



Dementia Long-term Care  
Basic Training E-Learning System

# The basics of understanding and supporting people with dementia

えいごばん  
英 語 版

認知症介護研究・研修仙台センター



# にんちしょう ひと し てつだ たいせつ 認知症の人を知ることと手伝えるときに大切なこと

## The basics of understanding and supporting people with dementia

### — Table of contents —

ここで勉強すること

Purposes of the training course..... 1

#### じょしょう にほん にんちしょう かんが 序章. 日本が認知症のことを どう考えているか

##### Introduction. Current status of dementia

にんちしょう せ さく すいしんたいこう  
認知症施策推進大綱

Framework for Promoting Dementia Care..... 5

#### だい しょう にんちしょう け あ とき たいせつ かんが 第1章. 認知症ケアをする時に大切なことと考えること

##### Chapter 1. Basic principles and mindset toward dementia care

はじめに

Introduction..... 33

1. パーソン・センタード・ケア

1. Person-centered care..... 34

2. 認知症の人への 正しくない思い と正しい 思い

2. Prejudice and misunderstanding toward people with dementia and the resolutions..... 59

3. 介護をする人に 必要なこと

3. Caregivers' perspective..... 68

4. 認知症の人が 毎日の生活・社会生活の中で 意思決定をするための 手伝いとは

4. What is decision-making support in the daily lives and social lives of people with dementia?..... 86

#### だい しょう にんちしょう なに げんいん びょうき 第2章. 認知症とは何か、原因になる病気とは

##### Chapter 2. Definition of dementia and causative diseases

1. 認知症とはなにか①

1. What is dementia? ①..... 93

1. 認知症とはなにか②

1. What is dementia? ②..... 95

2. 認知症の原因になる病気：アルツハイマー型認知症の原因と多い症状	
2. Causative diseases of dementia: Causes and major symptoms of dementia of the Alzheimer's type	108
2. 血管性認知症の原因と多い症状	
2. Causes and major symptoms of vascular dementia	123
2. レビー小体型認知症の原因と多い症状	
2. Causes and major symptoms of dementia with Lewy bodies	132
2. 前頭側頭型認知症の原因と多い症状	
2. Causes and major symptoms of frontotemporal dementia	140

### 第3章. 認知症の中核症状と行動・心理症状を知る

### Chapter 3. Understanding the core symptoms and behavioral and psychological symptoms of dementia

1. 認知症の中核症状と行動・心理症状を知る①	
1. Understanding the core symptoms and behavioral and psychological symptoms of dementia ①	151
1. 認知症の中核症状と行動・心理症状を知る②	
1. Understanding the core symptoms and behavioral and psychological symptoms of dementia ②	153
2. 中核症状が出ると生活がどう変わるか	
2. Impacts of core symptoms on daily life	164
3. 中核症状が出ると心はどうなるか	
3. Psychological effects of core symptoms	176
4. 行動・心理症状とは何か、その原因について	
4. Understanding behavioral and psychological symptoms of dementia (BPSD) and its causes	196
5. 認知症の人とまわりの関係①	
5. Environment for people with dementia ①	203
5. 認知症の人とまわりの関係②	
5. Environment for people with dementia ②	205
6. 健康管理（病気にならず、元気になるよう手伝えること）①	
6. Health management ①	211
6. 健康管理（病気にならず、元気になるよう手伝えること）②	
6. Health management ②	212

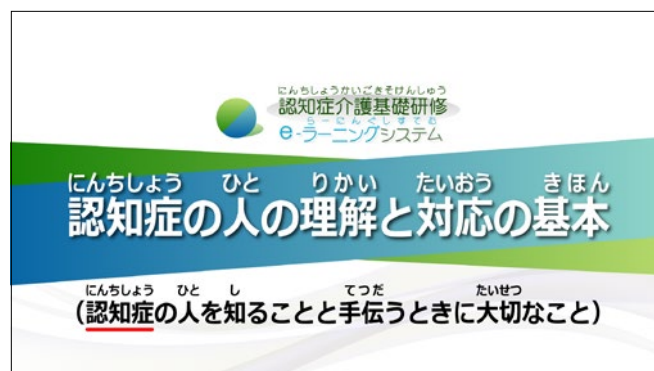
## Chapter 4. Basic Techniques in Dementia Care

1. 認知症を悪くさせない技術について①	
1. Treatment for dementia ①	223
1. 認知症を悪くさせない技術について②	
1. Treatment for dementia ②	225
2. 認知症の人と正しく話すことや聞くこと (佐々木さんの場合について考えてみましょう)	
2. Appropriate methods to interact with people who have dementia (case practices)	231
2. 認知症の人と正しく話すことや聞くこと②	
2. Appropriate methods to interact with people who have dementia ②	244
3. 認知症の 症状 をよくする技術 (佐々木さんの場合について考えてみましょう)	
3. Dealing with dementia symptoms (case practices)	272
3. 認知症の 症状 をよくする技術②	
3. Dealing with dementia symptoms ②	291
4. 認知症の人の思いを大切にする技術①	
4. What is the support method that respects the patient's will? ①	304
4. 認知症の人の思いを大切にする技術②	
4. What is the support method that respects the patient's will? ②	305
5. チームケア (みんなでケアをする) で大事なこと	
5. Fundamentals of team care	314
6. ケアをしている家族を理解する①	
6. Understanding and support methods for family caregivers ①	319
6. ケアをしている家族を理解する②	
6. Understanding and support methods for family caregivers ②	329
ようごしゅう 用語集	
glossary	341



- The basics of understanding and supporting people with dementia

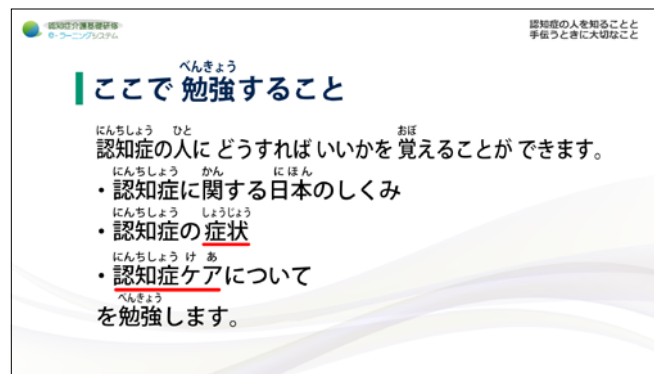
## Purposes of the training course



にんちしょうかいごきそけんしゅういーらーにんぐしすてむ 認知症介護基礎研修 e-ラーニングシステム	Dementia Long-term Care Basic Training E-Learning System
にんちしょう ひと りかい たいおう きほん 認知症の人の理解と対応の基本 (にんちしょう ひと し てつだ たいせつ 認知症の人を知ることと手伝えるときに大切なこと)	The basics of understanding and supporting people with dementia

### Narration

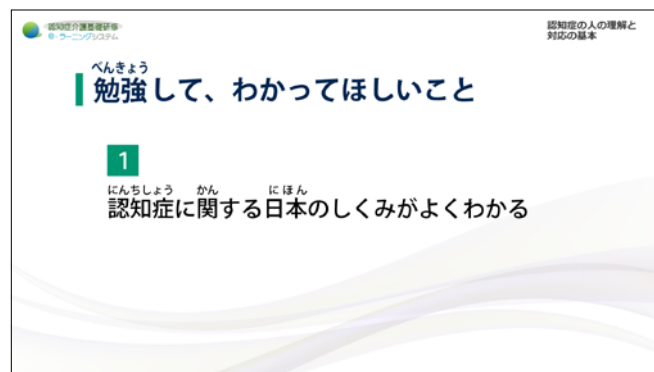
We are going to learn about “The basics of understanding and supporting people with dementia”.  
First, I will explain the purposes of this course.



ここで 勉強すること	The purposes of this course
<p>認知症の人に どうすれば いいかを 覚えることができます。</p> <ul style="list-style-type: none"> <li>認知症に関する 日本のしくみ</li> <li>認知症の 症状</li> <li>認知症ケアについて</li> </ul> <p>を勉強します。</p>	<p>Learn the basics about the situations and symptoms related to people with dementia and acquire knowledge about the basic techniques of dementia care and the actual support methods based on these techniques.</p>

### Narration

The purposes of this course are to learn the basics about the situations and symptoms related to people with dementia, and to acquire knowledge about the basic techniques of dementia care and the actual support methods based on the techniques.

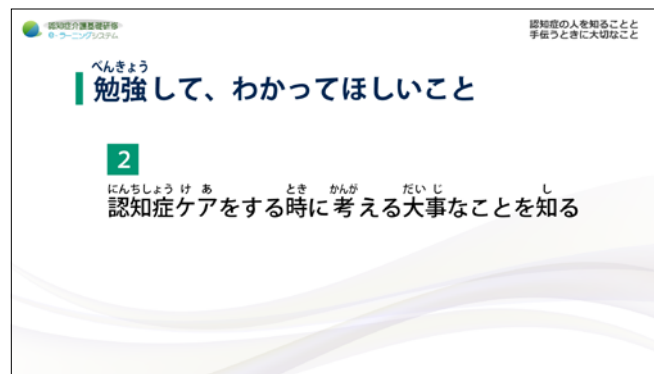


勉強して、わかってほしいこと	Attainment Targets
1 認知症に関する 日本のしくみがよくわかる	1. Learners can understand the situations of people with dementia and explain their understanding briefly.

### Narration

The goals of this course are:

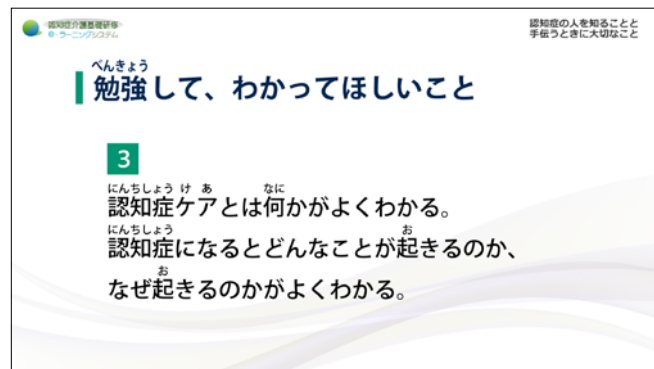
Firstly, learners are able to understand the current situations of people with dementia and able to explain their understanding briefly.



べんきょう 勉強して、わかってほしいこと	Attainment Targets
2 認知症ケアをする時に考える大事なことを知る	2. Learners can understand the basic mindset needed when providing specific dementia care, explain their understanding, and give examples.

### Narration

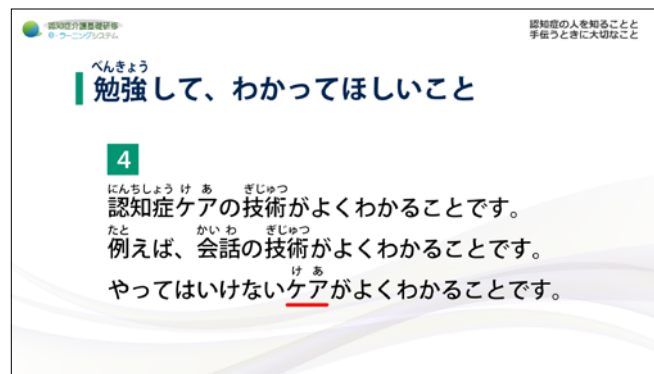
Secondly, learners are to be able to understand the basic mindset required when providing specific dementia care, and able to explain and give example of their understanding.



べんきょう 勉強して、わかってほしいこと	Attainment Targets
3 認知症とは何かがよくわかる。 認知症になるとどんなことが起きるのか、なぜ起きるのかがよくわかる。	3. Learners can acquire the basic knowledge necessary to understand people with dementia and give detailed examples of the symptoms and influencing factors.

### Narration

Thirdly, learners are able acquire the basic knowledge necessary to understand people with dementia, and able to give detailed examples of their symptoms and influencing factors.

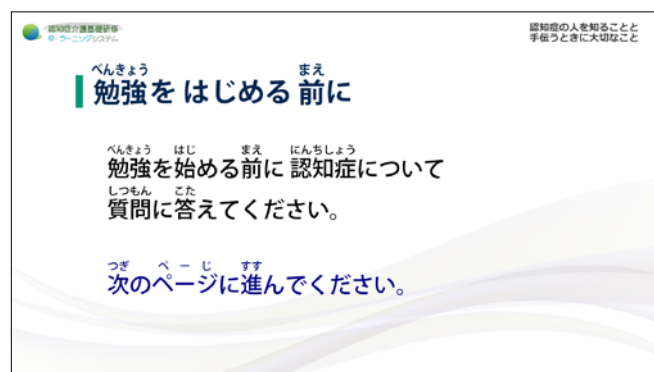


べんきょう 勉強して、わかってほしいこと	Attainment Targets
<p>4. 認知症ケアの技術がよくわかることです。</p> <p>たとえば、</p> <p>会話の技術がよくわかることです。</p> <p>やってはいけないケアがよくわかることです。</p>	<p>4. Learners can acquire knowledge of, and give detailed examples of, basic techniques in dementia care, such as basic communication methods with people with dementia, improper care and how to avoid it, as well as care methods based on the understanding of behavioral and psychological symptoms of dementia (BPSD).</p>

### Narration

Lastly, learners are able to acquire the knowledge and give detailed examples of basic techniques in dementia care, such as basic communication methods with people with dementia, inappropriate care and how to avoid it, as well as care methods based on an understanding of behavioral and psychological symptoms of dementia (BPSD).

Now, let's try to achieve the above goals.

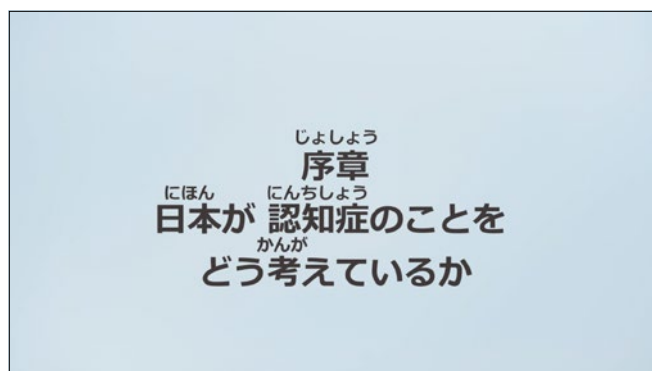


べんきょう 勉強をはじめる前に	Check Your Knowledge
<p>勉強をはじめる前に 認知症について 質問に答えてください。</p>	<p>Before we start learning, let's check your knowledge about dementia and dementia care.</p>
<p>次のページに進んでください。</p>	<p>Answer the questions on the next page.</p>

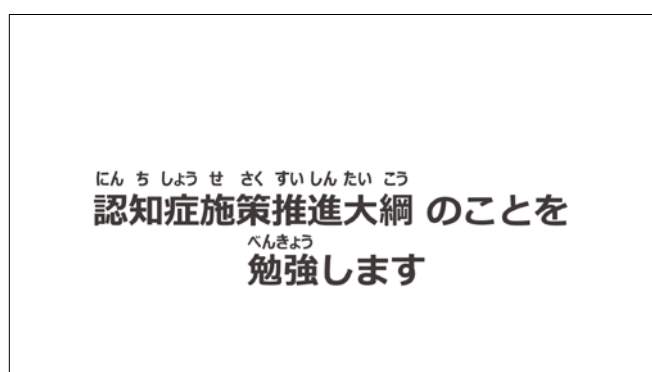
### Narration

Before we start learning, let's check your knowledge about dementia and dementia care. Answer the questions on the next page.

## Framework for Promoting Dementia Care



序章	Introduction
日本が認知症のことをどう考えているか	Current status of dementia



認知症施策推進大綱のことを勉強します	<u>Framework for Promoting Dementia Care</u>
--------------------	--

### Narration

First of all, I would like to introduce the outline of the Framework for Promoting Dementia Care as the current situation of dementia.

Understanding the national perspectives and directions regarding dementia is extremely important when considering dementia care.

### Glossary

Framework for Promoting Dementia Care : Framework for Promoting Dementia Care is a national policy for dementia decided by the Japanese government in 2019.



<p>いま、世界で認知症の人数が増えています。</p> <p>いろいろな国で認知症のことを考えています。</p>	<p>The increase in the number of people with dementia due to the population aging is becoming a worldwide challenge</p>
--	---

### Narration

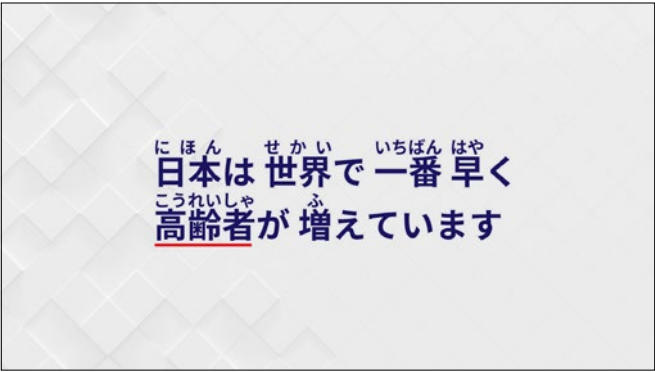
Nowadays, the increasing number of people with dementia due to the population aging is becoming a worldwide challenge.



イギリス	United Kingdom
「国家認知症戦略」	"National Dementia Strategy"
アメリカ	United States
「国家アルツハイマー計画」	"National Plan to Address Alzheimer's Disease"

### Narration

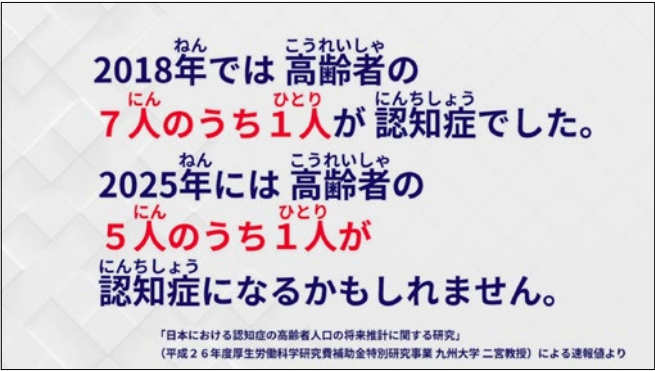
National efforts are being made, such as the "National Dementia Strategy" of the United Kingdom and the "National Plan to Address Alzheimer's Disease" of the United States.



にほん せかい いちばん はや こうれいしゃ ふ 日本は 世界で 一番 早く 高齢者が増えています	In Japan, which has the world's fastest aging population
--	--

Narration

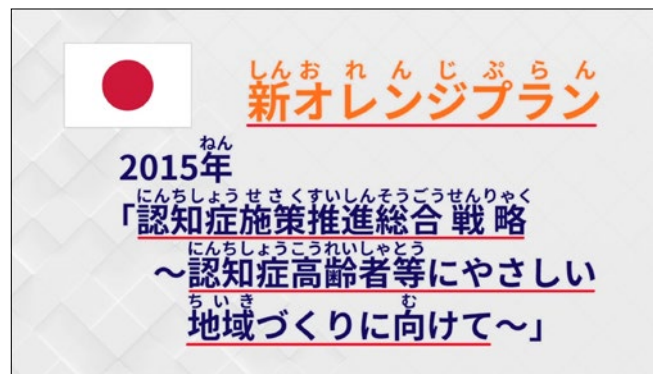
In Japan, which has the world's fastest aging population,



ねん こうれいしゃ にん ひとり にんちしょう 2018年では 高齢者の 7人のうち 1人が 認知症でした。 ねん こうれいしゃ にん ひとり にんちしょう 2025年では 高齢者の 5人のうち 1人が 認知症に なるかも しれません。	One out of every seven elderly people had dementia in 2018, and it is forecasted that one out of every five elderly people will have dementia by 2025.
にほん にんちしょう こうれいしゃ じんこう しょうらいすいけい かん 「日本における認知症の高齢者人口の将来推計に関する けんきゅう 研究」 へいせい ねんこうせいろうどう か がく けんきゅう ひほ じょ きんとく べつ けんきゅう じぎょう きゅうしゅう (平成26年厚生労働科学研究費補助金特別 研究 事業 九州 だいがくにのみやきょうじゅ 大学二宮教授) そくほうち による速報値より	Source: “Research on the future estimation of the elderly population with dementia in Japan” (Special Research Project for Health Sciences Grant-in-Aid for Scientific Research 2014 by professor Ninomiya of Kyushu University)

Narration

one out of every seven elderly people had dementia in 2018, and it is forecasted that one out of every five elderly people will have dementia by 2025.



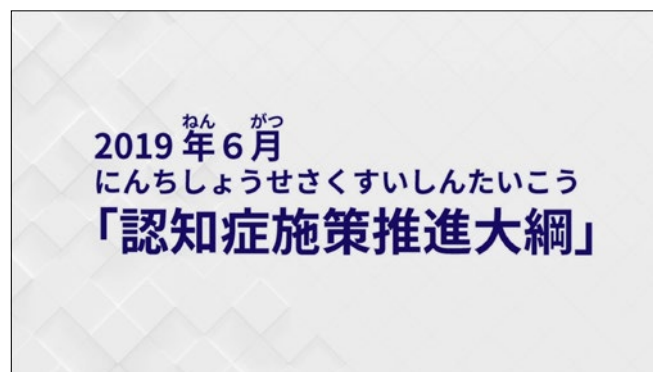
しん お れ ん じ ぷ ら ん 新オレンジプラン	<u>The New Orange Plan</u>
ねん 2015年 「認知症施策推進総合戦略 ～認知症高齢者等にやさしい地域づくりに向けて～」	In 2015, " <u>Comprehensive Strategy to Accelerate Dementia Measures — Towards the Development of Dementia-friendly Communities</u> "

### Narration

Therefore, since 2015, the "Comprehensive Strategy to Accelerate Dementia Measures - Towards the Development of Dementia-friendly Communities", also known as the New Orange Plan, has been formulated and promoted.

### Glossary

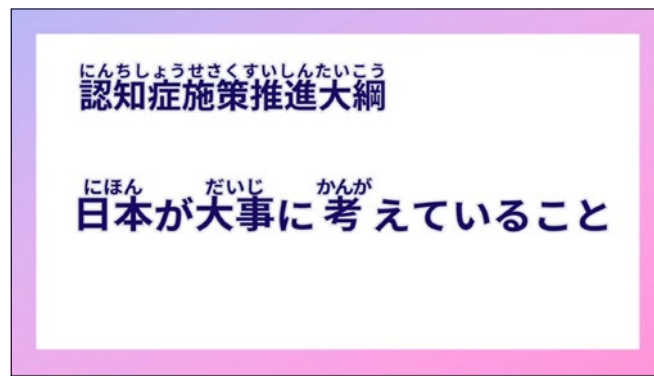
The New Orange Plan : The New Orange Plan is a national policy on dementia decided by the Japanese government in 2015.  
 Comprehensive Strategy to Accelerate Dementia Measures — Towards the Development of Dementia-friendly Communities : The Comprehensive Strategy to Accelerate Dementia Measures is a national policy for dementia decided by the Japanese government in 2015.



ねん がつ 2019年 6月 「認知症施策推進大綱」	June 2019 : "Framework for Promoting Dementia Care"
-------------------------------	---

### Narration

Then, in June 2019, the new "Framework for Promoting Dementia Care" was compiled by the Ministerial Council. Now, let's take a look at the overview of this Framework.



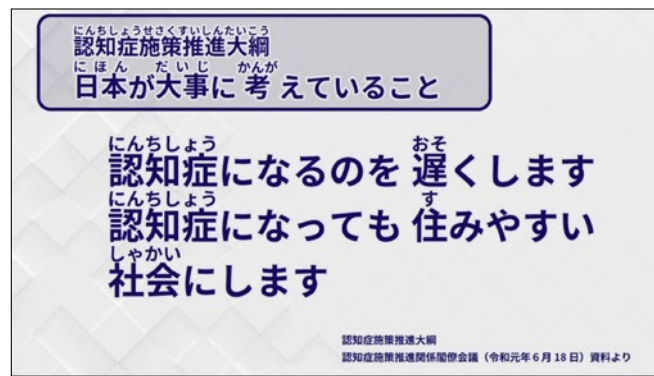
にんちしょうせさくすいしんたいこう 認知症施策推進大綱	Framework for Promoting Dementia Care
にほん だいじ かんが 日本が大事に考えていること	The Basic Idea



にんちしょうせさくすいしんたいこう 認知症施策推進大綱	にほん だいじ かんが 日本が大事に考えていること	Framework for Promoting Dementia Care The Basic Idea
にんちしょう 認知症は みんながなる びょうき 病気かもしれません		Dementia can happen to anyone
にんちしょうせさくすいしんたいこう 認知症施策推進大綱	にんちしょうせさくすいしんかんけいかくりようかいぎ 認知症施策推進関係閣僚会議 (2019年6月18日) 資料より	Framework for Promoting Dementia Care: From the materials of the Ministerial Council on Promotion of Policies for Dementia Care (June 18, 2019)

## Narration

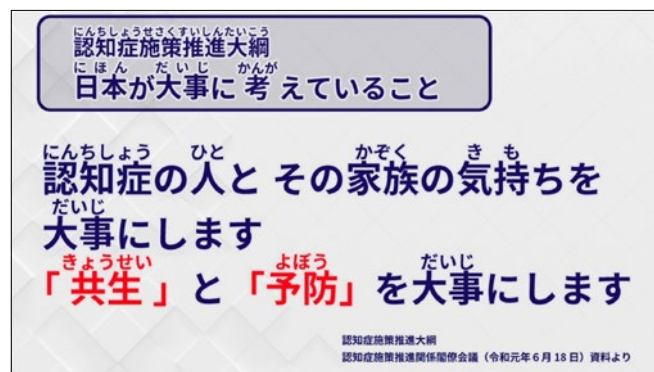
Dementia can happen to anyone. It has become a disease familiar to many people because of many reasons including the fact that their family members and people they are close to may suffer from dementia.



認知症施策推進大綱 日本が大事に考えていること	Framework for Promoting Dementia Care The Basic Idea
認知症になるのを遅くします 認知症になっても住みやすい社会にします	Aim to delay the onset of dementia and create a society where people can optimistically live even if they have dementia
認知症施策推進大綱 認知症施策推進関係閣僚会議 (2019年6月18日) 資料より	Framework for Promoting Dementia Care: From the materials of the Ministerial Council on Promotion of Policies for Dementia Care (June 18, 2019)

### Narration

Therefore, the goal is to delay the onset of dementia and create a society where people can live optimistically even if they have dementia.

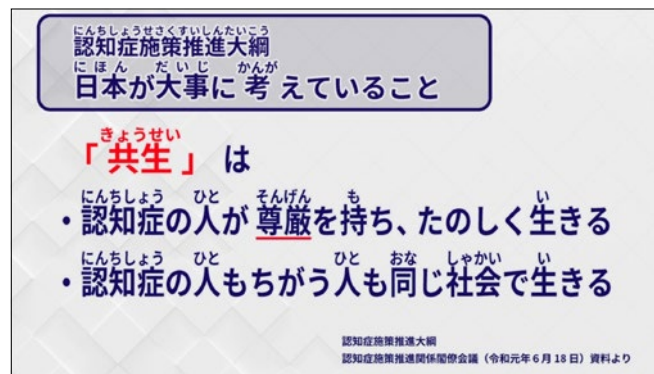


認知症施策推進大綱 日本が大事に考えていること	Framework for Promoting Dementia Care The Basic Idea
認知症の人とその家族の気持ちを大事にします	Focus on the perspectives of the patients and their families
「共生」と「予防」を大事にします	"Inclusion" and "Prevention" are two wheels of a cart
認知症施策推進大綱 認知症施策推進関係閣僚会議 (2019年6月18日) 資料より	Framework for Promoting Dementia Care: From the materials of the Ministerial Council on Promotion of Policies for Dementia Care (June 18, 2019)

### Narration

The basic idea is to promote both "inclusion" and "prevention" measures, while focusing on the perspectives of the patients and their families.

What are "inclusion" and "prevention"?

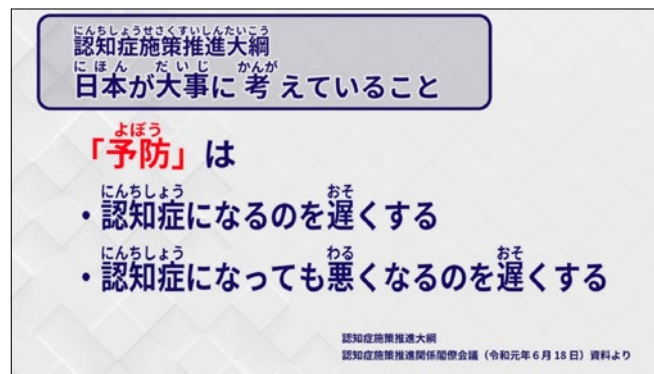


認知症施策推進大綱 日本が大事に考えていること	Framework for Promoting Dementia Care The Basic Idea
「共生」は	What is "inclusion"?
・認知症の人が尊厳を持ち、たのしく生きる	Living with dementia with dignity and hope
・認知症の人もちがう人も同じ社会で生きる	Living as a full member of society even with dementia
認知症施策推進大綱 認知症施策推進関係閣僚会議 (2019年6月18日) 資料より	Framework for Promoting Dementia Care: From the materials of the Ministerial Council on Promotion of Policies for Dementia Care (June 18, 2019)

#### Narration

"Inclusion" means that people with dementia can live with dignity and hope as full members of the society.

-----

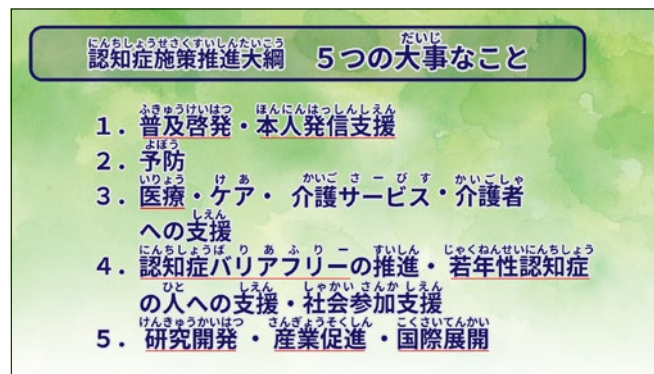


にんちしょうせさくすいしんたいこう 認知症施策推進大綱         にほん だいじ かんが 日本が大事に考えていること	Framework for Promoting Dementia Care The Basic Idea
よぼう 「予防」は	What is "prevention"?
にんちしょう ・ 認知症になるのを 遅くする	Delaying the onset of dementia
にんちしょう ・ 認知症になっても 悪くなるのを 遅くする	Reducing the progression of dementia
にんちしょうせさくすいしんたいこう 認知症施策推進大綱         にんちしょうせさくすいしんかんけいかくりようかいぎ 認知症施策推進関係閣僚会議 (2019年6月18日) 資料より	Framework for Promoting Dementia Care: From the materials of the Ministerial Council on Promotion of Policies for Dementia Care (June 18, 2019)

#### Narration

"Prevention" does not mean "prevention of dementia", but means "delaying the onset of dementia" and "reducing dementia progression."

-----



<small>にんちしょうせさくすいしんたいこう</small> 認知症施策推進大綱 5つの 大事なこと	Five Pillars of the Framework for Promoting Dementia Care
<small>ふきゅうけいはつ</small> 1 普及啓発・本人発信支援	1. Raising awareness and supporting the people with dementia in speaking out
<small>よぼう</small> 2 予防	2. Prevention
<small>いりょう けあ かいごさーびす かいごしゃ しえん</small> 3 医療・ケア・介護サービス・介護者への支援	3. Providing support for medical care, care services, long-term care services and caregivers
<small>にんちしょう ばりあふりー すいしん じゃくねんせいにんちしょう ひと</small> 4 認知症バリアフリーの推進・若年性認知症の人への支援・社会参加支援	4. Promoting the creation of barrier-free spaces and services for people with dementia, supporting people with early-onset dementia and supporting social participation
<small>けんきゅうかいはつ さんぎょうそくしん こくさいてんかい</small> 5 研究開発・産業促進・国際展開	5. Promoting research and development conducted by industry and disseminating their results internationally

#### Narration

Based on this basic idea, the five pillars, as you can see, have been set up, and measures will be taken along with them.

Let's examine these five pillars in detail.

ふきゅうけいはつ ほんにんはっしんしえん  
1. 普及啓発・本人発信支援

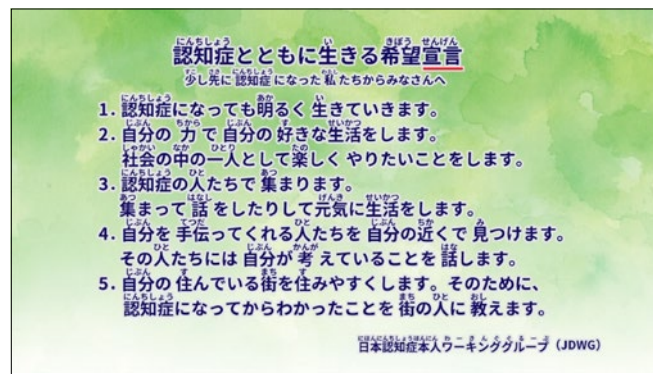
- ・ 認知症のことを もっと 知ってもらう
- ・ 認知症について 相談する 場所を 教える
- ・ 認知症の人が 言いたいことを 言えるように 手伝う

1. 普及啓発・本人発信支援	1. Raising awareness and supporting the people with dementia in speaking out
・ 認知症のことを もっと 知ってもらう	Promote the understanding of dementia
・ 認知症について 相談する 場所を 教える	Announce contacts where people can consult about the condition
・ 認知症の人が 言いたいことを 言えるように 手伝う	Support for efforts made by people with dementia to disseminate their stories and opinions

### Narration

“Raising awareness and supporting the people with dementia in speaking out” includes the following three points:

- Promote understanding about dementia
- Announce contacts where people can consult about the disease
- Support the people with dementia in speaking out



認知症とともに生きる希望宣言、 少し先に 認知症になった 私たちからみなさんへ	We, who have been diagnosed with dementia, declare our <u>hope while living with dementia to everyone as follows:</u>
1 認知症になっても 明るく 生きていきます。	1. We shall not be bound by conventional common sense and we shall move on.
2 自分の 力で 自分の 好きな 生活をします。社会の 中の 一人として 楽しく やりたいことをします。	2. With all our strength, we shall carry on our cherished life, and shall happily face challenges as members of the society.
3 認知症の人たちで 集まります。 集まって 話をしたりして 元気に 生活をします。	3. We shall meet and connect together. We shall inspire each other to live a healthy life.
4 自分を 手伝ってくれる人たちを 自分の 近くで 見つけま す。その人たちには 自分が 考えていることを 話します。	4. We shall find our allies in our towns to join our journey of conveying our feelings and hopes.
5 自分の 住んでいる 街を 住みやすくします。そのために、 認知症になってから わかったことを 街の人に 教えます。	5. We shall try our best and make use of our experience in living with dementia to create a comfortable living environment together.
日本認知症本人ワーキンググループ (J D W G)	Japan Dementia Working Group (JDWG)

## Narration

Support the people with dementia in speaking out covers the "Declaration of Hope while Living with Dementia".

Here is the declaration made by the people with dementia themselves:

We, who have been diagnosed with dementia, declare our hope while living with dementia to everyone as follows:

1. We shall not be bound by conventional common sense and we shall move on.
2. With all our strength, we shall carry on our cherished life, and shall happily face challenges as members of the society.
3. We shall meet and connect together. We shall inspire each other to live a healthy life.
4. We shall find our allies in our towns to join our journey of conveying our feelings and hopes.
5. We shall try our best and make use of our experience in living with dementia to create a comfortable living environment together.

It is necessary to understand the above hopes of the people with dementia to live together with them.

## Glossary

We, who have been diagnosed with dementia, declare our hope while living with dementia to everyone as follows : This is a declaration created by the Japan Dementia Working Group that summarizes the thoughts, hopes and requests of people with dementia.



にんちしょう い きぼうせんげん 「認知症とともに生きる希望宣言」 2018年11月1日 厚生 ろうどうしょう みな 労働省から皆さんへ お知らせをしているとき じえーでいーだぶりゅーじー ちゃんねる ゆーちゅーぶ J D W G channel Youtube より	"Declaration of Hope while Living with Dementia" Ministry of Health, Labor and Welfare press conference November 1, 2018 From JDWGchannel Youtube
---	--

### Narration

Let's listen to Ms. Fujita, the representative of the "Working Group on Dementia Innovations Alliance" that is mainly operated by people with dementia.



にほんにんちしょうほんにんわーきんぐぐるーぷ 日本認知症本人ワーキンググループ	Japan Dementia Working Group (JDWG)
ふじたかずこ 藤田和子	Representative Director - Kazuko Fujita

### Narration

Living with dementia, we feel anxious or worried by many things that happen every day. On the other hand, when actually having dementia, we found that dementia was quite different from what people often think about it



日本認知症本人ワーキンググループは、認知症の人が集まってできています。言いたいことを言うことができるように社会を変えようとしています。

The Japan Dementia Working Group is an organization centered on the parties that help people with dementia participate in society and speak up about their stories.

#### Narration

and there were many chances for us to live a better life.

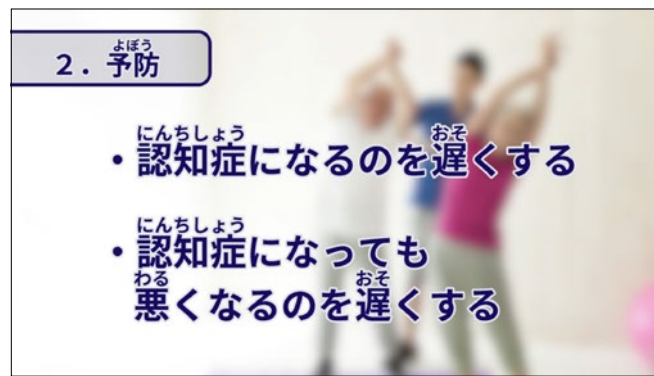


認知症になっても生きていきます。人は一回しか生きることができないからです。明るく自分の好きなように生活をしたいです

We don't want to give up on our own life, but want to continue to live a life full of hope.

#### Narration

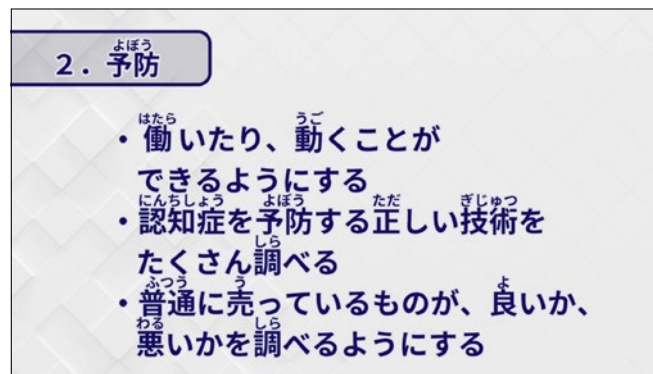
We don't want to give up on our own life, but want to continue to live a life full of hope. Besides, we strongly wish that people being diagnosed with dementia after us can get out of the dark tunnel and enjoy their lives to the fullest.



2. 予防	2. Prevention
・ 認知症になるのを 遅くする	Delaying the onset of dementia
・ 認知症になっても 悪くなるのを 遅くする	Reducing the progression of dementia



2. 予防	2. Prevention
介護予防教室 なにわ元気塾 大阪市	Nursing care prevention class in Naniwa Genki Juku, Osaka City



2. 予防	2. Prevention
・ はたら うご できる ようにする	Promotion of activities that may contribute to the prevention of dementia
・ にんちしょう よぼう ただ ぎじゅつ たくさん しらべ	Promotion of the collection of evidence on prevention
・ ふつうに うっているものが、 よいか、 わるいかを しらべ べる ようにする	Evaluation and certification mechanism of private products and services

#### Narration

In “Prevention”, there are two ideas:

- Delaying the onset of dementia
- Slow the progress of the dementia

leading to more and better exercise, prevention of lifestyle diseases, and elimination of social isolation.

Also, the following tasks are mentioned:

- Promotion of activities that may contribute to the prevention of dementia
- Promotion of the collection of evidence on prevention
- Working on a way to evaluate and certify private products and services.

3. 医療・ケア・介護サービス・介護者への支援  
(医療・ケア・介護・介護をする人を手伝えること)

- ・認知症の人が自分でできることを大事にする
- ・社会の中で今までと同じ生活ができるようにする
- ・伴走者として認知症の人を手伝います

3. 医療・ケア・介護サービス・介護者への支援 (医療・ケア・介護・介護をする人を手伝えること)	3. Providing support for medical care, care services, long-term care services and caregivers
・認知症の人が自分でできることを大事にする	Maximize the capabilities of people with dementia
・社会の中で今までと同じ生活ができるようにする	Support them to continue living in the local community
・伴走者として認知症の人を手伝います	Assist them as a <u>companion</u>

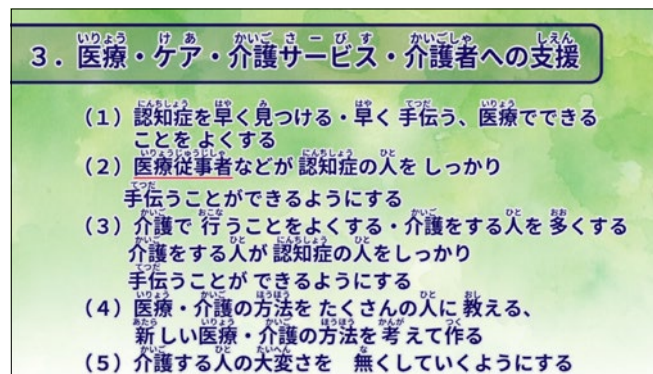
#### Narration

Regarding “Providing support for medical care, care services, long-term care services and caregivers”, it is important to:

- Maximize the capabilities of people with dementia
- Provide support so that they can continue living in the local community
- And assist them as a companion

#### Glossary

Companion : It is a person who works with and supports people with dementia.

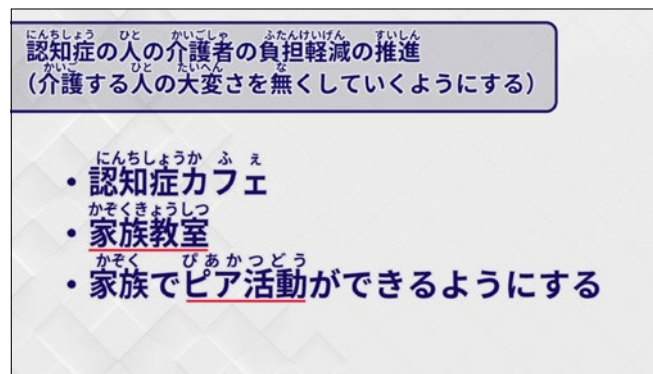


3. 医療・ケア・介護サービス・介護者への支援	3. Providing support for medical care, care services, long-term care services and caregivers
(1) 認知症を早く 見つける・早く 手伝う、医療で できることを よくする	(1) Early detection/early treatment, arrangement of medical care
(2) 医療従事者などが 認知症の人を しっかり 手伝うことが できるようにする	(2) Promotion to improve dementia response capabilities for medical staff
(3) 介護で 行うことを よくする・介護をする人を 多くする 介護をする人が 認知症の人を しっかり 手伝うことが できるようにする	(3) Establishing the infrastructure for long-term care services and securing long-term care personnel Promotion to improve dementia response capabilities for caregivers
(4) 医療・介護の技術を たくさんの人に 教える、新しい 医療・介護の方法を 考えて作る	(4) Dissemination and development of medical/nursing care methods
(5) 介護する人の大変さを 無くしていくようにする	(5) Promotion of reducing the burden on caregivers of people with dementia

#### Narration

Matters related to improving the medical care system and securing long-term care personnel are also mentioned.

The expectation for medical care, care services, and caregivers is great, and this e-learning is being implemented to partly realize that expectation.



<small>にんちしょう ひと かいごしゃ ふたんけいげん すいしん</small> 認知症の人の介護者の負担軽減の推進 <small>かいご ひと たいへん な</small> (介護する人の大変さを 無くしていくようにする)	Promotion of reducing the burden on caregivers of people with dementia
<small>にんちしょう か ふ え</small> ・ 認知症カフェ	<u>Dementia Cafe</u>
<small>かぞく きょうしつ</small> ・ 家族 教室	Family classroom
<small>かぞく ぴ あ かつどう</small> ・ 家族で ピア活動が できるようにする	Peer activities between families

### Narration

Promoting relief of the burden on people with dementia’s caregivers includes the promotion of dementia cafes, family classrooms, and peer activities among families to support each other in order to reduce the burden on families.

Let's take a look at the current status of dementia cafes - a model that has been spreading nationwide.

### Glossary

Dementia Café : Promoted by the New Orange Plan in 2015, it is a place where people with dementia, their families, and local residents can gather and interact.



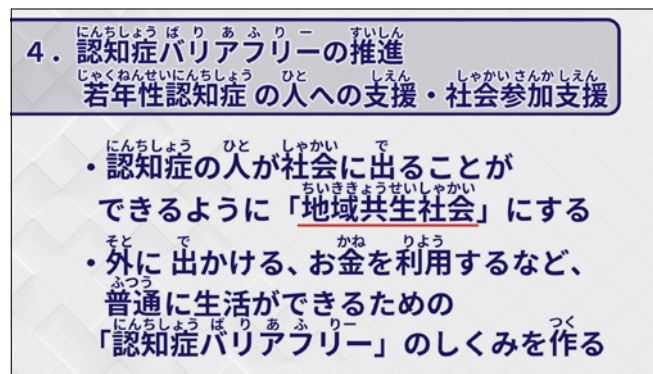
認知症介護研究・研修仙台センター	Sendai Center for Dementia Care Research and Practices
研修部長 矢吹知之	Training Manager - Tomoyuki Yabuki
日本に 7000以上の認知症カフェがあります	Deployment in more than 7,000 locations nationwide
(2020年12月)	(Since December 2020)



土曜の音楽カフェ (宮城県仙台市)	Saturday Music Cafe ♪ (Sendai City, Miyagi Prefecture)
-------------------	--

## Narration

The dementia cafe has been introduced to Japan since 2012 and deployed in more than 7,000 locations since then. It is understood that these cafes are necessary to create a community where even people with dementia can comfortably live in. It is targeted at people who suffer from early stage dementia and their families. However, it does not mean that the people working at nursing facilities are irrelevant. These days, there are also nursing care insurance facilities operated within the community. In other words, it is an effort to change the whole society by eliminating the line between being taken care of at home and being taken care of at facilities.

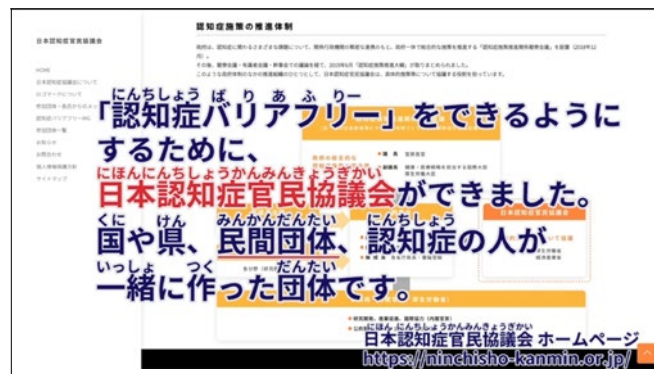


<p>4. 認知症バリアフリーの推進・若年性認知症の人への支援・社会参加支援</p>	<p>4. Promoting the creation of barrier-free spaces and services for people with dementia, supporting people with early-onset dementia and supporting social participation</p>
<p>・認知症の人が社会に出ることができるように「地域共生社会」にする</p>	<p>Promote "community inclusion society" that enables social participation of people with dementia in a way that suits them</p>
<p>・外に出かける、お金を利用するなど、普通に生活ができるための「認知症バリアフリー」のしくみを作る</p>	<p>Promote "dementia barrier-free" in daily life situations such as transportation, consumption, and financial procedures</p>

#### Narration

Regarding “Promoting the creation of barrier-free spaces and services for people with dementia, supporting people with early-onset dementia and supporting social participation”:

- It is important to promote efforts toward a “community inclusive society” that enables social participation of people with dementia in a way that suits them.
- Promote "dementia barrier-free" initiatives to reduce barriers in daily life such as problems related to transportation, spending, and financial procedures so they can live normally in the community.



<p>「認知症バリアフリー」をできるようにするために、日本認知症官民協議会ができました。</p> <p>国や県、民間団体、認知症の人が一緒に作った団体です。</p>	<p>The <u>Japan Dementia Public-Private Council</u> was established to promote dementia barrier-free living in collaboration with the national government, local governments, private organizations, and people with dementia.</p>
<p>日本認知症官民協議会ホームページ</p> <p><a href="https://ninchisho-kanmin.or.jp/">https://ninchisho-kanmin.or.jp/</a></p>	<p>Japan Dementia Public-Private Council Homepage</p> <p><a href="https://ninchisho-kanmin.or.jp/">https://ninchisho-kanmin.or.jp/</a></p>

## Narration

Specifically, the Japan Dementia Public-Private Council was established to promote dementia barrier-free living in collaboration with the national government, local governments, private organizations, and people with dementia.

## Glossary

The Japan Dementia Public-Private Council : It is an organization created to bring national and local governments, private organizations, and people with dementia together to create a dementia barrier-free society in 2019.



すろーしょっぴんぐ いわてけんふじさわし スローショッピング (岩手県藤沢市)	<u>Slow Shopping (Fujisawa City, Iwate Prefecture)</u>
にんちしょう 認知症まちづくりファシリテーター講座	<u>Dementia Community Renovation Facilitator Course</u>
えぬびーおー ほうじんにんちしょう ふ れ ん ど し っ ぶ く ら ぶ NPO 法人認知症フレンドシップクラブ	NPO Corporation Dementia Friendship Club

### Narration

In addition, various initiatives have been developed all over the country, such as "slow shopping" which enables people with dementia to make payments slowly with the help of the volunteers, and the "dementia community renovation facilitator course" which promotes the renovation of a friendly community for people with dementia.

### Glossary

**Slow Shopping** : This is an initiative for people with dementia that is being implemented in Iwate Prefecture. We are building stores and support systems where people can shop with peace of mind.

**Dementia Community Renovation Facilitator Course** : This course is designed to train leaders to create a town where people with dementia can live comfortably.

「認知症バリアフリー」の推進 (「認知症バリアフリー」を行うためにすること)	
① 街がバリアフリーになるようにする	⑧ 金融商品を新しく作ることが できるようにする
② 車やタクシーなどで外に行くことを 多くしたり使いやすいようにする	⑨ 成年後見制度を多くの人が 使うことができるようにする
③ 車の事故などがないようにする	⑩ お金をあずけたり、使ったり する時にだまされないようにする
④ くらせる家を見つける	⑪ ひどいことをされないようにする
⑤ 街が認知症の人を手伝うことが できるようにする	⑫ 認知症に 関係がある 保険を 使いやすくする
⑥ 認知症のことでいいことをしている 会社を ほめて、みんなに知らせる	⑬ 法律がわからなかった高齢者 などを 手伝う
⑦ バリアフリーを行うために 新しいものなどを作ることが できるようにする	

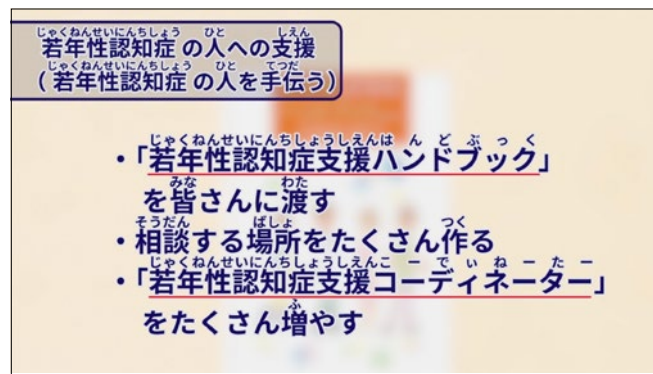
「認知症バリアフリー」の推進 (「認知症バリアフリー」を行うためにすること)	Promotion of "dementia barrier-free" initiatives
① 街がバリアフリーになるようにする	① Promotion of barrier-free community development
② 車や タクシーなどで 外に行くこと を 多くしたり 使い やすいようにする	② Promotion of securing transportation means
③ 車の 事故などが ないようにする	③ Promotion of traffic safety
④ くらせる 家 を みつける	④ Promotion of securing housing
⑤ 街が 認知症の人 を 手伝うことが できるようにする	⑤ Reinforcement of the regional support system
⑥ 認知症のことで いいことをしている 会社を ほめて、み んなに知らせる	⑥ Certification systems and awards for organizations that are implementing initiatives related to dementia
⑦ バリアフリーを 行うために 新しいものなどを 作るこ とが できるようにする	⑦ Promotion of product and service development
⑧ 金融 商品を 新しく 作ることが できるようにする	⑧ Promotion of financial product development
⑨ 成年後見制度を 多くの人が 使うことが できるようにする	⑨ Promotion of the application for <u>Adult Guardianship System</u>
⑩ お金をあずけたり、使ったりする時にだまされないよう にする	⑩ Promotion of consumer-related damage prevention measures
⑪ ひどいことを されないようにする	⑪ Promotion of consumer-related abuse prevention measures
⑫ 認知症に 関係がある 保険を 使いやすくする	⑫ Promotion of various private insurances related to dementia
⑬ 法律が わからなかった 高齢者などを 手伝う	⑬ Welfare support for older people who have committed illegal acts

## Narration

In this way, we are promoting various initiatives toward a community inclusive society, including the initiatives to protect the rights of people with dementia, such as community renovation, ensuring transportation and traffic safety, housing, products, services, finance, and prevention of consumer-related damage and abuse.

## Glossary

Adult Guardianship System : It is a law that assists, protects, and supports adults who have difficulty making decisions and managing their property.



若年性 認知症の人への 支援 (若年性 認知症の人を 手伝う)	Support for people with early-onset dementia
・「若年性 認知症支援ハンドブック」を 皆さんに 渡す	Distribution of " <u>Handbook for Supporting People with Early-onset Dementia</u> "
・相談する場所を たくさん 作る	Establishment of consultation service
・「若年性 認知症支援コーディネーター」を たくさん 増やす	Arrangement of <u>coordinators to support people with early-onset dementia</u>

## Narration

Regarding supporting people with early-onset dementia, to ensure that appropriate support is available from the early stages, the following policies are being promoted:

- Distribution of "Handbook for Supporting People with Early-onset Dementia"
- Establishment of a consultation service
- Arrangement of coordinators to support people with early-onset dementia

## Glossary

Handbook for Supporting People with Early-onset Dementia : A book to support people with dementia under the age of 65

Coordinators to support people with early-onset dementia : A specialist who provides consultation to people with dementia under 65 years old and their families.



じゃくねんせいになちしょうしえん こーでいねーたー 若年性認知症支援コーディネーターとは	About coordinators to support people with early-onset dementia
ぜんこくじゃくねんせいになちしょうしえん センター 全国若年性認知症支援センター	National Early-Onset Dementia Support Center
しつちよう やまぐちよしき 室長 山口喜樹	Director Yoshiki Yamaguchi

### Narration

Since dementia often begins during people's working age or during their child-raising years, it takes a great effort to support them.



じゃくねんせいになちしょうしえん こーでいねーたー 若年性認知症支援コーディネーターとは	About coordinators to support people with early-onset dementia
しごと かいご ひと 仕事で介護をする人のための 勉強会	Workshop for professionals

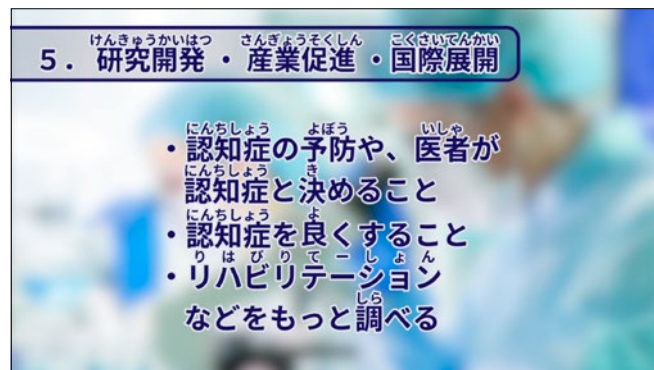


にんちしょう ひと かぞく あつ あそ  
認知症の人と 家族が 集まって 遊ぶ

Personal/family exchange event

### Narration

The first and foremost response is to provide a consultation to the person who has been diagnosed with dementia and their family in order to connect them to appropriate systems and resources. People with dementia are often more worried about people around them than themselves, which makes them hesitate to talk with other people. Therefore, the job of the support coordinators is to raise the public awareness little by little, and create an atmosphere for the people to easily speak out about their illness.



けんきゅうかいはつ さんぎょうそくしん こくさいてんかい  
5. 研究 開発・ 産業 促進・ 国際 展開

5. Promoting research and development conducted by industry and disseminating their results internationally

にんちしょう よぼう いしゃ にんちしょう き  
・ 認知症の 予防や、 医者が認知症と決めること

Prevention and diagnosis

にんちしょう なお  
・ 認知症を 治すこと

Treatment

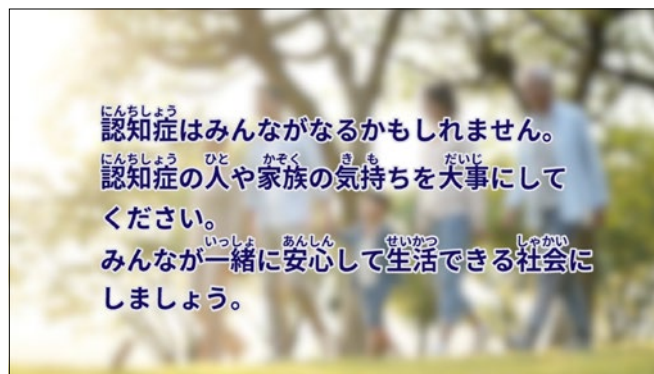
り は び り てー し ょ ん しら  
・ リハビリテーション などをもっと調べる

Rehabilitation

### Narration

Finally, the fifth pillar is “Promoting research and development and industry, and disseminating their results internationally”. Here, because the onset and progress of dementia have not been fully understood, research and development should proceed in the following aspects:

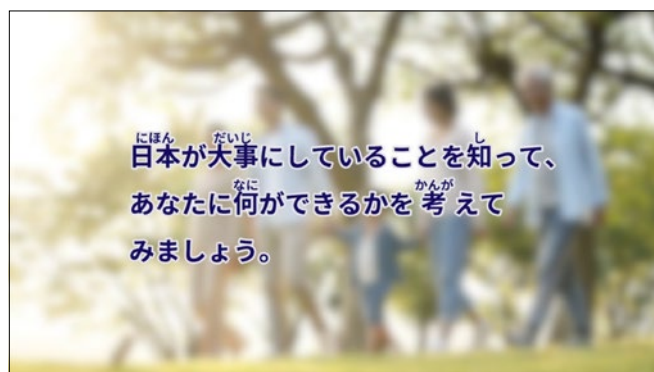
- Prevention and diagnosis
- Treatment
- Rehabilitation



<small>にんちしょう</small> 認知症は みんながなるかもしれません。	Dementia can happen to anyone.
<small>にんちしょう</small> <small>ひと</small> <small>かぞく</small> <small>きもち</small> <small>だいじ</small> 認知症の人や 家族の 気持ちを 大事にしてください。 <small>みんな</small> <small>いっしょ</small> <small>あんしん</small> <small>せいかつ</small> <small>しゃかい</small> みんなが 一緒に 安心して 生活できる 社会にしましょ う。	We aim to create a society where everyone can live optimistically together while focusing on the perspectives of people with dementia and their families.

#### Narration

So far, we have covered the outline of the "Framework for Promoting Dementia Care".  
 Dementia can happen to anyone. We aim to create a society where everyone can live optimistically together while focusing on the perspectives of people with dementia and their families.



<small>にほん</small> <small>だいじ</small> <small>し</small> 日本が 大事にしていることを知って、あなたに <small>なに</small> <small>かんが</small> るかを 考えてみましょう。	Let's think about your role based on the national perspectives and directions.
--	--

#### Narration

Let's think about your role based on the national perspectives and directions.