

Promoting Public Consciousness of Decision-making on Elderly Care

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Project Goals

Problems to be solved

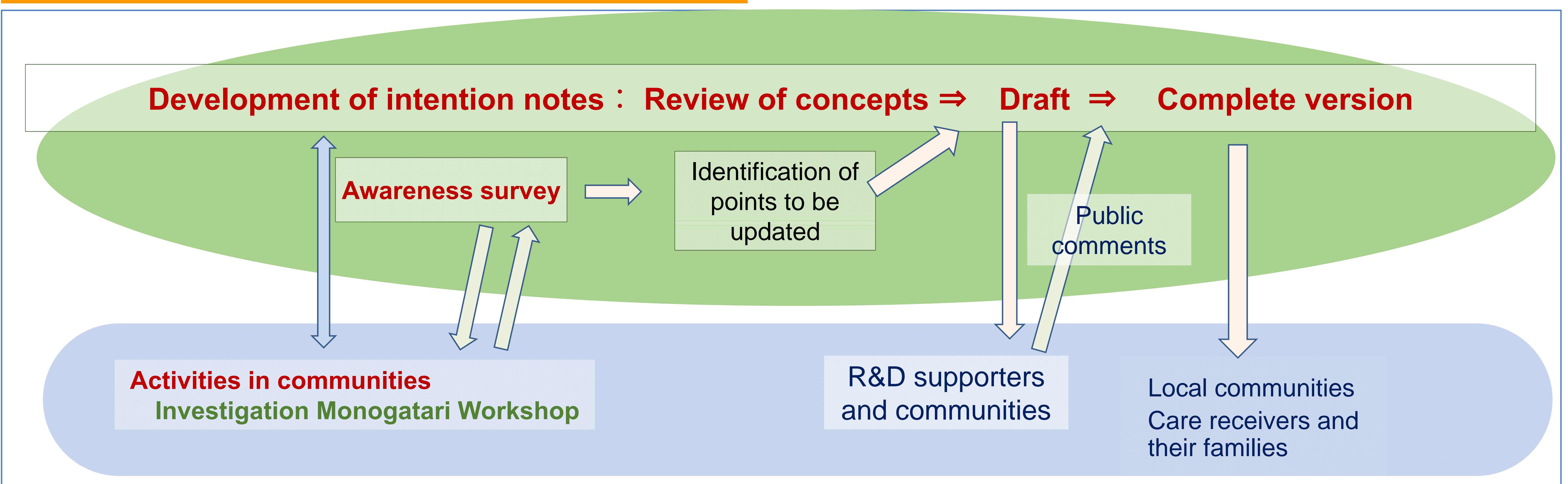
- Problems that prevent the elderly from living out their lives in their hometowns
- [1] Lack of systems that help the decision-making of care receivers and their families
- [2] Local communities' understanding of happy twilight years and of the role of healthcare
- [3] Negative thoughts about introducing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

