

Practice of Eating, Sleeping, Playing

Day Respite Center Maoru
<https://www.facebook.com/dayservicemaoru/>
Shingo Eguchi

Today's Contents

1. Self-Introduction
2. Experience of working at Long-Term Care Health Facility
3. About Day Respite Center Maoru

• A Managing Director of a day respite center and a home care service

• Worked a long-term care health facility for 14 years

• Encountered Takako Serizawa who is the president of the Diversional Therapy Association of Japan

• Wanted to provide elderly care based on DT's philosophy and practice



Long-Term Care Health Facility,

<https://www.jinsekai.or.jp/carecenter>

Facilities that provide nursing care services and rehabilitation to elderly people who need nursing care and support their return to their homes



Who: Certified as requiring Long Term Care
→7 Stages

Long-Term Care Health Facility,

<https://www.jinsekai.or.jp/carecenter>

- Admission Floor
 - Dementia Floor: 50 people
 - Returning home Floor: 50 people
- A Day respite Rehabilitation center: 130 people
- A Home care services
- Other 3 types of facilities



- Learn long-term care insurance system



- Learn care skills



- Opportunity of starting up



● Recreation is easily restricted



Recreation is Hope



Day Respite Center Maoru

- Established November 1st 2019
- 6~7 hours stay
- Capacity: 18 people
- Staff: About 9
 - 2Careworkers
 - 2Nurses
 - 1PT
 - 1SocialWorker
 - 2Chefs
 - 2Drivers



What is a day respite center in Japan?

★ A big role:
Support to live at his/her home

- Support his/her LIFE
- Support his/her Family's LIFE



What is a day respite center in Japan?

- Who : Certified as requiring Long Term Care
→7 Stages
- Capacity: 10 ~ 130 people
- Staff : Care workers/Nurse/PT,OT,ST/Social Worker/Dr.
- 2~4 hours stay / 6~8 hours stay
- Do: Exercise/ Eating/ Bath/ Recreation•Activity

Concept of Maoru

+ (plus) Fun



Meaning of Maoru

Weaving a lot of relationships
and connections

What Maoru values

Communication



What Maoru value

Life Style



What Maoru value

Local
Resource
Community



What Maoru values

Eating, Sleeping, Playing

Eating!

- 1 soup & 3 dishes
- Five Senses
- Hot meals
- Eating out



Sleeping !

One of Maoru's Subject

Says : Somebody is able to helps my walking, bathing, or eating. But sleeping is not like that.



Sleeping ! For a good night's sleep with DT

★Sleep Management

- Exposure to the open air and sunshine in the morning
- After Lunch: Take a "30 minutes nap"



Playing!

●Based on Assesment→Planning→Implementation→Evaluation

- Simple
- Playing in such as Relationship of Friends
- Interactivity

Playing

Feeling four seasons

Recreation Activity

Agriculture Work

Volunteer

Cooking

Going out

Short Trip

Playing

Monthly Recreation Calendar

- cooking
- Going out
- Activity

Playing

The best way
 → enjoy your life
 → have fun



Playing

Feeling four seasons



Playing

Many resources to enjoy in the region.

35 minutes one way

Do it as soon as you want to

Playing

Cooking



Playing

Traditional event's desert/using seasonal ingredients

Necessary expenses are charged

Playing

Agriculture Work



Playing

Farms are rented from users.

Playing

Going out



Playing

Breathe the air outside

Move your body with fun

Playing

Recreation
Activity



Playing

Focus on every users at
least once a month

Physical possibilities

Life Style

Playing

Volunteer

Social Participation



Playing!

Short Trip!

- Started in Autumn 2022
- 2022 Go to Fishing in Amakusa
- 2023 Trolley Train Trip



Future Prospects for Diversional Therapy in Japan

- The rise of the younger generation in DT Association of Japan
→ URL: <https://dtaj.or.jp>
- Get to know DT

Thank you for your kind attention.
