

5th Yokohama City Community Welfare and Health Plan

Plan Period: FY2024 - FY2028

Yokohama Smile Plan

Summary
Version



Mutual Recognition,
Connection,
Together



Why Do We Need the Community Welfare and Health Plan?

There may be people in your community who are struggling, but feel isolated and unable to talk to anyone about their issues.

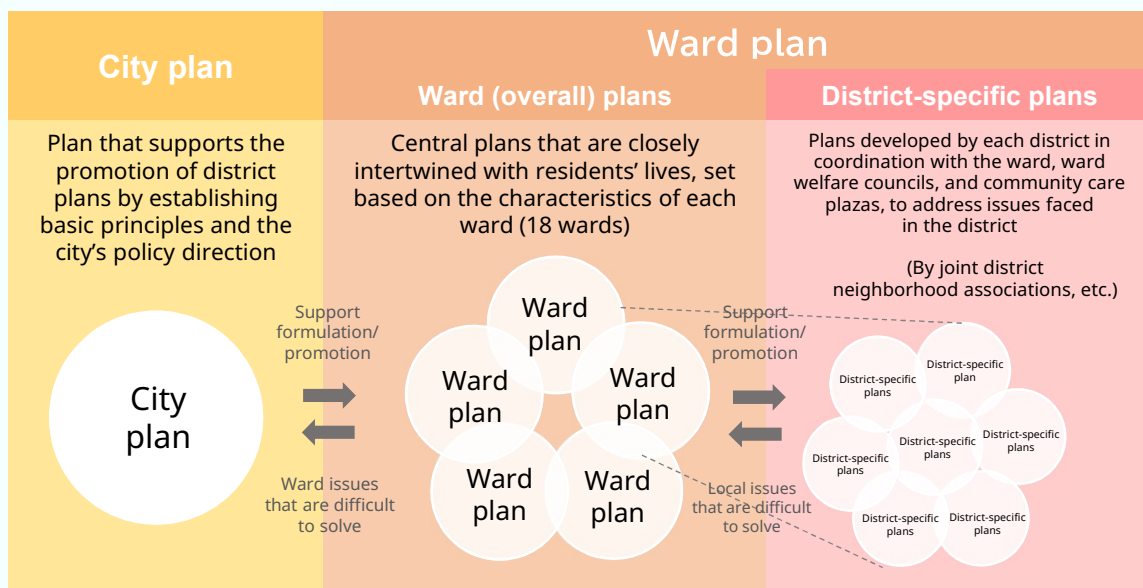
- The community is home to people with many different perspectives and backgrounds, from infants to senior citizens, foreigners, and those with disabilities—some of whom may be struggling in their daily lives.
- The gradual weakening of ties in the community, however, has meant that those struggling with various issues can become isolated and unable to consult anyone, with their issues becoming worse over time.

Building a Community-Based Symbiotic Society Where People Connect With and Support One Another

- The city is thus making efforts to realize a community-based symbiotic society in which local residents and various local entities connect with and support one another, despite the various challenges faced by those in the community, working with one another to build stable and meaningful lives as well as a community.
- In order for everyone to be able to lead healthy lives and feel comfortable being themselves, all residents, support organizations, and relevant institutions must come together to think about what each of us can do to develop a better community, and take concrete actions to achieve this goal.

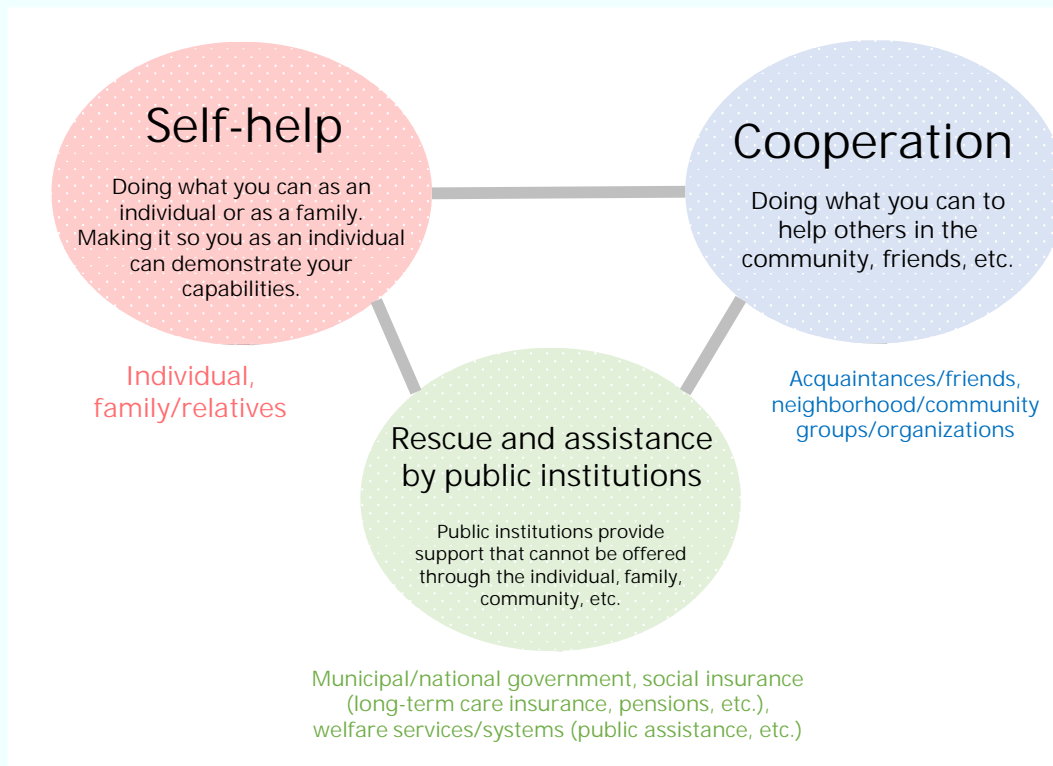
Relationship Between City Plan, Ward Plans, and District-Specific Plans

- The Yokohama City Community Welfare and Health Plan is comprised of a city plan, 18 ward plans, and district-specific plans.



Coordination Between “Self-Help,” “Cooperation,” and “Rescue and Assistance by Public Institutions”

- It is very important in community welfare and healthcare that there be coordination between “self-help,” in which individuals do what they can on their own; “cooperation,” in which members of the community help each other solve problems they cannot resolve individually; and “rescue and assistance by public institutions,” in which the government comes in to solve problems that can only be solved by the government.
- The Community Welfare and Health Plan will thus combine self-help, cooperation, and rescue and assistance by public institutions, linking them together to solve everyday problems and local issues in a comprehensive manner.



Other Sectors Related to Community Welfare and Health, and the Plan’s Relationship With Them

- The City of Yokohama promotes sector-specific plans for welfare and health, and provides the necessary public services, etc., for each.
- With the Community Welfare and Health Plan, the city aims to enhance the community life of the entire target population by establishing a common set of community-oriented principles, policies, and directions, and working with residents, businesses, support institutions, etc., to put them into practice.

Sector-Specific Plans for Community Welfare and Health

- Yokohama Positive Aging Plan (Yokohama City Health and Welfare Plan for the Elderly, Long-Term Care Insurance Project Plan, Dementia Policy Promotion Plan)
- Yokohama City Disability Plan
- Yokohama City Child and Childrearing Support Project Plan
- Health Yokohama 21

Overview and Basic Philosophy

- The basic philosophy (common goal for the entire city to achieve through the plan), visions (more detailed direction), promotional measures (measures to realize this direction), and promotional perspective (way of thinking that serves as the basis for plan promotion), are as follows.

5th Yokohama City Community Welfare and Health Plan (Nickname: Yokohama Smile Plan)

Plan period: FY2024 - FY2028

<Basic Philosophy> Goal to be achieved through the implementation of the plan

Building a Yokohama where everyone can feel comfortable being themselves and live healthily



<Promotional Measures>

1. Creating a system where those in the immediate community support one another
2. Building a foundation for promoting welfare and health efforts in the community
3. Promoting the participation of a wide variety of residents in a way that respects diversity

<Promotional Perspective>

- (1) Promoting community welfare and health by working with local residents and support institutions/relevant institutions
- (2) Focusing on and providing support for the life of each individual
- (3) Working toward solutions without being bound by existing frameworks

Visions

1. Mutual recognition

A community where people respect each other and feel comfortable being themselves

- There are people of various different perspectives and backgrounds in the community. Some of them are struggling to live their daily lives due to a lack of recognition by others, and the tendency to isolate themselves due to this fact. Others find it difficult to be themselves due to changes in society or their living environment.
- In order for people to feel comfortable being themselves, they need to feel accepted and welcome in their immediate community.
- We aim to create a community that is widely accepting of each individual's diversity, encouraging members of the community to learn about, recognize, and respect each other, so that everyone can feel comfortable being themselves.

2. Connection

A community where people care for and support each other and lead healthy lives

- "Connection" can mean different things for different people. It can mean small talk with neighbors, looking out for those who live alone, or getting together with those with common interests. It could also mean receiving support from neighboring residents or professionals, for people facing difficulties in their everyday lives. These are all precious "connections" that exist in our everyday lives.
- Creating more places and opportunities for interaction and facilitating this connection between people, helps make their lives more worthwhile and fulfilling, and will likely have a positive impact on their mental and physical health as well.
- It is the connection between people that will help facilitate mental/physical health and the creation of various different roles, and eventually mutual support, thus helping us realize a more comfortable community.
- There are communities, however, where the impact of COVID and changes in the social environment have resulted in fewer opportunities to connect and care for one another.
- We must once again come to a shared understanding of the importance of connection in our immediate community, and work to create a community where we all care for and support one another.

3. Together

A community where those who need help, and those who give it, are not left to face their struggles alone

- Many people struggling with issues in their daily lives are unable to ask for help because they do not want people to know they are struggling, or because they do not know who to turn to. On the other hand, there are also people who are aware that someone is struggling, but find themselves at a loss as to what to do, or who are struggling themselves because they do not know how to provide support.
- We must create an environment in the community in which people who need help, *and* the people who provide it, feel comfortable reaching out to those around them.
- Our aim is to get various people and entities all working together, for instance by promoting connections between residents and cross-sector coordination between government agencies and relevant institutions, so that people in the community are not left to face their struggles alone.

<Promotional Measure>

1. Creating a system where those in the immediate community support one another

Overall direction

We will work to enhance mutual support between residents by facilitating day-to-day connections, and promote coordination between residents, support organizations, and relevant institutions in order to help solve local issues. We will also work to protect the rights of those with dementia or disabilities, in light of the current aging of the population, etc., and will provide support for those living in poverty, those facing the "8050 problem," hikikomori, young caregivers, double caregivers, their families, etc. We will also expand the childrearing support available in the community, both in terms of locations and opportunities, to help prevent the isolation of childrearing households.

(1) Bolstering mutual support amongst residents through day-to-day connections

- Caring for each other within the immediate community, and expanding awareness of those facing various struggles
- Creating a system that allows the community to look out for people through day-to-day connections
- Bolstering mutual support so that residents are able to live comfortably in the community

(2) Facilitating collaboration amongst residents, support organizations, and relevant institutions/organizations in order to resolve issues

- Residents, support organizations, and relevant institutions/organizations working together to support people facing various struggles
- Enhancing coordination capabilities so that relevant institutions can provide effective support
- Creating a system that connects those who are struggling with others who can provide support, so that they are not left to face their struggles alone
- Building a network to address complex issues

(3) Promoting the protection of rights in a comprehensive manner in the immediate community

- Bolstering support for the protection of rights to help realize a community-based symbiotic society
- Expanding the regional coordination network responsible for promoting support for the protection of rights (Yokohama City Basic Plan for Promotion of Adult Guardianship System)

(4) Developing community through support for those living in poverty

- Coordinating with multiple institutions to address complex issues
- Preventing and eliminating social isolation
- Preventing the isolation of those providing support
- Developing a community where everyone has a place and a role in the community, regardless of whether they are providing or receiving support

1 Creating a system where those in the immediate community support one another

1 Ms. A used to enjoy saying hi to and chatting with her neighbors

Ms. A

Recently, however, she has developed dementia, and rarely leaves the home

2

chirp chirp

How is your wife?

I see...

She just hasn't been her usual cheerful self since the dementia... But seeing old acquaintances does put a smile on her face

Ms. A's husband

3 One day at the senior salon...

I wonder if Ms. A could come here too

Let's do a bit of research on dementia too

I'll reach out and invite her

4

I don't know if it would be good for me to go...

It's okay!

We'd all be so happy if you came.

5 Ms. A had fun spending time with her old acquaintances at the salon, and the experience brought a smile to her face

How nostalgic!

This is so fun!

So fun!

6 Can we get even more people to smile?

We should try to reach out to some others too

I think there are people who would be happy if we reached out

Mr. B, who lives alone

Maybe for the next salon, we can invite Mr. B too

Let's consult the community care plaza too

<Promotional Measure>

2. Building a foundation for promoting welfare and health efforts in the community

Overall direction

The declining population/falling birthrate and aging population, among other factors, have resulted in many communities experiencing a shortage of people capable of providing support. We will provide support to relevant organizations/groups in the community, and will also support social welfare corporations, companies, schools, etc., in their participation in welfare and health efforts. We will also work with ward offices, ward welfare councils, community care plazas, etc., to build a foundation with which to support the community.

(1) Strengthening systems of relevant organizations/groups in the community

- Providing support for the continuation/expansion of efforts by community associations/neighborhood associations, district welfare councils, district children's associations, etc.
- Creating a collaboration system for relevant organizations/groups to promote welfare and health efforts in the community
- Bolstering the support necessary for launching new efforts and continuing/expanding existing ones

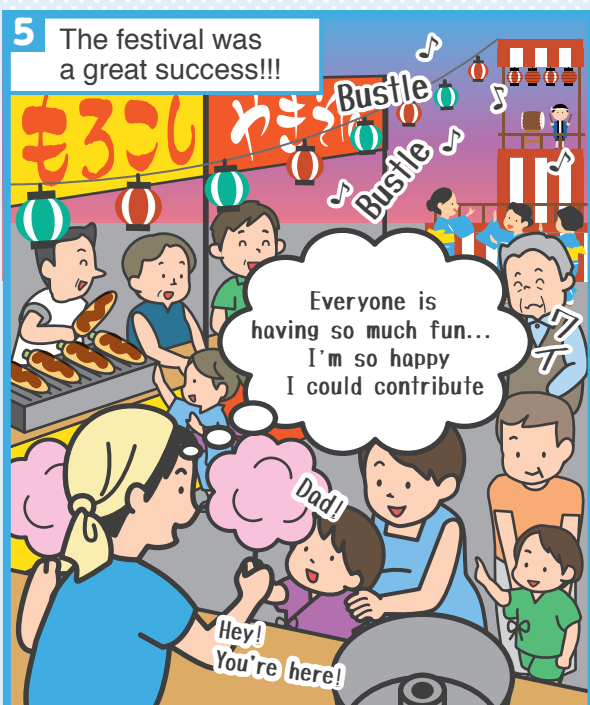
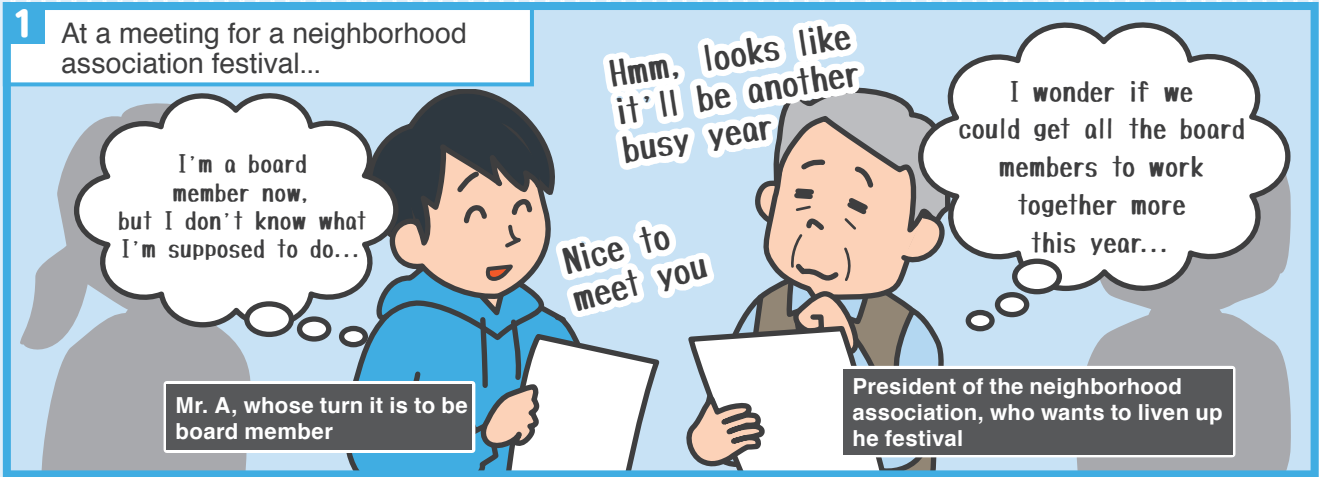
(2) Providing support that encourages the proactive participation of social welfare corporations, companies, schools, etc.

- Promoting community contribution efforts by social welfare corporations and companies
- Promoting coordination/collaboration between the community and schools
- Providing support for diverse entities to work together and resolve local issues

(3) Building a foundation for supporting the community through collaboration between ward offices, ward welfare councils, community care plazas, etc.

- Promoting community support based on the characteristics of the community
- Exercising combined capabilities of district-specific support teams to promote individual and community support in an integrated manner
- Coordinating/collaborating with relevant institutions to create a comprehensive support system

2 Building a foundation for promoting welfare and health efforts in the community



<Promotional Measure>

3. Promoting the participation of a wide variety of residents in a way that respects diversity

Overall direction

We will promote the development of a community that understands and respects diversity when it comes to people with various different perspectives, backgrounds, and values, including those with disabilities, foreigners, and those in the LGBTQ community. We will also create/expand opportunities to interact, connect, and participate socially in one's immediate community, and promote health development in a way that is tailored to each individual's circumstances. We will utilize digital technologies and other means to discuss/create opportunities for connection that are adapted to the new era and to the changes in our environment (post-COVID, etc.).

(1) Developing a community that understands and respects diversity

- Creating a culture in which people understand and respect differences in perspective, background, and values
- Promoting mutual understanding through day-to-day connections

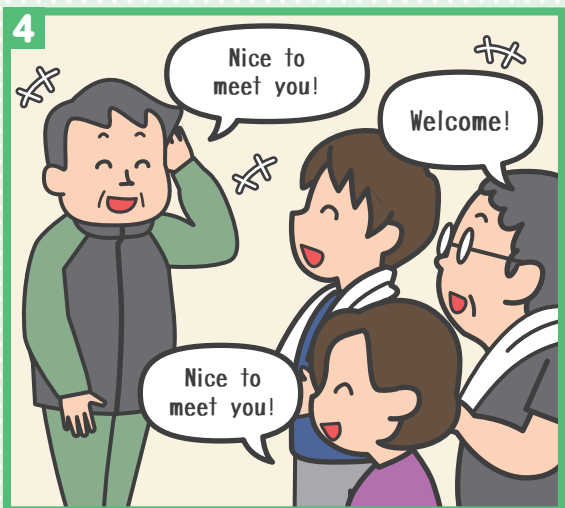
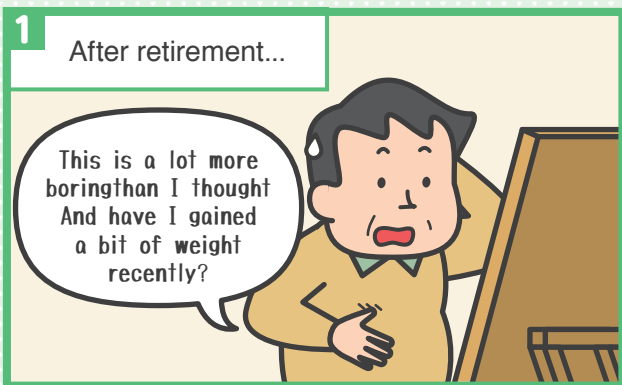
(2) Creating/expanding opportunities to interact/connect and participate in society

- Sharing the importance of interacting and connecting with others in one's immediate community
- Expanding the number of places and opportunities for people of various different generations and backgrounds to connect with each other, and with organizations
- Promoting welfare and health efforts together with finding enjoyment and purpose in life
- Creating opportunities to connect with the community starting in childhood
- Considering/creating connections adapted to the changing times/environment

(3) Promoting health development through day-to-day connections

- Promoting health development that can connect people together across a variety of different circumstances
- Creating a healthy environment tailored to the circumstances of each individual
- Promoting health development through various entities, from local residents to relevant organizations, medical institutions, educational institutions, companies, and stores

3 Promoting the participation of a wide variety of residents in a way that respects diversity



• There are a wide variety of people in the community, from the elderly to those with disabilities, children and young people, foreigners, and more, each with their own perspectives, backgrounds, and values. If we are to live with respect for one another, it is important that we connect with each other in our day-to-day lives, grasp each other's circumstances, and understand our individual strengths and weaknesses, in order to create networks of support.



Review of 4th Plan and Key Points of 5th Plan

(1) Creating connections and mutual support in one's immediate community

- There are efforts underway to develop community-based systems to check in with a diverse range of people. Moving forward, we will need to provide support to increase awareness of the importance of promoting regular check-ins for the entire community, and promote day-to-day mutual support amongst local residents.
- There have been more opportunities for local residents to connect with one another in a casual/unstructured manner in their everyday lives. We have also been able to increase awareness of the importance of efforts in one's immediate community, and are in the process of implementing many such efforts. Moving forward, we will need to devise ways to approach and educate a wider range of people, such as the younger generation and those working in companies, in order to develop a community that supports one another.

(2) Establishing a comprehensive support system that is not bound by generation or sector

- We are working to establish a community-based check-in/early detection system that is not bound by sector. Moving forward, we will need to create an environment in which people who need help can be connected to the appropriate support before the struggles in their life become too complex or serious.
- Local organizations are working together across sectors to implement the measures necessary for each issue. We will need to continue sharing examples of efforts, creating opportunities to discuss measures, etc., in order to promote coordination between organizations like neighborhood councils/joint district neighborhood associations and companies, NPOs, etc., in as many communities as possible.
- We need to build and expand regional networks that enable people to live safely in the community even if their judgment becomes impaired, etc.
- We need to expand the base number of personnel involved in community welfare and health efforts, and establish a support system that allows social workers/children's social workers to feel comfortable continuing their efforts, in order to help resolve the personnel shortage for community efforts, and make operations sustainable.

(3) Creating an environment in which people feel comfortable consulting others about their struggles

- We are in the process of establishing community care plazas, community childrearing support centers, etc., in order to develop systems that can provide more immediate support in residents' lives, and an environment that can facilitate this support.
- We have established a core institution that will play a central role in promoting the use of the adult guardianship system, and are implementing various efforts aimed towards those who need support in the protection of their rights, with the aim of establishing a regional coordination network for the protection of these rights.
- Recent years, however, have brought to light issues such as the "8050 problem," double caregivers, young caregivers, and hikikomori, that involve people who are struggling but are unable to consult anyone about their struggles and find themselves isolated, with their problems becoming more serious over time.
- Part of the problem is that people who find it difficult to seek help tend not to receive it. As such, we must further promote the integrated implementation of these measures together with support for self-reliance for those living in poverty; establish an environment that makes it easier for such individuals to consult someone about their struggles; and create a system that allows relevant institutions to coordinate in responding to such needs.

(4) Creating opportunities to understand and respect diversity, including differences in perspectives, backgrounds, and values

- We are working to promote an understanding of diversity, for instance through public awareness efforts and welfare education aimed at a wide range of audiences, and are also expanding opportunities for people to connect with one another in a casual/unstructured manner, such as by creating places where children can be comfortable, offering support to households living in poverty, facilitating interaction between the community and children of foreign nationalities, etc.
- At the same time, however, there is a need for greater understanding when it comes to people of various different perspectives, backgrounds, and values, such as those with disabilities, foreigners, and those in the LGBTQ community.
- Individual residents getting a deeper and more accurate understanding of those with disabilities will also allow us to create an environment where those with disabilities feel more comfortable asking for support.
- Moving forward, we will need to create opportunities for various people to connect with one another in their day-to-day lives, in a way that transcends differences in perspective or background, in order to facilitate mutual understanding of diversity.

(5) Strengthening support systems by facilitating information sharing/strengthened coordination amongst support institutions

- We have been able to enhance the coordination capabilities of support institutions and relevant institutions/organizations in ways that suit the members of each community, with each of these now coordinating/collaborating with one another to promote community welfare and health efforts. Moving forward, we will need to further strengthen the coordination capabilities of these organizations in order to respond to increasingly complex and diverse local issues.
- Efforts toward coordination/collaboration between residents/resident organizations and facilities like social welfare corporations, companies, and schools, are expanding. However, we will need to develop these from one-off efforts to ongoing coordination if we are to further utilize the strengths of these partners to meet community needs.
- While various relevant institutions/organizations and local residents are working together on efforts to study/address complex everyday problems, we will need to promote information sharing, etc., of these issues, particularly in each ward, moving forward.

(6) Working with schools and the community to raise children

- We have been working to establish community childrearing support centers. Moving forward, we will need to implement outreach efforts, such as measures to connect parents/children who have never used community parent/children sites, with support facilities in their immediate vicinity.
- While there have been a growing number of places and opportunities for people to connect with one another starting from childhood, there is still a need for us to work with schools and the community to shape and develop connections between the youth/younger generation and the community.

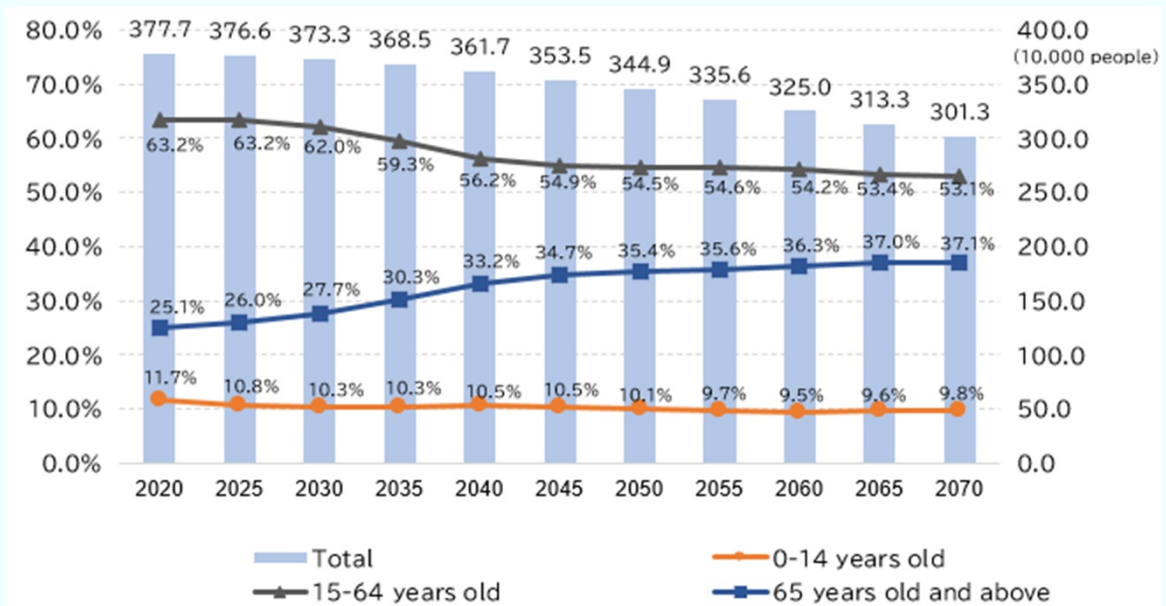
(7) Creating diverse opportunities for participating in efforts that focus on each individual's interest, level of motivation, and individuality

- While there have been a growing number of places and opportunities for people of different generations and backgrounds to interact and connect with one another, we must devise new methods of interaction/new kinds of events in order to further expand the base of resident participation.
- It is especially important for us to expand efforts that are enjoyable for each individual resident, and that lead to social participation. Part of that means promoting creative/unstructured efforts that are not bound by the traditional framework of welfare and health efforts.
- In addition to promoting awareness of support programs and effort-related expertise in order to vitalize community efforts, we will also need to make the programs themselves easier to use.
- We will also need to further increase the number of places and opportunities for the various groups and participants to connect with one another, to promote coordination/collaboration that takes advantage of the strengths and characteristics of each entity.

Yokohama – Current Circumstances

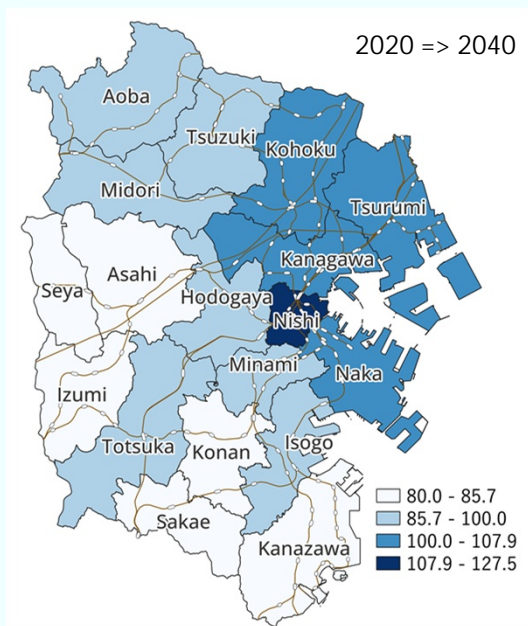
Population peaked in 2021 and has declined since, with a dramatic increase in the population of those aged 85 and above.

The population of Yokohama peaked in 2021 and has been declining since. There are concerns that the birth rate will continue to decline and the population will continue to age, with a particularly rapid increase in the population of those aged 85 and above.

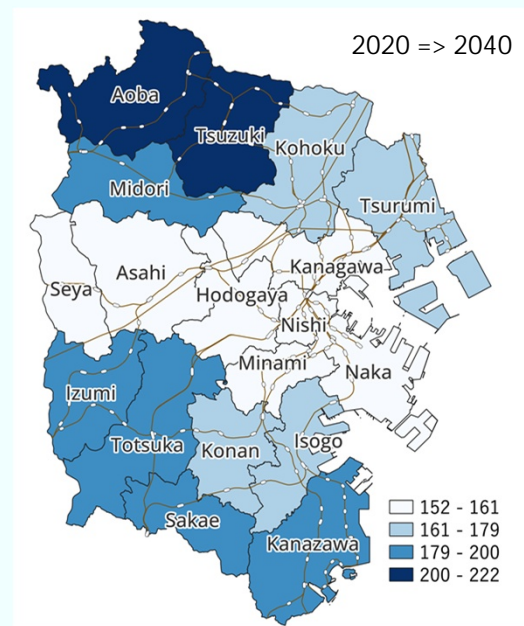


Source: "Yokohama City Future Population Projection" (Policy Bureau / Reference: 2020)

<Change in Total Population>



<Change in Population Aged 85 and Above>

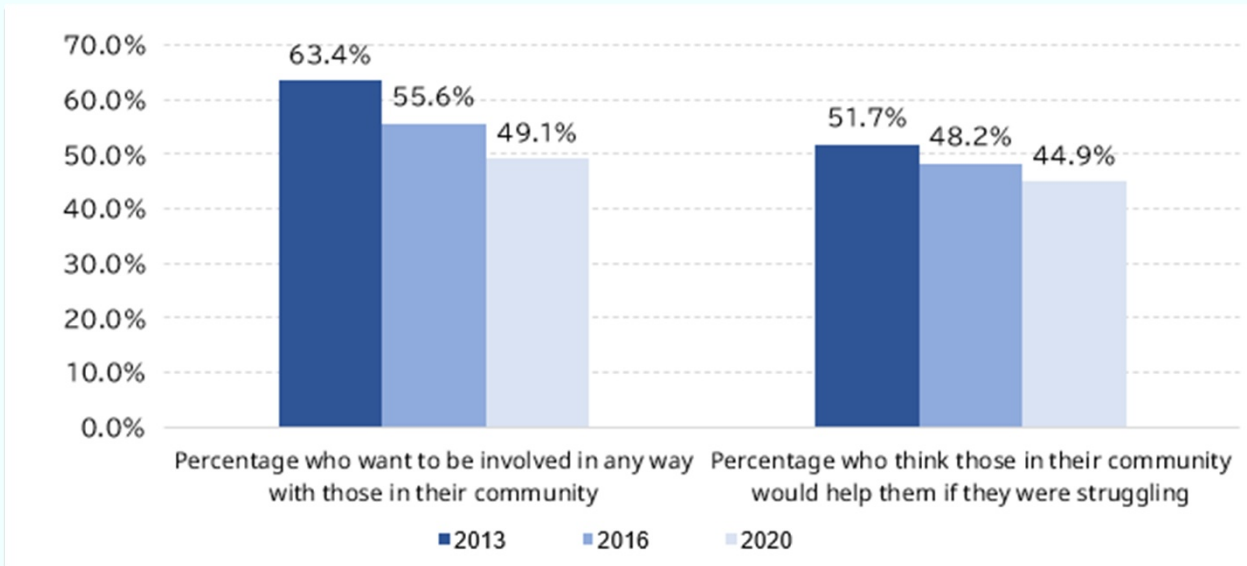


*Index for 2040, with 2020 being 100

Source: "Yokohama City Future Population Projection" (Policy Bureau / Reference: 2020)

Fading of connections in the community

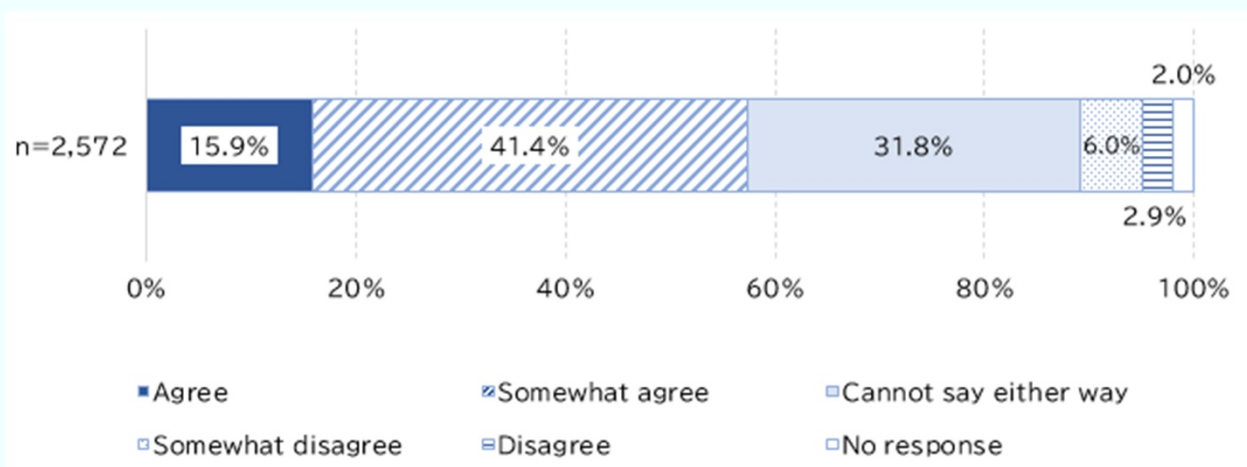
The results of the “Public Opinion Survey on Health” showed a gradual decline in the percentage of people who want to be involved in any way with those in their community, and in people who think those in their community would help them if they were struggling. This shows a worrying trend toward the fading of connections between residents in communities.



Source: “Public Opinion Survey on Health” (Bureau of Health and Welfare)

Over half of respondents said they wanted to actively contribute to society in some way

When asked in a public opinion survey whether they wanted to actively contribute in some way to society, 15.9% of respondents answered “Agree,” and 41.4% answered “Somewhat agree” (Total: 57.3%).



Source: FY2021 Public Opinion Survey (Policy Bureau)



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OPEN X PIONEER
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This summary version explains part of the 5th Yokohama City Community Welfare and Health Plan.

For more details, see the

Yokohama City - Community Welfare and Health Plan

Search



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