

Home-Start activities in Japan - Needs and Effect (for families with small children) -

Date: 27 Oct 2018
for Oct 2017 - Sep 2018
by Home-Start Japan

69% of Families were feeling isolated, 98% of them get the better feeling after Home-Start support.

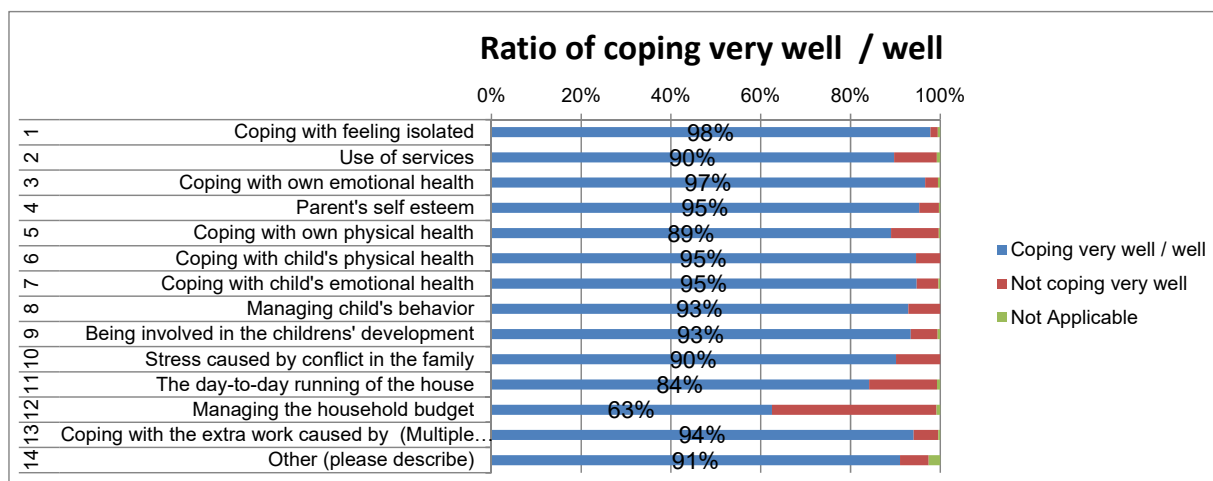
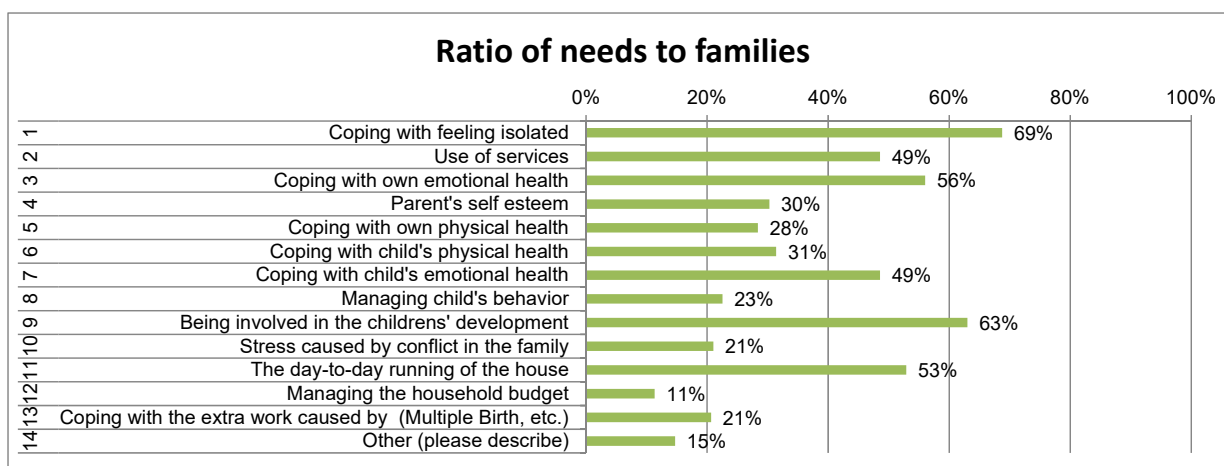
This report is the summary of the Home-Start activities of the all HS schemes in Japan.

Every family's needs was assessed at the start, and measured at the end of support. The top of the 14 categorized needs is the "Coping with feeling isolated", which means 69% of families were feeling lonely and isolated. The effect of the support is shown as the measure at the end of support, "Coping very well / well " and "Not coping very well". 98% of families feeling isolated answered they had the better feeling after Home-Start support. For 92% of all the needs, families got the better feeling, in average.

Needs 5,494 Schemes 91

Average Ratio of coping very well / well 92% Families 1,060

ID	Needs	Number of families	Ratio of needs to families	Coping very well / well	Not coping very well	Not Applicable	Ratio of coping very well / well
1	Coping with feeling isolated	729	69%	713	12	4	98%
2	Use of services	515	49%	462	49	4	90%
3	Coping with own emotional health	594	56%	574	17	3	97%
4	Parent's self esteem	321	30%	306	14	1	95%
5	Coping with own physical health	301	28%	268	32	1	89%
6	Coping with child's physical health	333	31%	315	18	0	95%
7	Coping with child's emotional health	515	49%	488	25	2	95%
8	Managing child's behavior	239	23%	222	17	0	93%
9	Being involved in the childrens' development	668	63%	624	40	4	93%
10	Stress caused by conflict in the family	223	21%	201	22	0	90%
11	The day-to-day running of the house	561	53%	472	85	4	84%
12	Managing the household budget	120	11%	75	44	1	63%
13	Coping with the extra work caused by (Multiple Birth, etc.)	219	21%	206	12	1	94%
14	Other (please describe)	156	15%	142	10	4	91%
Summary		5,494		5,068	397	29	92%
Average of needs per family		5.2					



Home-Start activities in Japan - Needs and Effect (for families with pregnancy) -

Date: 27 Oct 2018
for Oct 2017 - Sep 2018
by Home-Start Japan

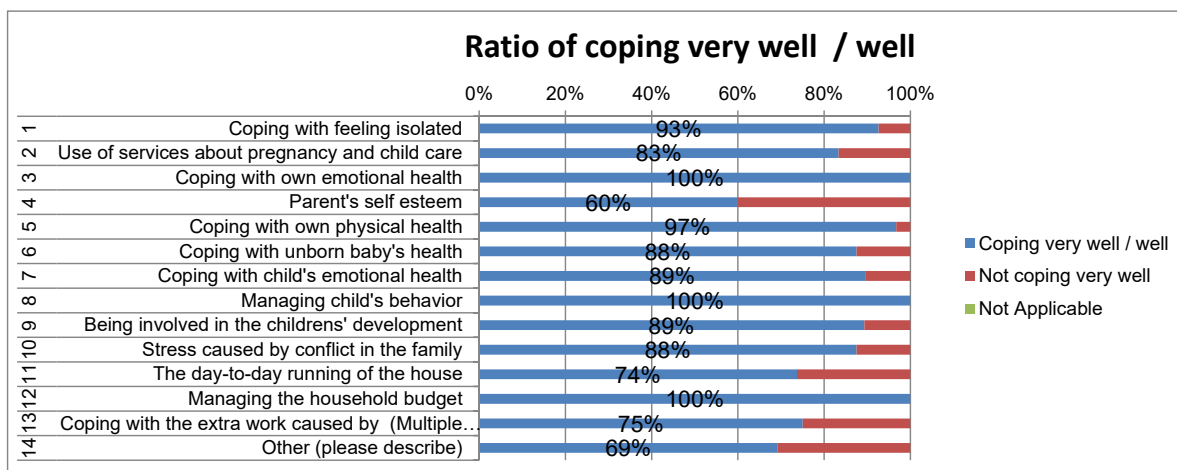
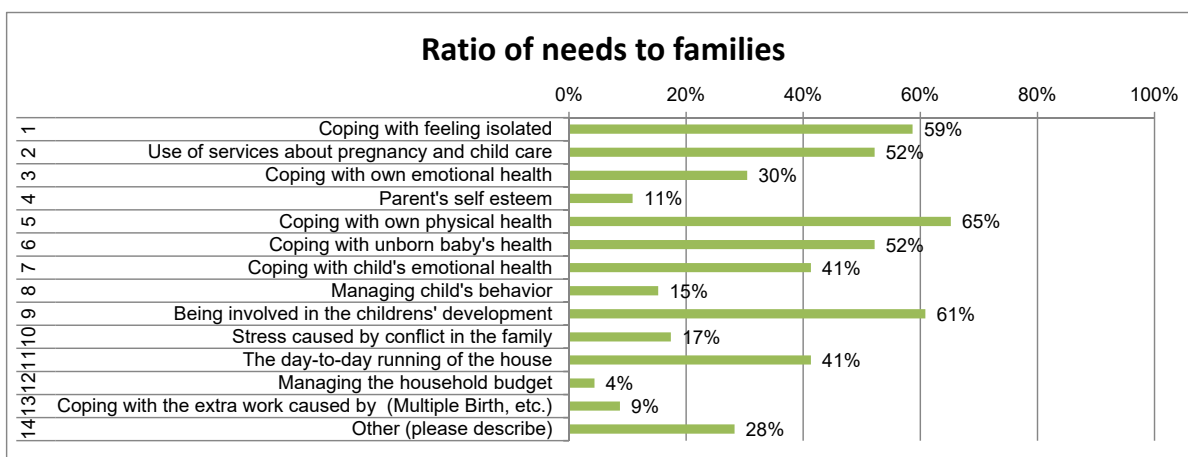
65% of Families feel anxious about her pregnant condition, 93% of them feel better after Home-Start support.

We started to support families before childbirth as a trial in 2015, as a model program in 2016, and as an official program in 2017. "Families with pregnancy" includes families before first childbirth and families with pregnant mother and children.

The top of the 14 categorized needs is the "Coping with own physical health", and the next needs is children's development. "Coping with isolated" and "Coping with unborn baby's health" follow them. It means that families care about the health of the babies and the growth of the children with uneasiness of the pregnancy period. Regarding some needs, around 90% of families answered they had the better feeling after Home-Start support. However, about the other needs, families are less sufficient about their needs. The average of the effect is lower than it for families with small children. Since our support for families with pregnancy has just started and not many families are supported yet, it takes a little more time to analyze an effect of this activity.

Needs 224 Schemes 52
Average Ratio of coping very well / well 88% Families 46

ID	Needs	Number of families	Ratio of needs to families	Coping very well / well	Not coping very well	Not Applicable	Ratio of coping very well / well
1	Coping with feeling isolated	27	59%	25	2	0	93%
2	Use of services about pregnancy and child care	24	52%	20	4	0	83%
3	Coping with own emotional health	14	30%	14	0	0	100%
4	Parent's self esteem	5	11%	3	2	0	60%
5	Coping with own physical health	30	65%	29	1	0	97%
6	Coping with unborn baby's health	24	52%	21	3	0	88%
7	Coping with child's emotional health	19	41%	17	2	0	89%
8	Managing child's behavior	7	15%	7	0	0	100%
9	Being involved in the childrens' development	28	61%	25	3	0	89%
10	Stress caused by conflict in the family	8	17%	7	1	0	88%
11	The day-to-day running of the house	19	41%	14	5	0	74%
12	Managing the household budget	2	4%	2	0	0	100%
13	Coping with the extra work caused by (Multiple Birth, etc.)	4	9%	3	1	0	75%
14	Other (please describe)	13	28%	9	4	0	69%
Summary		224		196	28	0	88%
Average of needs per family		4.9					



60% of Parents are 30's, 50% struggling the 1st child care. 80% of Visitors are 40's to 70's, senior supporters.

60% of parents are 30's. More than 60% of the families have babies under 1 year, also the half are struggling the first child care. Families having babies, especially the 1st child, have the worries and the stress.

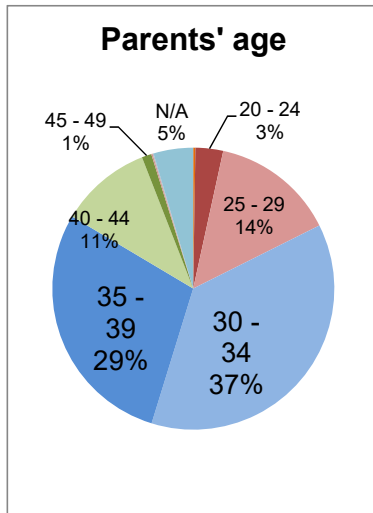
80% of Home-visitors are from 40's to 70's, supporting the young parents as an experienced senior. Parents and Home-visitors have friendly relationships, leading to the families' better effect.

Scheme 91

Parents' age

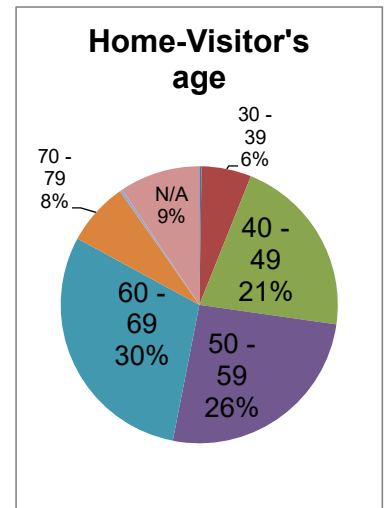
Parents' age	Number of Families
15 - 19	5
20 - 24	65
25 - 29	292
30 - 34	764
35 - 39	591
40 - 44	216
45 - 49	23
50 - 54	3
55 - 59	1
60 - 64	1
N/A	94
Sum	2,055

* age at the application



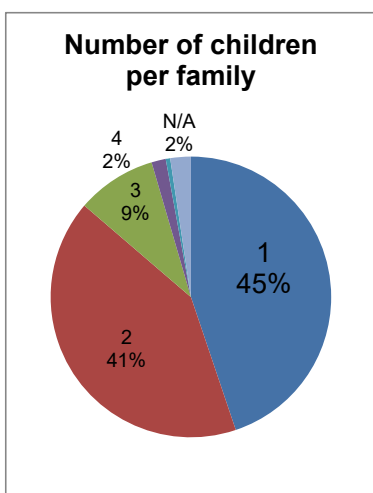
Home-Visitor's age

Visitor's age	Number of visitors
20 - 29	6
30 - 39	126
40 - 49	459
50 - 59	559
60 - 69	647
70 - 79	160
80 - 89	7
N/A	203
Sum	2,167



Number of children per family

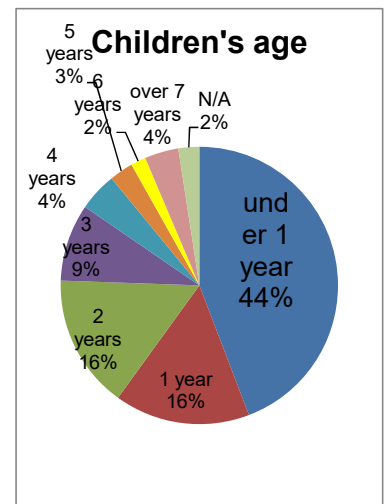
Children	Number of Families
1	921
2	852
3	189
4	34
5	10
6	0
N/A	49
Sum	2,055



Children's age

Children's age	Number of children
under 1 year	1,492
1 year	534
2 years	527
3 years	305
4 years	151
5 years	94
6 years	60
over 7 years	133
N/A	82
Sum	3,378

* age at the application



* Families with children under 1 year : 67%

83% of Families access by themselves. 29% Getting information from health nurse, 22% from community service.

29% of families got the Home-Start information from health center, including 10% of families are referred by health nurse. Also, 22% of the families got the information from the community service. In result, around the half families were informed by the local agencies and the community service. The network of the local agencies and the services are very important for the Home-Start service.

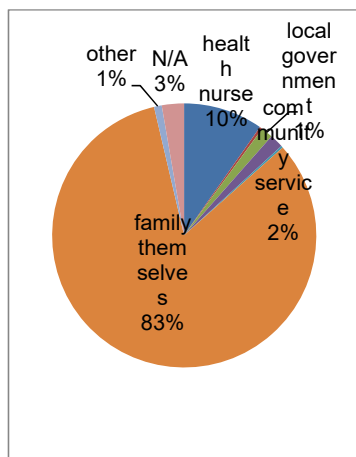
Also, about the half of the families are informed by mouth-to-mouth. Based on the above, getting the information from the trusted people / organization directly is very important for families.

And, 5% of families repeated using of Home-Start. From the pregnancy period to the after childbirth, Home-Start can be used continuously. We will provide the Home-Start service, by making and keeping good network with the other organizations, and with friendship.

Scheme 91

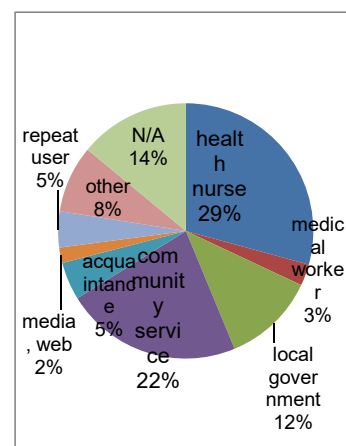
Application (Referrers)

Referrer (applicant)	Number of families
health nurse	153
medical worker	5
local government	23
community service	26
nursery	4
family themselves	1,304
other	15
N/A	43
Sum	1,573



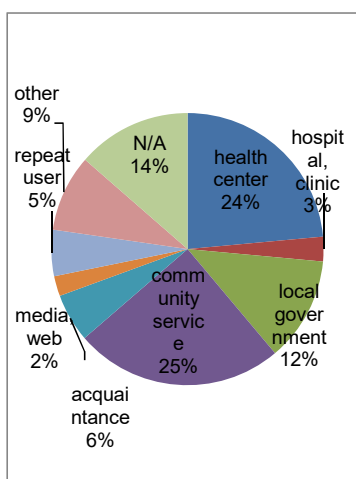
Where / from Who

Referrer (applicant)	Number of families
health nurse	460
medical worker	43
local government	185
community service	353
acquaintance	75
media, web	31
repeat user	72
other	134
N/A	220
Sum	1,573



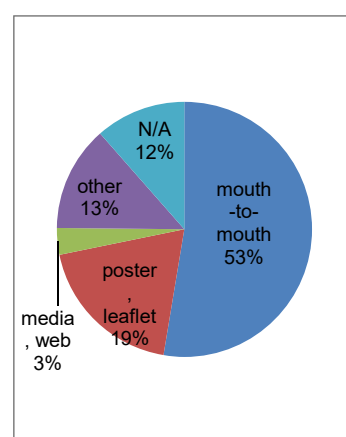
Where / from Who (Families applied by themselves)

Where / from Who	Number of families
health center	307
hospital, clinic	38
local government	162
community service	323
acquaintance	75
media, web	31
repeat user	72
other	119
N/A	177
Sum	1,304



How (Families apply by themselves)

How	Number of families
mouth-to-mouth	686
poster, leaflet	250
media, web	44
other	174
N/A	150
Sum	1,304



Home-Start activities in Japan - Visiting Families -

Date: 27 Oct 2018
for Apr 2008 - Sep 2018
by Home-Start Japan

total 6,000 families , 42,000 visits and 2,000 Home Visitors

We have about 98 HS schemes. Families supported are now 6,000 by 42,000 visits, increasing of 200-300 families a year. Now, we support not only families with small children but also families before childbirth.

Home-visitors are more than 2,000, supporting the families as volunteers in Home-Start activities of Japan.

Visiting

	Apr 2008 - Sep 2018	Details	
		with children	pregnancy
Families	6,782	6,610	172
Children	11,163	10,992	171
Visits (Families)	47,798	46,856	942

total man-days 54,385

	as of 30 Sep 2018
HS Home Visitors	2,158
HS Schemes	99

total 2,372

Yearly transition

Year (Apr 1 to Mar 31)	2010	2011	2012	2013	2014	2015	2016	2017	Apr 2008 - Sep 2018
Families	99	274	367	572	829	1,064	1,223	1,485	6,782
Families with pregnancy	0	0	0	0	0	5	34	85	172
Children	168	475	610	937	1,329	1,767	2,035	2,433	11,163
Visits (days)	604	1,882	2,489	3,959	5,892	7,559	8,493	10,892	47,798
Visits (total man-days)	654	2,044	2,814	4,512	6,696	8,599	9,711	12,436	54,385
HS Home Visitors	147	342	563	898	1,279	1,578	1,811	2,054	2,372
Scheme (visiting started)	11	26	38	49	66	76	78	86	99

