

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

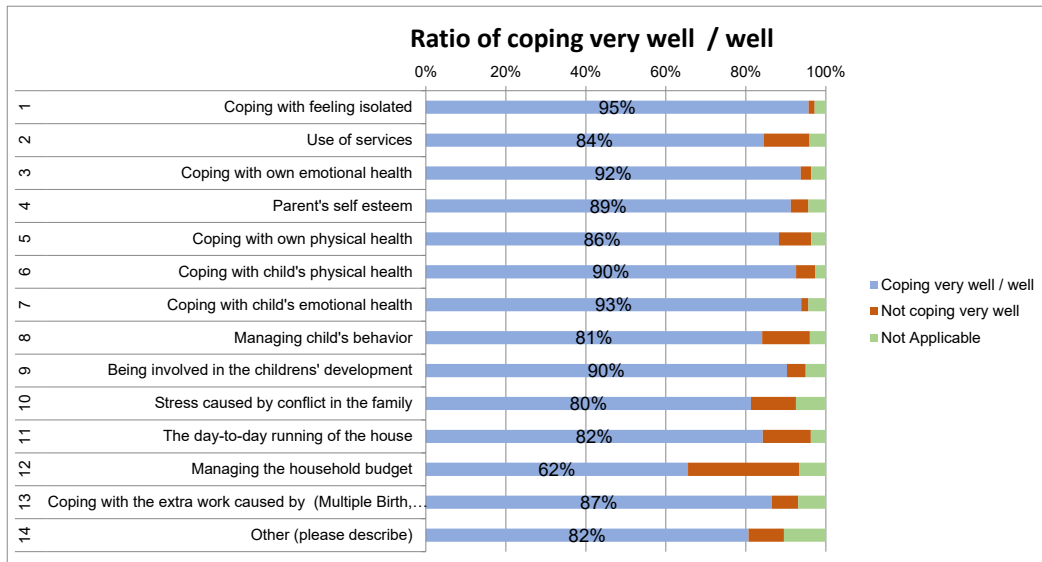
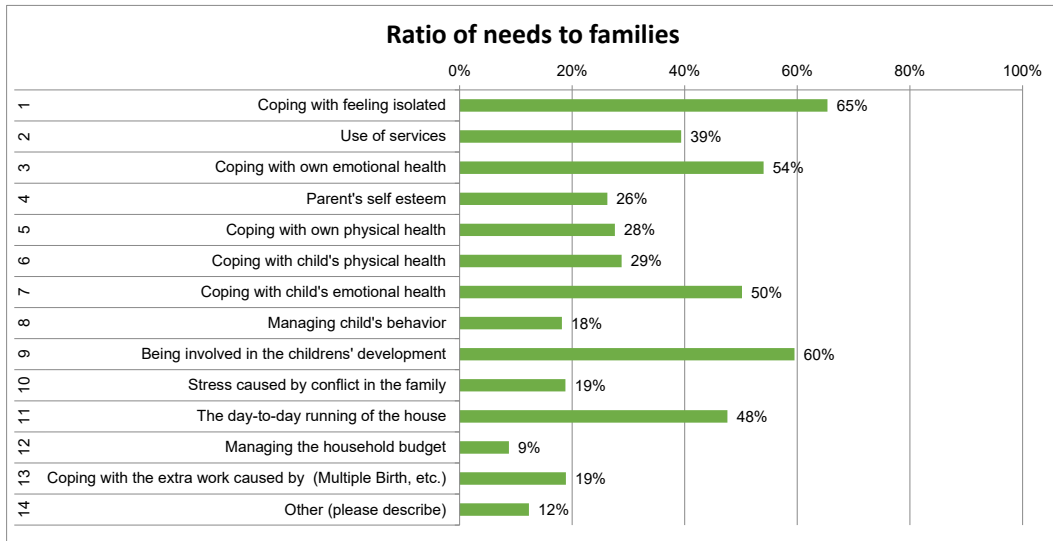
Date: 26-Apr-2024
for Apr 2023 - Mar 2024
by Home-Start Japan

65% of Families were feeling isolated, 95% 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". 95% of families feeling isolated answered they had the better feeling after Home-Start support. For 88% of all the needs, families got the better feeling, in average.

Average Ratio of coping very well / well		Needs	6,826	Schemes		122	
			88%	Families		1,435	
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	938	65%	888	14	26	95%
2	Use of services	565	39%	477	65	23	84%
3	Coping with own emotional health	775	54%	714	20	28	92%
4	Parent's self esteem	377	26%	334	16	16	89%
5	Coping with own physical health	396	28%	339	31	14	86%
6	Coping with child's physical health	413	29%	373	19	11	90%
7	Coping with child's emotional health	720	50%	668	13	31	93%
8	Managing child's behavior	261	18%	211	30	10	81%
9	Being involved in the childrens' development	854	60%	772	40	43	90%
10	Stress caused by conflict in the family	270	19%	217	30	20	80%
11	The day-to-day running of the house	683	48%	561	80	25	82%
12	Managing the household budget	126	9%	78	33	8	62%
13	Coping with the extra work caused by (Multiple Birth, etc.)	271	19%	237	18	19	87%
14	Other (please describe)	177	12%	146	16	19	82%
Summary		6,826		6,015	425	293	88%
Average of needs per family		4.8					



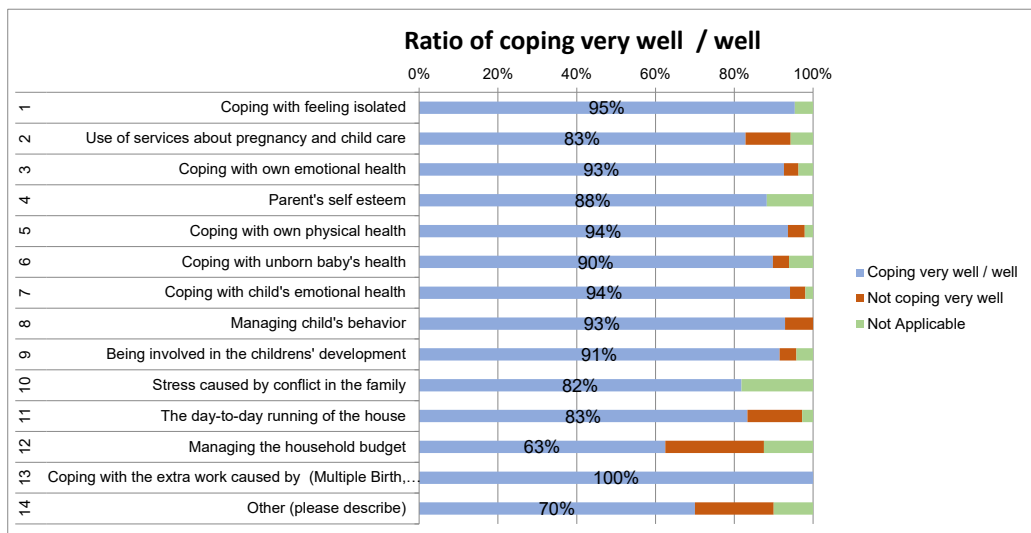
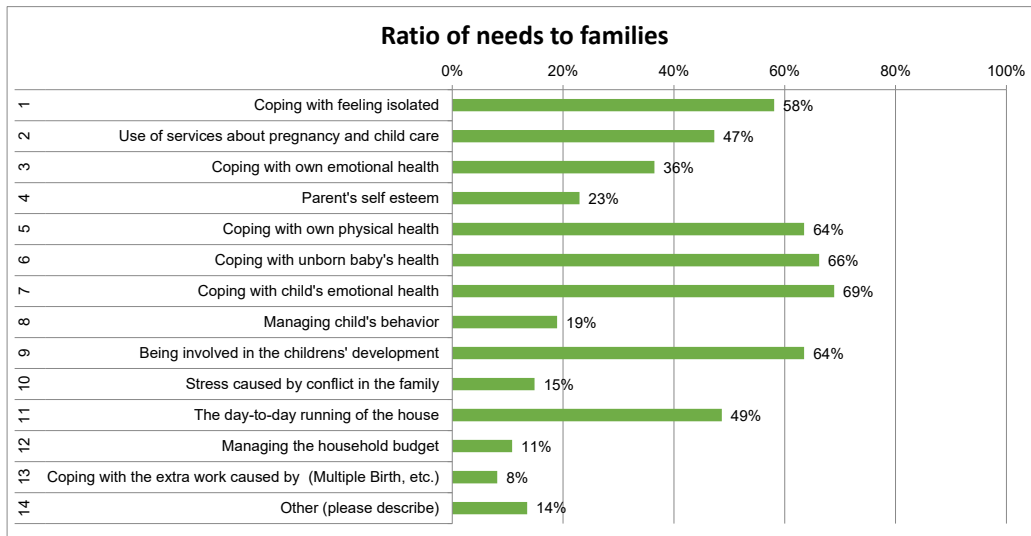
69% of Parents care about child's emotional health, 94% of them feel better after Home-Start support.

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 child's emotional health". "Coping with unborn baby's health", "Being involved in the children's development", "Coping with own physical health" follow it. Unlike the needs of families with small children, "Coping with feeling isolated" came in fifth place. The satisfaction rate was as high as 90%, which shows that even though they have worries about pregnancy, spending time with a home visitor has helped them face raising their children with peace of mind. For 90% 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 401 Schemes 81
Average Ratio of coping very well / well 90% Families 74

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	43	58%	41	0	2	95%
2	Use of services about pregnancy and child care	35	47%	29	4	2	83%
3	Coping with own emotional health	27	36%	25	1	1	93%
4	Parent's self esteem	17	23%	15	0	2	88%
5	Coping with own physical health	47	64%	44	2	1	94%
6	Coping with unborn baby's health	49	66%	44	2	3	90%
7	Coping with child's emotional health	51	69%	48	2	1	94%
8	Managing child's behavior	14	19%	13	1	0	93%
9	Being involved in the children's development	47	64%	43	2	2	91%
10	Stress caused by conflict in the family	11	15%	9	0	2	82%
11	The day-to-day running of the house	36	49%	30	5	1	83%
12	Managing the household budget	8	11%	5	2	1	63%
13	Coping with the extra work caused by (Multiple Birth, etc.)	6	8%	6	0	0	100%
14	Other (please describe)	10	14%	7	2	1	70%
Summary		401		359	23	19	90%
Average of needs per family		5.4					



44% of Parents are struggling the 1st child care. About 90% of Visitors are 40's and beyond, senior supporters.

67% of parents are 30's. 60% of the families have babies under 1 year, also about the half are struggling the first child care. Families having babies, especially the 1st child, have the worries and the stress.

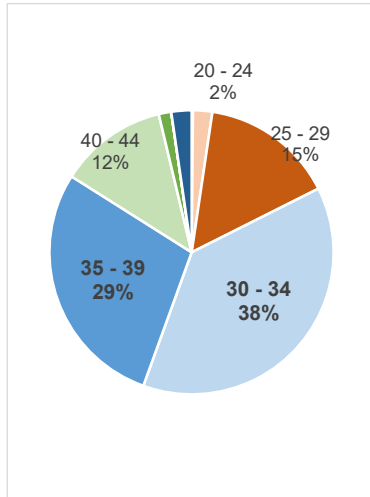
About 90% of Home-visitors are in their 40's and beyond, supporting the young parents as an experienced senior. Parents and Home-visitors have friendly relationships, leading to the families' better effect.

Scheme 122

Parents' age

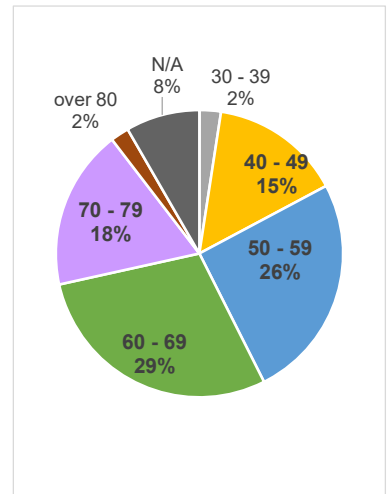
Parents' age	Number of Families
15 - 19	3
20 - 24	45
25 - 29	312
30 - 34	776
35 - 39	582
40 - 44	252
45 - 49	29
50 - 54	0
55 - 59	0
over 60	0
N/A	47
Sum	2,046

* age at the application



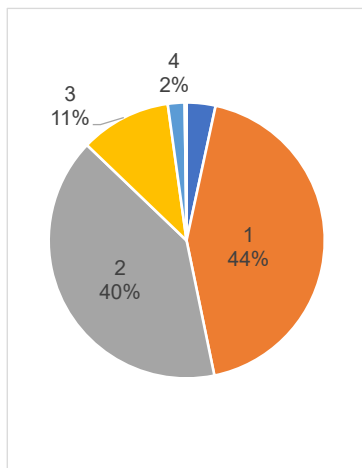
Home-Visitor's age

Visitor's age	Number of visitors
0 - 19	0
20 - 29	1
30 - 39	88
40 - 49	548
50 - 59	940
60 - 69	1,073
70 - 79	668
over 80	77
N/A	309
Sum	3,704



Number of children per family

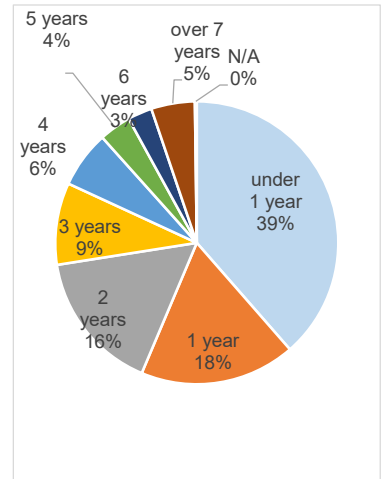
Children	Number of Families
0	69
1	888
2	826
3	218
4	40
5	4
over 6	1
N/A	0
Sum	2,046



Children's age

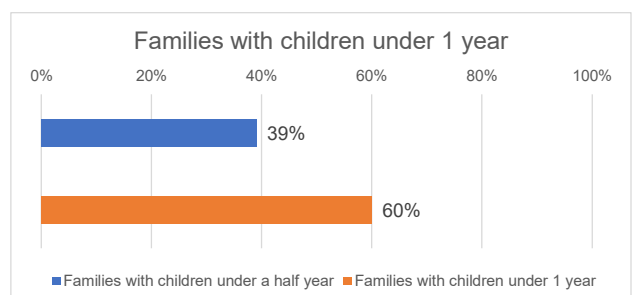
Children's age	Number of children
under 1 year	1,305
1 year	601
2 years	546
3 years	317
4 years	220
5 years	123
6 years	94
over 7 years	169
N/A	7
Sum	3,382

* 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	800	39%
Families with children under 1 year	1,228	60%
Number of All families	2,046	



95% of the families access by themselves. 18% Getting information from health nurse, 17% from community service.

18% of the families got the Home-Start information from health center, and, 16% of the families got the information from the community service. In result, one-third of the 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.

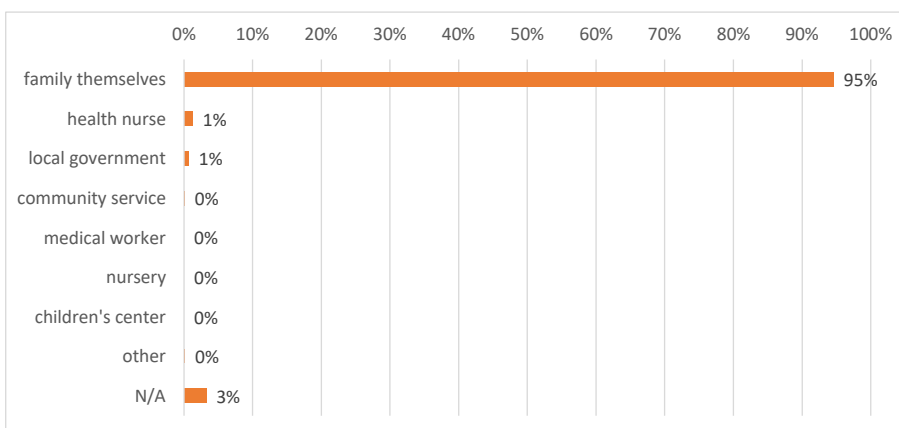
Also, about half of the families are informed through word of mouth. Based on the above, getting the information from the trusted people / organization directly is very important for families.

And, 13% 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 122

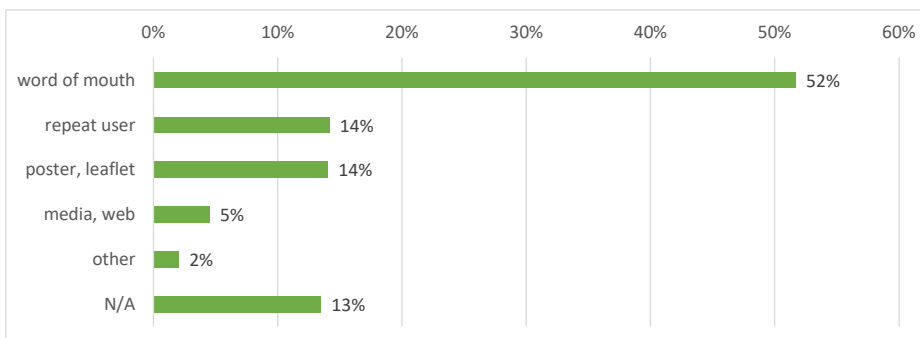
Applicant

Referrer (applicant)	Number of families	Percentage
family themselves	1,936	95%
health nurse	26	1%
local government	13	1%
community service	2	0%
medical worker	0	0%
nursery	0	0%
children's center	0	0%
other	3	0%
N/A	66	3%
Sum	2,046	



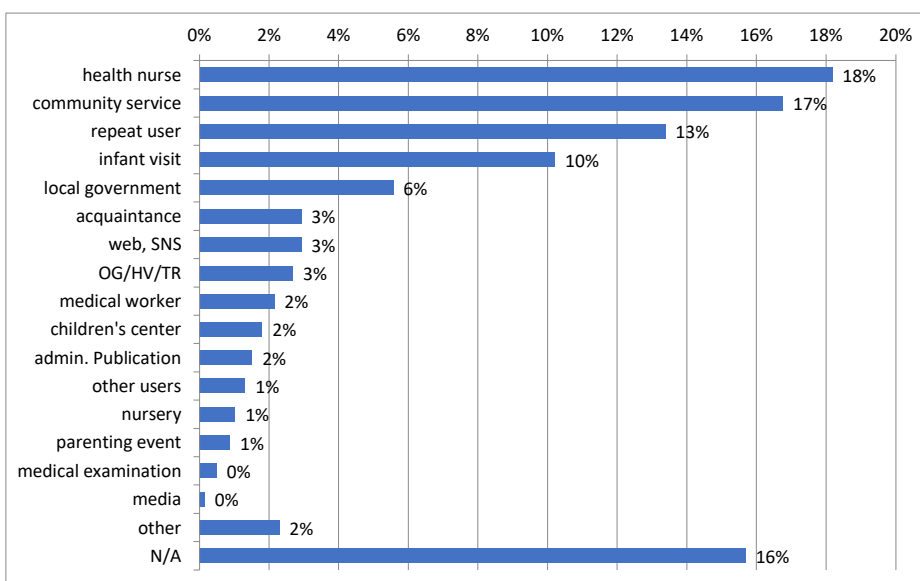
How (Families apply by themselves)

How	Number of families	Percentage
word of mouth	1,001	52%
repeat user	274	14%
poster, leaflet	272	14%
media, web	88	5%
other	40	2%
N/A	261	13%
Sum	1,936	



Where / from Who

Referrer (applicant)	Number of families	Percentage
health nurse	372	18%
community service	343	17%
repeat user	274	13%
infant visit	209	10%
local government	114	6%
acquaintance	60	3%
web, SNS	60	3%
OG/HV/TR	55	3%
medical worker	44	2%
children's center	37	2%
admin. Publication	31	2%
other users	27	1%
nursery	21	1%
parenting event	18	1%
medical examination	10	0%
media	3	0%
other	47	2%
N/A	321	16%
Sum	2,046	



total 16,400 families , 116,000 visits and 3,700 Home Visitors, More needed after the coronavirus pandemic

We have 122 HS schemes. Families supported are about 16,400 by 116,000 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. And, in 2023, it exceeded pre-coronavirus levels and exceeded 2,000 families for the first time. It seems that the need for Home-Start has been recognized even more during the coronavirus pandemic, and activities have expanded. 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 3,700, supporting the families as volunteers in Home-Start activities of Japan.

Visiting

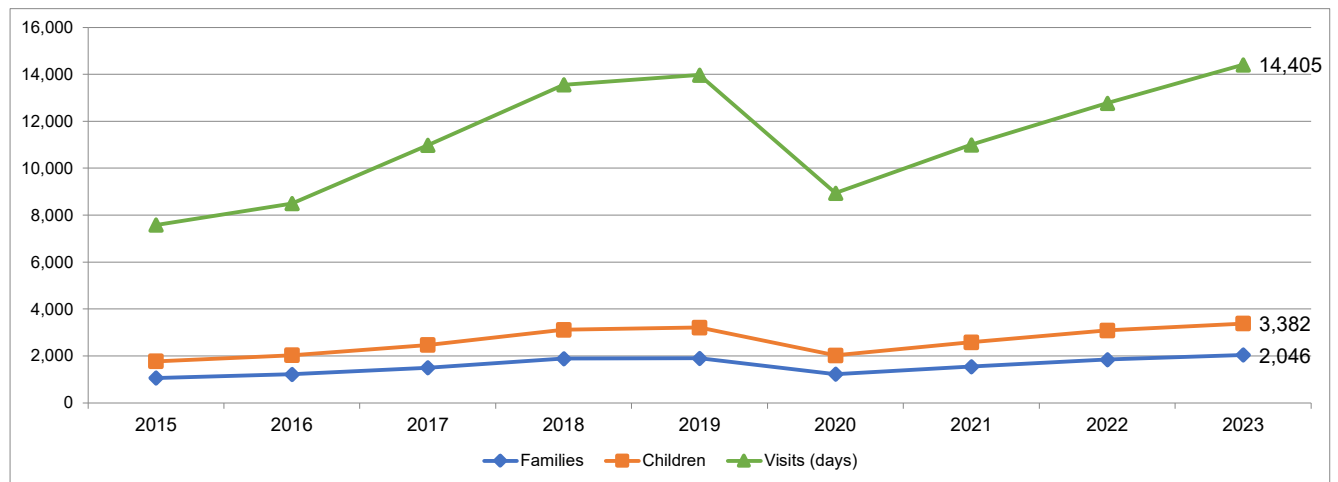
	Apr 2008 - Mar 2024	Details	
		with children	pregnancy
Families	16,461	15,772	689
Children	27,313	26,604	709
Visits (Families)	116,771	113,004	3,767
<u>total man-days</u>	<u>130,295</u>		

	as of Mar 31, 2024
HS Home Visitors	3,676
HS Schemes	122

Yearly transition

Year (Apr 1 to Mar 31)	2015	2016	2017	2018	2019	2020	2021	2022	2023	Apr 2008 - Mar 2024
Families	1,066	1,223	1,503	1,892	1,907	1,230	1,552	1,847	2,046	16,461
Families with pregnancy	5	35	86	97	93	68	88	103	114	689
Children	1,771	2,032	2,472	3,119	3,212	2,025	2,589	3,089	3,382	27,313
Visits (days)	7,584	8,497	10,977	13,558	13,970	8,938	10,995	12,770	14,405	116,771
HS Home Visitors	1,578	1,811	2,054	2,410	2,721	2,841	3,141	3,435	3,704	4,050
Scheme (visiting started)	86	90	98	102	109	111	118	120	122	140

Number of registration schemes as of Mar 31, 2024: 122



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	2023 Apr-Sep	2023 Oct-2024 Mar
Families	942	965	486	744	724	828	851	996	1,013	1,033

