

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

Date: 28-Apr-2023
for Apr 2022 - Mar 2023
by Home-Start Japan

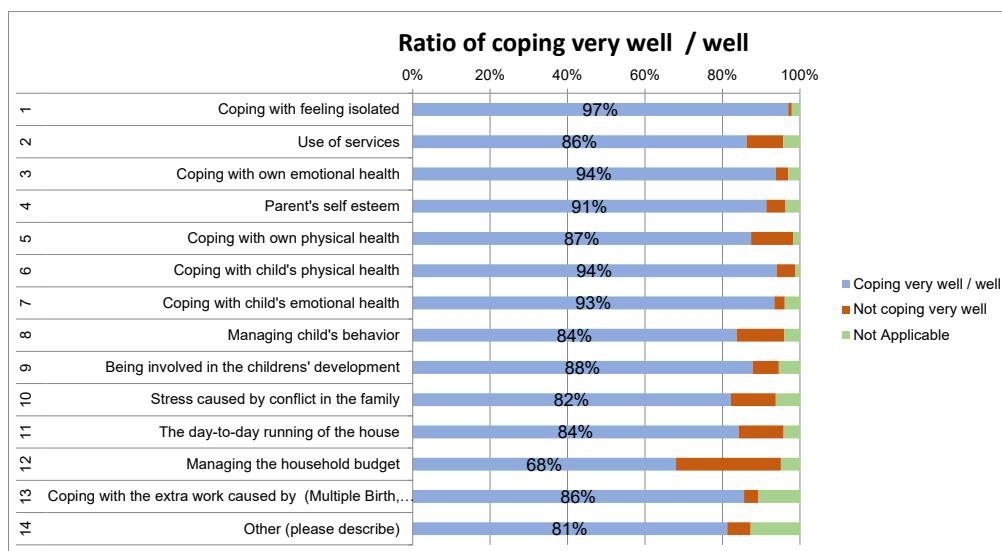
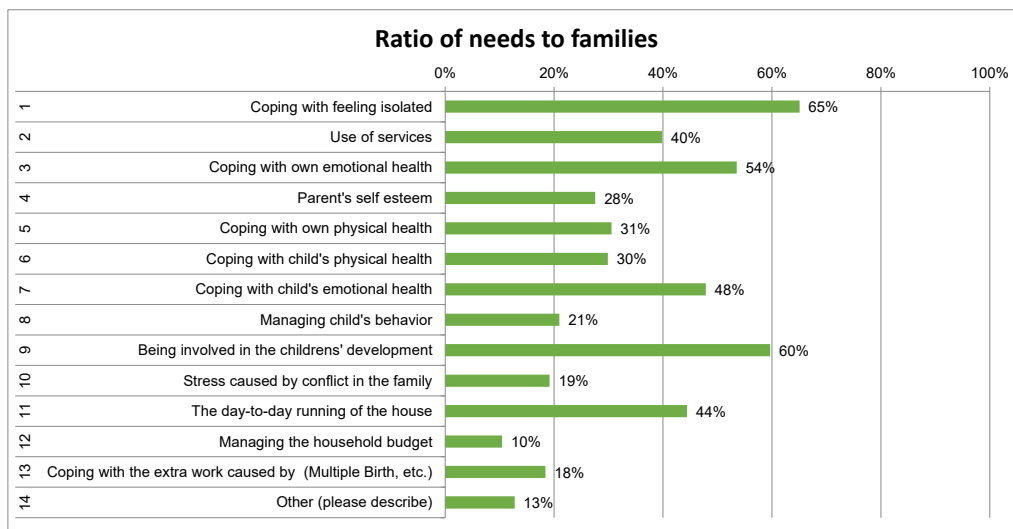
65% of Families were feeling isolated, 97% of them get the better feeling after Home-Start support.

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 65% 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". 97% of families feeling isolated answered they had the better feeling after Home-Start support. For 89% of all the needs, families got the better feeling, in average.

Average Ratio of coping very well / well Needs 5,608 Schemes 120
Families 89% Families 1,168

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	760	65%	737	7	16	97%
2	Use of services	465	40%	401	44	20	86%
3	Coping with own emotional health	625	54%	586	20	19	94%
4	Parent's self esteem	322	28%	294	16	12	91%
5	Coping with own physical health	357	31%	312	39	6	87%
6	Coping with child's physical health	349	30%	328	17	4	94%
7	Coping with child's emotional health	559	48%	522	15	22	93%
8	Managing child's behavior	245	21%	205	30	10	84%
9	Being involved in the childrens' development	697	60%	612	47	38	88%
10	Stress caused by conflict in the family	224	19%	184	26	14	82%
11	The day-to-day running of the house	519	44%	437	60	22	84%
12	Managing the household budget	122	10%	83	33	6	68%
13	Coping with the extra work caused by (Multiple Birth, etc.)	215	18%	184	8	23	86%
14	Other (please describe)	149	13%	121	9	19	81%
Summary		5,608		5,006	371	231	89%
Avarage of needs per family		4.8					



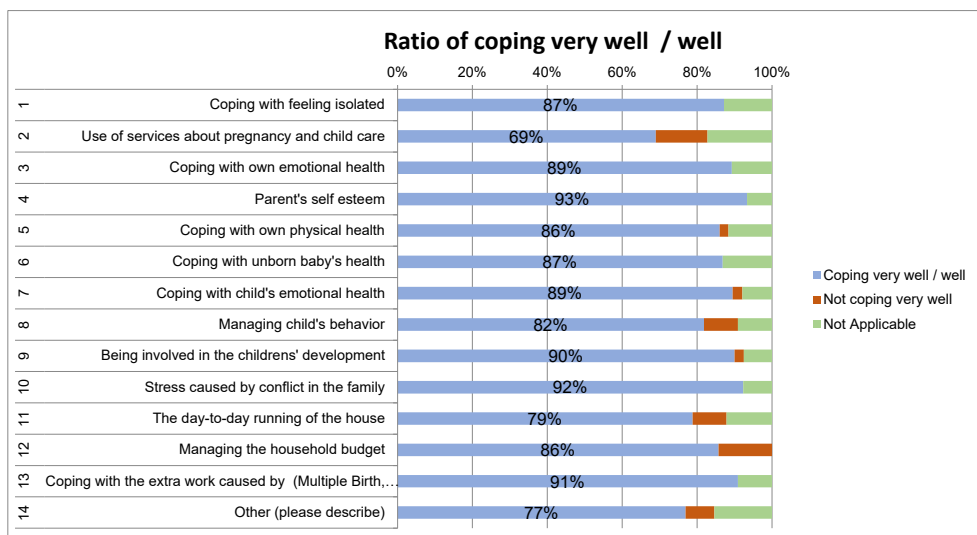
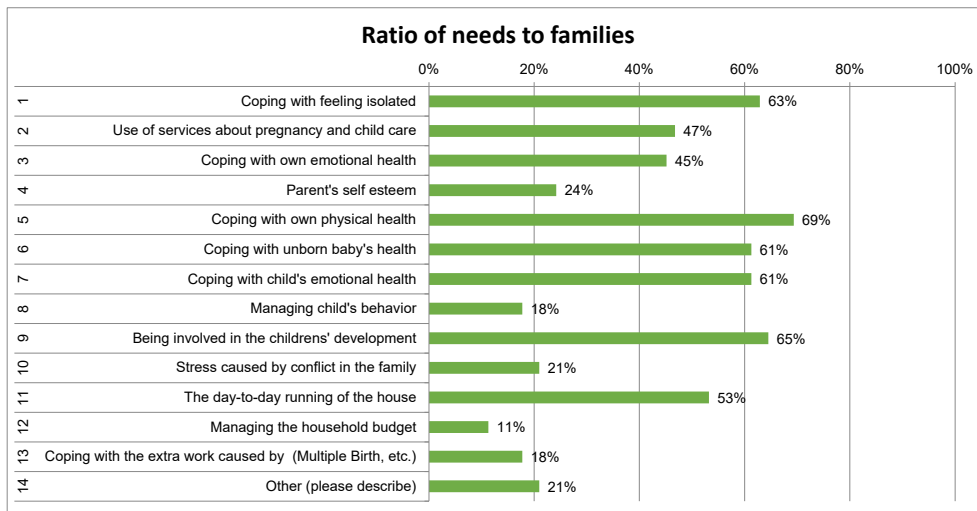
69% of Parents care about their own physical health, **85%** of all feel better after Home-Start support.

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", "Being involved in the childrens' development", "Coping with feeling isolated", "Coping with unborn baby's health" and "Coping with child's emotional health follow it. It means that families care about the health of babies and children with uneasiness of the pregnancy period during the corona crisis. For 85% of all the needs, families got the better feeling, in average, which is the same level as the average for families with small children. Support for families with pregnancy is often forced to end due to childbirth, so the number of eligible families is still small, but we are expanding our activities to provide seamless support from prenatal to postnatal.

Needs 358 Schemes 77
Average Ratio of coping very well / well 85% Families 62

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	39	63%	34	0	5	87%
2	Use of services about pregnancy and child care	29	47%	20	4	5	69%
3	Coping with own emotional health	28	45%	25	0	3	89%
4	Parent's self esteem	15	24%	14	0	1	93%
5	Coping with own physical health	43	69%	37	1	5	86%
6	Coping with unborn baby's health	38	61%	33	0	5	87%
7	Coping with child's emotional health	38	61%	34	1	3	89%
8	Managing child's behavior	11	18%	9	1	1	82%
9	Being involved in the childrens' development	40	65%	36	1	3	90%
10	Stress caused by conflict in the family	13	21%	12	0	1	92%
11	The day-to-day running of the house	33	53%	26	3	4	79%
12	Managing the household budget	7	11%	6	1	0	86%
13	Coping with the extra work caused by (Multiple Birth, etc.)	11	18%	10	0	1	91%
14	Other (please describe)	13	21%	10	1	2	77%
Summary		358		306	13	39	85%
Average of needs per family		5.8					



45% of Parents are struggling the 1st child care. 90% of Visitors are 40's and beyond, senior supporters.

70% of parents are 30's. 63% 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.

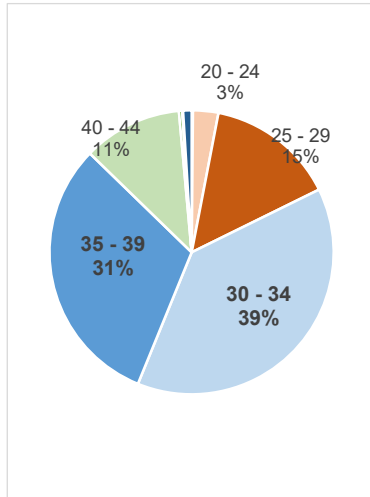
About 90% of Home-visitors are in their 40's and beyond, supporting the young parents as an experienced senior. Parents and Home-visitors have friendly relationships, leading to the families' better effect.

Scheme 120

Parents' age

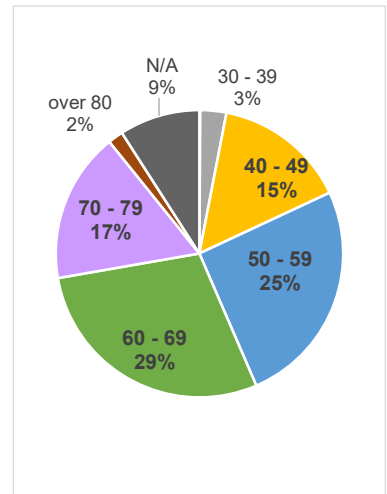
Parents' age	Number of Families
15 - 19	3
20 - 24	50
25 - 29	256
30 - 34	671
35 - 39	543
40 - 44	197
45 - 49	7
50 - 54	0
55 - 59	0
over 60	1
N/A	17
Sum	1,745

* age at the application



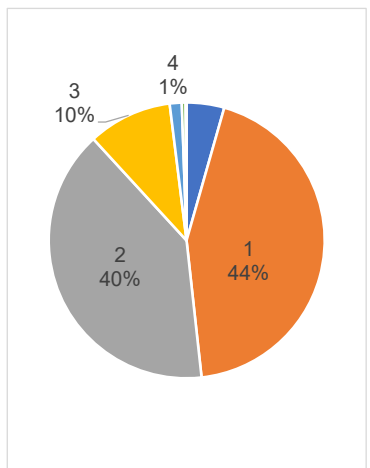
Home-Visitor's age

Visitor's age	Number of visitors
0 - 19	0
20 - 29	3
30 - 39	100
40 - 49	511
50 - 59	868
60 - 69	979
70 - 79	577
over 80	58
N/A	309
Sum	3,405



Number of children per family

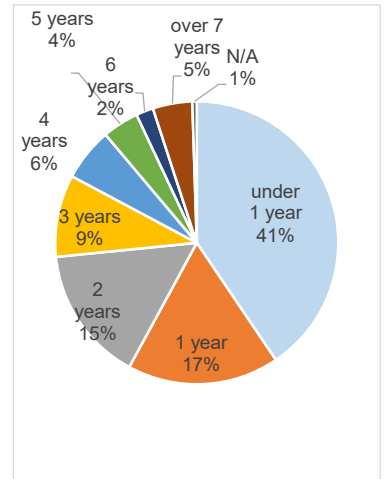
Children	Number of Families
0	69
1	690
2	627
3	155
4	22
5	7
over 6	2
N/A	0
Sum	1,572



Children's age

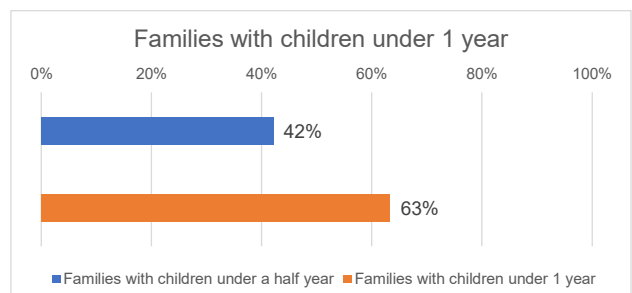
Children's age	Number of children
under 1 year	1,180
1 year	506
2 years	450
3 years	274
4 years	175
5 years	122
6 years	57
over 7 years	131
N/A	15
Sum	2,910

* age at the application



Families with children under 1 year

家庭の種類	Number of Families	Percentage
Families with children under a half year	735	42%
Families with children under 1 year	1,105	63%
Number of All families	1,745	



92% of the families access by themselves. 18% Getting information from health nurse, 16% from community service.

18% of the families got the Home-Start information from health center, and, 16% of the families got the informaion from the community service. In result, one-third of the families were informed by the local agencies and the community sevice. The network of the local agencies and the services are very important for the Home-Start service.

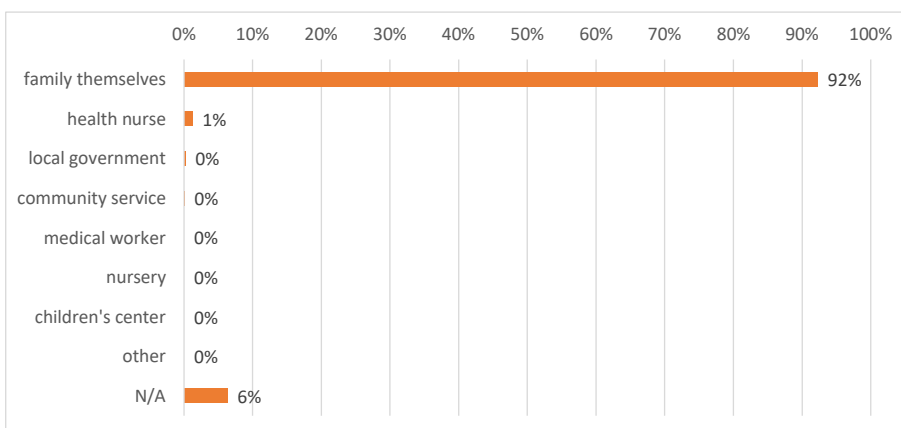
Also, about half of the families are informed by mouth-to-mouth. Based on the above, getting the informaion from the trusted people / organization directly is very important for families.

And, 16% of the 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 120

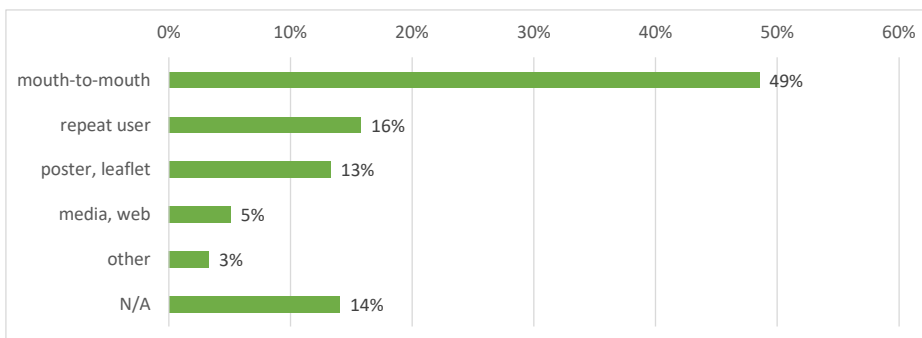
Applicant

Referrer (applicant)	Number of families	Percentage
family themselves	1,610	92%
health nurse	21	1%
local government	3	0%
community service	1	0%
medical worker	0	0%
nursery	0	0%
children's center	0	0%
other	0	0%
N/A	110	6%
Sum	1,745	



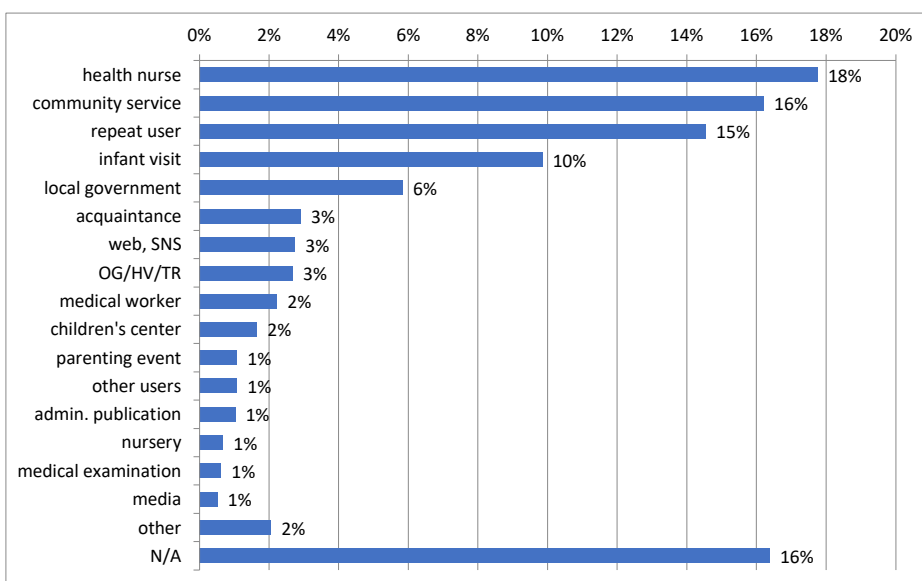
How (Families apply by themselves)

How	Number of families	Percentage
mouth-to-mouth	781	49%
repeat user	254	16%
poster, leaflet	214	13%
media, web	82	5%
other	53	3%
N/A	226	14%
Sum	1,610	



Where / from Who

Referrer (applicant)	Number of families	Percentage
health nurse	310	18%
community service	283	16%
repeat user	254	15%
infant visit	172	10%
local government	102	6%
acquaintance	51	3%
web, SNS	48	3%
OG/HV/TR	47	3%
medical worker	39	2%
children's center	29	2%
parenting event	19	1%
other users	19	1%
admin. publication	18	1%
nursery	12	1%
medical examination	11	1%
media	9	1%
other	36	2%
N/A	286	16%
Sum	1,745	



total **14,300** families , **101,000** visits and **3,400** Home Visitors

We have 118 HS schemes. Families supported are about 14,300 by 101,000 visits, increasing of 200-300 families per year until FY2018. However, since the end of January 2020, the new coronavirus has spread rapidly, affecting visiting activities in some areas. In each scheme, various ideas and efforts are being promoted, and the number of families is gradually increasing from around the summer of 2020. In 2022, the number of families has clearly increased, although it is still not as high as before the COVID-19 crisis. We will continue to promote activities for parenting and prenatal families nationwide, placing the highest priority on the safety of homes and home visitors.

Home-visitors are about 3,400, supporting the families as volunteers in Home-Start activities of Japan.

Visiting

	Apr 2008 - Mar 2023	Details	
		with children	pregnancy
Families	14,302	13,733	569
Children	23,731	23,150	581
Visits (Families)	101,652	98,550	3,102

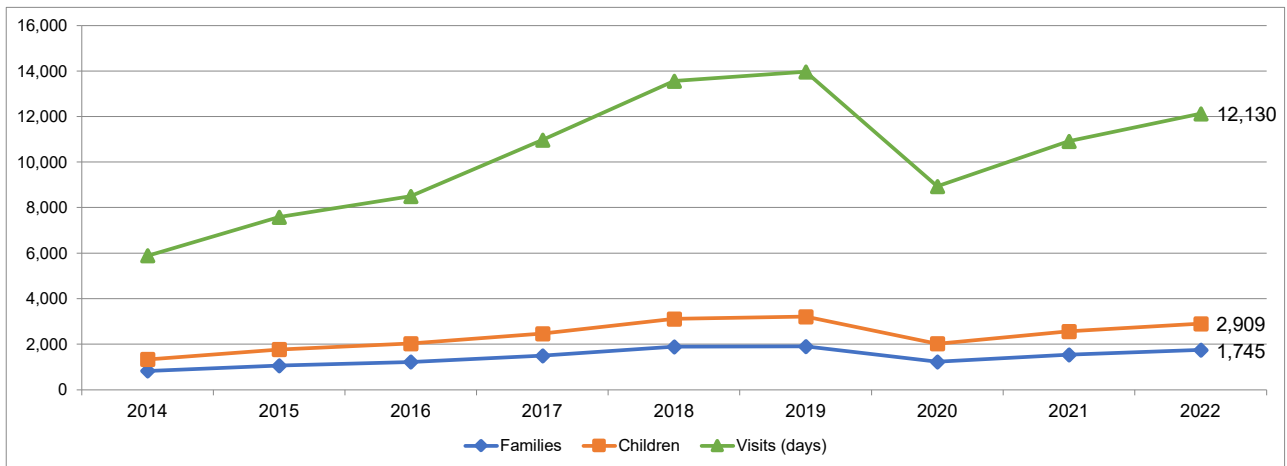
	as of Mar 31, 2023
HS Home Visitors	3,391
HS Schemes	118

total man-days 113,041

Yearly transition

Year (Apr 1 to Mar 31)	2014	2015	2016	2017	2018	2019	2020	2021	2022	Apr 2008 - Mar 2023
Families	829	1,066	1,223	1,503	1,892	1,907	1,230	1,541	1,745	14,302
Families with pregnancy	0	5	35	85	96	91	68	88	101	569
Children	1,337	1,771	2,032	2,472	3,119	3,212	2,025	2,569	2,909	23,731
Visits (days)	5,894	7,584	8,497	10,977	13,558	13,970	8,939	10,920	12,130	101,652
HS Home Visitors	1,279	1,578	1,811	2,054	2,410	2,721	2,841	3,141	3,405	3,644
Scheme (visiting started)	76	86	90	98	102	109	111	118	120	136

Number of registration schemes as of Mar 31, 2023: 118



Transition every 6 months (due to the influence of the new coronavirus)

	2019 Apr-Sep	2019 Oct-2020 Mar	2020 Apr-Sep	2020 Oct-2021 Mar	2021 Apr-Sep	2021 Oct-2022 Mar	2022 Apr-Sep	2022 Oct-2023 Mar
Families	942	965	486	744	721	820	822	923

