

# I Care of the Elderly

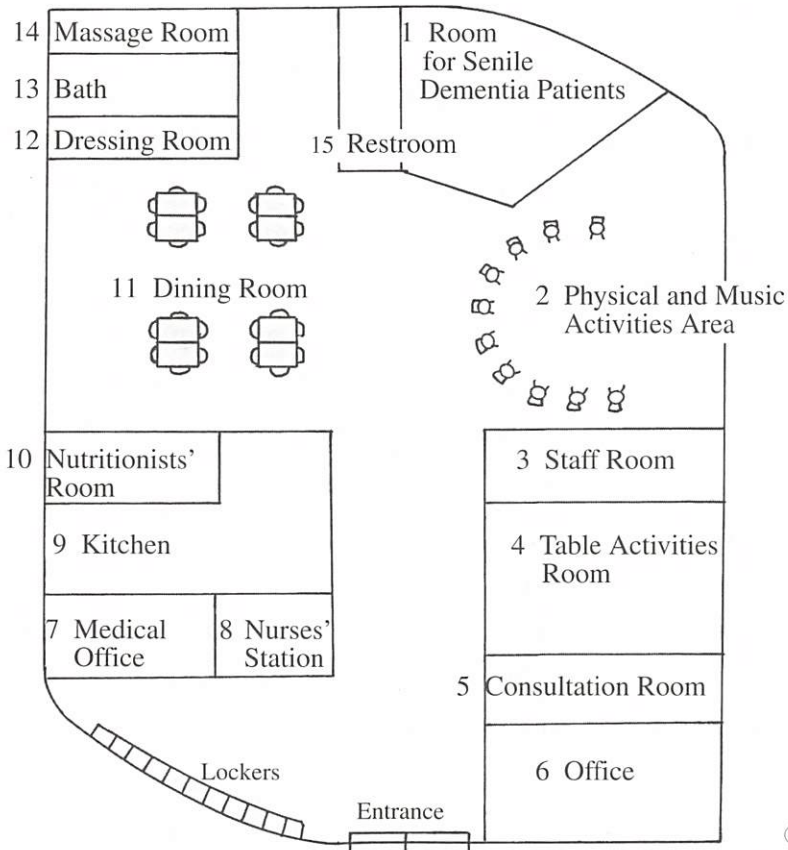
## Unit 1 Adult Day Service

◇この章のポイント◇

高齢者ができるだけ健康的に、意義ある日々を過ごせるように、老人施設を中心としたデイ・サービスが行われています。どのような活動が行われ、どのようなメリットがあるのでしょうか。

### 1 Pre-reading Exercise .....

下記の図はある老人施設のデイ・サービスが行われる場所の平面図です。下の日本語の名称に当たるものを選び、( )の中に数字を書き入れましょう。



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- |                |                    |          |              |
|----------------|--------------------|----------|--------------|
| 食堂 ( )         | 事務室 ( )            | 栄養士室 ( ) | 運動・音楽活動室 ( ) |
| 浴室 ( )         | 医務室 ( )            | 看護師室 ( ) | マッサージ室 ( )   |
| 厨房 ( )         | 相談室 ( )            | 脱衣室 ( )  | スタッフ・ルーム ( ) |
| 老人性認知症患者用室 ( ) | 工作・書道・テーブルゲーム室 ( ) | トイレ ( )  |              |



What matters most in an “aged society” like ours is the quality of life of the elderly. The Adult Day Service program promotes a healthy lifestyle and provides opportunities for the elderly to spend their daytime hours meaningfully.

5 **Who is eligible for the day services?** Any adult 40 years of age and older who is:

- 1) physically or cognitively impaired
- 2) limited in his/her ability to function independently
- 3) socially isolated
- 10 4) experiencing mild confusion due to mild dementia or early stage Alzheimer’s disease
- 5) willing to participate in a program with supportive care.

15 **What services are provided?** Clients participate in supportive, planned social activities which provide mental and physical stimulation through, for example, arts and crafts, exercise, cooking, sing-alongs, group discussions, and card games. Music is an integral part of the activity program. Music therapy sessions are a mix of singing, dancing, and playing rhythm instruments. Art therapy sessions are a way for participants to creatively express their thoughts and feelings. Other special activities include field trips such as cherry blossom viewing, intergenerational get-togethers, pet therapy, and visits from outside entertainers. For lunch, clients receive a hot, nutritious meal. Transportation to and from the day service center is coordinated by the staff. Friendship and laughter are essential parts of the program.

25 **What are the merits of this program?** It can:

- encourage activity, both physical and cognitive
- promote independence and develop coping skills
- improve communication and socialization skills
- create trusting friendships between the client and staff/volunteers
- 30 • decrease social isolation
- provide an alternative/delay to institutionalization

- give families and other caregivers a break from full-time care so they can maintain their own physical and emotional well-being.

## 3

Comprehension 

下記はある特別養護老人施設で実施されているある日の通所介護サービスのプログラムです。音声聞いて空欄に入る語を書き入れましょう。

- 9:00–10:00 **“Tea Klatch”**: While green tea is served, ( ) ( ) are checked by a nurse.
- 10:00–10:20 **Morning Stroll**: Walking is an everyday activity come rain or shine. When the ( ) is ( ), walking indoors to the beat of music can be good exercise and a lot of fun.
- 10:30–10:45 **Music Memories**: Sing along and dance to “old time” favorites.
- 10:50–12:00 **Choice 1: Let’s Get Physical**: Physical games such as balloon volleyball, bench hockey, and exercise ( ) ( ) PT, OT, or center staff members.  
**Choice 2: Table Activities**: handicrafts, games (e.g. mahjong), ceramics, cake-baking, and drawing.
- 12:00–1:00 **Lunch**: A good nutritious meal ( ) ( ) in a relaxed setting.
- 1:00–1:30 **“R&R”(Relax and Regroup)**: A time for participants to freshen up and relax while listening to soft music and drinking tea or coffee.
- 1:45–2:15 **Little Theater**: Short videos ( ) ( ), babies, and animals are shown for afternoon enjoyment.
- 2:20–3:30 **Music Activities**: Karaoke and group singing.
- 3:40–4:10 **Community Circle**: Small ( ) ( ) of the day’s topics and events.

## Notes for Reading

**aged society** 「高齢社会」 cf. **aging society** 「高齢化社会」 国連の基準では、高齢者（65歳以上）人口が7%を超えると「高齢化社会」と呼び、14%を超えると「高齢社会」と規定している。日本は、1994年に高齢化率が14%を超えた。 **eligible** 「資格がある」 **impaired** 「弱った、悪くなった」 **socialization** 「社交」 **intergenerational activity** 「異なる世代間の活動」例：小学生と老人の交流 **nutritious** 「滋養に富む」 **coping skill** 「(物事に) 対処する技能」 **institutionalization** 「施設への収容」



## 4

## Dialog



会話の空欄に( )内の日本語に合う英文を書き入れましょう。

(Mariko and Kento, both college students, are talking in the school cafeteria.)

**Mariko:** My grandmother has just started going to a day service program provided at a nearby nursing home.

**Kento:** 1. \_\_\_\_\_ ?  
(家族の方が彼女をそこに連れて行くんですか。)

**Mariko:** No, they have a door-to-door transportation service using a wheelchair-accessible van.

**Kento:** Great. What does your grandmother do there?

**Mariko:** They have various types of activities. 2. \_\_\_\_\_ .  
(身体的なものもあれば、創造的なものもあります。)

My grandmother loves calligraphy and singing along with a music therapist.

**Kento:** Does she take a box lunch with her?

**Mariko:** It's not necessary. The day service offers a hot lunch prepared by nutritionists. It even includes soup and dessert.

**Kento:** Wow, that's like a full course lunch. What a nice program!

**Mariko:** It really is. There's also a bath service if you request it, with special rooms for those with senile dementia.

**Kento:** 3. \_\_\_\_\_ ?  
(そうしたサービスは費用がたくさんかかりますか。)

**Mariko:** Lunch only costs 450 yen and the transportation fee is 100 yen.

**Kento:** That's very reasonable. Does your grandmother enjoy the program?

**Mariko:** She sure does. All the staff and volunteers treat her very kindly. Everyone laughs a lot and has a lot of fun. She looks very satisfied when she comes back home.

**Kento:** And your mother gets a break from caring for her while she is away.

**Mariko:** That's right. The program is designed with both caregivers and dependent adults in mind. It makes the whole family happy!