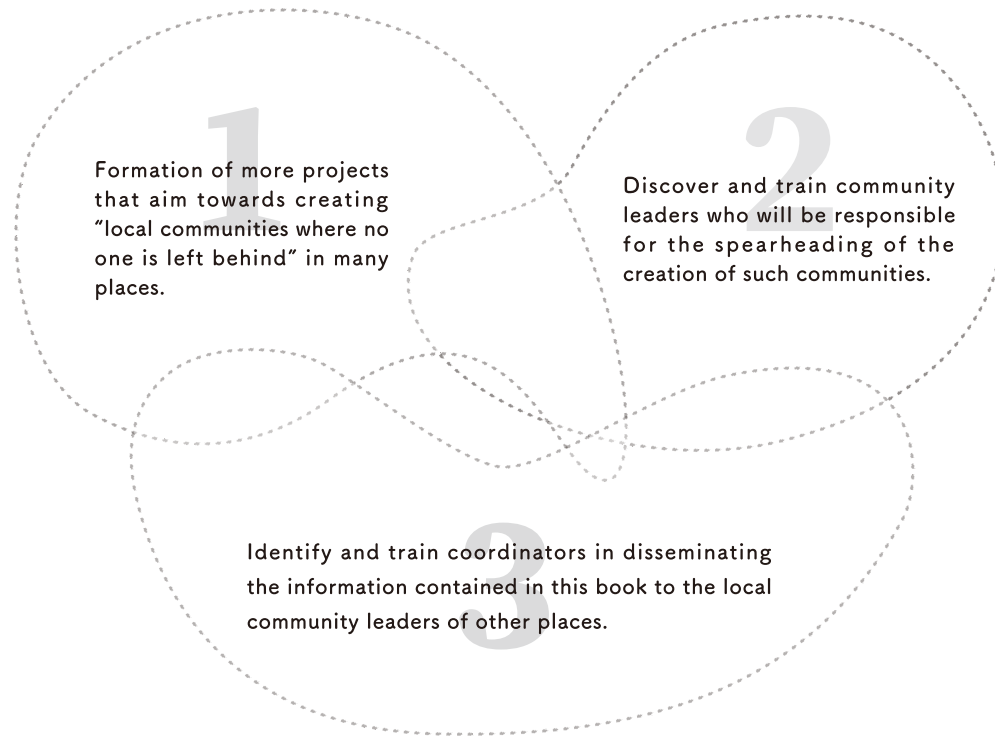


This book has been developed based on practices in Japan and the manner by which local communities can achieve the goal of becoming “local communities where no one is left behind.” We hope that by using this book, there will be more projects and endeavors aimed towards creating such communities, and that such projects will materialize in various places.



Targets

- Leaders of intermediate support organizations such as NPOs and NGOs;
- Leaders of PWDs support offices, consultation support offices, etc.;
- Leaders of community comprehensive support centers;
- Leaders of support centers for the needy;
- Leaders of youth support organizations;
- Leaders of public support organizations such as “hikikomori” (social recluse) support centers, youth support centers;
- Members of Community-Reactivating Cooperator Squad;
- Certified social workers, care managers, psychiatric social workers; and Medical professionals and rehabilitation specialists who are involved in regional collaboration.



This guidebook is subsidized by The Nippon Foundation.

Illustration : Takuya Murakami

Practical Guidebook for the Development of an Inclusive Community

Japanese Society for the Rehabilitation of Persons with Disabilities (JSRPD)

Practical Guidebook for the Development of an Inclusive Community

– Rediscovering Ties among People in the Community –

Endeavors in Japan based on the ideas taken from the Community-based Inclusive Development (CBID) developed by the World Health Organization (WHO)

Japanese Society for the Rehabilitation of Persons with Disabilities (JSRPD)

Foreword

Over these years, we, in the Japanese Society for the Rehabilitation of Persons with Disabilities (JSRPD), have been working on the dissemination of information regarding Community-based Rehabilitation (CBR). The World Health Organization (WHO) has been working on CBR since 1980's. It is a method of supporting persons with disabilities and their families who live in the rural areas of developing countries to improve their lives by utilizing the resources found in their local communities. Inspired by the enactment of the Convention on the Rights of Persons with Disabilities in 2006, it was clarified that CBR should aim for the Community-based Inclusive Development (CBID). CBR/CBID has been innovated and is still one of the important methods of support in the field of disability in the international community.

In Japan, as economic and social issues in society are becoming more complex and diverse, various types of endeavors have been made in many communities where public support has been insufficient. Before holding the Third Asia-Pacific Community-based Rehabilitation (CBR) Congress in September 2015, we researched good practices of CBR/CBID in Japan. In hoping that the essence of CBR/CBID will be disseminated all over the country, we have developed a training program "Where No One Is Left Behind."

At the training's core is the "Potluck of What-I-Can-Do Workshop" which was developed with the collaboration of the Kusanone (Grassroots) Mutual Support Project and the NPO Support Net for Small and Community Business in Nagoya City. In this workshop, it is not only experts but the local stakeholders in the community themselves who take part in helping those who have problems.

In fiscal 2016, training was conducted in three communities of different sizes. In FY2017, it was implemented in three other communities that were referred to by the implementers of the training in FY2016. We created this practical guide so that these results can be used in community development activities that include efforts to implement the concept of treating the concerns of others as our own, and looking at them as part of a whole. It is our great pleasure if this would be useful to everyone concerned.

Finally, I would like to express my heartfelt gratitude to Mr. Naoya Suzuki, Vice President of the NPO Support Net for Small and Community Business, Ms. Yurika Watanabe, President of the Grassroots Mutual Support Project, the authors of this book, and the Nippon Foundation that gave this project a kind support and cooperation.

July, 2018

Shigeru Sumitani

President

Japanese Society for the Rehabilitation of Persons with Disabilities

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A Guide to Using This Book

Purpose

This book is a compilation of best practices and the manner by which local communities can achieve the goal of becoming “local communities where no one is left behind.” We hope that by using this book, there will be more projects and endeavors aimed towards creating such communities, and that such projects will materialize in various places.

Goals

- Formation of more projects that aim towards creating “local communities where no one is left behind” in many places.
- Discover and train community leaders who will be responsible for the spearheading of the creation of such communities.
- Identify and train coordinators in disseminating the information contained in this book to the local community leaders of other places.

Targets

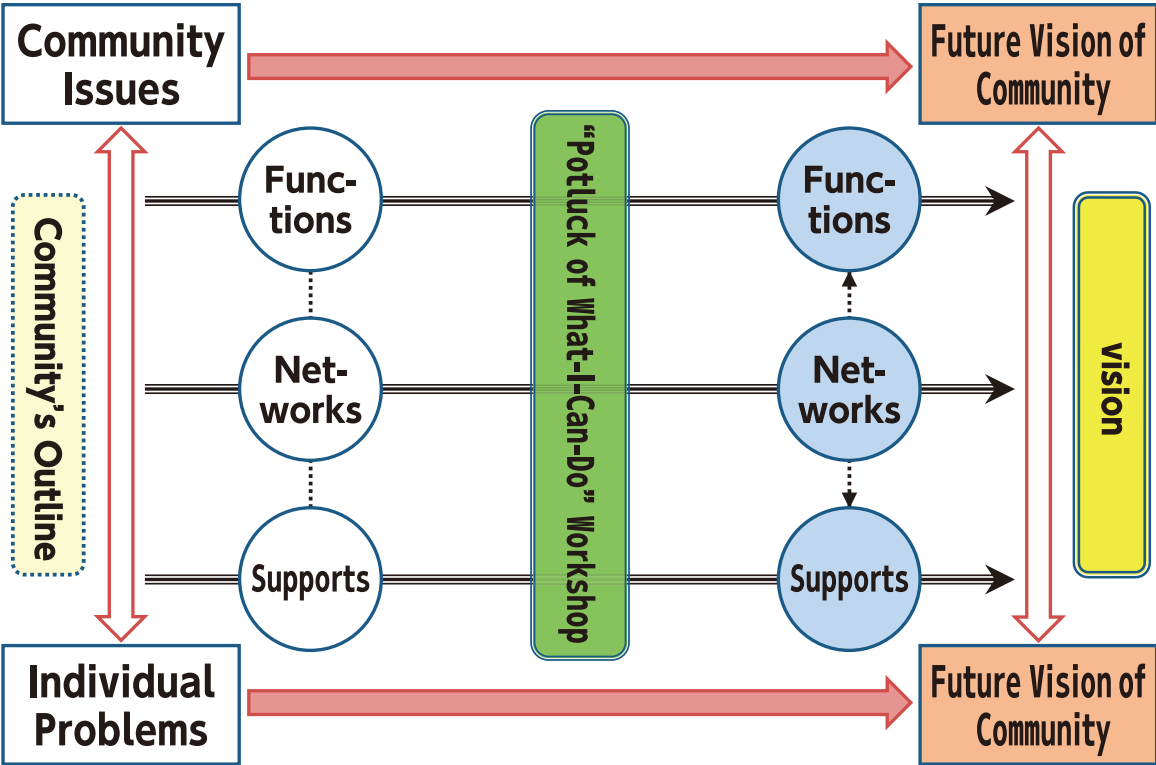
- Leaders of intermediate support organizations such as NPOs and NGOs;
- Leaders of PWDs support offices, consultation support offices, etc.;
- Leaders of community comprehensive support centers;
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- Leaders of youth support stations;
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- Members of Community-Reactivating Cooperator Squad;
- Certified social workers, care managers, psychiatric social workers; and
- Medical professionals and rehabilitation specialists who are involved in regional collaboration.

How to use this book

- This book is designed to be used with a double-page spread.
- The left pages will contain actual sheets, power point slides, and other materials actually used in the “Community Development Project Where No One Is Left Behind” .
- The right pages will contain explanations on how to use the sheets and slides on their corresponding left pages.
- There may be some pages do not follow the above-mentioned format of a double-page spread, just like this page.

Project to be Handled in This Book

This book is a guide on how to implement the project shown in the figure below.



There are various issues in the local community which may affect its residents, thereby causing personal problems or aggravating the seriousness of those problems. In addition, when personal problems are left unresolved and when the problems reach a certain point, they become recognized as the community's issues.

Various functions exist in the local community to tackle issues. However, such functions do not necessarily reach the appropriate target individuals. Sometimes, effective support for some individuals is not shared by others in the community, which means such support is not functional. To link the appropriate functions with support, the presence of networks are necessary. There are many communities where the creation and development of such networks are insufficient, thereby resulting in a spiral of increased personal problems and community issues.

In order to remedy this situation, this project aims to link functions with support by using the method of conducting a "Potluck of What-I-Can-Do Workshop" and form a pattern of mutual improvement.

Naoya Suzuki (Editorial Supervision, Chapter 1, Chapter 3)

Deputy Representative Director
NPO Support Net for Small and Community Business

Profile

After being employed at a management consultancy company on employee education-planning and personnel consultancy work, he became an independent contractor. Currently, he focuses on training, consulting and coordinating, specializing in social projects. He also conducts research, engages in social experiment projects, and support for social capital formation, as he collaborates with various business entities. He specializes in providing support for the creation of community businesses, nurturing small entrepreneurs, and participatory-type regional and organizational problem-solving.

Yurika Watanabe (Chapter 2)

Representative Director
Kusanone Mutual Support Project

Profile

After graduating from university, she worked for an advertising agency, engaging in designing and planning. Since 2004 she has been engaged in employment assistance, especially for persons receiving livelihood public assistance and persons with disabilities. In April 2011 she launched “Kusanone Mutual Support Project.” This was incorporated in 2012.

She started the “Potluck-of-What-I-Can-Do” Workshop as a voluntary project to connect the people who have troubles but are left out by the system to the local support network. Since 2013, she has been entrusted to run the “Nagoya City Comprehensive Consultation Center for Children and Youth” for children and young people. Its annual total number of consultation cases exceeds 5000. From 2014 to 2016, she implemented the model project for employment training under the “Law for the Self-support for Needy Persons.” She participated in the “Study Committee for the Issues on Self-support for Needy Persons” of the Ministry of Health, Labor and Welfare in Fiscal 2016 as a committee member.

She is working with her colleagues to realize a “society where everyone can grow and be kind to others in their relationship with one another.”