

# Community Design for Preventing Dementia

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## Project Goals

### Problem to solve

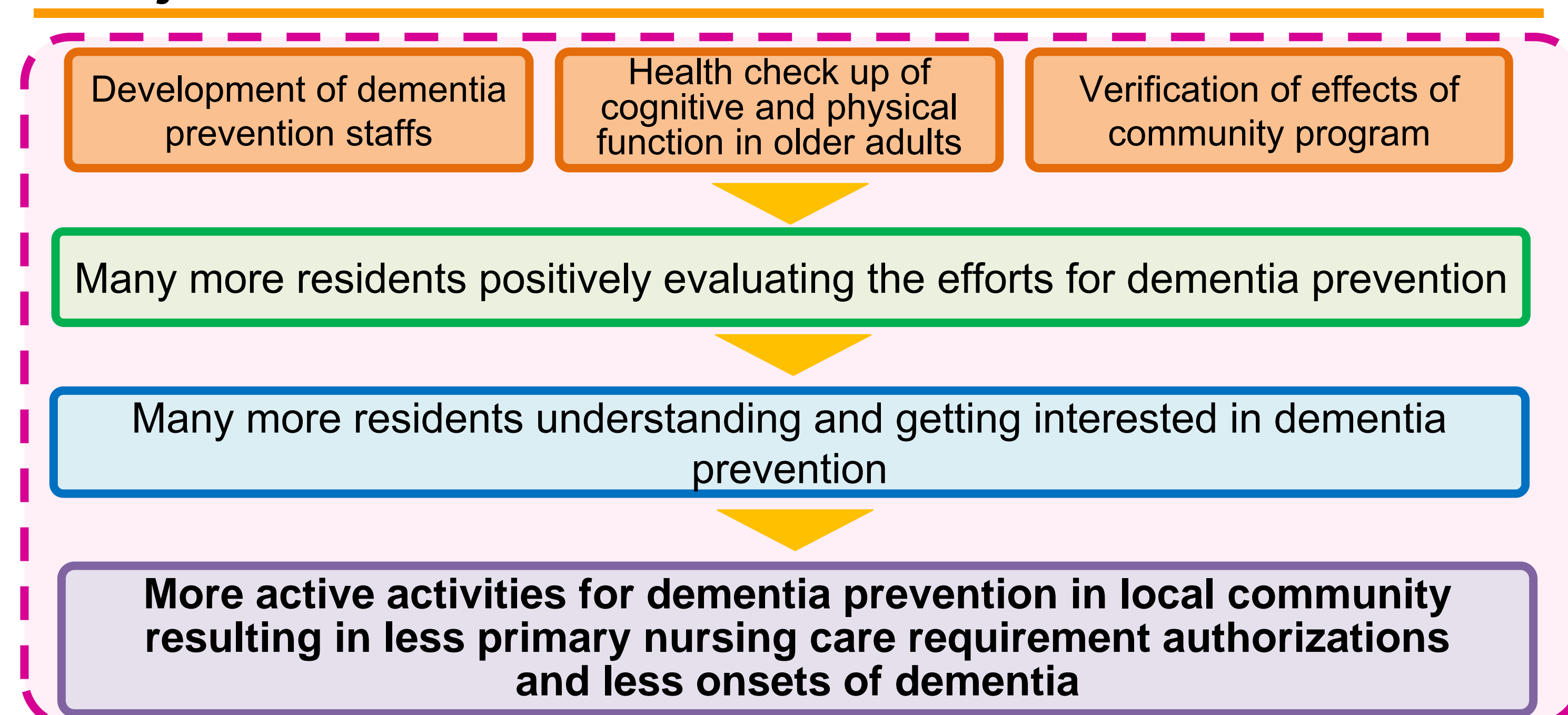
- Increase of aged persons with dementia along with population aging
- Active lifestyles are effective to maintain the cognitive function and restriction of cerebral atrophy.
- Efforts in which local resources are utilized are necessary to prevent dementia.

### R&D Target

- Development and implementation of systems for development of dementia prevention staffs and systems for cognitive function screening
- Development and implementation of a dementia prevention program and verification of its effects
- Verification of spread to the local community

## Project implementation

### Project overview

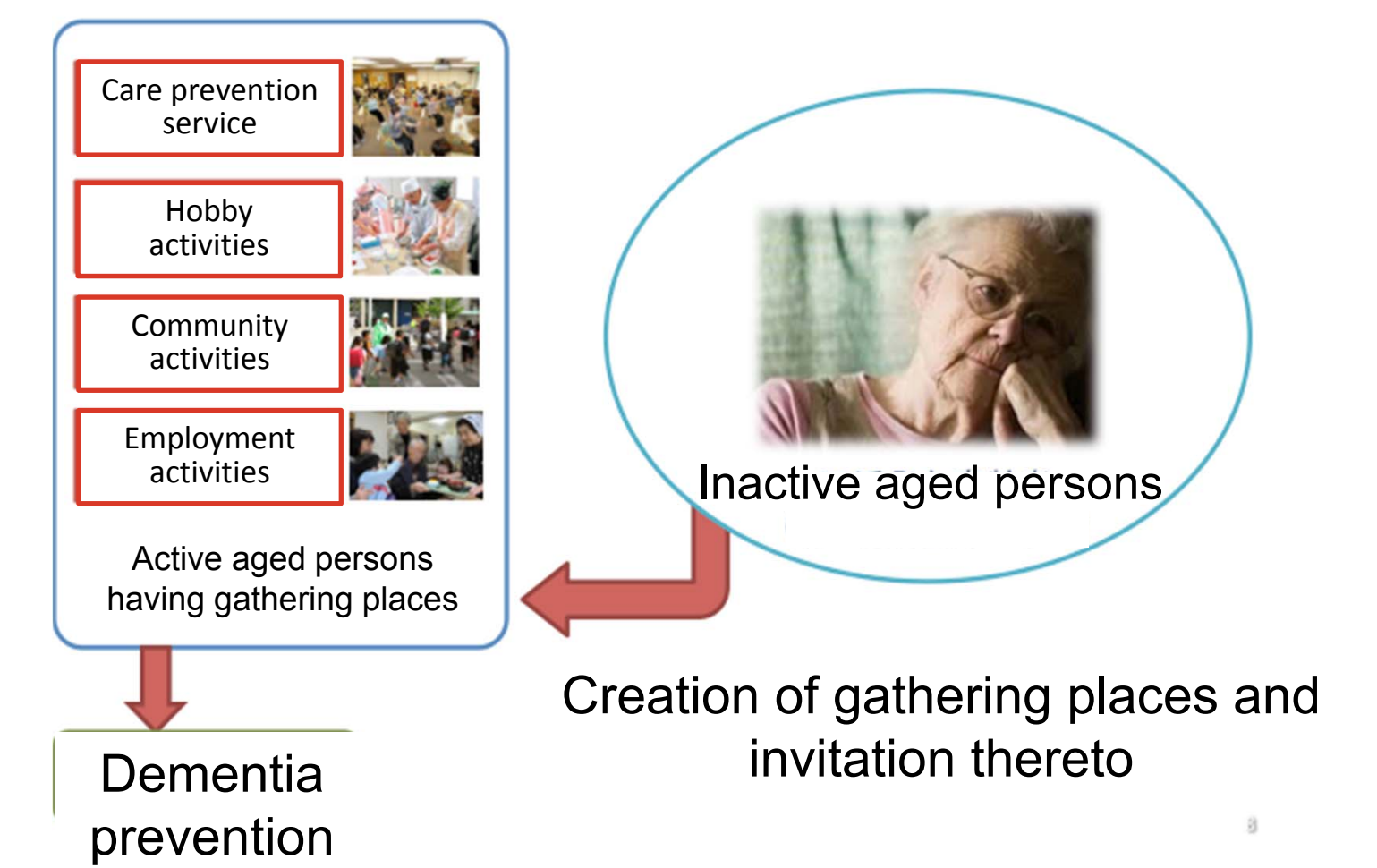


### The social model we aim at

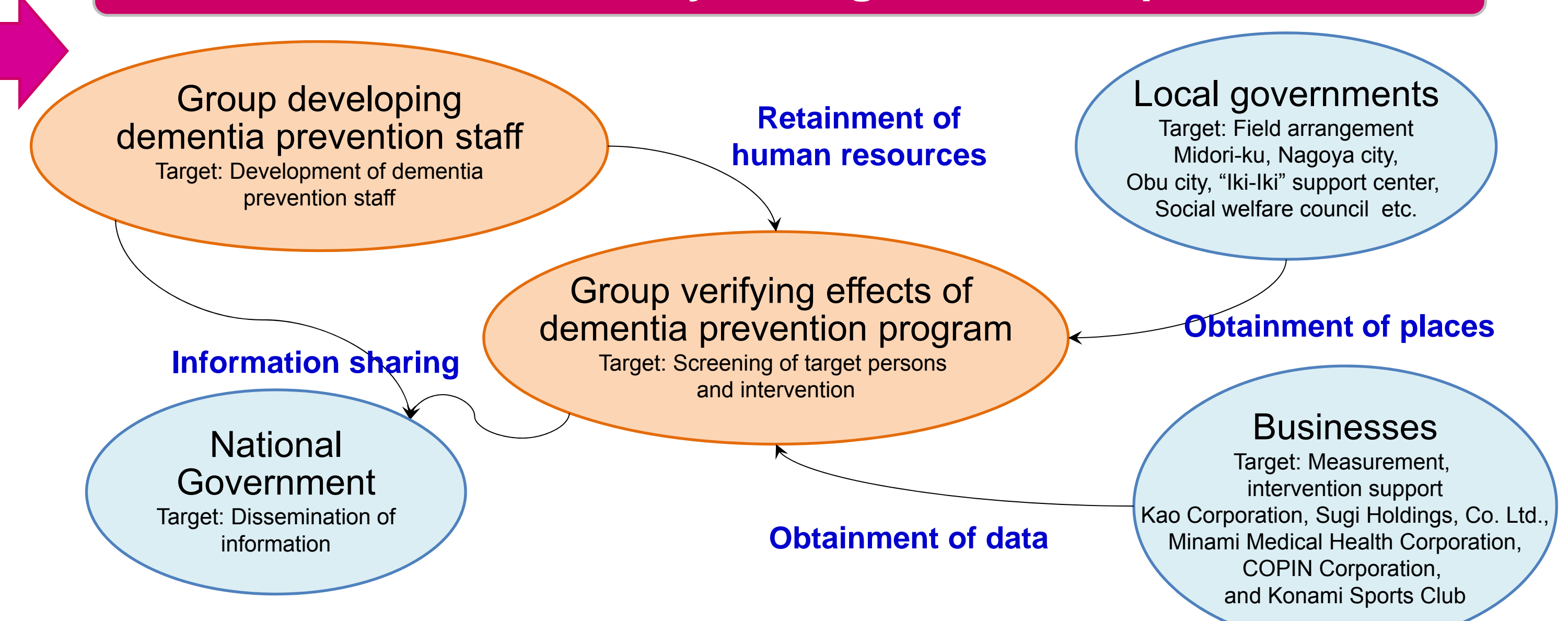
#### ■ Creation of community for dementia prevention

- We aim at implementation, as a governmental program, of dementia prevention in a local community by mutual support among older adults by means of utilization of human resources in the community.

Problems to be solved in order to attain active lifestyles



### Creation of community through dementia prevention



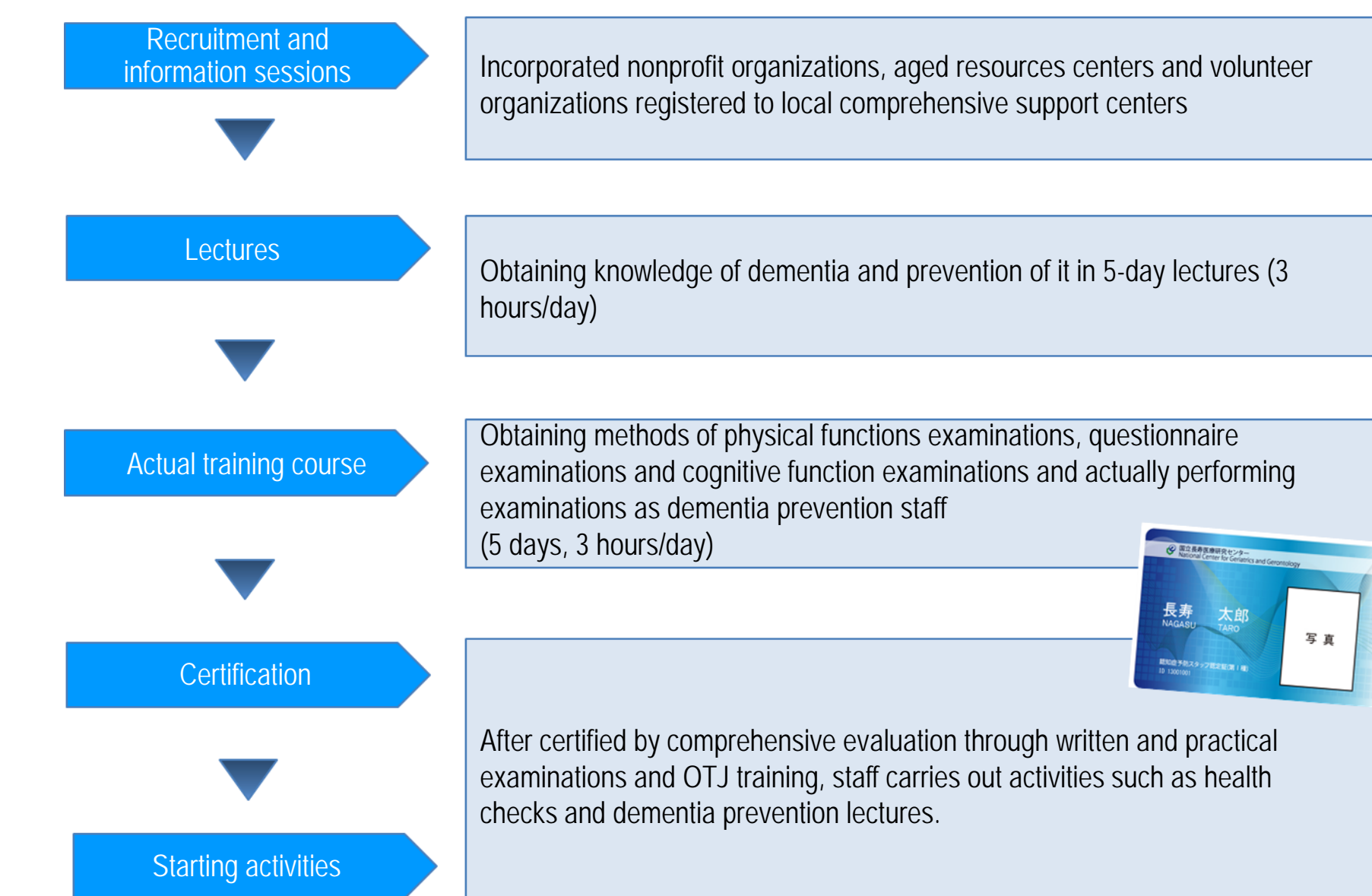
## Project achievements and future prospects

### Project achievements

#### Development of dementia prevention staff

Aiming at development of human resources with which dementia prevention activities can be performed in local communities.

##### Flow of development of dementia prevention staff



- 98 dementia prevention staff members engaging in local activities**
- Staff for examination of aged persons' functions
  - Operation of exercise classes and support of subgroup activities
  - Volunteer activities in lecture meetings held by local communities

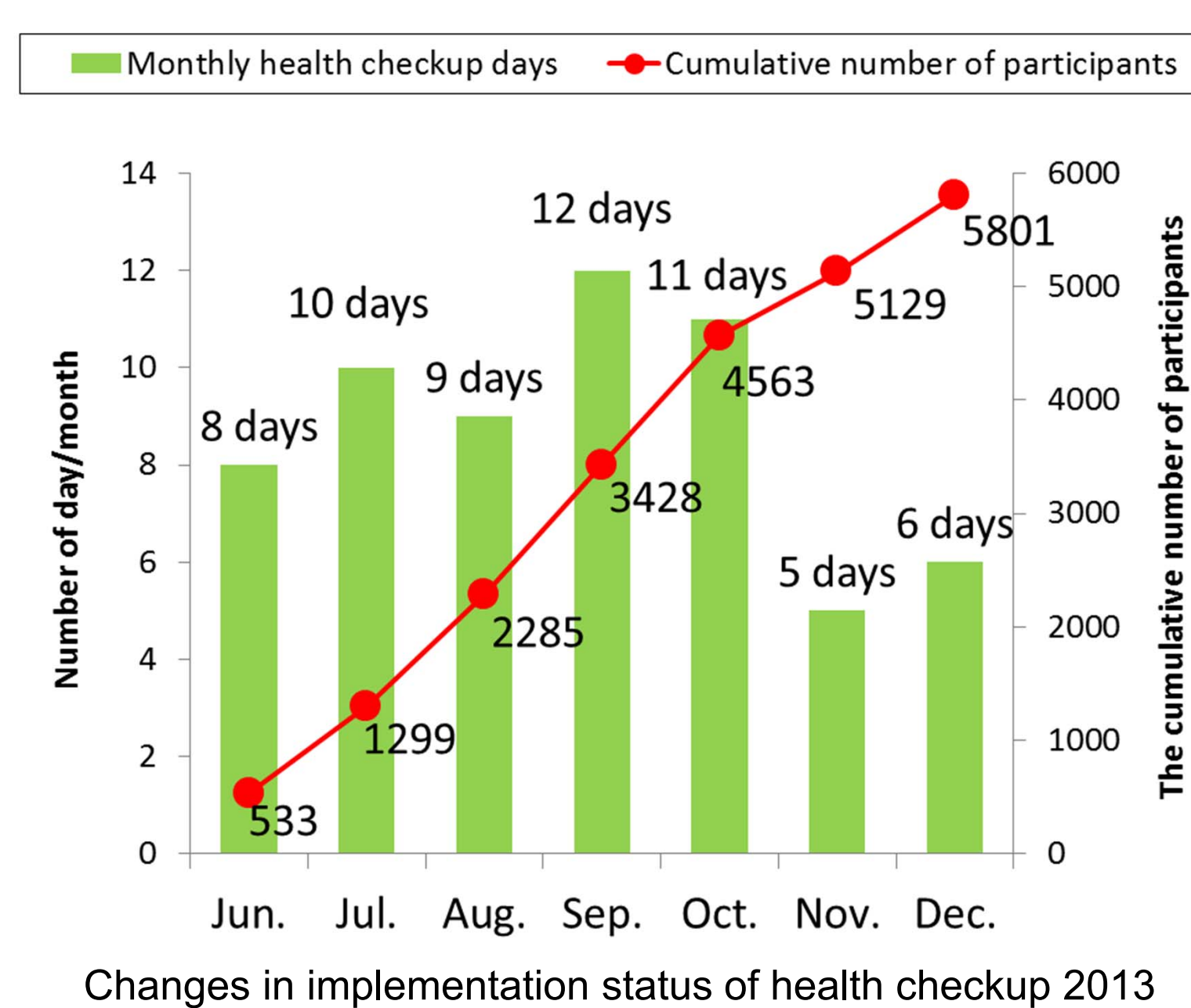
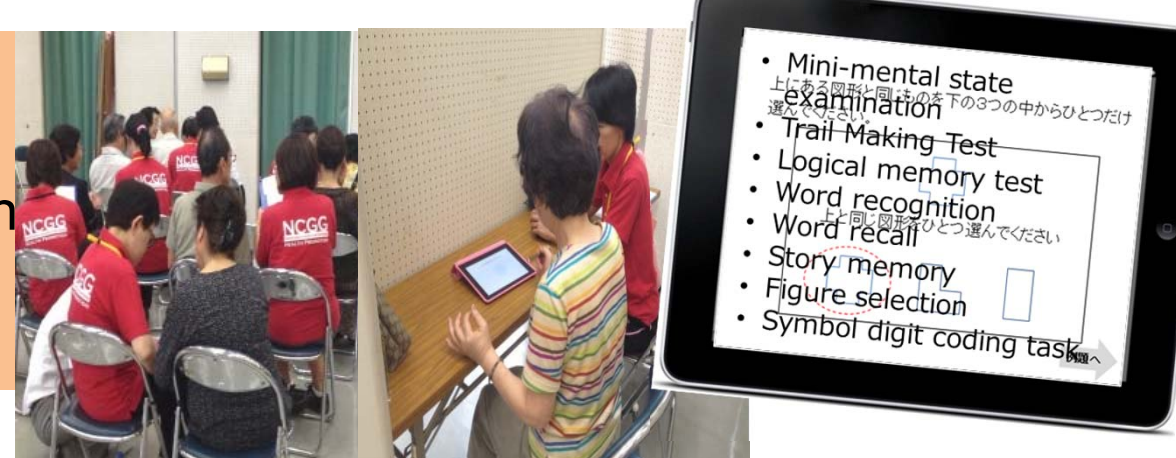
- After the project, the dementia prevention staff members will
- Voluntarily plan and hold "Dementia Café",
  - Participate in administrative programs concerning dementia prevention, and
  - Continue actions as staff members in the dementia prevention-related programs held by this Center.

#### Health check up of cognitive and physical function in older adults

(Nou to Karada no Kenko Chekku)

Aiming at examination of cognitive and physical functions of the aged in local community and screening of those with degrading cognitive functions.

- Cognitive function examination
- Physical function examination
- Questionnaire examination
- Blood examination, etc.



Changes in implementation status of health checkup 2013

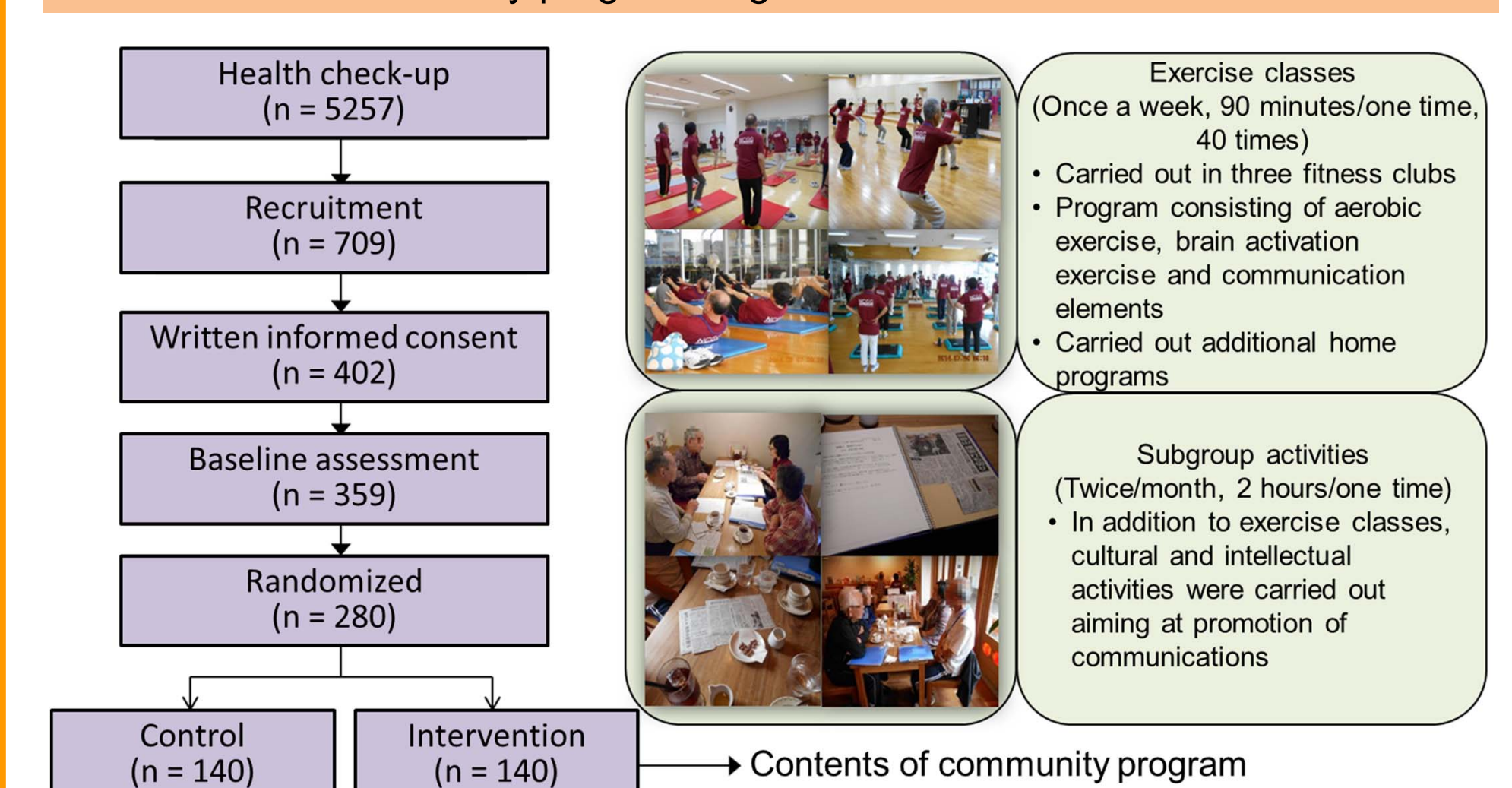
Attended by 5801 aged persons in local community (22.0%)

Higher recognition has been attained about the importance of examination of aged persons' functions for dementia prevention and activities have been held also in other communities.

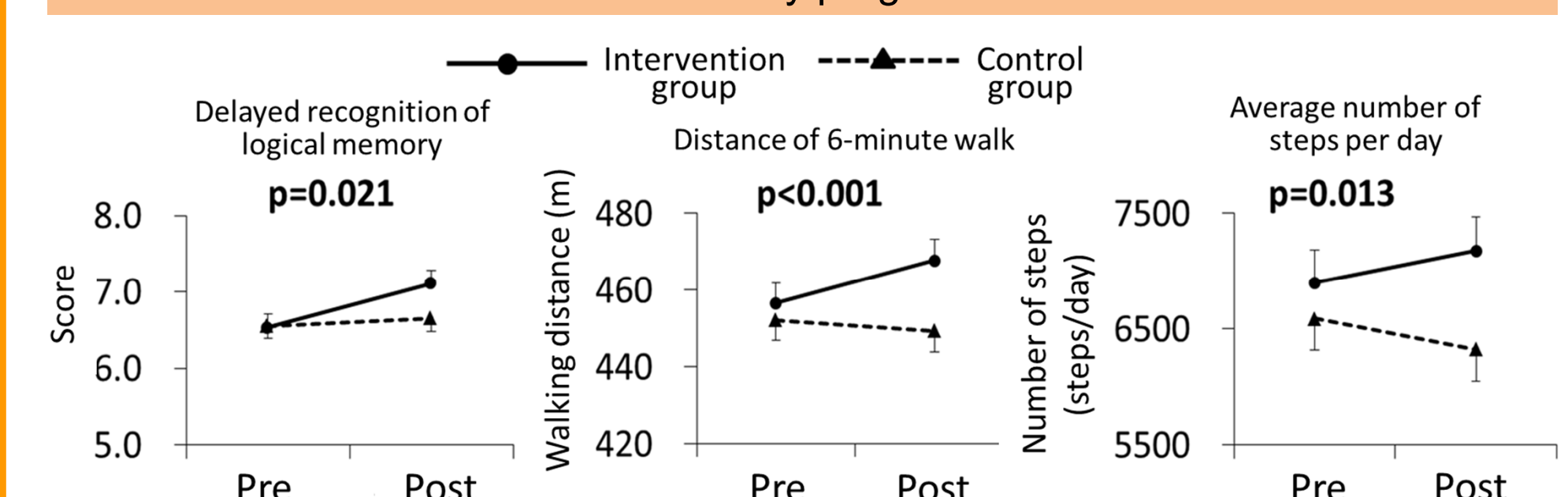
#### Development of community program and verification of its effects

By taking aged persons who have degraded their cognitive functions, effects of community program in collaboration with private facilities are verified (randomized controlled trial).

##### Community program target selection and contents



##### Part of result of community program effect verification



**Cognitive functions, physical functions and physical activities have increased and the effects of intervention have been recognized also on psychological and social sides.**

After termination of the project, follow-up classes were held in private facilities (fitness clubs).

### Verification of ripple effects on whole residents

We verified the effects of the series of our efforts for dementia prevention in this project on the whole residents in the target community. (By postal mail, we performed a questionnaire examination to all the residents of age of 70 and up (24,508 persons) in Midori-ku, Nagoya city (rate of answer: 66.4%) and a similar examination two years later (rate of answer: 72.5%))

- In two years, the rate of the people having interrelationship with the community and recognized by the dementia prevention staff were increased.
- Many more people have positively evaluated the efforts for dementia prevention in the community.
- Ripple effects to recognition of dementia prevention were suggested.

### Future developments and prospects

- The series of the processes developed by this project, that is, "Human resource development → Examination of aged persons' functions → Intervention in high-risk persons", was established as a method to promote dementia prevention in communities and performed by other local governments.
- The roles played by fitness clubs in administrative programs were reviewed and it was decided to promote their participation in nursing prevention programs.
- We are planning to longitudinal effects of this project on the rate of primary nursing care requirement authorizations and the onsets of dementia.

### Summary of outcomes

- It is possible to present a method to screen out persons who are more likely to have dementia in the community by utilizing the community's resources.
- It is possible to present a method to develop the human resources in the community as dementia prevention staff.
- It was made clear that a dementia prevention program utilizing the community's resources has effects of enhancement of the cognitive functions of persons who are more likely to have dementia.