

The Practice of Diversional Therapy as a Home-Visit nurse

The Frontline of Care Supporting a Super-Aging Society

Mariko Kato

Agenda

1. Self-Introduction (My Journey)

2. BONDSSHIP (My Work in Tokyo)

3. Meeting DT (Nightingale & Takako)

4. Case Studies (The Gentleman & Mary)

5. My Vision (The Future of Nursing)

Self-Introduction



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Bondsship



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My First Meeting with DT

- Met at a Nightingale Study Group
- DT and Nightingale: The Same Heart
- Focusing on "Inner Power"



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Background

A Leading Figure in Hospitality

An 80-year-old male with dementia, struggling with spontaneous speech. Yet, behind the illness lies a brilliant professional career.

 Executive Secretary at a Luxury Hotel

 Professor: Education & Publications

 Drafting Business Letters in English

 An Accomplished Piano Player



First Intervention: Business Letters

Words that Awaken the Soul

We brought samples of formal English business letters, which were once a part of his daily professional life.

The man, who had been completely silent, began to read the English text fluently the moment he saw the materials.



Intervention 2: Music and Memory



Sheet Music: "Twinkle, Twinkle, Little Star"

We brought a compact electronic piano and English sheet music. Despite his dementia, he could accurately read and interpret the score.



Singing and Playing in English

He played with slow yet steady hands, softly singing along in English. His family, witnessing this moment, was moved to tears and rendered speechless.

Positive Ripple Effect on the Family



"His Abilities are Still There"

"Leave the physical care to us. Please focus your expertise on Diversional Therapy."

Moving from "Supporting Disabilities" to "Sharing Joy."

Even on days without visits, his family began showing him his published books and reminiscing about the past. As a result, his once-rigid expressions softened into frequent smiles.

A silhouette of a person's head and shoulders is shown in profile, looking out a window. The window has a grid pattern, possibly from a screen or blinds. The background is dark, and the light from the window creates a soft glow on the person's face and the window frame.

"Being Who I Am"

Joy brings smiles, and smiles light up tomorrow.

Be Yourself Until the End

～Caring with the DT Mindset～

Bondsship Visiting Nursing and Rehabilitation Station, Kameido Satellite

Mariko Kato, Registered Nurse



Case Summary: Introducing MARY



Case 2: 39-year-old Female

Family Structure: Living in a household of three

A life centered around her husband and their 4-year-old son, Takashi
She was discharged on April 9th to resume her role as a wife and mother.

After receiving explanations of Best Supportive Care (BSC) and DNAR
(Do Not Attempt Resuscitation) at the hospital, the patient made a
priority of choosing "life in her familiar home."

Redefining BSC and DNAR: A Positive Choice for Life

BSC

Best Supportive Care

Instead of aggressive chemotherapy, the focus shifted to Best Supportive Care (BSC), prioritizing pain relief and symptom management to maximize the patient's Quality of Life.

DNAR

Do Not Attempt Resuscitation

The DNAR agreement is not a refusal of care, but a consensus to ensure a patient-centered life, honoring her choice to spend her final moments with dignity and peace.

The Start of Home Care: MARY's Medical Support System



Visiting Physician Services

Home-Based Primary Care: Doctors visit the patient's residence on a planned schedule to ensure continuous medical oversight.

Unlike one-time urgent house calls, this service provides regular health management through scheduled visits (e.g., twice a month).

Comprehensive Medical Support at Home



Visiting Pharmacist

A specialized service where pharmacists visit the home to deliver and manage medications personally.

Pharmacists review drug interactions, organize medications into single-dose packages to prevent missed doses, and manage any remaining stock.



Visiting Nursing

Beyond medical treatments such as IV therapy and wound care (pressure ulcers), we provide physical rehabilitation and personalized guidance for family caregivers.

The Start of Home Care: MARY's Life Support System



Nurse

Assessing physical changes, managing medications, alleviating symptoms, and providing family support.

Identifying S-san's wishes to facilitate information sharing and care planning.

Supporting communication, such as assisting with voice message recordings



Occupational Therapist (OT)

Enabling daily activities and personal passions.

From baking favorite treats with K-kun to supporting S-san's personal goals—making "I want to" a reality.



Physical Therapist (PT)

Helping clients maintain and improve their mobility and physical strength.

Providing full support for planning and going on wheelchair-accessible outings.

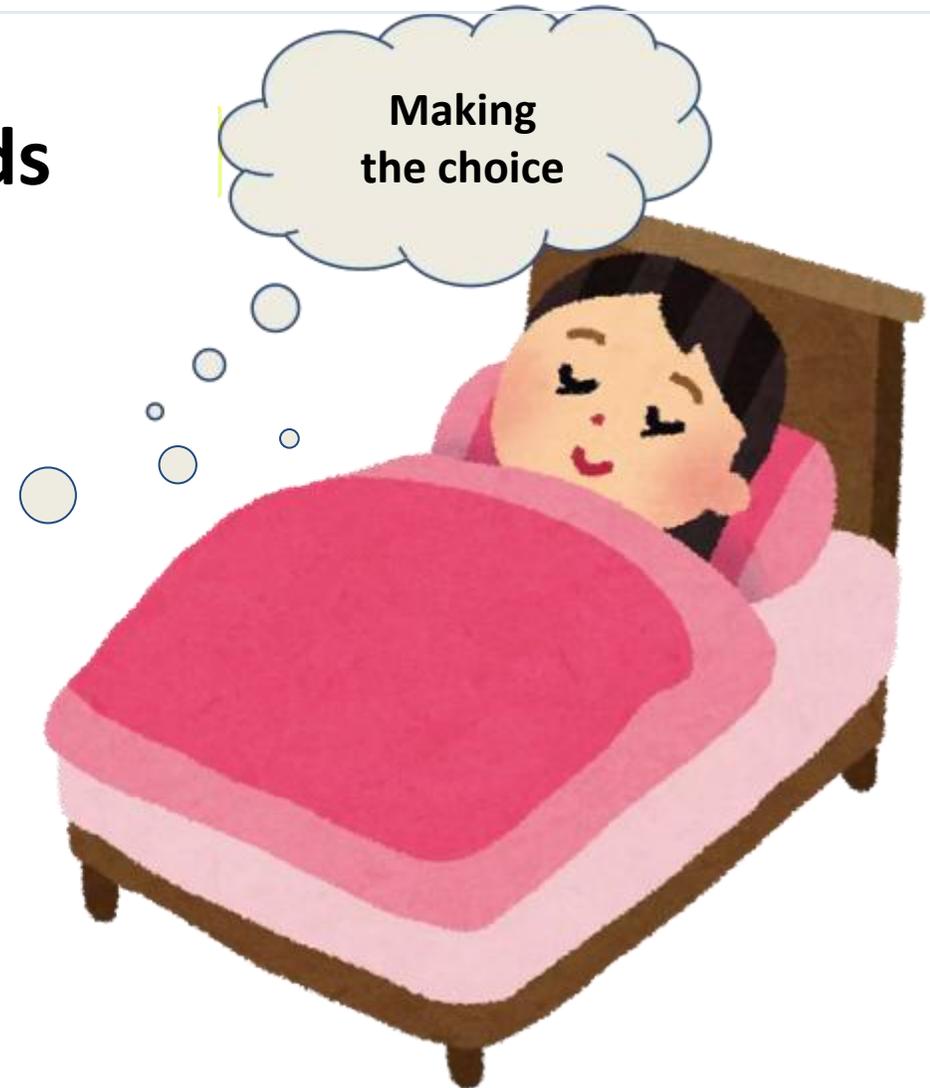
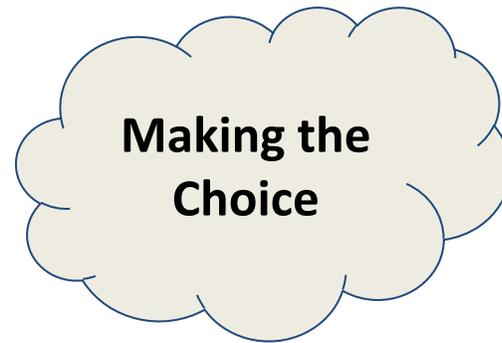
From initial coordination to the big day, we carefully help make trips to Disneyland and DisneySea a reality.

MARY'S WISHES : Places to Go, Things to Do



MARY's Desires for Life at Home

Live as who you are until ends



THE PROJECT: MAKING DREAMS COME TRUE

April 23rd: A Family Outing to Tokyo DisneySea

Ensuring Peace of Mind: Medication Support and Emergency Kits

April 27th: A Shichi-Go-San Photo Shoot

A son's important milestone. Even the recording of the message video was fully supported by our staff.

April 29th: Koinobori at the Park

Accompanied by Rehabilitation Staff: A Wheelchair Outing to Share the Season





Occupational Therapist (OT)



A Simple Guide to Understanding Cancer



THE POWER OF COMMUNICATION: REIGNING HOPE



12

OPTIM

これからの 過ごし方 について

●ほとんどの方がこのような装置は初めてだと思います。
心配や不安なことを感じるのはいままでのことです。
わからないことや相談したいことがあればその看護
看護師や医師に声をかけてください。
●このパンフレットは自宅、病院など、さまざまな場面で
使用します。
●一般的な事項が書いてあります。患者さんによっては
あてはまらないこともあります。

製薬を
受けた日

製薬を
した日

月 日



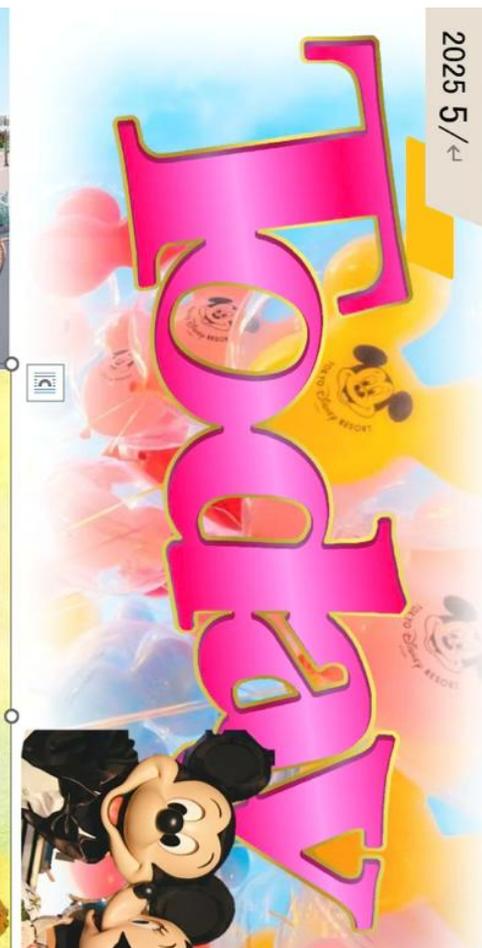
Launch of the Family Project: Our Journey to Tokyo Disneyland



- ♪持ち物♪
- 制吐剤（夕分を飲んでから行く）
使用方法：坐薬も持っていく
 - パット2、3枚
 - エチケット袋
 - ガーゼ、フィルム（1回分）
 -

♡ボンススタッフからのメッセージ♡
皆様ご夫婦が大好きなディズニーで、
本日は時間いっぱい楽しんでください！
素敵なお土産話楽しみにしています♪笑

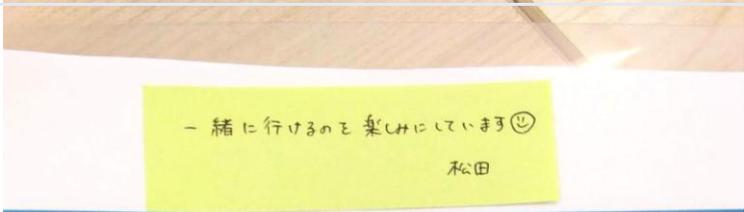
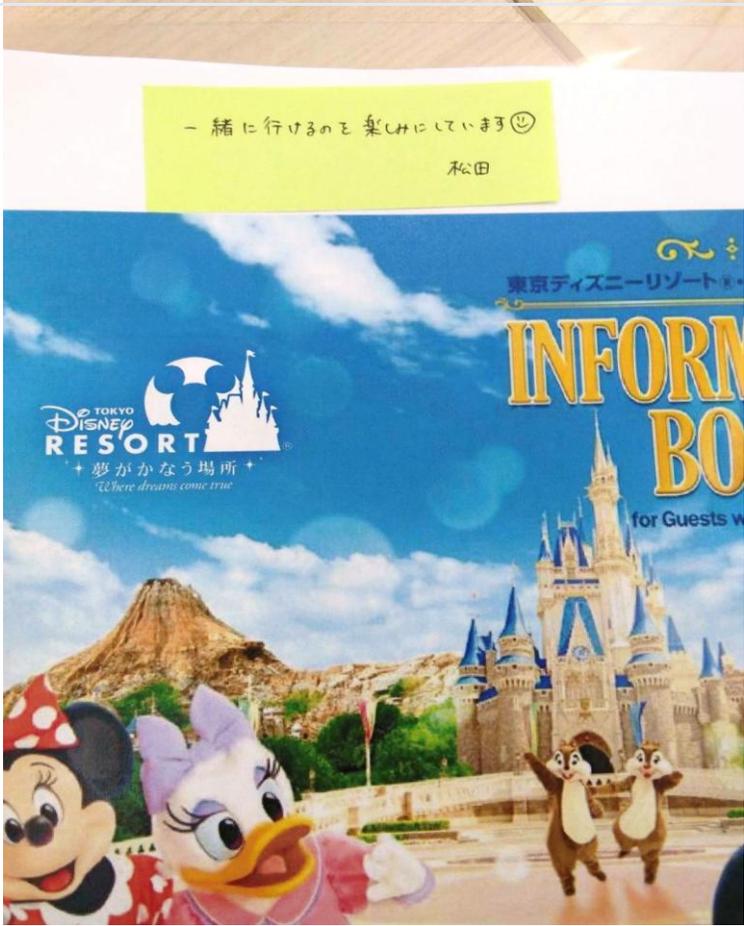
- ディズニーお出かけのしおり
- ご自宅出発
↓ 出発前に血圧など測定します。
 - ディズニーへ移動
 - ↓
 - ディズニー到着
↓
 - パークを満喫
↓ 時間いっぱい楽しみましょう！
 - ディズニー出発
↓
 - 自宅到着
↓ 帰宅後も血圧など測定します。



2025 5 / 4

Launching Family Project: Our Journey to Tokyo Disneyland

♥ I am looking forward to going with you ♥



Changes in Physical Condition and the Final Moments

End-of-Life Care: Being Present Until the Very Last Moment

May 22nd: Recording a Message with Rehab Staff and Disney Friends

May 23rd: Meeting with the Doctor Regarding the Prognosis

May 27th: Accompanied Rehabilitation: Care Filled with Disney Parade Music

May 28th: Consulting the Doctor About the Incomplete Message Recording



The Significance of Diversional Therapy (DT)

“ Thinking deeply about how to maximize their "wants" and "loves" within their daily life

Cultivating the motivation to say "I want to do this!" or "I want to live!" through tailored engagement

Making Meaningful Choices within the Reach of One's Abilities

Southern All Stars Concert: Decided to Cancel
(The patient mentioned having enjoyed the summer festivals before, so we decided to let this one go.)

Birthday Cards for K-kun: Completed for Ages 5 to 20
(Successfully wrote cards for ages 5, 6, 7, 8, 9, 10, 15, and 20.)

The Disneyland Project: Planning the Dream Route
(Although the visit didn't happen, we planned a route featuring his favorites: the Steam Locomotive, PhilharMagic, Hunny Hunt, and Pirates of the Caribbean.)

Funeral Message: Beautifully Hand-written on Stationery
(The message for the service was cleanly and beautifully transcribed on letter paper.)

Visitors from Shizuoka: Weekly Reunions with Relatives
(While a trip to Shizuoka was not possible, relatives came to visit every single week instead.)



**Making
the
Choice**

Special Thanks to MARY



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MY VISION FOR THE FUTURE

- Expanding DT in Nursing
- Integrate DT across Japan
- Support patients to Choose their path
- Stay true to themselves until the end

Any questions?