

"Preventive Nursing Care in Day Service Raku"

Lifely Co., Ltd.

Representative Director: Takaomi Sato

Philosophy

Contribute to society by contributing to self-reliance support

- Thoughts -

"I want to become capable of doing what I can't do" in my life

"I want to do more of what I can do"

Increase the number of things you can do in your life, improve your mental and physical functions, participate in society, and be healthy.

Features of Day Service Raku

Standing and walking to increase activity level

- Hands are important for daily life activities
- To use your hands, you need to be independent and able to stand **and walk** stably
- Muscle strength and joint mobility etc. required for standing and walking are necessary
- "Walking" in daily life has a **purpose (activity)** beyond it
- Aim to improve target activities
- **Increase the quantity and quality of activities (daily life activities)**

- (Handicapped) barriers exist
- No handrails
- No use of wheelchair
- **No use of** lift trucks and other **special vehicles**
- **Capabilities are not deprived**
- **Enhance capabilities**

Case study (Subject A)

Female in her 80s **Project subject**

Medical history:

Difficulty of hearing in left ear, herniated disc

Shingles (prognostic symptoms in the lumbar region and left lower leg), osteoporosis.

Background to use:

In the past, she used to interact with a lot of friends and acquaintances in the neighborhood, but in recent years, going out has been difficult because of her back pain and leg pain, resulting in unstable walking and standing. Movement in room is also unstable. She is also anxious about falling over. On the recommendation of a friend, she considered using the long-term care insurance service and started using the facility **once a week**.

With an interests and concerns check list

Wishes such as "I want to cook and shop", "I want to go to the fields".

Life Function Evaluation (Subject A) Created by Wako City, Saitama Prefecture

Degree of self-reliance	Self-reliance		Partial assistance		Full assistance	
Level of difficulty and potential for improvement	Can do comfortably		Improvement possibility		Improvement possibility	
	Normal	Limited	High	Low	High	Low
Determination of degree of self-reliance	○ 1	○2	△ 1	△2	× 1	×2

	Daily life functions	Preliminary	Post-mortem prediction	Remarks
A D L	Indoor walking	△1	→ ○2	Able to walk somehow. Just before learning to crawl and walk. Not able to do so on dirt floor.
	Outdoor walking	×1		Do not do so because of insecurity.
	Frequency of going out	×1		Do not do so because of insecurity.
	Excretion	○1		I hold onto the pipe in front of the Japanese-style toilet. I hate western toilets.
	Meals	○1		
	Bathing	△1	→ ○2	With the help of my daughter, I can somehow manage to do so while holding onto something.
	Dressing and undressing	○1		

I A D L	Cleaning	△1	→ ○2	Cleaning is done mostly by my daughter, but sometimes I sit down and do it with a small vacuum cleaner
	Laundry	○2		
	Shopping	×1		Daughter and grandchildren are out shopping
	Cooking	△1	→ ○2	I make use of things that can be heated in a microwave. I do not stand in the kitchen. My microwave is placed near my living room.
	Tidying	○1		
	Taking out trash	×2		My son takes it out on his way to work.
	Visiting hospital	△1		My son accompanies me to the hospital.
	Medication	○1		
	Money management	○1		
	Telephone	○1		
	Social participation	×1		Not done

Number of steps a day ⇒ 800 steps

Process analysis of ADL/IADL

Lifestyle	Process	Preliminary	Details	Post-mortem
Bathing Degree of self-reliance [△ 1]	Walk until dressing room	△1	With assistance of daughter	○2
	Undress	○1		
	Walk until bathroom	△1	With assistance of daughter	○2
	Wash body/hair	○1		
	Step into bathtub	△1	With assistance of daughter	○2
	Standing/sitting in bathtub	△1		○2
	Wipe body	○1		
	Dress	○1		
	Dry hair	○1		
Cleaning Degree of self-reliance [△1]	Go get tools	△1	Difficulty in using vacuum cleaners and other heavy objects	○2
	Prepare tools	△1	Difficulty in using vacuum cleaners and other heavy objects	○2
	Get to where you want to go	○2		
	Change posture	×1	Difficulty in maintaining a stooping or standing position, or crawling on all fours, etc.	○2
	Clean	×1	Possible in a chair-sitting position	○2
	Restore posture	×1	Difficulty in maintaining a stooping or standing position, or crawling on all fours, etc.	○2
	Dispose of garbage	○2	Difficulty in carrying heavy objects	
	Tidy tools	△1	Difficulty in carrying heavy objects	○2
	Return to room	○2		


Sorting out ADL and IADL issues

Self-reliance: ○1 (Easy to perform) **Normal independence** , ○2 (A little difficult) **Limited self-reliance**

Partial assistance: △1 (High possibility of improvement) △2 (Low possibility of improvement)

Full assistance: ×1 (High probability of improvement) ×2 (Low probability of improvement)

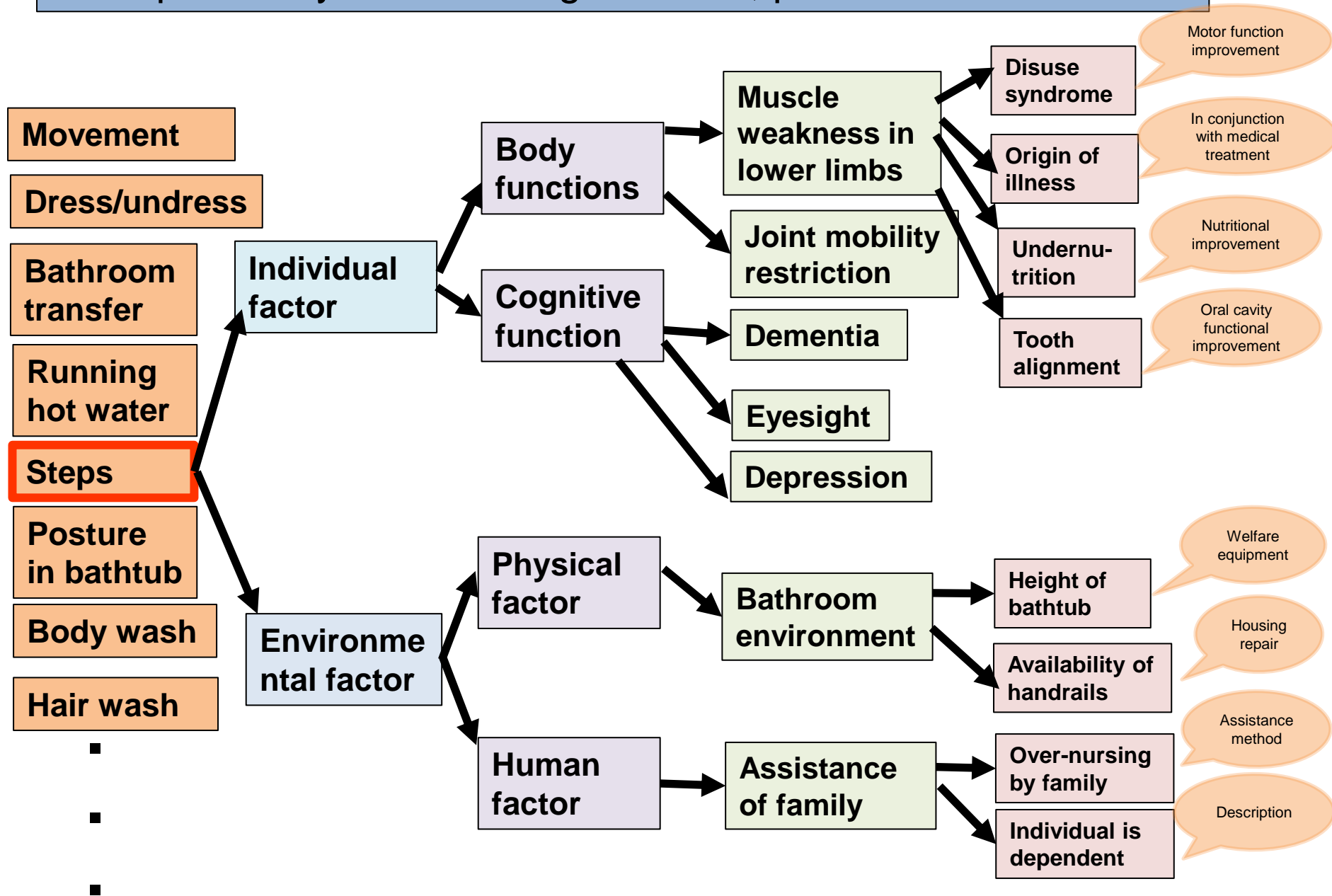
Reflect the execution status checklist

入浴				
自立度	工程	課題の抽出、目標の設定	動作工程イメージ	訓練の応用
	浴槽をまたぐ	<input type="checkbox"/> 湯の温度を確認できる <input type="checkbox"/> 座位にて片足でバランスを保持できる <input type="checkbox"/> 立位にて片足でバランスを保持できる <input type="checkbox"/> 下肢をうまく動かすことができる <input type="checkbox"/> 上肢をうまく使うことができる <input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> 応用立位訓練 <input type="checkbox"/> 応用座位訓練 <input type="checkbox"/> 下肢訓練

- Think about what you can do to get closer to being self-reliant.
- **"I can"** mindset.
- If there are no suitable items, add each one for use.

Linked to practical movement training and exercise programs. In the manual, examples of practical movement training are attached to the appendix for reference purposes.

Example: Analysis of bathing behavior, problem identification



Implementation program



Improving muscle strength and flexibility required for **standing and walking!**

Lower limbs 3-point set



Self-reliance support school
(Self-Management)



Upper limbs 3-point set

楽々シリーズは簡単な動きで、効果的に下肢の筋力強化や柔軟性をUPしていただける、下肢機能訓練器具です。

ハンドル付きステッパー

楽々ふみふみ

下肢の筋力向上と持久力UPに

素材 フレーム：スチール
ステップカバー：PP
スポンジカバー：EPDM

持ちやすいよう形状を工夫しました

- 片麻痺方など両手でハンドルを持てない方でも、色々な持ち方が可能で、安心して使用できます。



補助ステップを設けました

- 踏み込む力が弱いご利用者の方には、後ろから一緒に踏んで補助できるような補助ステップを設けました。

ステップを大きく、縁を付けました

- 乗る時や、訓練中に足が外に滑れるなどして、足を踏み外したくないよう、ステップを大きくし、縁を設けました。



かんたん運動負荷調節

- 全面の負荷調節ダイヤルを回すと、運動して運動負荷目盛りが動き、運動負荷の目安が分かります。



大きくて安定性抜群の土台

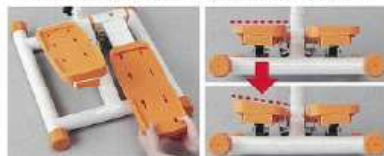
- 運動中にバランスを崩して転倒しないよう、土台の基礎面積を広げ、安定性を重視しました。

訓練効果の出る筋肉



ステップに角度が付けられます

- 片麻痺や関節症などで、まっすぐ踏み込むことができない方のため、ステップを両手で反対に差し込めば、内側に10°傾けることができます。これにより、重心が外側に流れにくくなります。



補助フレーム付きステップボード

楽々のりおり

フレーム脚が邪魔にならない

- 前方にフレーム脚がないので、片麻痺の方でも足が当たることなく、使用していただけます。



ハンドル付きストレッチボード

楽々のびのび

足首の柔軟性UPに

素材 フレーム：スチール
ステップカバー：PP
スポンジカバー：EPDM

高さ調節が可能

可動部分の安全性を重視

- 使用中に足を踏みこんで怪我等が無いように、使用中の要領には可動部を無くしました。



安心感のあるハンドル

- 後方にバランスを崩しがちなストレッチ運動でも、しっかり握っていただけます。

ずり落ち防止ボード

- ボードからのずり落ちを防ぐため、全面に縁をもうけました。また、後方から援助できる補助ステップを設けています。



大きくて安定性抜群の土台

- 特に後方への安定性を考慮して、フレームを延長し、さらにハの字型にして安定性を図っています。



ご利用者に合わせた角度調整

- 後方のピンを抜き差しすれば、ご利用者に合わせた角度を3段階に調節可能です。



下肢の筋力強化に

素材 フレーム：スチール
スポンジカバー：EPDM
ステップボード：PP

高さ調節が簡単に

- フレーム高さを調節が簡単にできます。

ステップ台の高さ調節が簡単に

- 高さ調節はステップボードを1枚〜4枚重ねるだけで、簡単にできます。



訓練効果の出る筋肉



訓練効果の出る筋肉



Evaluation after 3 months

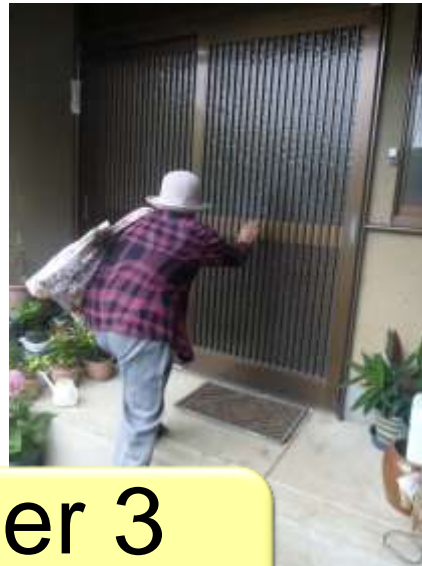
Evaluation of daily life functions (Subject A)

	Daily life functions	Preliminary	Post-mortem prediction	Remarks
A D L	Indoor walking	○1		Able to remain stable without holding on.
	Outdoor walking	○2 → ○1		I can use a cane to walk around the house and perform weeding.
	Frequency of going out	×1 → △1		I go shopping with my family and walk around pushing a cart.
	Excretion	○1		
	Meals	○1		
	Bathing	○1		Can take a bath while holding onto something.
	Dressing and undressing	○1		
I A D L	Cleaning	○1		I can vacuum and mop the floor once or twice a week.
	Laundry	○2		I wash and dry my sheets once every two or three days.
	Shopping	△2		I go together with my family. Cart use.
	Cooking	○1		I make my own lunches and meals.
	Tidying	○1		
	Taking out trash	×2		My son takes out the trash for me on his way to work.
	Visiting hospital	△1		My son accompanies me to the hospital. Taxi.
	Medication	○1		
	Money management	○1		
	Telephone	○1		
	Social participation	×1	○2	

Number of steps a day ⇒ 4000 steps

I was able to do what I couldn't do in my life.

Indoor walking, bathing, cleaning, and cooking were rated △1 (Partial assistance) 3 months ago ⇒ Fully independent after 3 months



"I can do anything
around the house now!"
Activity level went up!!

After 3
months



- Disuse syndrome was conspicuous, making it difficult to stand, sit, or move.
- I focused on indoor ADL and IADL (especially standing and walking).
- Changes were visible after using a few times.
- "I'm looking forward to getting better"
- "I perform exercises that I can do at home too"
- Even during use, my gait is stable, and my slouching posture has become straight.
- "I became active at home and even planted 5 eggplants!" "I'm happy I managed to make 8 kg of pickled plums!"
- I was able to enjoy distributing what I had made to my neighbors and friends, which I previously used to do.
- My daily activity level has increased considerably compared to when the service first started, allowing me to get out of my disuse syndrome.

Changes in health aspects such as making exercise a habit and an increased appetite were also observed

Realization of wishes like "I want to shop" and "I want to go to the fields"



Number of steps ⇒ 7000steps (800 steps 3 months ago)

事例

女性 81歳 要介護度：事業対象者

家族構成：夫（要介護1）、娘、孫との4人暮らし

【健康状態】

両膝痛あり（両膝関節変形） 腰痛あり

家族は仕事があり、もともと役割として家事を担ってきた。
しかし、膝と腰の痛みにより家事が難しくなってきた。

庭先から玄関への移動

教室開始前



3か月後



女性 82歳 事業対象者

**既往歴： H20年 両股関節人工骨頭置換術
高血圧 高脂血症**

状況

2年前から徐々に足腰の筋力が低下し、最近では習慣だった散歩や近所へのお茶飲みにもほとんど出かけなくなった。腰部に痛み等があり腰を伸ばして歩く事が大変で自宅内でも両手に物を持って歩くのが困難。屋外は杖歩行。

目標

- ・コンビニ(片道500M)まで歩いて買い物が出来るようになりたい。**
- ・楽に掃除機がかけられるようになりたい。**

2月上旬



4月下旬



2月上旬



4月下旬



4月24日 修了式

3ヶ月間お疲れ様でした。



事例

男性 82歳 要介護度：事業対象者
家族構成：一人暮らし

【健康状態】

脊柱管狭窄症、腰痛、高血圧

腰痛が悪化し、4年前から趣味であったパターゴルフに行けなくなった。今は家に閉じこもっている転倒も増えてきている。

⑤ (立ち上がり)

H29.3.7 開始時

4回



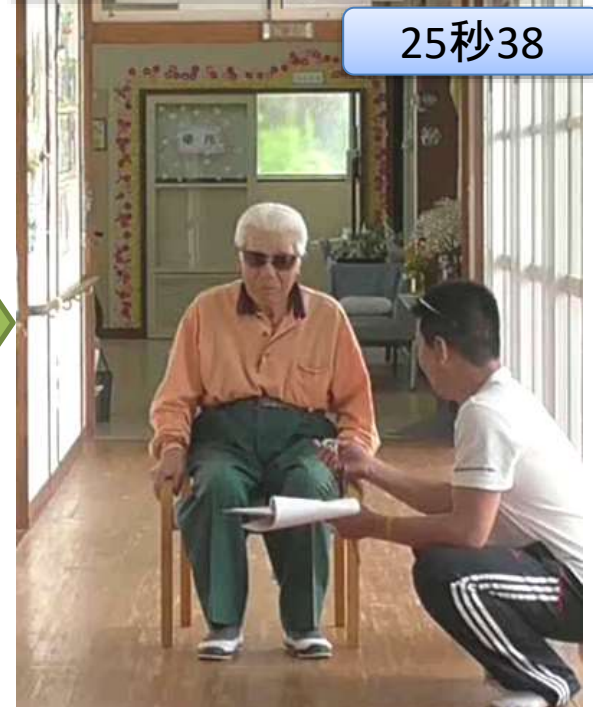
H29.4.7 1ヶ月後

6回



H29.5.12 2ヶ月後

25秒38



⑤ (5m歩行)

H29.3.7 開始時

18秒38



H29.4.7 1ヶ月後

11秒50



H29.5.12 2ヶ月後

6秒19

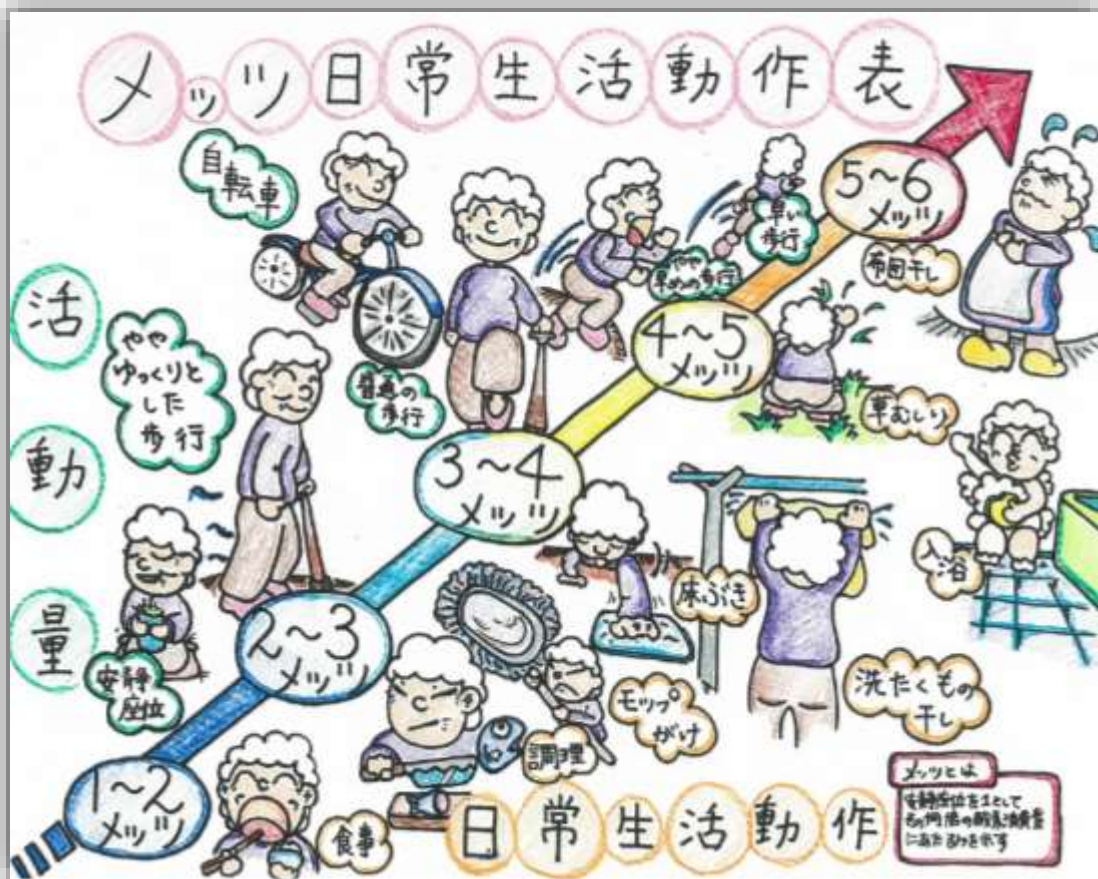


パターゴルフの再開



Use of manuals (consensus building and raising of awareness)

➤ Raising awareness of cleaning (using the METs Daily Living Activity Chart)



I didn't know cleaning can become such an exercise!

Easy to see because it's an illustration.

Should I try doing a little bit!

< Ways to raise awareness >

- ★ Paint the target METs in color
- ★ Hang it in a place where it is always visible

◆ Using a pamphlet, the following explanation was given to raise awareness:

"Cleaning corresponds to 4 METs and is equivalent to walking about 4 km per hour." Even if you don't do anything special, if you increase what you can do in your daily life, it is the same as exercising".

Self-management notebook

- More and more things that you can do -

Exercise talk

Daily check

Nutrition talk

Dental talk

Day service graduation → Day service volunteer

- Day service graduation
- Interests and concerns check list
(Volunteer → I want to try it out)
- Work process analysis of day service
- Lunch preparation → consensus building
- Start volunteering at day services

Social participation is the best preventive care!



Day service Raku's goal of preventive care

Solving daily life issues ⇒ Increasing the activity level ⇒ Extending healthy life expectancy

- Inquiry of daily life based on an evaluation of your daily life functions, etc.



Understanding life

- Find actions that you can do in your daily life



Target setting (long-term goals)

- Examine closely what you can and cannot do



Process analysis

- Clarify what you cannot do (that you can become capable of doing)



Identification and evaluation of issues (short-term goals)

- Approach to the task (exercise, oral, nutritional aspects)



Lower limbs 3-piece set

- Establishment of self-management
(Increased activity level during the day)



Use of self-management notebook

- Lead to enhanced mental and physical functions and ensure health
⇒ **Extension of healthy life expectancy**