

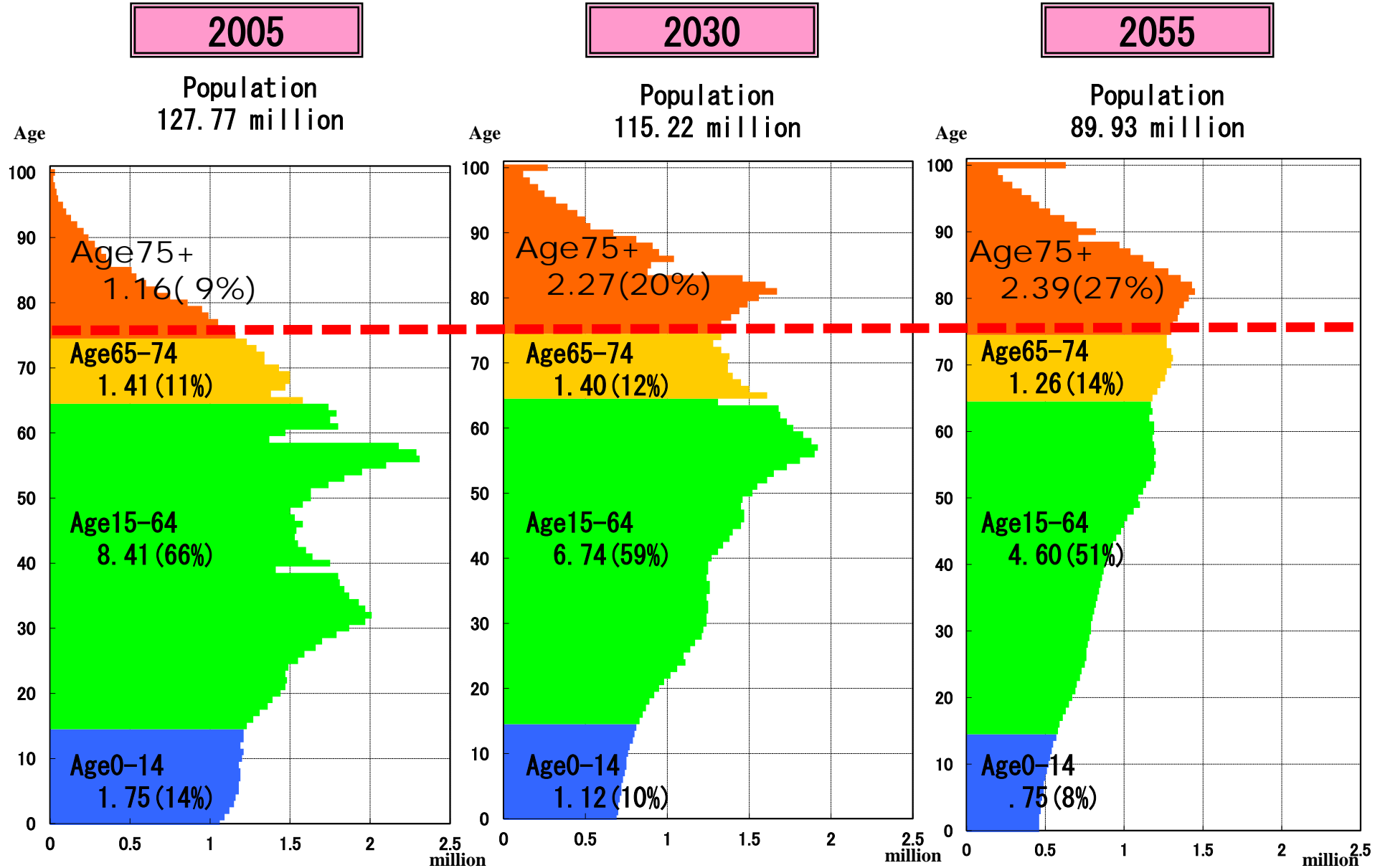
Home-based Health and LTC System - Kashiwa Model -

Hiroko Akiyama

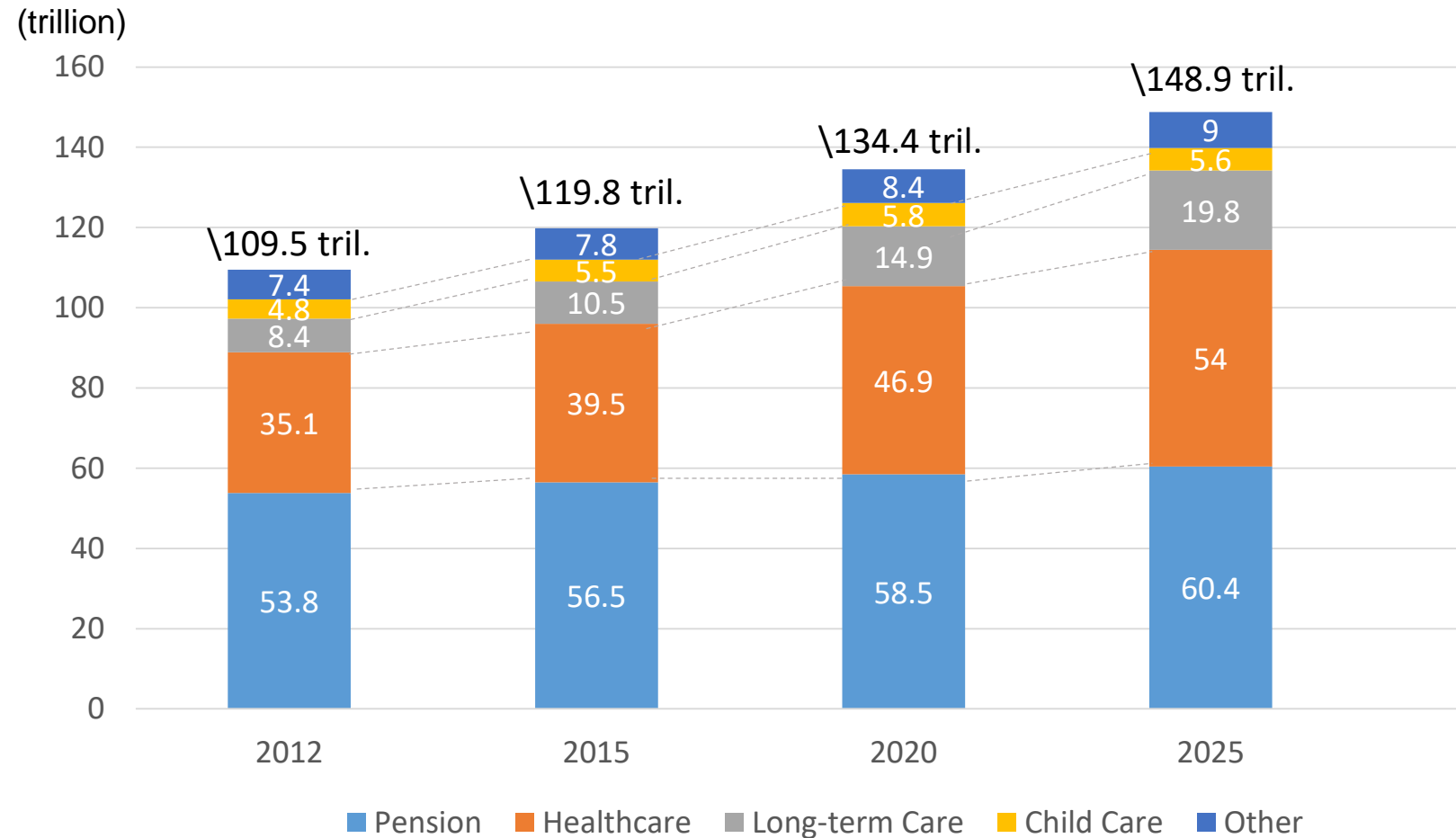
**Institute of Gerontology
The University of Tokyo**

IARU 2018 in Singapore
October 17, 2018

Drastic Increase of Older-olds (age75+) - Japan



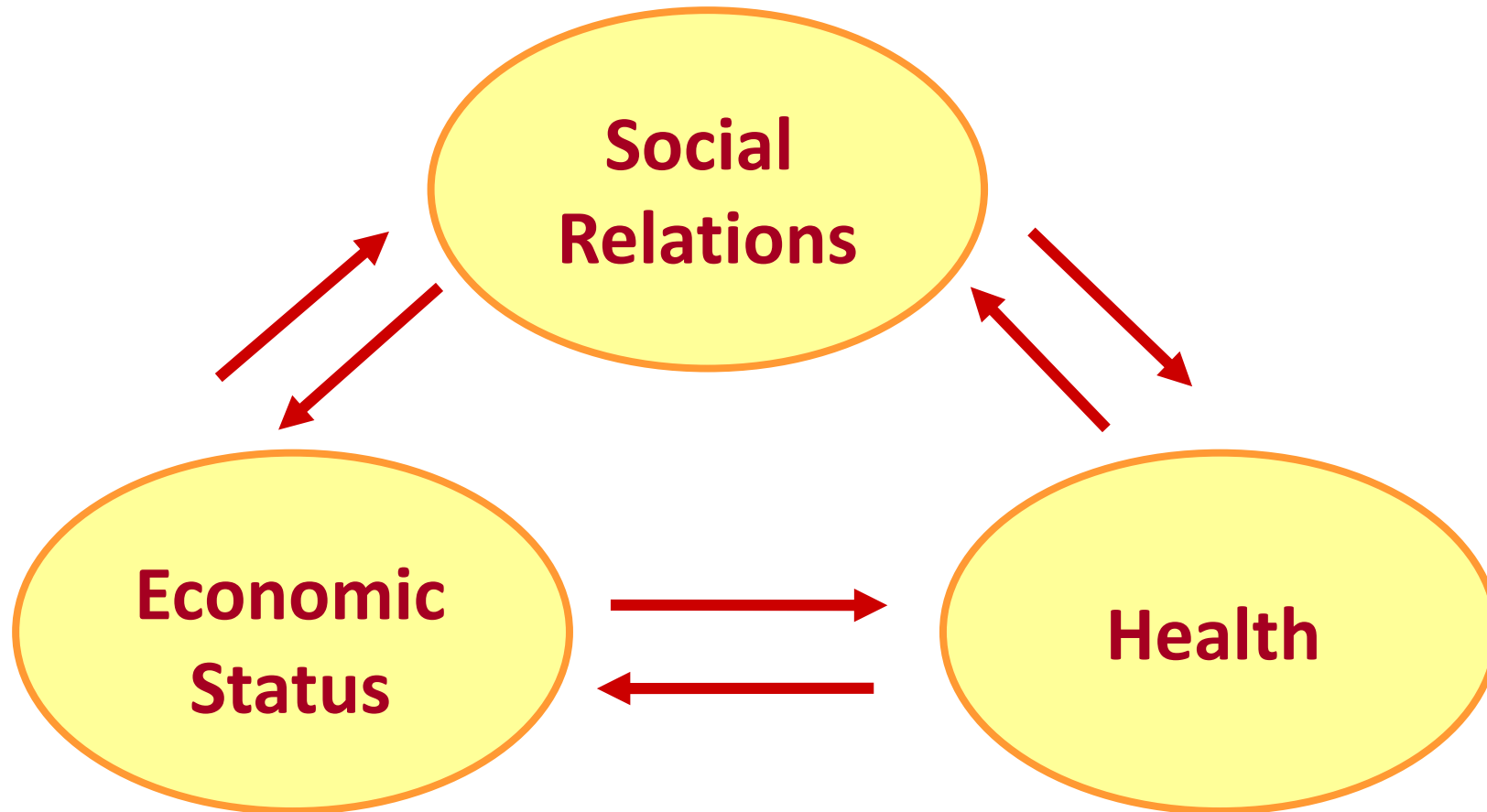
Social Welfare Spending





Well-being of Japanese Elderly Survey

N=5715, (1987-)

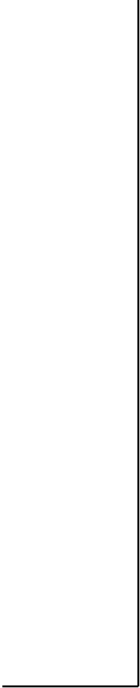


Survey Design

- **National probability sample of 5715 Japanese (age 60+)**
- **Face-to-face interview in every three years**
- **Supported by NIA & Ministry of Health, Welfare and Labor**



Survey Years

Wave 1	1987		20 years
Wave 2	1990		
Wave 3	1993		
Wave 4	1996		
Wave 5	1999		
Wave 6	2002		
Wave 7	2006		
Wave 8	2012		



Independent Living Measure

Score

- 3 ADL & IADL without assistance**
- 2 IADL with assistance but ADL without assistance**
- 1 ADL & IADL with assistance**
- 0 Dead**

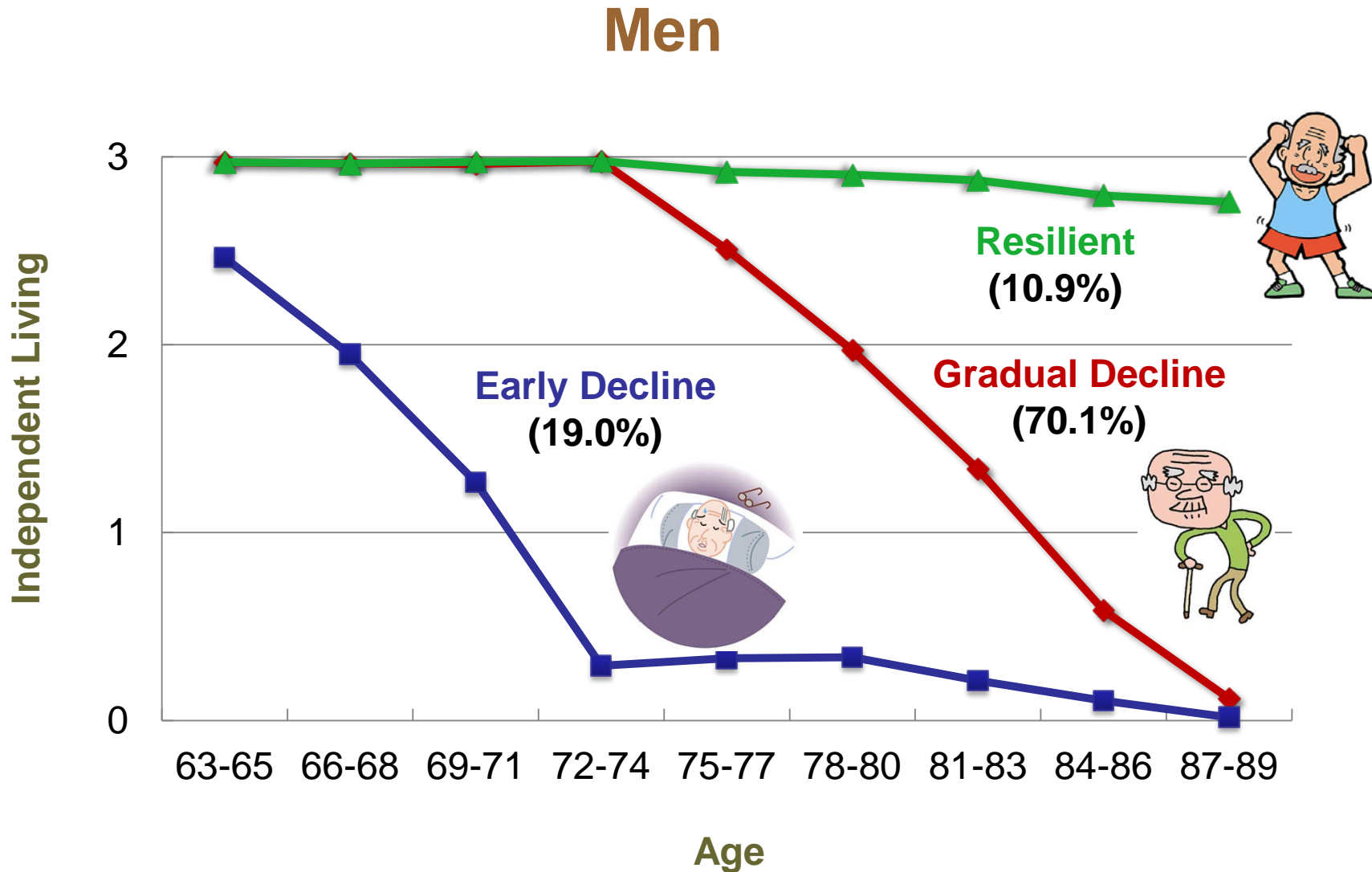
ADL questions

- Bathing
- Walking a short distance
- Going up a few steps

IADL questions

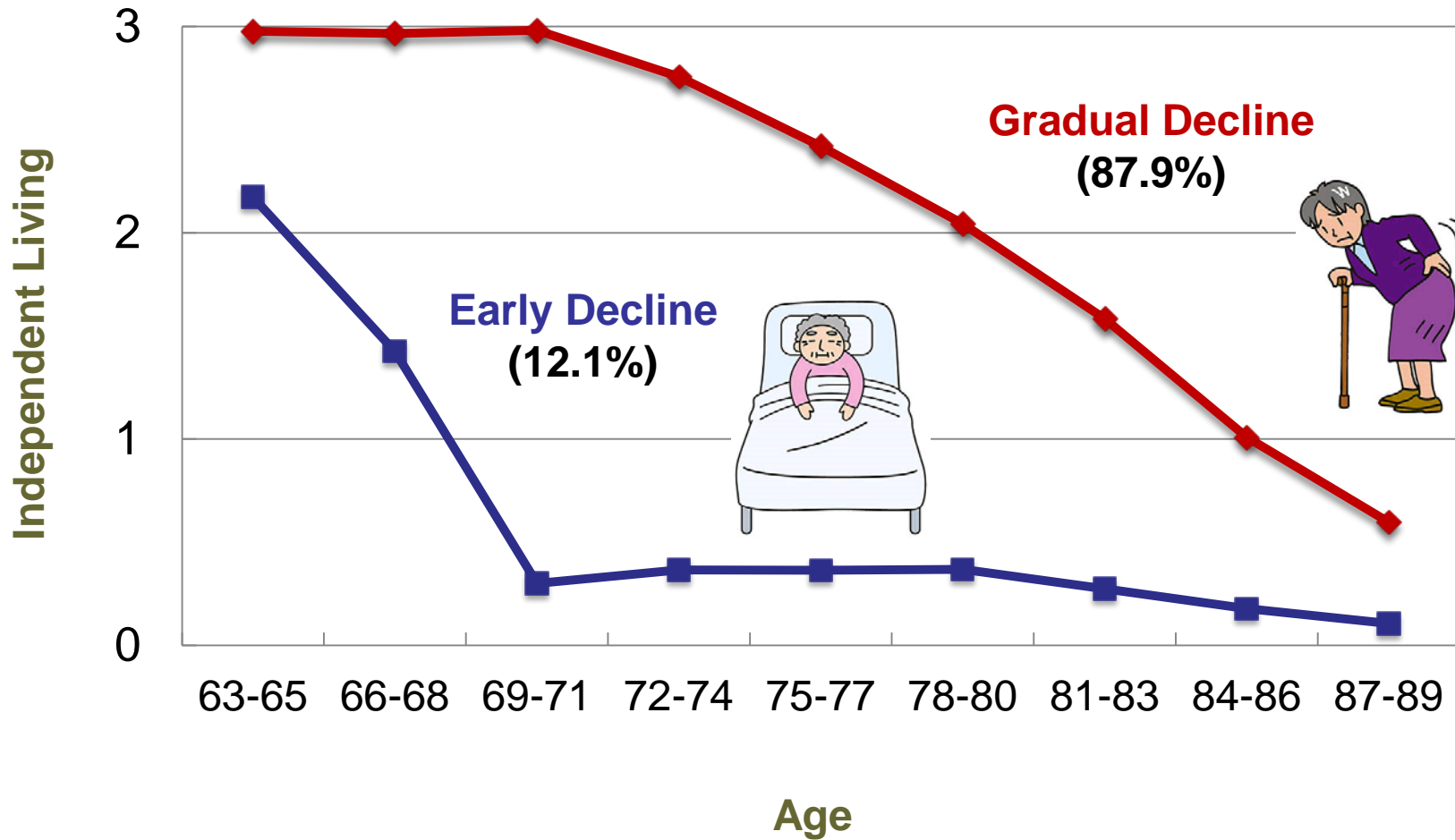
- Shopping for groceries or clothes
- Using the telephone
- Going out by bus/train

Trajectories of Independent Living



Trajectories of Independent Living

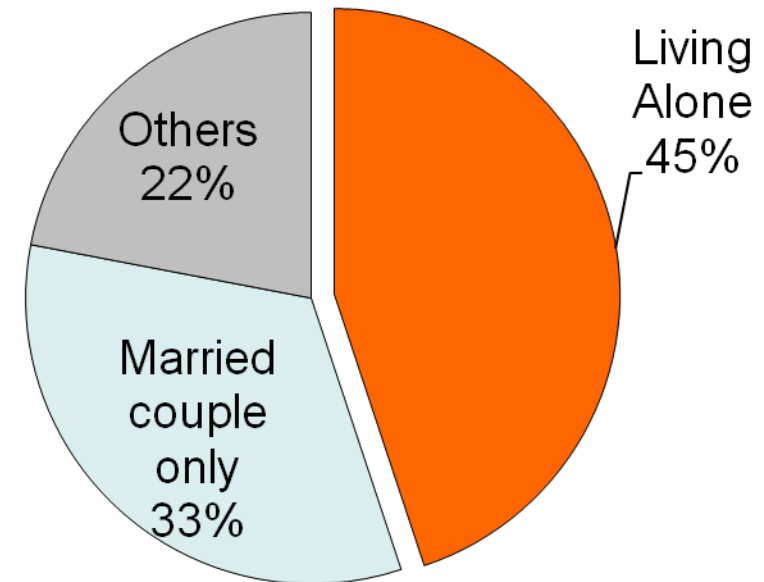
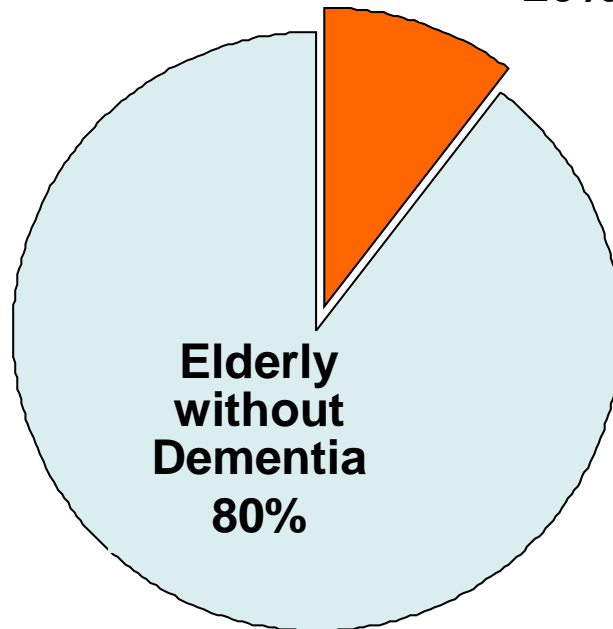
Women



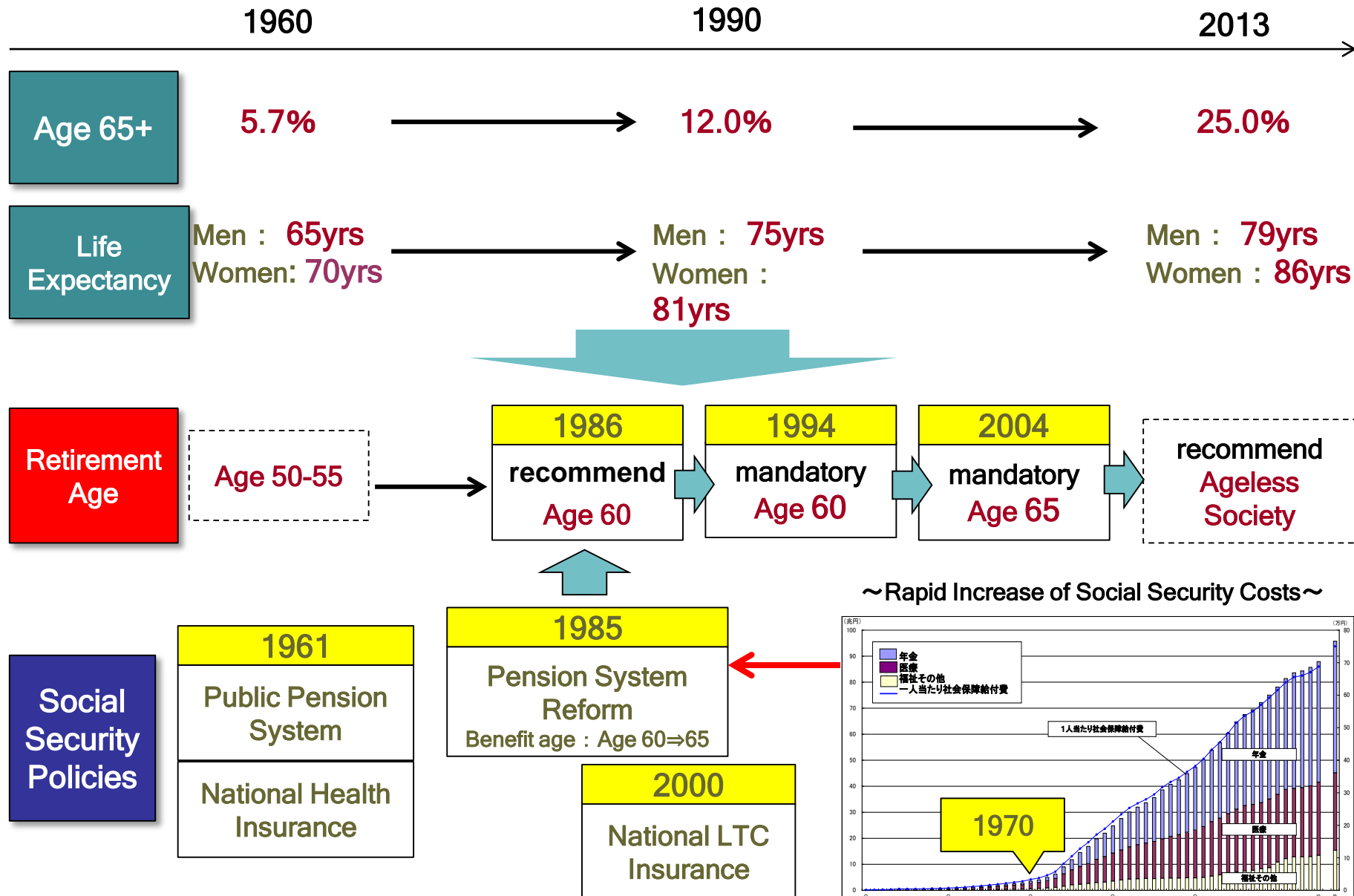
Demographic Shift and New Needs (2030)



**Dementia
20%**



Aging Population and Social Security Policies



National Long-Term Care Insurance system enacted in 2000



The insurance covers both institutional and home care.

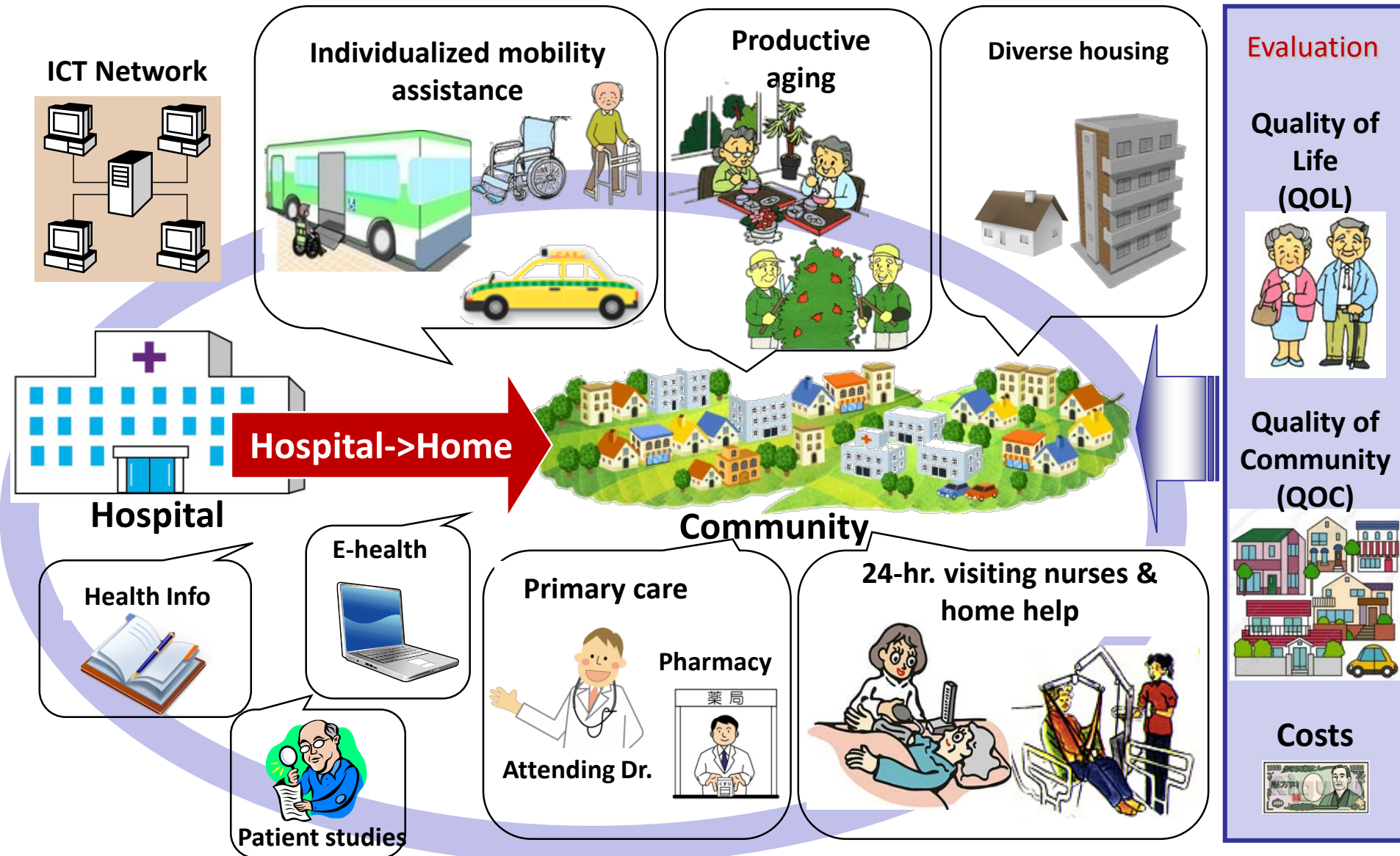
We know what are issues.

What we need now are solutions and actions!

Action Research

- **Aims to solve a social problem**
- **Active participation in collaboration of multi-stakeholders**
- **A spiral of steps, each of which is composed of a PDCA circle**

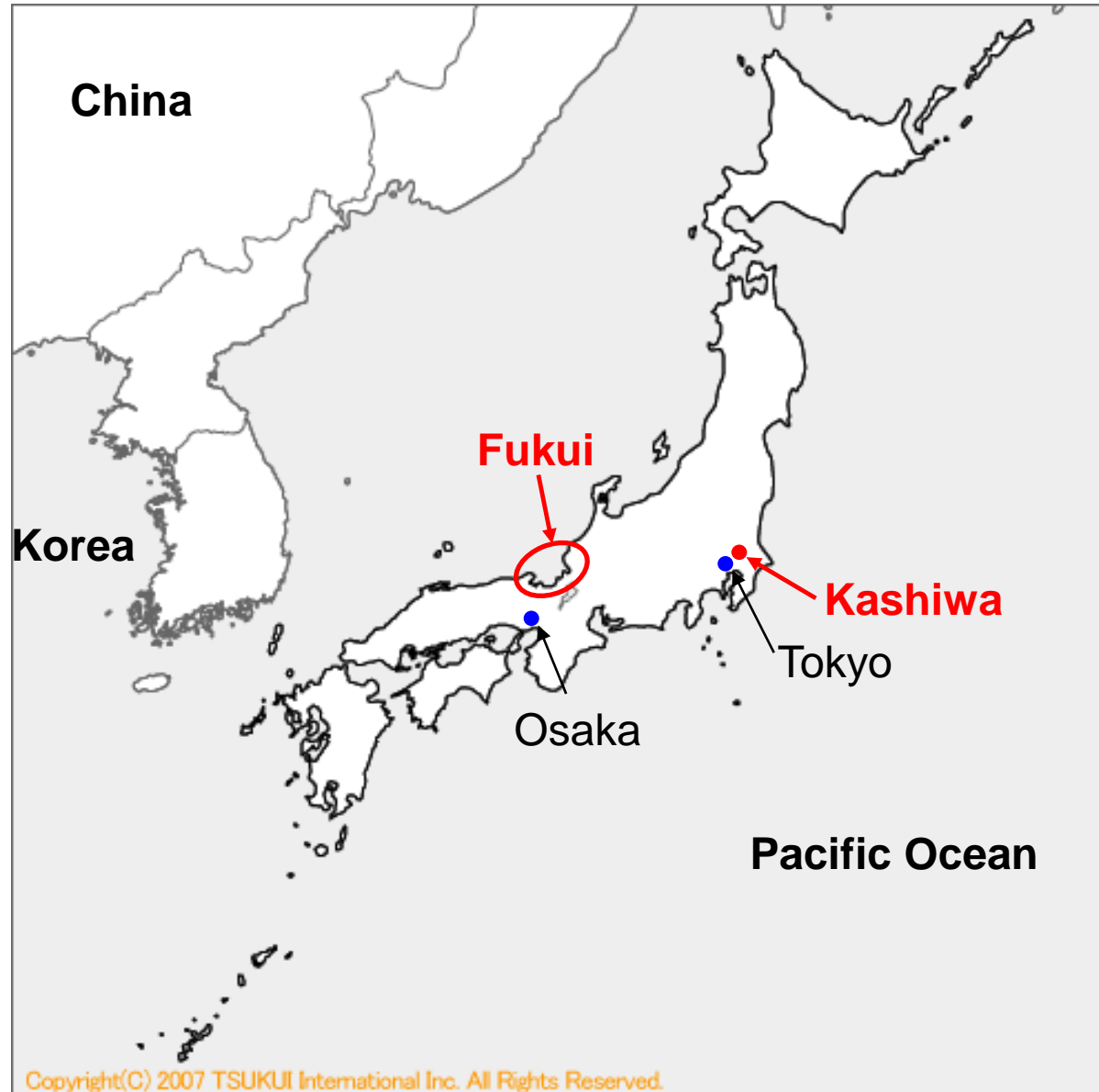
Redesigning Communities for Aged Society



Major Projects

- Productive aging
- Life long learning
- Human Bonds
- **Frailty prevention**
- **Health care & long term care**
- Housing
- Transportation
- ICT

Social Experiment Sites





Community for 2030



Frailty Prevention



InBody

Ultrasound
measurement of
quadriceps femoris

Questionnaire

Cognitive function

Physical ability
Grip strength/TUG
Pinch strength
Knee extension
strength
Sit-to-stand test

Oral cavity (1)
salivary bacterial
counts
Moisture
Swallowing
function

Body measurement
Finger circle test

Walking
speed

Blood
drawing

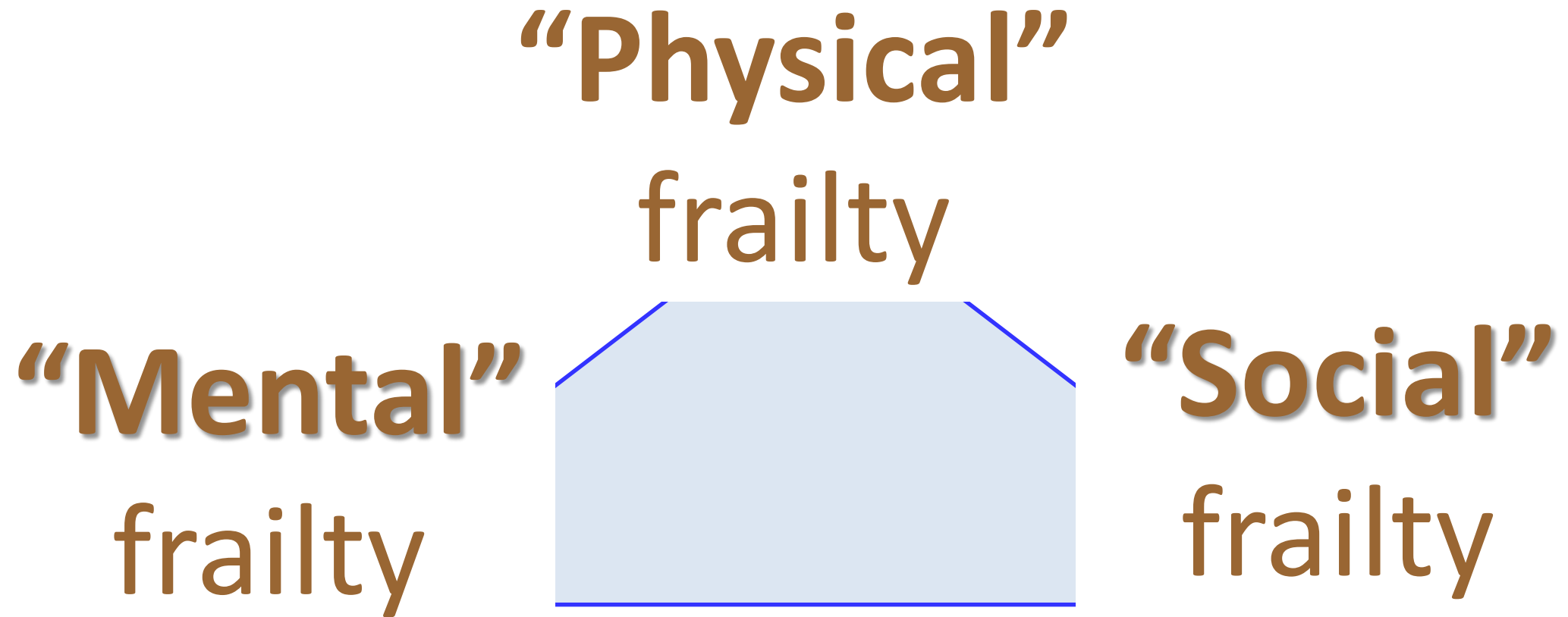
Oral cavity (2)
Ultrasound
measurement
of tongue
Dental formula
Gum/gummy

Medical
interview

Final check

Reception

Multi-dimensional Frailty



Frailty Check-up Conducted by Senior Citizen Supporters

Training program for senior citizen supporters



Frailty check-up conducted by senior citizen supporters



【日本】 お年寄りの姿の変遷



1年10ヶ月「寝たきり」
だった



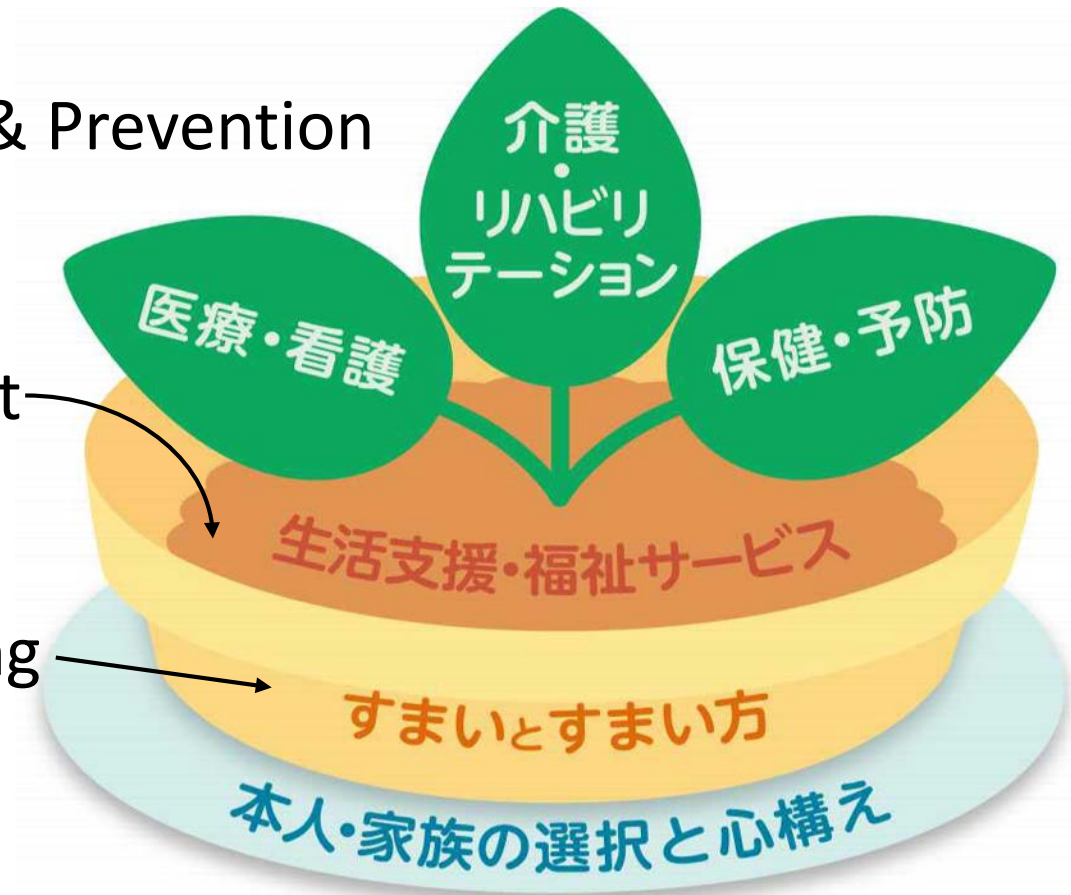
Flowerpot Concept of Integrated Community Care System

Plant: Healthcare & Prevention

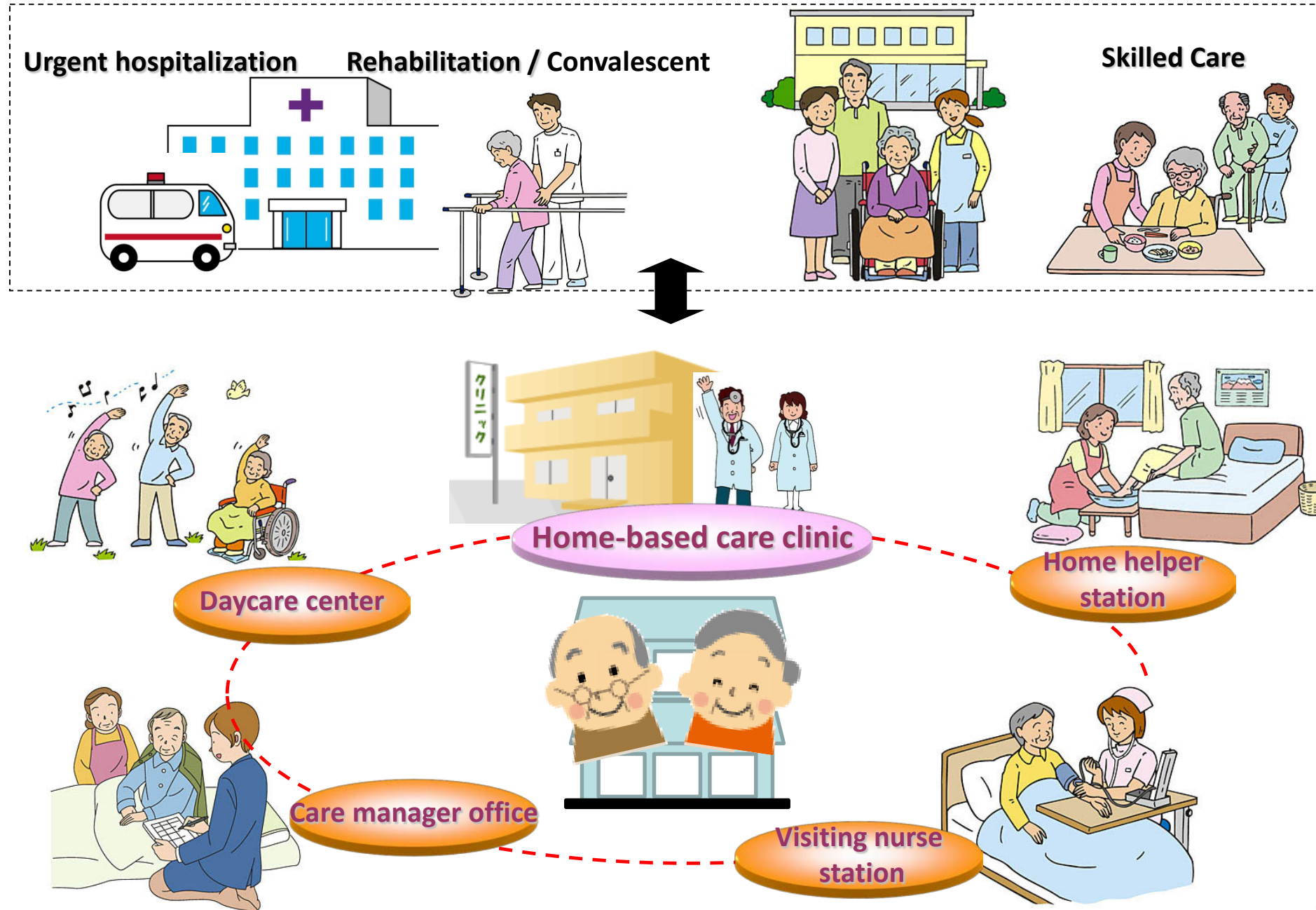
Earth: Living support

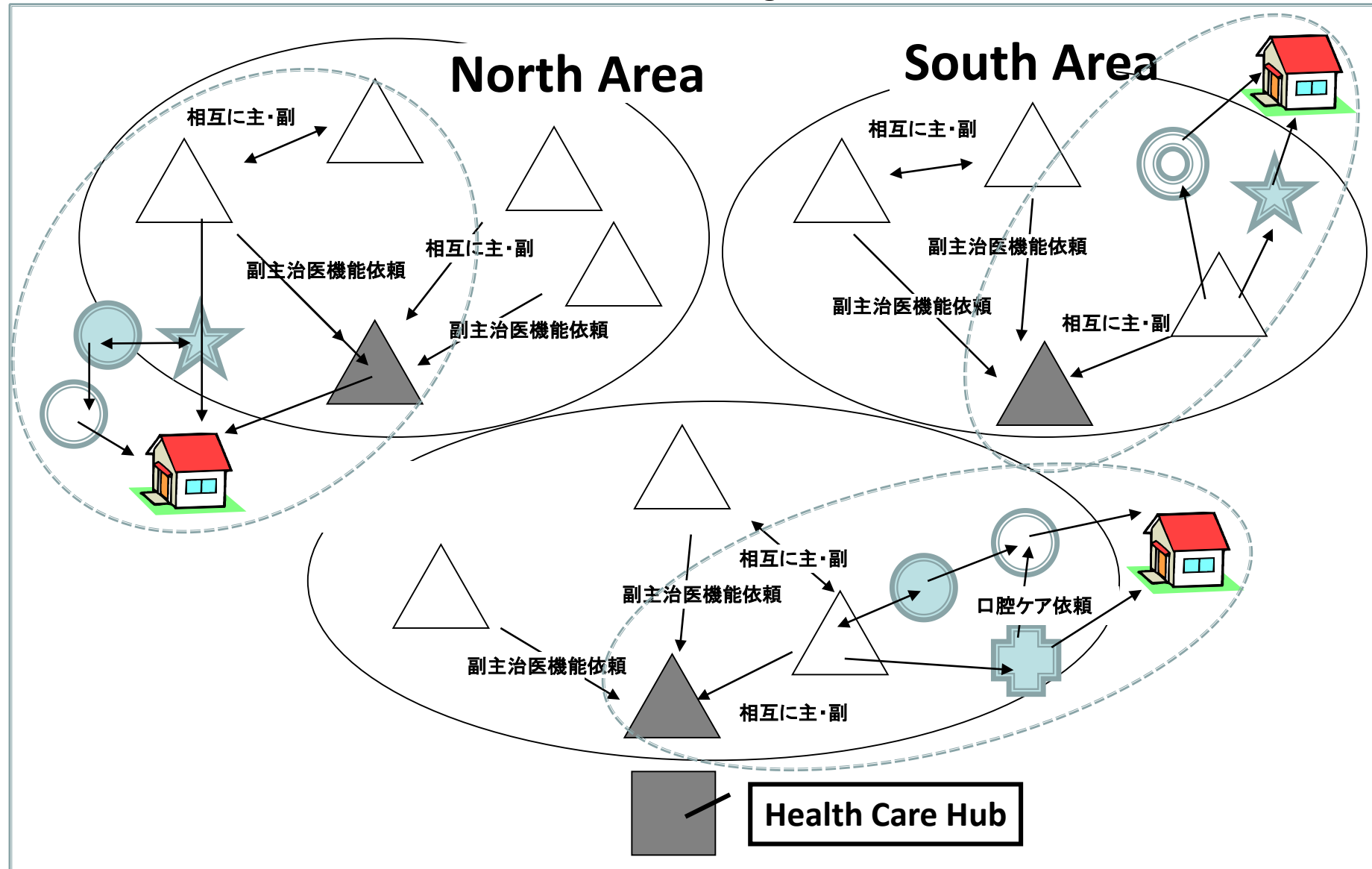
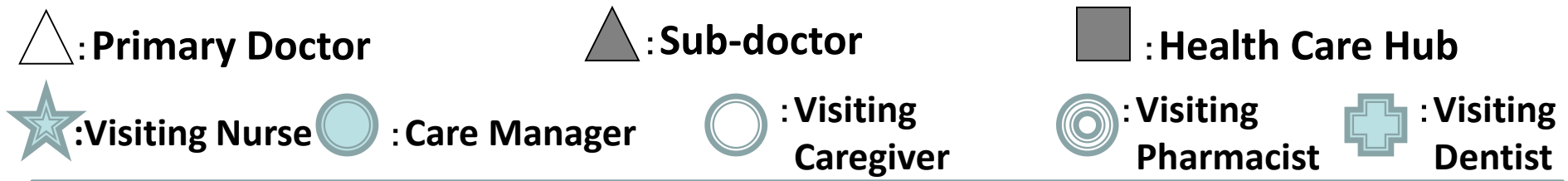
Flowerpot: Housing

Tray: Patient's choice & preparation



Integrated Home-based Care





5 Working Groups

(1) Physician WG

- Kashiwa Medical Association and hospitals
- Workable relations among the primary doctors, sub-doctors and hospitals

(2) Coordination WG

- Coordination among health care and long-term-care services

(3) Trial Practice WG

- Testing and verification of the system using by trial runs

(4) Hospital WG

- Discharge protocol and backup system of home-based care

(5) Face-to-Face WG

- All service providers get together and enhance the partnerships



Training Workshop for Health and LTC Professionals on Home-based Care

Day 1

○Curriculum

- Needs for home-based care
- Identifying useful resources in the area (GW)
- GW by profession
- Networking party



GW by mixed professionals

Practicum

(Physician only)

○3 hours × 2 times

○Options

Accompany with:

- Physician home visit
- Nurse home visit
- Care manager visit
- Ward rounds in hospice



Accompanying Dr. home visit

Day 2

(1 month after Day 1)

○Curriculum

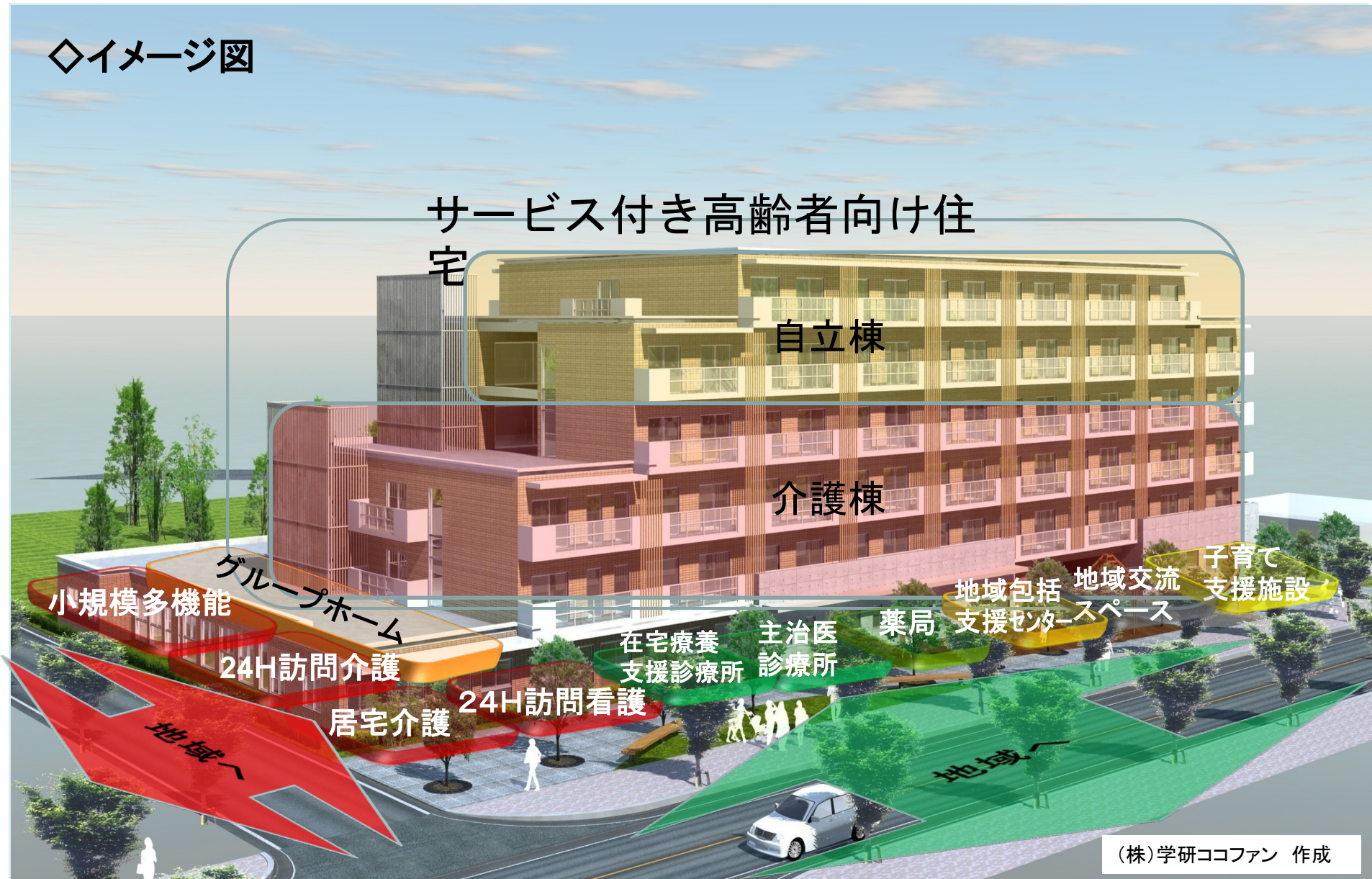
- Starting Home-based Care
- Collaboration of multi-professionals
- GW by profession
- Review of practicum experience (GW)
- Challenges and solutions of home-based care (GW)
- System & compensation
- Awarding certificate



Group photo

Assisted Living in Community

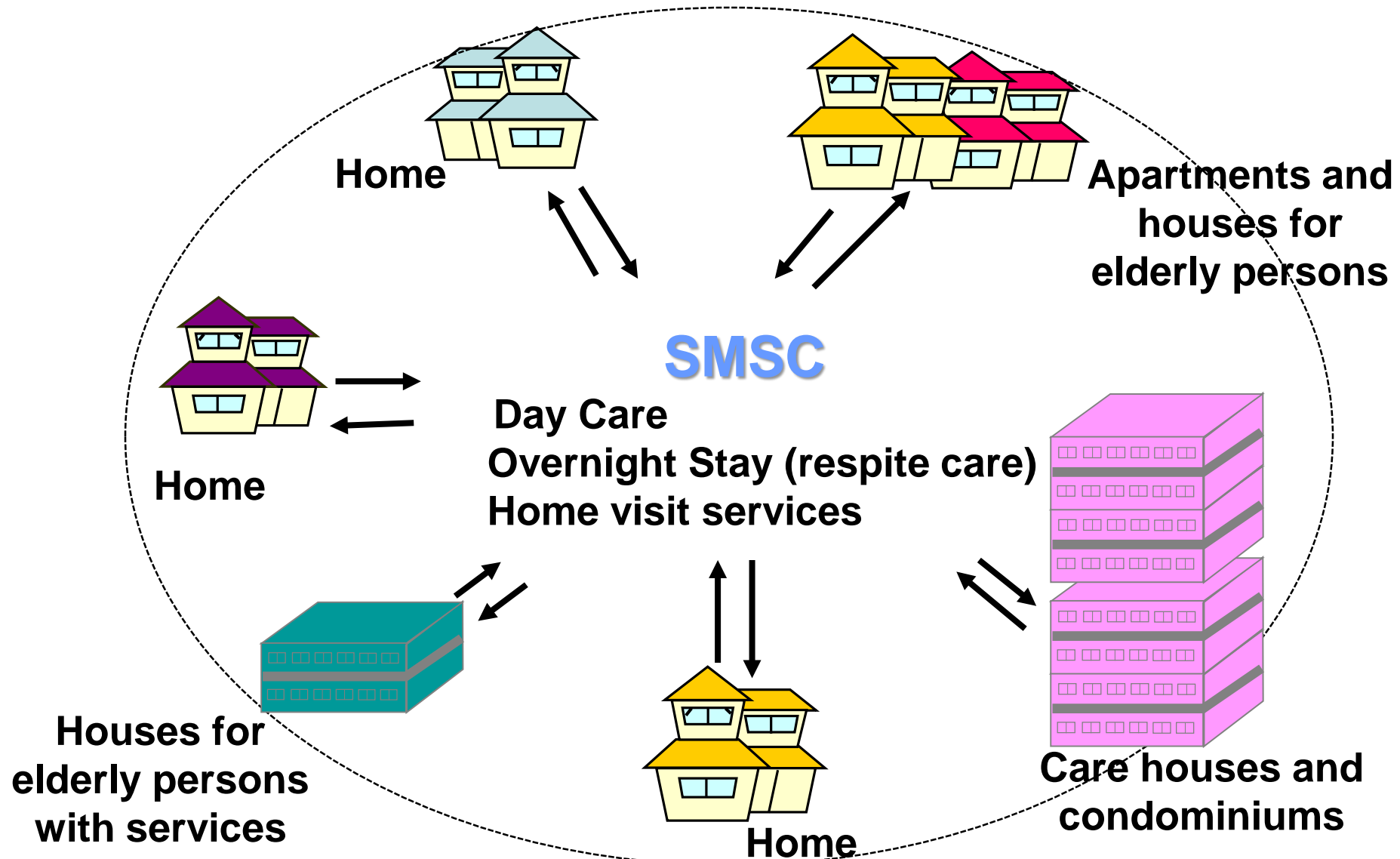
◇イメージ図



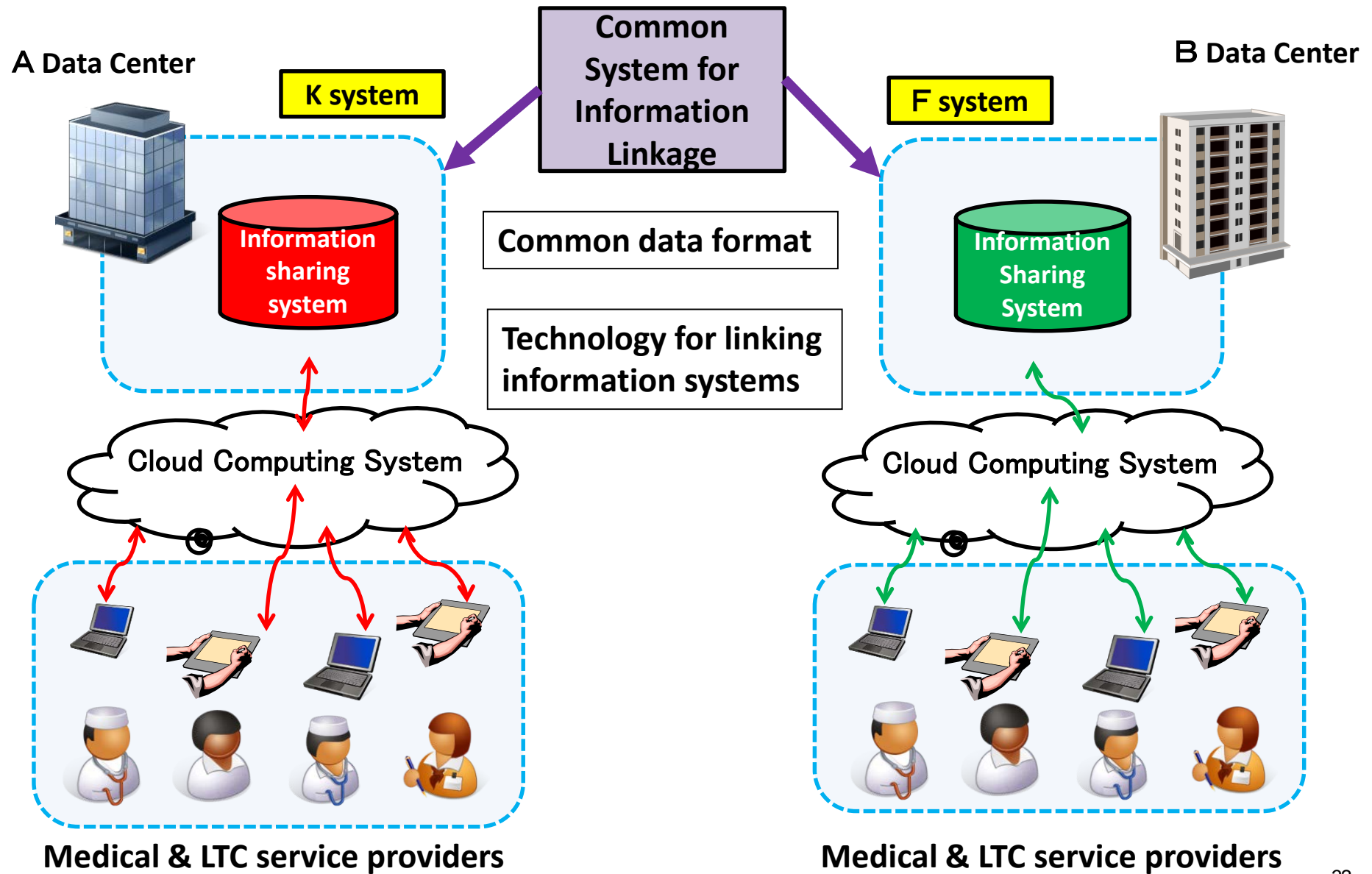
Home-based Health Care



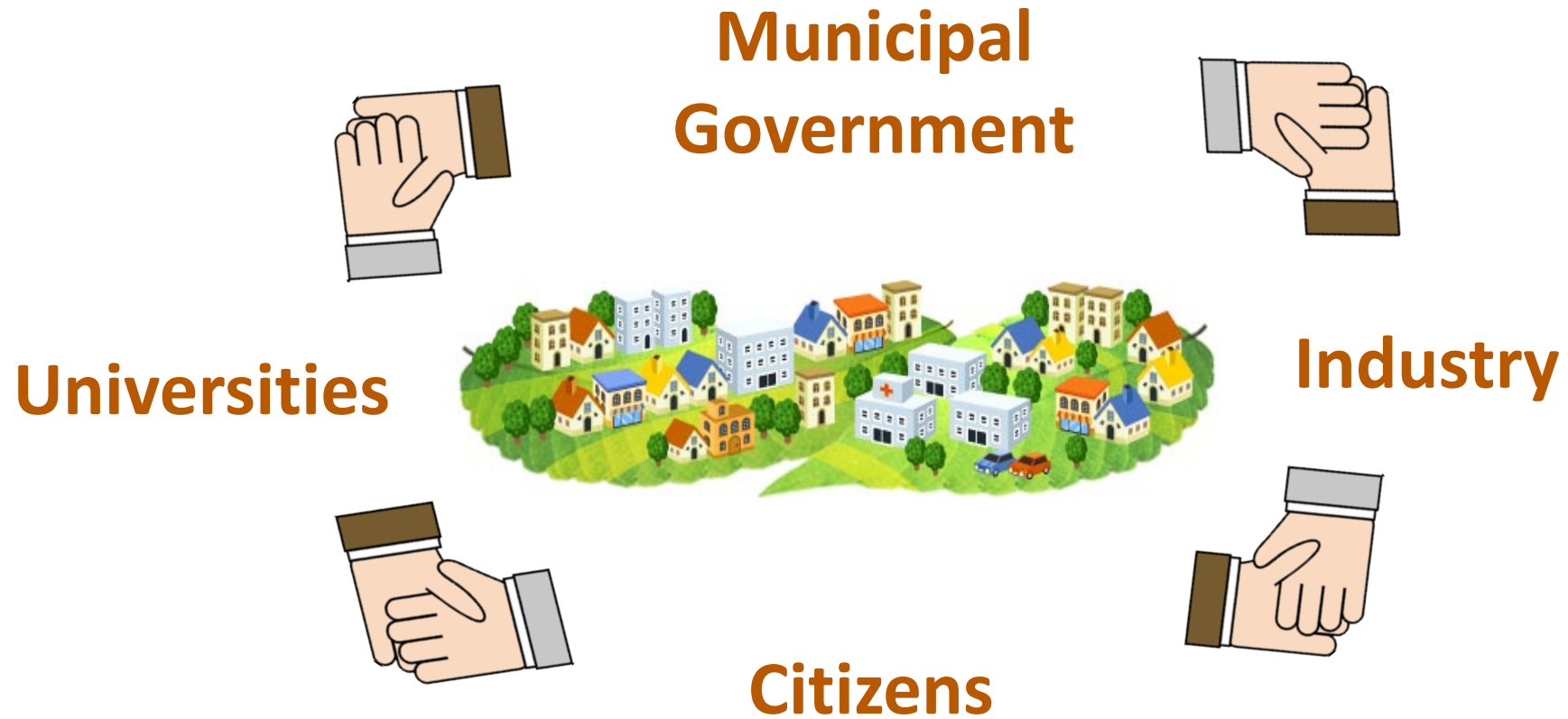
Small Multifunctional Service Center



Common Infrastructure for Sharing Information



Collaboration of Multi-stakeholders

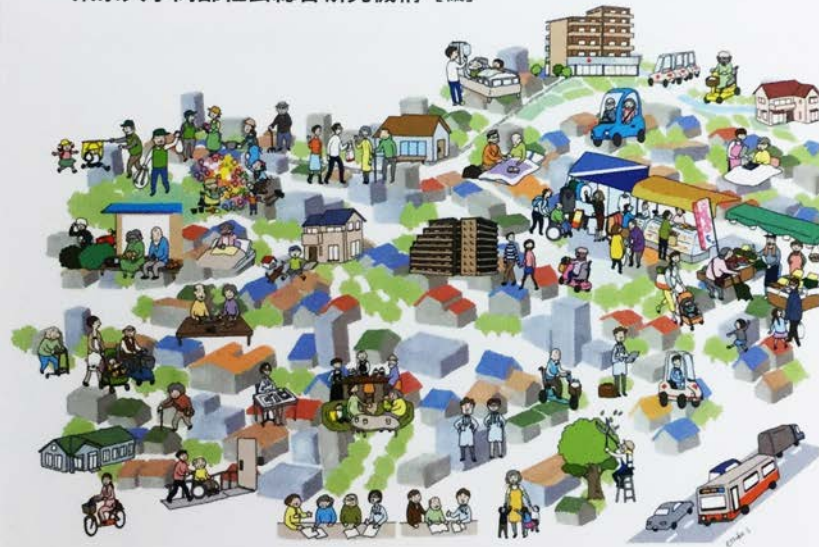


Guidebook to Community-based Integrated Care System

地域包括ケアの すすめ

在宅医療推進のための
多職種連携の試み

東京大学高齢社会総合研究機構 [編]



東京大学出版会

Action Research for Age-Friendly Communities

