

Dear Seniors, Let's Shine in a Community!
Building a community for all generations to fulfill their lives

Panel discussion

Issues surrounding a supportive service system and its current state in Japan (Brief history & challenges)

夢・ふれあい社会

January 30, 2017

Keiko Shimizu
President, Sawayaka Welfare Foundation



Supportive services: Brief history

(1) From low-income people to all the elderly

■ 1963: Enactment of the Act on Social Welfare for the Elderly

All the elderly people started to be covered by the system.

■ 1983: Enforcement of the Health Care for the Elderly Law

Self-control of long-term hospitalization, bringing older people back to communities.

Increasing the number of home-helpers.

■ 1989: Formulation of “Gold Plan: Ten-Year Strategy to Promote Health Care and Welfare for the Elderly”

Focusing on living at home, enhancing home-based care.

Supportive services: Brief history

(2) From Sochi (welfare) to choice, from professionals to local residents

- **2000: Enforcement of the Long-Term Care (LTC) Insurance Act**
From Sochi (welfare) to individual choices. Regarding supportive services, they were included in the system in the end.
- **2006: Establishment of “Community Support Project”**
Aiming to live in a familiar community as long as possible.
- **2012: Establishment of “Care Prevention and Daily Support Comprehensive Project”**
Shifting the direction to use diverse human and social resources.
- **2015: Launch of “New Care Prevention and Daily Support Comprehensive Project”**
Transferring home-help and day care services for the mildly frail elderly (Support Levels 1 & 2) to municipalities
Launching new community support projects

Supportive services: Future challenges

Who will provide supportive services for older people?

- What happened in 2015 & 2016

How to curb the increase in social security costs

**Integration of care prevention, social participation
& supportive services**

Proposal: “As a general rule, people with mild disabilities should pay for their supportive services.” Issues on people with mild disabilities have emerged; some proposing that supportive services for people with mild disabilities (Care Levels 1 & 2) should be excluded from the LTC insurance.

The national government has decided to leave these services in the system for now. But it states that it “will take necessary measures” by the end of FY 2019.

Community support project: An overview

LTC insurance

<After the revision>

Care benefits (Care Levels 1-5)

Preventive benefits (Support Levels 1 & 2)

New care prevention and daily support comprehensive project
(Support Levels 1 & 2, others)

○ **Care prevention, supportive services**

- Services at home
- Services at centers
- Supportive services (meals-on-wheels, etc.)
- Care prevention support (care management)

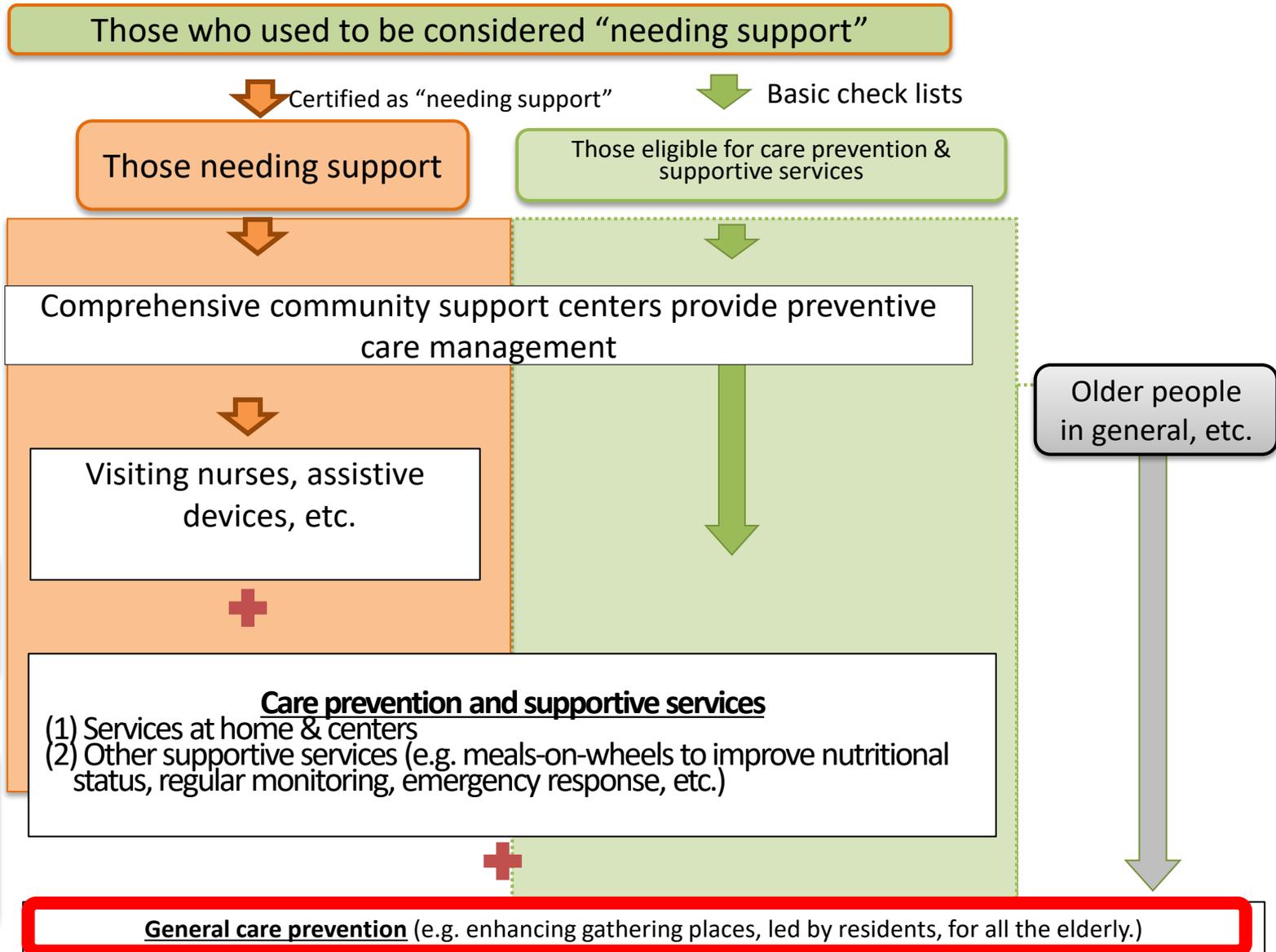
○ **General care prevention**

Comprehensive support project

- Comprehensive community support centers
(**Enhancing community care conference**)
- Promotion of collaboration between home-based medical care & LTC
- Promotion of programs on dementia
- **Development of a supportive service system**
(Assigning coordinators, setting up councils, etc.)

Community support project

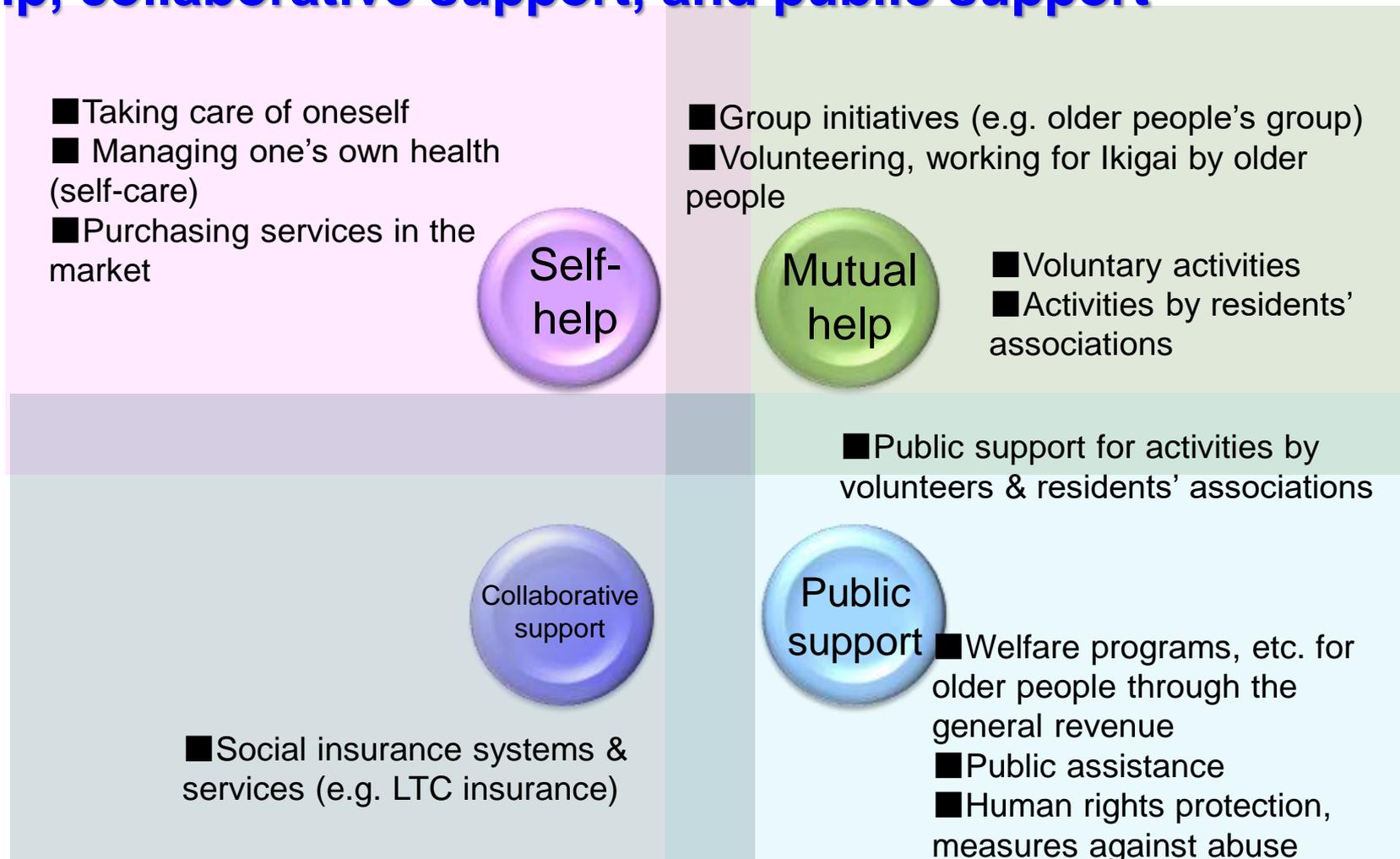
[FYI] Comprehensive project: An overview



Service typology

Standard	Equivalent to the current home-help	A variety of services			
Service type	(1) Home-help	(2) Home-based svc A (Under loose criteria)	(3) Home-based svc B (mainly by residents)	(4) Home-based svc C (short-term intensive)	(5) Home-based svc D (mobility assist.)
Service content	Personal care & supportive services by home-helpers	Supportive services, etc.	Supportive services as voluntary activities led by residents	Consultation & guidance at home by public nurses	Supportive svc before/after transportation
Providers (e.g.)	Home-helpers (home care organizations)	Mainly by employed workers	Mainly by volunteers	Health professionals (municipalities)	

Comprehensive community care system: Self-help, mutual help, collaborative support, and public support



Source: Report by Comprehensive Community Care Study Group (March, 2013)

Enhancing supportive/care prevention services and older people's social participation

Local residents' participation

Supportive & care prevention services

Older people's social participation

- Various services according to needs
- Services provided by various actors, such as residents, NPOs and private companies
 - Gathering places
 - Monitoring, safety confirmation
 - Mobility assistance (going out)
 - Housework assistance (e.g. shopping, cooking, cleaning, etc.)
 - Support for caregivers, etc.

Participating in a society as providers of supportive services

- Activities that effectively use their work experience
- Activities that interest them
- New activities
 - Regular work, starting a business
 - Hobbies
 - Health promotion, local activities
 - Voluntary activities other than care & welfare, etc.

Backing up

Enhancing a support system, with municipalities playing a core role

Backing up

Enhancing a logistical support system by prefectures, etc.

[FYI] Roles of coordinators & councils in building a system for supportive services and care prevention

Initiatives to build a foundation for supportive services & care prevention

(1) Assigning supportive service coordinators (Community mutual help promoters)

(A) Developing resources

(B) Building networks

(C) Matching needs & programs



(2) **Setting up councils** ⇒ Promoting periodic information sharing & collaboration among various actors

NPOs

Private
compa
nies

Coopera
tives

Volunteers

Social
welfare
corporatio
ns Etc.

Barriers to expansion of mutual help, issues surrounding programs

Residents (older people), government, organizations, providers, professionals, corporations, etc.

Psychological barriers

Institutional barriers

[Issues surrounding programs]

- How can we expand activities by local groups & the neighborhood?
- How can a community embrace diversity among older people?
- How can we promote so-called “Type-B” comprehensive projects (led by residents)?
- How can we get rid of the vertical segmentation and promote cohesiveness of the government?
- How can we promote information gathering & sharing as well as networking?
- How can we build a support system so that promoters (supportive service coordinators, those involved in a council, etc.) won't be isolated?
- How can we secure funds for activities? etc.

(FYI) Reaching out to residents at forums & workshops



(Photos: Forums, workshops, etc. organized by Sawayaka Welfare Foundation)

Chart to illustrate mutual help: An example

