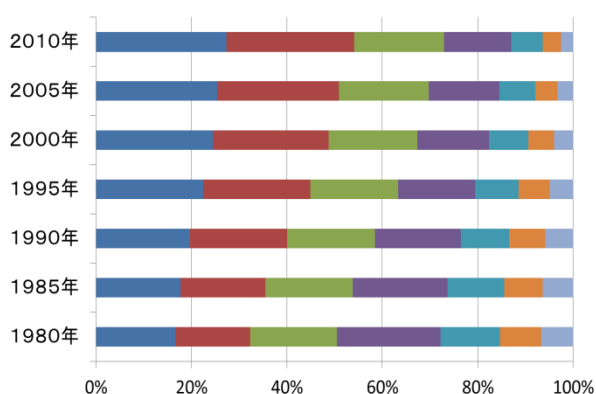# Local Medicine for the Elderly

**Abstract**

Dementia is a serious problem and the number of elderly people is increasing. One cause is nuclear family. We used Kanegasaki`s care system and tried to apply it to Tokyo. But, it is difficult. So, we suggested a plan that utilizes exchange between elderly and children. Also, we noticed that we had been helped by many people. Next is our turn, let's return the compassion of the heart to every person who has troubles.

**Introduction**

We researched for healthy happy life of elderly people. As you know, dementia is a serious problem and the number of elderly people is increasing day by day. What is dementia? And how do we decrease the number of patients? Dementia is the disease that prevents us from living our life because of brain damage. Sometimes it causes some problems like late night walking around and hoarding waste in their house.

**Analysis〔1〕Field Work "Kanegasaki Town"**

The population is sixteen thousand and three hundred twenty five (16,325). The aging population over sixty five (65) are four thousand five hundred thirty three (4,533). Aging rate is twenty eight point five percent (28.5). It seems average value as same as all cities in Iwate prefecture.



This graph shows households ratio grouped according to the number of households in Iwate prefecture, and shows the trend of the percentage of households by number of households every five years. Please look at the bars painted blue and red. Looking at this, you can understand 2010's rate of nuclear family, that is household with number of people less than three people, had increased compared to that of 1980's. From this, you can understand that a trend of nuclear family is going on in Iwate.

Living without stimulation of daily life is thought of as one of the critical causes of

dementia. So, it seems that increasing nuclear family is associated with increasing dementia.
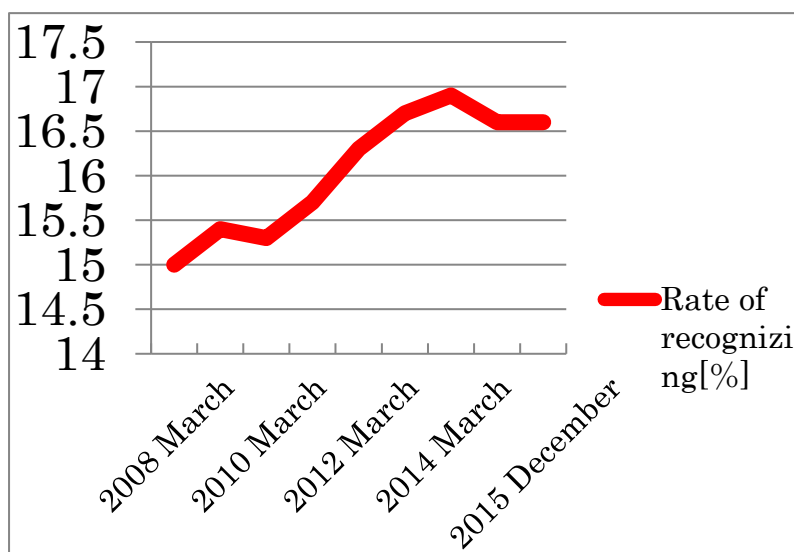
Next, this graph shows the decrease in Kanegasaki`s people needing care. Here, we will introduce the actions being done in Kanegasaki. For example, men seem to be doing a nursing care class because men might be shy and find it difficult to participate in activities. In this way in Kanegasaki they are doing various activities such as spreading correct knowledge and information and trying to respond quickly.



Rate of recognizing[%]

## Analysis[2] Compared with City and Local



列1

1.6

列1

2004  2011  2035
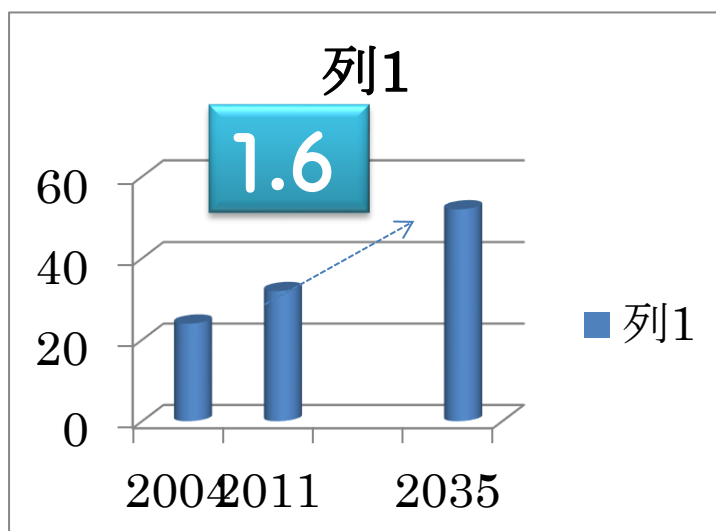
We examined the number of dementia patients to compare the progressing of steps of dementia. We found it that the number in 2025 is 1.6 times as many as one in 2013.

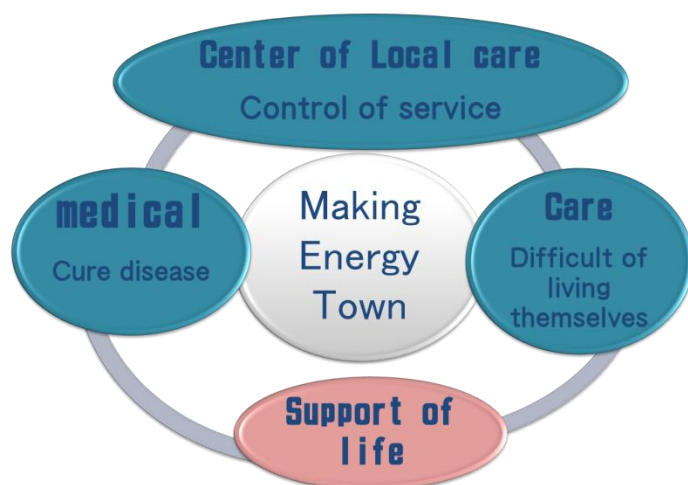We expected that the steps in local areas are late. The number of dementia in local areas is increasing. The step is not enough. But, it is also increasing in urban areas. So, we thought that it is not enough too. And we hypothesized that the steps in urban areas is late. The fact is that Tokyo doesn't have a sufficient program.

## Analysis[3] "Care System" of Kanegasaki

We considered how we could apply Kanegasaki Town's program to Tokyo. Main cause of success to decrease rate of patient stopped thinking about [care = welfare].

They separate organization to some field. The medical treatment are not only dementia, but also many kinds of elderly's disease and welfare that care of old patients.  Keeping good health that improves the program of preventing dementia. Many professions unite and support elderly.  So, they can decrease individual burden and each of them can concentrate their own fields.

This program is called "Care system of holding area ".  We tried to carry out this system in the city, but we found it is difficult.  In Tokyo, "The Life support of whole areas" can't do such as like Kanegasaki, because there are many patients who live alone and come from local area.  So, they have few opportunities to talk with neighborhoods. Even if they improve their disease, they might be worse again.  So, we focused on "Exchange among local citizens".  For example, elderly visit nursery school or elementary school and exchange with children.  But this is only one example, from now on, they assume important role that not only we have said above, but also a role of "Government" which create some events for exchange among people.

## Conclusion

Through this study, we thought about something like the figure. For example, we make greetings and conversation that we do every day for the elderly in the area in the same way. By doing so, we can give to the elderly. The most necessary thing for us is not a special thing but to keep awareness that "each and every one of us will do something obvious".

Lastly, I will introduce one song's to you. This song's title is "Tegami". This was written by Mr. Higuchi Ryouichi who was patient of dementia. There is one phrase about understanding dementia in this song. "Certainly, patients of dementia may not be able to take care of themselves, they may say the same thing again and again, and they may hardly follow what we say. But, this is same thing when we were little. We had other people help ourselves, we had our family read picture books, and we said selfish things every day." Please remember your childhood. When you do it, you

can notice that you had been helped by many people. Next is our turn. Let's return the compassion of the heart to every people have some troubles. Now, globalization is advancing.

I think that it is important for us to look at not only connection on global scale but also bond in familiar area. From now on, how should we face dementia? We have to think about it.

## Acknowledgement

Ms,Yokkaichi Harumi

She works at Kanegasaki local public office.

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