

WHO AWARDS FOR HEALTHY CITIES 2008

HEALTHY CITY SEONGBUK PROJECT BASED ON INTEGRATED ELDERLY-FRIENDLY POLICY

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Healthy City Seongbuk Project based on the Integrated Elderly-friendly Policy

1. Current Status

The population ratio of the elderly in Seongbuk district was 6.8% in 2001 and rapidly increased upto 8.9% in 2006. And the aged dependency ratio was rising from 8.9% to 9.8%, which acts as the socioeconomic burden. Even though the current disability-adjusted life expectancy (DALE) is 66 (median life expectancy 77.5), the social infrastructure and institutions are insufficient. So, most of the elderly in Seongbuk district are living without any income, and 19% of the elderly are living alone, and 18% require nursing. Moreover, the accident rate of injury from falls reaches 50.8%.

It has been suggested that multiple approaches at the level of healthy city to solve such health and social problems of the elderly, and the preventive social investment for the active ageing is also necessary. So the healthy city of Seongbuk district was designed to improve the health and quality of life of the elderly in the Seongbuk district through the Integrated Elderly-friendly Policy.

2. Promotion System



3. Strategic Unit Project

3-1. Enforcement of Healthy Elderly-friendly Institutions

The basic old-age pension provided to the elderly more than 65 years old with difficulty in living, the long-term care insurance for the elderly, and the elderly complimentary system by which every elderly people can use public facilities at a discount are being enforced.

<Achievement>

- About 4,800,000\$(US) was paid to 12,405 elderly people through the basic old-age pension (2008).
- 805 elderly applied the long-term care insurance (2008).

3-2. Expanding of the Basic Facilities for Health Improvement of the Elderly

3-2-1. The Silver Welfare Centers as the space for the elderly for leisure and health improvement are additionally constructed annually with regional area. (photo 1)

Year	2005	2006	2007	2008	2009	2011	2013
No. of centers	6	7	8	9	10	11	12

3-2-2. The Elderly Health Parks for improving muscle power, static sense, and for preventing falls have been constructed and annually two additional facilities will be installed. (photo 2)

3-2-3. For those of the senior center that are commonly used by many elderly people in daytime, environment-improving project will be performed to make a secure and healthy standard model. From now on 4 additional facilities are planned to be improved annually, and by 2020 the reform of every 43 center will be finished.

3-3. Operation of the Program for Improving Individual Physical Health Technique

3-3-1. The Silver Health College of the systemic registration management program is being operated to expand the health exercise of the elderly. (photo 3)

<Achievement>

- 354 elderly people have received the health movement course for 229 times in 7 terms. 470 elderly people have received the health lecture course for 78 times. 7 organizations provided the training place.

3-3-2. The regular health exercise education by using community resources and the self operated health caring project of the senior center by fostering the internal resources are being operate. (photo 4)

<Achievement>

- 279 times for 5,162 people in 14 senior centers, 3 elderly colleges, 4 resident's centers (2007-2008). Training the knee pain alleviating exercises reduced pain effectively.

3-3-3. Dementia supporting center was constructed to conduct the dementia prevention and management program for early diagnosis and treatment of dementia. (photo 5)

<Achievement>

- One Dementia Supporting Center was constructed (2007), 4,287 elderly people received a screening test and 463 received a diagnostic test. Registered 4,517 people. 7,557 have used Recognition Health Center, and 109 elderly people supported with medical expenses.

3-4. Expanding the Chance of Social Participation to Solve The Socioeconomic Problem

3-4-1. The elderly job supporting projects have been implemented and expanded to secure supplementary income and to expand the social participation opportunities by way of job creating such as the management of neighboring parks and caring the village and green parks. [\(photo 6\)](#)

<Achievement>

- Average 495 elderly people have been hired every month and average 735,000\$(US) has been supported every year, and 54 senior centers have annually been supported with average 213,000\$(US) for the green park caretaking project.

3-4-2. The Elderly-Elderly Care project are being operated by constructing "Silver Community" which developed the latent elderly workforces (early stage aged people) into the depression preventive volunteers. [\(photo 7\)](#)

<Achievement>

- 2,665 elderly people received depression screening test, 328 have received the prevention lecture for 10 times, 322 have participated with the Elderly-Elderly Care project for 31 times. The Geriatric Depression Scale (GDS) score has decreased to 86%(2006-2007).

3-4-3. The community-connection programs of each senior centers such as visiting nurseries or children's center are being operated to improve the relationship between members of the society. [\(photo 8\)](#)

3-5. Establishment of the Elderly Safety Net for Securing the Safety of the Elderly

3-5-1. The sanctuary of the elderly, "Silver Zone", will be constructed and operated.

3-5-2. The fall-preventing environment will be established in the facilities for the elderly.

3-5-3. The integrated system for the elderly with difficulty, "U-health care system", was established and provided a home care nursing, management of chronic diseases or dementia. [\(photo 9\)](#)

<Achievement>

- 3,999 elderly people are monitored by U-health care system. 621 have used home care treatment, 15,437 have used home care nursing, 154 have used home care management for cancer (2006-2007).