

Development of a new "Index of Competence" reflecting improved health status of the elderly

Project Director: Takao Suzuki

Chief, Institute for Gerontology, J.F. Oberlin University

Project goals

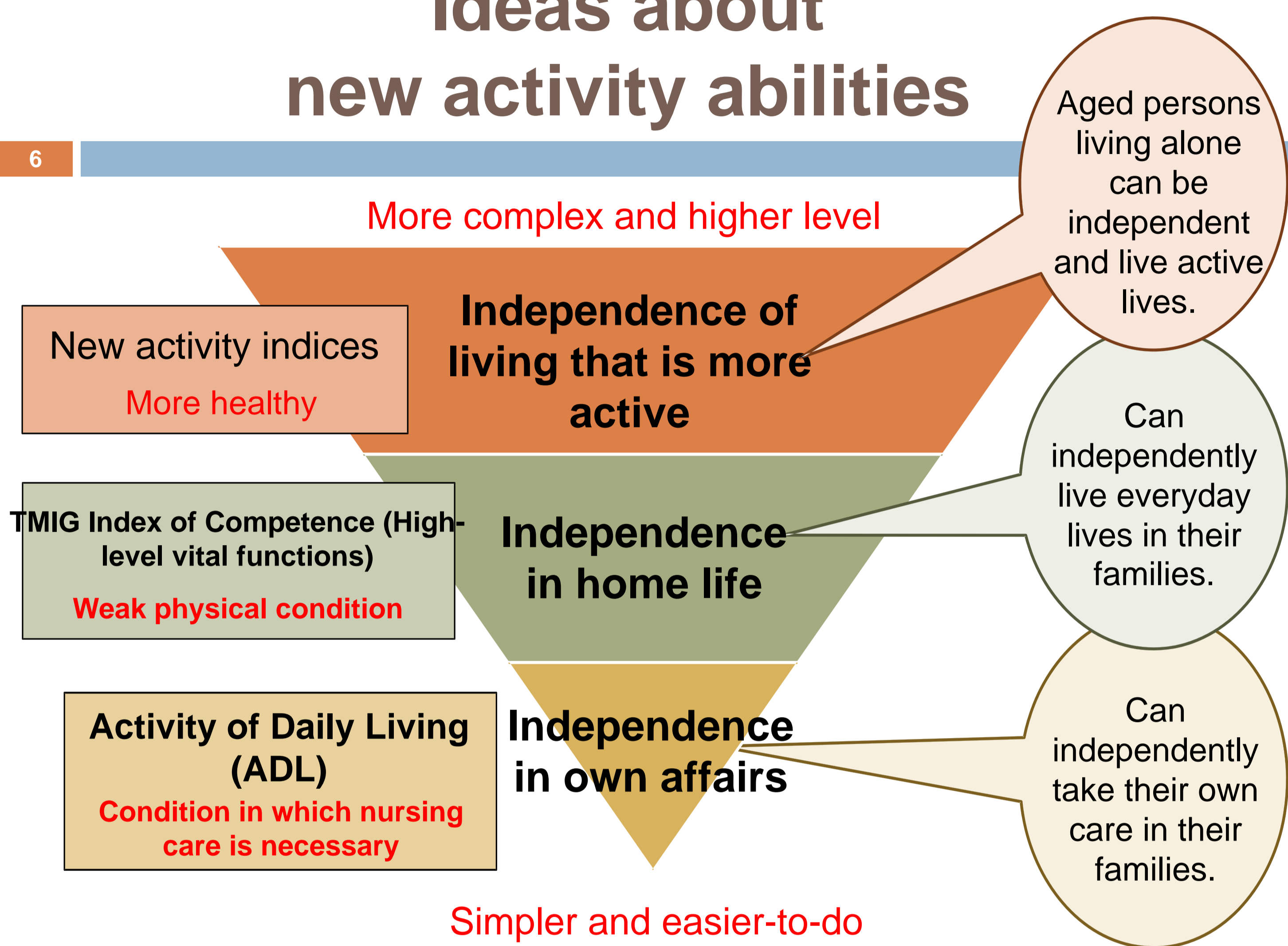
Problems to be solved

- Need of scientific evaluation of independent lives of the aged
- ⇒ TMIG Index of Competence that have established reliability and validity (Koyano, et al., 1986)
- ⇒ Changes in environment around the aged including improvement of health level
- ⇒ The measurement items of the above indices are not suitable to the actual conditions of **today's aged persons**.

Project implementation

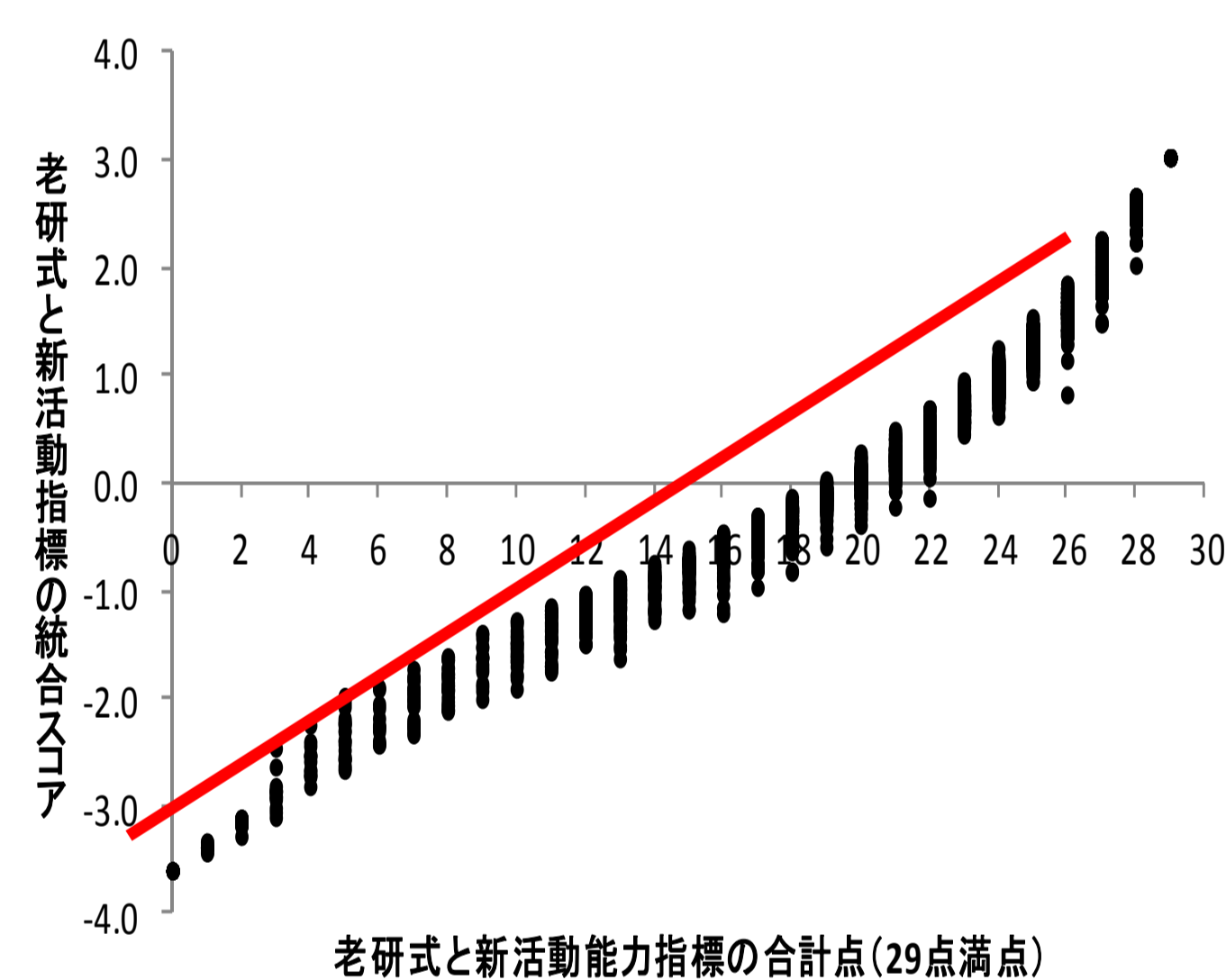
Overall plan and project development method

Ideas about new activity abilities



By combining with TMIG Index of Competence :

We can evaluate activity abilities of various aged persons from those with difficulties concerning IADL to those who are highly active.



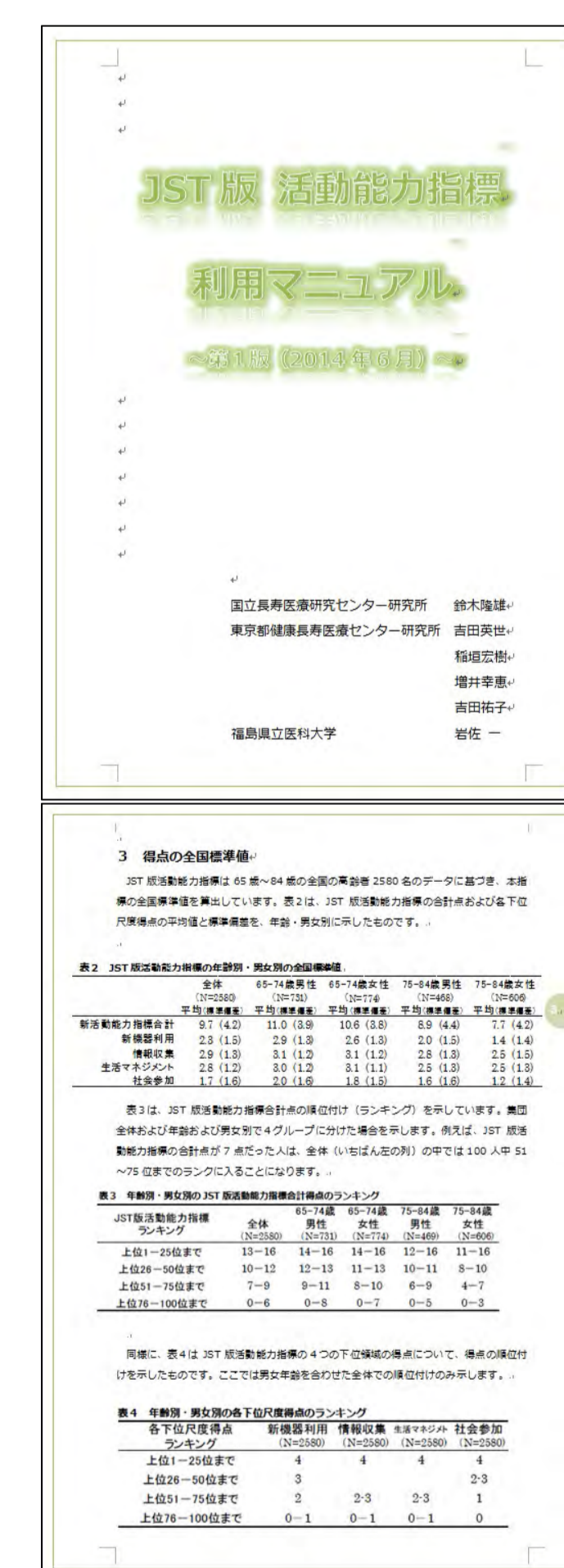
R&D Target

- Development of new indices corresponding to Japanese aged persons of "today"
- ⇒ Surveys and analyses using targets of urban areas, nonurban areas and all nation to develop new, more general indices

- Interdisciplinary lectures that are rich in variety
 - 1 Relationship between use of IT equipment by the aged and their everyday life abilities
 - 2 Productivities of the aged, mainly focusing on employment
 - 3 Process of development of TMIG Index of Competence and today's problems
 - 4 Actual conditions of social contributions and social participations by the aged
 - 5 Actual conditions of social networks of the aged
 - 6 Who holds intercourse on a daily basis with the aged in the urban areas?
 - 7 Measurement of satisfaction concerning social activities
- Through two nationwide surveys, we have extracted items that show little difference by the region and the gender.
- Developed indices consisting of 4 factors and 16 items.

Factor name	Item
Social participation	Do you have action in your neighborhood association/residents' association?
	Do you take part in the local festivals and events?
	Do you do outreach activities and voluntary services?
	Can you play a leading or managing role in your residents' association or in a group activity?
Use of new equipment	Can you use the mailing function of your cell phone or personal computer?
	Can you use a cell phone?
	Can you use an ATM?
	Can you operate a video machine and a DVD player?
Collection of information	Do you watch educational and cultural programs?
	Are you interested in foreign news and incidents?
	Do you have time to enjoy art objects, movies and music?
	Can you determine the credibility of information on health?
Life management	Can you nurse a sick person?
	Do you take care of your grandchildren, family members and acquaintances?
	Do you device ways and means in your everyday life?
	Do you take measures to prevent damages from frauds, snatches and sneak thieves?

* No verification has been made in the English version.



Project achievements and future prospects

Project achievements

■ JST's activity ability indices and manual for them

How to use (example)

- For aged persons and experts concerning health of local aged persons
 - These indices can be used to grasp health conditions and social inactiveness of aged persons more quickly than TMIG Index of Competence.
 - These indices can be expected as a tool for prevention of nursing care and isolation of the aged persons in the community in an earlier phase.
- For officers in welfare and health departments of local governments
 - These indices can be used to evaluate health and activeness of the overall residents. In addition, they can be used to evaluate the intervening activities performed in the community. They can be expected as a tool to find problems in the community and to help solve them.
- For businesses and enterprises operating for aged persons
 - These indices can evaluate the readiness of each aged person for new equipment and social activities (How well he/she can use an apparatus and to what degree he/she can be active in an activity). They can be expected as a tool to promote introduction of new equipment and activities.

Future developments and prospects

1. Creation and distribution of manual
2. Basic treatise on indices adopted in an international journal.
 - Iwasa et al: Gerontology and Geriatric Medicine, January-December, 1-11, 2015.
 - Based on this treatise, we are planning to develop further treatises in the future.
3. Survey and study on validity of JST-IC
 - Distribution of scores in a group having high representativeness: Tsumagoi Village, Gunma Prefecture
 - Relationships with cognitive and motor functions: Hyogo Prefecture (Itami City and Asago City) and Tokyo (Itabashi-ku and Nishitama-gun)
4. Introduced as indices to evaluate community intervention and as a tool to screen candidates for participants in activities.
 - Study on intervention for creation of a community of nursing care prevention in collaboration with residents: Toshima-ku, Tokyo → Scores of JST indices predict wills to participate in community activities and how actions should be.

	Low-score group n=1319			High-score group n=1078			Significant difference
	I did	I want to do	I do not want to do	I did	I want to do	I do not want to do	
Childcare support	.9%	20.0%	79.0%	8.2%	37.7%	54.1%	p<.000
Activities for conservation of regional environment	4.4%	35.9%	59.7%	19.9%	50.4%	29.7%	p<.000
Activities for safety, crime prevention and disaster prevention	7.1%	23.0%	69.9%	26.1%	36.4%	37.5%	p<.000
Activity leaders and assistants	.5%	24.3%	75.3%	10.4%	45.2%	44.3%	p<.000
Volunteer activities for the aged and the handicapped	2.2%	24.4%	73.4%	14.9%	39.6%	45.5%	p<.000
Education and lecture activities	3.8%	22.0%	74.1%	19.2%	40.3%	40.6%	p<.000