Mifune Town, Kumamoto Prefecture
Raising awareness of the risk to older persons during the state of emergency

Japan Gerontological Evaluation Study

Subject of the activities

・Older persons　・Participants in long-term care prevention activities　・Person who have been certified as needing long-term care, but does not use long-term care services

Keyworkd

・Home visits ・Brain training ・Exercising at home
・Assessment of frailty

What was done

- A staff member who was an acquaintance visited home/made phone calls to assess the older person's health situation.
- Distributed flyers introducing brain training and exercising at home during suspended activities for long-term care prevention.
- Selected older persons with high health risk and provided them with long-term care prevention support.

Responses from residents

- Almost all older persons were delighted with home visiting.
- Only a few people ask us not to visit.
- Made phone call to those who did not want to be visited

外出自粛の段階的緩和の目安

○ 「新しい生活様式」に基づく行動。手指消毒やマスク着用、発熱等の症状がある者は外出等を避けるなど、基本的な感染防止策の徹底・継続。
○ 感染拡大の兆候や施設等におけるクラスターの発生があった場合、外出自粛の強化等を含めて、国と連携しながら、都道府県知事が速やかに協力を要請。その際、専門家によるクラスターの発生原因やそれへの有効な対策等に関する分析を出来る限り活用（業種別ガイドラインの改定にも活用）。緊急事態宣言が出た場合、対策を強化。

時期	外出自粛	
	県をまたぐ移動等	観光
【移行期間】ステップ⓪ 5月25日〜	△ ＊不要不急の県をまたぐ移動は避ける（これまでと同じ）。	△ ＊観光振興は県内で徐々に、人との間隔は確保
ステップ① 6月1日〜	○ ＊一部首都圏（埼玉、千葉、東京、神奈川）、北海道との間の不要不急の県をまたぐ移動は慎重に。	
ステップ② 6月19日〜 ＊ステップ①から約3週間後		△
ステップ③ 7月10日〜 ＊ステップ②から約3週間後	○	＊観光振興は県をまたぐものも含めて徐々に、人との間隔は確保 ＊GoToキャンペーンによる支援（7月下旬〜）
【移行期間後】感染状況を見つつ、8月1日を目途 ＊ステップ③から約3週間後		○ ＊GoToキャンペーンによる支援

- Confirmed health condition, regular medical checkup situation, exercise status, and existence of muscle weakness during visited home.
- Made phone calls to those who were not at home when visited.
- Distributed handouts on exercises that can be performed at home and a calendar to paint a color, in order to check implementation status; introduced brain training with questions related to Mifune Town to increase awareness of frailty prevention among residents.
- In the future, we will conduct a survey to identify high-risk older persons and to develop long-term care prevention programs.