

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

Date: 02 May 2019  
for Apr 2018 - Mar 2019  
by Home-Start Japan

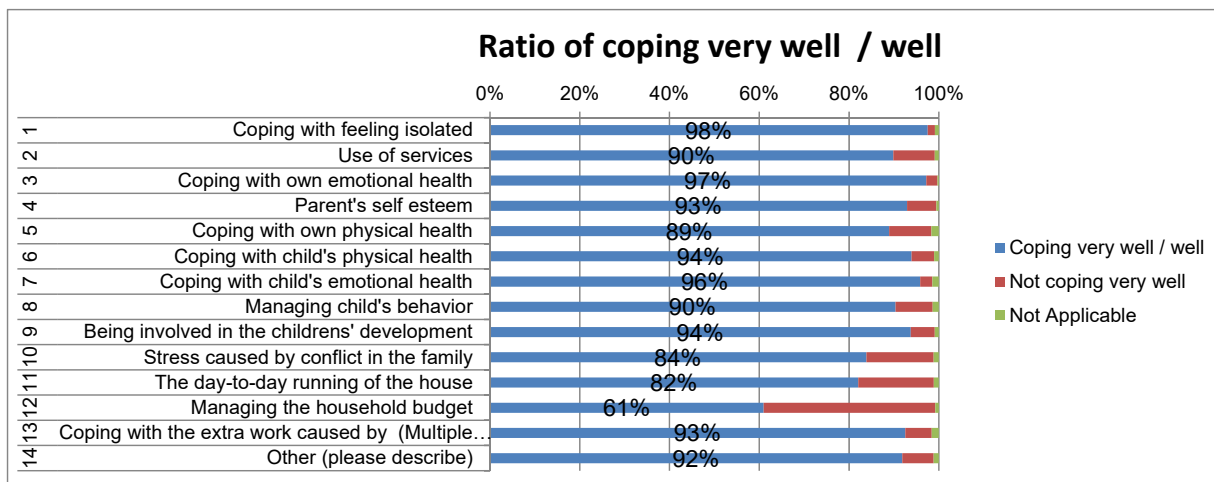
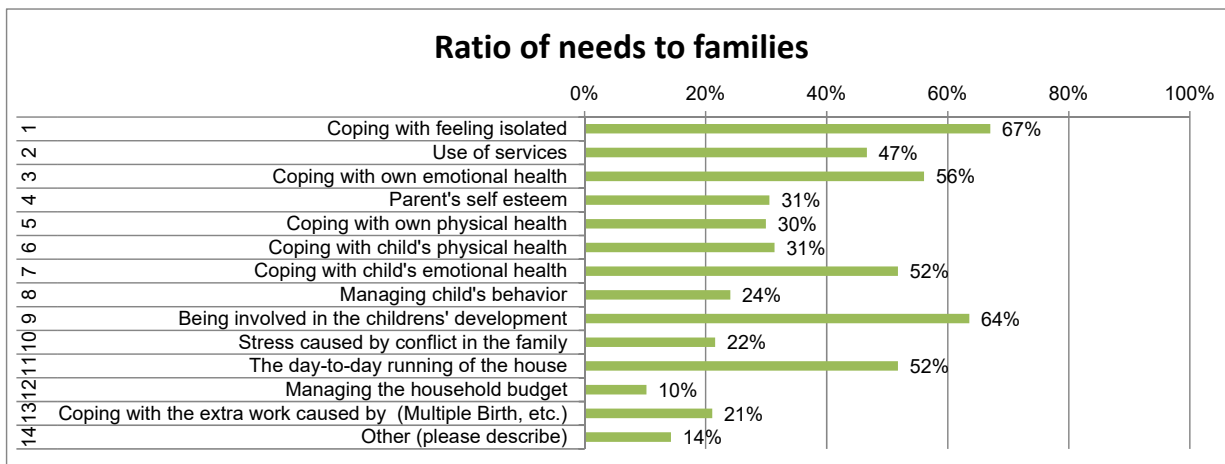
## 67% of Families were feeling isolated, 98% of them get the better feeling after Home-Start support.

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 67% 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                      6,266                      Schemes                      94  
Average Ratio of coping very well / well                      92%                      Families                      1,205

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	<b>Coping with feeling isolated</b>	808	<b>67%</b>	788	13	7	<b>98%</b>
2	Use of services	562	47%	505	52	5	90%
3	<b>Coping with own emotional health</b>	676	<b>56%</b>	657	17	2	97%
4	Parent's self esteem	368	31%	342	24	2	93%
5	Coping with own physical health	361	30%	321	34	6	89%
6	Coping with child's physical health	378	31%	355	19	4	94%
7	Coping with child's emotional health	624	52%	598	17	9	96%
8	Managing child's behavior	290	24%	262	24	4	90%
9	<b>Being involved in the childrens' development</b>	766	<b>64%</b>	718	41	7	94%
10	Stress caused by conflict in the family	260	22%	218	39	3	84%
11	The day-to-day running of the house	624	52%	512	105	7	82%
12	Managing the household budget	123	10%	75	47	1	61%
13	Coping with the extra work caused by (Multiple Birth, etc.)	254	21%	235	15	4	93%
14	Other (please describe)	172	14%	158	12	2	92%
Summary		6,266		5,744	459	63	<b>92%</b>
Average of needs per family		5.2					



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

Date: 02 May 2019  
for Apr 2018 - Mar 2019  
by Home-Start Japan

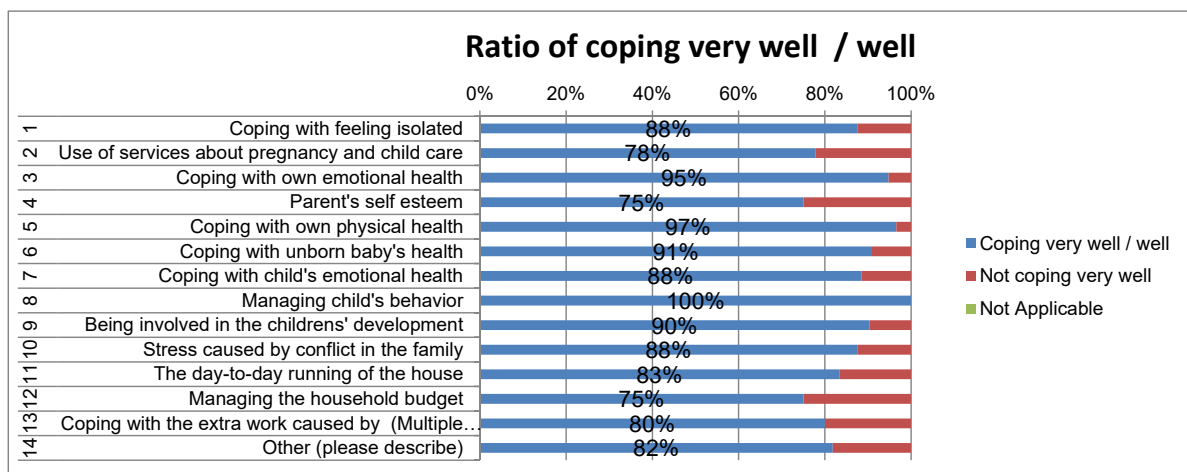
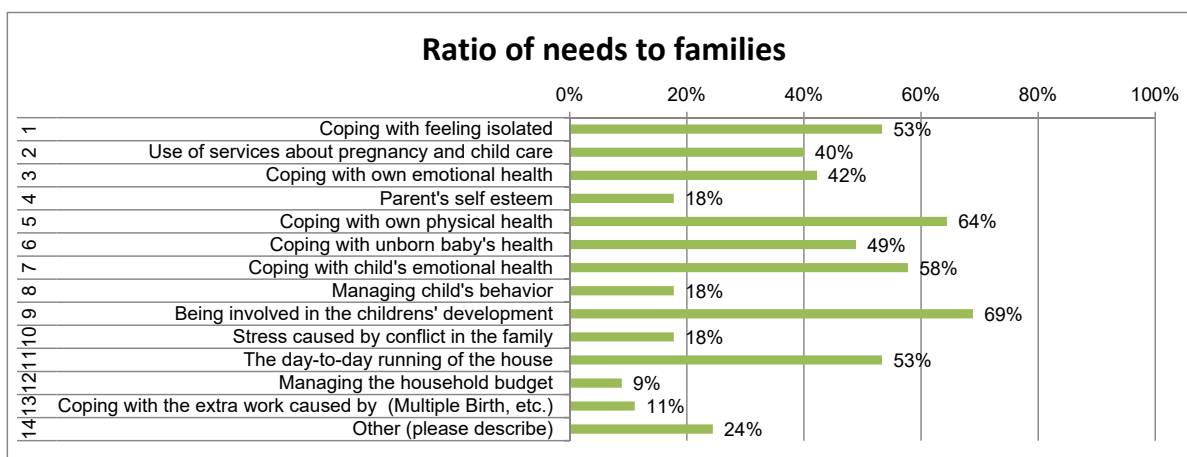
## 69% of Families care about the children's development, 90% of them feel better after Home-Start support.

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 "Being involved in the children's development", and the next needs is "Coping with own physical health". "Coping with child's emotional health" follow them. It means that families care about the growth and the emotional health 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 237 Schemes 52  
Average Ratio of coping very well / well 88% Families 45

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	24	53%	21	3	0	88%
2	Use of services about pregnancy and child care	18	40%	14	4	0	78%
3	Coping with own emotional health	19	42%	18	1	0	95%
4	Parent's self esteem	8	18%	6	2	0	75%
5	<b>Coping with own physical health</b>	29	<b>64%</b>	28	1	0	<b>97%</b>
6	Coping with unborn baby's health	22	49%	20	2	0	91%
7	<b>Coping with child's emotional health</b>	26	<b>58%</b>	23	3	0	<b>88%</b>
8	Managing child's behavior	8	18%	8	0	0	100%
9	<b>Being involved in the children's development</b>	31	<b>69%</b>	28	3	0	<b>90%</b>
10	Stress caused by conflict in the family	8	18%	7	1	0	88%
11	The day-to-day running of the house	24	53%	20	4	0	83%
12	Managing the household budget	4	9%	3	1	0	75%
13	Coping with the extra work caused by (Multiple Birth, etc.)	5	11%	4	1	0	80%
14	Other (please describe)	11	24%	9	2	0	82%
Summary		237		209	28	0	<b>88%</b>
Average of needs per family		5.3					



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

60% of parents are 30's. about 70% 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.

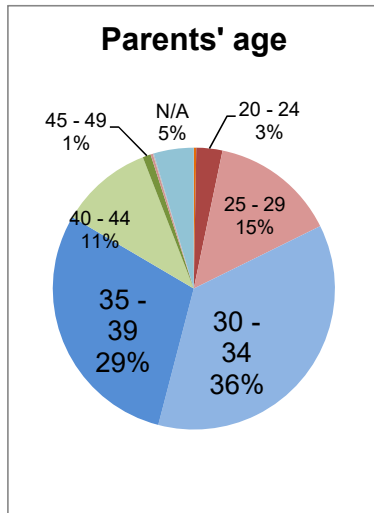
80% of Home-visitors are from 40's to 70's, supporting the young parents as an experienced senior. Parents and Home-visitors have friendly relationships, leading to the families' better effect.

Scheme 94

**Parents' age**

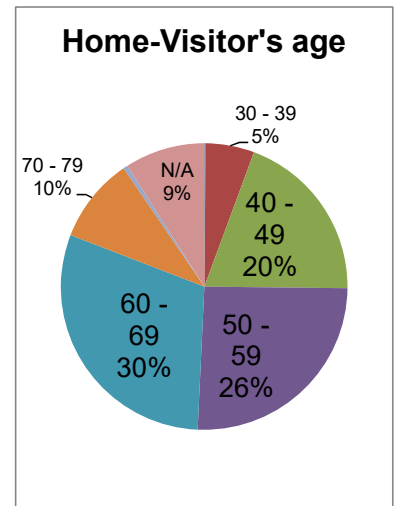
Parents' age	Number of Families
15 - 19	6
20 - 24	68
25 - 29	329
30 - 34	829
35 - 39	669
40 - 44	243
45 - 49	21
50 - 54	6
55 - 59	1
60 - 64	1
N/A	105
Sum	2,278

\* age at the application



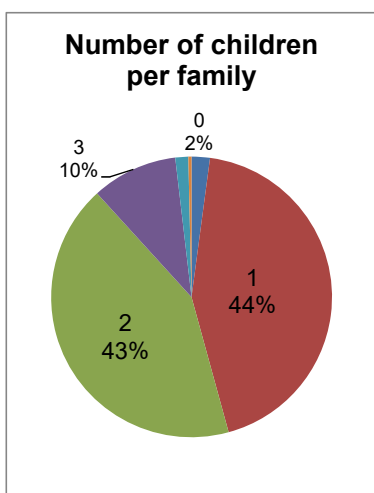
**Home-Visitor's age**

Visitor's age	Number of visitors
20 - 29	4
30 - 39	130
40 - 49	465
50 - 59	607
60 - 69	717
70 - 79	229
80 - 89	11
N/A	215
Sum	2,378



**Number of children per family**

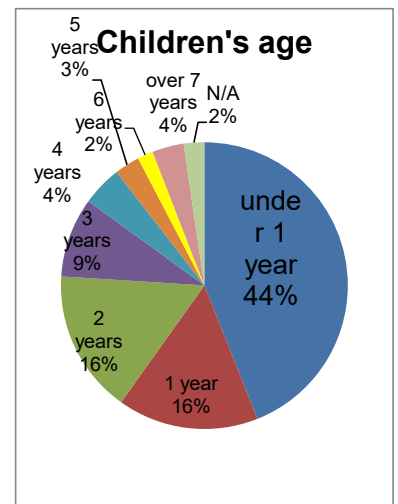
Children	Number of Families
0	48
1	994
2	968
3	226
4	34
5	8
6	0
N/A	0
Sum	2,278



**Children's age**

Children's age	Number of children
under 1 year	1,664
1 year	601
2 years	611
3 years	341
4 years	170
5 years	108
6 years	66
over 7 years	136
N/A	87
Sum	3,784

\* age at the application



\* Families with children under 1 year : 67%

**83% of Families access by themselves. 32% Getting information from health nurse, 21% from community service.**

32% of families got the Home-Start information from health center, including 11% of families are referred by health nurse. Also, 21% 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.

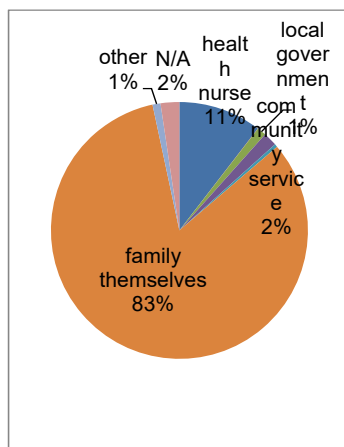
Also, about the half of the families are informed by mouth-to-mouth. Based on the above, getting the information from the trusted people / organization directly is very important for families.

And, 4% 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 94

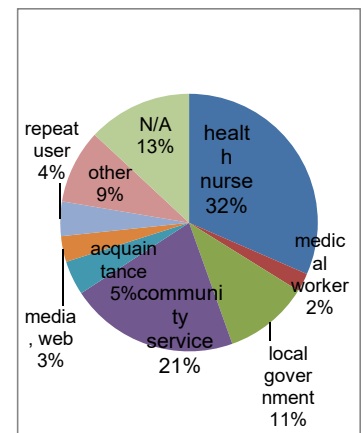
**Application ( Referrers )**

Referrer (applicant)	Number of families
health nurse	186
medical worker	1
local government	20
community service	31
nursery	7
family themselves	1,480
other	18
N/A	42
Sum	1,785



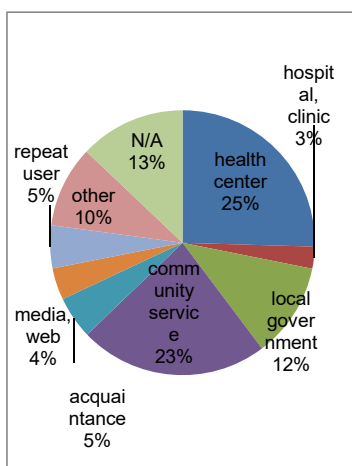
**Where / from Who**

Referrer (applicant)	Number of families
health nurse	563
medical worker	41
local government	191
community service	379
acquaintance	77
media, web	58
repeat user	77
other	166
N/A	233
Sum	1,785



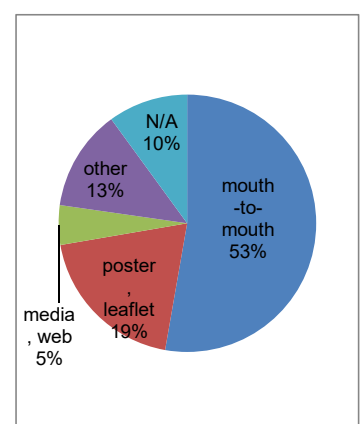
**Where / from Who ( Families applied by themselves )**

Where / from Who	Number of families
health center	377
hospital, clinic	40
local government	171
community service	341
acquaintance	77
media, web	58
repeat user	77
other	148
N/A	191
Sum	1,480



**How ( Families apply by themselves )**

How	Number of families
mouth-to-mouth	781
poster, leaflet	289
media, web	73
other	188
N/A	149
Sum	1,480



## Home-Start activities in Japan - Visiting Families -

Date: 02 May 2019  
for Apr 2008 - Mar 2019  
by Home-Start Japan

**total 7,700 families , 55,000 visits and 2,400 Home Visitors**

We have 101 HS schemes. Families supported are now 7,700 by 55,000 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 about 2,400, supporting the families as volunteers in Home-Start activities of Japan.

### Visiting

	Apr 2008 - Mar 2019	Details	
		with children	pregnancy
Families	<b>7,763</b>	7,545	218
Children	<b>12,792</b>	12,579	213
Visits (Families)	<b>55,042</b>	53,849	1,193

total man-days 62,660

	as of 31 Mar 2019
HS Home Visitors	<b>2,375</b>
HS Schemes	<b>101</b>

total 2,592

### Yearly transition

Year ( Apr 1 to Mar 31 )	2011	2012	2013	2014	2015	2016	2017	2018	Apr 2008 - Mar 2019
Families	274	367	572	829	1,065	1,223	1,497	1,785	7,763
Families with pregnancy	0	0	0	0	5	34	85	94	218
Children	475	611	940	1,329	1,769	2,036	2,456	2,921	12,792
Visits (days)	1,882	2,489	3,959	5,892	7,570	8,493	10,955	12,955	55,042
Visits (total man-days)	2,044	2,814	4,512	6,695	8,608	9,711	12,508	14,835	62,660
HS Home Visitors	342	563	898	1,279	1,578	1,811	2,054	2,378	2,592
Scheme (visiting started)	26	38	49	66	76	78	86	94	102

