Living together with People With Dementia

~A friendly town for People with dementia~

I came from Kumamoto prefecture

Geriatric health care facility for the elderly, Kousinosato
Vice director, Mineko Matsunaga
Overview of Cousinsato

- Established in July, 1997
- Capacity: 70 pers.
  - General ward (1F): 45 pers.
  - Dementia ward (2F): 25 pers
### Comparison between Kumamoto Prefecture and the national average

<table>
<thead>
<tr>
<th>Population aging rate (2013)</th>
<th>Kumamoto</th>
<th>National average</th>
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</thead>
<tbody>
<tr>
<td>65 years and older</td>
<td>27.2 %</td>
<td>25.1%</td>
</tr>
<tr>
<td>75 years and older</td>
<td>15.1 %</td>
<td>12.3%</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Average life expectancy (2010)</th>
<th>Male</th>
<th>Female</th>
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<tbody>
<tr>
<td></td>
<td>80.29 years</td>
<td>86.98 years</td>
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<td>79.59 years</td>
<td>86.35 years</td>
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</table>

**One of the leading prefectures of longevity in Japan**

### Future Estimation of Elderly People with Dementia

<table>
<thead>
<tr>
<th>Future estimation (year)</th>
<th>2012</th>
<th>2015</th>
<th>2020</th>
<th>2025</th>
<th>2030</th>
<th>2040</th>
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<tbody>
<tr>
<td>Japan overall</td>
<td>462</td>
<td>517</td>
<td>602</td>
<td>675</td>
<td>744</td>
<td>802</td>
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<td>525</td>
<td>631</td>
<td>730</td>
<td>852</td>
<td>953</td>
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<tr>
<td>Kumamoto</td>
<td>7.2</td>
<td>8.1</td>
<td>9.4</td>
<td>10.5</td>
<td>11.4</td>
<td>12.8</td>
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Note: Estimation is shown in the upper row when the prevalence rate of dementia is stable and in the lower row when it is increased.

1 out of 5 elderly persons will be demented in 2025.
Kumamoto Prefecture promotes measures against dementia in an integrated manner, based on the following 3 pillars.

**Medical care**
- Establishment of early diagnosis / treatment system

**Nursing care**
- Appropriate management
- Improvement of the quality of care

**Community support**
- Nurturing of dementia supporters and supporting their activities
- Creation of consultation service for dementia (Hot Call)
- Implementation of general promotion of the measures against dementia in municipalities (Deployment of community support promoters for dementia)
- Enlightenment activities for the residents in the Prefecture, etc.
Medical care

- 3-layered structure of dementia-related medical centers (Kumamoto model)
- Nurturing of human resources
  - Dispatch of doctors from a core center
  - Training of doctors and others
- Early detection / response
  - Early-stage intensive support team for dementia
- Information cooperation
  - Community cooperation path for dementia
Location Map of Dementia-Related Medical Centers

【Kumamoto University Hospital】
Nursing Care

○ Improvement of the quality of care services by dementia care counselors in Kumamoto Prefecture (Kumamoto model)

  Training of employees of nursing care offices
  Outsourcing project of dementia care advisors

○ Support for early-onset dementia

○ Cooperation with the community

What is a dementia care counselor?

They are active people taking training for training dementia care counselors and training for dementia care and human resource development · improving the quality of local dementia care.
### Training System for Nursing Care Offices Related to Dementia Care

#### Training for dementia care

<table>
<thead>
<tr>
<th>Role</th>
<th>Requirements</th>
<th>Designated requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Directors of care service offices responding to dementia</td>
<td>234</td>
<td></td>
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<tr>
<td>Managers of care service offices responding to dementia</td>
<td>1,272</td>
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<tr>
<td>Persons in charge of preparing a plan for small-scale multifunctional services</td>
<td>493</td>
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</tbody>
</table>

#### Training on protection of the rights of elderly people

<table>
<thead>
<tr>
<th>Role</th>
<th>Requirements</th>
<th>Number of persons who took the course up to FY2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nurturing instructors</td>
<td>35</td>
<td>560</td>
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<tr>
<td>Practice leader</td>
<td>1282</td>
<td>1422</td>
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</table>

#### Requirements of the course

<table>
<thead>
<tr>
<th>Role</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practitioner</td>
<td>5391</td>
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<tr>
<td>Training to nurture people who protect the rights of elderly people</td>
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<tr>
<td>Training for nursing care practitioner</td>
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<tr>
<td>Training of directors of paid nursing homes to protect the rights of elderly people</td>
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<tr>
<td>Training of employees of paid nursing homes to protect the rights of elderly people</td>
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</table>

*** Number of persons who took the course up to FY2014
Dispatch Service of Dementia Care Advisors (Kumamoto moderu)

- Dispatch a specialist of dementia care (dementia care advisor) to a facility that requests it, and provide training for the entire facility.
- Number of dispatches in FY2015: 25 facilities
- Implement 2 courses: “Lecture course” and “Dementia care mapping course”

- What is Dementia Care Mapping? -

A certified person carefully observes approximately 5 persons with dementia who are spending time in a common space in a facility for longer than 6 hours and keeps a record. Based on the record, the influence of the involvement of staff on the persons with dementia is objectively quantified. By objectively quantifying the results of the observation and making a feedback to the job site of care, all the staff can share the good points of their own care and further improve the quality of care.
Kumamoto earthquake

Earthquake with seismic intensity 7 occurred twice within 28 hours (first in observation history)
Kumamoto prefecture dementia people and family

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<tr>
<th>year</th>
<th>Number of consultations</th>
<th>Earthquake Relations</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>April</td>
<td>May</td>
</tr>
<tr>
<td>Heisei 27</td>
<td>131 cases</td>
<td>161 cases</td>
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<tr>
<td>Heisei 28</td>
<td>120 cases</td>
<td>192 cases</td>
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</tbody>
</table>

- Bother troubles around people
- Nursing care is difficult at home
- Degeneration of dementia

Family voice
Evacuation center cafe

Voice of participants

- I smiled for the first time after the earthquake.
- I sang for the first time after the earthquake and exercised.
- I am glad to see acquaintance.
- I want to drink warm tea or miso soup.

To district-based distraction cafe
Community Support

- Nurturing of Dementia Supporters
- Promotion of Dementia Supporters’ activities
- Family support
“Supporters” of people with dementia who can appropriately understand a dementia and treat people with dementia and their family with gentle patience yet without prejudice.

Nurturing Course of Dementia Supporters

Certified as a supporter after taking a course of approximately 90 minutes. Orange Armband is given to a supporter as the certificate.

Number of supporters is No. 1 for 8 consecutive years

281,146 pers. (2017.3)
Dementia network in the community

1. Orange-ring campaign
2. Night patrol for dementia

Dementia supporters (11,239pers.)

Dementia people & family

1. Residents  2. Students  3. Companies
Dementia supporter courses conducted at school

- Dementia supporter lecture will be taken in elementary school 5th grade and junior high school second grader.

A dementia supporter lecture will be held at local residents, elementary schools and junior high schools, police, post offices, convenience stores, shops, business establishments, taxi companies, fire departments and others.
School education for dementia supporters
Dementia supporter courses conducted at business establishments
Big Orange Ring Town Massive Campaign

• Have "Huge Orange Ring" hang over to the place where you can see the "big orange ring" to the people, shops and business establishments in the area of the city that was notified as "a collaborator of dementia region cooperators, cooperating shops, cooperating establishments".

• Acquired dementia supporter training course

  ⇒ Understand dementia.
  Raise support skills.
Decorate a big orange ring at the entrance home
Watching over cooperation store

Agricultural cooperative

convenience store

pharmacy

meeting place
Japanese style inn at a hot spring

Bank

Supermarket

Orange café Nanairo

12/Dec. 2014
- Mini concert of guitar
- 42 participants

7/Jan. 2015
- Mini concert of Shakuhachi (Bamboo flute)
- 25 participants

7/Feb. 2015
- Brain training
- 31 participants

7/Mar. 2015
- Mini concert of Koto
  (Japanese harp)
- 31 participants

7/Apr. 2015
- Mini concert of sax
- 31 participants
Drill at night-time from dementia

Ask police and disaster prevention and transportation section to cooperate, grasp the actual situation of missing search ⇒ The ratio of the number of missing persons is high from nighttime to the earliest

People are aiming for a bright place when lost in darkness

Investigate the movements of people who can support watch over time series from night to dawn

Strengthening support system for watching overnight watching

Night survey (4 areas)

Committee member for dementia area support study committee

Kumamoto prefecture dementia
Long-term care training leader

A doctor
head teacher
Care
Civil society
Civil society
Inclusiveness

9 PM
Midnight
3 AM
6 AM
State of the nighttime survey

9 PM

6 o'clock in the previous year (February H24)

6 AM
State of the nighttime survey
(Newspaper delivery office)

9 PM

Midnight

3 AM

6 AM
<table>
<thead>
<tr>
<th>A 地域</th>
<th>B 地区周辺</th>
<th>平成24年2月</th>
<th>今回（平成24年9～10月）</th>
<th>班</th>
<th>店名</th>
<th>21時</th>
<th>24時</th>
<th>3時</th>
<th>6時</th>
<th>21時</th>
<th>24時</th>
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Expansion of watch over collaborators from survey results

- Dog-walking
- A walker
- A house living in the vicinity where there is a light such as a vending machine

Dementia supporter training course

Cooperating shops · collaborators for watching over dementia area
Dementia network in the community

A friendly town people with dementia

Dementia supporters
(11,239pers.)

1. Residents 2. Students 3. Companies
Conclusion

Various challenges of making gentle communities around the world have begun. This challenge has become a big swell, People-friendly region・society of dementia. Let's lay the foundation!

All the pictures are permitted by the users and their families.

Thank you for your attention.
Reference · References

Key Points for the Care of People with Dementia at Home
Division for Dementia and Community Care Promotion,
Longevity Society Bureau, Department of Health and Social Services,
Kumamoto Prefecture