

Japan's Dementia Care Network: effective support system by IPIST (Initial Phase Intensive Support Team) ¹⁾ and the use of Dementia Cafés in the case of Mr Sato's family

Mr. Sato (pseudonym) retired from his work at the HR department of a hospital when he was 62. Before that, he worked in a bank till the age of 55. After retirement, he became increasingly withdrawn, only spending his time at home, because he had no hobby or work. It is not certain when he began to lose his memory; he became inactive and tended to spend days only watching TV. He had always been demanding and overbearing towards his wife and son, with whom he lived together. But after developing dementia, his violent and abusive behaviour worsened. His memory impairment was obvious. He would speak and ask the same things repeatedly and spend days doing whatever he pleases, and often dress inappropriately. He hated bathing and would only bathe once a month. He remained sociable to outsiders, but refused to leave the house except when he wanted to buy cigarettes. He was not aware of his own condition but was convinced that his wife had dementia. All his life, he had been healthy and disliked going to the doctor's. As a result, he never went to hospital for any medical consultation regarding his symptoms. Mrs. Sato has disabilities in lower legs and cognitive ability and needed support for all housework.

His son was often absent because of his own job and lacked interest and decisiveness concerning Mr. Sato's condition. Mr. Sato's violent and abusive behaviour towards his wife seemed to have come from the fact that she was not able to respond to his demanding requests due to her hearing and other physical disabilities and this irritated him.

Mrs. Sato's care manager could see that Mr. Sato was in desperate need of long-term care and kept trying to persuade them to see a doctor. Mr. Sato's son always responded positively but never took any action. To make matters worse, his son refused to see the local orthopedist who visited their house to produce a medical certification for long-term care service²⁾. This is why the care manager consulted the Community General Support Center³⁾, then the IPIST set up a support network.



The IPIST (details below) made the initial visit to their house with a staff of the Community General Support Center and the care manager. Mr. Sato welcomed the team into his home and said "Please enjoy your stay. My wife has dementia, It's so troublesome." He was not aware that this visit was about him.

Five days after the initial visit, the IPIST team held their first meeting. The team concluded that Mr. Sato is suspected to have a mild-to-moderate Alzheimer's Disease. The team made a plan for him to first see a GP to obtain the medical certification for long-term care service, and then, he would receive a visiting care service in his home, eventually to receive day-care services.

After 2 weeks, the IPIST found a local GP and asked for support with Mr. Sato's case. Within a further week, the GP visited Mr. Sato, accompanied by an inspector for long-term care certification to examine his condition and environment. The IPIST and the inspector had a team meeting about the course of Mr.

Sato's long-term care services. A Small-scale Multifunctional in-Home Care⁴⁾ was considered, but the team could not obtain his son's cooperation.

Two months after the initial visit, by coincidence, a staff of day-care service found Mr. Sato physically abusing his wife in the street. The staff arranged for her to stay in a safe facility for a while. The IPIST consulted the Medical Center for Dementia⁵⁾ and managed to make an appointment for Mr. Sato as outpatient three days later.



The second IPIST team meeting was held a week after this incident. Mr. Sato was admitted to the Medical Center for Dementia. He became calm with medication and enhanced environment. Six days after his admission, the IPIST decided to introduce dementia café (details below) into Mr. Sato's care plan at the third IPIST team meeting. Mrs. Sato and the son were gravely concerned about Mr. Sato and his returning back to their house, but the team thoroughly explained their plan, reassuring Mrs. Sato and the son.

After 4 months, Mr. Sato was calm and able to participate in the dementia café thanks to the support around him. The wife and the son said, "It has been a while since I saw him so calm and smiling," "I think it was my fault that I didn't face up to my father and his condition." They were ready to welcome Mr. Sato back into their home. The IPIST was able to evaluate properly Mr. Sato and his family's situation at the dementia café.



Dementia Café

Dementia café offers a place where people with dementia and their families can spend time comfortably. There are lectures about dementia, musical concerts and discussion sessions for families and the local community organised on a regular basis. This helps communication between people with dementia, their families and the local community. Dementia café plays a key role in introducing people to the support available for those with dementia and their families. The services are provided in local residential areas using a restaurant, café, and public facility to enable persons with dementia and their families to live well. Welfare, long-term care, and medical care specialists participate in café activities dressed casually to create a friendly atmosphere.

After participating in dementia café activities, Mr. Sato and his family were able to start to see a hopeful future with them happily living at home together. After 6 months, he was discharged from the medical center and started living at home with his family with support from day-care services. The IPIST supported the seamless transfer from the hospital to the home, passing information and necessary support to a home helper. The team ended the support after it was confirmed that management of day-care services and visiting care services were properly arranged for Mr. Sato and his family.

※Mayor Tadashi Yamamoto aims to declare “Dementia Friendly Town Uji.” Uji (in Kyoto) local government advances dementia measures comprehensively in collaboration with medical association, Medical Center for Dementia, and Community General Support Center.

1. IPIST(Initial Phase Intensive support Team)

After receiving a request from people living with dementia and their families, IPIST, which is comprised of various specialists, visits the home of the person with or suspected to have dementia (and their families). IPIST offers an integrated and intensive support including assessments of the circumstance and early aids for families on an initial phase (6-months) to enable people with dementia live by themselves.

2. Medical Certification for Long-Term Care Service

Municipality decides the level of the need of nursing care for the person with dementia based on this certification. In most cases GP produces these.

3. Community General Support Center

It is stipulated in the Long-Term Care Insurance Act and is set up by each municipality. It promotes comprehensive health, welfare, medication, abuse prevention, and management of preventive care.

4. Small-scale Multifunctional in-Home Care

It consists of a flexible combination of visiting care service, day care service and short-stay service.

5. Medical Center for Dementia

It provides necessary medical service to people with dementia ranging from primary prevention to ensuring people with dementia can live independently in their communities as long as possible. It administers differential diagnosis, acute care service for BPSD and physical complications, technical consultation, and training for medical care and long-term care service stuffs as well as promoting collaboration between health care service, welfare, and medication.