

## (2) Welfare for Elderly

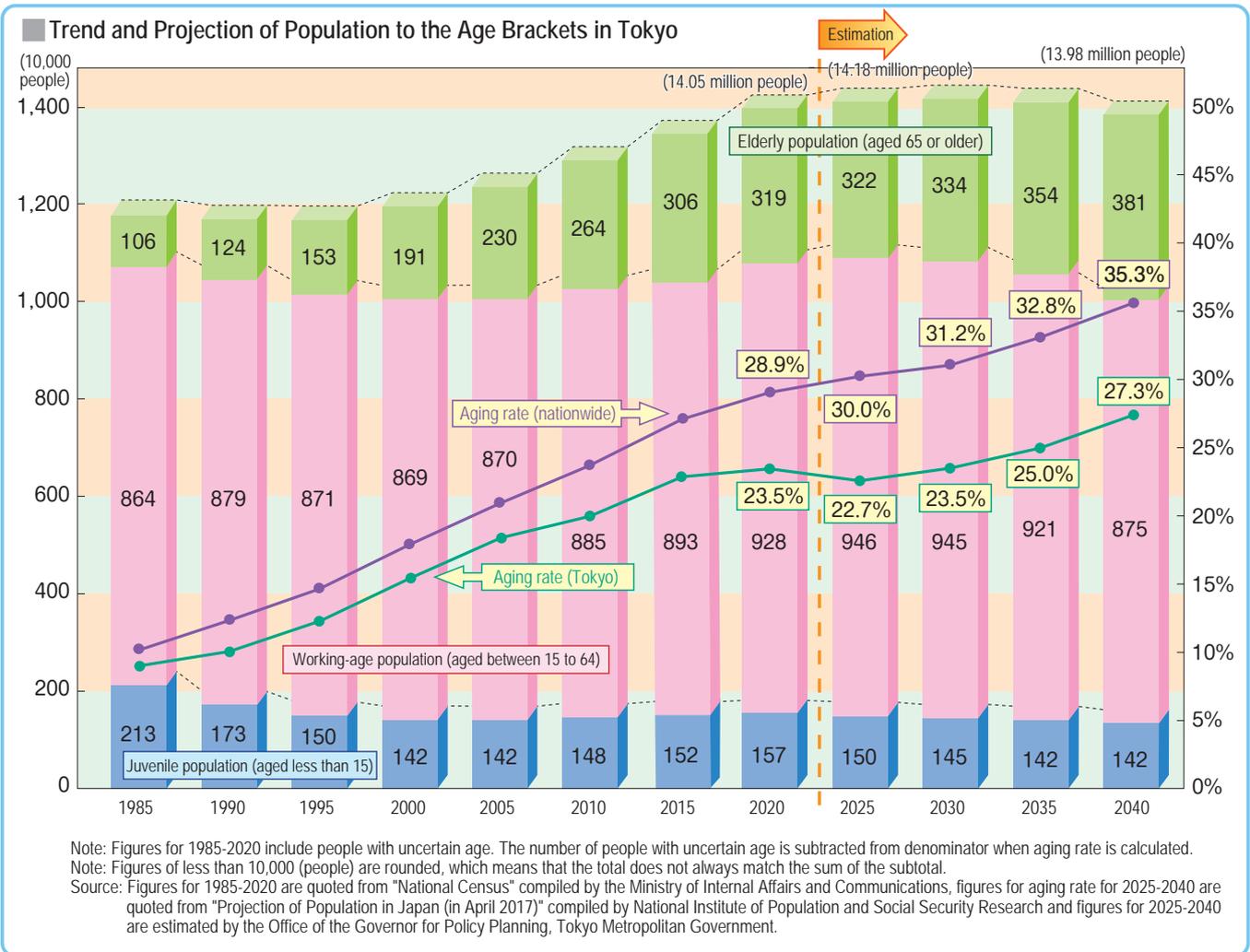
The elderly population is expected to continue growing. Based on the “Tokyo Metropolitan Health and Welfare Plan for the Elderly” (including Prefectural Insured Long-Term Care Service Plan) formulated in March 2021 and other plans, the TMG aims to realize a society that respects the dignity of the elderly, 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 about 3.19 million as of October 1, 2020, which accounts for 23.5% (aging rate) of the total population (except the age-indeterminate).

It will reach 23.5% by 2030 and 27.3% by 2040, which means that about one in four residents of Tokyo will be the age of 65 or older. It is expected that Tokyo will become a society with a highly aged population.



#### Rising Average Life Expectancy

As of 2021, the average life expectancy of Japanese male is 81.47, and 87.57 for 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.

Source: "Complete Life Tables" and "Abridged Life Tables" of the Ministry of Health, Labour and Welfare.

#### Many Healthy Elderly Persons

Of the elderly population in Tokyo, about 86% of those aged between 65 and 74, and about 78% of those aged 75 or older said they felt they were in "good" or "regular" health\*.

Source: "FY2020 Basic Survey on Social Welfare and Public Health in Tokyo [Actual Living Conditions on the Elderly]" of the Bureau of Social Welfare and Public Health

\* Elderly persons feeling that their health condition is "Good", "Almost good" or "Regular".

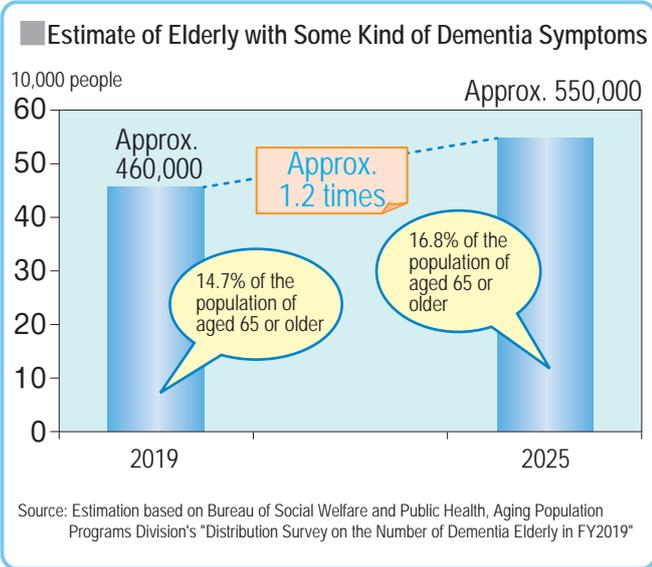
#### Increasing Number of the Elderly Requiring Long-term Care

The number of the elderly certified as being in need of care or support is increasing.

### People with Dementia are Expected to Increase

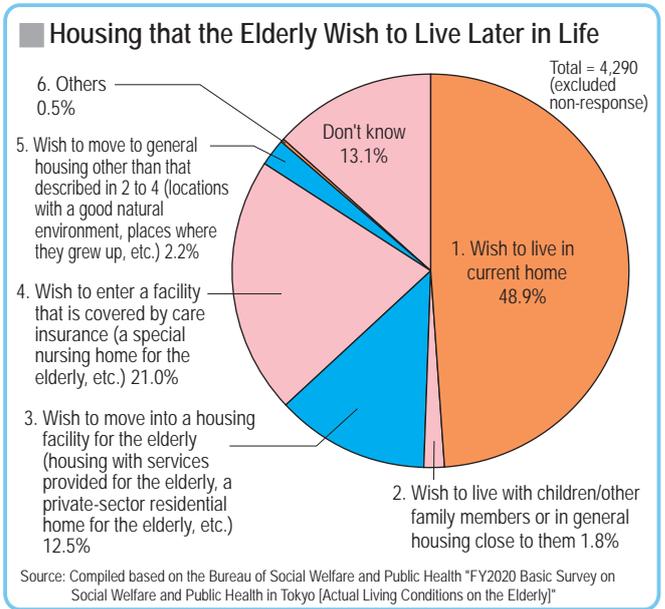
Among the elderly who are certified as being in need of care (support) in Tokyo, the number of people who have some kind of dementia symptoms (level I or above of independence in daily life for people with dementia) has reached about 460,000 as of November 2019. This figure is expected to increase to about 550,000 in 2025.

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



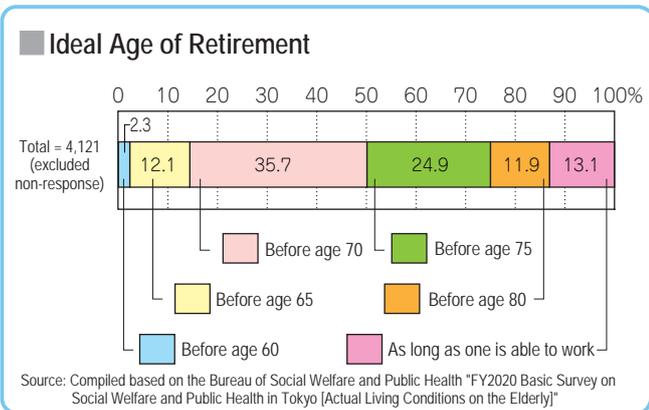
### Many Elderly Persons Wish to Continue Their Lives at Home

When elderly persons at home aged 65 or older were asked about where they wish to live later in life in case long-term care will be required, 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 elderly persons at home aged 65 or older were asked, "What is the ideal retirement age?", the top response was "Around 70", indicating a high motivation to work.



# Tokyo Metropolitan Health and Welfare Plan for Elderly

## 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 2021 to 2023. The medium- to long-term perspective of the plan looks at 2025 when the first baby boomer generation reaches age 75 or older, and at 2040 when the second baby boomer generation reaches age 65 or older.
- The plan was formulated intending to maintain consistency and harmony with the “Tokyo Metropolitan Health and Medical Care Plan”, “Tokyo Metropolitan Plan for Persons with Disabilities and Disability Welfare Plan”, “Tokyo Metropolitan Regional Welfare Support Plan”, etc.

## Concept of Plan

To realize Tokyo as a place where the elderly can continue to live energetic and spiritually rich lives with peace of mind in a familiar environment while supporting each other in their community.

The TMG promotes the creation of communities in Tokyo according to the regional characteristics which enable the elderly to (1) live energetically active and spiritually rich lives with having their places and roles by making best use of their experience and abilities, and (2) independently select their desired way of living and continue to live with peace of mind, while supporting each other in their community.

Based on the status of elderlies in Tokyo in 2025 and 2040 and the revisions of the long-term care insurance system  
**Aim to Establish “the Community-based Integrated Care System” in Tokyo**

## The seven priority areas and the measures to be taken for supporting the system foundations

### 1.Prevent necessity for long-term care, prevent frailty, and promote social participation

Aim to enable all the elderly to live energetic and spiritually rich lives by preventing the necessity for long-term care, preventing frailty and promoting social participation, while living healthily and energetically.

### 2.Develop a service infrastructure for long-term care, and conduct smooth and appropriate system operation

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.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.

### 4.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.

### 5.Promote measurements that support community living

Provide livelihood support services, etc. that satisfy the needs of the elderly and their families by supporting them in the community by working together and cooperating with nonprofit organizations, etc. in addition to utilizing the support of local residents.

### 6.Promote in-home medical care

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

### 7.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.

### 8.Enhance the functions of insurers, and manage the community-based integrated care system

In addition to managing the community-based integrated care system according to community issues and regional characteristics, aim to support municipalities that take measures to realize independence support and prevention of seriousness.

## 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. Users may utilize services based on their selection. The TMG, in cooperation with its municipalities (insurer), will continue providing proper insurance benefits and structural maintenance of long-term care services.

### Insured Persons

Subject	Premium Payment	Eligibility for Insurance Benefits
Those aged 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 is 180,000 yen or more 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 aged between 40 and 64 who are participating in the medical insurance (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).

- The service charges and costs for food and accommodation must be paid by the insured 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 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

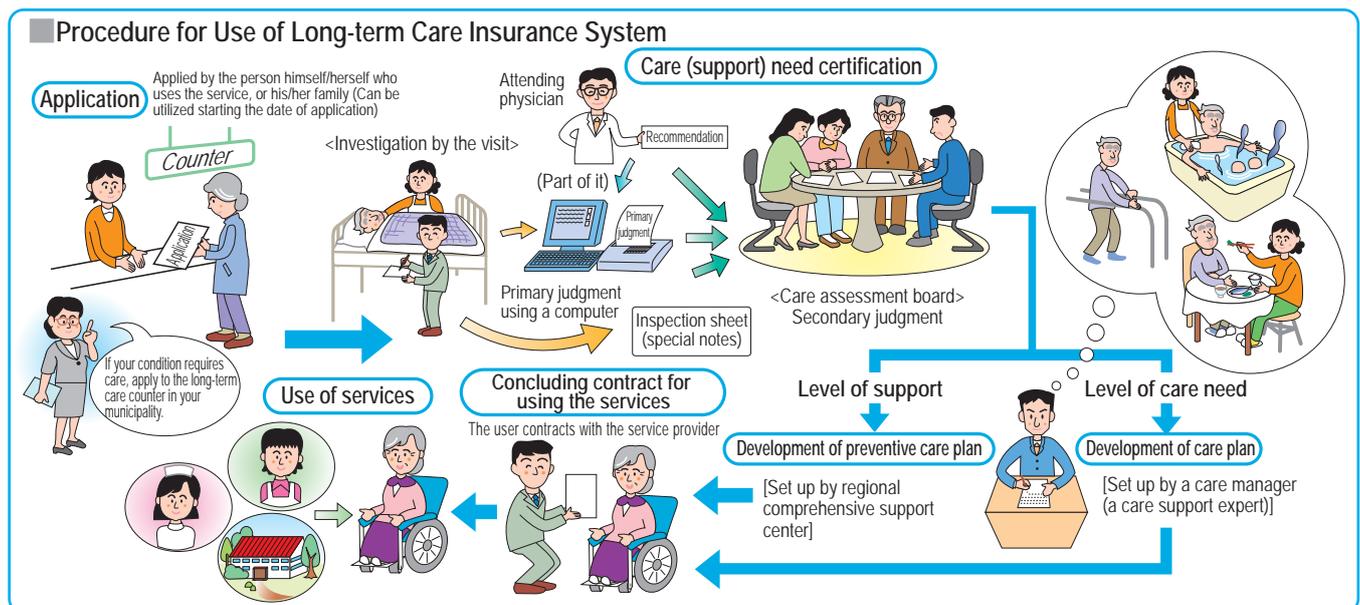
50% of the expenses of the long-term care benefits excluding the self-pay burden according to the user's burden ratio are paid from taxes, while the remaining 50% are paid from the premiums of persons aged 65 or older and those aged between 40 and 64 who are participating in the medical insurance. The premiums for persons aged 65 or older 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.

### Service Charges

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

	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 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 personal care and assistance with housework, etc.
	Regular visits/on-call visits (*)	Home helpers, nurses, etc. periodically conduct patrols around the users' homes or visit users when contacted to provide nursing, 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 according to the instructions of a primary doctor.
	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 medical guidance and assistance.
Services provided at a facility	Day service	Users visit facilities 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 facilities 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 are admitted to a medical institution for a short period of time and receive care and training to improve physical functions.
	Small-scale multifunctional 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 (*)	Users may receive services by the combination of home nursing visits and small-scale multifunctional in-home care.
Residential care services outside the user's home	Daily-life group care for the elderly with dementia (*) (Group home 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 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).

○The following services are available for those who are certified Level 1 or 2 of support need.

	Type of Service	Description
Development of service plan for the prevention of physical deterioration	Support for long-term care prevention	To provide proper in-home 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 (previous page) 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" . (Example) •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 group care for the elderly with dementia" are available only for those who are certified Support Need Level 2.
	Nurse service	
	Rehabilitation service	
	Medical guidance service	
Services provided at a facility	Day service for the elderly with dementia (*)	
	Rehabilitation service (daycare)	
	Short-stay daily-life service (welfare-oriented short stay)	
	Short-stay medical service (medical care-oriented short stay)	
	Small-scale multifunctional in-home care (*)	
Residential care services outside the user's home	Daily-life group 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 that are marked with an asterisk (\*) are basically for utilization by residents of municipalities which have providers and facilities. (Community-oriented services)

## To Improve Long-term Care Services

### Enhancement of Care Management

Training of long-term care manager 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 regarding the Long-term Care Insurance and other services.

Municipalities respond consultations and complaints, and request reports from concerned organizations as needed and offer guidance and advice.

Based on the complaints from users, the Tokyo Metropolitan National Health Insurance Organization 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.

### Program to Support BCP Formulation for Long-term Care Service Provider New

By supporting the formulation of Business Continuity Plans

(BCP) for long-term care service providers, the TMG improves the business continuity of long-term care service providers located in Tokyo on the occurrence of natural disasters or infectious disease outbreaks.

### Program to Secure Systems for Providing Services in Long-term Care Service Providers under the Spread of COVID-19

Regarding long-term care service providers in which COVID-19 has occurred, the TMG subsidizes the incidental expenses that would not normally be expected for providing long-term care services, in order that the necessary long-term care services can continue to be provided.

### Program to Coordinate Systems for Accepting Persons Who Require Long-term Care at Home

To prepare for the case where family members providing long-term care for the elderly at home become infected with the novel coronavirus, the TMG supports municipalities which prepare acceptance systems including the securing of long-term care facilities and accommodation facilities that can be temporarily utilized in an emergency for the elderly requiring long-term care, and for stationing long-term care staff.

## 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

#### ○Program on Measures to Secure Care Staff

The TMG secures 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

provides full support (free of charge) 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.

**○TOKYO Kaigo Challenge Internship (Program to Promote Employment in Long-term Care Work)**

With consistent support from internship to the matching, employment and retention of staff, the TMG promotes the smooth placement and retention in the long-term care field of persons who have no experience of long-term care work by responding to the needs both of the persons seeking employment and the business establishments offering work.

**○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.

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

With support through leasing housing for care staff, the TMG realizes an employment environment that makes working easier through allowing workers to live close to their workplaces in order to secure and retain even more care personnel. At the same time, it proceeds with the systematic implementation of measures at facilities in case disasters occur, and promotes rapid actions as community disaster welfare bases in times of disaster.

**○Support Program to Establish Housing Facilities for Care Staff**

The TMG secures and retains care staff human resources by supporting the establishment of care staff housing in order to realize an environment where it is easy for them to work.

**○Program to Promote Reforms in Care Sites**

In order to efficiently and continually provide care services, the TMG supports long-term care facilities and service providers that are implementing activities to improve productivity, such as by developing facilities and training human resources.

**○Program to Promote Digital Transformation and Task-sharing in Care Sites (New)**

To reduce the burden on long-term care employees, the TMG supports long-term care facilities which introduce cleaning and serving robots into care-related work, and verifies task-sharing in care work utilizing avatar robots.

**○Support Program to Promote Improvement of Working Conditions and Additional Acquisition of Care Staff**

By providing advice and guidance, etc. relating to the improvement of working conditions and additional acquisition of care staff, this program promotes the new acquisition of additional staff in long-term care facilities and service providers, and additional acquisitions in more advanced categories in an aim to secure and retain long-term care human resources.

**○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".

**○Program to Introduce Harassment Countermeasures in Care Sites**

In addition to building awareness among staff about harassment countermeasures, the TMG supports the creation of workplaces where care staff can easily work by establishing a harassment consultation desk in care sites.

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

The program subsidizes the cost of childcare facilities operated by nursing care 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**

The TMG supports to develop the acceptance environment to enable the smooth employment and retention of foreign care staff in care facilities, etc.

**○Program to Support the Acceptance of Foreign Certified Care Worker Candidates Based on Economic Partnership Agreements**

For long-term care facilities and service providers accepting foreign certified care worker candidates, the TMG subsidizes a part of the expenses including Japanese language studies to enable them to acquire national certified care worker qualifications.

**○Program to Support the Acceptance of Foreign Long-term Care Trainees Based on the Foreign Technical Intern Training System**

For long-term care facilities and service providers which accept foreign long-term care trainees based on the foreign technical intern training system, the TMG subsidizes a part of the expenses including long-term care skills and Japanese language studies.

**○Program to Support the Acceptance Matching of Foreign Long-term Care Workers (New)**

For long-term care providers which are considering the employment of foreign long-term care workers, the TMG holds matching support joint consultation meetings which allow discussions with organizations that conduct acceptance coordination relating to the employment of foreign long-term care workers.

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

With an aim to train and improve the service of care staff working at nursing care facilities and service providers, the program supports their acquisition of national certified care worker qualifications.

**○Program to Secure Substitute Staff to Support the Training of Current 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.

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

The project conducts training to develop care staff, etc. who can give medical care such as the appropriate expelling of phlegm as part of facility-related services in special nursing homes for the elderly, etc. and home-related services.

**○Care Staff Skill Improvement Project**

Visiting nursing care staff and nursing 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 and Develop Visiting Nurse Personnel**

To support the lives of the elderly requiring nursing care at home, etc., this program 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.

**○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.

#### ○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 program supports visiting nurse stations that newly assign administrative personnel.

#### ○Support Program to Develop Newly Employed Visiting Nurses

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.

#### ○Human Resource Training Program to Support Lively and Reassuring Home Nursing Care

By creating simulation training programs for visiting nurses and conducting study training, the TMG aims to develop a system in which nursing care can be received at home with peace of mind by anyone, anywhere, with no differences between the regions where people reside in Tokyo.

## 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.

\* These services are offered for the elderly requiring support and persons applicable to the items of the basic checklist. (Persons requiring long-term care may also be subject to the services.)

##### (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 distributed 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 centers 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 Promote the Establishment of Community Comprehensive Support Centers with Enhanced Functions

By working together with municipalities and promoting the establishment of community comprehensive support centers with enhanced functions to control and comprehensively support the community comprehensive support centers in the area under jurisdiction, the TMG secures the appropriate opera-

tion of the centers by the municipalities to support function enhancement throughout the centers.

#### Project to Promote Community Care Meetings to Provide Independence Support and Prevent the Requirement for Long-term Care

Targeting the staff of community comprehensive support centers, the TMG provides support by giving unique training which matches the actual conditions in the community and organization. Additionally, training for developing instructors are implemented to realize community care meetings that will easily lead to community building, resource development and policy forming. Further, the TMG supports issue resolution in each local government, by holding working-level liaison meetings, enhancing cooperation between persons related to the community care meetings in each municipality, and considering issues with other local governments.

### **Program to Improve Support for the Prevention of Long-Term Care and Frailty**

By establishing the Tokyo Metropolitan Support Center for the Prevention of Long-Term Care and Frailty and subsidizing the stationing of personnel to promote the enlargement and improvement of community-based locations regularly visited by residents, the TMG supports various measures by municipalities to prevent the need for long-term care and prevent frailty.

#### **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 the Program to Develop the Dietary Environment of the Elderly.

### **Program to Utilize Digital Devices such as Smart Watches that Contribute to Maintaining the Health of the Elderly**

The TMG aims to change the elderly's behavior and promotes improved health through the development of applications, etc. that allow understanding of the health condition of the elderly even while they are at home, by mutually cooperating with the Tokyo Metropolitan Geriatric Hospital and Institute of Gerontology and using smart watches which are capable of measuring daily vital signs, physical activities, etc.

### **Program to Support Enhancement of Short-term Concentrated Preventive Services**

For municipalities which offer short-term concentrated preventive services, the TMG provides assistance for a certain period by making visits and giving advice, etc. to improve the self-care capabilities and promote the social participation of the persons requiring assistance.

### **Program to Support Prevention of the Necessity for Long-term Care (Frailty) in the "New Normal"**

The TMG provides support for municipalities that are implementing activities such as community gatherings using group methods by devising infection countermeasures, and activities to prevent the necessity for long-term care and frailty through online tools.

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

In order to provide assurance and safety to enable the elderly to continue living in their familiar community, support is provided to municipalities to establish the elderly condition monitoring consultation desks which function as bases for implementing activities including the function of a consultation desk for the elderly 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 Comprehensive Support Centers if they notice unusual changes in the condition of the elderly, etc.

### **Promotion of Measures by Long-term Care Providers to Maintain and Improve Levels of Required Care New**

In order to realize evidence-based long-term care and to make the significance and advantages of its introduction common

knowledge, the TMG promotes activities that provide independence support and prevent problems from becoming more severe by granting financial incentives unique to Tokyo to providers which take measures to contribute to maintaining and improving the levels of required care, 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 services having collaboration with medical services in clinics and of visiting nurse, or long-term care services of regular/on-call care 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, this project subsidizes a part of the expenses required for the establishment, startup and operation of small-sized service providers implementing end-of-life care.

## **Support for Elderly with Dementia**

The TMG 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.

○Tokyo Metropolitan Dementia Portal Site "Tokyo Dementia Navi"

### **Project to Operate Medical Centers for Dementia**

The project develops 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.

### **Project to Support Early Onset Dementia**

The TMG enhances the support systems in communities by holding workshops in companies and workplaces and promoting social participation, etc. for people with 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 the Elderly with Dementia**

In order to enhance the quality of care for the elderly 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 municipalities 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**

The TMG establishes a system where people with dementia can receive appropriate support according to stage of dementia, from early, moderate, to severe.

○ **Project to Promote Dementia Diagnosis**

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**

The TMG supports 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.

**Project to Promote Dementia Supporter Activities**

The TMG conducts the necessary training of municipality personnel, etc. to promote the development of “Team Orange”, which links the support needs of persons with dementia and their families to dementia supporters.

**Dementia Research Project Applying Artificial Intelligence, etc.**

To promote the prevention of dementia, the TMG supports the activities implemented by the Tokyo Metropolitan Geriatric Hospital and Institute of Gerontology, which conducts research relating to dementia prevention utilizing clinical and research-related big data driven by leading-edge technologies including artificial intelligence (AI).

**“Tokyo Approach” Social Implementation Project for the Elderly with Dementia**

By predicting the development of BPSD and introducing prevention support measures utilizing artificial intelligence (AI)

and the Internet of Things (IoT), the TMG intends to allow the elderly with dementia to improve their QOL and to reduce the burden on families and care providers.

**Project to Promote the Protection of the Elderly 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 the elderly 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 group homes for the elderly with dementia.

**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 FY2030)
Development of special nursing home for the elderly	Capacity of 64,000 people
Development of geriatric health services 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 Integrated Facility for Medical and Long-term Care**

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

**Project to Promote the Development of Group Homes for the Elderly with Dementia**

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

**Subsidy for Improving Charged Nursing Homes for Long-term Care Purposes**

The TMG subsidizes a part of the improvement costs of charged nursing homes for long-term care purposes developed by landowners or service providers.

**Project to Promote Improvement of Community-based Care Services**

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

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

Considering the high land prices in Tokyo, the TMG develops low-cost urban-type 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 promotes 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 Homes for the Elderly Using Leased Land**

The project subsidizes a part of the land lease when special nursing homes for the elderly or geriatric health services facilities are developed on leased national land or private land.

### **Program to Support the Securing of Sites relating to the Development of Long-term Care Insurance Facilities**

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

### **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.

### **Program to Support BCP Formulation in Facilities for the Elderly**

In order that facilities for the elderly, etc. can continue their business while maintaining the safety of residents on the occurrence of natural disasters or infectious disease outbreaks, the TMG supports the formulation of Business Continuity Plans (BCP) and the operations management following BCP formulation.

### **Program to Promote Installation of Infection Countermeasure Devices in Facilities for the Elderly**

The TMG promotes infection countermeasures in facilities for the elderly by subsidizing the expenses of installing simple negative pressure devices, etc. in special nursing homes for the elderly, etc.

### **Program to Dispatch Support Staff to Facilities for the Elderly on the Occurrence of COVID-19**

This program establishes a system in which the TMG and cooperating groups widely dispatch support staff in cases where there is a shortage of staff caused by outbreaks of COVID-19 in facilities for the elderly and it is difficult to secure support staff in the municipalities.

### **Program to Enhance COVID-19 Countermeasures in Facilities for the Elderly**

Targeting special nursing homes for the elderly and geriatric health service facilities, etc., where there will be a large impact if the elderly become infected, the TMG supports the expenses when PCR testing that includes screening is conducted.

### **Implementation of Intensive Testing in Facilities for the Elderly**

The TMG conducts intensive and regular PCR testing for the staff, etc. in facilities utilized by the elderly who have a high risk of developing serious illness if they become infected by COVID-19.

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

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

The TMG supports municipalities which are the installation entities.

### **Barrier-free Homes**

Subsidy is available for home renovation costs that are not covered by the home renovation services of the Long-term Care Insurance System. Please contact your municipality for further information.

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

The TMG secures quality barrier-free housing while providing livelihood support services including emergency care and safety check, and promotes 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 operates the system where information on housing with services for the elderly is registered and can be browsed, and 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.)

### **Safety Net Housing (Nickname: Tokyo Sasayare Housing)**

The TMG promotes the provision of rental housing (Nickname: Tokyo Sasayare Housing) which allows occupancy by persons who require special assistance in securing housing (such as the elderly, persons with disabilities, and parenting generations). The registered housing is disclosed on a dedicated website known as the "Safety Net Housing Information Provision System". Lenders of dedicated housing that is available only to persons who require special assistance in securing housing can receive financial support such as renovation costs and lower rent cost.

### **Support for Residents of Safety Net Housing**

The "Tokyo Housing Support Businesses" stipulated by the TMG offer housing consultations and livelihood support for Safety Net Housing residents, etc.

### **Metropolitan Housing**

A program is available to increase the winning rate of a drawing for metropolitan housing for families by seven times compared to general households.

A point system also exists to prioritize those with higher

degree of dwelling need to move into housing that is up 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).

## **Promotion of Social Participation by Seniors**

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 Activities**

The TMG subsidizes the operation costs of senior citizens' clubs in the community, offers supports to continue their activities, and provides assistance for programs implemented by the Federation of Senior Citizens' Club to give people purpose in their lives and maintain good health.

### **Program to Support 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 (vacant stores, etc.) 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, the TMG supports the creation of new supporters and activities by municipalities and other organizations through activities for enhancing the operation infrastructure of regional welfare organizations. Additionally, information is provided regarding the various community contribution activities to give opportunities for wide-ranging social participation.

### **Program to Support Social Participation Matching in an Era of People Living for 100 Years**

To promote the continued social participation of senior and pre-senior citizens, the TMG centralizes information which

enables them to take part in their desired work, studies, hobbies and community activities, and supports activities conducted by municipalities.

### **Program to Promote Tokyo Senior Eateries (New)**

By promoting activities relating to senior eateries, where the elderly in the community can freely visit and conduct various interchanges while having some food and drink, the TMG increases the opportunities for the elderly to conduct interchanges, improve their mental and physical health, and promote multi-generational exchanges.

### **[Employment]**

#### **Tokyo Shigoto Center (Tokyo 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 temporary/short-term or simple jobs to healthy elderly aged 60 or older with motivation, in which they can utilize their knowledge, experience and skills. Such centers 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.