# 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 Facilitiy, https://www.jinseikai.or.jp/carecenter

Admisson 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







# Day Respite Center Maoru

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



# What is a day respite center in Japan?



→ 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.
- $2 \sim 4$  hours stay  $2 \sim 6 \sim 8$  hours stay
- Do: Exercise/ Eating/ Bath/ Recreation Activity



# Meaning of Maoru

Weaving a lot of relationships and connections

2023/10/23

# 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

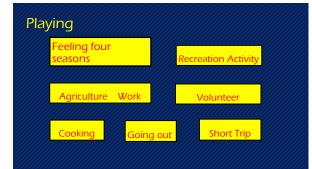
• After Lunch: Take a "30 minutes nap"



# Playing!

●Based on Assesment→Planning→Implementation→Evaluation

- $\rightarrow$  Simple
- → Playing in such as Reationship of Friends
- → Interactivity





Playing	Monthly Recreation Calendar			
cooking Going out Activity				

The best way  $\rightarrow$  enjoy your life  $\rightarrow$  have fun





Many resources to enjoy in the region.

35 minutes one way

Do it as soon as you want to



#### Playing

Traditional event's desert/using seasonal ingredients

Necessary expenses are charged



### Farms are rented from users.



Breathe the air outside

Move your body with fun

### Playing

Recreation Activity



### Playing

Focus on evevry users at least once a month

Physical possibilities Life Style



Started in Autum 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
   → (RUNING/2004010)
- Get to know DT

Thank you for your kind attention.