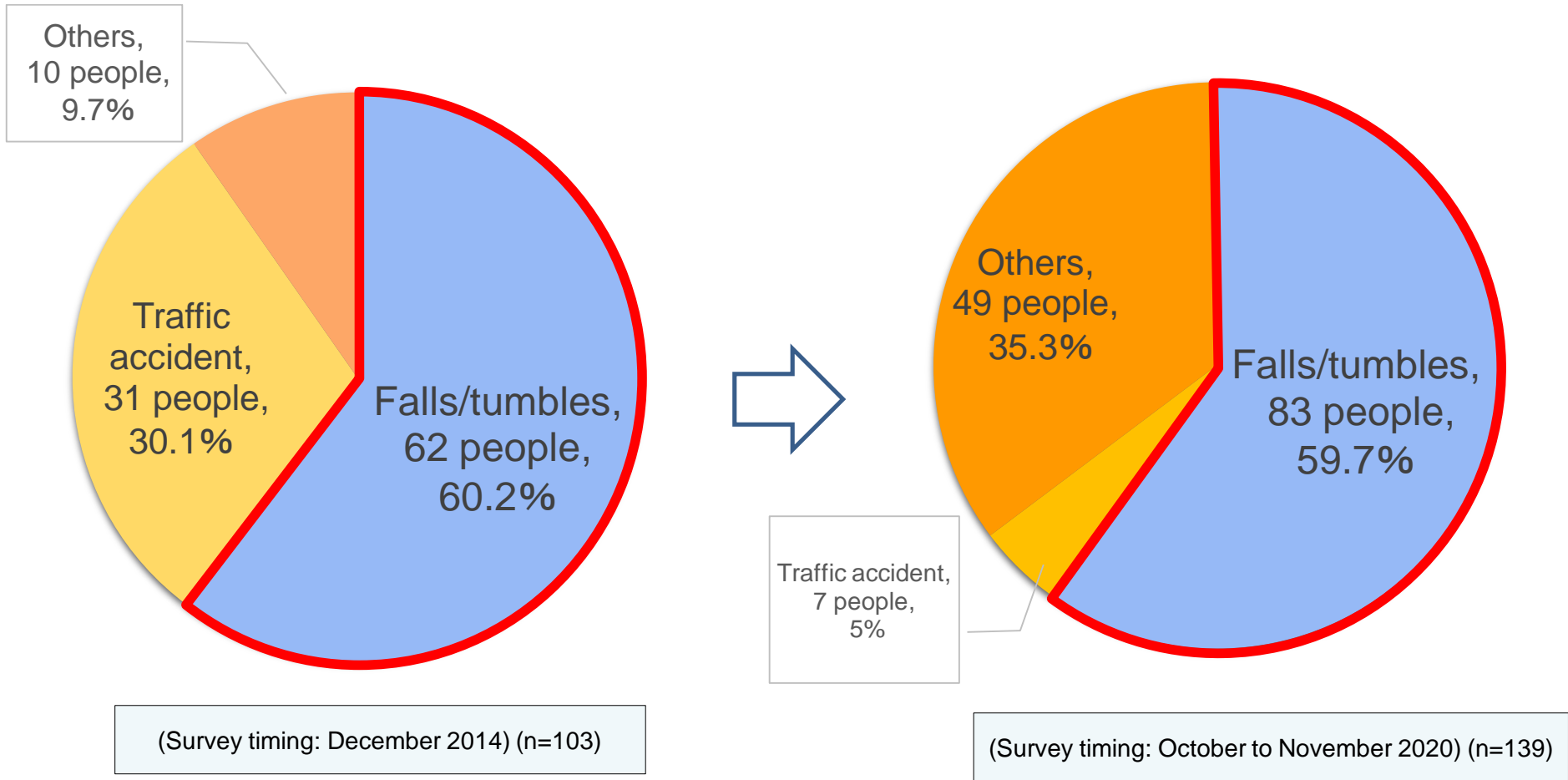
(Source: Koriyama Regional Fire-Fighting Union "Emergency Transport Data")

Objective data (2):

Fall and tumble accidents are high among elderly people

Fig. 2

Types of accidents and injuries sustained by elderly people ages 65 and older

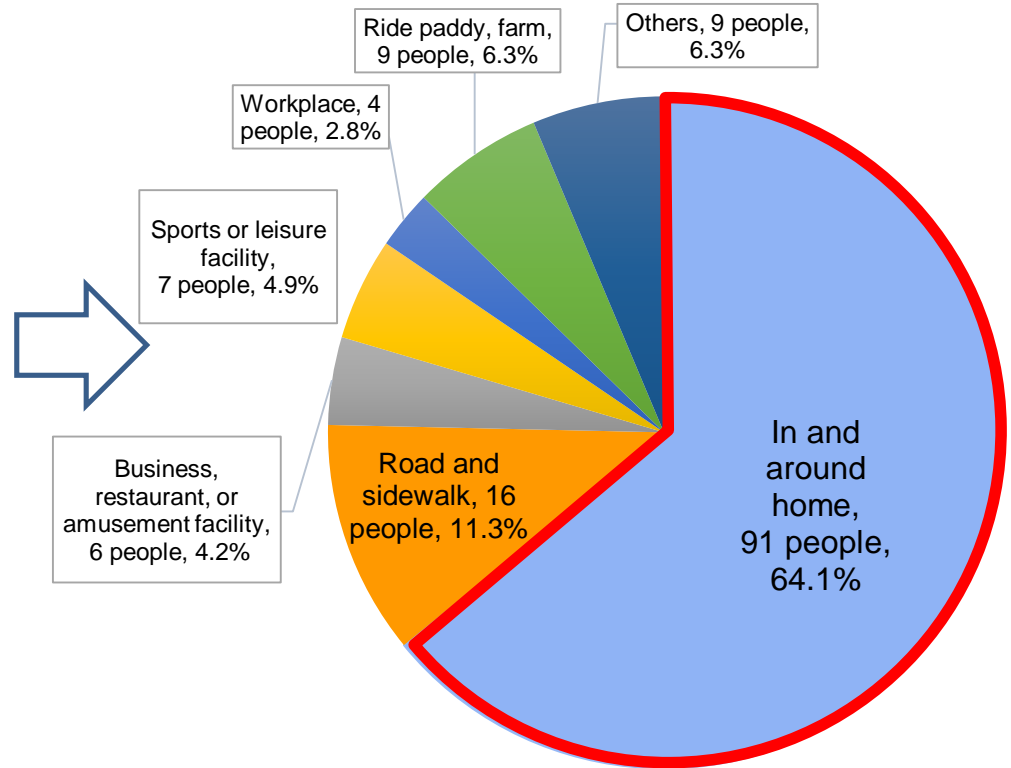
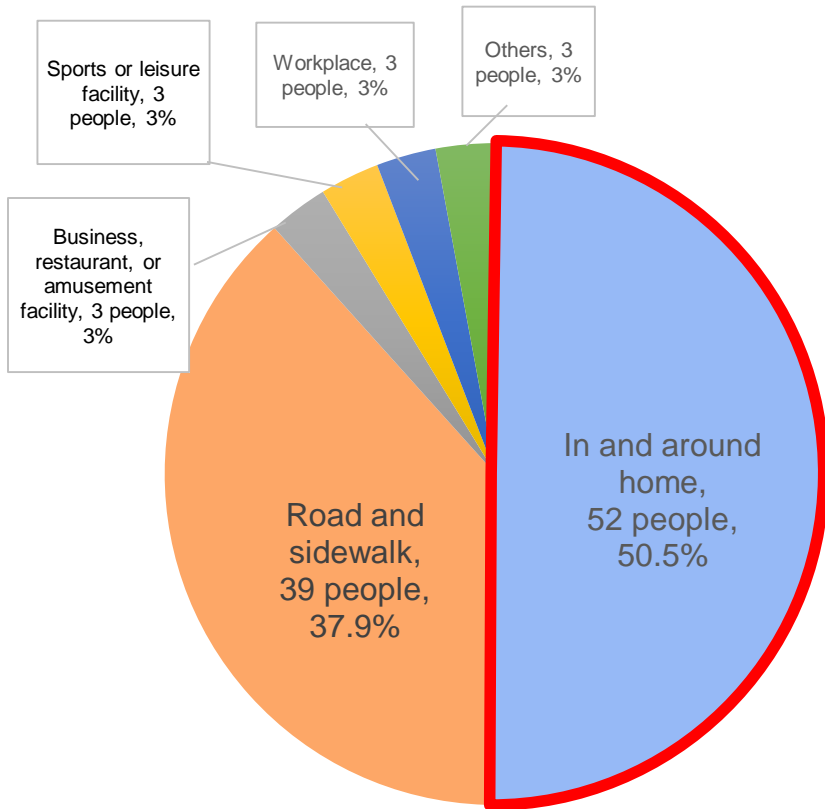


Objective data (3):

Elderly people are often involved in accidents in or around the home

Place of accident or injury involving people ages 65 and older

Fig. 3



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

(Source: Koriyama City Safe Community "Survey of Citizen Awareness (Survey timing: October to November 2020)")

Objective data (3):

Elderly people are often involved in accidents in or around the home

Fig. 4

Wash area entrance



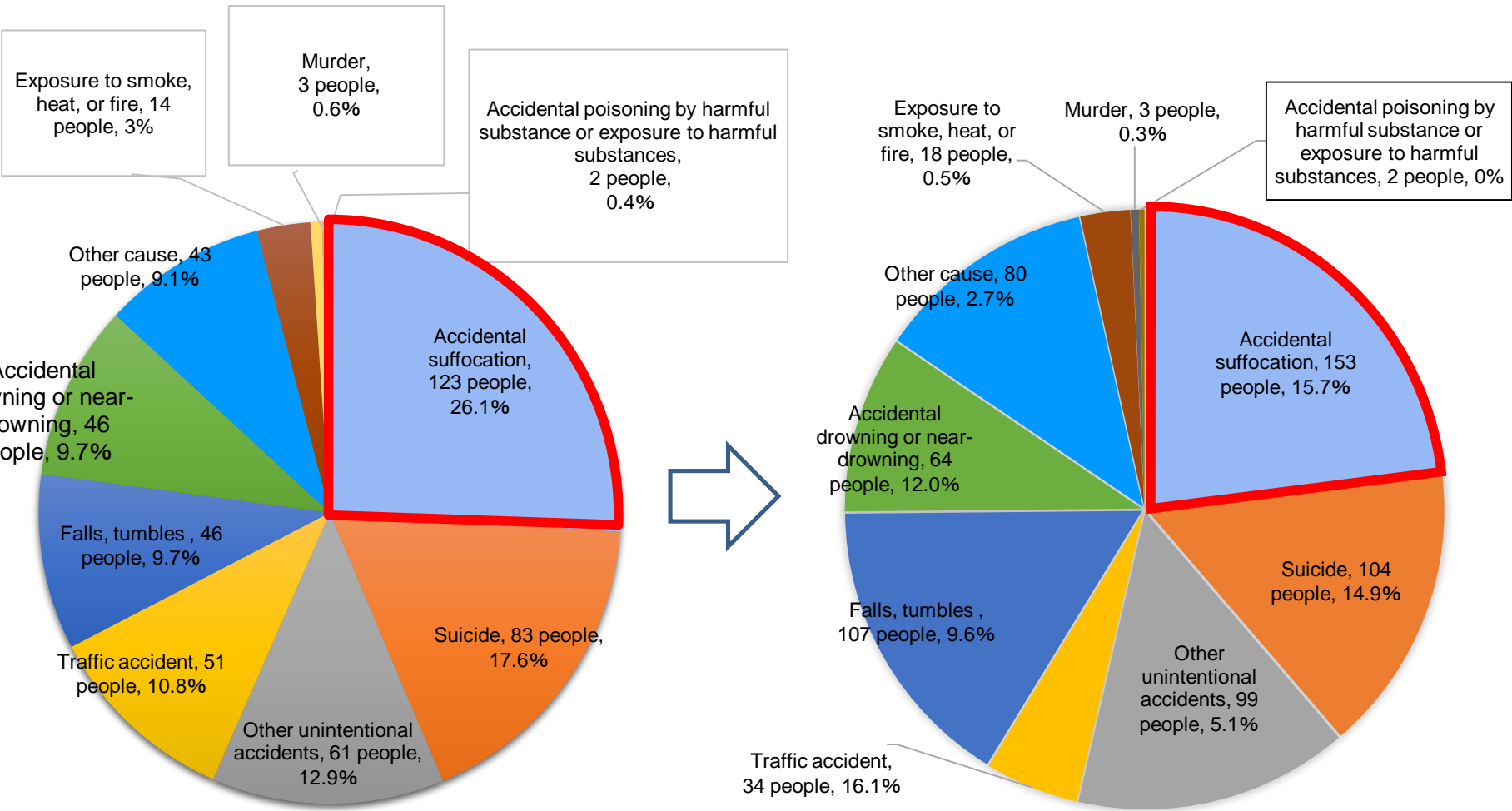
Living area entrance



Objective data (4): Many elderly people die from suffocation

Number of deaths by injury or other external cause of people ages 65 and older, by type

Fig. 5



2009 to 2013 (n=472)

(Source: Koriyama City Health Department "Demographic Statistics (Report on Causes of Death)"

2014 to 2019 (n=664)

Objective data (5): Rank of causes of death by age group by external causes (at start of initiative)

Age group	1st place		2nd place		3rd place	
0 to 9 y.o.	Suffocation	3 people	Traffic accident	2 people	Falls and tumbles	1 people
			Drowning, near-drowning	2 people	Smoke, fire	1 people
10 to 19 y.o.	Suicide	8 people	Traffic accident	3 people	Smoke, fire	1 people
					Poisoning	1 people
20 to 29 y.o.	Suicide	64 people	Traffic accident	7 people	Drowning, near-drowning	2 people
					Suffocation	2 people
30 to 39 y.o.	Suicide	62 people	Traffic accident	8 people	Smoke, fire	2 people
40 to 49 y.o.	Suicide	72 people	Traffic accident	13 people	Suffocation	5 people
50 to 59 y.o.	Suicide	95 people	Traffic accident	16 people	Drowning, near-drowning	9 people
60 to 69 y.o.	Suicide	68 people	Traffic accident	17 people	Suffocation	16 people
70 to 79 y.o.	Suicide	43 people	Suffocation	33 people	Traffic accident	29 people
80 to 89 y.o.	Suffocation	71 people	Suicide	31 people	Drowning, near-drowning	30 people
90 y.o. and older	Suffocation	37 people	Falls and tumbles	18 people	Drowning, near-drowning	6 people
Overall	Suicide	447 people	Suffocation	174 people	Traffic accident	115 people

Fig. 6

(Source: Koriyama City Health Department "Demographic Statistics 2009 to 2013 (Report on Causes of Death)")

Objective data (5): Rank of causes of death by age group by external causes (current)

Age group	1st place		2nd place		3rd place	
0 to 9 y.o	Drowning, near-drowning	2 people	Smoke, fire	1 people		
			Murder	1 people		
10 to 19 y.o	Suicide	7 people	Traffic accident	4 people	Poisoning	2 people
20 to 29 y.o	Suicide	36 people	Traffic accident	7 people	Other causes	4 people
30 to 39 y.o	Suicide	55 people	Traffic accident	4 people	Drowning, near-drowning	1 people
					Suffocation	1 people
					Smoke, fire	1 people
					Poisoning	1 people
40 to 49 y.o	Suicide	63 people	Traffic accident	13 people	Other unforeseen accident	9 people
50 to 59 y.o	Suicide	64 people	Traffic accident	14 people	Suffocation	7 people
60 to 69 y.o	Suicide	47 people	Other unforeseen accident	18 people	Suffocation	15 people
70 to 79 y.o	Suicide	42 people	Suffocation	27 people	Other unforeseen accident	24 people
80 to 89 y.o	Suffocation	76 people	Falls and tumbles	52 people	Other unforeseen accident	47 people
90 y.o and older	Suffocation	39 people	Other causes	26 people	Falls and tumbles	25 people
Overall	Suicide	349 people	Suffocation	168 people	Other unforeseen accident	115 people

(Source: Koriyama City Health Department "Demographic Statistics 2014 to 2019 (Report on Causes of Death)")

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) (At start of initiative)

Fig. 7

(Unit: people)

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

Dementia	Support Required 1	Support Required 2	Nursing Care Level 1	Nursing Care Level 2	Nursing Care Level 3	Nursing Care Level 4	Nursing Care Level 5	Total	Percentage (%)
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

59.5%

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

- Mild: Can communicate but may have trouble talking about the same thing
- Moderate: Has difficulty communicating, may have problematic behavior or behavioral disorders such as incontinence
- Serious: Problematic behavior or pronounced mental disorders that hinder daily life

Elderly population	77,316 people
Number of elderly people with dementia (per 10,000 population)	1,022 people
Percentage of people with dementia	10.2%

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

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 October 1, 2020) (latest situation)**

(Unit: people)

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

Dementia	Support Required 1	Support Required 2	Nursing Care Level 1	Nursing Care Level 2	Nursing Care Level 3	Nursing Care Level 4	Nursing Care Level 5	Total	Percentage (%)
Independent	2,450	1,857	1,587	758	488	480	153		51.6%
Mild	238	122	2,542	1,585	984	1,112	431	7,014	43.7%
Moderate	1	0	7	34	179	351	326	898	5.6%
Serious	0	0	0	0	4	156	215	375	2.3%
Total	2,689	1,979	4,136	2,377	1,655	2,099	1,125	16,060	100.0%

Source: Koriyama City Long-Term Care Insurance Section (as of October 1, 2020)

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

- Mild: Can communicate but may have trouble talking about the same thing
- Moderate: Has difficulty communicating, may have problematic behavior or behavioral disorders such as incontinence
- Serious: Problematic behavior or pronounced mental disorders that hinder daily life

Elderly population	85,305 people
Number of elderly people with dementia (per 10,000 population)	971 people
Percentage of people with dementia	9.7%

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

Objective data (7):

Consultations regarding elder abuse are made

Transition of number of consultations regarding elder abuse, etc.

Fig. 8



(Source: Koriyama City Long-Term Care Insurance Section "Situation of Comprehensive Support by Center" (FY2010 to FY2015, FY2014 to 2020))

Organization of Challenges

Challenge 1: There are many falls by elderly people.

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

Fig. 1

Fig. 2

Fig. 3

Challenge 2: There are many suffocation accidents among elderly people.

- Accidental suffocation accounts for the largest percentage of deaths by type among elderly people.

Fig. 4

Fig. 5

Fig. 6

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. 7

Challenge 4: There are cases of elder abuse.

- Consultations regarding elder abuse are received.

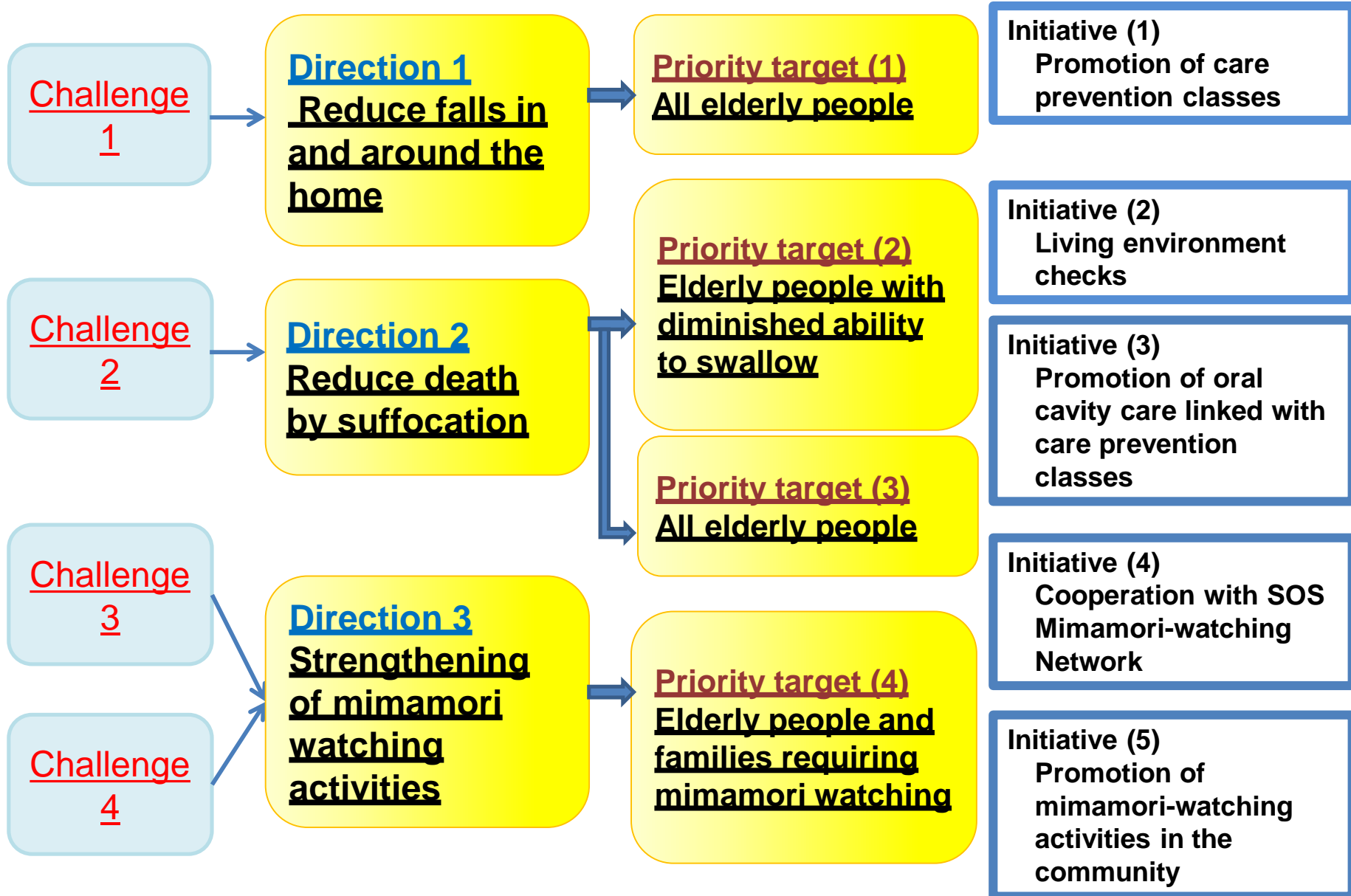
Fig. 8

List of main existing programs

Priority challenge	Nation/Prefecture	City	Community
There are many falls by elderly people.	Long-term care insurance policy	Subsidies for housing renovations	Radio calisthenics Energetic Centenarian Exercises
There are many suffocation accidents among elderly people.	Long-term care insurance policy	Lectures	Oral cavity exercises
An increase in elderly people with dementia is anticipated.	Long-term care insurance policy	Elderly People with Dementia SOS Mimamori-watching Network	Iki-iki Salon, tea parties
There are cases of elder abuse.	Long-term care insurance policy Seminars	Consultations	Visits by welfare officers, etc.

Education
 Environment
 Regulations

Summary of challenges, directions, priority targets, and programs



Programs

Priority challenge	Initiative	Outline of activity
<ul style="list-style-type: none"> ◆ There are many falls by elderly people. ◆ There are many suffocation accidents among elderly people. 	(1) Promotion of care prevention classes	<ul style="list-style-type: none"> • Promotion of care-prevention classes such as Energetic Centenarian Exercises and increasing sessions. • Promote at meetings and community gatherings attended by Task Force members
	(2) Living environment checks	<ul style="list-style-type: none"> • Creation and distribution of leaflets
	(3) Promotion of oral cavity care at long-term care prevention classes	<ul style="list-style-type: none"> • Oral care activities such as “Centenarian Exercises for Chewing” at Energetic Centenarian Exercise sessions, etc.
<ul style="list-style-type: none"> ◆ An increase in elderly people with dementia is anticipated. ◆ There are cases of elder abuse. 	(4) Cooperation with SOS Mimamori-watching Network	<ul style="list-style-type: none"> • Cooperate with projects to watch over people with dementia utilizing LINE with cooperating organizations and the general public.
	(5) Promotion of mimamori activities in community	<ul style="list-style-type: none"> • Mimamori-activities by dementia supporters and neighborhood associations, etc. • Support counseling services provided by the Senior Citizen Anshin Center • Meeting places • Iki-iki Salon, etc.

Initiative (1): Promotion of care prevention classes

○ Energetic Centenarian Exercises

- Dispatch specialists
- (give explanations, check mental and physical state, etc.)
- Exercising while following a DVD
- Tea party



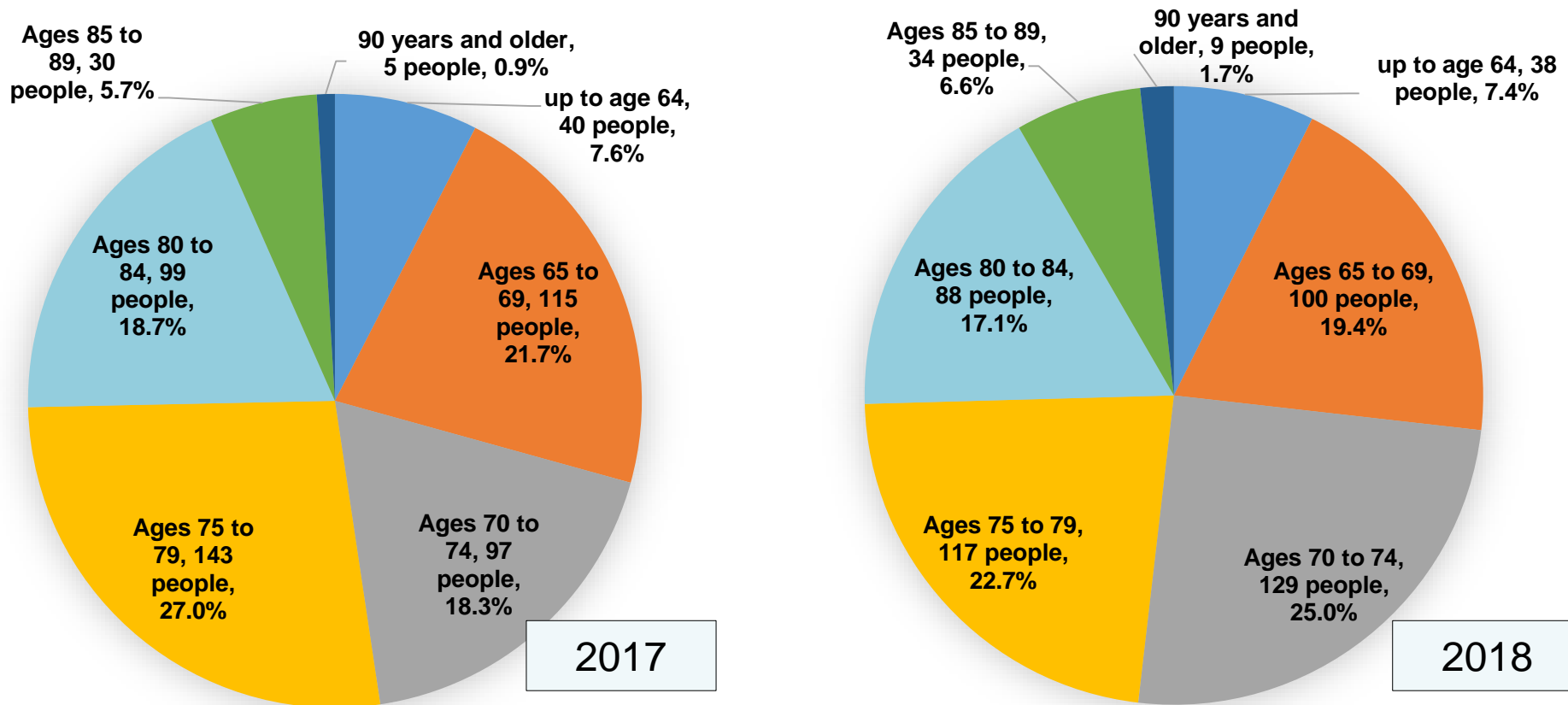
○ Participation results

	2017	2018	2019	2020
Number of venues holding exercises	70 places	94 places	115 places	121 places
Number of participants	1,396 people	2,014 people	2,501 people	2,465 people

Initiative (1): Promotion of care prevention classes

○ Energetic Centenarian Exercises

○ Participating age group (participants at meeting places)

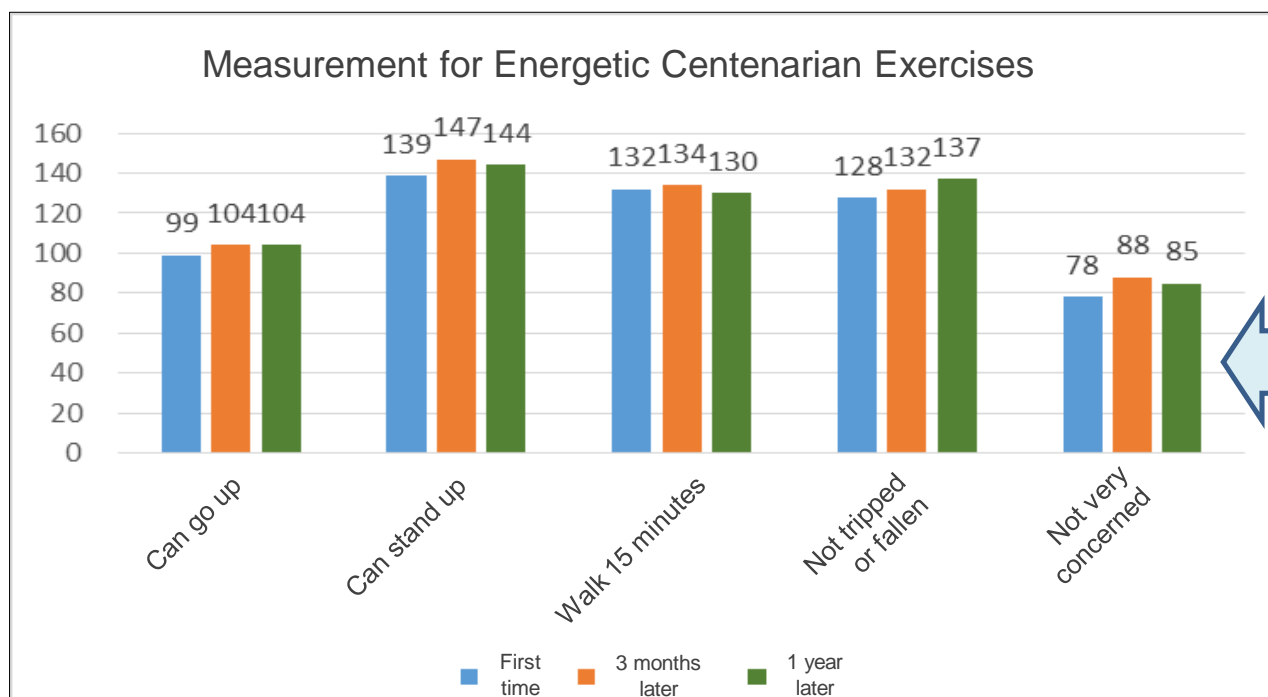


- Participation by early elderly (younger than age 75) is on the increase. Awareness of long-term care prevention is increasing.

Performance, Current State (short-term, mid-term challenges)

<Evaluation and measurement at Energetic Centenarian Exercise sessions> (2018)

Question item	Number of persons responding "Yes"		
	First time	3 months later	1 year later
Can go up the stairs without holding onto handrail or wall	99	104	104
Can stand up straight from a seated position without holding onto anything	139	147	144
Regularly walk 15 minutes continuously	132	134	130
Have not tripped or fallen in the past year	128	132	137
Have no concerns about falling	78	88	85



Number of respondents:
156 people

Some people feel that their condition is maintained or improving.

Performance, Current State (short-term, mid-term challenges)

<Evaluation and measurement at Energetic Centenarian Exercise sessions>

- There are participants who feel that their "condition is improving or maintained."
- Regarding "Concerns about falling"
 - (1) Changes from "Concerned → Not very concerned": 18 respondents
→ People feel that their bodies move better
 - (2) Changes from "Not very concerned → Concerned": 19 respondents
→ People are more aware of a decline in their body's abilities

In either case, we can speculate that there was a change in awareness.

⇒ Effect of projects

Initiative (2): Living environment checks

○ Creation and distribution of leaflets

Illustrations showing examples of falling in the living environment

Measures against suffocation

Information on other mimamori-watching activities



◎A leaflet promoting safety for the elderly, especially in the living environment, was created.

Performance, Current State (short-term, mid-term challenges)

○ Number of copies distributed

Activity indicator	2016	2017	2018	2019	2020
Number of living environment check leaflets distributed	-	5,000 copies	-	3,000 copies	1,000 copies

○ Places of distribution

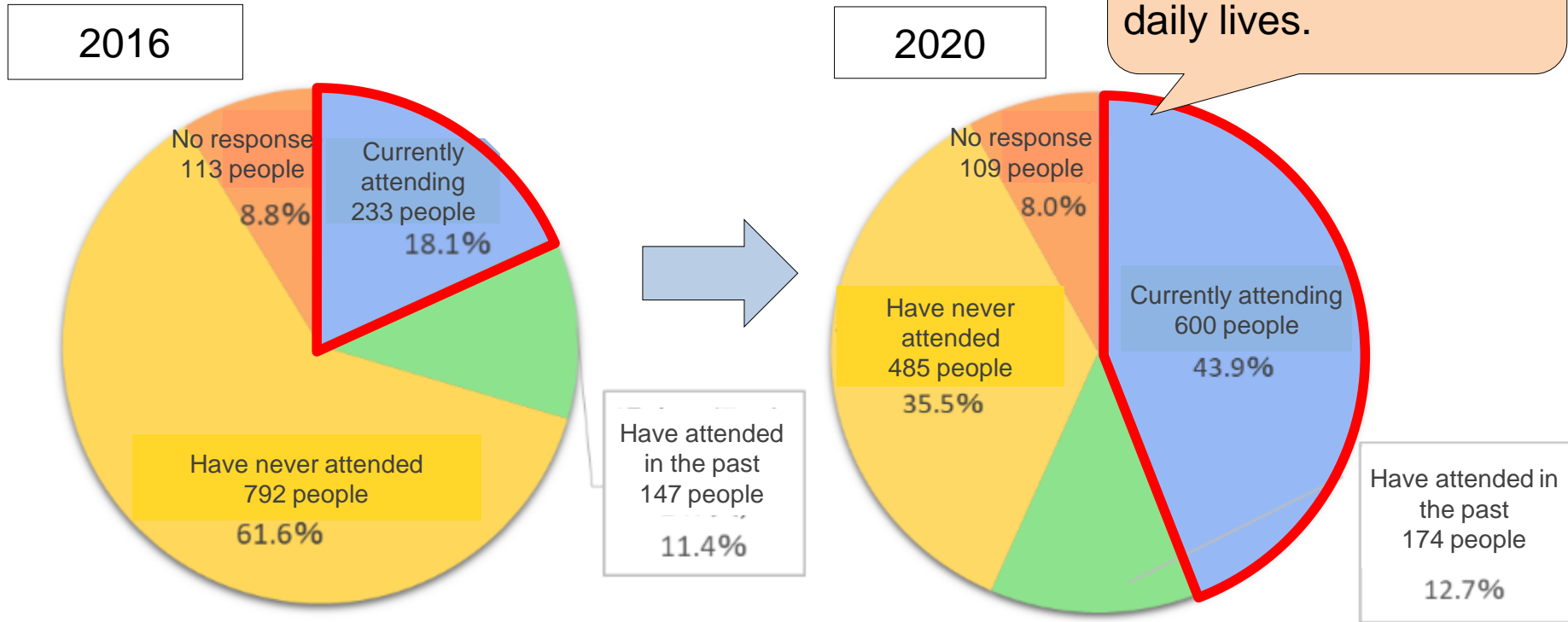
- Social Welfare Service Agencies
- Community Comprehensive Support Centers
- In-Home Caregiving Businesses
- Various events and meetings, etc.



Scene from 2019 Family Festival

Performance, Current State (short-term, mid-term challenges)

- Situation of safety activities for the elderly
(fall prevention exercises, cleaning and organizing of homes, etc.)



Source: "Safe Community Survey of Citizen Awareness"
from each fiscal year

Performance, Current State (short-term, mid-term challenges)

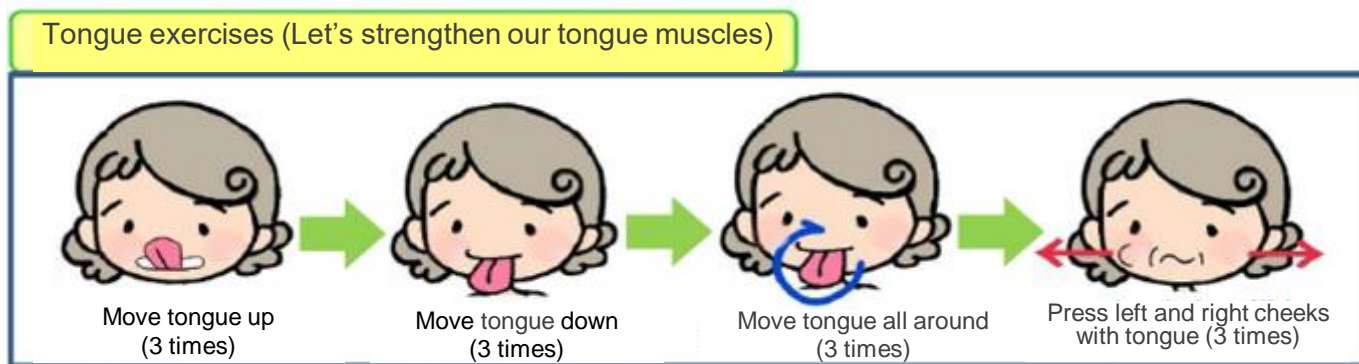
<Confirmation of results of leaflet distribution>

- According to the awareness survey, more elders are taking steps to be safe in their daily lives.
- Regarding falls in the home, we have been unable to confirm the relationship with the current housing conditions in Japan.

Program (3): Promotion of oral cavity care at care-prevention classes

○ Centenarian Exercises for Chewing

- Brief explanation by dental hygenest, etc.
- Oral exercises following a DVD, etc.
- Oral cavity care, etc.



○ Participation results

	2017	2018	2019	2020
Number of venues holding exercises	24 places	64 places	91 places	103 places
Number of participants	385 people	1,447 people	2,123 people	2,193 people

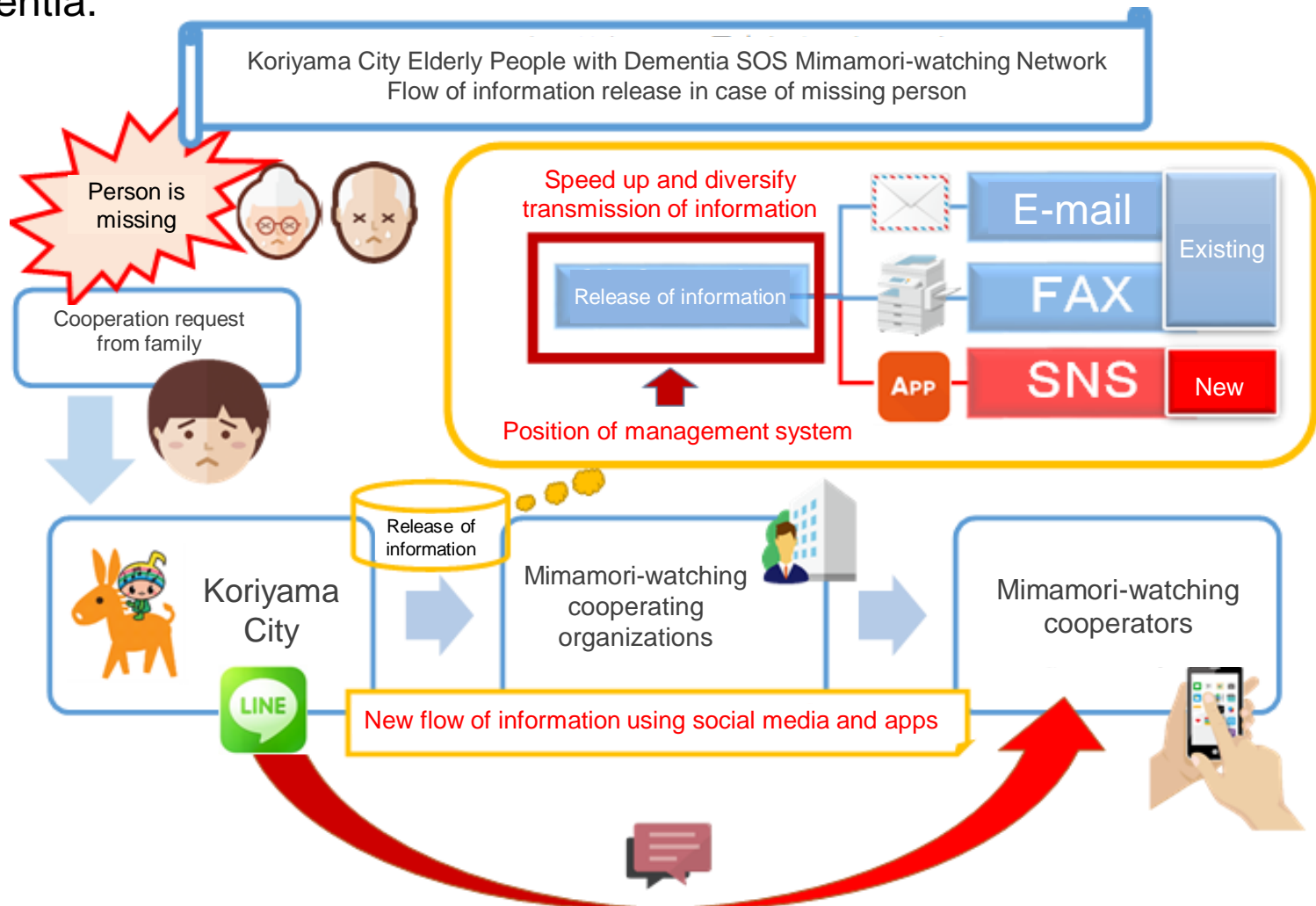
Performance, Current State (short-term, mid-term challenges)

<Performance and challenges regarding oral cavity care and suffocation>

- In the Centenarian Exercises for Chewing, surveys on physical issues were conducted, but there has been no awareness survey.
- Precautions on eating traditional Japanese foods such as rice cakes and konjac (sticky or gummy foods that easily get stuck in the throat) should be issued.

Program (4): Cooperation with SOS Mimamori-watching Network

- SOS Mimamori-watching Network is a system for watching over people with dementia.



Performance and current situation

○ Current situation of SOS Mimamori-watching network

	2016	2017	2018	2019	2020
Number of member groups	—	90 groups	107 groups	111 groups	114 groups
Number of registered members	—	256 people	313 people	350 people	405 people
Recognition	18.4%	—	22.4%	—	21.0%

Increase participating groups
→ It will be easier to find
and protect missing persons

Increase recognition
→ More citizens can help
watch over people with
dementia

Program (5): Promoting mimamori-watching activities in the community

○ Dementia supporter training seminars

Expand dementia supporter training

- Retail shop employee
- Financial institution employee
- Public transportation agency employee
- Community hall and library staff
- Consumer affairs counselor, etc.
- Prison guard
- Police officer
- Children, students

Dementia supporter training for children and students

- Education is promoted to deepen understanding of the elderly, including people with dementia, and exchange activities with the elderly at elementary, junior high, and high schools.
- Promotion of art made by elementary, junior high, and high school dementia supporters



Program (5): Promoting mimamori-watching activities in the community

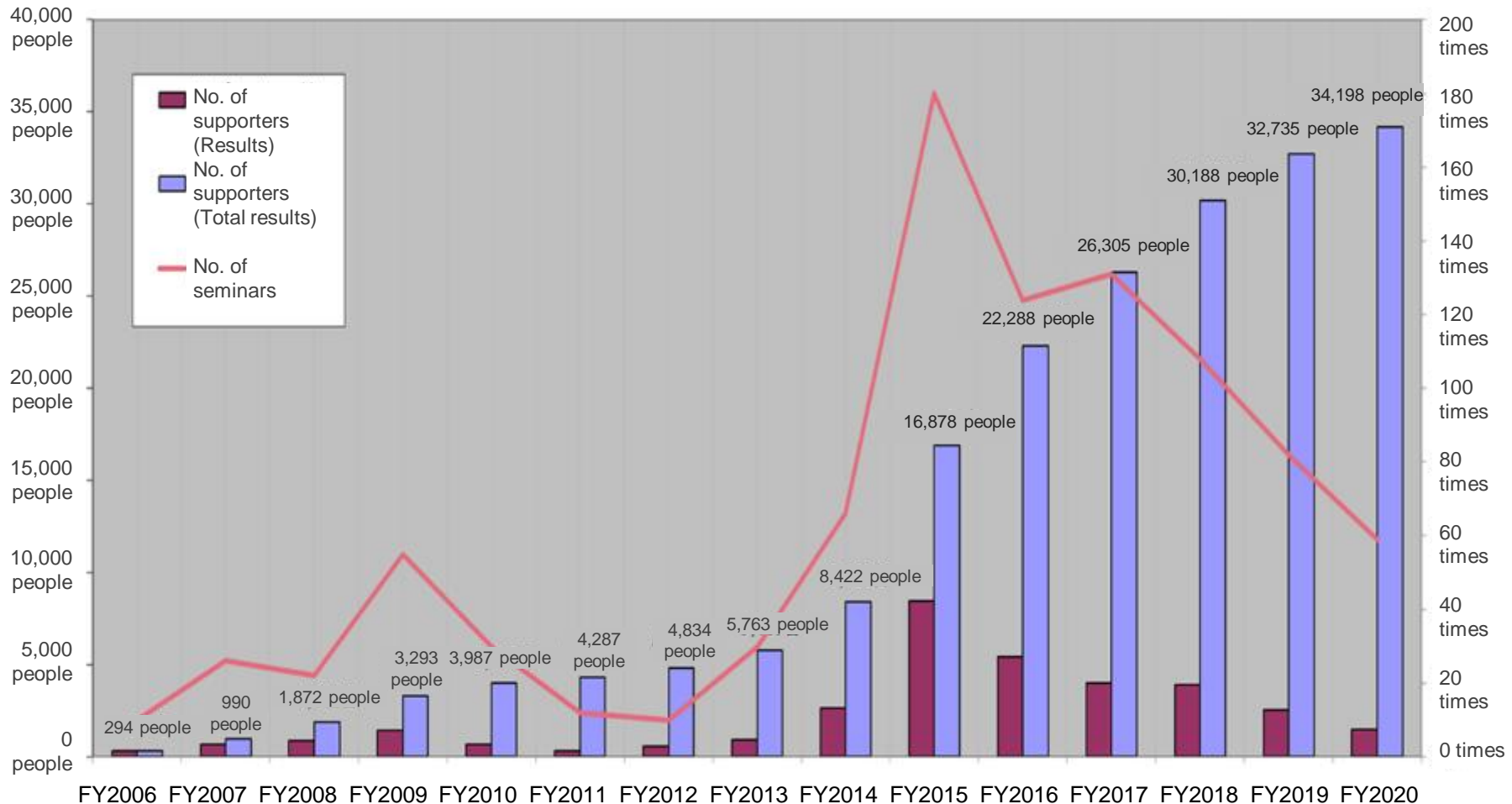
- Inform community groups and citizens about the current situation of dementia and abuse
 - Previously mentioned leaflet, collaboration with community residents, seminars, etc.



Photo from a training session for community residents to talk to elderly people with dementia

Performance, Current State (short-term, mid-term challenges)

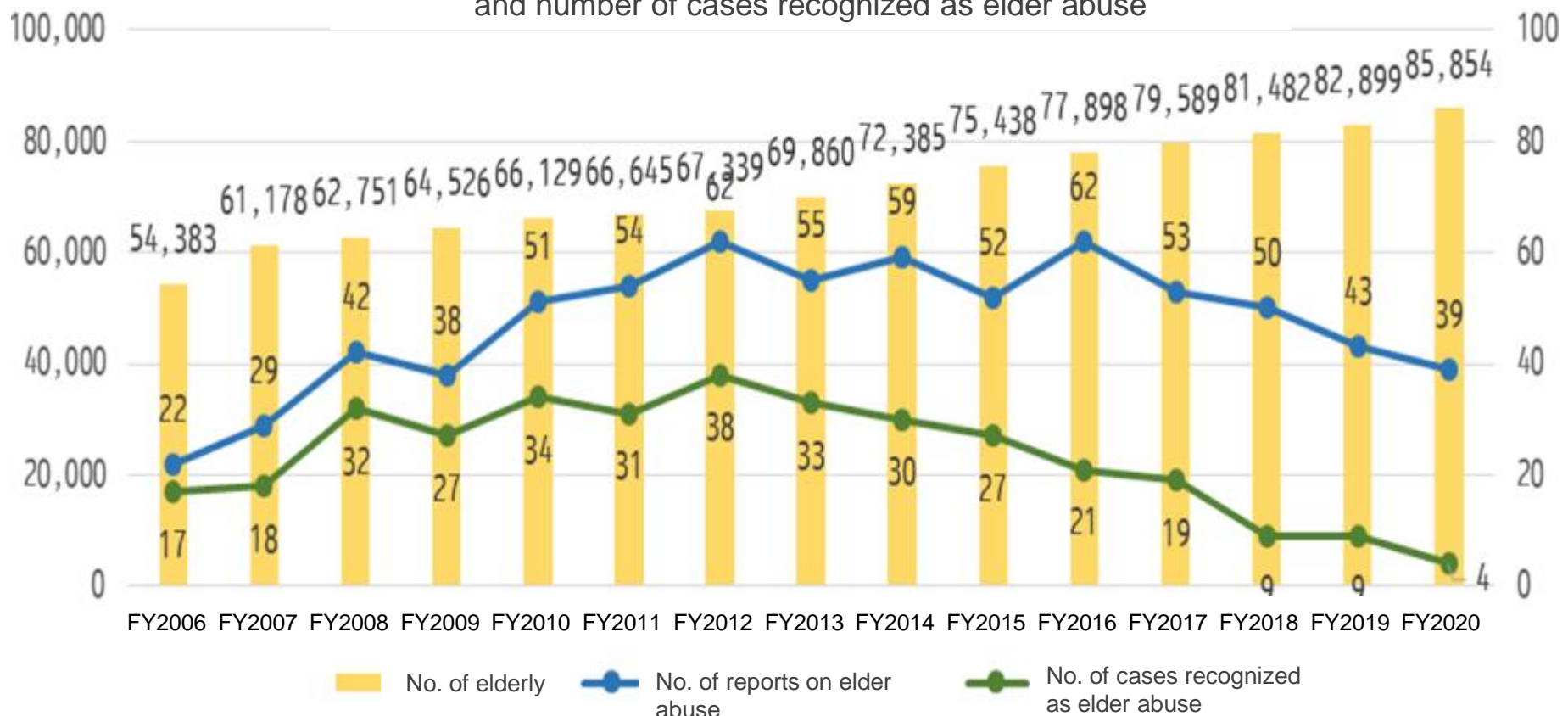
○ Increase supporters through dementia supporter training seminars



Performance, Current State (short-term, mid-term challenges)

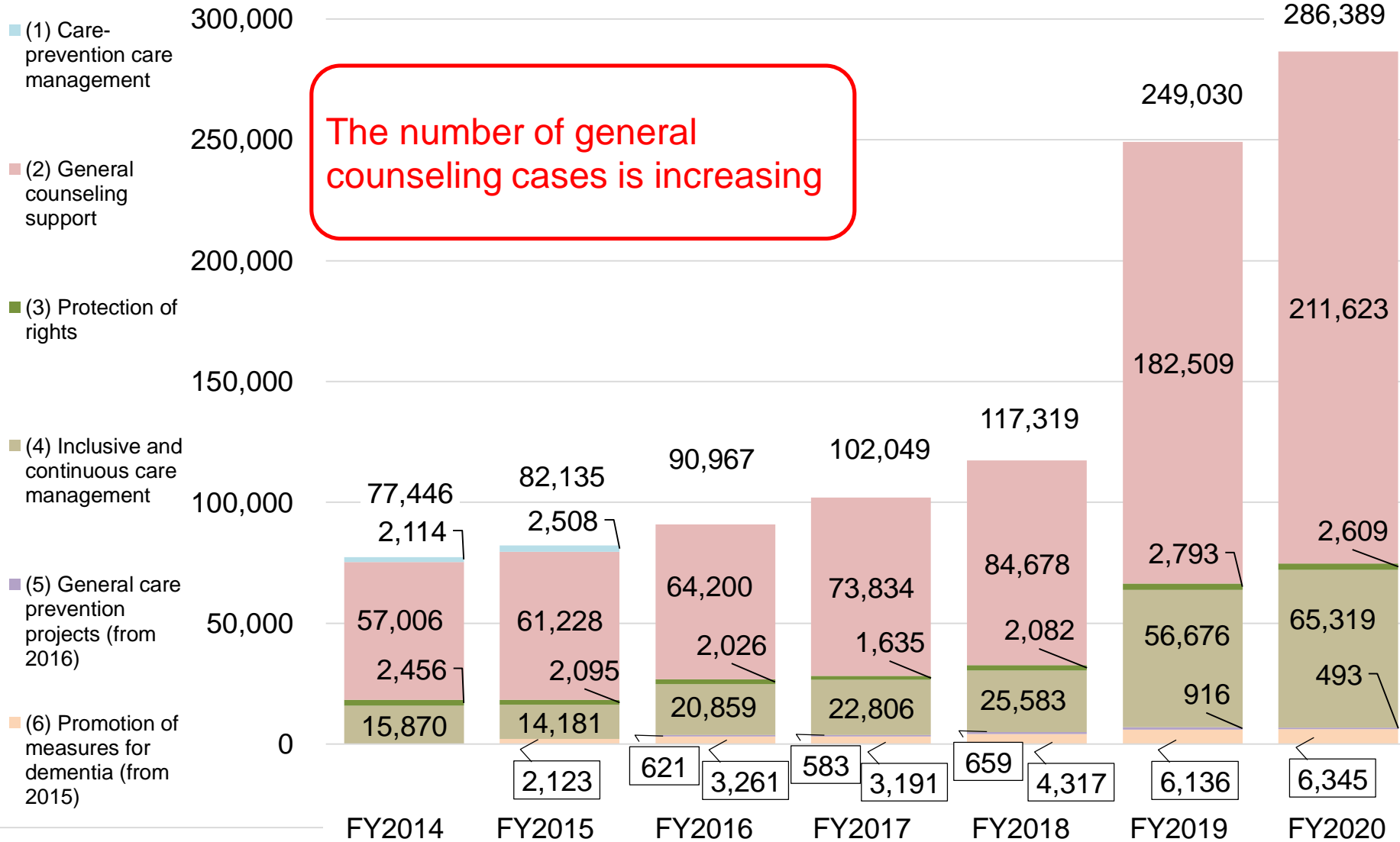
○ Reduce reports on abuse, etc.

Transition of number of elderly, number of reports on elder abuse, and number of cases recognized as elder abuse



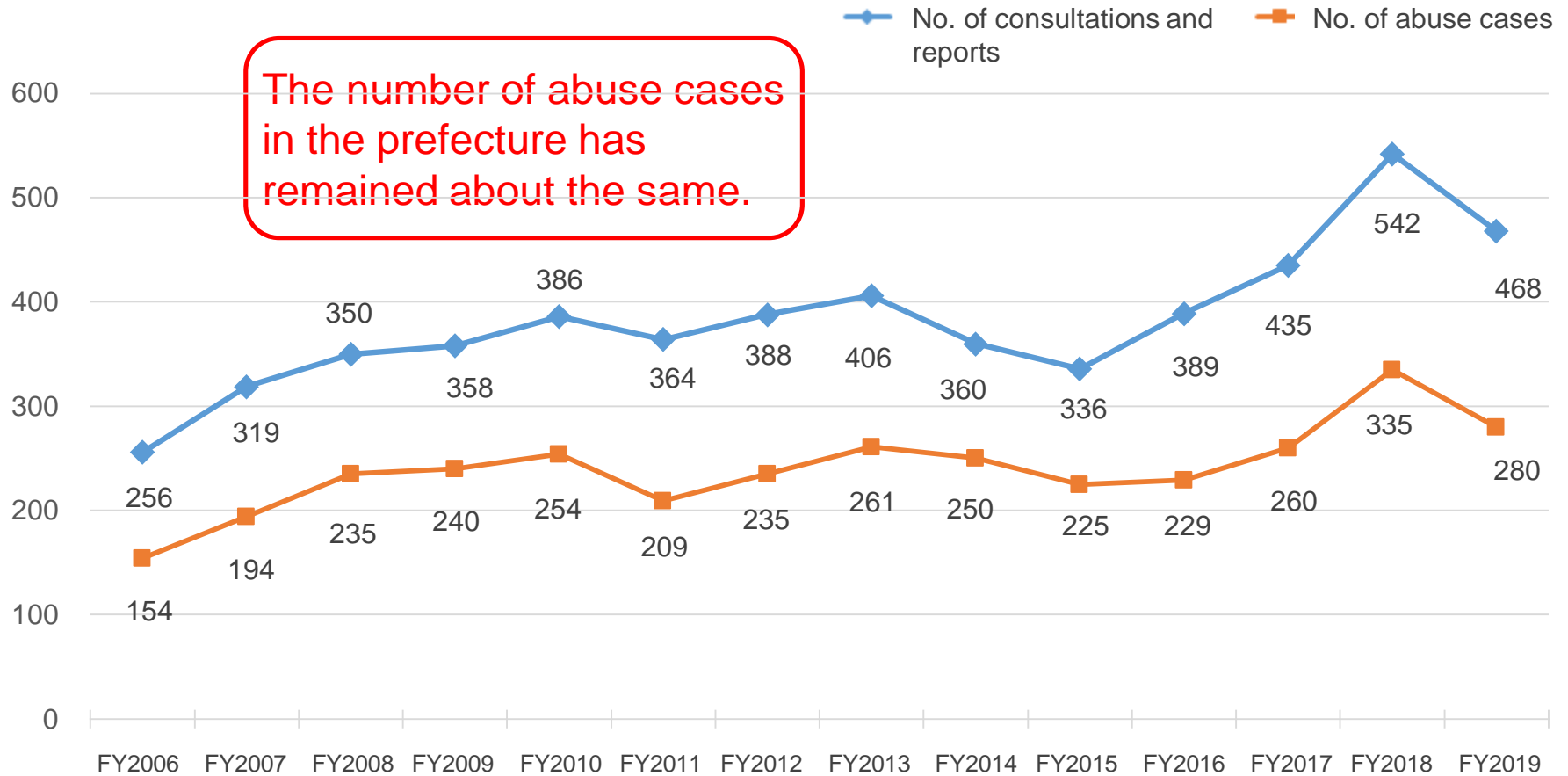
Performance, Current State (short-term, mid-term challenges)

Breakdown of comprehensive support services by the Senior Citizen Anshin Center
(counseling services on daily life and dementia, etc., well-being checks, etc.)



Performance, Current State (short-term, mid-term challenges)

Situation of elder abuse in Fukushima Prefecture (elder abuse by caregiver)



Performance, Current State (short-term, mid-term challenges)

<Mimamori-watching in the community>

- The number of dementia supporters has increased, creating a solid system for watching over people with dementia.

- The number of consultations regarding abuse and the number of cases recognized as abuse are both decreasing.
 - * This is not simply because abuse is decreasing, but because the various counseling and activities provided by comprehensive support groups, such as the Senior Citizen Anshin Center, are helping to prevent abuse.

General overview

<Current situation of long-term challenges>

	Activity indicator	2016	2017	2018	2019	2020
	Elderly population	79,219 people	81,248 people	82,699 people	83,923 people	85,305 people
Falls by elderly people.	Number of emergency transports for general injuries	1,018 people	1,105 people	1,141 people	1,220 people	1,120 people
	Ratio to number of elderly	1.29%	1.36%	1.38%	1.45%	1.31%
Suffocation by elderly	Number of deaths from suffocation	15 people	29 people	32 people	25 people	-
	Ratio to number of elderly	0.02%	0.04%	0.04%	0.03%	
Dementia, abuse	Number of elderly found by SOS Mimamori-watching Network after missing person report was issued	11 out of 11 people	19 out of 17 people	17 out of 16 people	12 out of 11 people	11 out of 10 people

- Many projects are improving in the short- and medium-term, but long-term issues, which are the final goal, remain almost unchanged.

Policy for future activities

- Safety measures focusing on "Japanese culture and customs"
- Find ways to achieve goals through public awareness activities and awareness surveys
- Respond to the changing situation caused by Covid-19
- Activities to encourage community participation, include increasing the number of households participating in neighborhood associations and creating opportunities for the elderly to participate in community activities and work.

Future activities

- The government and community residents cooperate in providing care that collaborates in multi-sectors.



Creation of Community Support Mimamori-Watching Map

(Creation of map to understand the location of people who need to be watched and the position of people who will help watch)

Sharing community information
(Information on people needing mimamori-watching in the respective communities and things to beware of, etc.)



Thank you for listening.

