

Innovation for Improving Citizens Living Conditions to Leave No One Behind

Fukuoka City

27 October 2021

Fukuoka's Location & Population



Features of Fukuoka City

Essential city functions focused in a 2.5 km radius

Port



Airport



Downtown area



Station















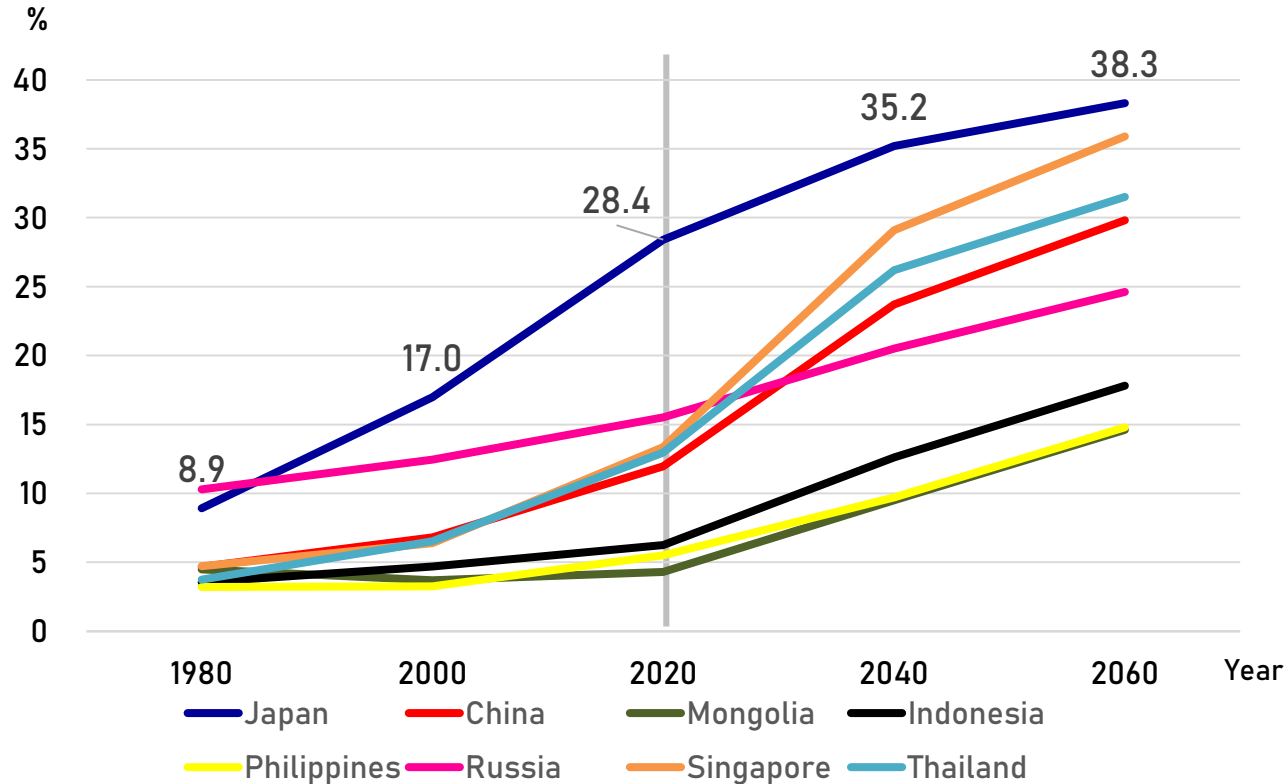








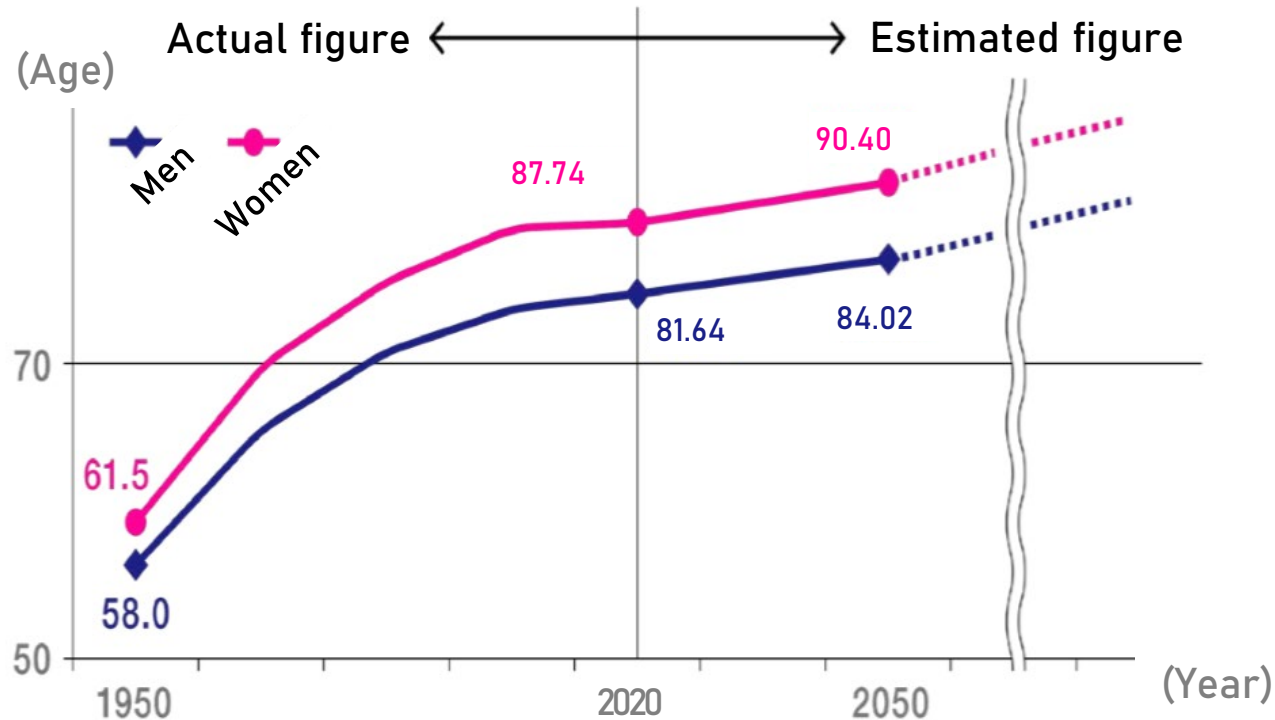
Worldwide Changes in Aging Rates



Source: UN, World Population Prospects 2019

Japan's Continually Growing Lifespan

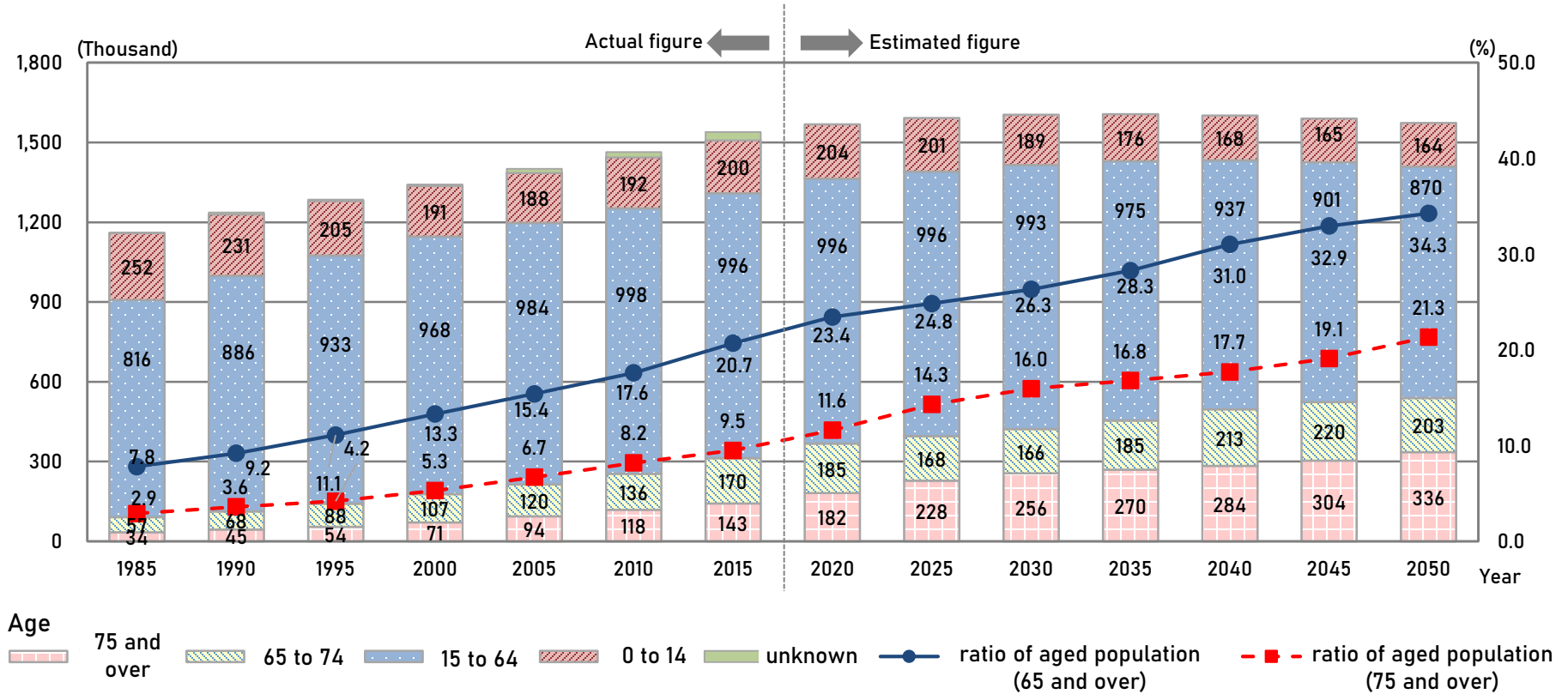
(Changes in average lifespan and predictions for the future: all regions in Japan)



Based on: Ministry of Health, Labour & Welfare. 2020. Whitepaper on Aging Society, 2020 Simplified Life Expectancy Table.

The Era of the 100-Year Life
is almost here...

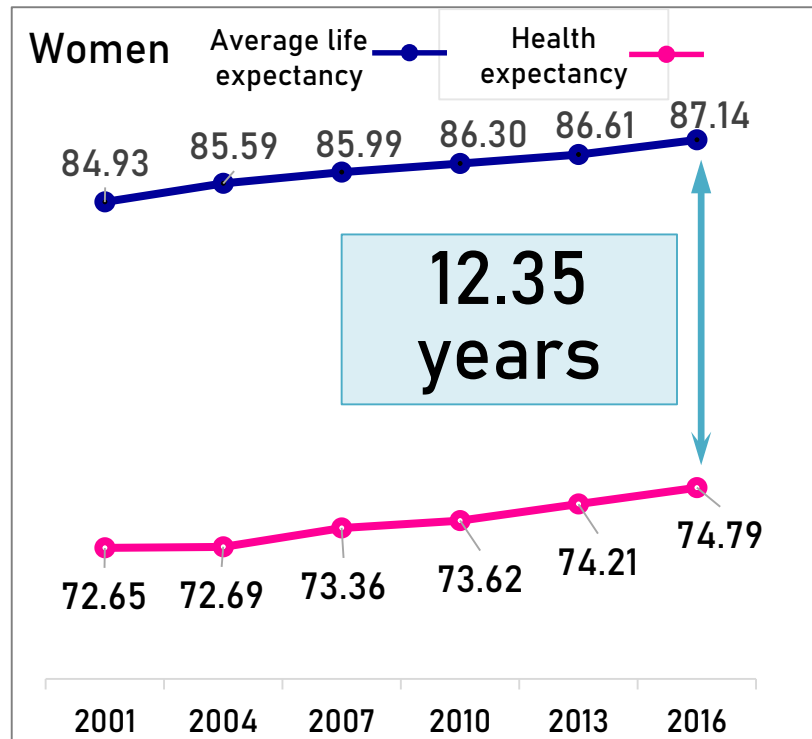
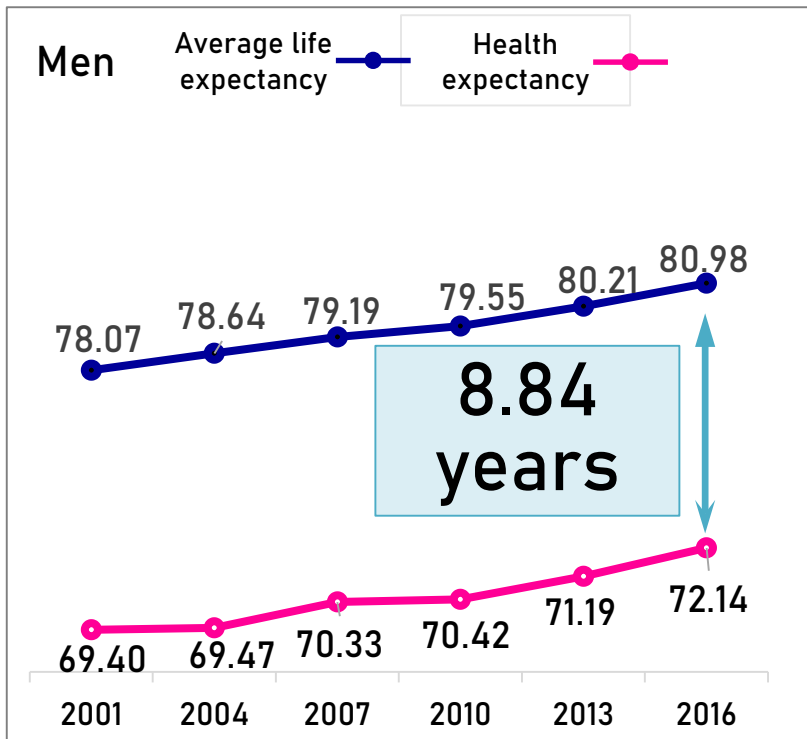
Changes in Rate of Aging (Fukuoka City)



The Year 2000:
Start of the
Nursing Care Insurance Scheme

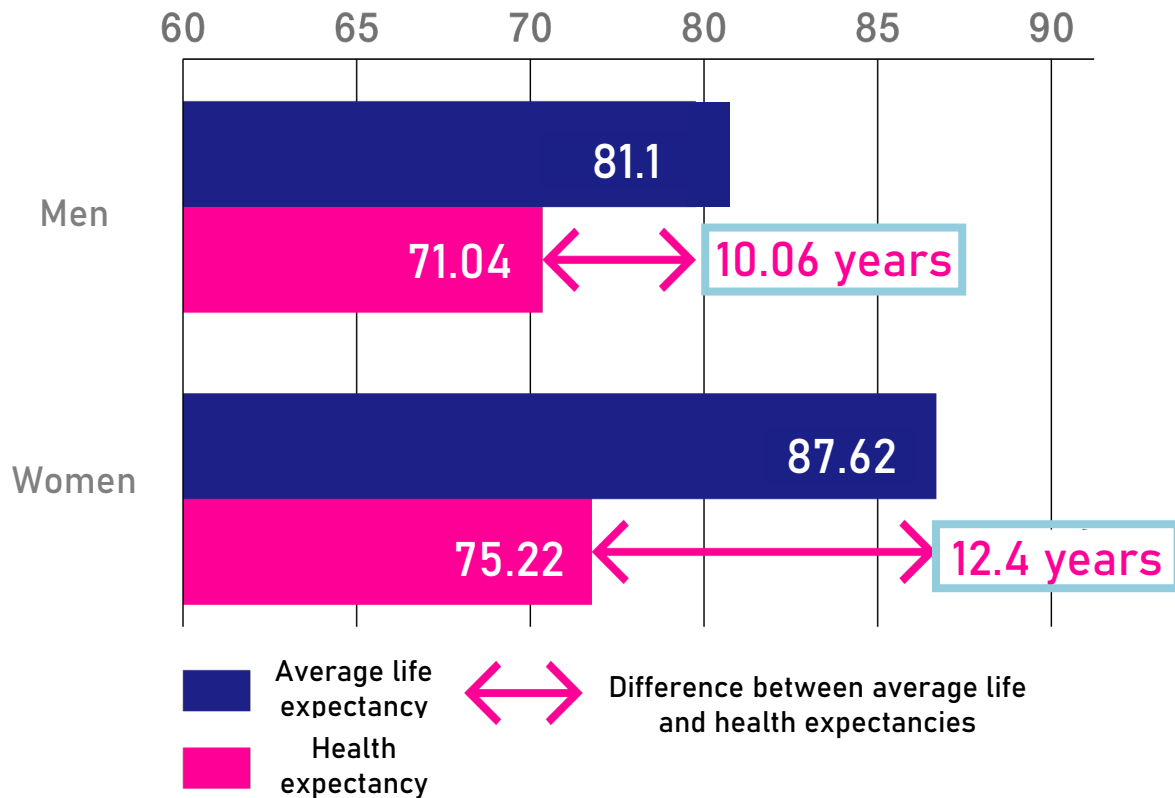
Health Expectancy

Life Expectancy vs Health Expectancy (Japan)

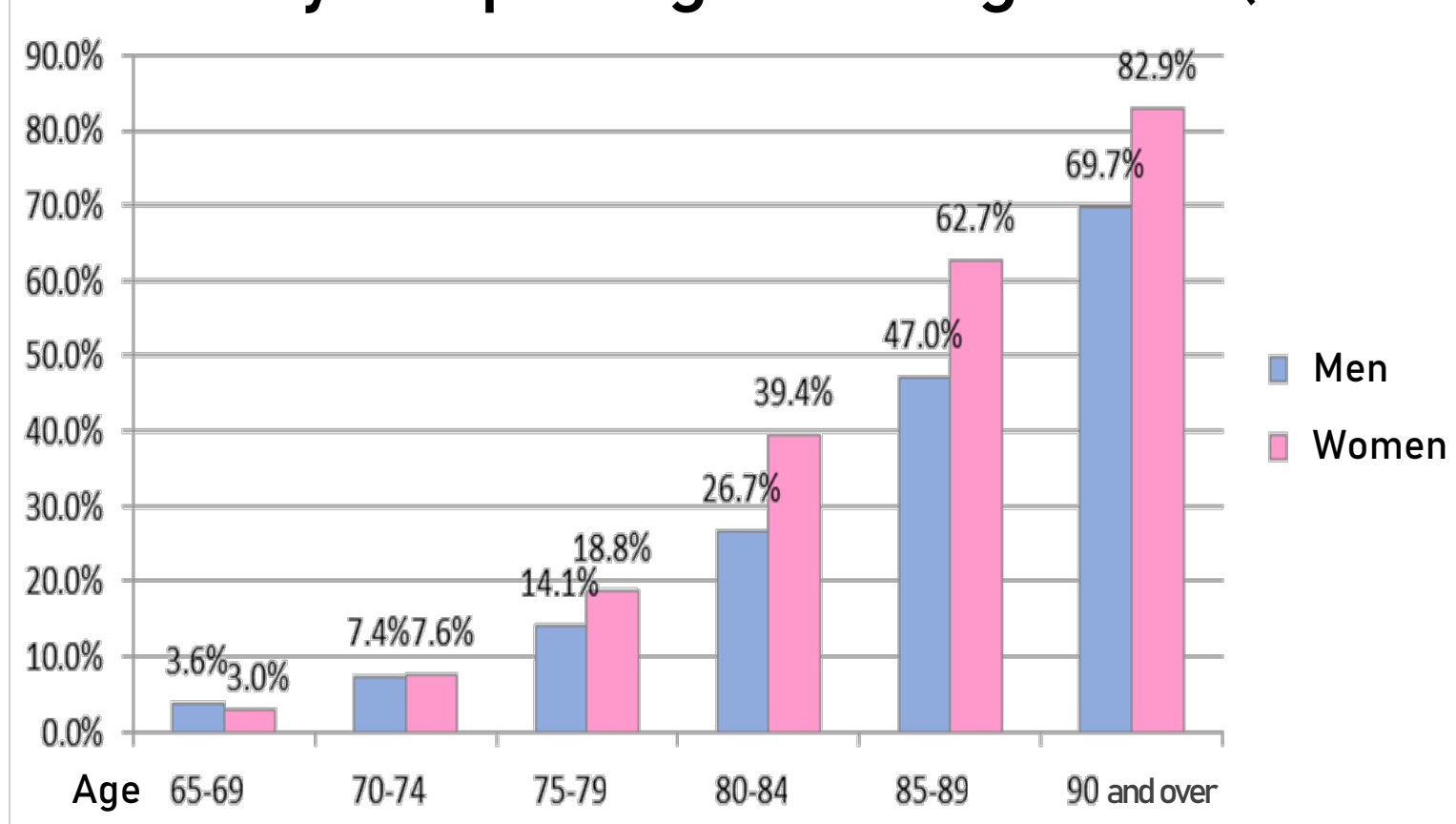


Source: Ministry of Health, Labour & Welfare. 2020. Health, Labour & Welfare Whitepaper, *Social Welfare and Working Patterns in the Reiwa Era*

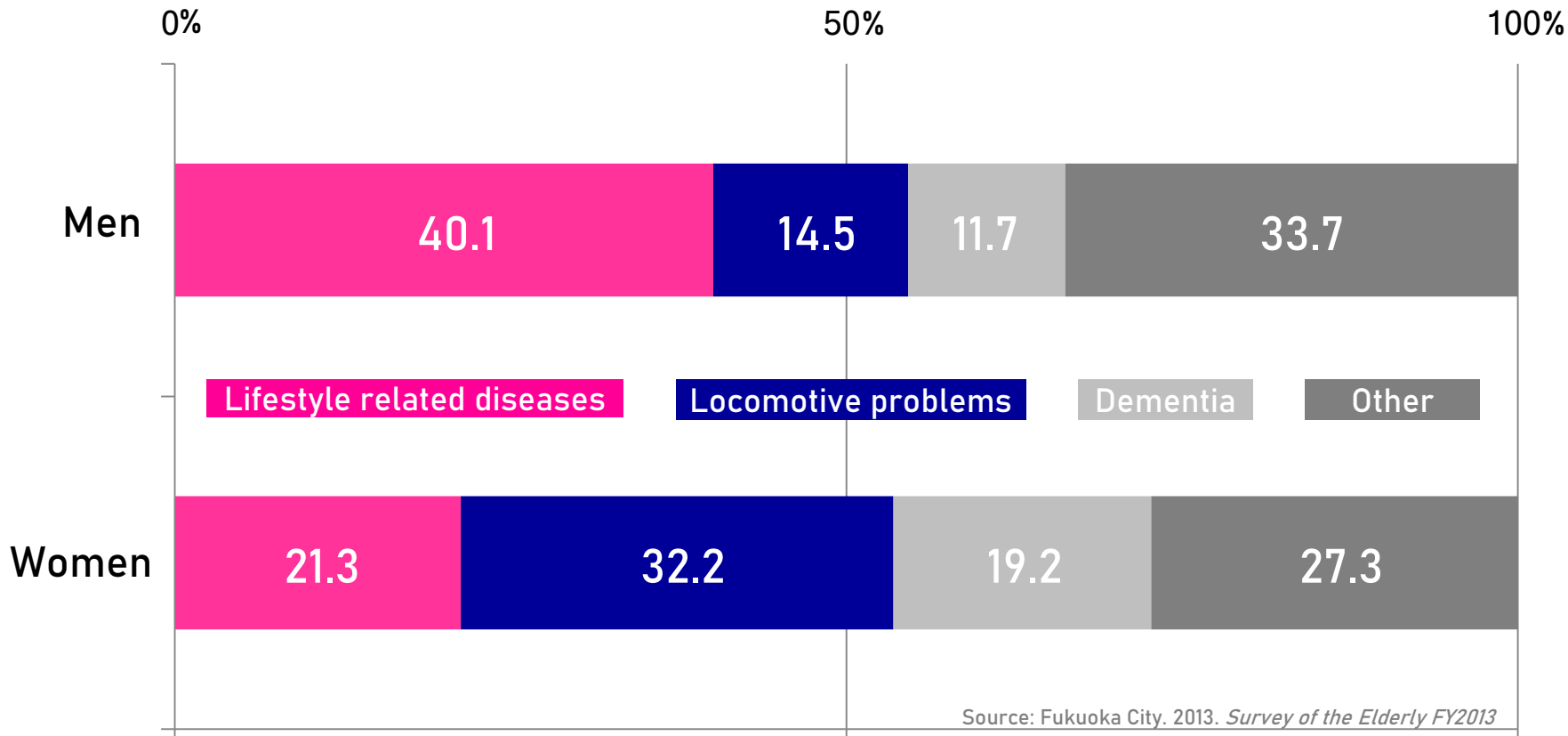
Life Expectancy vs Health Expectancy (Fukuoka City)



Rate of Elderly Requiring Nursing Care (Fukuoka City)



Reasons for Requiring Nursing Care (Fukuoka City)

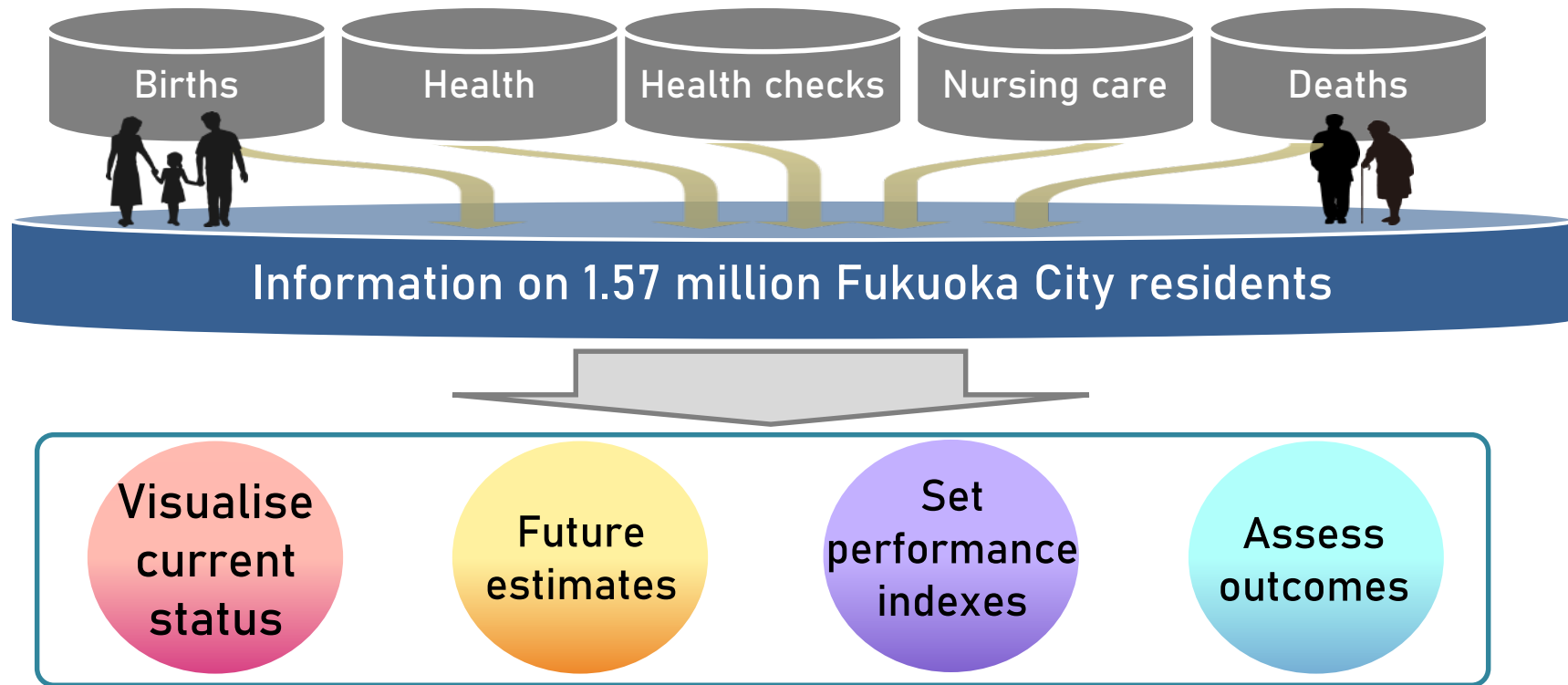


Extending Health Expectancy



Information Platform

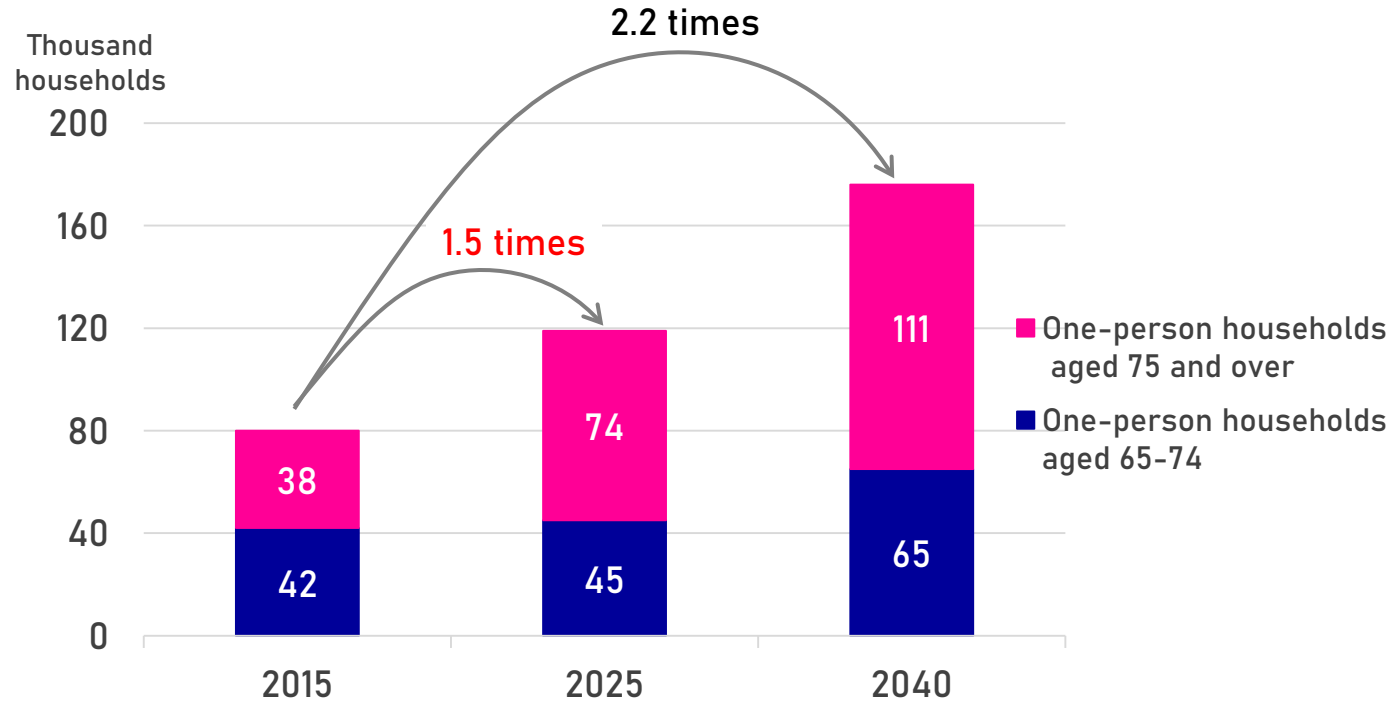
Centralising Information -Evidence-Based Solutions-



By 2025, the number of people 65 and over who live alone will increase **1.5 times**

(Fukuoka City)

(compared to 2015)



Solution?

**Changing society for the future,
starting from Fukuoka**

Fukuoka 100 project started in July 2017



100 actions

to create a healthy social model
for the era of the 100-year life

A project to create
a society where both city and citizens are happy,
ahead of the era of the 100-year life.



An “all Fukuoka” team of industrial, academic, public and private sectors

Taking a wider view of urban development, including working and living conditions, and community building, as well as health, medicine and welfare.



Putting the project into practice

- ① Changing residents' behaviour
- ② Maintaining hard & soft infrastructures

Even in the city...

Various Community Activities



- Community centres
 - Social welfare councils
- in all
144 elementary school zones

Active communities
even in urban areas

Community Cafés

Business × Community × Shops



Community Café: Shikata Tearoom



Businesses: products
×
Communities: planning
×
Shops: placement

- Place to find comfort
- Support one another

Buses to Support Shopping

Business × Community



Businesses:
provide buses
×
Communities:
operate buses

Support elderly
residents' shopping

Bench Project:

Creating a City Where All Residents Want to Go Out



Supporting bench installation on public and private land

Communities and
business join forces
to install benches



**Elderly encouraged
to leave the house**

Senior Activity Support Project



Diverse matching service for
elderly residents and
businesses

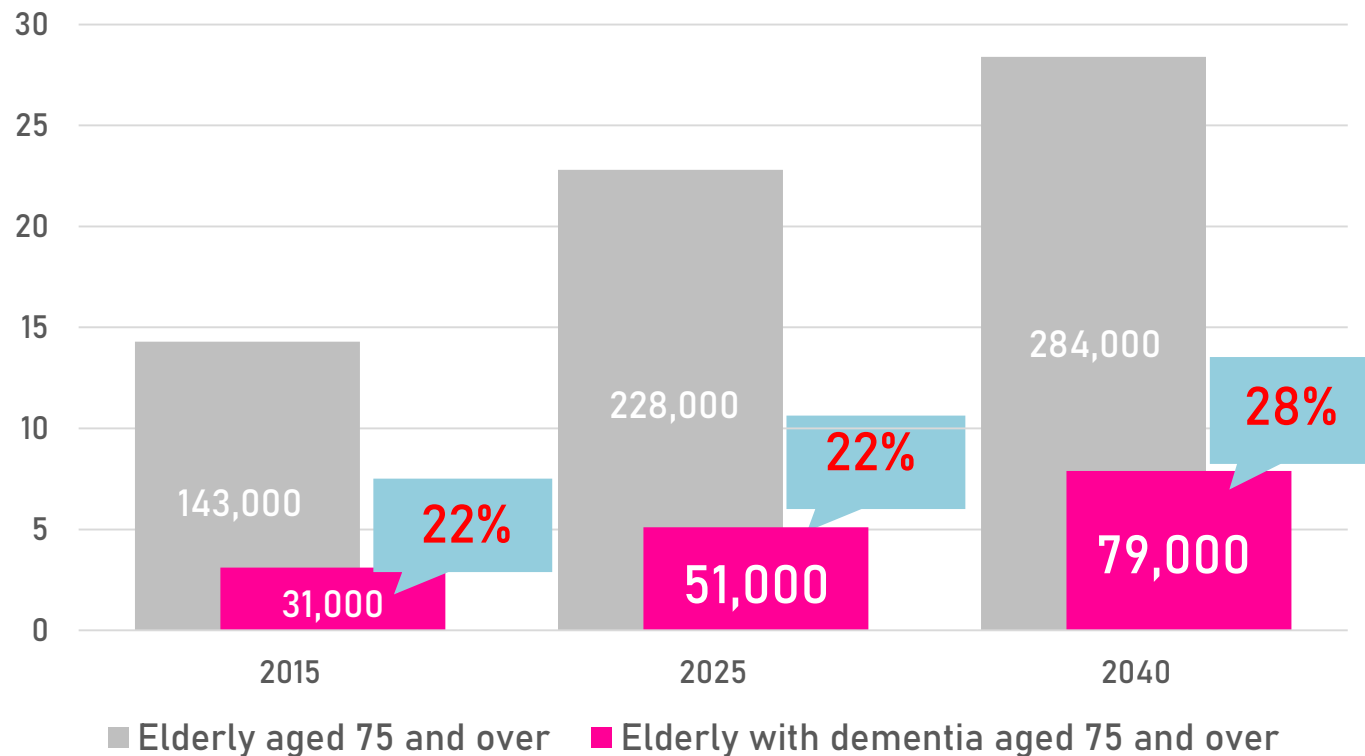


Supporting active seniors
that want to work



Increase in Dementia

Rates of Residents 75 and over with Dementia



Sources:
• Statistics Bureau of Japan. 2015. *Number of Elderly Residents: Fukuoka City Population Estimates*

• Fukuoka City. *Survey on Elderly Residents with Dementia*

Fukuoka: Becoming a Dementia Friendly City



Yves Gineste

Conveying kindness Humanitude[®]Care Methodology

– 4 pillars –

Gaze

Speech

Touch

Verticality

To test its effectiveness...

Trials at Hospitals & Nursing Facilities



2016 investigation into benefits



Improved symptoms

in people with more severe functional disabilities

Trials at Home



2016 investigation into benefits



Patients: **improved symptoms**

Families: **reduced burden**

Citywide Application of Humanity

- In all elementary & junior high schools
- In all communities
- For city civil-service staff
- For emergency workers

Humanitude workshop for family carers



Humanitude workshop for family carers



Humanitude workshop for school children



Humanitude public workshop



Humanitude public workshop



Humanitude community centre workshop



Humanitude training for emergency workers



Dementia Café

A place for people with dementia, carers and the local community to socialise




- Place to find comfort
- Support one another



**Striving to become a city where all help
care for one another**

Dementia Café: Tsutsumi Café





Guidelines on Designing for Dementia

Design Principles & Guidelines for Dementia

E.g.

Making doors stand out



Using contrast to help make rooms clearer



Pictures to improve familiarity



Making handrails more noticeable



Etc.

Dementia-Friendly City Project

Dementia design



Peer support



Humanitude

Dementia café



Early detection



Spread of COVID-19

At-Home Online Diagnosis

Trials in Fukuoka before any other place in Japan...

New compensation scheme for Online Diagnosis



Lessons for Elderly on Online Services

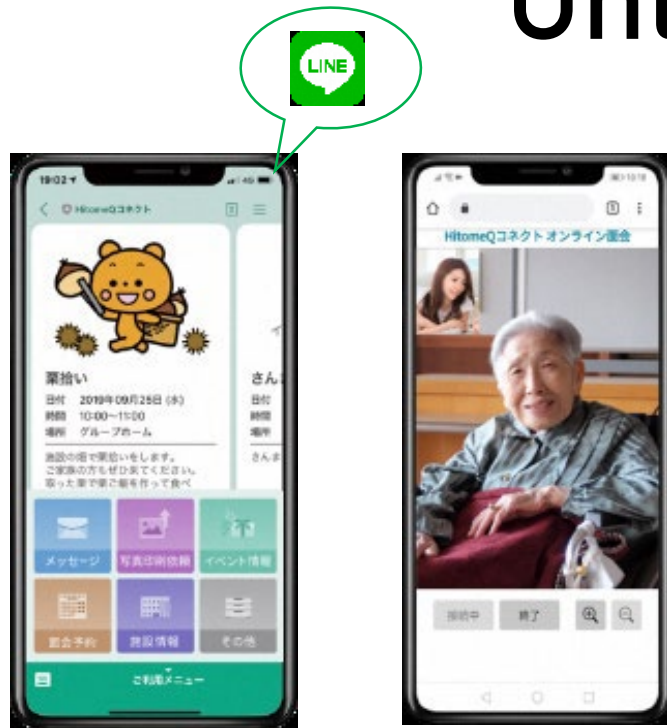


How to use online
communication tools (SNS)
& walking applications



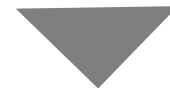
Keeping elderly healthy
during COVID pandemic

Preventing COVID in Care Facilities through Online Visits



Source: KONICA MINOLTA QOL SOLUTIONS,INC.

Arranging online visits for
care facility residents and
their families



Maintain QOL of elderly &
prevent spread of virus

Continuing to Study Online



Step rooms

Online classes possible
by providing tablets to all
elementary and junior
high school students



Studying in
hospital



At home



International
exchanges



Further DX Promotion

Promoting digitalisation of government and
resident services



Repositioning human resources to fields
that require human interaction,
such as the welfare sector and elderly care



A happy future where people can enjoy
the 100-year life

FUKUOKA 100

100 actions

to create a healthy social model
for the era of the 100-year life



See you in Fukuoka next year!