

A STUDY ON THE ACTUAL SITUATION OF "SILVER HOUSING" AND SENIOR CITIZEN RESIDENCE SUPPORT IN AJA HOUSING ESTATES IN NAHA CITY, OKINAWA PREFECTURE

沖縄県那覇市安謝市営住宅におけるシルバーハウジングの実態と高齢者居住支援に関する研究

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本研究は、沖縄県那覇市が進めている高齢者住宅（シルバーハウジング（以下、SH））を事例に、SHの実態把握と、SHの生活援助員及び併設福祉施設の現状と課題を探ることを目的とした。その結果、SHの居住高齢者は、生活援助員の支援、併設福祉施設のサービスに満足し、安心してSHに居住していることが確認できた。特に、生活援助員の専門性、福祉施設の多様性が重要な役割を果たしている。今後、日本の高齢社会が進む中で、シルバーハウジングでの高齢者支援の充実を図ることが大きな課題である。

Keywords: Housing for the elderly, housing policy, life support adviser, long-term care insurance, adjacent welfare institution
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1. Introduction

1.1 Background

In recent years houses where only a household of senior citizens lives due to the progress of aging have increased. Those houses are divided into privately owned houses, government rented houses, and privately rented houses. Landlords of privately rented houses worry about the declining mental and physical functions of senior citizens who live there. Therefore, there are landlords who are negative to renting to senior citizens. On the other hand, there are many senior citizens who feel uneasiness as to whether they can live in a privately rented house continuously. Finding a rented house in which a household of senior citizens can feel relieved and secured, and can live is a big problem.

As for rented houses for senior citizen households, such houses have been supplied for senior citizen households by the public body leadership. Known as "Silver Housing" (hereafter, SH), it was started by the "Silver Housing Project" that the Ministry of Construction and the Ministry of Health and Welfare established in 1987 in earnest. The country established "a law for the stability and security of the residences of the senior citizens" afterwards in 2001 to counter the lack of rented houses for senior citizens in the private housing market. By this, the system of supplying rented houses for senior citizens by private enterprise started.

Besides Naha City, the construction of SH has pushed forward in some cities, towns and villages; and in Okinawa, "Rented Houses for Senior Citizens to Smoothly Enter" have been supplied by private enterprise. About SH, I think it is necessary to review such things as the roles of life support advisers (hereafter, LSAs) and the substantiality of residential home care service welfare provided by the long-term care insurance system introduced in 2000. In addition, I think that the effectiveness of the system is not confirmed without the actual situation of "Rented Houses for Senior Citizens to Smoothly Enter" being clarified because the system was established only recently.

1.2 Position of this study

As for the study of housing for senior citizens till now, there is the structure of SH, the actual situation of the house repair, and the ideal method of leasing houses for the exclusive use of senior citizens. Regarding SH, there is a study in which Sonoda^{eg.1)}, Sugino^{eg.2)}, Miyamoto^{eg.3)} mentioned the life characteristics of senior citizens and the ideal method of the public support system. Gen^{eg.4)} assumes that voluntary mutual aid among residents raises the quality of the support at the top on the basis of public support. I think the public support and the mutual aid among residents is important for them to live in peace.

By the way, the objective of SH is to have senior citizens live independent lives. The senior citizens are moved to the welfare institution when they are in such a condition where old live-alones need care. In the welfare institutions in Okinawa, waiting for entrance continues for a long time, and the use of the welfare institution is difficult now. It is hard to be admitted to new institutions while a shift to staying at home is pushed forward by such institutions. Therefore, the old live-alones continue living in SH while actually using a home care service. Originally, the purpose of SH was to provide houses for senior citizens who were independent. However, it is necessary that they also play the role as houses where senior citizens needing care can live.

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In addition, it is important that senior citizens maintain health when they live for a long advanced age period. It becomes important to control the social security budget for such things as medical care or other care. It is important to be supported by the administrative authorities so that senior citizens can have the care required to maintain health. Therefore it is necessary to secure a place for preventative care and the making of this definite aim. I think that the offer of such a place in SH is effective because it reduces the burden of movement on senior citizens, and the reason is because they can take part in the preventive care willingly at that place.

Therefore it is necessary to examine the possibility of a new role for SH as a place for senior citizens needing care or a place supporting the making of this definite aim of healthy senior citizens. However, there are few studies on such a standpoint.

1.3 Aim of this study

This report holds that the provision of houses where senior citizen households can live in peace is important as rented house residences of senior citizen households are increasing with progress of aging. In the provision of houses for senior citizen households, I think that the know-how accumulated in SH serves a big role.

Therefore, this report covers SH of the Aja municipal housing, which Naha City supplies, as an example, and clarifies the actual situation and problems of the structure in which they can live in peace. This report is aimed at considering an ideal method of having LSAs play an important role in SH and the ideal method of adding a support institution to SH.

1.4 Method of study

I discuss the actual situation and problems of SH and LSAs, and this report analyzes the conditions that are necessary for living in peace. In the Naha-city government office I hear about the supply of SH, and I hear about the welfare institution taking the role of LSA, and I hear about senior citizens living in SH.

2. The actual situation and problems of SH

2.1 The actual situation of SH of Aja municipal housing

(1) The summary of Aja municipal housing

Aja municipal housing was rebuilt in 1997. The number of houses is 151, and, as for the breakdown, general houses are 112, and SH are 39 now. The site area is 8,772 square meters. An elderly welfare facility, a day service center, a day nursery, a children's house, and a senior center are added to SH in the site besides the general houses. The first floor and part of the second floor of the SH building are a day nursery. In addition, Aja elementary school is geographically convenient in the adjoining land.

LSAs of SH performs normal business routine in the elderly welfare facility. LSAs of SH fall into two categories according

to Table 1; one case features the individual who has enthusiasm toward the welfare, and the other an organization which already specializes in the welfare and such an individual works there as a part of the organization systematically. LSAs of Aja SH municipal housing, for example, are categorized in the latter case.

Aja municipal housing not only offers the house but also a place for the local children to play and a place for senior citizens to help them have something to live for.

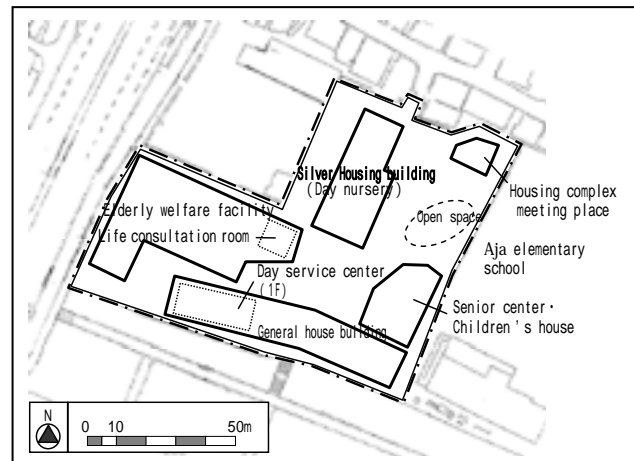


Fig. 1. Aja municipal housing A figure of total placement

Table 1. Characteristics according to the type of LSA

	Individual type	Corporation type
A headquarters	<ul style="list-style-type: none"> An individual lives in the house in SH and copes. An individual leaves the house for the office work space for LSAs in SH and copes. 	<ul style="list-style-type: none"> The corporation has a welfare institution in SH or on the same site and copes. The corporation has a welfare institution in an outside SH site, and the staff of the corporation leave the house for the office work space for LSAs in SH and cope.
A characteristic	<ul style="list-style-type: none"> An individual with enthusiasm for welfare performs the duties of an LSA. He becomes kind and offers life consultation, but the specialty is not needed that much. He introduces welfare service if necessary. 	<ul style="list-style-type: none"> The welfare or a medical corporation performs the duties of an LSA systematically. The staff of the corporation cope with life consultation. They perform the welfare support from a professional standpoint and introduce other specialized agencies if necessary.

(2) The actual situation of SH

Residence households and the present conditions of the residents

As of October 1, 2008, there were 35 households. As for the breakdown, there were 31 single-person households, three old-couple households, and one household for a group of senior citizens. About 90% are single-person households. In addition, the number of the residents is 40, and all are senior citizens over sixty. As for the breakdown, persons certified for long-term care are nine people, so about 1/4 need care. The persons certified for long-term care receive occasional assistance from LSAs, welfare service or long-term care insurance service through LSAs and continue living in SH.

The present conditions of the support service of LSAs

The support service of LSAs is according to Table 2. There are about five kinds of support service such as life consultation, and support that is necessary for everyday life.

Of the five services, the most correspondence concerns the life consultation. When asked for the making of a necessary document by a resident senior citizen or a family, LSAs rack their brains about the correspondence. Finally, an LSA explains it to a family, and the family makes the documents. This is the case which occurs when relations between a senior citizen and the family are weak. Therefore, this is when an LSA acts as go-between with a senior citizen and a family. In addition, LSAs hold a "Yuntaku party" (a gabfest) twice a month in a life consultation room and offer consultation and interchange and this is an oasis for the residents of SH. It is the place where some residents relieve stress.

Furthermore, regarding temporary support, an LSA pays attention to the physical condition of the residents at the time of discharge from a medical institution, visits them individually and frequently, and introduces long-term care insurance service of Naha City when a resident needs continuous support; and an LSA copes while considering the state of health of the resident. However, LSAs are troubled by how much temporary support they should provide.

About cooperation with concerned organizations, an LSA supports the resident while cooperating with a local welfare commissioner. The local welfare commissioner visits to check conditions of the resident of SH personally. And the local welfare commissioner contacts the LSA when support is necessary for a resident of SH.

An LSA provides various supports, mainly on life consultation as above. An LSA provides professional support to individuals case by case. When a senior citizen continues living in SH, an LSA takes an important role.

Table 2. Summary of the support services of LSAs

Items	Service contents
○Life consultation	<ul style="list-style-type: none"> • An LSA gives advice depending on the hope of the resident at the counselor's office of the institution or the home of the resident. • The consultation contents concern the use of the welfare service, the introduction of a medical institution, the method to prepare various documents, etc.
○Safety confirmation	<ul style="list-style-type: none"> • An LSA goes around a house building regularly. • When a resident is in a house building, the LSA confirms safety with people in the neighborhood of the resident.
○Temporary housework support	<ul style="list-style-type: none"> • Help with shopping for residents in poor physical condition. • When a resident needs continuous support, an LSA introduces a welfare service and the long-term care insurance service of the city.
○Correspondence in emergencies	<ul style="list-style-type: none"> • The LSA confirms the condition of the resident when an emergency call device is activated in the house. And the LSA requests an ambulance if necessary and transports a resident to the medical institution.
○Cooperation with organizations concerned	<ul style="list-style-type: none"> • Cooperation with the senior citizen area consultation center, the Naha City hall, and the local welfare commissioner.

Support among residents and by the housing complex community

Residents visit each other mutually on the same floor. If other residents know that something has happened, the resident contacts the LSA. And the LSA confirms the safety with other residents.

The housing complex community appeals for participation in events such as the ground golf meets that the community sponsors for the residents of the housing complex. And the housing complex community promotes interchange between the residents in the housing complex through events. The resident of SH finds a definite aim by participating in community events. The ground golf meet is carried out at the Aja elementary school ground adjacent to the housing complex.

The situation of using the adjacent welfare institution

In the life consultation room of the attached institution of SH, an LSA holds a "Yuntaku party" twice a month, and it is not used for anything else. Because the life consultation room is remote from the LSA's office, it is always difficult to allocate the staff, and the room is not utilized enough.

In the senior center, Okinawa samisen lessons, folk song lessons, karaoke lessons, and preventative care lessons are held. The residents of SH participate in them. In addition, the senior center has a child building and carries out combined events several times a year. The event becomes a chance for interchange between senior citizens and the children.

In the day service center, four out of nine people certified for long-term care living in SH use the day service.

In addition, as well as these institutions, the day nursery of the SH building invite senior citizens living in SH and carries out interchange parties. This is tied to providing a definite aim to the senior citizen, too.

It is important that a senior citizen continues living with a definite aim. The adjacent welfare institution in the housing complex offers such a definite aim for cheerful senior citizens and senior citizens needing care.

(3) The evaluation of the resident

I carried out an interview with a woman living alone in her late 70s in SH to confirm her evaluation of SH. I asked her the conditions she needed to live in peace.

She commented most on the various supports by the LSA and the emergency reporting system. I was able to ask her about the situation where the double support from a person and the facilities gave her big security mentally. In addition, she evaluated the various elements which contributed to compensate for the mental and physical decline of the senior citizen such as easiness about medical care and long-term care insurance service use, and she told me about the creation of a feeling of ease through relations with a person.

2.2 Characteristics and problems of SH

(1) Characteristics and problems of LSAs

When a senior citizen continues living in peace in a housing complex, the various supports for everyday life such as the support of the welfare service and safety confirmation and life consultation by an LSA plays a big role. Support that utilizes the specialties of welfare or the medical care of an LSA gives a senior citizen, in particular, big security.

However, the range of duties of an LSA is vague, and there are cases where supports categorized out of the range are difficult to deal with. In 2.1 (2) , this report described the difficulty of supports related to connections between the residents and their families. How does an LSA have to support it? An LSA has to perform the support while ascertaining the maintenance of the independent life of the senior citizen. Clarification of the contents of the duties of an LSA is a big problem.

(2) Characteristics and problems of the housing complex community

About so-called mutual assistance, the offer of a place for mutual contact by the housing complex community is accomplished, as well as visiting activity between residents.

However, in 2.1 (2) and , this report described the substantial support of LSAs and the adjacent institution. Public support holds considerable power, and support by the housing complex community is insufficient. Substantial mutual assistance is necessary.

(3) Characteristics and problems of the adjacent institution

In the housing complex where various senior citizens such as cheerful senior citizens or senior citizens needing care live, places mentioned in 2.1 (2) for the definite aim of activity have been established according to their states of health. This is one of the big characteristics. Furthermore, not only the housing complex but also the adjacent elementary school grounds are places of activity.

At various places, there are activities of various generations, not only activities for senior citizens. The interchange with the children is an element to lead a meaningful life for the senior citizen, too.

In recent years, by the senior citizen support, preventative care is regarded as important. I think that various lessons and interchange events in the adjacent institution contribute to the preventative care for senior citizens living in SH.

However, in 2.1 (2) , this report described the frequency of usage of the life consultation room. Because the frequency of usage of the life consultation room is low, it is necessary to use it positively.

3. Conclusion

This report was aimed at grasping the actual situation and the problems from the standpoint of a reliable residence in SH which was one of the pillars of the senior citizen housing policy.

As a result, this report was able to check that support by LSAs of SH was tied to a reliable residence. Furthermore, this report was able to confirm that human resources and the institution resources of the housing complex inside and outside played a big role in the life support of the senior citizen.

Compared to an individual type LSA described in Sugino's report, LSA with professionalism and know-how in the field of welfare or medical care provide detailed supports to residents according to their conditions by making use of their expertise.

For example, an LSA promotes the use of long-term care insurance service for a person certified for long-term care, and the LSA performs continuous residence support in SH. This is beyond the duty of conventional LSAs, and this suggests the necessity of a close relation to the management of the whole life of the senior citizen. I think it is necessary to examine care management of the senior citizen in regards to how it should be a duty of an LSA. In addition, although LSAs confirm if cheerful senior citizens are OK and consults with them at present, an LSA does not support positively. In recent years preventative care has been considered important. As for LSAs, it is necessary to create positive pressure so that a senior citizen can cope with preventative care. I think that the expansion of the role of LSAs is demanded from such a standpoint. In recent years, care managers of long-term care insurance service, and members of the local inclusion support center manage the care of the senior citizens. Therefore, I think the cooperation with professionals outside SH should be taken into SH as a complimentary function.

In addition, the variety of attached institutions and adjacent institutions of SH of Aja municipal management house is hardly seen in other SH. There is a long-term care insurance service institution which a person certified for long-term care can use, and it is one of the resources which can support continuous residence in SH. Other institutions contribute to maintaining the health of the senior citizen, and preventative care, too. When a senior citizen continues living in SH cheerfully, I think these play an important role.

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