PERSON-CENTERED ASSISTANCE IN NISHINOMIYA

from development of person-centered assistance for severely disabled persons to making communities of living together which tackled by all citizens

Social Welfare Council of Nishinomiya
Managing Director

Akihiko SHIMIZU
The movement of developing community living of severely disabled persons started based on beliefs of their parents which “their children also intend to live in Nishinomiya with their whole heart”

The activity base in Nishinomiya of the severely disabled citizens born from the above-mentioned—”AOBA-EN”.

“Activities” in Aoba-en created in company with severely disabled persons and support groups
Every one’s valuable “story” come out of “activities”

The start of community independent living( living alone) of persons of Aoba-en for living in communities and making “assistance circles” for them.
THE FUNDAMENTAL PRINCIPLE OF AOBA-EN  1982.12.23

1. Aoba-en is a living base place for severely disabled people, and continue to aim at making such place.

2. The living base place is the place where each disabled realizes himself abundantly and the base to live vividly.

3. To be the base of living place,

① First, health management and promotion of user persons must be realized.

② Finding and cultivating individuality and probability fully by various and detailed activities in the installation, self-realization must be fully done.

③ The installation is open to communities and has connection with many people, and various opportunities are prepared—freedom and richness must be prepared.
4. Activities of Aoba-en is basically different from ones to investigate productivity or effectivity, and simple personal independence, the fundamental purpose of Aoba-en is that all users, staffs, parents and people who take part in, think together, worry together, understand each other, and to create individual living.

5. Aoba-en aims at establishing living bases for severely disable people, by the same token, become a core of establishing living bases for all general public. Aoba-en, in a sense, an important public and social resource for making better livings, for each general public, every body is continuing to ask what human beings should be, and recovers living bases which are about to lose.

6. It is a matter of course as a human being to have a place where he can realize himself fully, and to spend his vivid life, and also continue to aim at. It must be continued regardless how severe disability will be, and is one of fundamental human rights.
(In transition from sanction to utilization contract), substantiation of right protection assistance mechanism has become necessary as a measure to live in Nishinomiya for community independent living persons (living alone) who are not easy to express their will.

NPO “PASS net” started.
“Individual General Plan” (Individual Assistance Plan) for each one’s activity and assistance which become necessary spontaneously in Aoba-en activities.

Nishinomiya City original system, as propulsion of the person-centered consultation assistance, based on Person’s hope.

Preparation of “Person-Centered Assistance Plan”
Toward Person-centered assistance, "Person’s Plan", "activities" and "circle of assistance" ~Case of Aoba-en Nishinomiya~

Activity base for the severely disabled “Aoba-en”

Aoba-en [Individual General Plan]
(Individual Assistance Plan for Day Activity Center)

Write clearly on development of daily activities of every person and intentions of expected living. Draw up documents of searched and found hopes and views in the mutual activities.

Person’s Plan

Person’ Activity

Mutual , Independent Report
Not description of ostensible status quo, widening relations of persons and helpers each other, description of the helpers side of the process they have felt sympathy. Report description on relevancy and sympathy.

Assistance Plan
Plan based on person’s desire for responsibility and performance as an entrepreneur. Write the truth of assistance clearly and in detail, assistance targets and contents, and based on this evaluate and inspect the business development.

Nishinomiya community welfare plan - Disabled welfare promotion plan

Nishinomiya Social Welfare Council Community Welfare Promotion Plan

Promotion Meeting - Policy Promotion Meeting - Plan Promotion
Individual General Plan of Aoba-en

• “Activities” of each person is not only a realization of “Plan of a Person” (Individual General Plan), but also making “Person-Centered Plan”, because a next hope will come out from a story which each person, born from the “activity”, acts as a leading character.

• In the development of each story (in preparing “Plan of Person” and its realization), creative and productive work which make use of the value of Person’s existence to the society, will come out and real image of live-together society will be seen.
RE-BUIDING OF ASSISTANCE BY “PERSON-CENTERED PRINCIPLE” & “PERSON PLAN PRINCIPLE”

＊”Individual General Plan” of Aoba-en which spontaneously has been in need of

＊Re-building of assistance mechanism based on ”Activity” and “Ring of Assistance”

＊Establishment of assistance idea based on the value of each one’s existence
Making Person-Centered Assistance Plan in Nishinomiya

- People concerned meet together, hold a person-centered assistance meeting, develop planning and consultation by Nishinomiya original form which prepared by person-centered assistance plan based on people’s hope, and making person-centered has been set forth throughout the city.
<table>
<thead>
<tr>
<th>Name</th>
<th>Consultation assistance Specialist</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>How seized Person’s hope &amp; target(①living place, ②Day activity, ③Leisure, play etc.)</td>
</tr>
<tr>
<td>Person</td>
<td></td>
</tr>
<tr>
<td>Family A</td>
<td></td>
</tr>
<tr>
<td>Family B</td>
<td></td>
</tr>
<tr>
<td>Assistant (Day Activity)</td>
<td></td>
</tr>
<tr>
<td>Assistant (Living, etc.)</td>
<td></td>
</tr>
<tr>
<td>Assistant (Guide Help)</td>
<td></td>
</tr>
<tr>
<td>Friend, etc.</td>
<td></td>
</tr>
</tbody>
</table>
Person-centered assistance plan meeting
~Meeting I decide things myself Person assistance Meeting~
2013.1. 11:30~12:30 At home

Basic consultation, assistance specialist

Mother
Role for carrying out the plan

S Sponsor: T
Role for carrying out the plan

○○ bathing assistance team: T
Role for carrying out the plan

Y: "My impression still remains that once the person told parents he wanted to live alone. Does he think to do the same even now?"

1 Hope of living

“Not right now, but some day I want to live alone apart from my parents.”

Co-sponsor:
Special, specific consultation assistance specialist

C Activity Firm: Y
Role for carrying out the plan

B Activity Firm: K
Role for carrying out the plan

“I want do exciting, joyful things with friends at ○○”

Concrete plan

① Hope of living

A: "Now (because of cold weather) I cannot go out often, but want to do active action. I am talking about going out plan all together, so truly want to go out together."

Concrete plan

② Hope of leisure & pleasure

S Sponsor: T
Concrete plan

“not to do the same thing, dressing up and going out, I want to meet many people and do many things with many people.”

Concrete plan

③ Hope of day activity

Y: “For example, go to the big bath house・・・ I will ask someone.”

K: "If called out, I will go with you any time."

Concrete plan

S Activity Firm: N
Role for carrying out the plan

Role for carrying out the plan
Person-Centered Assistance Plan Draft (Service etc. Utilization Plan Draft)

<table>
<thead>
<tr>
<th>Name:</th>
<th>Date: year month day</th>
<th>Participant:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Living place</th>
<th>Big hope, target</th>
<th>Concrete action plan for 1 year (or, half). (indicate fixed action period)</th>
<th>Explanation: Items attained at monitoring, reason not attained</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>What kind of living, with whom, where?</td>
<td>Person</td>
<td>(Family)</td>
</tr>
<tr>
<td>Day activity (job etc.)</td>
<td>At week day daytime, where, with whom, what kind of job (study)?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leisure activity</td>
<td>on holiday, after work, where, with whom, what want to do?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Person sign: Name of firm, consultation assistance specialist:
Basic consultation assistant: Next review plan date: y. m. d.
• Principle of community living persons who connoted in communities as community independent persons

• Principle of community reform independent persons who reform social values having roles in communities,
Image of Nishinomiya Disable Welfare Promotion System

Nishinomiya Community Independent Living Assistance Council

Steering Committee (Secretariat Meeting) - on subjects of Council operation
(Each Dept. Mgr. + Disabled gen. consult. assist. ctr. Nishinomiya
+ Commy. live·tgthg promot. sec. + Making welfr. commy.
sec.

Disabled Welfare Policy Promotion Gathering
Citizen (disabled people, related organs etc.) participate, exchange opinions, and propose policy.

Proposal to Plan Election of Member

Disability Welfare Promotion Plan Committee
Community Welfare Plan
Draw Up Committee
And others, link to plans which Nishinomiya draws up.

Disability Welfare Policy Promotion Gathering

Propose opinion & problem followed by guide line

Proposal to plans

N. Right Protn. assist. System Promotion Commitee
Study on community right protection assistance system including aged & disabled right protection assistance center function.

Disabled General Consultation Center Nishinomiya

N. Disability Welfare Service Coordinate Council

Proposal, proposal

System maintenance, study

Right Preventions Committ. (Each sec. + City disabled peace-of-mind consult. window
+ Commy. General assist. ctr. + adnl. Mmbr.)
- File prblms on right assist.
- File problems on cruelty prevention. & study

Consult. Assist. Sec.
(Nishinomiya Disabled Peace-of-mind Consultation Window Liaison Conference)

Cooperation Proposal

Cooperation Proposal

Operation

N. Disability Welfare Service Coordinate Council

Proposal to guide line

Classification, analyze problems

Inspection, advice on disability welfare policy.

15
Let Nishinomiya be the true live-together community with persons’ existing power!

To prepare every citizen’s live-together town of Nishinomiya led by the strength of persons’ existence, from making each person-centered assistance plan

- Toward substantiation of persons’ hope appeared from making person-centered assistance plan!
- Prepare person-centered assistance circles everywhere in which persons can live as they like.
- Let everywhere of Nishinomiya be bases of living where the value of each person’s existence shines!
Toward the construction of right protection assistance system to protect dignity of the existence of all citizens in Nishinomiya.

“Nishinomiya Right Protection Assistance Center”

As the dispatch base of (persistently) surface preparation of community living assistance base in Nishinomiya.

Community Live–Together Center “FUREBONO”

In social welfare promotion plan of Nishinomiya Social Welfare Council, Practice “Making Live–together” community
Nishinomiya Right Protection Assistance Promotion Committee

Total support system in administration

Nishinomiya right protection assistance center

Right protection assistance activity by community and in community

Community coverage etc. related organ network

Disabled consultation assistance network

Welfare firms • NPO network
As the Dispatching Point of Making Live-Together Communities

Nishinomiya Social Welfare Council

The 8th Community Welfare Promotion Plan Community Welfare Target (2015～2020)

Create by All People ────
“Making Live-Together Community”

～from community you are “in” to community you “live”
Community Live-Together House [HUREBONO]
## <<Function of Live-Together House>>

Mutual empowerment which each function mutually connected

<table>
<thead>
<tr>
<th>Function</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>[MAJIKURU Gathering Place, Everyone’s Staying Place]</strong></td>
<td>The place where various kinds people are connected, where, people from children to aged, disabled, community activists, volunteers, students, and so forth.</td>
</tr>
<tr>
<td><strong>[Staying place Function where every person is respected as he is.]</strong></td>
<td></td>
</tr>
<tr>
<td><strong>[Do everything—Community activity base]</strong></td>
<td>The place where severely disabled persons play various roles.</td>
</tr>
<tr>
<td><strong>[Activity development base function for live-together society realization]</strong></td>
<td></td>
</tr>
<tr>
<td><strong>[Study•Training Institute for Making Live-Together Community]</strong></td>
<td>The place where every person studies on “live-together society” in which independent person lives and plays role more actively.</td>
</tr>
<tr>
<td><strong>[Function of live-together community development study center]</strong></td>
<td></td>
</tr>
<tr>
<td><strong>[Independent Living Preparation Base]</strong></td>
<td>The place where disabled persons build up living experience and bring up assistants for them to live in community.</td>
</tr>
<tr>
<td><strong>[Community joint producer function]</strong></td>
<td>To live here for fixed period, and make acircle of assistance.</td>
</tr>
<tr>
<td><strong>[Peace-of-mind Welfare Shelter]</strong></td>
<td>The place of h function as a shelter in case of emergency “The place to live like oneself, any time helping each other”</td>
</tr>
</tbody>
</table>

Staying place base of co-existing by cooperation with various persons in everywhere of Nishinomiya (mini-community live-together house)
Maintenance of community living assistance base is tackled with, that maintenance of a system which community plural organs bear allotted function, and “surface system maintenance” based on the government guide line, in mind.

Toward realization of the basic principle of making town of community live-together in the city (1. making community where people support each other, 2. making community where people all have the initiative, 3. making community where people all become vivid), it is tackled to form networks with various independent people such as welfare related people, community residents and volunteer gathered in “community live-together house” which Nishinomiya Social Welfare Council plans to build.

It is carried on to study, aiming at further enrichment of disabled people’s independent and community living, system maintenance by function cooperation with related organs such as community live-together house (community assistance function), fundamental consultation assistance center (consultation assistance function), group home (living assistance function) and short-stay firm (temporary living function).

From 4th Nishinomiya Disability Welfare Plan (2015~2019, fiscalyear)
Activation is performed by connecting five functions of community live-together house with community welfare activities which being advanced together by residents and various persons. Further, conceiving many activities, joining each other, net working is advanced and city-wide development of making live-together communities is carried on.

And, at building up general consultation assistance system which SOSs are notified but never overlooked, working together with independent-living preparation base mechanism, even after returned to each district, circles of persons who aim at independence and their assistants are advanced and continued. And, building networks of community living assistance aimed at community live-together is carried on as every person can live like himself with roles.

From Nishinomiya Social Welfare Council, The 8th Community Welfare Promotion Plan
Social Welfare Council 8th Community Welfare Drive Plan

Practical Use of the 8th Plan’s Content (2015~’20, for 6 years)

Welfare Target
To create by All Citizens, “Making Community” for live-together
～From community you are “in” to community you “live”～

Promotion Target:
1. To promote community welfare activity carrying with residents and various persons.
2. To build up general assistance system which take notice of SOS but never overlook SOS.
3. To make circumstances toward making live-together communities.
4. To practice making live-together communities.

Promotion viewpoint
• To make local community where every person is a master.
• Variety person and variety of activity
• Cooperation and work together
• To develop activity to make relations —to help and to be helped—.
Ⅰ Promotion of community welfare activity

Resident-centered activity

Person-centered activity

Organs, bodies, NPOs, firms, schools, etc.

Cooperation and Work together

New form of helping together to support community living

~Development of community welfare~

Ⅱ Construction of general consultation assistance

Strengthening cooperation between City Social Welfare Council and each consultation organ.

Safety net

Ⅲ Making circumstances toward making live-together communities

Enlightenment and development of talented people • training

Ⅳ Practice of making live-together communities

(Development of model by City Social Welfare Counsel)
District Network Meeting

To be set up as a place of connection and cooperation between residents and specialists in district social welfare council area.

As to its structure, groups concerned in the district, volunteer activists, NPOs, welfare firms, welfare facilities, etc. are approached about various participation.

Individual problems ↔ district problems

Information in common ~ district organization
• resources development

Network among residents +
Network of residents and specialists
Organization of Live-Together of Persons Concerned

- Organization of live-together of the city
- Community welfare promotion activity
  - City social welfare council community welfare promotion plan
- City community Independent assistance Council
- Peace-of-mind consultation window liaison meeting
- Development of activity from Aoba-en to communities; "Gathering of AOBA", "TOKOTOKO", etc.
- Individual General Plan of AOBA-en

Organization of live-together of north community.

- North community activity development by community residents
  - District social welfare council "community welfare plan"
- City North district Disabled gathering
  - "Bamboo shoot club"
- "NOMA-net Nishinomiya" north district activity development program
- Community independent assistant council north liaison
- Aoba-en Individual General Plan Community Action Plan
The 4th Nishinomiya General Plan

Nishinomiya Community Welfare Plan

Nishinomiya senior welfare plan
Nishinomiya care insurance business plan
Nishinomiya disabled welfare promotion plan
Nishinomiya Next Generation Nuture Assistance Action Plan
Nishinomiya children・child care assistance plan
Other related plan

Mutual cooperation of policy and business

Direction of community welfare

Nishinomiya Social Welfare Council

Community welfare promotion plan
Community plan (Preparation by branch・sub-branch offices)

Relation of three plans
① Bottom up from communities
② Proposal from citizens
Mutual Empowerment of the Three—Persons, Assistants and Citizens
(Neither specialists make persons to be subjectivity, nor to be objectivity.)

Motive power of community live-together society is born by independence under third party relation,—persons (persons concerned), assistants (specialists) and citizens (community citizens).

Toward realization of the sustainable productive society of citizen, based on the new values!
Realization of live-together society by mutual empowerment of persons, citizens and assistants
Appearance of Barriers

Separated Condition

Invisible Condition

Specialists - Assistants
Persons
Citizens
Objectivity of Persons by Assistants

Hopeless Cooperation up to Going Other Side of Barriers
Destruction by Mutual Disempowerment

Appearance of Hopeless Society
Development of Person-Centered Assistance!

- **Personal-centered assistance**
  Don’t take off the subject! (Person-centered assistance as resistance against exclusion of the subject)

- Development conceived by person-centered! (Persons’ stories which each person is centered are developed.)

- Assistance by person-centered in the community (Accomplish various social roles which persons have)

- **Person (Citizen)**
  <Disabled person concerned>

- **Assistant • citizen**
  <Specialist>
Rising vectors as seen from the side
[Empowerment Chain]

Empowerment of all citizens (vectors)

Empowerment around (parents, family members, community people) (vectors)

Empowerment of assistants (vectors)

Empowerment of persons (vectors)

Links of empowerment (hopes realize live-together communities) assisted and developed by person-centered (based on persons’ hope)
Every day, Every Person Lives as Himself, — — Itself is a Precious Value and Hope!

**Formation of Sustainable Community of Citizen by New Value**

To stand up mutually based on unsettled persons ( getting along together with hopes, being pleased, feeling unhappy, being troubled, live together with hopes.)
Mutual Empowerment of Persons, Citizens and Assistants

Creating “making communities of live-together” by all
Every Person Lives Every Person’s Valuable Story
Every Person’s Valuable Story with Mutual Roles
Assistance Circles Chained Next by Next
Valuable Stories Arising Next by Next
Valuable Stories Springing out Every Where in Communities
New Hopes, Upward Currents of Communities
西宮 共生のまちづくりまんたら図