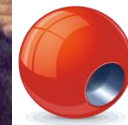


Social Security System And Elderly Independence Support Nursing Care



Azalee Group

Founder and CEO

Koji Kurusu MD, Ph.D

Director of the Association for functional
recovery Care and Power Rehabilitation
Association

Introduction

- Koji Kurusu MD, Ph.D

1992 Graduated from Nippon Medical School, Doctor of Medicine.

1992, Rehabilitation Department of Nippon Medical School and involved in the welfare of the elderly as a part-time doctor at a special nursing home for the elderly

In 1999, a special nursing home for the elderly, Azalee Edogawa was found

Director of the Japanese Association for functional recovery Care and Power Rehabilitation

- Japanese Society of Rehabilitation Medicine specialist
- Japanese Orthopedic Society specialist
- National Center for Geriatrics and Gerontology Visiting Researcher (until March 2023)
- Tokyo University of Science Visiting Researcher (From April 2023)

Trend of aging society and dependent population index in Asia

図1: アジア諸国の高齢化率の推移

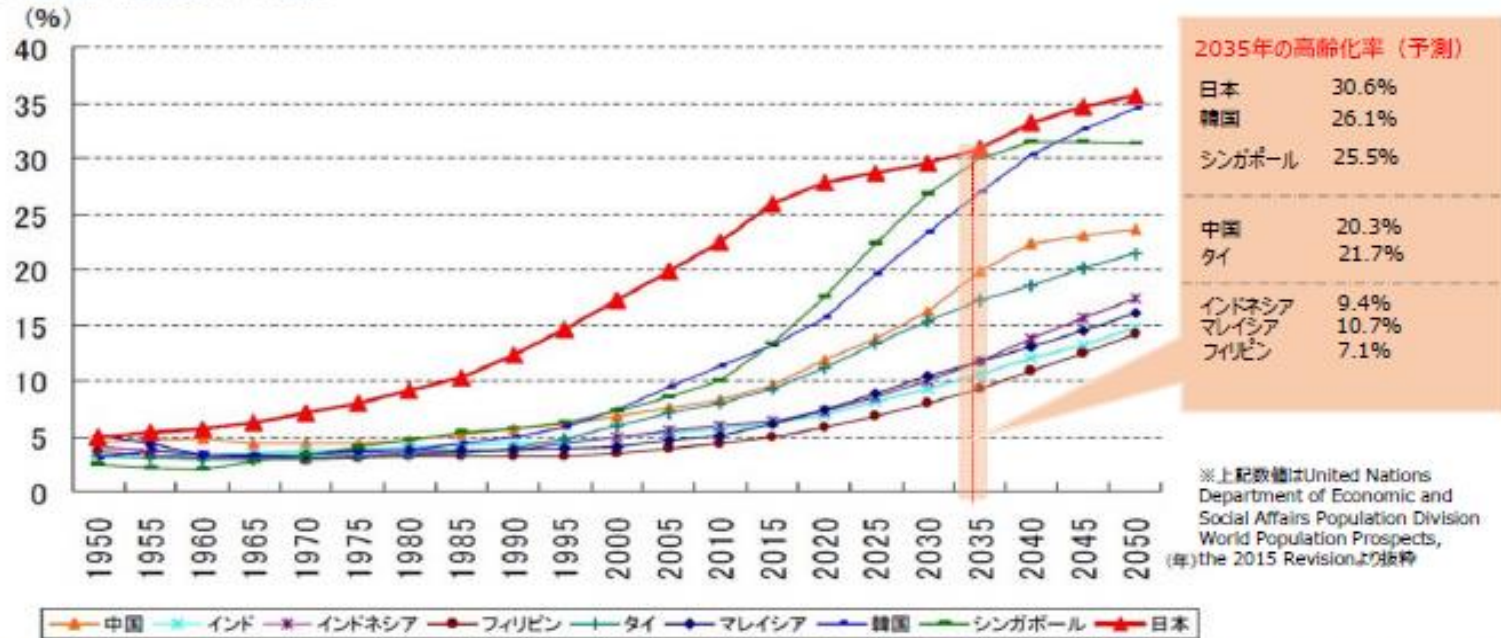
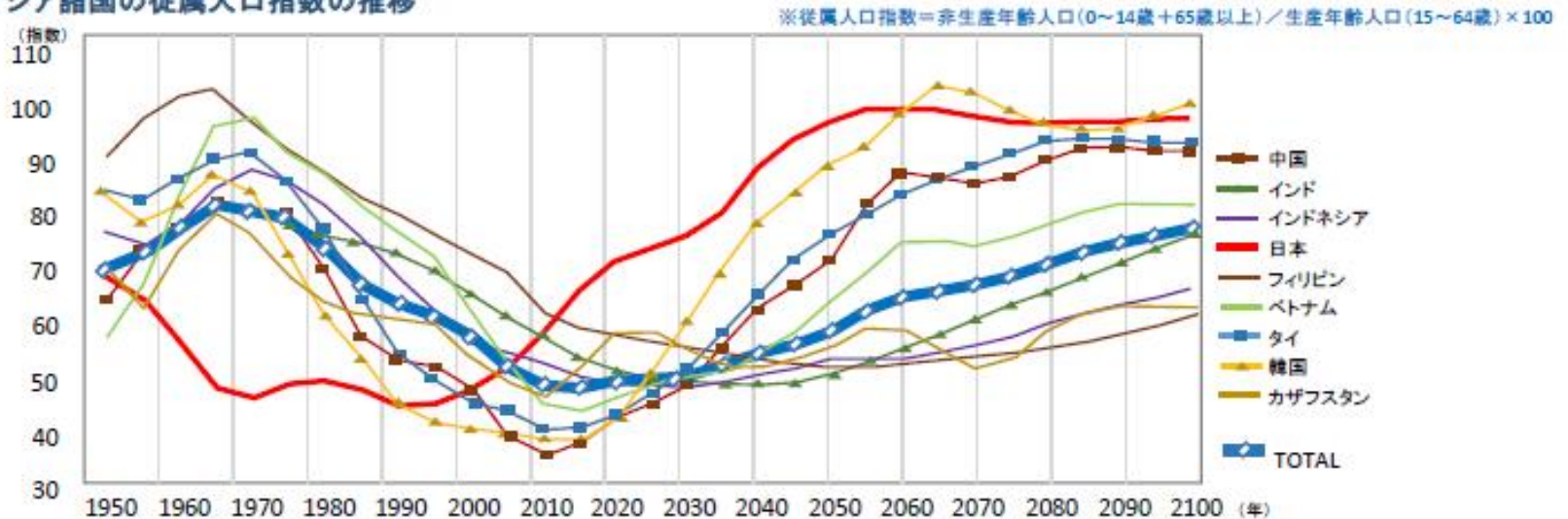
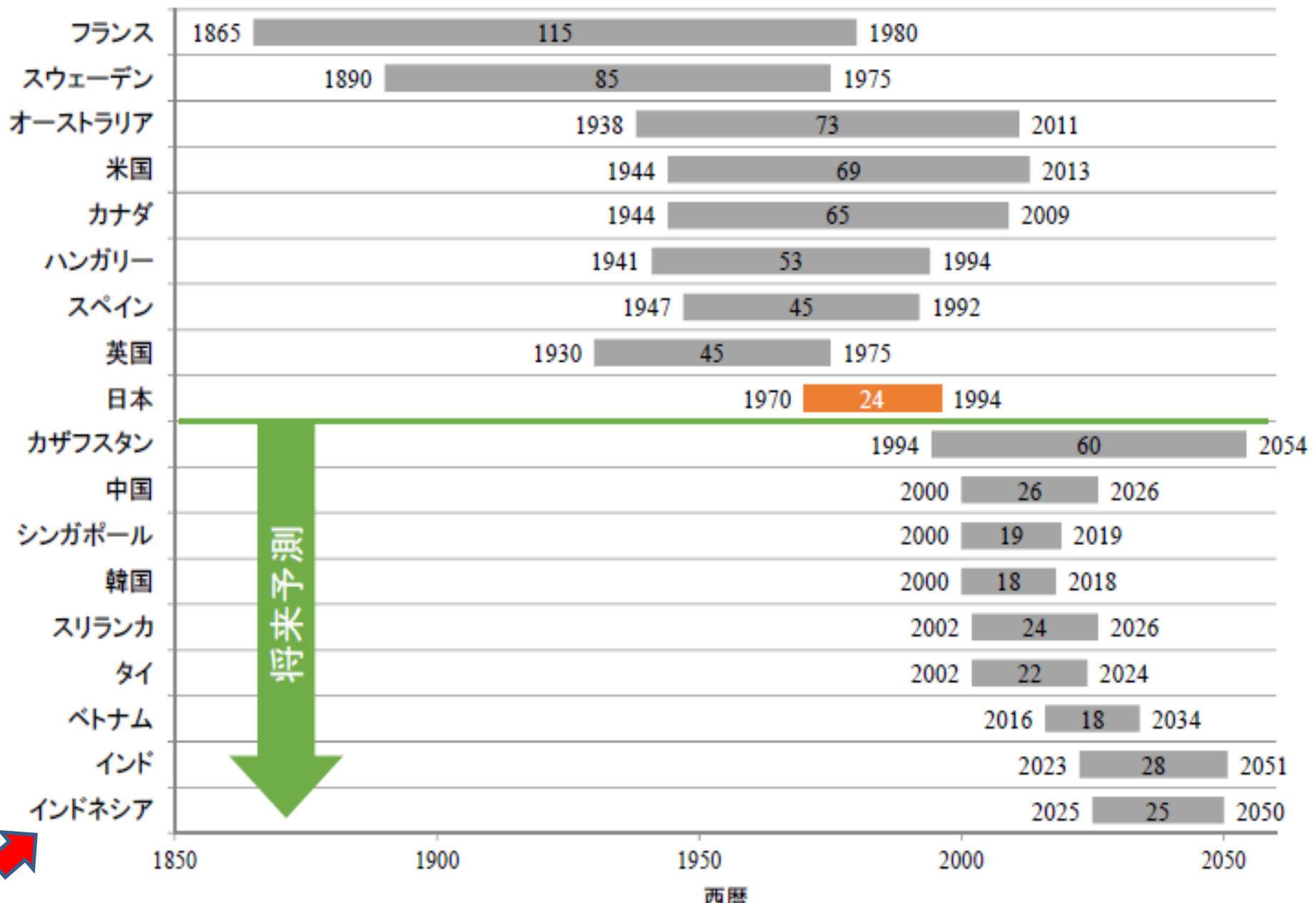


図2: アジア諸国の従属人口指数の推移



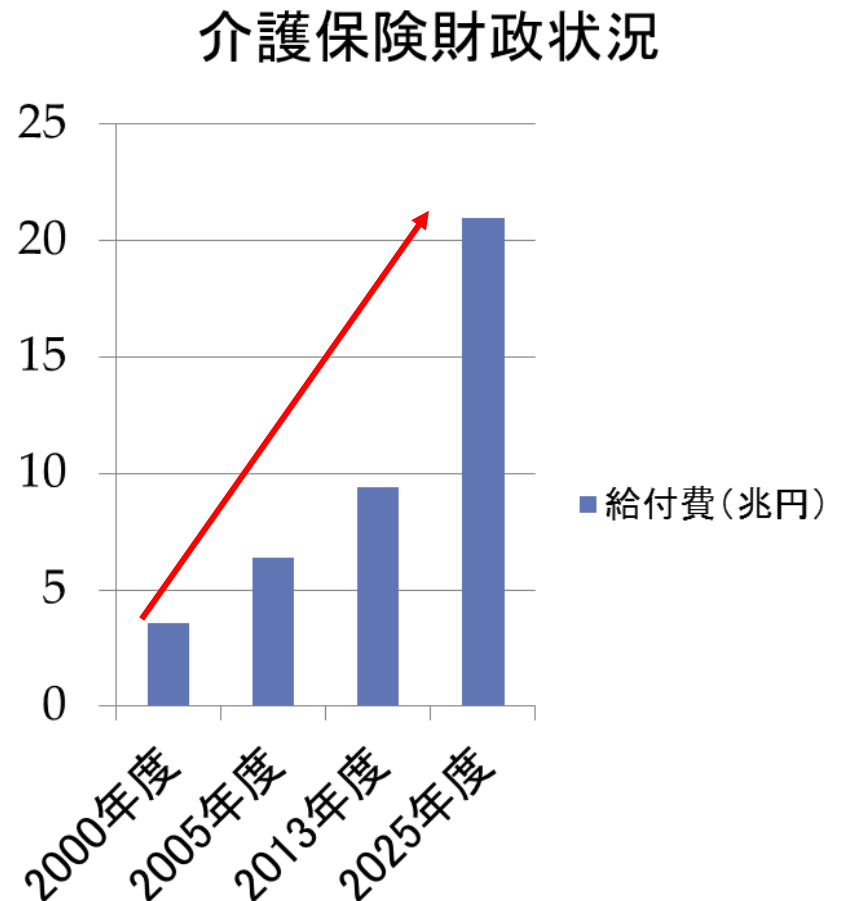
Duration from Aging rate 7% (aging society) to 1 4% (aged society)



Why do we need independence support care?

In the 25 years since the introduction of long-term care insurance, benefits have increased about five times to 20 trillion yen which is 240 billion US dollar.

It is predicted that there will be a shortage of 380,000 caregivers by 2025 in Japan. The Japanese government believes that Japan's knowledge will be useful in aging Asian countries



Independence support nursing care was adopted as Japanese seniors care policy in 2018

首相 高齢者の自立支援重視の医療・介護システムを

11月10日 19時45分



政府の未来投資会議が開かれ、安倍総理大臣は、高齢者の自立支援に軸足を置いた新しい医療・介護システムを2020年に本格稼働させるため、具体的な制度設計の検討を始めるよう、関係閣僚に指示しました。

PM made a statement of independence support care March 2019 in the Japanese diet

日本維新の会 予算委員会 参議院 2019 03 14



Case of Functional recovery care (86Y/O, CVD)

平成27年1月

2月12日

2月20日

4月9日

平成27年10月

onset
of CVD

胃ろう増設

そけい
右鼠蹊部
ヘルニア手術

admission to
nursing home

要介護認定: 5

Totally bed-ridden
with diaper
Rt.hemiplegia
No communication

6 months

要介護認定: 3

Excretion at toilet
Walk with walking aid
Normal feeding



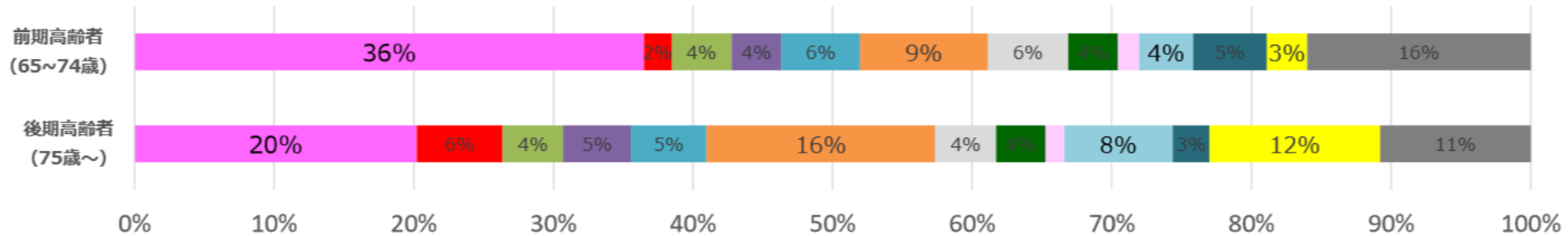
BEFORE

AFTER

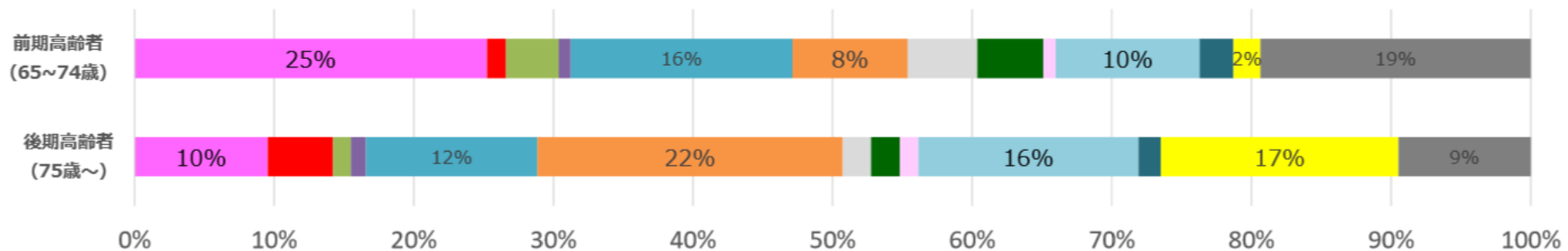
Causes of nursing care

Under the age of 75, Stroke is the most common
over 75, Age-related weakness, dementia, and falls and fractures

男性



女性



- 脳血管疾患 (脳卒中)
- 心疾患 (心臓病)
- 悪性新生物 (がん)
- 呼吸器疾患
- 関節疾患
- 認知症
- パーキンソン病
- 糖尿病
- 視覚・聴覚障害
- 骨折・転倒
- 脊髄損傷
- 高齢による衰弱
- その他・わからない・不詳

(データ出典) 厚生労働省「平成28年国民生活基礎調査」

Physical condition requiring nursing care

With aging

【4basic cares】

- ① Dehydration
 - ② malnutrition,
 - ③ difficulty in defecation
 - ④ bedridden state and lack of exercise
- ➔
- ① 1500cc of water intake per day.
 - ② the nutritional intake of 1500 kcal.
 - ③ physiological regular bowel movements.
 - ④ adequate amount of exercise centered on walking



Building a
health body

hydration • nutrition • exercise • normal excretion

A 93-year-old woman was hospitalized with pneumonia in April, became bedridden, and was placed in a nursing home without being able to return to her home.

She entered a nursing home in May with a nursing care level of 5, the worst condition in the long-term care insurance system. Also she has suffered from Alzheimer's dementia



State at the time of admission



ADL after the independent support care method for 6months

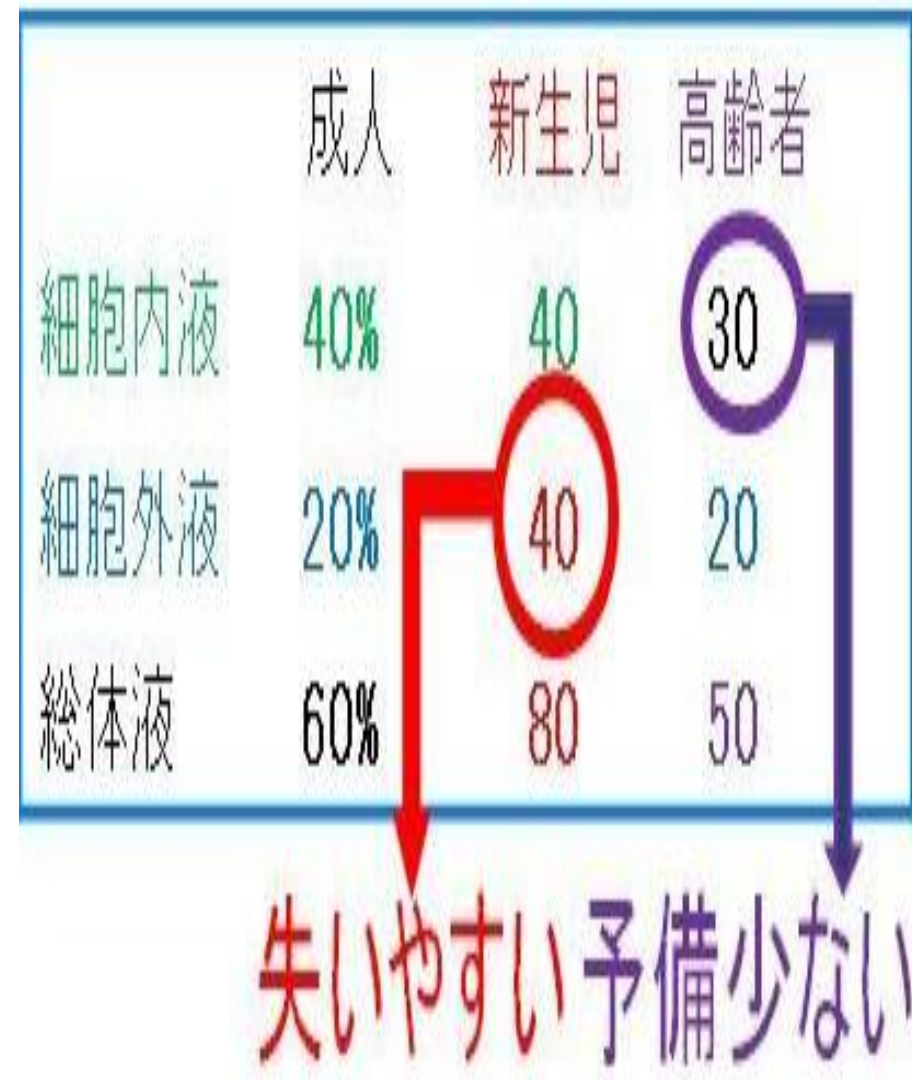
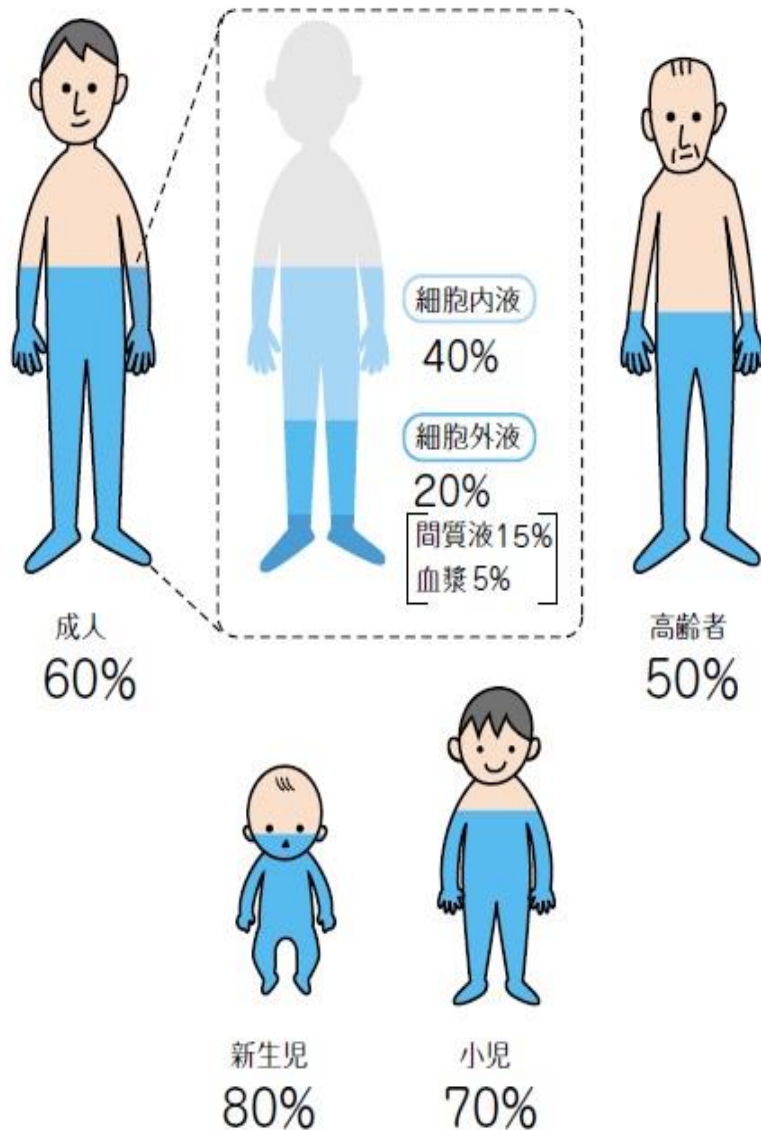
- She walks with a walker without using a wheelchair, drinks 1,500cc of water a day, and eats almost normal meals.
- Defecation also returns to normal and urinates in the toilet.
- Communication is no problem and more smiles



State of walking after 6 months



Water accounts for 50% of the body of the elderly



Causes of dehydration in the elderly



必要な水分排出
2400～2800ml/日

尿: 1500ml

便: 200～300ml

不感蒸泄: 700～1000ml



飲水: 1500ml

食事: 700～1000ml

代謝水: 200～300ml

必要な水分摂取量
2400～2800ml/日

Symptoms of dehydration in the elderly

水分摂取量が減る

- ノドの渇きを自覚しにくい
- トイレを気にして水分制限
- 食事が全体的に不足しがち

カラダからの水分が失われやすい

- 加齢による腎臓の機能が低下
- 利尿作用の治療薬を使用している

脱水症

カラダの予備能力の低下

- 加齢と活動量の低下による筋肉量の減少
(筋肉は最も多くの体液を含んでいる場所です)

見た目にはわからない
脱水症

↓
のどが渇く
(渇かない場合もある)
尿量減少



体重の減少が
1～2%

↓
けんたい感、頭痛、
めまい、嘔吐、
立ちくらみ、
食欲低下など



体重の減少が
3～9%

↓
喀痰排出困難
血圧・臓器血流低下

↓
せん妄、嗜眠、昏睡
心・腎・呼吸不全



体重の減少が
10%以上

↓
ADL・QOL 低下

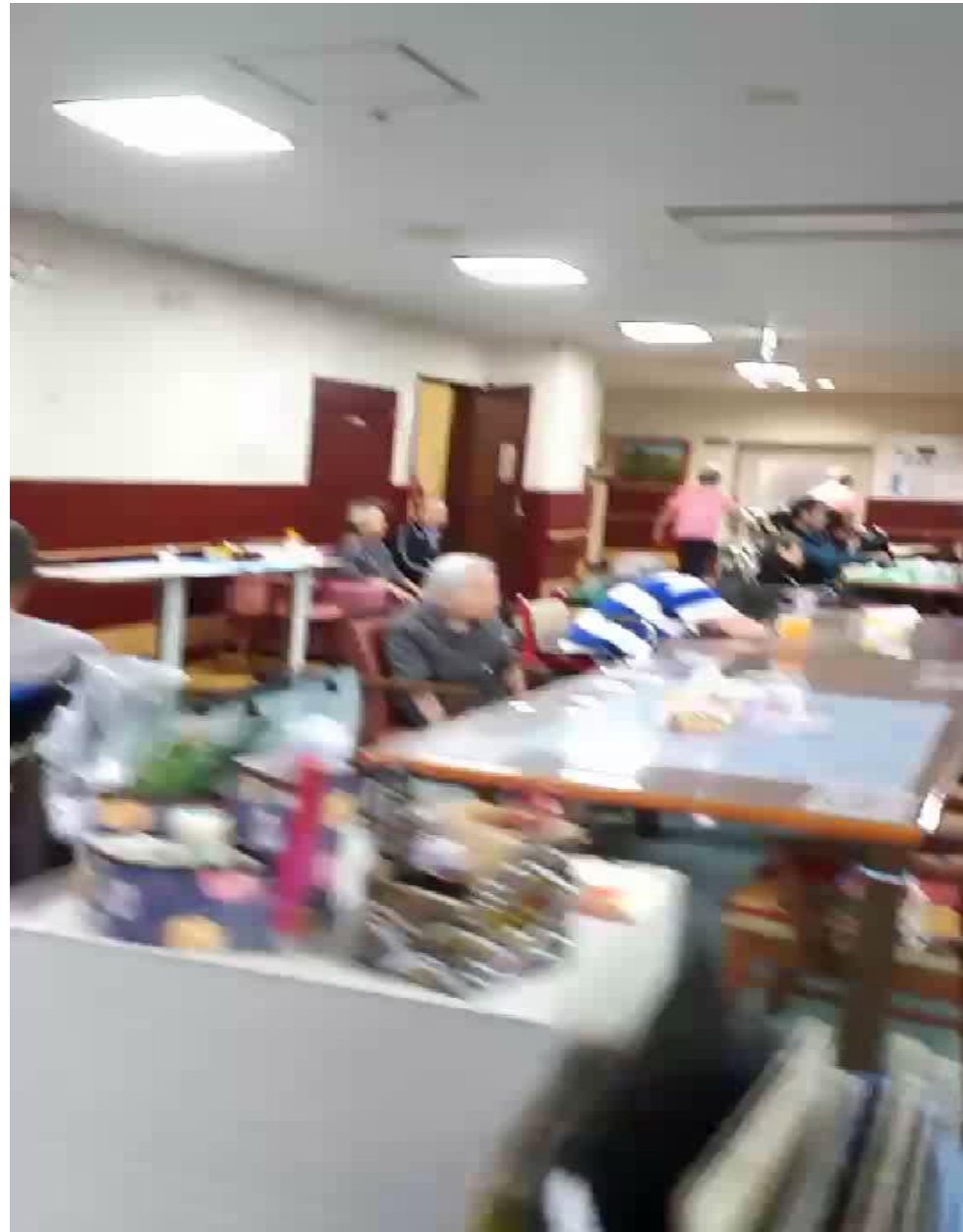
↓
死に至る

Female 92Y/0 with Dementia (before water intake for 1500cc)

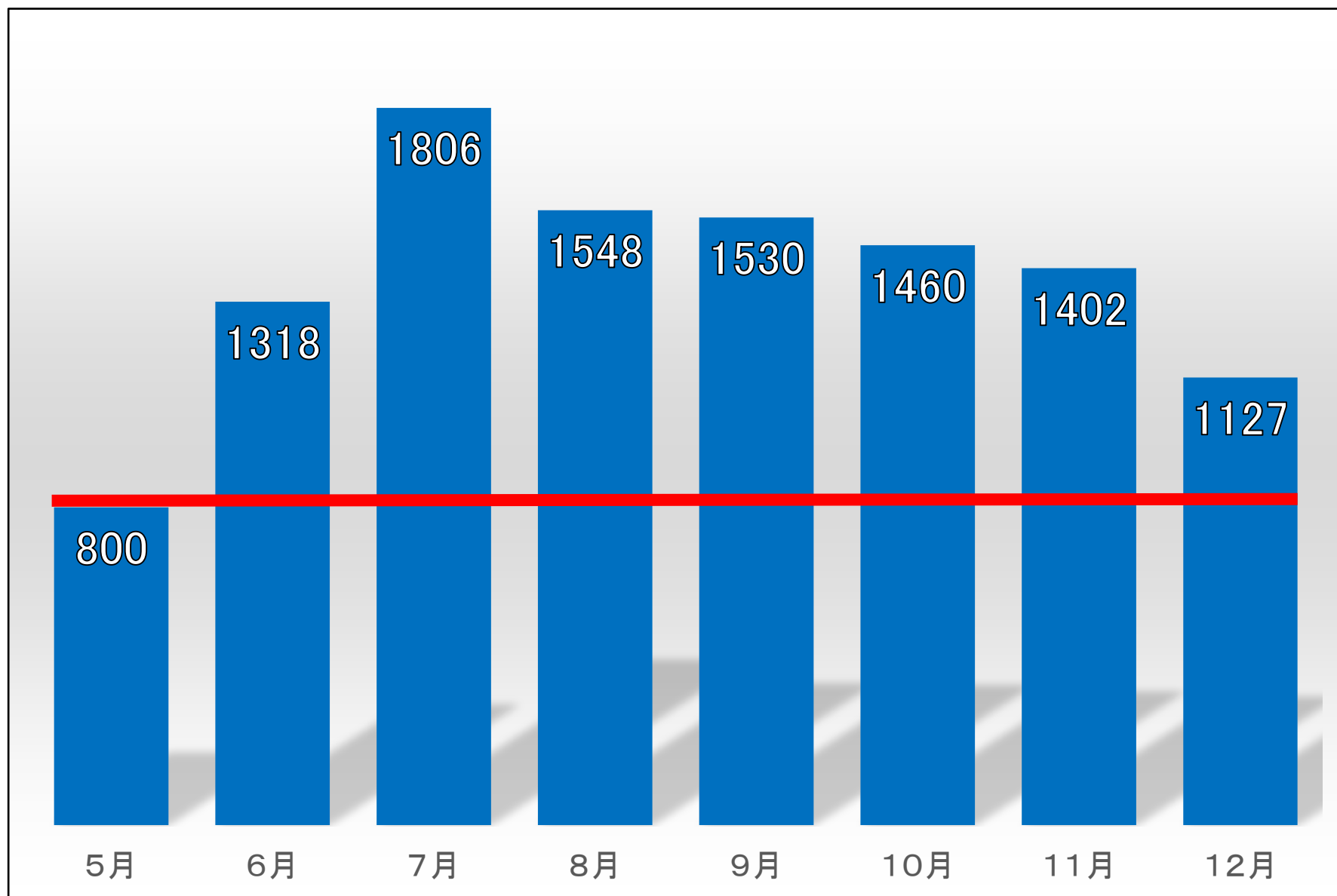
Living alone during the day
Day care service 3times/week
Home care service 3times/week
ADL : excretion must be monitored

(before first day of service)

Mean amount of water intake
8 0 0 c c per day



(mean amount of water intake during daycare service(cc/day))



Improving the amount of water intake

Amount of water intake
during daycare service

Before day care service

mean **800cc**

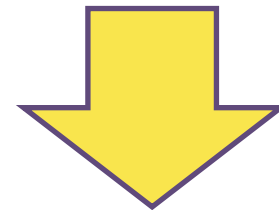


After day care service

mean **1500cc**

State of excretion

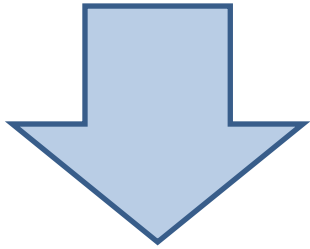
Scheduled
guidance



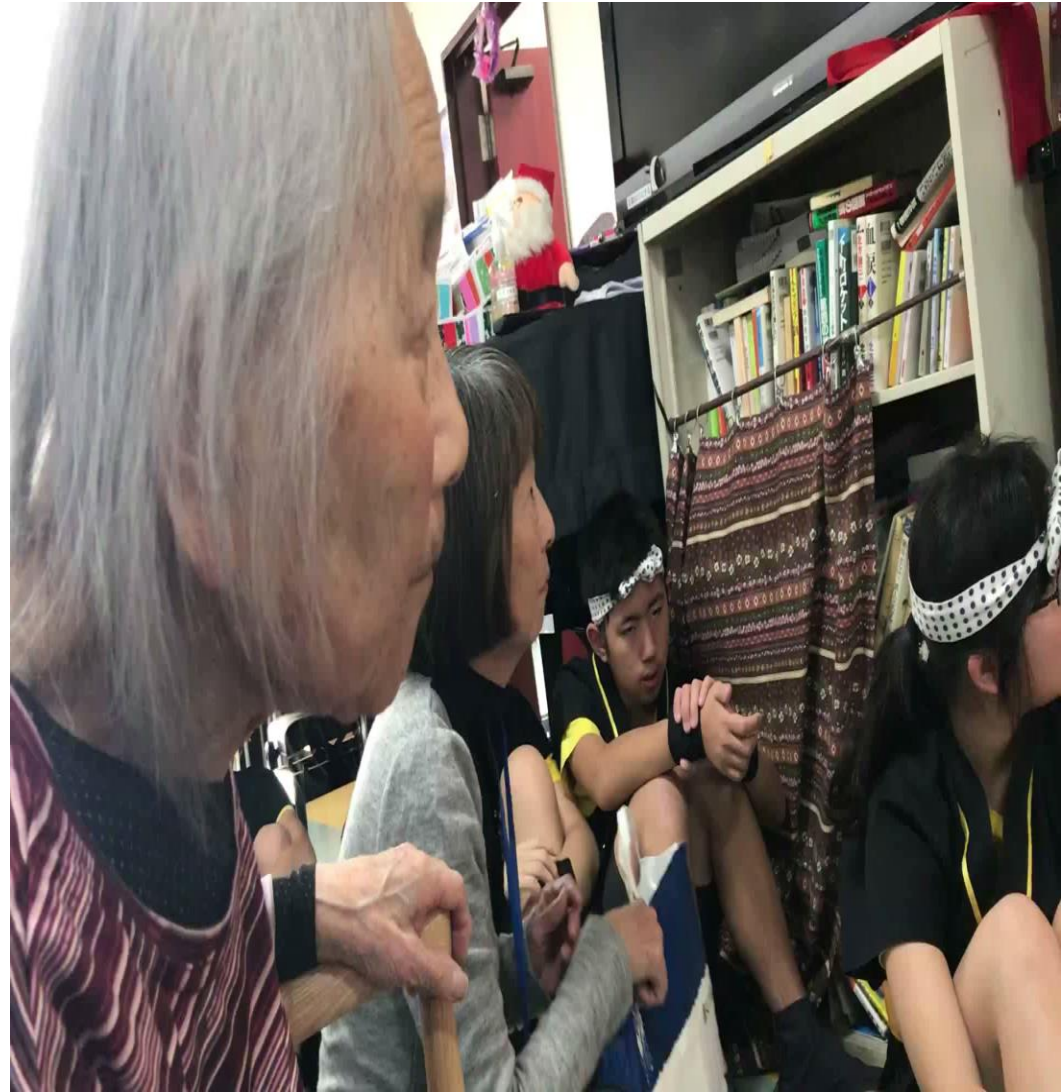
Normal excretion
No incontinence

(behavior change –relationship with others)

verbal and physical
violence

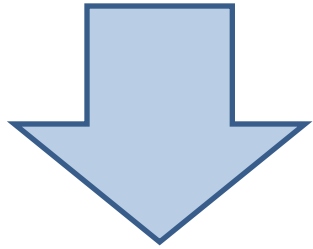


Talk to others
with a smile



(behavior change –improve concentration–)

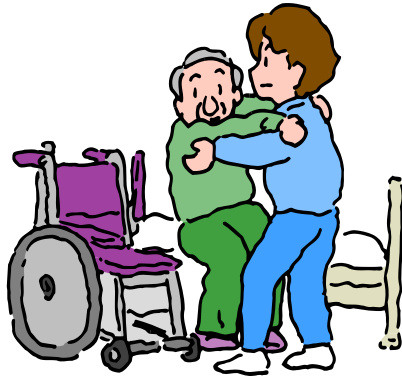
Resist to
work



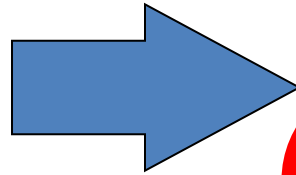
Concentrate
on detailed
work



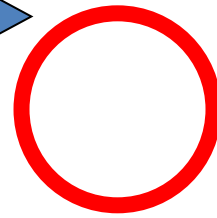
Causes of inability of walking ?



Can't walk



~~Muscles weakness~~



Forget how to walk

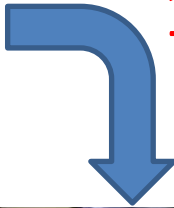
Walking is a difficult, coordinated muscle movement that uses the muscles of the whole body

Therefore, it is necessary to relearn the act of walking

Walking exercise for the elderly

A 101-year-old woman had the most severe level of care, requiring full assistance in a wheelchair

1month
after



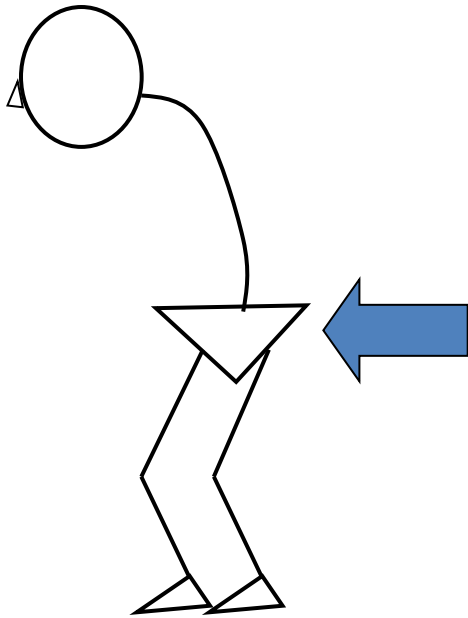
she was able to walk for the first time in two years.

A 100-year-old woman needed full assistance in a wheelchair

2 months
after



The basic theory of movement improvement
→ **the reactivation of unused muscles.**



The image shown is a typical posture of an elderly person. Knees are bent and hunched back

*** not caused by muscle weakness, but by increased unused muscle mass.**

Muscle suit ×Tokyo university of science ×azalee

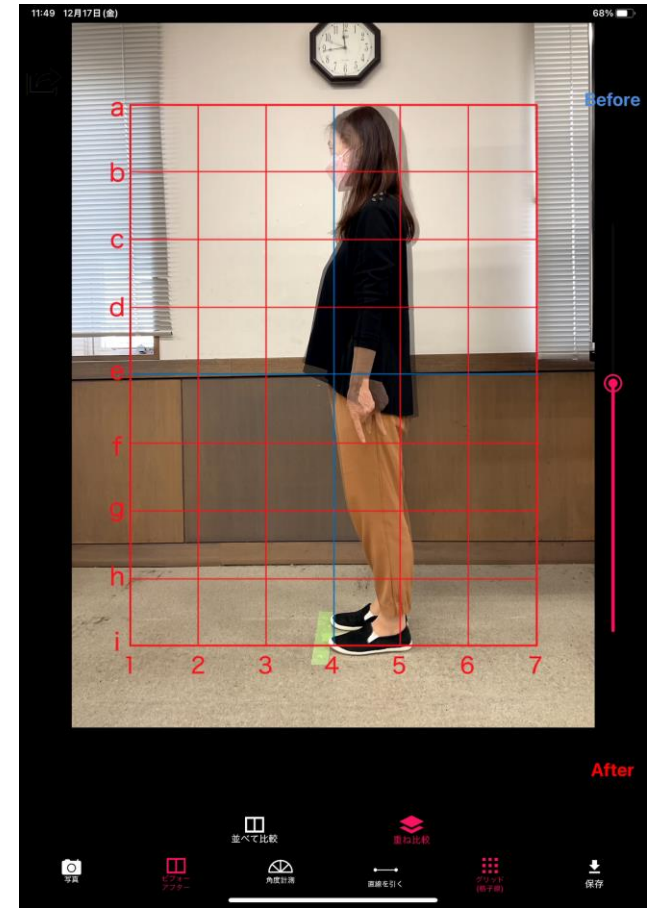
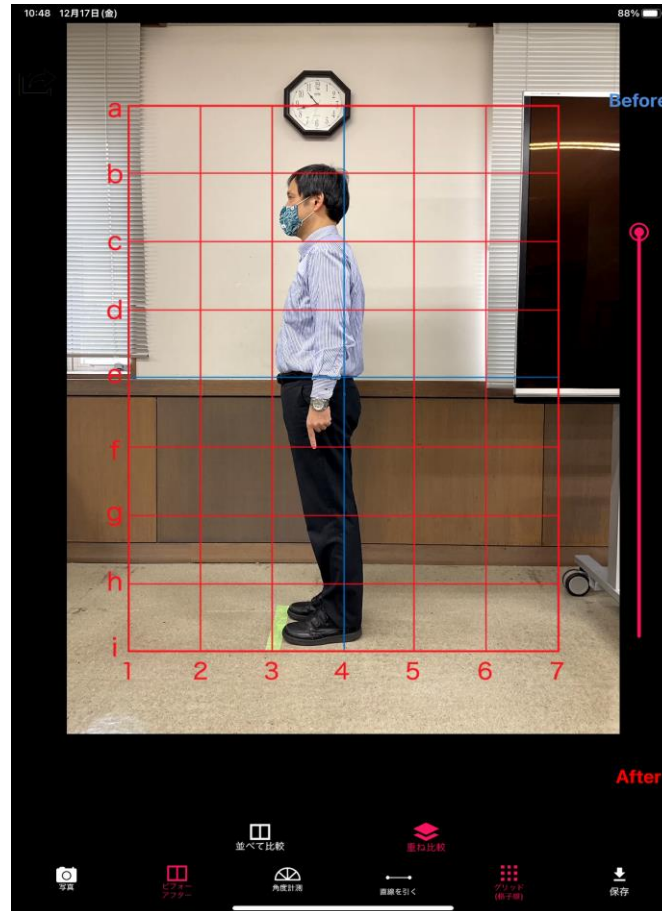


MUSCLE SUIT
Every



Koba Lab.

Muscle suit ×Tokyo university of science ×azalee



Power Rehabilitation

Less risk of exercise



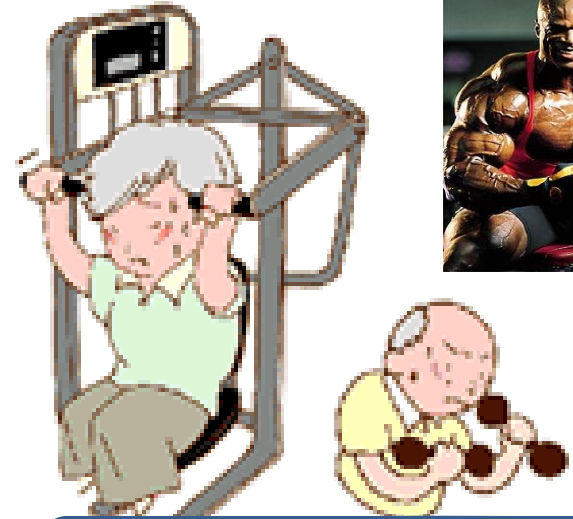
**reactivation of
unused muscles**



Light load

Body Building

More risk of exercise

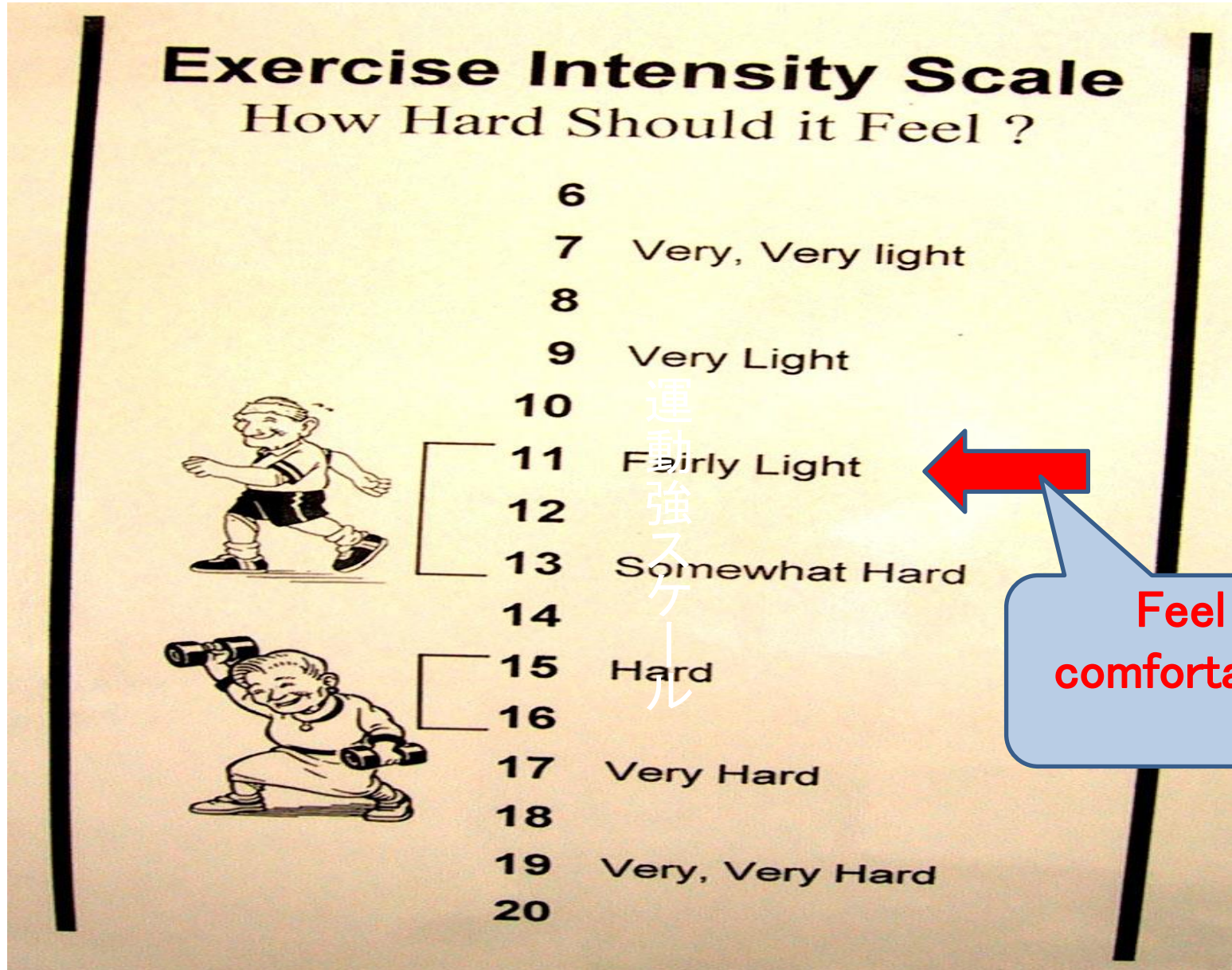


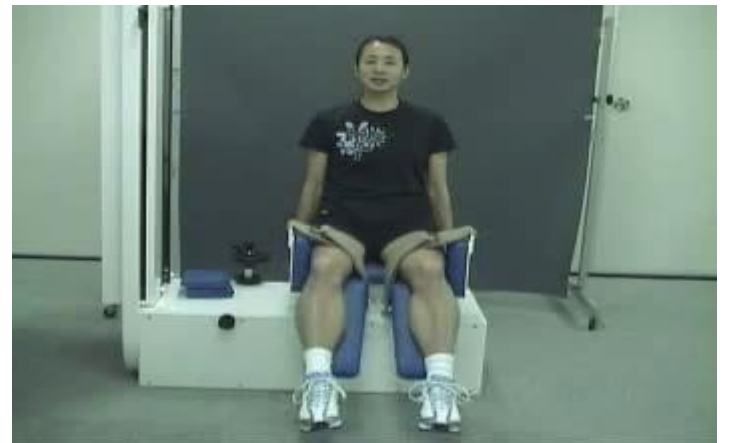
**strengthening
muscles**



Heavy load

11 on the Borg Exercise Intensity Scale is optimal intensity





Effective method for those over 90 years old with neurological disorders and bedridden conditions



75-year-old female stroke:
left hemiplegia Occurred on October 2, 2000
Power rehabilitation started on November 23, 2002



End of Power Rehabilitation Program

(The program is held twice a week for 3 months)



First day Time up&Go 40seconds

**68 year old female (living alone)
March 1977 After surgery for
cerebral aneurysm (Right paresis)
September 2001 Left femoral neck
Surgery for fracture
Nursing care required 1
December 2001 PR start**



After 3months Time up&Go 28seconds





H14.12.7撮影

93-year-old man, severe hunched back, disuse syndrome after right leg fracture • Rest required after walking 200-300m



first day of PR (2 / week)

One month after power rehabilitation,
he was able to sleep on her back



**After 3 months of power rehabilitation,
he was able to walk more than 800 meters.**



**81 year old male
Parkinson's syndrome
2002.11.20 Start of
power rehabilitation**



FIRST DAY 50seconds



After a month 15seconds



H14.12.27

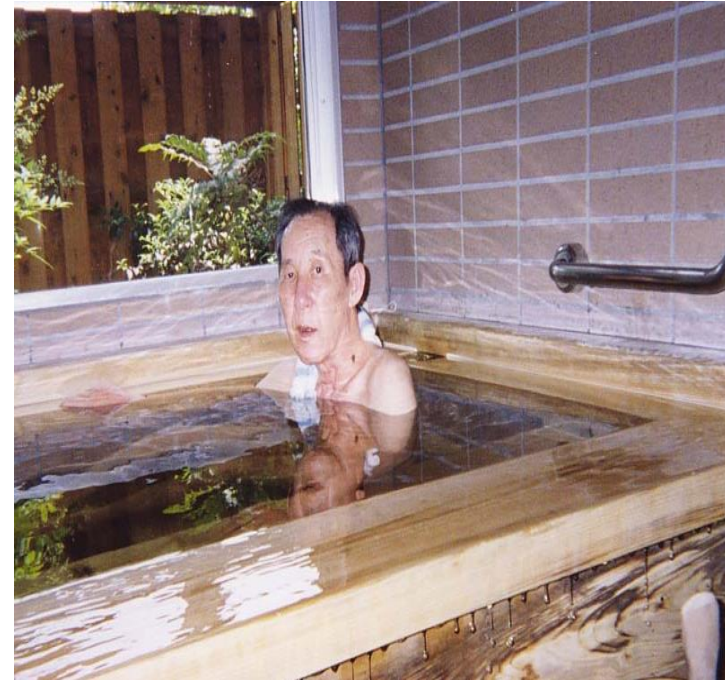
84-year-old male left hemiplegia due to cerebral infarction.





After PR program completed

- Movement within the house was possible by walking
- Outdoor movement was walking at the surveillance level
- Ambitious to play tennis, which was his original hobby
- He said they wanted to continue exercising and go on a trip on foot







Azalee group is introduced as an example Of Japanese nursing Care by Japanese government



日本における介護について

内閣官房 健康・医療戦略室

施設情報 #05

法人名（日本語）	社会福祉法人 江寿会	
法人名（英語）	Syakaifukushihoujin Koujukai	
所在地	〒133-0044 東京都江戸川区本一色2-13-25	
TEL/FAX	03-5607-0482/03-5607-7430	
URL	https://azalee.or.jp/	
送り出し機関・技能実習生候補等からの問い合わせ先	【日本語、中国語、英語、ベトナム語、】 電話：03-5607-0492（担当：李） メールアドレス： rika@azalee.or.jp	事例掲載施設：アゼリー・アネックス
外国人材の受入状況	技能実習生受入実績：モンゴル1名在籍（※コロナの影響で未入国） その他外国人材の受入実績：介護ビザ（中国1名、モンゴル1名、ネパール1名、ベトナム2名）、特定技能（ネパール1名、フィリピン1名、中国1名）、介護福祉士専門学校在学中留学生（ベトナム3名、中国2名）	
職場環境改善・向上に係る取組	①ICT活用による介護職員の事務負担軽減や、利用者情報蓄積による利用者個々の特性に応じたサービス提供等の業務省力化。 ②介護職員の腰痛対策を含む負担軽減のための介護ロボットやリフト等の介護機器等導入。 ③子育てとの両立を目指す職員のための育児休業制度等の充実、事業所内保育施設の整備。 ④働きながら介護福祉士を目指すスタッフへの実務者研修受講支援や、より専門性の高い介護技術を取得しようとする職員に対する喀痰吸引、認知症ケア、また、中堅スタッフに対するマネジメント研修受講支援。 ⑤非正規職員から正職員への転換	
事例掲載施設	アゼリー・アネックス https://koujukai.azalee.or.jp/elderly/azalee-anex/	

Sustainable social welfare system

~Senior Societal Participation and Methods of Functional Recovery Care~



China-Japan social welfare system
symposium in Beijing, China 2018



World health industry expo
in Beijing, China 2019

Azalee group

Koji Kurusu MD, Ph.D

From Australia (5/18/2023)



Mr Tovic from Indonesia (4/13/2023)



Delegation from the Malaysian government (3/8/2024)



From Canada (1/27/2023)



From Thailand (11/30/2022)



China



Government members from Phillipine



N2

日本語能力試験
認定結果及び成績に関する証明書
JAPANESE LANGUAGE PROFICIENCY TEST
CERTIFICATE OF RESULT AND SCORES

公益財団法人 日本国際教育支援協会
理事長 井上 正
Masayuki Inoue
President
Japan International Exchanges and Services

独立行政法人 国際交流基金
理事長 宮崎 智
Hiroyasu Miyazaki
President
The Japan Foundation

2014年12月7日に、公益財団法人日本国際教育支援協会及び独立行政法人国際交流基金
が実施した日本語能力試験の結果、認定結果及び成績を次のとおり証明します。

This is to certify the result and the scores of Japanese Language Proficiency Test
given on December 7, 2014 jointly administered by Japan International Exchanges
and Services and the Japan Foundation.

発行日 Date of Issue (year)	2015/02/03
受験番号 Registration No.	060220023
氏名 Name	DAUS CHRISTOPHER EVASCO
生年月日 Date of Birth (year)	1989/10/07
受験国 Test Site	日本 Japan
レベル Level	N2
結果 Result	合格 Passed
認定番号 Certification No.	NDA087970J

得意点得点割合 Score to Passing Ratio	読解 Reading	聴解 Listening	総合得点 Total Score
23 / 80	29 / 60	48 / 60	100 / 180

APPLICANTS WHO PASSED THE JLPT EXAMINATION

NAMES	JLPT
1. DAUS CHRISTOPHER EVASCO	N2
2. ABITHA AIDA RIVERA	N3
3. CURE JARIN SATO	N3
4. FRITZE GRACE GARCIA	N3
5. JUMELLE TALUTU	N3
6. MARILEE NAPUTO	N3
7. RICHANA ROSA	N3
8. ANAIZA CERIER	N3
9. CARMI MIZENZI	N4
10. CATHERINE BUYAD	N4
11. EDUARDO DIMAPULIS	N4
12. EVELYN LIMINATE	N4
13. GINA DAIDA	N4
14. ESCARDO BENIE CAPILANES	N4
15. JEANNE ANNE TALIBONG	N4
16. LALUNA MAYSHEL	N4
17. MARITES MENDOZA	N4
18. MICHIELO DAUG DAUG	N4
19. NERVA LORO	N4
20. RECHELLE ACUNA	N4
21. RECHELLE JOY REYES	N4
22. RUBI IRAN RONDORQUE	N4
23. REYNA ESTHER PASCUA	N4



Vietnam





Mexico



Russia



Thank you for your
attention 🍷