

Development of a Community-based Comprehensive System For Prevention of Frailty in Late Life

Project Director : Shoji Shinkai

Vice President, Tokyo Metropolitan Institute of Gerontology

Project Goals

Problems to be solved

Prevention of "frailty" is indispensable to effectively prolong the health expectancy of the elderly. * Stage prior to a disorder and that the mind and the body functions are depressed

R&D Target

Our target is to propose the prototype of the "social system to postpone frailty" that is implementable in other regions, by working to establish to prevent frailty in two regions that are different in their area characteristics - hilly and mountainous areas and suburbs - while building scientific evidences for frailty prevention through epidemiology researches.

Project implementation

Project overview

(1) Building scientific evidences for frailty prevention

The point of frailty prevention is balanced diet, good exercises and proactive social participation (Figure 1). But, the entire society definitely needs to support individuals, whose efforts are limited.

(2) Establish the "frailty" prevention system in two regions that are different in their area characteristics through a collaboration of residents themselves and the government

The social environment that is necessary to postpone frailty is sought together with residents and the government. Hatoyama Town, Saitama Pref. (suburbs), based on the functional community, such as hobby groups, and Yabu City, Hyogo Pref. (hilly and mountainous area), based on the local community, aimed to build the prevention system.

Target communities

Hatoyama Town, Saitama Pref. (suburbs), Yabu City, Hyogo Pref. (hilly and mountainous area)

Project achievements and future prospects

Project achievements

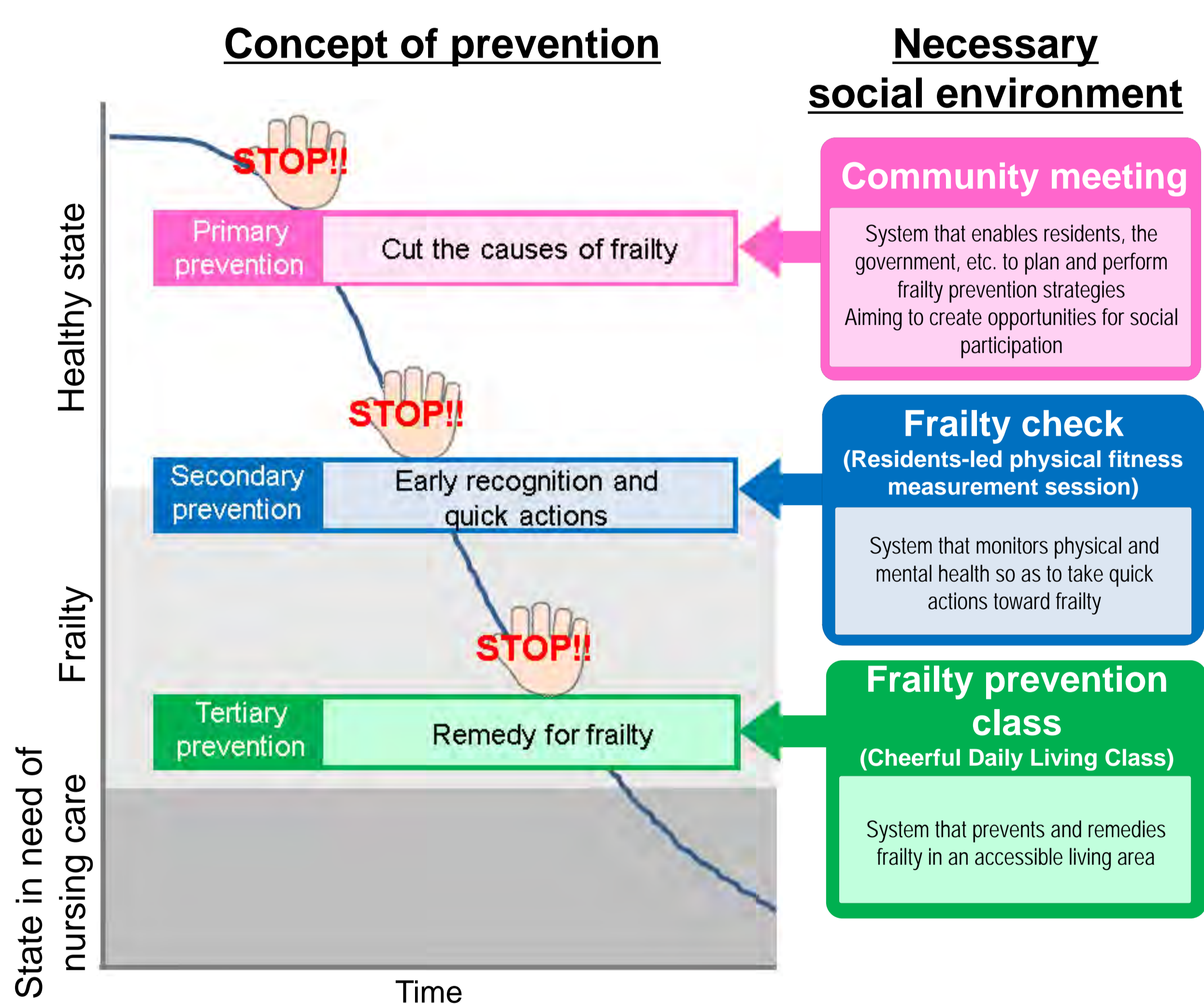


Figure 2: Social system prototype to prevent frailty

The Social model we aim at

Our goal is to create the regional environment to prevent frailty by the power of the community and finally to establish the society that can help prolong the health expectancy through a collaboration of residents themselves and the government etc.

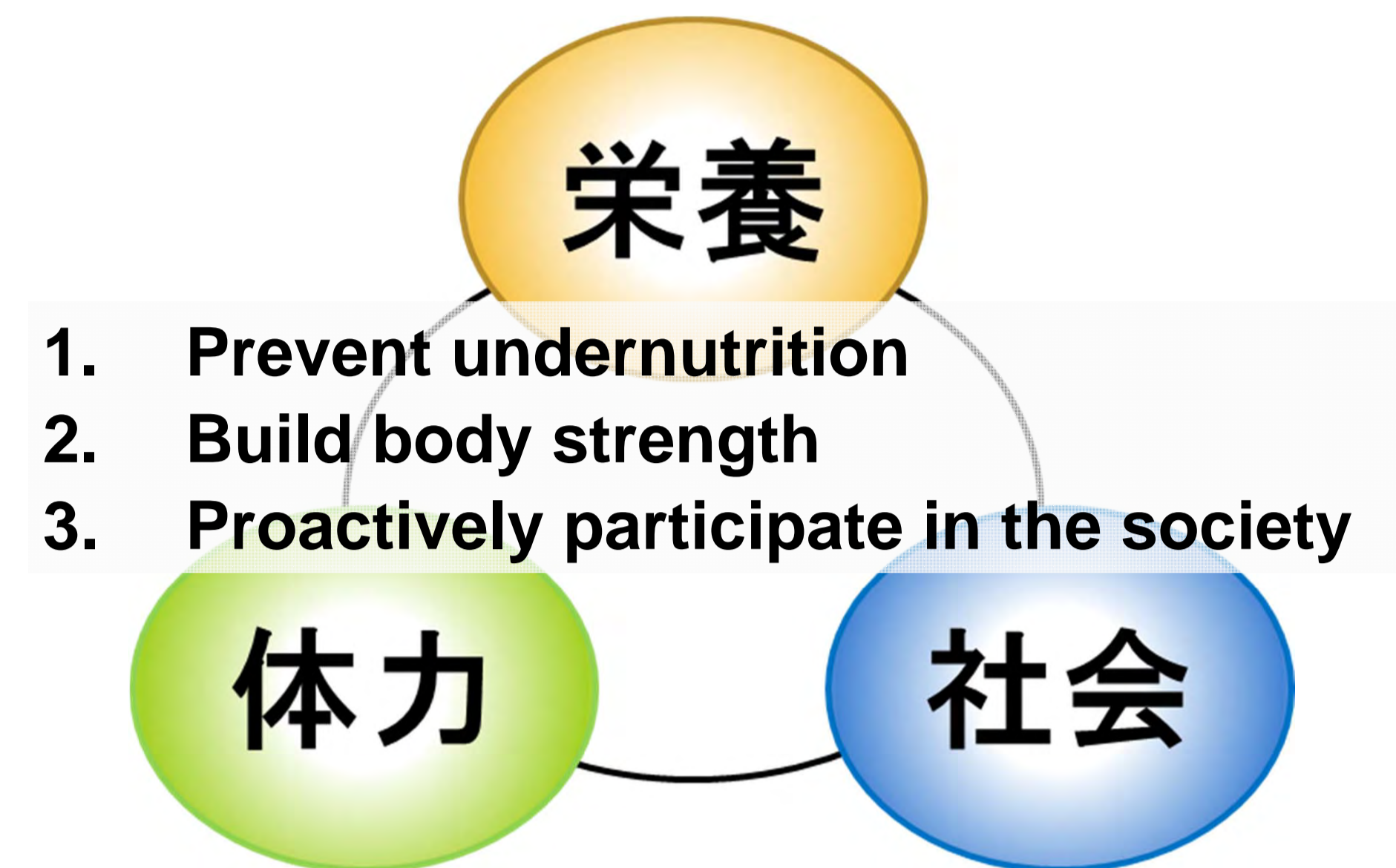


Figure 1: Point of frailty prevention clarified by epidemiology researches

(1) Check sheet with 15 questions to easily evaluate frailty

(2) Self-monitoring tool for frailty, and the relevant factors, such as body strength, nutrition condition, social participation: **Booklet to support second life health**

(3) Scientifically supported frailty prevention program in 20 sessions

| 運動プログラム | 栄養プログラム | 社会プログラム |
|---|---|--|
| <ul style="list-style-type: none"> 1. ウォーミングアップ (5種類/5分) 2. ストレッチ (5種類/5分) 3. 筋力運動 (5種類/5分) 4. コーディネーション運動 (1種類/15分) 5. ストレッチ (5種類/5分) <p>全45分</p> | <ul style="list-style-type: none"> フレイル予防という視点から高齢期の食事のあり方を学ぶ 食事日記をつけて食事のくせを見つける 1人暮らし向けの便利な調理法を体験する | <ul style="list-style-type: none"> 傾聴をテーマにした寸劇やコミュニケーションゲームを通して、心地よく教室に参加できる雰囲気をつくる 教室の効果を言語化しモチベーションを高め合う 基本コース終了後にどのように教室を継続するか話し合う |

※運動プログラムは毎回実施、栄養、社会プログラムは交互に実施

できるだけ効果的な内容を、できるだけ安全に簡単に！！

(4) Operation model for frailty prevention class

Silver human resources center travels all over Japan to operate frailty prevention classes as a part of their job. Since some human resources are secured, the classes can be held in every administrative area!

Future developments and prospects

- Based on the developed social technologies, the development of the metropolitan model of frailty prevention will be launched in Ota Ward, Tokyo, in the next fiscal year (Figure 3)!
- The developed social technologies are now being expanded into multiple local governments, such as Tsumagoi Village, Gunma Pref..

Aiming to establish "Ota Ward as a cheerful and vital longevity society": "Ota Ward Cheerful Senior Project"

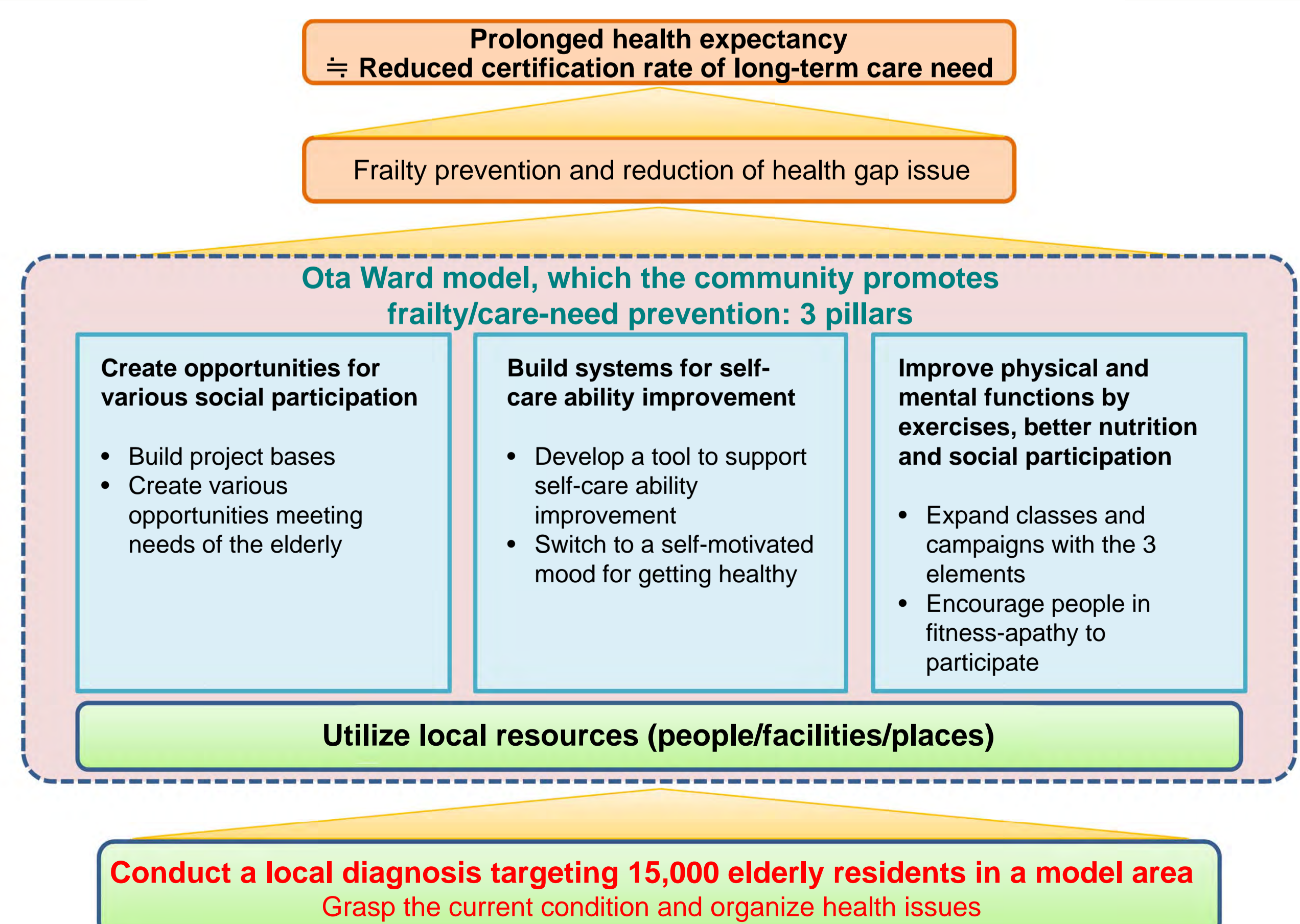


Figure 3: Vision for establishing metropolitan model of frailty prevention