



2009

Osaka Prefecture Elderly Care Plan

**Working toward a vibrant aging
society that offers mutual support
within a positive environment**

The Osaka Prefectural Government has launched a plan to contribute to a “pleasant, vibrant aging society” where all elderly citizens live happy lives in a manner that best suits their individual needs.
(Projected completion: FY2011)

1 Introduction to the 2009 Osaka Prefecture Elderly Care Plan

The 2009 Osaka Prefecture Elderly Care Plan is an integration of: (a) the insured long-term care service plan developed under the Long-Term Care Insurance Act; and (b) the health and welfare plan for the aged (comprising a plan developed under the Welfare Law for the Aged and a health promotion program). The plan is scheduled to be implemented from FY2009 through FY2011.

The Osaka Prefectural Government will promote this plan in line with its other relevant initiatives including the Basic Policy for Human Rights Promotion and the Health and Medical Care Plan.

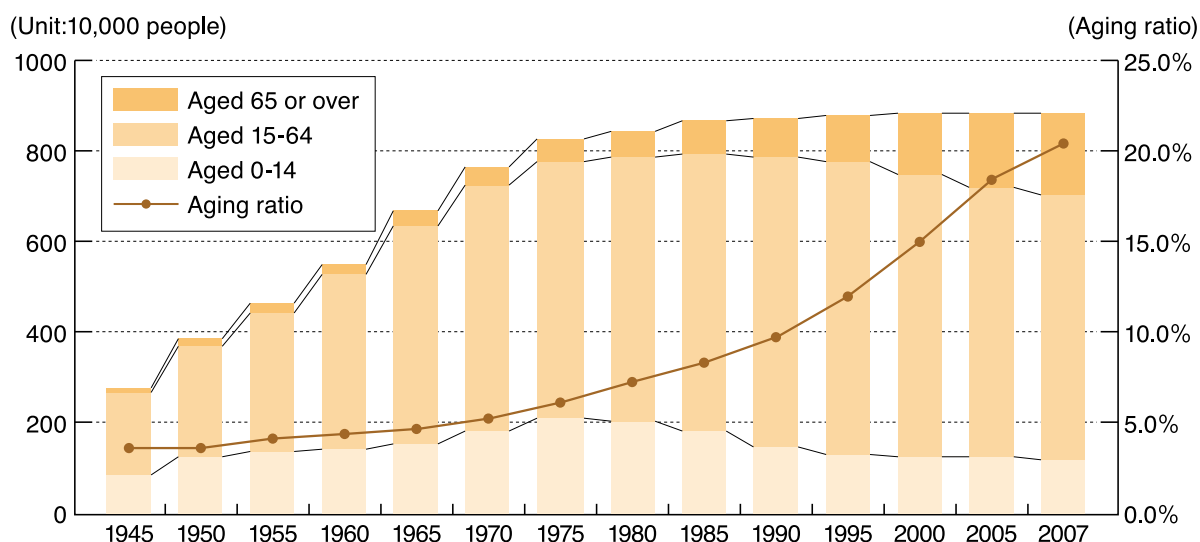
2 Outline of the 2009 Osaka Prefecture Elderly Care Plan

Chapter 1 Purpose of the plan

1. This plan is designed to develop a social system to better address the needs of a rapidly aging population (e.g. by coping with the increase in the number of persons certified as eligible for long-term care/support) by 2014 when almost one out of every four citizens in Osaka Prefecture will be aged 65 or over. By doing so, we aim to contribute to a “pleasant, vibrant aging society” where elderly citizens can live happy lives in a manner that best suits their individual needs, fully supported by the local community where they live.
2. The fundamental concept of this plan is: “Supporting the elderly with emphasis on their dignity to ensure that they can play an active role as important members of a human rights-oriented society, and live a life of their own choice in their homes and/or communities in a manner that best suits their individual needs.” In addition, we have set four basic principles for this plan; “Respecting human rights,” “Promoting user-friendly services,” “Encouraging active social participation,” and “Offering support to help the elderly remain in their homes and/or communities.”

Chapter 2 The elderly population of Osaka Prefecture—Now and in the future

1. As of October 2007, the population of Osaka Prefecture stands at about 8,810,000, of which about 1,800,000 are aged 65 or over, accounting for 20.5% of the total population. The proportion of elderly citizens to the total population (aging ratio) is expected to continue to grow.



■ Estimated population of Osaka Prefecture

		FY2009	FY2010	FY2011	FY2014
Total population	(No. of people)	8,873,697	8,864,826	8,848,937	8,780,456
Aged 40-64	(No. of people)	2,961,474	2,963,205	2,969,604	2,944,907
Aged 65 or older	(No. of people)	1,906,047	1,966,412	2,024,718	2,217,206
Aging ratio		21.5%	22.2%	22.9%	25.3%

2. There are two primary causes of the aging society: the increase in the elderly population due to prolonged life expectancy and the decrease in the younger population due to a decline in fertility rates.

■ Changes in life expectancy

		FY1965	FY1975	FY1985	FY1995	FY2005	FY2007
Male (Age)	Osaka Prefecture	68.02	71.60	74.01	75.90	78.21	—
	Japan	67.74	71.73	74.78	76.38	78.56	79.19
Female (Age)	Osaka Prefecture	73.30	76.57	79.84	82.52	85.20	—
	Japan	72.92	76.89	80.48	82.85	85.52	85.99

■ Changes in the number of childbirths, birth rate, and total fertility rate

		FY1965	FY1975	FY1985	FY1995	FY2005	FY2007
No. of childbirths	Osaka	147,249	150,653	100,328	86,076	76,111	76,914
	Japan	1,823,697	1,901,440	1,431,577	1,187,064	1,062,530	1,089,818
Birth rate (Per 1,000 people)	Osaka	22.1	18.6	11.8	10.0	8.8	8.9
	Japan	18.6	17.1	11.9	9.6	8.4	8.6
Total fertility rate	Osaka	2.20	1.90	1.69	1.33	1.21	1.24
	Japan	2.14	1.91	1.76	1.42	1.26	1.34

Chapter 3 Summary of the “2006 Osaka Prefecture Elderly Care Plan (Third-Term Plan)”

1. Results of the Third-Term Plan

The number of persons certified as eligible for long-term care exceeded 95% of the target goal, and the total number of recipients of long-term care insurance services exceeded 93% of the target goal. Recipients of at-home care services in particular are on the increase.

■ Results of the 2006 Osaka Prefecture Elderly Care Plan (entire Osaka Prefecture)

	FY2006			FY2007		
	Goal	Result	Achievement rate	Goal	Result	Achievement rate
Persons certified as eligible for long-term care (No. of people)	333,811	321,334	96.3%	348,775	331,944	95.2%
Recipients of long-term care insurance services	260,084	244,089	93.9%	272,458	253,618	93.1%
At-Home Service, Community-Based Service (No. of recipients)	116,257	147,794	127.1%	116,559	147,712	126.7%
Preventive Care Service, Community-Based Preventive Care Service (No. of recipients)	93,083	48,418	52.0%	103,677	59,436	57.3%
In-Facility Service (No. of recipients)	50,744	47,877	94.4%	52,222	46,470	89.0%
Care services provided	FY2006			FY2007		
At-Home Services	Goal	Result	Achievement rate	Goal	Result	Achievement rate
At-Home Care Support (People/month)	102,708	148,861	144.9%	102,254	127,811	125.0%
Home-Visit Care (Visits/year)	15,900,886	19,777,574	124.4%	15,615,012	19,043,507	122.0%
Home-Visit Bathing Service (Visits/year)	220,433	205,058	93.0%	226,048	209,060	92.5%
Home-Visit Nursing Care (Visits/year)	1,022,537	1,199,747	117.3%	1,023,215	1,208,920	118.1%
Home-Visit Rehabilitation (Days/year)	118,134	178,290	150.9%	120,231	232,919	193.7%
Day Care (Visits/year)	3,394,948	4,967,632	146.3%	3,232,251	5,168,863	159.9%
Day Rehabilitation Service (Visits/year)	1,752,633	2,110,470	120.4%	1,734,740	2,063,616	119.0%
Short-Term In-Facility Daily Life Care (Days/year)	1,136,356	1,214,797	106.9%	1,146,384	1,299,200	113.3%
Short-Term In-Facility Medical Care (Days/year)	265,983	267,198	100.5%	266,309	263,099	98.8%
Equipment Rental (1,000 yen/year)	10,024,610	11,679,154	116.5%	10,045,257	11,106,558	110.6%
Sale of Specific Equipment (1,000 yen/year)	898,533	942,156	104.9%	927,950	962,923	103.8%
Management Guidance for At-Home Care (People/month)	14,361	18,766	130.7%	14,346	20,961	146.1%
Daily Life Care in Specific Care Facilities (People/month)	4,517	5,202	115.2%	5,490	6,381	116.2%
In-Facility Services						
Designated Facilities Covered by Public Aid Providing Long-Term Care to the Elderly (No. of people)	24,716	24,397	98.7%	25,839	25,040	96.9%
Health Care Facilities for the Elderly (No. of people)	16,702	16,197	97.0%	17,021	16,553	97.3%
Long-Term Medical Care Facilities for the Elderly (No. of people)	9,326	7,496	80.4%	9,362	6,701	71.6%

Care services provided		FY2006			FY2007		
Preventive Care Services		Goal	Result	Achievement rate	Goal	Result	Achievement rate
Preventive Home Care Support	(People/month)	86,751	27,777	32.0%	96,123	54,141	56.3%
Preventive Home-Visit Care	(People/month)	59,915	19,947	33.3%	66,689	38,812	58.2%
Preventive Home-Visit Bathing Service	(Visits/year)	4,966	451	9.1%	5,446	792	14.5%
Preventive Home-Visit Nursing Care	(Visits/year)	189,112	39,123	20.7%	215,010	76,865	35.7%
Preventive Home-Visit Rehabilitation Service	(Days/year)	23,339	7,626	32.7%	26,161	17,418	66.6%
Preventive Day Care	(People/month)	19,875	6,392	32.2%	22,266	12,655	56.8%
Preventive Day Rehabilitation Service	(People/month)	8,003	2,118	26.5%	9,013	3,975	44.1%
Preventive Short-Term In-Facility Daily Life Care	(Days/year)	94,662	7,991	8.4%	106,863	16,889	15.8%
Preventive Short-Term In-Facility Medical Care	(Days/year)	26,733	2,343	8.8%	30,385	3,992	13.1%
Equipment Rental for Preventive Care	(1000 yen/year)	4,270,160	450,668	10.6%	4,895,302	687,981	14.1%
Sale of Specific Equipment for Preventive Care	(1000 yen/year)	479,766	167,473	34.9%	526,835	269,382	51.1%
Management Guidance for At-Home Preventive Care	(People/month)	3,794	703	18.5%	4,258	1,623	38.1%
Preventive Daily Life Care in Specific Care	(People/month)	1,491	518	34.7%	1,829	1,152	63.0%
Community-Based Services (Community-Based Preventive Care Services)							
Night-Time Home-Visit Care	(People/month)	4,285	57	1.3%	5,097	139	2.7%
Day Care for Dementia Patients	(Visits/year)	160,351	185,360	115.6%	186,488	213,484	114.5%
Care in Small-Scale, Multi-Functional Homes	(People/month)	2,285	35	1.5%	4,067	496	12.2%
Care for Dementia Patients in Group Homes	(People/month)	5,376	5,542	103.1%	5,848	6,052	103.5%
Daily Life Care in Community-Based Specific Facilities	(People/month)	46	0	0%	66	5	7.6%
Community-Based Welfare Facilities for the Elderly in Need of Long-Term Care	(People/month)	168	46	27.4%	520	98	18.8%
Preventive Day Care for Dementia Patients	(Visits/year)	30,974	512	1.7%	42,972	1,383	3.2%
Preventive Care in Small-Scale, Multi-Functional Homes	(People/month)	385	3	0.8%	709	54	7.6%
Preventive Care for Dementia Patients in Group Homes	(People/month)	722	22	3.0%	794	24	3.0%

2. Current state of health and welfare services for the elderly

As part of health services, the results of health education, consultation and cancer screening services are explained below. For welfare services, the numerical data of Machikado day houses (community-based day-care facilities for the elderly), nursing homes for the elderly, and economical nursing homes for the elderly are provided in the following table.

Health and welfare facilities for the elderly in Osaka Prefecture

		FY2006	FY2007
No. of Machikado day houses		130	127
Total capacity of nursing homes for the elderly	(No. of people)	2,944	2,939
Total capacity of Type-A and Type-B economical nursing homes for the elderly	(No. of people)	1,270	1,260
Total capacity of economical nursing homes for the elderly (care houses)	(No. of people)	4,298	4,392

Health education and consultation services: Goals for FY2007 and results achieved

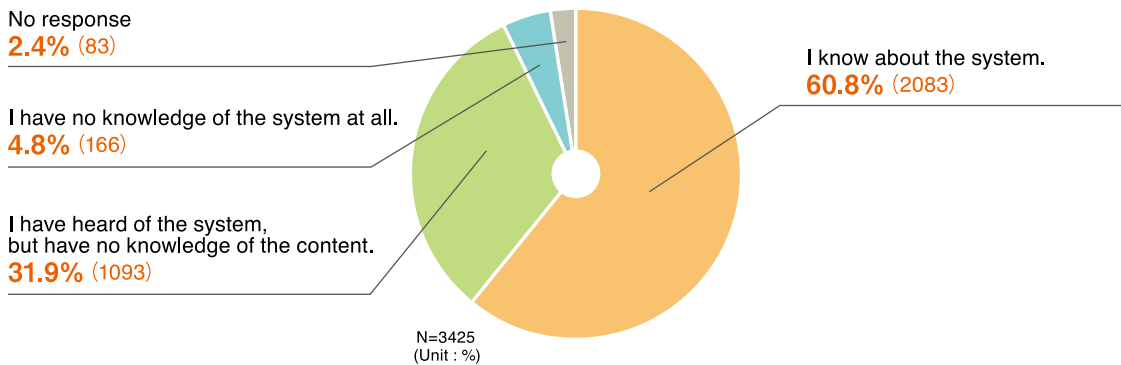
	Goal	Result
No. of municipalities that offered individual health education services	43	17
No. of group health education programs	8,337	5,401
No. of focused health consultation programs	5,199	3,479
No. of general health consultations	8,088	4,512

3. Survey on living conditions of the elderly and their awareness of care services

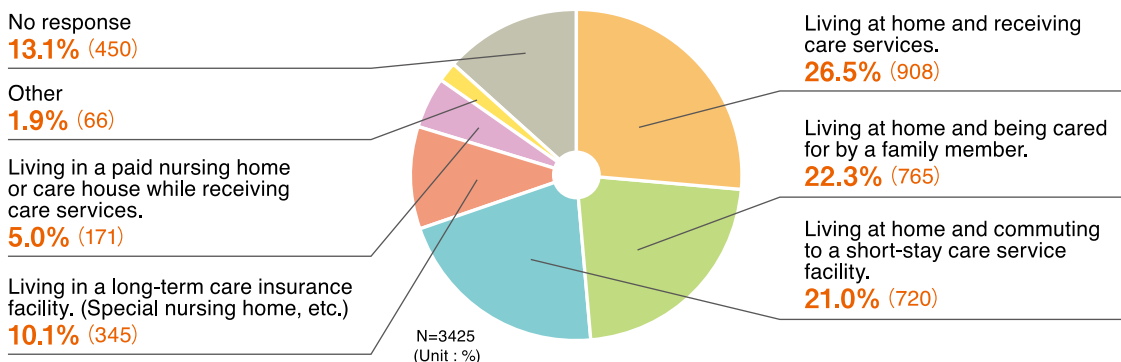
In FY2007, a survey was conducted on the living conditions of the elderly, their level of awareness of the long-term care insurance system, and how they would wish to live if they became unable to take care of their own daily needs.

Regarding the question on awareness of the long-term care insurance system, the majority of respondents (60.8%) said they knew about the system, while when asked on how they would wish to live if they became unable to take care of themselves, most indicated that they wished to receive care services in their own homes (26.5%).

Awareness of the long-term care insurance system



How the elderly would wish to live if they became unable to take care of their own daily needs



Chapter 4 Health and welfare measures for the elderly

To realize a “pleasant, vibrant aging society,” it is necessary to create an environment that allows elderly citizens to continue to live a purposeful and healthy life. At the same time, a comprehensive community-care system should be in place to offer nursing care, medical care, daily support, and housing services to elderly citizens whenever and wherever needed, to ensure that they can continue to live in their home towns as comfortably and for as long as possible.

With this in mind, the Osaka Prefectural Government has promoted and will continue to promote health and welfare measures for the elderly based on the following seven objectives:

1. Providing user-oriented services

We will provide information on the long-term care insurance system and other health and welfare services for the elderly to a fuller extent, and develop a better understanding of the needs of the elderly from their perspective. Then we will work to create an environment offering quality services to elderly citizens, helping them to live independent lives, free of anxiety.

2. Building a community-based care system

Under the leadership of the Local Comprehensive Support Centers, we will build a comprehensive care system in close cooperation with community social workers and relevant organizations providing nursing care, medical care, and housing support services; local residents; non-profit organizations (NPOs); and volunteers.

3. Realizing safe, worry-free lives for the elderly

We will contribute to the realization of a society where all citizens, including the elderly and the disabled, can freely and safely visit places of their own choice and interest, continue working as long as motivated, and live secure and happy lives.

4. Implementing measures to achieve healthier lives and longer life expectancy

To ensure elderly people lead healthy lives as independently as possible, we will offer preventive care services so that they will not develop conditions that require long-term care or support. We will also implement measures to improve health and prevent lifestyle-related diseases for people in the middle-age and younger groups.

5. Enhancing welfare facilities for the elderly who face challenges in taking care of their daily needs

Welfare facilities for the elderly assume a very important role as a safety net for elderly citizens who have difficulties in living in their own homes because of their physical condition or for family reasons. We will work in close cooperation with municipalities to develop community-based welfare facilities that provide elderly citizens with unlimited access to support services within their own communities, and increase the number of care facilities that provide care services in private rooms in a domestic setting.

6. Providing care for the elderly with dignity and respect

Respecting the importance of human rights, we will ensure that care services are provided to elderly citizens in a manner respecting their individual dignity so that the elderly, even those in need of nursing care, can live their own lives and achieve a sense of personal fulfillment. We will also promote measures to prevent abuse against the elderly pursuant to the “Elder Abuse Prevention and Caregiver Support Law” that has been in effect since April 2006.

7. Offering support and advice for effective implementation of the long-term care insurance system

We will offer advice and support to long-term care insurers to help them in the process of determining and collecting insurance premiums and certifying eligibility for the insurance services, as well as ensuring that insurance benefits are provided to precisely cater to an individual’s needs for care services and properly cover care expenses.

Chapter 5 Estimation of the need for care services

1. Estimated number of persons certified as eligible for support/care under the long-term care insurance system

The number of persons certified as eligible for support/care under the long-term care insurance system shown in the following table are an accumulation of estimated numbers that each municipality calculated by taking into consideration: (a) the availability of a community-based support program (preventive care program) and preventive care benefits in the municipality; and (b) possible effects of the preventive measures currently in place.

■ Estimated number of persons eligible for support/care under the long-term care insurance system (entire Osaka Prefecture)

Eligibility classification	FY2009	FY2010	FY2011	FY2014
Total	354,927	369,273	384,964	432,659
Eligibility classification 1 or 2 (for support) Eligibility classification 1 (for long-term care)	166,081	172,305	179,344	201,132
Eligibility classification 1 (for support)	56,663	58,533	60,814	67,888
Eligibility classification 2 (for support)	55,792	57,890	60,233	67,471
Eligibility classification 1 (for long-term care)	53,626	55,882	58,297	65,773
Eligibility classification 2-5 (for long-term care)	188,846	196,968	205,620	231,527
Eligibility classification 2 (for long-term care)	63,193	65,888	68,688	77,080
Eligibility classification 3 (for long-term care)	50,354	52,494	54,820	61,764
Eligibility classification 4 (for long-term care)	41,685	43,525	45,499	51,426
Eligibility classification 5 (for long-term care)	33,614	35,061	36,613	41,257

The number of persons certified as eligible for support or long-term care shown in the above table include persons aged 40-64.

2. Estimation of the need for care services

The numbers shown in the following table are estimates that each municipality calculated by taking into consideration: (a) the services provided in the past; (b) the estimated increase in the number of persons certified as eligible for long-term care/support; and (c) the future needs for such services based on the results of a questionnaire.

To determine the needs of in-facility service; daily life care for dementia patients in group homes; daily life care in community-based welfare facilities for the elderly in need of long-term care; daily life care in community-based specific facilities; daily life care in specific facilities exclusively in need of long-term care; and daily life care in specific facilities for both elderly in need and not in need of long-term care, we first set targets in the number of users of such services for FY2014, taking into consideration the possible outcome of our long-term plan to increase community-based care services and develop care service infrastructure. We then calculated the amounts necessary to achieve the targets as planned.

In addition, we will work for optimal allocation of long-term care facilities to ensure hospitalized elderly patients can always receive timely medical and care services whenever and wherever needed. To this end, we will join efforts with relevant organizations and seek understanding and cooperation from medical institutions that provide long-term-care beds. Also, we offer consultation to citizens, users, and medical institutions at the Osaka Prefectural Government head office.

■ Expected needs for care services by type of service (entire Osaka Prefecture)

	FY2009	FY2010	FY2011
No. of persons certified as eligible for long-term care (No. of people)	354,927	369,273	384,964
No. of recipients of long-term care insurance services (No. of people)	284,011	297,721	313,388

Needs for care services		FY2009	FY2010	FY2011
At-Home Services				
At-Home Care Support	(People/month)	143,471	150,812	158,455
Home-Visit Care	(Visits/year)	20,503,344	21,385,517	22,371,422
Home-Visit Bathing Service	(Visits/year)	246,886	255,787	266,988
Home-Visit Nursing Care	(Visits/year)	1,369,713	1,424,215	1,482,374
Home-Visit Rehabilitation	(Days/year)	300,218	312,813	327,012
Day Care	(Visits/year)	5,961,041	6,230,422	6,507,681
Day Rehabilitation Service	(Visits/year)	2,323,425	2,421,571	2,528,447
Short-Term In-Facility Daily Life Care	(Days/year)	1,530,607	1,601,938	1,672,294
Short-Term In-Facility Medical Care	(Days/year)	304,219	316,308	329,802
Equipment Rental	(1,000 yen/year)	13,148,273	13,661,338	14,253,700
Sale of Specific Equipment	(1,000 yen/year)	1,152,478	1,204,585	1,268,893
Management Guidance for At-Home Care	(People/month)	26,235	27,340	28,586
Daily Life Care in Specific Care Facilities	(People/month)	8,583	9,724	11,258
In-Facility Services				
Designated Facilities Covered by Public Aid Providing Long-Term Care to the Elderly	(Number of people)	26,556	27,210	28,199
Health Care Facilities for the Elderly	(Number of people)	17,657	18,798	19,803
Long-Term Medical Care Facilities for the Elderly	(Number of people)	5,428	4,312	3,759
Preventive Care Services				
Preventive Home Care Support	(People/month)	64,624	68,302	72,531
Preventive Home-Visit Care	(People/month)	46,225	48,904	51,884
Preventive Home-Visit Bathing Service	(Visits/year)	1,287	1,412	1,583
Preventive Home-Visit Nursing Care	(Visits/year)	98,035	103,506	109,629
Preventive Home-Visit Rehabilitation Service	(Days/year)	24,049	26,177	28,423
Preventive Day Care Service	(People/month)	15,651	16,479	17,433
Preventive Day Rehabilitation Service	(People/month)	4,762	5,016	5,286
Preventive Short-Term In-Facility Daily Life Care	(Days/year)	22,189	24,062	25,989
Preventive Short-Term In-Facility Medical Care	(Days/year)	6,166	6,717	7,357
Equipment Rental for Preventive Care	(1000 yen/year)	924,311	975,626	1,031,651
Sale of Specific Equipment for Preventive Care	(1000 yen/year)	341,601	366,322	389,295
Management Guidance for At-Home Preventive Care	(People/month)	2,322	2,460	2,625
Preventive Care in Specific Care Facilities	(People/month)	1,635	1,820	2,007

Needs for care services		FY2009	FY2010	FY2011
Community-Based Preventive Care Services				
Night-Time Home-Visit Care	(People/month)	456	721	853
Day Care for Dementia Patients	(Visits/year)	173,093	212,740	235,760
Care in Small-Scale, Multi-Functional Homes	(People/month)	2,100	3,142	3,955
Care for Dementia Patients in Group Homes	(People/month)	7,328	8,102	8,800
Daily Life Care in Specific Facilities	(People/month)	170	224	283
Care in Community-Based Health Care Facilities for the Elderly	(People/month)	462	1,184	2,006
Preventive Day Care for Dementia Patients	(Visits/year)	3,449	3,848	4,475
Preventive Care in Small-Scale, Multi-Functional Homes	(People/month)	203	317	396
Preventive Care for Dementia Patients in Group Homes	(People/month)	30	37	45

Total capacities required for care facilities, homes, and community-based services

(Unit: persons)

	FY2009	FY2010	FY2011	No. of care facilities/homes
Designated Facilities Covered by Public Aid Providing Long-Term Care to the Elderly	27,858	28,174	28,957	2,165
Health Care Facilities for the Elderly Requiring Long-Term Care	19,714	20,612	21,520	3,796
Long-Term Medical Care Facilities for the Elderly	5,791	4,604	4,017	–
No. of beds to transfer to Long-Term Care Insurance Facilities from Medical Facilities	53	80	94	

* "No. of care facilities/homes" indicates the number of care facilities/homes that have to be in place between 2009 and 2011.

(Unit: persons)

	FY2009	FY2010	FY2011
Daily Life Care in Specific Facilities Exclusively for the Elderly in Need of Long-Term Care	254	281	301
Daily Life Care in Specific Facilities for both the Elderly in Need and not in Need of Long-Term Care	8,329	9,443	10,957
Community-Based Welfare Facilities for the Elderly in Need of Long-Term Care	474	1,224	2,005
Daily Life Care in Community-Based Specific Facilities	170	224	283
Care for Dementia Patients in Group Homes	7,582	8,333	9,015

Chapter 6 Measures for effective implementation of the Elderly Care Plan

In the course of promoting the Elderly Care Plan, we will share responsibilities and maintain close coordination with municipal governments and other relevant organizations, while seeking understanding and cooperation from citizens, NPOs and all other stakeholders.

1. Measures taken by the Osaka Prefectural Government

To offer enhanced health and welfare services to elderly citizens in an integrated manner, we established the “Council to Promote Health and Welfare Measures for the Elderly in Osaka Prefecture” comprised of relevant departments within the prefectural government. Progress of the Elderly Care Plan is reviewed and assessed by the “Committee for Health and Welfare Plans for the Elderly in Osaka Prefecture,” which consists of specialists in health, medical care and welfare.

2. Partnership with relevant organizations

For efficient implementation of health and welfare measures for the elderly, we will continue to foster partnership with medical organizations, health and welfare service organizations, the Council of Social Welfare, the Osaka Prefecture Social Welfare Association, the Osaka Prefecture Welfare Promotion Foundation, and the Social Welfare Foundation, as well as commissioned welfare volunteers and child welfare volunteers, NPOs, volunteer groups and “silver service” groups.

3. Support and advice to municipalities

As long-term care insurers and providers of health and welfare services for the elderly, each of the municipal governments is required to implement measures to precisely cater to the diversifying needs of citizens and assist elderly citizens in living independent lives.

The Osaka Prefectural Government offers support and advice to the municipal governments to ensure that they take advantage of their respective strengths to implement community-specific measures.

Also we will encourage a transfer of more power to the municipal governments as part of the Osaka Prefectural Government’s “Decentralization Reform Initiative.”

The 2009 Osaka Prefecture Elderly Care Plan is an integration of general public services for the aged, including the Health and Welfare Plan for the Aged and the Insured Long-term Care Service Plan developed under the Welfare Law for the Aged and the Long-Term Care Insurance Act, respectively.



**Osaka Prefectural
Government**

Elderly Citizens Care Office

Otemae 2-chome, Chuo-ku, Osaka, 540-8570

TEL 06(6941)0351 FAX 06(6941)0513

Web site <http://www.pref.osaka.jp/kaigoshien/kaigo/index.html>

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