

Handout

発表資料

Assessment of Dementia-Friendly Communities

How to assess and promote dementia-friendliness in each community

「認知症にやさしい地域」を評価する
～どのように地域を評価し、取組を促進できるか～

ADI ワークショップ「認知症にやさしい地域の評価」開催にあたって

1. 介護者の視点から本ワークショップへ期待すること

- 介護者は認知症の人の伴走者
- 介護者が抱えるジレンマや葛藤がある
- 認知症の人と家族の会活動から「つながれば希望がみえてくる」
- 認知症の人や認知症介護家族に対する社会の偏見をなくしたい
- 周囲の心ない言葉に傷つく認知症の人と家族がいる

2. 認知症にやさしい地域とは？

- 痛ましい事件の経験を通して
- 認知症の人と家族に対して手厚い支援を
- 病気が始まったときから看取り終えた後まで認知症の人と家族を支え続ける
- 認知症の人と家族への「しない」協力：「仲間外れにしない」「噂話をしない」

Opening Remarks

What I expect from this workshop as a carer.

- ✧ Carers are escort runners for people living with dementia.
- ✧ Each carer has his or her own dilemma and conflicted feelings.
- ✧ “Bonds create hope”
- ✧ Society without discrimination
- ✧ People with dementia and their carers often feel hurt by careless words from those around them.

What is a Dementia Friendly Community?

- ✧ Through the experience of a painful accident
- ✧ Careful support for people with dementia and their carers
- ✧ AAJ supports the long journey of carers from the onset to the end and further.
- ✧ “Do not exclude and do not gossip” are powerful support for people living with dementia and their carers.

Global Ageing and Dementia

Ryoma Kayano M.D.

Technical Officer,

WHO Centre for Health Development

Globally, the prevalence of dementia and the cost of dementia care are rapidly increasing along with rapid population ageing. With very limited therapeutic approaches available, many national plans for dementia focus on relevant community-based strategies for early detection and interventions to delay the progress of cognitive decline, and evidences which support this approach (e.g. positive effect of non-pharmaceutical interventions) are increasing. On the other hand the fact that prevalence of dementia increases with advancing age, anti-stigma advocacy and fostering dementia friendly community are strongly required. A brief overview of global ageing and issues about dementia will be introduced in the speech.

グローバルに進む高齢化と認知症

茅野 龍馬

WHO 健康開発総合研究センター

テクニカル・オフィサー

少子高齢化は、もはや先進国だけの課題でなく、グローバル課題となっています。加齢に伴う認知機能の低下や認知症等も、世界全体で増加し、膨張する社会負担にどう対処するか、という問題に、各国が大きな関心をもって取り組んでいます。

現時点で認知症の特効薬がない中、対策の焦点のひとつは早期発見、早期介入、予防で、それらの対策の効果を裏付ける科学的根拠も増えてきています。一方で、加齢に伴う認知機能の低下は完全には避けられず、認知症対策には、治療や予防だけでなく、認知機能が低下した際に、それをどのようにコミュニティ、社会全体で受容していくか、という観点が不可欠です。

本講演では、高齢化や認知症を取り巻く世界の現状と課題、対策等について概説します。



グローバルに進む高齢化と認知症

～必要とされる研究と社会変革～

平成29年4月29日
WHO健康開発総合研究センター
テクニカルオフィサー
茅野龍馬



WHOの目的



WHO憲章(1948年4月7日制定)に記載

全ての人が最高の健康水準に到達すること

“健康とは、単に疾病や病弱がないだけでなく、肉体的、精神的、社会的に完全に満たされた状態である。”

2 | ADI Symposium 29/04/29

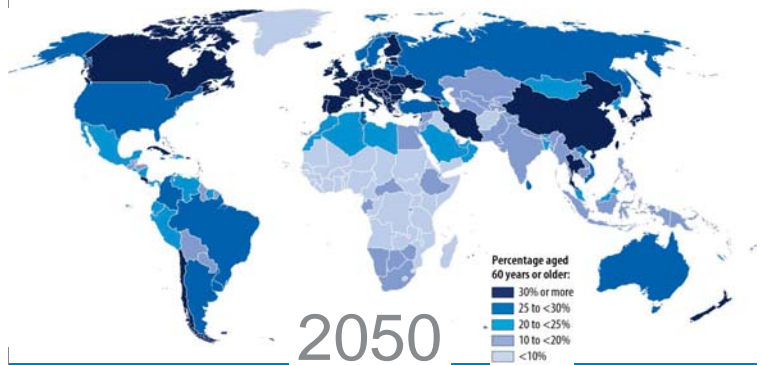


WHO健康開発総合研究センター



世界で唯一のWHOの研究センター
研究テーマ: UHC、高齢化、健康危機管理

世界全体の高齢化



4 |



高齢化と健康に関するワールドレポート

- 2015年 WHOの歴史上初めての、高齢化に焦点をあてたワールドレポート
- 生活習慣病、認知症も大きく取り上げられた



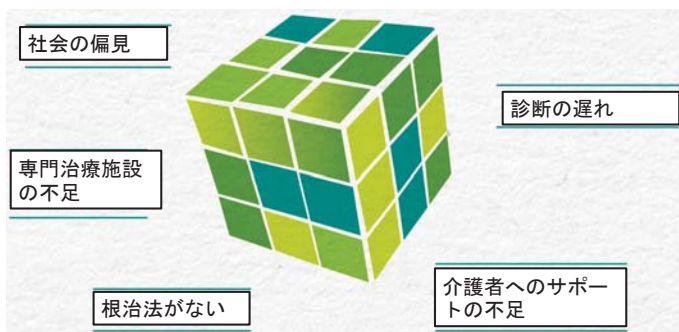
急激に増加する認知症



5 | ADI Symposium 29/04/2017



認知症をとりまく問題



7 | ADI Symposium 29/04/2017



地域全体で高齢化、認知症に向き合う必要性



Development of indicators of dementia-friendliness of communities

認知症にやさしい地域に関する指標の開発

Toshiyuki Ojima (Hamamatsu University School of Medicine)

尾島 俊之（浜松医科大学健康社会医学講座）

Research group key members

Katsunori Kondo (Center for Gerontology and Social Science, and Chiba University)

近藤 克則（国立長寿医療研究センター、千葉大学）

Jun Aida (Tohoku University)

相田 潤（東北大学）

Satoko Horii (National Institute of Public Health)

堀井 聡子（国立保健医療科学院）

Yukari Yokoyama (Nihon Fukushi University)

横山 由香里（日本福祉大学）

Megumi Rosenberg (World Health Organization Kobe Center)

ローゼンバーグ恵美（WHO 神戸センター）

Concept of Age and Dementia Friendly communities

Age-friendly city (by WHO)



+ Dementia (and caregiver)-friendly city



Indicators of dementia-friendliness of communities (tentative English translation)

Understanding 認知症の理解

Q1. Behaviors such as shouting, violence, or wandering of a person with dementia are generally a response to unmet needs

問 1. 認知症の人の大声や暴力、歩き回るなどの行動は、必要なことが満たされない時に起きると思いますか。

Q2. Family and caregivers should make the daily life decisions for a person with dementia because he/she cannot make such judgments due to decline of memory

問 2. 認知症の人は、記憶力が低下し判断することができないので、日々の生活をこちらで決めてあげる必要があると思いますか。

* Operational cut off to determine “good understanding” is “agree” or “somewhat agree” for Q1 and “disagree” or “somewhat disagree” for Q2

Normalization 共生

Q3. If I develop dementia, I would like to continue living at home with the help of people around me.

問 3. 自分が認知症になったら、周りの人に助けてもらいながら自宅での生活を続けたいと思いますか。

Q4. People with dementia should have a role for participating in community activities.

問 4. 認知症の人も地域活動に役割をもって参加した方が良いと思いますか。

Willingness to seek/receive help 受援力

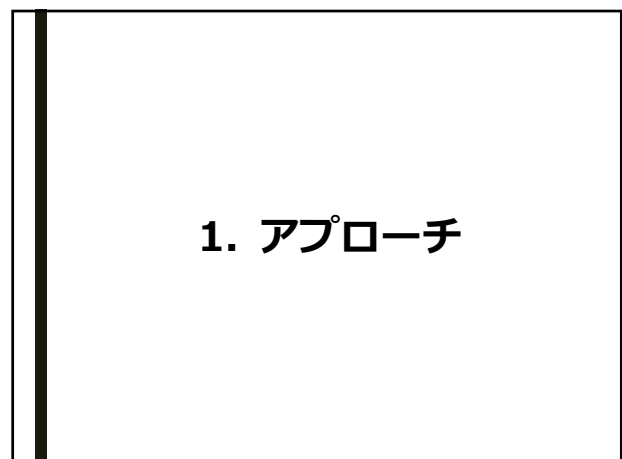
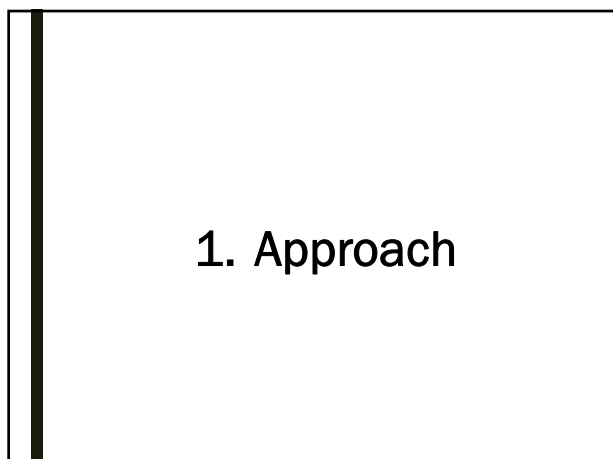
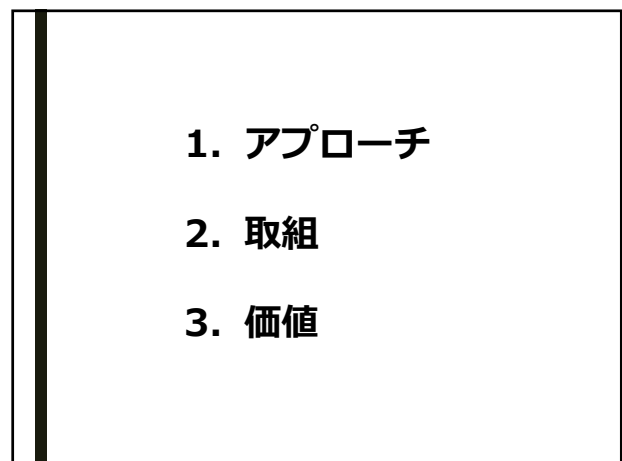
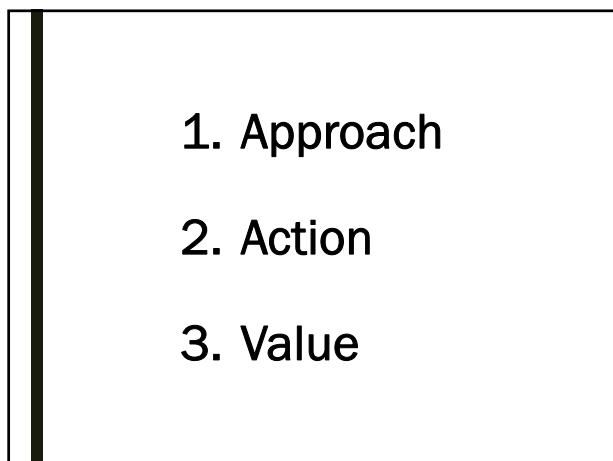
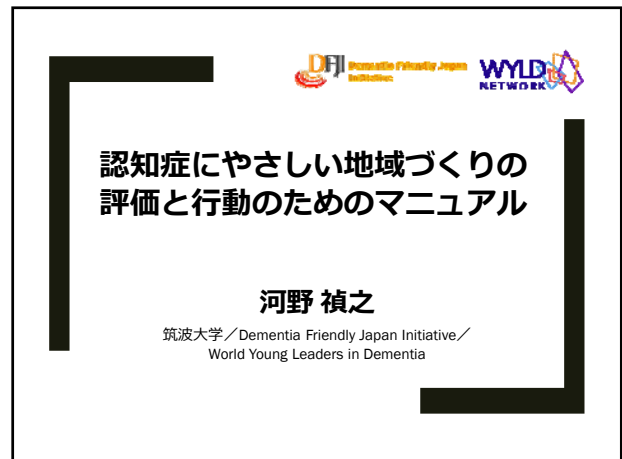
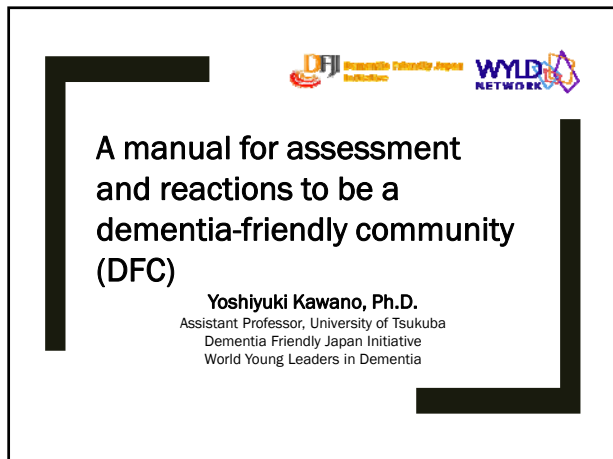
Q5. If a family member develops dementia, I would like to let neighbors and friends know in order to get their help.

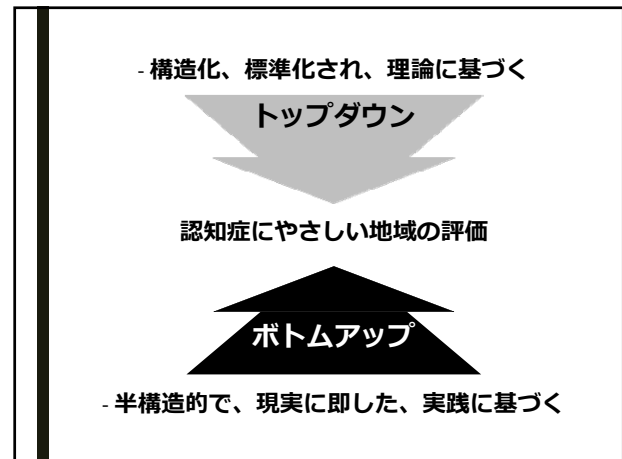
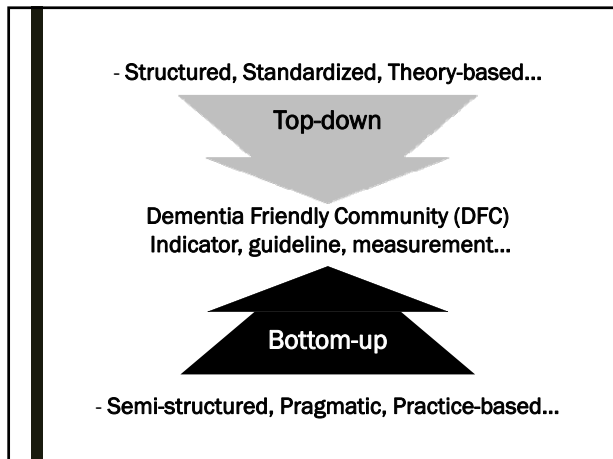
問 5. 家族が認知症になったら、協力を得るために近所の人や知人などにも知っておいてほしいと思いますか。

Q6. Seeking advice or help from someone about personal troubles or stress is embarrassing

問 6. 悩みがあるときやストレスを感じたときに、誰かに相談したり助けを求めたりすることは恥ずかしいことだと思いますか。

* Answers are given on a 5-point Likert scale ranging from “Agree (1)” to “Disagree (5)”.



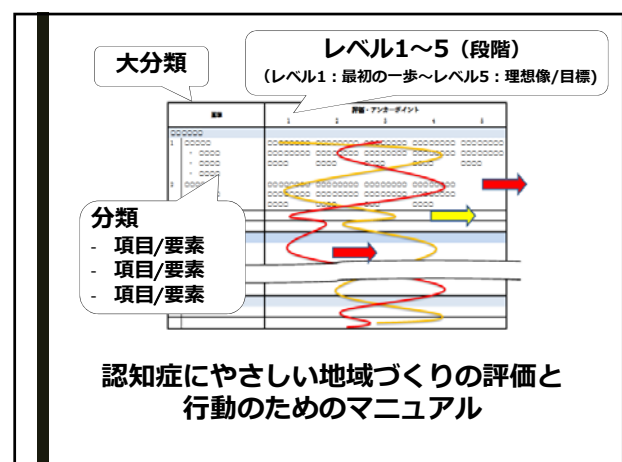
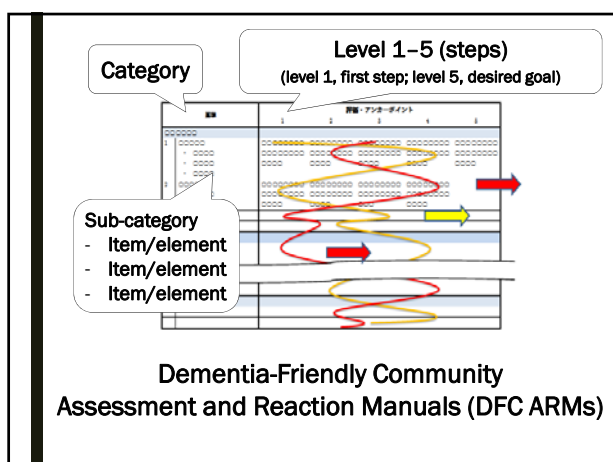


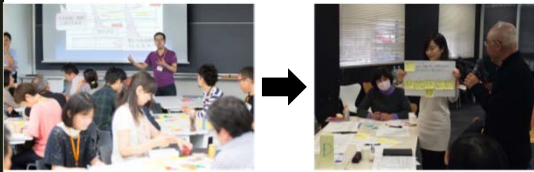
A) Interview and qualitative analysis

- Interviews of key persons engaging in model actions for a DFC (e.g. Omuta, Fukuoka and Fujinomiya, Sizuoka)
- Qualitative analysis based on interview data, and categorizing features and limitations of the model actions.

A) インタビューと質的分析

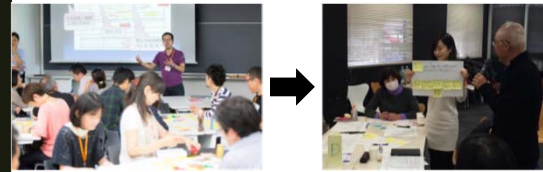
- 先進的な取組を実施する地域のキーパーソンへのインタビュー（例：福岡県大牟田市、静岡県富士宮市）
- 質的分析により取組の特徴や工夫、限界を抽出/分類





B) Workshops and Prototyping

- Collaboration between multi-sectoral stakeholders engaging in DFC actions
- Developing and sharing goals and action steps constructed by group discussion, using the DFC ARMs framework (item/level).



B) ワークショップによるプロトタイプング

- 認知症にやさしい地域づくりに取り組む多様な分野の人々とともに作成
- マニュアルの枠組み（項目と段階）を活用して、自分たちの取組のゴールと段階を自分たちで作成し、共有

2. Action

2. 取組

A) Developing DFC ARMs based on Fujinomiya and Omuta

Example of "Voice and action of people with dementia"

Category/item	Level 1	Level 2	Level 3	Level 4	Level 5
Listening to the words of the people with dementia (PWD)					
By their family carers (FCs)	FCs don't listen	FCs listen to what PWD have to say but end up rejecting it	FCs listen to what PWD have to say but end up interrupting it.	FCs anticipate the words of PWD while listening to them	FCs wait on the words of PWD while listening to them

Example of "SOS training program"

Category/item	Level 1	Level 2	Level 3	Level 4	Level 5
The objective of the training					
What objective is set for the training?	Agreeing to participate in training but not expecting any impact	Creating a network of contacts through training	Creating public awareness about dementia through training	Creating an active network of people and organizations through training	The network created through training is constantly functioning in the community

A) 富士宮市と大牟田市の取組のマニュアル作成

富士宮市の「『本人』の声と行動」のマニュアルの一部

分類/項目	レベル1	レベル2	レベル3	レベル4	レベル5
本人の言葉を聞く					
家族の視点から	聞いていない	本人の話を聞きながら否定してしまう	本人の話を聞きながら遮ってしまう	本人の言葉を先回りしながら聞く	本人の言葉を待ちながら聞く

大牟田市の「SOS模擬訓練」のマニュアルの一部

分類/項目	レベル1	レベル2	レベル3	レベル4	レベル5
参加者					
主体性の広がり	仕方なく、いやいや参加	付き合いで参加	意義を感じ始めながら参加	役割を担いながら参加	参加者を引っ張りながら参加

B) Prototyping in workshop at Dementia Friendly Japan Summit (DFJS)

Example of "Dementia-Friendly Buses"

Category/Item	Level 1	Level 2	Level 3	Level 4	Level 5
Bus driver					
Support action of bus driver	None	If PWD ask bus driver for support, the driver offers	Bus driver spontaneously offers to support PWD	Bus driver has professional skill (e.g. occupational therapist)	Bus driver offers support along with other passengers.
(Needed action to take next step)		To pay attention to PWD	To offer before being asked	To obtain special skill or knowledge about dementia	To involve other passengers (who also cooperate)

B) ワークショップとプロトタイピング (DFJS¹)

¹ DFJS: Dementia Friendly Japan Summit

「認知症にやさしいバス」のマニュアルの一部

分類/項目	レベル1	レベル2	レベル3	レベル4	レベル5
運転手					
運転手の配慮	会話がな	話しかければ教	運転手から声をかけてくれる	専門知識・資格を持った運転手 (例: OT)	他の乗客と一緒にサポート
(次のステップに必要なアクション)	関心を持つ	運転手から申し出る	専門資格・知識を持つ	乗客を巻き込む (乗客も協力する)	

B) Prototyping in workshop at Machida

Example of "Dementia Café"

Category/Item	Level 1	Level 2	Level 3	Level 4	Level 5
Designing a place for a café					
The meaning of the place for PWD ¹	A place that they do not want to go to	A place that they will reluctantly be brought to	A place that they can regularly come to	A place to which they will be able to bring their friends	A place where everyone is free to join and feels happy that they came

Example of "Dementia Supporters Program"

Category/Item	Level 1	Level 2	Level 3	Level 4	Level 5
Content of the program					
Ways in which PWD ¹ are involved	PWD ¹ are not involved	PWD ¹ attend as participants	PWD ¹ talk about their experiences	There is a role for PWD ¹ in the program	PWD ¹ participate in planning the program

¹ People with dementia

B) ワークショップとプロトタイピング (町田市)

町田市の「認知症カフェ」のマニュアルの一部

分類/項目	レベル1	レベル2	レベル3	レベル4	レベル5
カフェの場の設計					
認知症の本人にとっての場の意味	行きたくない場所	しぶしぶ連れてこられる場所	定期的に来られる場所	友人を連れて来られる場所	誰もが自由に参加でき、来てよかったと思える場所

町田市の「認知症サポーター」のマニュアルの一部

分類/項目	レベル1	レベル2	レベル3	レベル4	レベル5
プログラムの内容					
認知症の人の関わり方	本人が関わっていない	本人が参加者として出席する	本人が体験を話す	プログラムの中で本人の役割がある	本人がプログラムの企画に参加する

3. Value

3. 価値

Dementia-Friendly Community Assessment and Reaction Manuals

- Concretely sharing the goals, solutions, and limitations of the community that is working on progressively more advanced activities (A)
- By dividing the items and levels, people can assess the current initiatives and discuss specific actions that should be taken next (A) (B)
- Through discussion, people decide on their own vision and their initiatives, and can share them (B)

認知症にやさしい地域づくりの 評価と行動のためのマニュアル

- 先進的な活動に取り組む地域の目標や工夫、限界を、具体的に共有できる → A
- 項目と段階に分けることで、人々が現状の取組を評価し、次に何が必要か、具体的な行動を議論できる → A, B
- 議論を通じて、人々が、自分たちの取組のビジョンやアクションを自分たちで決め、共有することができる → B

- Structured, Standardized, Theory-based...

Top-down

Dementia Friendly Community (DFC)
Indicator, guideline, measurement...

Bottom-up

- Semi-structured, Pragmatic, Practice-based...

- 構造化、標準化され、理論に基づく

トップダウン

認知症にやさしい地域の評価

ボトムアップ

- 半構造的で、現実に即した、実践に基づく

Appendix

付録

A) Developing DFC ARMs based on Fujinomiya and Omuta

Participants: Seventeen key persons in two local communities

- Staff in medical and nursing care, social welfare, local government, and business; also, people with dementia and their family members

Methods: Qualitative analysis of expert panel discussion (based on focus groups, grounded theory analysis, and consensus method)

- 1) Extract features of model actions based on interview data
- 2) Classify features into categories
- 3) Create items as crucial points of actions in each category
- 4) Identify the five steps for each item

A) 富士宮市と大牟田市の取組のマニュアル作成

面接対象者: 2市町村の17名のキーパーソン

※対象者の属性: 医療、介護、行政、商店、認知症本人、家族介護者等

分析方法:

医療・介護・福祉の専門職、研究者、企業関係者による
専門家パネルにより質的分析¹に基づき実施

¹ Focus Group Interview, Grounded Theory Approach, Consensus methodを参考

- 1) 面接データから取組の特徴的な要素を抽出
- 2) 要素を分類に整理
- 3) 分類の中で取組の軸となる項目を作成
- 4) 軸となる項目毎に、段階を設定

A) Developing DFC ARMs based on Fujinomiya and Omuta

Example of "Voice and action of people with dementia"

Category/item	Level 1	Level 2	Level 3	Level 4	Level 5
Listening to the words of the people with dementia (PWD)					
From the perspective of PWD	People around PWD don't listen to what PWD have to say	Only certain people listen to what PWD have to say	People around PWD listen to what they have to say via their family	PWD have to some anxiety about the situation, but people around PWD listen to what they have to say	PWD are secure in the fact that people around them listen to what they have to say
By their family carers (FCs)	FCs don't listen	FCs listen to what PWD have to say but end up rejecting it	FCs listen to what PWD have to say but end up interrupting it.	FCs anticipate the words of PWD while listening to them	FCs wait on the words of PWD while listening to them
By people in the community (PC)	PC are not interested	PC hear what PWD have to say through the media	PC hear what PWD have to say through lectures	PC talk with PWD	PC become friends with PWD

A) 富士宮市と大牟田市の取組のマニュアル作成

富士宮市の「『本人』の声と行動」のマニュアルの一部

分類/項目	レベル1	レベル2	レベル3	レベル4	レベル5
本人の言葉を聞く					
本人の視点から	周りの人が自分の声を聞いてくれない	特定の人のみが自分の声を聞いてくれる	周りの人が自分の声を家族を通して聞いてくれる	不安はあるが周りの人が自分の声を聞いてくれる	安心して周りの人が自分の声を聞いてくれる
家族の視点から	聞いていない	本人の話を聞きながら否定してしまう	本人の話を聞きながら通してしまふ	本人の言葉を先回りしながら聞く	本人の言葉を待ちながら聞く
地域の人の視点から	興味がない	本人の声をメディアを通じて聞く	本人の声を講演会で聞く	本人と話をする	本人と友人になる

A) Developing DFC ARMs based on Fujinomiya and Omuta

Example of "SOS training program"

Category/item	Level 1	Level 2	Level 3	Level 4	Level 5
The meaning of the training for people with dementia (PWD) and their family					
Can PWD relax and go out?	They are anxious and cannot go out	They can go out while staying near the house	They can go out to shops or the houses of acquaintances in the neighborhood	They can go to specific places that are not in the neighborhood	They can go where they want to go within the community
Participants					
Increasing voluntariness	Grudgingly participating because they have no choice	Participating as a form of socializing	Participating and starting to feel the significance of doing so.	Participating while leading a role	Participating while leading other participants
The objective of the training					
What objective is set for the training?	Agreeing to participate in training but not expecting any impact	Creating a network of contacts through training	Creating public awareness about dementia through training	Creating an active network of people and organizations constantly functioning in the community	The network created through training is constantly functioning in the community

A) 富士宮市と大牟田市の取組のマニュアル作成

大牟田市の「SOS模擬訓練」のマニュアルの一部

分類/項目	レベル1	レベル2	レベル3	レベル4	レベル5
本人や家族にとっての訓練の意味					
本人が安心して外出できるか?	不安で外出できない	家の周りへは出かける	近所の知り合いの家や店には出かける	近所ではないが特定の行ける場所がある	地域のなかで行きたいところに行ける
参加者					
主体性の広がり	仕方なく、いやいや参加	付き合いで参加	意義を感じ始めながら参加	役割を担いながら参加	参加者を引っ張りながら参加
訓練の目的					
訓練の目的をどこに設定しているか	訓練を実施に実施してみること	訓練を通じて連絡網を作成すること	訓練を通じて認知症について啓発すること	訓練を通じて人や組織の生きたネットワークを構築すること	訓練を通じて構築されたネットワークがまちづくりのなかで日常的に機能すること

B) Prototyping in workshop at Dementia Friendly Japan Summit (DFJS)

- Two workshops and prototyping
- Collaboration between **multi-sectoral stakeholders** engaging in DFC actions
- Using **DFC ARMs framework** (item/level), participants created manuals for each theme, through **group discussion**

No.	Date	Theme
1	Aug. 2015	(By participants)
2	Sep. 2016	Dementia-Friendly Buses

B) ワークショップとプロトタイピング (DFJS¹)

¹ DFJS: Dementia Friendly Japan Summit

- 2回のワークショップを実施
- 認知症にやさしい地域づくりに取り組む**多分野**の参加者の共同作業
- マニュアルの**枠組み (項目と段階)**を活用して、テーマ毎に**グループ**で議論を重ねて作成する

回数	日付	テーマ
1	2015年8月	参加者が自由に設定
2	2016年9月	認知症にやさしいバス

B) Prototyping in workshop at Machida

- Four workshops and proto-typing
- **Multi-sectoral stakeholders** including **people with dementia** and their **family member** collaborated
- Third and fourth workshops were extended to develop the **vision of DFC in Machida**

No.	Date	Theme
1	Jan. 2016	Dementia Café
2	Mar. 2016	Dementia Supporters Program
3	Sep. 2016	Dementia Friendly Community vision in Machida (1)
4	Jan. 2017	Dementia Friendly Community vision in Machida (2)

B) ワークショップとプロトタイピング (町田市)

- 4回のワークショップを実施
- 認知症の**本人・家族**を含む**多分野**の参加者の共同作業
- 前半はテーマ毎に行い、後半は**町田市全体のビジョン**の作成へと発展

回数	日付	テーマ
1	2016年1月	認知症カフェ
2	2016年3月	認知症サポーター
3	2016年9月	町田市の「認知症にやさしいまち」のビジョン(1)
4	2017年1月	町田市の「認知症にやさしいまち」のビジョン(2)

B) Prototyping in workshop at Machida

Example of "Dementia Café"

Category/Item	Level 1	Level 2	Level 3	Level 4	Level 5
Ways into the café					
Methods to get to know about the café	Stakeholders only	Need to work hard to search for it, digital media only	From local authorities	From other places as well (grocery store, post office etc.)	From residents in the neighborhood
Designing a place for a café					
The meaning of the place for PWD¹	A place that they do not want to go to	A place that they will reluctantly be brought to	A place that they can regularly come to	A place to which they will be able to bring their friends	A place where everyone is free to join and feels happy that they came
Ways out to the café					
Possibilities with the community	PWD remain isolated in the community.	PWD try participating in activities outside the café with café members	PWD are able to make connections with relevant people outside the café	PWD participate in irregular activities outside the café and gains self-confidence	PWD participate in regularly scheduled activities other than the café such as clubs or work

¹ People with dementia

B) ワークショップとプロトタイピング (町田市)

町田市の「認知症カフェ」のマニュアルの一部

分類/項目	レベル1	レベル2	レベル3	レベル4	レベル5
カフェの入口					
カフェを知る方法	関係者だけ	頑張っても探さないとわからない。電子媒体のみ	自治体から	その他の分野からも (スーパーや郵便局等)	近隣の住民から
カフェの場の設計					
認知症の本人にとっての場の意味	行きたくない場所	しぶしぶ連れてこられる場所	定期的に来られる場所	友人を連れて来られる場所	誰もが自由に参加でき、来てよかったと思える場所
カフェの出口					
地域への発展性	認知症の本人は地域で孤立したまま。広がりは少ない	本人がカフェのメンバーとカフェ外の活動に参加して	本人がカフェ外の関係者とつながりができる	本人がカフェ外の定期的な活動に参加して自信がつく	本人がサークルや仕事など定期的なカフェ外の活動に参加する

B) Prototyping in workshop at Machida

Example of "Dementia Supporters Program"

Category/Item	Level 1	Level 2	Level 3	Level 4	Level 5
Objective of the program					
Effects on the participants	Getting to know about dementia	Spreading awareness about dementia to acquaintances	Offering support upon noticing a PWD ¹	Participating in activities to provide assistance for PWD ¹	Starting activities to provide assistance for PWD ¹
Content of the program					
Ways in which PWD¹ are involved	PWD ¹ are not involved	PWD ¹ attend as participants	PWD ¹ talk about their experiences	There is a role for PWD ¹ in the program	PWD ¹ participate in planning the program
The possibilities of the program					
Follow-up for supporters	There is no follow-up	A follow-up lecture is held	There is a place to gain experience with activities	There are opportunities for supporters in the same community to have exchanges	The supporters are organized

¹ People with dementia

B) ワークショップとプロトタイピング（町田市）

町田市の「認知症サポーター」のマニュアルの一部

分類/項目	レベル1	レベル2	レベル3	レベル4	レベル5
プログラムの目的					
参加者に対する効果	認知症のことを知る	知り合いに認知症のことを広める	認知症の人をみかけたらサポートする	認知症の支援活動に参加する	認知症の支援活動を立ち上げる
プログラムの内容					
認知症の人の関わり方	本人が関わっていない	本人が参加者として出席する	本人が体験を話す	プログラムの中で本人の役割がある	本人がプログラムの企画に参加する
プログラムの発展性					
サポーターのフォローアップ	フォローなし	フォローアップ講座が開催されている	活動を体験する場がある	同じ地区のサポーターが交流する機会がある	サポーターが組織化されている

B) Prototyping in workshop at Machida

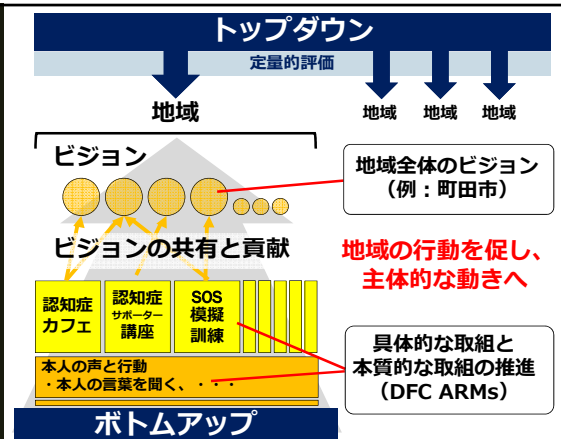
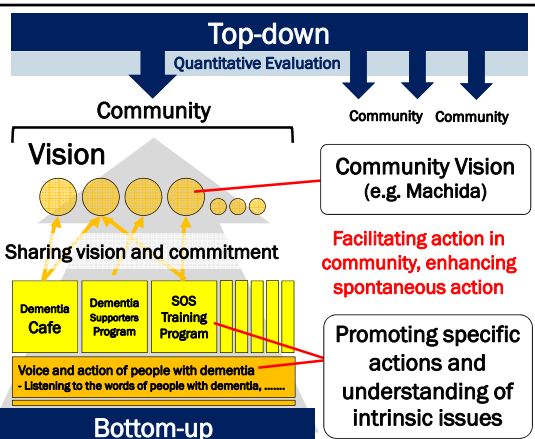
Example of DFC vision and public services in Machida

Vision	Services
1. I received an early diagnosis and I have a reasonable degree of control over the treatment I receive and my life.	
5. I can express my true feelings to my family, and they understand and support me.	
7. I have friends with whom I can be myself, and I can enjoy my time with them and talk about my concerns openly.	
16. I can say without hesitation "We are also members of the community that plan and make itself dementia-friendly."	

B) ワークショップとプロトタイピング（町田市）

町田市の「認知症にやさしい地域」ビジョンと行政サービスの一部

ビジョン	サービス
1. 私は、早期に診断を受け、その後の治療や暮らしについて、主体的に考えられる。	
5. 私は、家族に自分の気持ちを伝えることができ、家族に受け入れられている。	
7. 私は、素でいられる居場所と仲間を持っており、一緒に時間を楽しんだり、自分が困っていることを話せる。	
16. 私たちも、認知症の人にやさしいまちづくりの一員です。	



Case study (Japan-3)

Action and assessment to realize a dementia-friendly community in Kyoto and Uji.

Kazuyuki Hirao (Kyoto Bunkyo University/AAJ/DFJI/WYLD-J)

Background:

Uji has been trying pioneering action with people with dementia and their families in Kyoto. Uji Dementia Action Alliance (Lemon-aid) started in March 2016, following the declaration by the mayor who met a group of people with dementia at a café in the community. This collaborative action from various fields and generations constantly needs to be focused on people with dementia.

However, the methodology for hearing the voice of people with dementia has not yet established, though we are trying to find it in each community. In this case study, we introduce our pilot methods of assessment by people with dementia themselves in Uji Dementia Action Alliance.

Method:

Method 1) Record in daily life: A process of writing down feelings and thoughts produced in daily life. This is a skill to compensate amnesia, too. People with dementia in the Uji group have been doing this record with the aid of their partners. These words, narratives and images were organized in the form of a booklet “guide for travel of dementia” which revealed the three stages of living with dementia from the onset to social participation.

Based on this tradition, we introduced an **Assessment form**: unified format for all programs which consists of 5-point scale of satisfaction and free description of good point/bad point (for improvement)/etc. This format is simply designed for a broad range of activities. Participants completed this assessment form just after their activity. People with dementia may need support by their supporter. We compiled a database and made use of it to improve the next action.

Method 2) Individual interview: Worker or counselor hears the voice of a person with dementia and his/her partner individually. He/she can be link worker or coordinator. The person can communicate his/her feelings or thoughts through multimodal channels not only verbally but also non-verbally. A good hearer enables the narrative of a person with dementia, as Christine Bryden and James McKillop could do so.

Method 3) Working group meeting: Based on the tradition of peer support group at tennis club of Kyoto Prefectural Rakunan Hospital and Dementia cafés (Lemon Café), we organized the Uji working group meeting once a month at Kyoto Bunkyo University. Participants divide into 6 groups that consist of a couple of a person with dementia and his/her partner, some students and supporters. They share their thoughts and discuss specific topics (support of shopping, etc).

Results:

Method 1) Assessment form: in tea picking as employment support, the mean and standard deviation

of satisfaction level was 4.6 ± 0.70 (people with dementia, N=27), 4.7 ± 0.53 (families, N=35), and 4.7 ± 0.46 (supporters, N=64). While satisfaction level is very high, the standard deviation is big in the group of people with dementia. This suggests that the satisfaction level varied in the group of people with dementia. Qualitative analysis of free description revealed that the sense of purpose varied in participants including people with dementia from enjoying communication through tea picking to working toward win-win relationship with tea companies.




In **support of shopping** at co-op supermarket as livelihood support, we used questionnaires that consist of 5-point scales of indicators for people with dementia/their families/supporters respectively. Quantitative analysis revealed high satisfaction level in the group of people with dementia who received support. From perspective of people with dementia, the indicator of secure feeling was highest. Qualitative analysis of supporter's free description showed necessary individualized supports, including transport to the shop. The assessment by the manager revealed the positive impact on the consciousness of employee as well as the economic problem to continue the support.

Method 2) We did **individual interviews** with 6 couples of a person with dementia and his/her partner before/one year after Uji DAA started. Quantitative satisfaction levels on DFC varied individually. Qualitative analysis showed that they recovered social participation and self-efficacy through Uji DAA activities. On the other hand, challenges for the next step were yielded: 1) earlier participation of people with dementia in planning, 2) improving the style and process of working group meeting, which enables people with moderate dementia to participate more in it.

Method 3) Working group meeting: we produced and organized ideas for planning and assessing activities. This group meeting also enables collaboration between people with dementia and young students beyond generations, which is one of the concepts of Uji DAA. The qualitative analysis of free description yielded the idea that people from companies join the meeting instead of/ in addition to students, to realize face-to-face interaction with people with dementia.

Conclusions:

In the forum in Uji that publish the result of DAA, we organized a program in the style of emphasizing the assessment by people with dementia and their families: actions from companies and university, comments from people with dementia and their families, and the results of assessment. We improve and develop our action and methodology of hearing the voice of people with dementia and their families based on the assessment of action according to PDCA cycle to realize a Dementia Friendly Community.

Promotion of dementia-friendliness in communities


~ Examples from WYLD Network ~
and
~ Canada's National Dementia Strategy Progress ~

Kristine Newman RN CRN(C) PhD
Daphne Cockwell School of Nursing, Ryerson University

WYLD-J Workshop
April 29 2017
ADI 2017 Conference, Kyoto, Japan

~ Examples from WYLD Network ~

WORLD YOUNG LEADERS IN DEMENTIA
Working across disciplines and borders to develop innovative dementia solutions



(WYLD, 2017)

Qualicum Beach on Vancouver Island

Laura Booi (CA)

Laura Booi (CA) has spearheaded an initiative to make her hometown of **Qualicum Beach on Vancouver Island dementia friendly**. After a successful Town Hall Meeting in January 2016, she is working as an advisor to the town council to achieve this goal. They are working with the **Alzheimer Society of British Columbia** to **educate** both small **business owners** and **front-line services** such as police and paramedics about how to best support those living with dementia in the community. They will also **adopt** a **"dementia-friendly community" label for storefronts**, signaling that **local businesses are educated** about the issue and aware of the population's needs.

(WYLD, 2017)

Rotorua Lakes Council, New Zealand

Clare Baker (NZ)

Claire Baker (NZ) is working with **Rotorua Lakes Council**, a town in the center of the north island of New Zealand, to make dementia-friendly changes. Public meetings were held in early 2016 to establish support for the work within the community, and a **dementia-friendly Rotorua steering group has now been created**. Claire, in her role for health and care company Bupa, is leading the steering group with the Council. The Council have a strategy to **build a resilient community**, and **being dementia-friendly** fits with this, aiming to make Rotorua a great place to live for people of all ages and abilities. The group are working to establish priority areas for action for people living with the dementia in Rotorua. It's thought that first focus areas will be on **education for the wider community**, as well as targeted action to make **businesses and public spaces more dementia-friendly**.



(WYLD, 2017)



CANADA





Paving the way for a Canadian National Strategy

Canada in Motion... pursuing Japan's path

2015 Bill for National Dementia Strategy defeated by one vote



Bill C-356, sponsored by NDP MP Claude Gravelle, was supported by the NDP and Liberal parties but not by the Conservatives. Nine backbench Conservatives voted against party lines in favour of the bill, but the final tally came to 140 MPs against and 139 in favour (Shaw Media, 2015).

Depend on your walking stick, not on other people
(Japanese proverb)

You must constantly renew your determination to succeed

National dementia strategy Bill-C-233

(ASC, 2017a)



[openparliament.ca Bill C-233](https://openparliament.ca/bills/42-1/C-233/)

(OpenNorth, 2017)


- As of 2016, there are an estimated 564,000 Canadians living with dementia - plus about 25,000 new cases diagnosed every year. By 2031, that number is expected to rise to 937,000, an increase of 66 per cent (ASC, 2017b).
- According to a recent Nanos survey, 83% of Canadians reported they believe Canada needs a national dementia plan(ASC, 2017c).
- A national dementia strategy will help overcome the growing crisis in dementia care by coordinating all national efforts in Alzheimer's research, clinical care, institutional, and home- and community-based programs (ASC, 2017c).

Ultimately, once the Canadian Government makes the National Dementia Strategy a priority then more promotion and integration of dementia-friendliness in each community will follow.





References

- Alzheimer's Society of Canada (2017b). Latest info stats. Retrieved from <http://www.alzheimer.ca/en/Get-involved/Advocacy/Latest-info-stats>
- Alzheimer's Society of Canada (2017a). National dementia strategy. Retrieved from http://www.alzheimer.ca/en/Get-involved/Advocacy/National-dementia-strategy#DynamicId_2
- Alzheimer's Society of Canada (2017c). National dementia strategy Bill C-233. Retrieved from <http://www.alzheimer.ca/en/Get-involved/Advocacy/National-dementia-strategy/Bill-C-233>
- OpenNorth (2017). Bill C-233. Retrieved from <https://openparliament.ca/bills/42-1/C-233/?tab=mentions>
- Shaw Media (2015). Bill for national dementia strategy defeated by one vote. Retrieved from <http://globalnews.ca/news/1986282/bill-for-national-dementia-strategy-defeated-by-one-vote/>
- WYLD (2017). World Young Leaders in Dementia. Retrieved from <https://wyldementia.org/>




Building Dementia Friendly Communities

Jeremy Hughes, Chief Executive
@JeremyHughesAlz


alzheimers.org.uk



About Alzheimer's Society

We are the UK's leading dementia support and research charity, here for anyone affected by any form of dementia in England, Wales and Northern Ireland.


alzheimers.org.uk




Dementia Declaration "I" Statements

1. I have personal choice and control or influence over decisions about me
2. I know that services are designed around me and my needs
3. I have support that helps me live my life
5. I live in an enabling and supportive environment where I feel valued and
6. I have a sense of belonging and of being a valued part of family, community and civic life
7. I know there is research going on which delivers a better life for me now and hope for the future


alzheimers.org



Dementia Friendly Communities




alzheimers.org




Empowering people affected by dementia to shape the future

State of the nation
Our biggest consultation of people with dementia, carers and the public


- Public attitude survey
- Carer survey
- Quantitative survey of people with dementia
- Qualitative interviews with people with dementia



alzheimers.org.uk



Empowering people with dementia and recognising their contribution



- Service User Involvement Panels
- Creating our Housing Charter
- Collaborating on our Transport work
- Judging Dementia Friendly Awards

Ensuring early diagnosis, personalised and integrated care is the norm



'It was very informative and gave me courage to seek advice from my GP into the possible causes of some of my memory lapses.'

alzheimers.org.uk

Appropriate transport



YOUR LONDON AIRPORT
Gatwick
Heathrow

alzheimers.org.uk

Maintaining independence by introducing community based solutions and ensuring that activities are inclusive



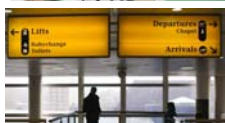
alzheimers.org.uk

Ensuring that activities include people with dementia



alzheimers.org.uk

Easy to navigate physical environments



alzheimers.org.uk

Challenging stigma, building awareness and befrienders helping engagement in community life



1 in 30



I feel more confident interacting with people with dementia



I have a better understanding of dementia



As a carer I feel that DF is inspiring communities to make a positive difference to people with dementia



I feel motivated to do more to help others in my community

alzheimers.org.uk

Challenging stigma, building awareness and befrienders helping engagement in community life



- Side by Side
 - One third of people diagnosed with dementia have told us that they have lost friends after diagnosis.
 - 62% of people with dementia who live alone say they feel lonely
 - People with dementia living alone are more likely to become socially isolated and unable to access key services.



alzheimers.org.uk

Businesses and services that respond to customers with dementia



alzheimers.org.uk

BSI Code of Practice



bsi.

National Leadership: Prime Minister's Champion Group



Current outputs:

- Dementia friendly Financial Services Charter
- Dementia friendly Employers' Guide
- Dementia friendly Arts Venue Guide
- Dementia friendly Technology Charter
- Accessing and Sharing Information publication
- Dementia friendly Churches Guide
- Dementia friendly Retail Guide
- Dementia friendly Housing Charter



Upcoming projects/outputs:

- Dementia friendly Sport and Leisure Centres
- Dementia friendly Cinema Guide
- Dementia friendly Heritage Guide



Wigan Dementia Action Alliance

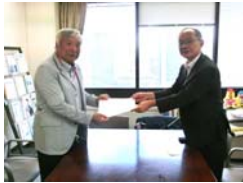


Individual Action: Dementia Friends



	Dementia Friend (UK)	Dementia Supporter (Japan)
Aim	To learn what it's like to live with dementia and turn that learning into action.	To get a correct understanding of dementia and learn how to support people with dementia in their daily lives.
Eligibility	Anyone in the UK	Anyone
How to join	Attending a 60-minute face to face information session led by a Dementia Friends Champion. Watching an online video and signing up for the 'Little Book of Friendship'.	Attending a 90-minute face to face session led by a Caravan Mate.
Promotion	Website Monthly newsletter Annual Dementia Friendly Awards Advertising: https://www.youtube.com/watch?v=TuPWbMD5TK	Annual award ceremony Strategies devised by each prefecture and city
Training	Dementia Friends Champion Completed in one day Supervised by a Regional Support Officer	Caravan Mate Completed in six hours Supported by local government.

Global Dementia Friends Ambassadors



Global Dementia Friends Movement




Thank you




Jeremy Hughes, Chief Executive, Alzheimer's Society
@JeremyHughesAlz
www.alzheimers.org.uk

alzheimers.org.uk




認知症の人にやさしい地域社会の構築

ジェレミー・ヒューズ
 英国アルツハイマー協会会長
 @JeremyHughesAlz


alzheimers.org.uk



英国アルツハイマー協会について

英国の代表的な認知症の支援および研究慈善団体。
 様々な経緯で認知症になった人のために、イングランド、ウェールズ、および北アイルランドで設立された。

alzheimers.org.uk



認知症宣言 「I(私は...)」声明

- 私は、自分について下される決定を自分で選択、管理し、それに対する影響力を持っている。
- 私は、サービスの目的が、私自身に合わせ、私自身のニーズに合わせることにあると知っている。
- 私は、生活の助けとなる支援を得ている。
- 私は、欲しいものを手に入れるための知識、方法を知っている。
- 私は、自分が尊重されていると思える自由で支援の得られる環境に暮らしている。
- 私は、家族や地域社会、また市民生活を送るのなかの一人であり、尊重されていると感じている。
- 私は、いまの私により良い生活を、また未来に希望をもたらし研究が進められていることを知っている。


alzheimers.org.uk



認知症の人にやさしい街 ～認知症フレンドリーコミュニティ～



alzheimers.org.uk



認知症の人が未来を創造できるよう後押しする

英国の実態調査
 認知症の人、介護者、および一般市民を対象とした最大規模の調査

- 一般市民の意識調査
- 介護者の調査
- 認知症の人を対象とした定量的アンケート調査
- 認知症の人を対象とした定性的面談調査

alzheimers.org.uk



認知症の人が自分たちの役割を果たし、その貢献が認められるようにする



- サービスユーザーが参加できる委員会
- 当協会の住宅憲章の作成
- 当協会の輸送業務への協力
- 認知症フレンドリー賞の審査

早期診断、患者個人に合わせた統合的治療の徹底を規範とする



「非常に参考になった。自分の記憶力が衰えてきた原因について、かかりつけ医の意見を求める勇気を与えてくれた」

alzheimers.org.uk

適切な交通機関



YOUR LONDON AIRPORT

Gatwick

Heathrow

alzheimers.org.uk

地域に合った解決策を提供し、さまざまな活動に参加することで、自立を維持できるようにする



3人に1人



alzheimers.org.uk

認知症の人がアクティビティに参加できるように徹底する



スイミングプール

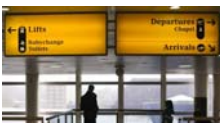


映画館



alzheimers.org.uk

物理的な環境を整え わかりやすく案内する



alzheimers.org.uk

偏見に立ち向かい、認識を深め、地域生活に参加できるよう手を差し伸べる



30人に1人



alzheimers.org.uk

偏見に立ち向かい、認識を深め、地域社会に参加できるよう手を差し伸べる



• 助け合い

- 認知症と診断された人々の3分の1が、診断後に友人を失ったと答えている。
- 一人暮らしの認知症の人々の62%が孤独を感じているという。
- 一人で住む認知症の人は、社会的に孤立しがちであり、重要なサービスを利用できないことが多い。

助け合いとは何か？



alzheimers.org.uk

認知症の顧客に応えるビジネスとサービス



ブリティッシュガス
British Gas



East of England
COOP
コープ



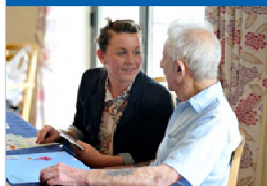
alzheimers.org.uk

英国規格協会（BSI）による実施基準



PAS 1365:2015

英国における認知症の人にやさしい地域社会関係の理解促進のための実施基準



Alzheimer's Society

bsi.

国のリーダーシップ：首相によるチャンピオングループ



現時点での成果：

- 認知症の人にやさしい金融サービス憲章
- 認知症の人にやさしい雇用主のためのガイド
- 認知症の人にやさしい芸術鑑賞施設ガイド
- 認知症の人にやさしい技術憲章
- 情報刊行物へのアクセスと共有
- 認知症の人にやさしい教会ガイド
- 認知症の人にやさしい小売店ガイド
- 認知症の人にやさしい住宅憲章



今後予定されているプロジェクト／成果：

- 認知症の人にやさしいスポーツおよび娯楽施設
- 認知症の人にやさしい映画館ガイド
- 認知症の人にやさしい歴史的遺産ガイド



ウィガン・認知症アクションアライアンス(DAA)

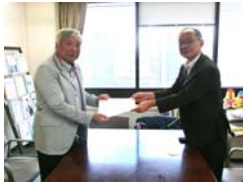


日英の活動：認知症フレンズ（サポーター）



	Dementia Friend（英国）	認知症サポーター（日本）
目的	認知症と共に生活とはどういうことかを学び、その学びを行動に移す。	認知症に対する正しい理解を得て認知症を患う人々を日常生活でどのように支援していくかを学ぶ。
有資格	英国にいる誰でも可	誰でも可
参加方法	Dementia Friends Championが主催する60分間の対面講習会に出席する。 インターネット動画を視聴し、"Little Book of Friendship"に署名登録する。	キャラバン・メイトが主催する90分間の対面講習会に出席する。
プロモーション	ウェブサイト 月間ニュースレター 年一回のDementia Friendly賞 広告： https://www.youtube.com/watch?v=TuPWBlmD5tA	年一回の授賞式 各都道府県および各都市が行動計画を立案
トレーニング	Dementia Friends Champion 1日で修了 地域のサポート担当者が指導	キャラバン・メイト 6時間で修了 地方自治体が支援

世界にひろがる 認知症フレンズの輪



三浦雄一郎さん



キャリー・マリガンさん

世界各国の認知症フレンズ



ご静聴ありがとうございました。

ジェレミー・ヒューズ
英国アルツハイマー協会会長
@JeremyHughesAlz
www.alzheimers.org.uk



alzheimers.org.uk

