

Innovative Research Program on Suicide Countermeasures in FY2021: Report on Commissioned Research Results

Field 1: Establishing evidence around suicide countermeasures

Topic number : 1-1

Research topic:

Development of a Social Capital Fostering Program for Multi-Generational Comprehensive Community Care

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Summary:

In order to realize "a society in which no one is driven to suicide," it is important to foster a community-based symbiotic society. Our research in FY2021 focused on the development of a social capital fostering program for multi-generational community-based integrated care. We conducted a study on a support manual for helping volunteers formation of community activities (Study A), the evaluation of regional implementation of a post-partum care program as a volunteer cooperative intergenerational exchange program (Study B) and the test on the applicability and effectiveness of raising SOS program originally developed for junior high school

students but tested on upper elementary school students (Study C).

In Study A, interviews with staff members from the Lifelong Learning Division, who support the activities of elderly volunteer groups, suggested that the manual for supporting the formation of voluntary groups would be useful to put into practice. The staff members appreciated the fact that the support know-how based on the PDCA cycle was compiled in an easy-to-understand way, noting that the manual is useful in municipalities where the staff in charge changes every few years.

Study B showed that both the intervention and control groups showed positive changes in mental health and general trust after participating in the postpartum care program. This suggests that the program is meaningful for the child-rearing generation who participate in the program regardless of whether they work with volunteers or officials. In addition to this, the intervention effect of the project, in which local elderly volunteers collaborated in reading stories to children, was observed to improve the reciprocity of the community.

In the application of the SOS program in Study C to upper elementary school students, the students stated an increase in the number of adults whom they can share greeting communication with, 6 months after the intervention compared to the number beforehand.

To foster social capital toward multi-generational community-based integrated care in the future, it is necessary to foster elderly volunteers and develop projects (programs) in which volunteers can play an active role. The results of the three development studies conducted have contributed to resolving this issue.