

# Promoting Public Consciousness of Decision-making on Elderly Care

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## Project Goals

### Problems to be solved

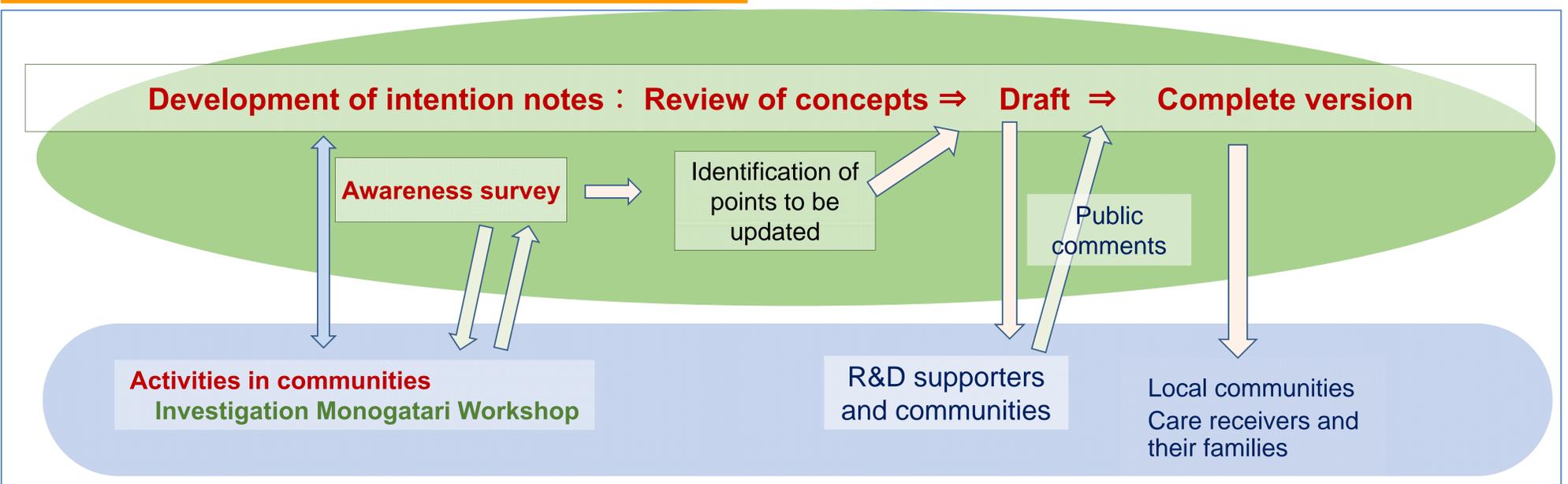
- Problems that prevent the elderly from living out their lives in their hometowns
- [1] Lack of systems that help the decision-making of care receivers and their families
- [2] Local communities' understanding of happy twilight years and of the role of healthcare
- [3] Negative thoughts about introducing social care that reduces burden on family members who provide nursing care

## R&D Target

- In order to create a social environment to solve the three problems faced by the elderly and help them enjoy the rest of their lives, there is a need to:
- [1] Survey communities' attitudes and verify the problems identified
- [2] Identify awareness update points and plan countermeasures based on the results of the survey
- [3] Develop tools (intention notes) to help decision-making of care receivers and their families

## Project implementation

### Project overview



### Target communities

Narrative Home and the area it covers (Tonami City, Toyama Prefecture)

### R&D Structure

The University of Tokyo, Narrative Home, Shoto Social Welfare Council, Certified Nurse Specialist (CNS), National Center for Geriatrics and Gerontology

## Project achievements and future prospects

### Project achievements

1. Intention note, from the present to the end  
(A plan for the future and the selection of healthcare and nursing care services, and a tool that helps decision-making of care receivers and their families)
2. What should we think to grow old gracefully and live out our lives? Educational activities >> Preparations for **twilight years**
3. Intention game (co-developed with Harada PJ "Min-Labo" at the University of Tsukuba): A promotion game that helps care receivers and their families make their intentions clear

### What intention notes can present to clinical practice and society

- Think what's best for the lives of the elderly :
  - ⇒ Focusing too much on life could cause harmful consequences.
  - ⇒ The best treatment changes as care receivers get older.
- Help the families of care receivers opt for ACP (Advanced Care Planning), giving consideration to a longer process from the present to the end as well as to the final days of their lives.
- Help care receivers, their families and care givers engage in dialogue with each other to write intention notes, presenting new values.
  - ➔ Provide tools for dialogue between healthcare professionals, care givers (counselors, care managers, etc.), care receivers and their families.
- Preparations for **twilight years**, but not for death (spending twilight years happily, being engaged in lots of activities)
  - Extend healthy life expectancy ⇒ Think about the years ahead
  - ➔ Review how to receive healthcare and nursing care services in preparation for the age of high mortality

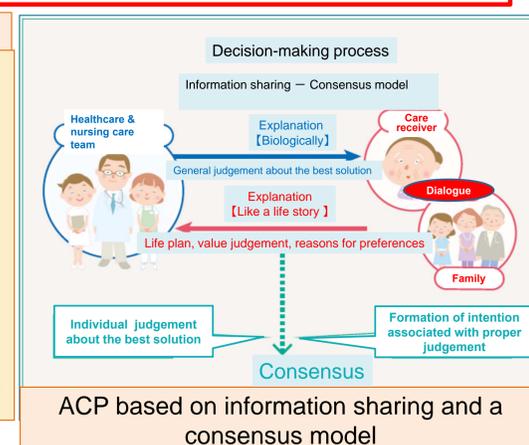
### Future developments and prospects

- Develop intention notes according to application
- Train and educate counselors and "intention note" facilitators
- Develop guidebooks and promote activities to prepare for **twilight years**

**Groups and projects that give "intention notes" a try are wanted !**

**Contact the following for details.**

### Future treatment and nursing care



ACP based on information sharing and a consensus model