

The burden of caregiver and the way of reducing it

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Abstract

Recently, problems by nursing care stress have become serious and the number of Japanese senior citizens is increasing. Therefore, we think that we can solve the issue by researching home care which can support caregiver. We came up with these hypotheses to reduce the burden on caregivers. Those are “Mental health care to caregivers, SNS in medical use, Spreading the robots to support care, Day care service.” We did a research through the Internet and fieldwork to Yuai-no-machi and prefectural government. Then we concluded through the research and fieldwork. Those are “Support on mind aspects, Measure against leaving work for care, Provision of the chance to return to the society, Spreading of the policy.” This result of research will have an influence on two points. First, it enables caregiver to care with little burden on some aspects. Second, it reduces the problems which stressful caregiver caused by reducing their burden.

1. Introduction

In the February of 2016, we heard a shocking news. In a nursing home in Kawasaki, three patients were killed by the staff. The criminal staff said that he had been so stressed about working. After that, incidents that staff treated patients badly and even killed happened constantly. Like this, these days, in Japan, the social problems have been heavier, such as the caregivers' suicide caused by stress or exhaustion and the violence against patients. Moreover, Japan is facing a declining birth rate and an aging population, and total number of nursing homes and staffs remains finite and small. So, the situation is getting worse and worse. Then we want to help find the solution from a perspective of home healthcare.

2. Analysis

(1) Hypothesis

To reduce the burden on caregivers

I .mental health care to caregiver

II .SNS in medical use

III.Spreading the robot to support care

IV.Day care service

(2) The way of research

①fieldwork in city

Town of Yuai(July 31th in 2017)

Prefectural government (August 3rd in 2017)

②information gathering the internet

(3) The result of research in Town of Yuai

There are three important problems of nursing .

First, caregivers bear burdens from many aspects, such as family structure, the economic situation and time.

Second, caregivers need supports in mental, but they cannot get it enough.

Third, there are no places to release their pent-up feeling of discontent when caregivers build up stress.

Especially, the second problem (lack of supports in mental) is the most serious.

(4) The result of research in prefectural government

There are three main things they have to do.

They have to make policies needed in field, to build the Integrated community care system that is essential to community medicine.

* The Integrated Community Care System ...

It was made to adopt for aging population with a declining birthrate.

Municipalities improve things such as housing, medical care, nursing and livelihood support.

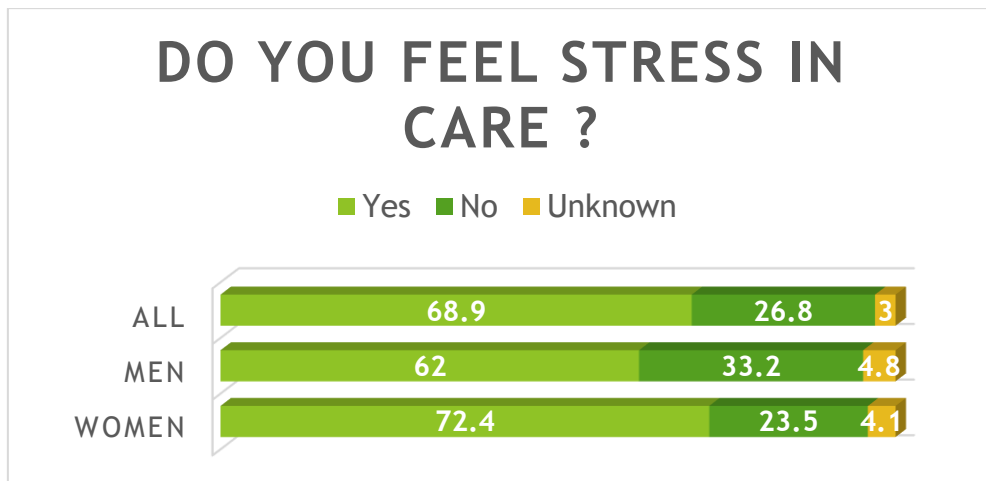
This helps elderly people to get them at the area in which they have got used to living

(5) The result of research on the Internet

The cost of nursing is 847,000 yen on average for an initial stage and 113,000 yen on average for a month. But 31.3% of people pay 150,000 yen or more for a month.

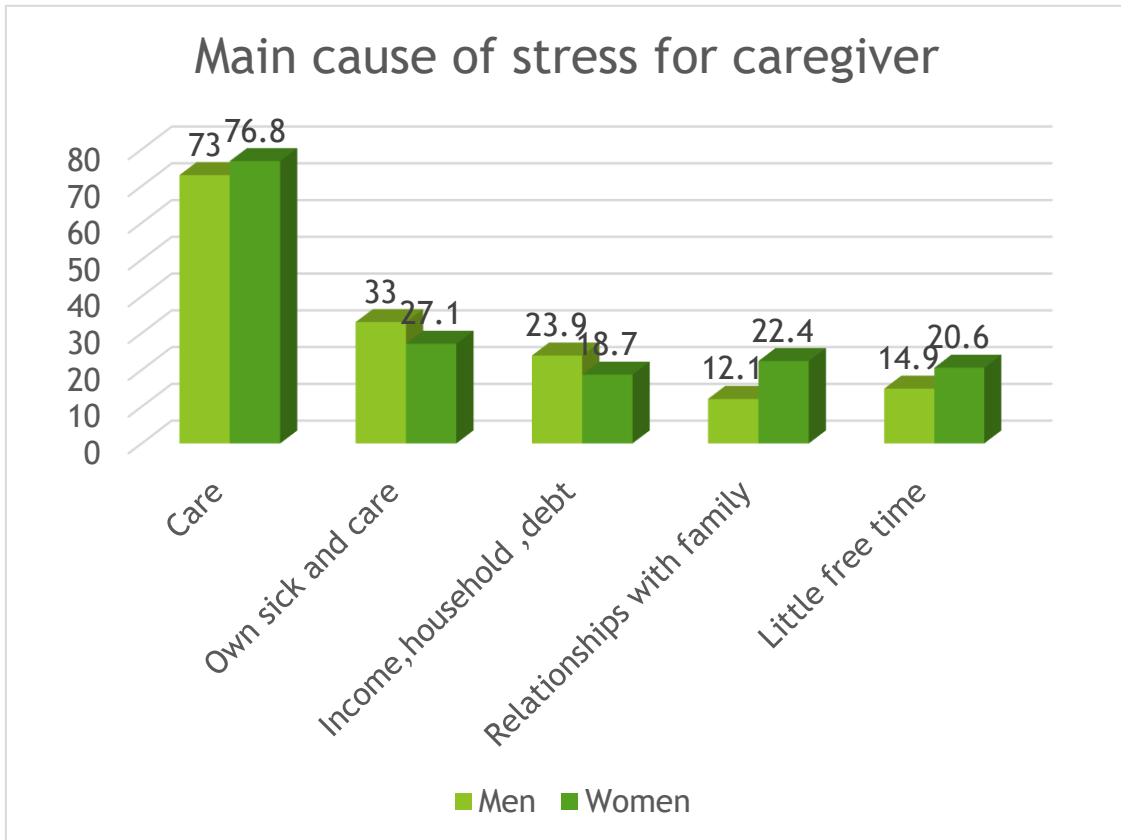
About problems of nursing, 51.1% of people answered that they suffered from the psychological burden. It is the highest percentage.

About what is needed for measure of nursing, 51.3% of people answered that they need information gathering of care services and facilities.



This graph shows existence of stress.

A little less than 70% of people have stress, above all, a little more than 70% of woman have stress. It shows that woman have more stress than men do.



This graph shows the cause of worries and stress that caregivers have. As you can see, “their family’s care and sick” is the first, and “own sick and care”, “income, household, debt” follow it.

Accordingly, you find that nursing is a big burden in itself and we cannot ignore stress of the economy.

(6) The issue in the future

- I . To support mind aspects well
- II . Measure against leaving work for care
- III. To provide the chance to return to society
- IV. To increase recognition of the policy

3. Conclusion

“To support mind accept well” “To increase recognition of the policy”

We think that these problems are very important in order to reduce caregiver’s burden. We came up two ideas.

First, nowadays, nurses, caregivers and doctors visit patients separately. Then, we suggest that social worker, clinical psychologist and nurse act as one team. Clinical psychologist provides caregiver with mental health support. Social worker provides caregiver with independence support. For example, clinical psychologist and social worker talk with caregiver while nurses are caring the patient. By doing this, the team can support caregiver efficiently.

Second, we suggest that we research on caregivers, and then, we provide local governments with the result. In fact, people who work in the welfare institution said that they want the local governments to know about current situation of nursing care. For example, we research on caregivers in hospitals or welfare institutions. Then, we provide local governments with the results. By doing this, we think that the local governments will refer to the results and make good policy about nursing care.

4. Acknowledgement

Yuai-no-machi

Prefectural government

5. References

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