

Gerontech and Innovation Expo cum Summit
Plenary Session 3: Innovation in health and social care

Words for a Journey

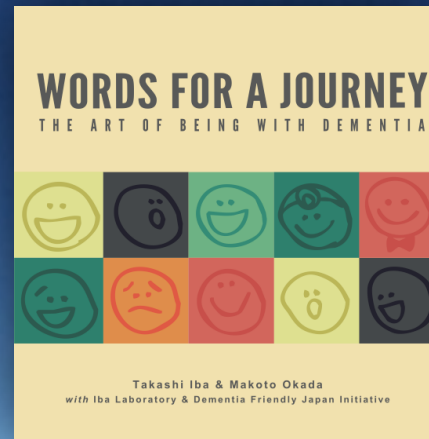
A Pattern Language for Living Well with Dementia

旅行既語言
同認知障礙症既人一齊生活得更好既提示

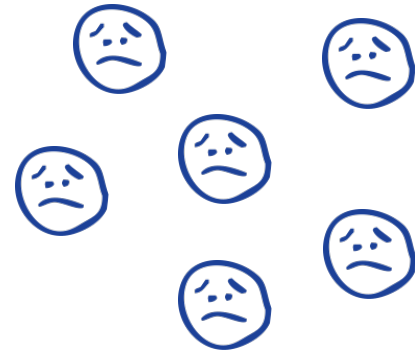
旅のことば
認知症とともにによりよく生きるためのヒント

Takashi Iba (井庭 崇)

Associate Professor
Faculty of Policy Management, Keio University
Ph.D in Media and Governance

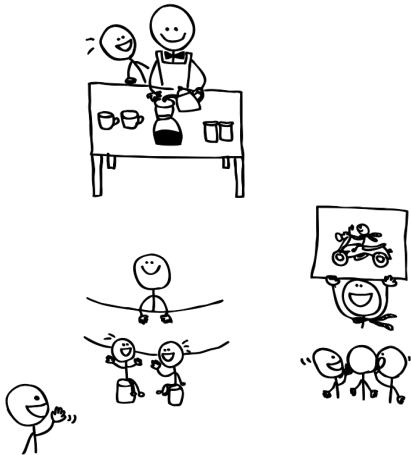


When diagnosed with dementia, many people often become depressed by negative images of disability and lose the will to do anything else.



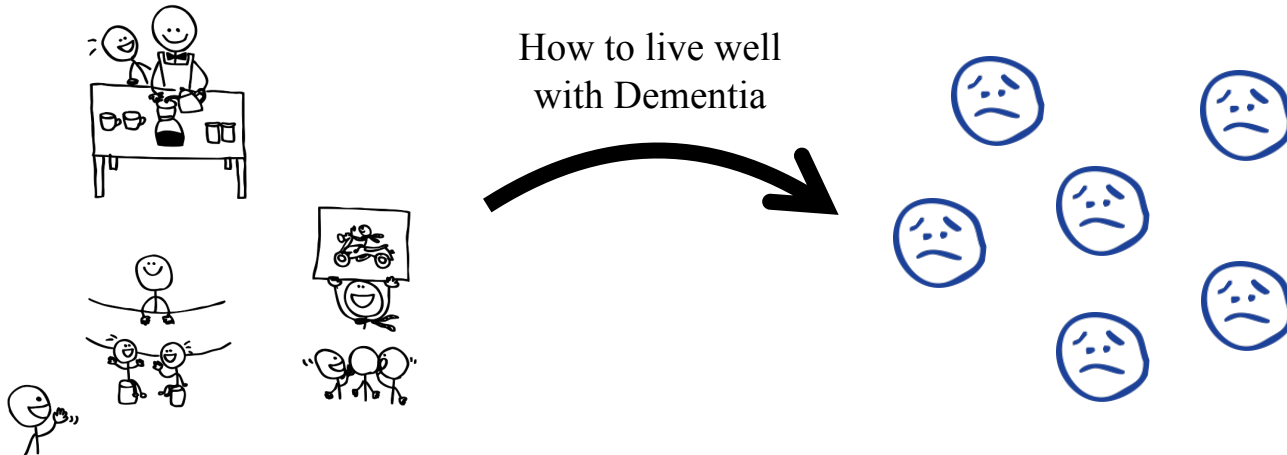
When diagnosed with dementia, many people often become depressed by negative images of disability and lose the will to do anything else.

There are people who are living well with dementia.



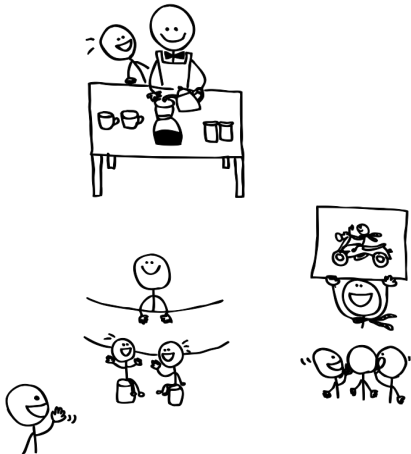
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How to live well
with Dementia

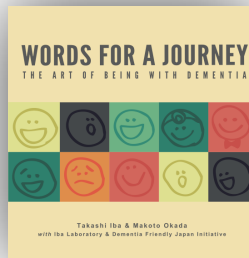


Many people can improve their quality of life by themselves with the practical knowledge.

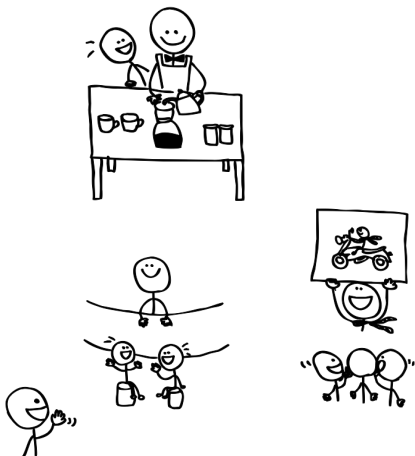


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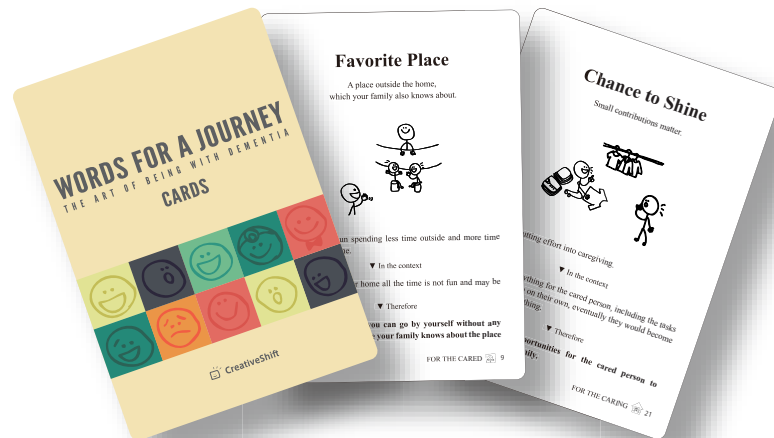
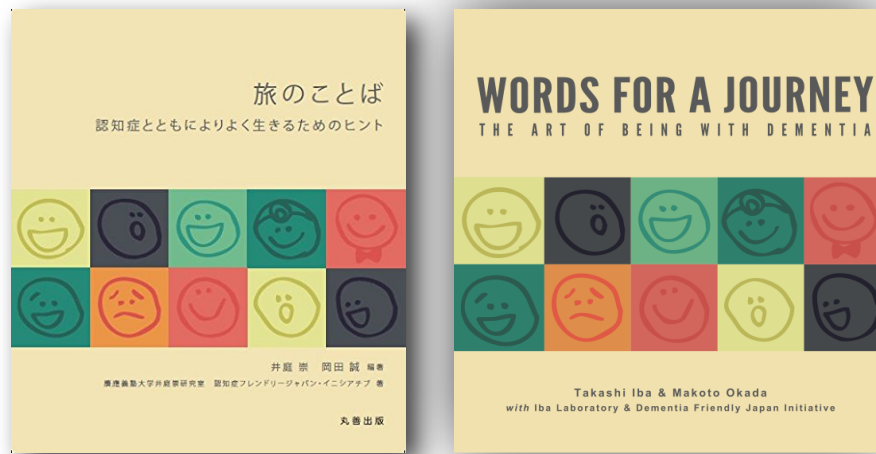
Many people can improve their quality of life by themselves with the practical knowledge.



How to live well with Dementia



Takashi Iba, Makoto Okada, Iba Laboratory , Dementia Friendly Japan Initiative,
Words for a Journey: The Art of Being with Dementia, CreativeShift Lab, 2015

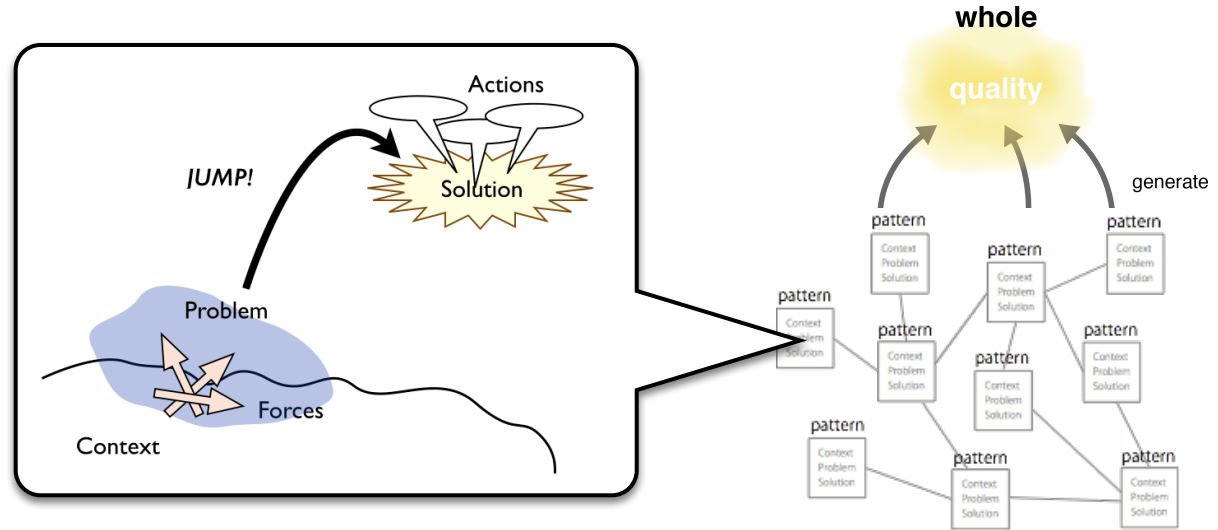


The book of English-version is available at
<http://www.amazon.com/dp/1312734841/>

“Words for a Journey” is written and organized as a *pattern language*

Pattern Language

Vocabulary describing **practical knowledge** in a certain domain.

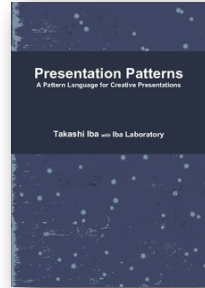


A pattern language consists of **patterns** that describe what kind of *problem* frequently occurs in a certain *context*, and what is a good *solution* for the problem.

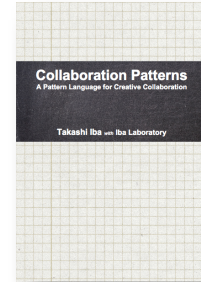
Pattern Languages for human actions, we created in other domains



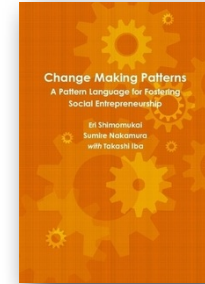
Learning
Patterns



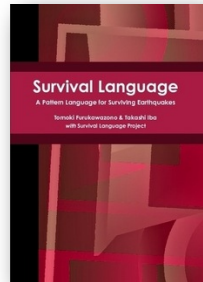
Presentation
Patterns



Collaboration
Patterns



Change Making
Patterns

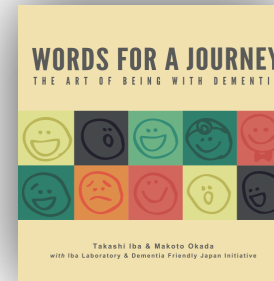


Survival
Language

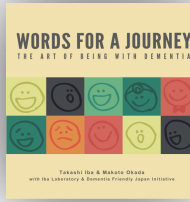


Project Design
Patterns

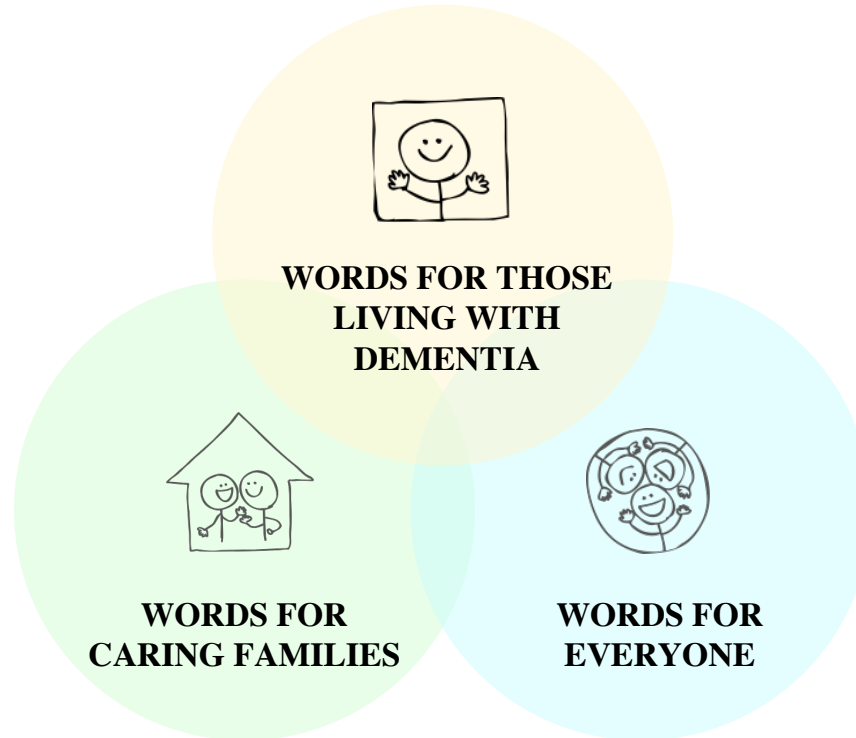
Cooking
Parenting & Working
Open Dialogue



Words for
a Journey



The patterns are categorized into *three* groups.
Each group contains words that provide problems and solutions for the person in the corresponding group.





WORDS FOR THOSE LIVING WITH DEMENTIA

2 The First Step



3 Departure
Announcement



4 Travel Plan



5 Fellow Travelers



6 Can-Do List



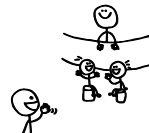
7 Daily Chore



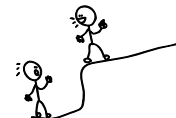
8 Self-Reflecting
Room



9 Favorite Place



10 Voice of
Experience



11 Turning the Tide



12 Live in the
Moment



13 Self-Intro Album



14 Own Way of
Expressing



15 Gift of Words

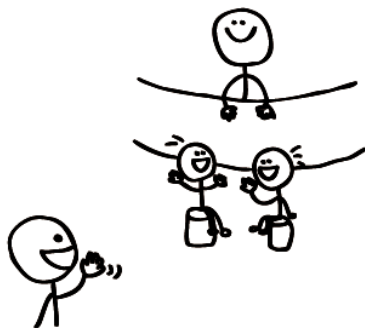




No.9

Favorite Place

A place outside the home,
which your family also knows about.



Context

You have begun spending less time outside and more time inside your home.

▼ In this context

Problem

Staying inside your home all the time is not fun and may be tiring. No one likes to stay in the same place all the time. However, if you freely go out, your family may become worried that you may become confused and lost while you are out alone.

▼ Therefore

▼ Therefore

Solution

Find a place where you can go by yourself without any trouble, and make sure your family knows about the place too. If you already have such a place, tell your family that it is your “**Favorite Place.**” If not, find a place such as a coffee shop or art museum near your home that you like, where you feel comfortable. You can ask a friend or a family member to help you find this place. Once you find your place, it would be nice to say hello to the people there so you can get on well early.

▼ Consequently

Consequence

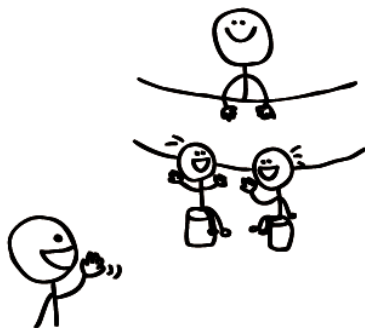
By having a second place besides your home where you can feel comfortable, you will be able to spend good times outside your home. Your family will feel comfortable letting you go out alone too if they know you are at your “**Favorite Place.**” Even if a symptom of dementia occurs at the place, if the people there know about you, they would be able to treat you properly.



No.9

Favorite Place

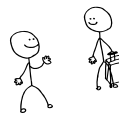
A place outside the home,
which your family also knows about.



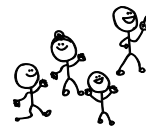


WORDS FOR CARING FAMILIES

16 Going Together



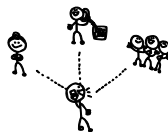
17 Team Leader



18 Family Expert



19 The Three Consultants



20 Disclosing Chat



21 Chance to Shine



22 Preparation for the Dream



23 Make it Funny



24 Usual Talk



25 The Seen World



26 Personal Time



27 Emotion Switch



28 Casual Counseling



29 Special Day



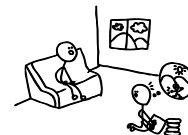
30 Generational Mix



31 The Amusement Committee



32 Hint of Feelings



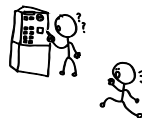


WORDS FOR EVERYONE

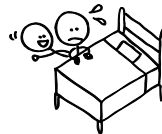
33 Job-Specific
Contributions



34 On-the-Spot
Helper



35 Encouraging
Supporter



36 Personal
Connections



37 Mix-Up Event



38 Inventing Jobs



39 Delivering
the Voice



40 Warm Design



1 A New Journey



WORDS FOR THE CARED

- 2 The First Step
- 3 Departure Announcement
- 4 Travel Plan
- 5 Fellow Travelers
- 6 Can-Do List
- 7 Daily Chore
- 8 Self-Reflecting Room
- 9 Favorite Place
- 10 Voice of Experience
- 11 Turning the Tide
- 12 Live in the Moment
- 13 Self-Intro Album
- 14 Own Way of Expressing
- 15 Gift of Words



WORDS FOR THE CARING

- 16 Going Together
- 17 Team Leader
- 18 Family Expert
- 19 The Three Consultants
- 20 Disclosing Chat
- 21 Chance to Shine
- 22 Preparation for the Dream
- 23 Make it Funny
- 24 Usual Talk
- 25 The Seen World
- 26 Personal Time
- 27 Emotion Switch
- 28 Casual Counseling
- 29 Special Day
- 30 Generational Mix
- 31 The Amusement Committee
- 32 Hint of Feelings



WORDS FOR EVERYONE

- 33 Job-Specific Contributions
- 34 On-the-Spot Helper
- 35 Encouraging Supporter
- 36 Personal Connections
- 37 Mix-Up Event
- 38 Inventing Jobs
- 39 Delivering the Voice
- 40 Warm Design

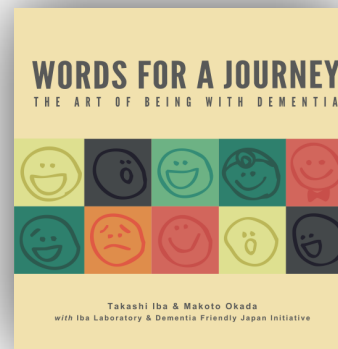


Mining Interview with people with dementia and caring families



Clustering, Writing, and Illustrating





Grand Prix of Dementia Friendly Award



認知症フレンドリーアワード 大賞

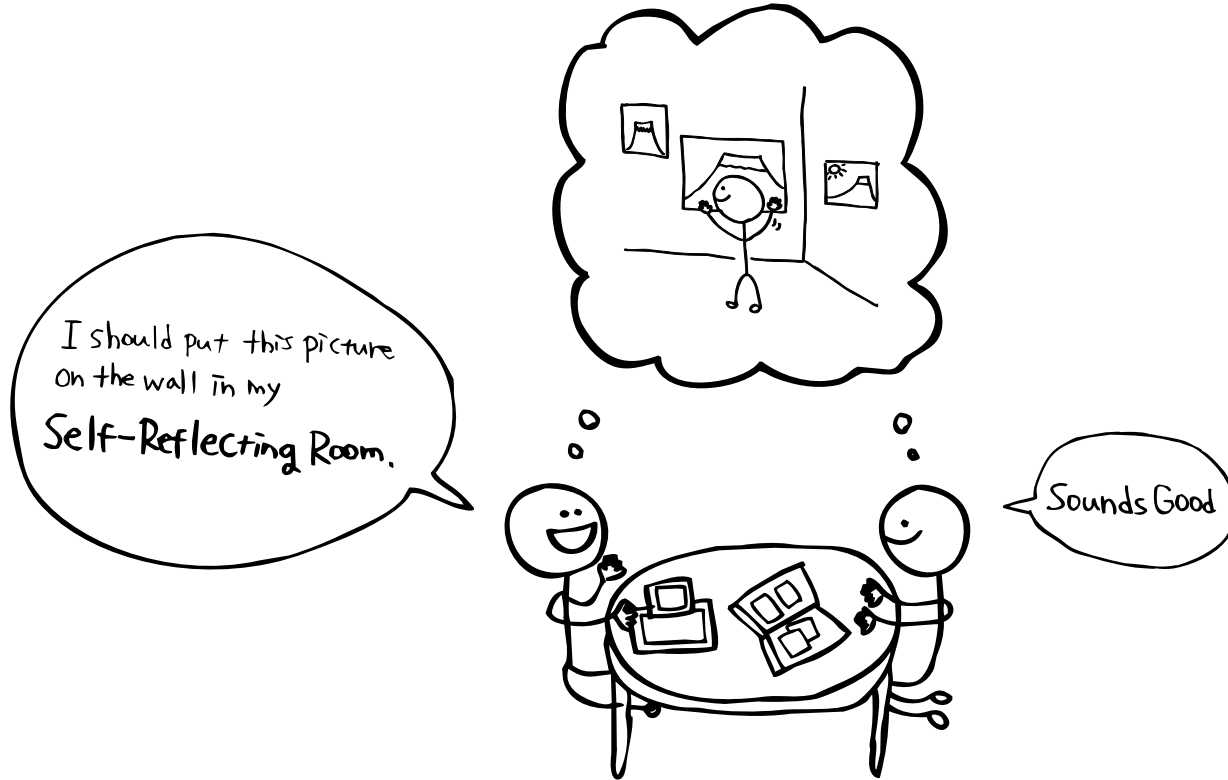


GOOD DESIGN AWARD 2015



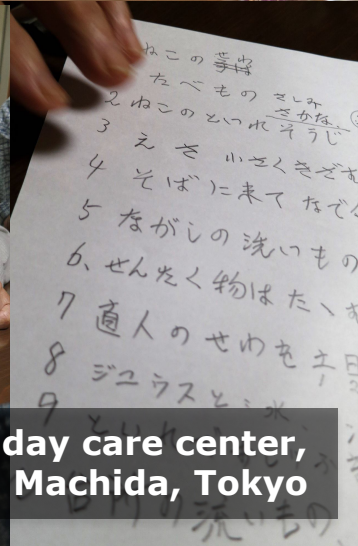
Kawasaki Innovation Standard

The words can be used as vocabulary for communication





"Can-Do List"



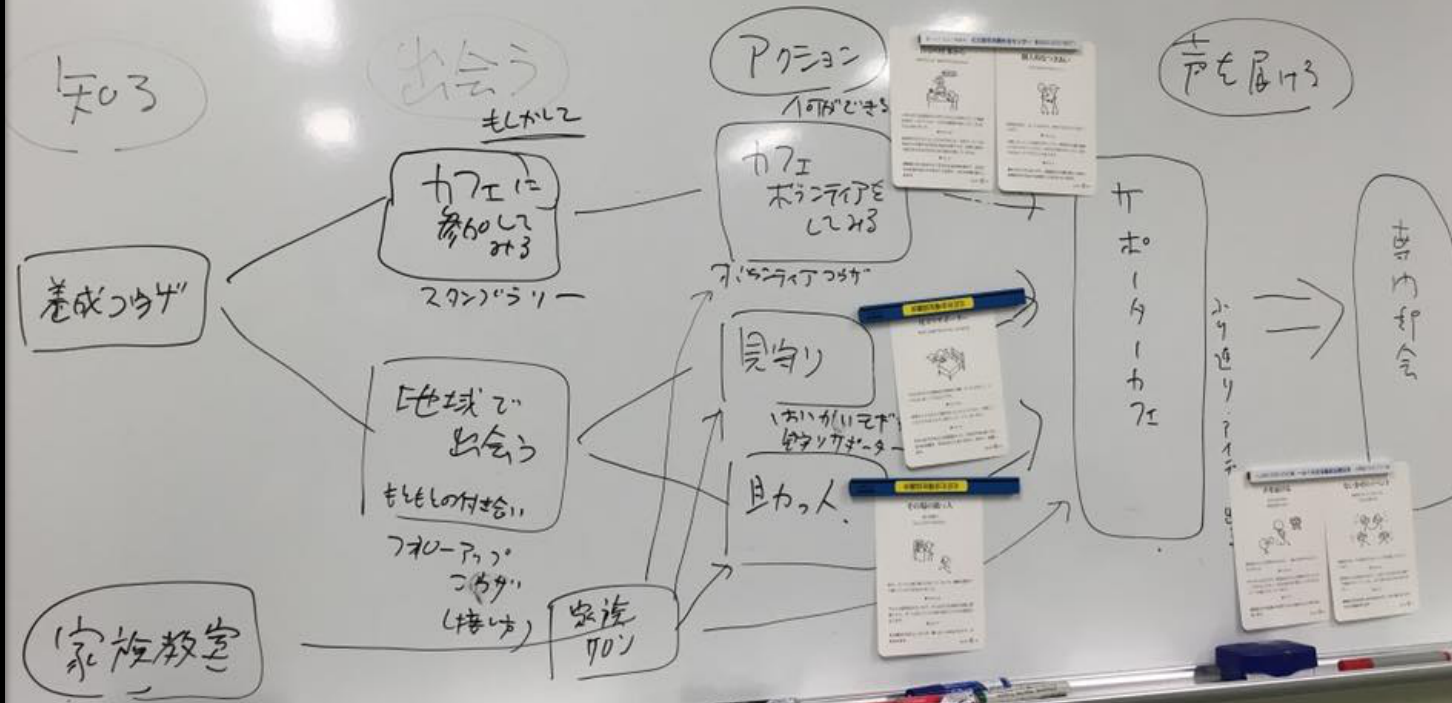
at a day care center,
Machida, Tokyo



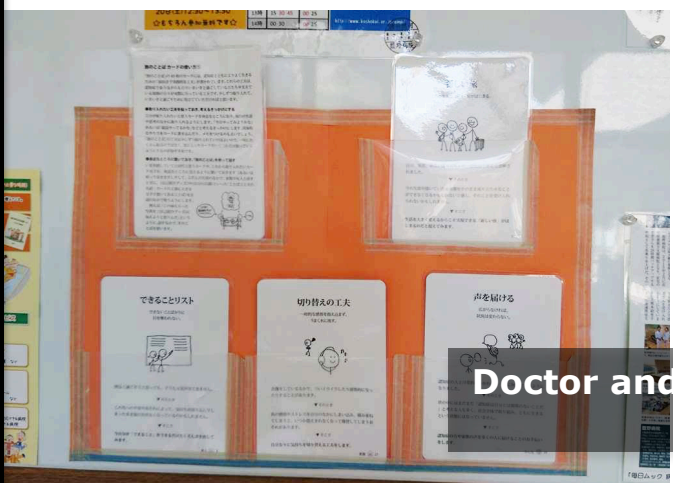
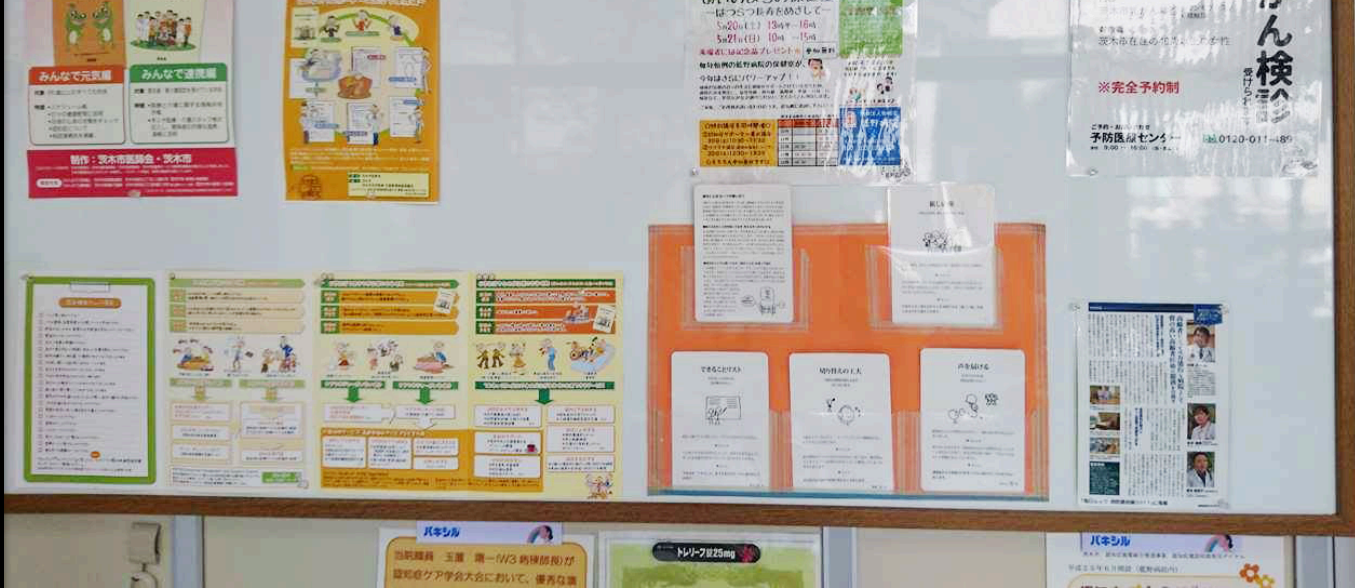
**Reading one page when finishing the Orange
cafe gathering, Kamakura, Kanagawa**



**Dialogue Workshop in the Dementia
Friendly Japan Summit 2015, Tokyo**



Planning among city officers and dementia supporters, Nagoya, Aichi



Doctor and Nurse select and display some cards everyday in Hospital, Ibasaki, Osaka

認知症 アクションガイドブック

ともに生きる未来をつくる



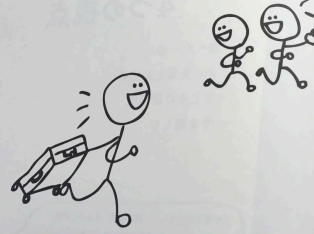
認知症アクション

- 認知症の初期情報は、専門家に相談してください。
- 早期に発見された場合は、早期に治療・支援・介護を受けることが大切です。
- 本冊子の内容は随時更新します。最新情報は「認知症に関する情報」をご覧ください。

「あれ、おかしい...」

A-1 認知症コールセンター
認知症の方の介護経験を持つ相談員が、
24時間対応のコールセンターです。
TEL 0570-0-40104
月・火・木・金・日曜日 10時～18時
1・第3のみのみ。祝日・年末年始
は休館。1803 たけやビル2階

旅への一步 ともに生きる、新しい旅のはじまり



もしかしら。認知症かも...と思っても、
どうしてよいかわからず、
そのままにしてしまうことがあります。

そんなとき、誰かに話してみることで、
これからの人生をより良く生きるための一歩になる
かもしれません。

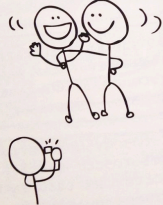
早めに動き出すことは、その後を大きく変える
とても大切なことです。

豆知識

早い段階から対応することで、認知症の進行を穏やかにしたり、認知症の原因によっては治せたりする可能性もあります。より早い段階で進行の予防が始められれば、その分、今の生活を長く続けることができ、自分らしさをより保つことができます。

今を楽しむ

この瞬間、幸せであること。
このかけがえのなさを忘れない。



これまで参加していた活動や新しいことに重い腰がなかなか上がらないこともあります。

以前できたことがうまくできないのではないかと不安もあるかもしれません。

そんなときは、過去の自分との比較ではなく、「今を楽しむ!」と考えてみてください。

そうすることで、新しい自分と出会うかもしれません。

先輩のこぼれ

「できること」と「したいこと」は違う症状になったからこそ、「できる」「できない」から、自分の好きなことをしませんでした。認知症になつてからの生活が、何事にもなりました。子供のころ美術の成績は良かったが、臨床美術を習って絵を描く面白さは美術館にもよく行くようになりました。

居場所を増やす③ サービスを利用してみる

例えば、デイサービスもいろいろな趣向をこらしているところが多くなっています。訪問してたり、専門家に聞いてみたりすれば、自分にあった場所が見つかります。

最近は、デイケアもいろいろな特色をもっています。なので、医師やケアマネジャーは、その方の性格や好みによって、その中から一番合うところを紹介しています。例えば対人関係が苦手な方は、大勢でわいわいやっているところではなく、少人数で家庭的なところを紹介してみよう。



そして、そこで役割をもつ

自分の「なじみの居場所」が見つかったら、そこで役割を持つようにしてみてください。

自分が得意なことがあれば、周りの人にも伝えてみるとうれしいでしょう。

自分が必要とされているとか、人に感謝されているという感覚を持つことはとても大切なことです。その場にあなただけが必要なんだということがわかってもらえるといいですね。

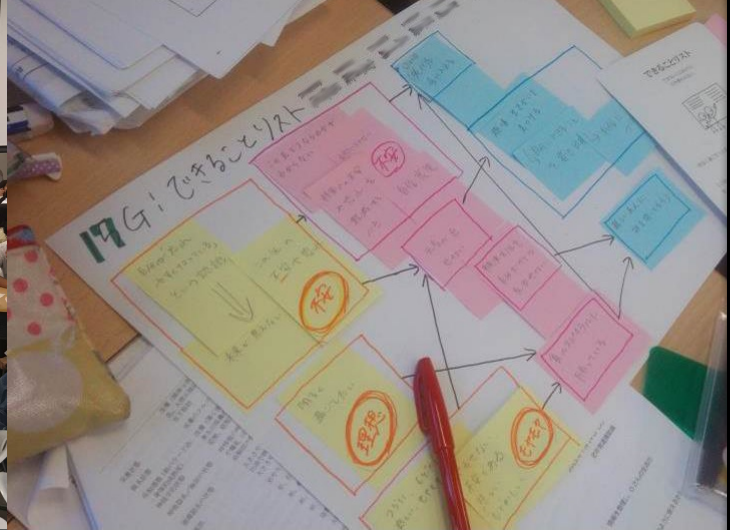
集まりでお抹茶を立てることにしました。そうしたら、50年間お師匠をやっていた人が、みんなのお茶を立ててくださってね。ご主人が「いやあ、こんな家内を見るのは何年ぶりだろうか。」って感動しておられました。



Action Guidebook for people with dementia, provided by local government, Kawasaki, Kanagawa



Training courses for care staffs of residences with health and welfare services for the elderly, Tokyo



**Poster Presentation
PO1-093 @ADI2017**

**Applying to Education of Nursing
Undergraduate Program, Fujisawa, Kanagawa**



**Idea Generation Workshop,
Fujisawa, Kanagawa**



**Idea Generation Workshops,
Rome, Italy; IL & CA, USA**

第1回
銀木犀
PHOTO
CONTEST

～笑顔で生活を彩る～

第1回 銀木犀フォトコンテスト賞品
グランプリ…1名 賞金5万円 準グランプリ各5名 賞金1万円

応募期間 平成28年4月30日(消印有効)まで

応募・問合せ先 〒272-0811 千葉県市川市北方町4丁目1876
銀木犀<市川>フォトコンテスト係まで Tel 047-303-7216

応募点数が300点以上になりましたら申し訳ございませんが締め切らせて頂きます。その際はブログ上で発表致しますのでご確認下さい。 銀木犀<市川>ブログ URL <http://ginmokuseiichikawa.blog.fc2.com/>

グランプリ選考について
5月3日～8月20日までの銀木犀<市川>で行われるフォトコンテスト展示会中に、来場された方や入居者のご家族、職員スタッフで投票してグランプリを決定8月28日に発表致します。

銀木犀<市川>フォトコンテスト展示会
期間 5月3日(火)～9月30日(金)まで

応募について
応募作品は、展示用完成作品として提出して下さい。サイズ等に制限がある場合は応募前に一度ご連絡下さい。詳しくは右のQ&Aコーナーより応募要項をご確認の上、空欄に記載したものを同封して下さい。

自分なりの表現

人は誰でもアーティスト。



日々の生活のなかで、言いたいことがうまく言えていないような気がしています。

▼そのとき

気持ちがうまく伝えられないと、そのときどきでストレスがたまるだけでなく、徐々に自信が薄れていってしまいます。

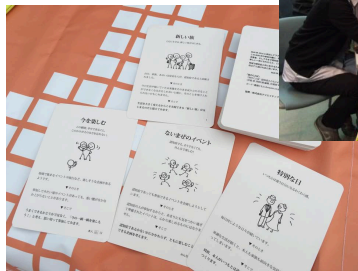
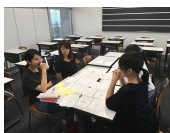
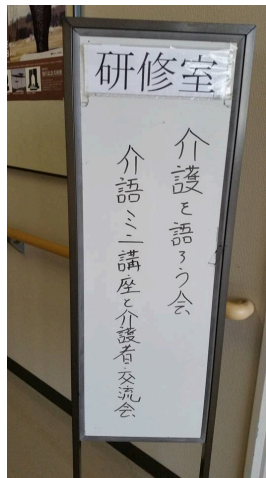
▼そこで

ことば以外の方法で、自分の気持ちや感覚を表現することを試みます。

“Own Way of Expressing”



An idea was actually realized as an event, Tokyo

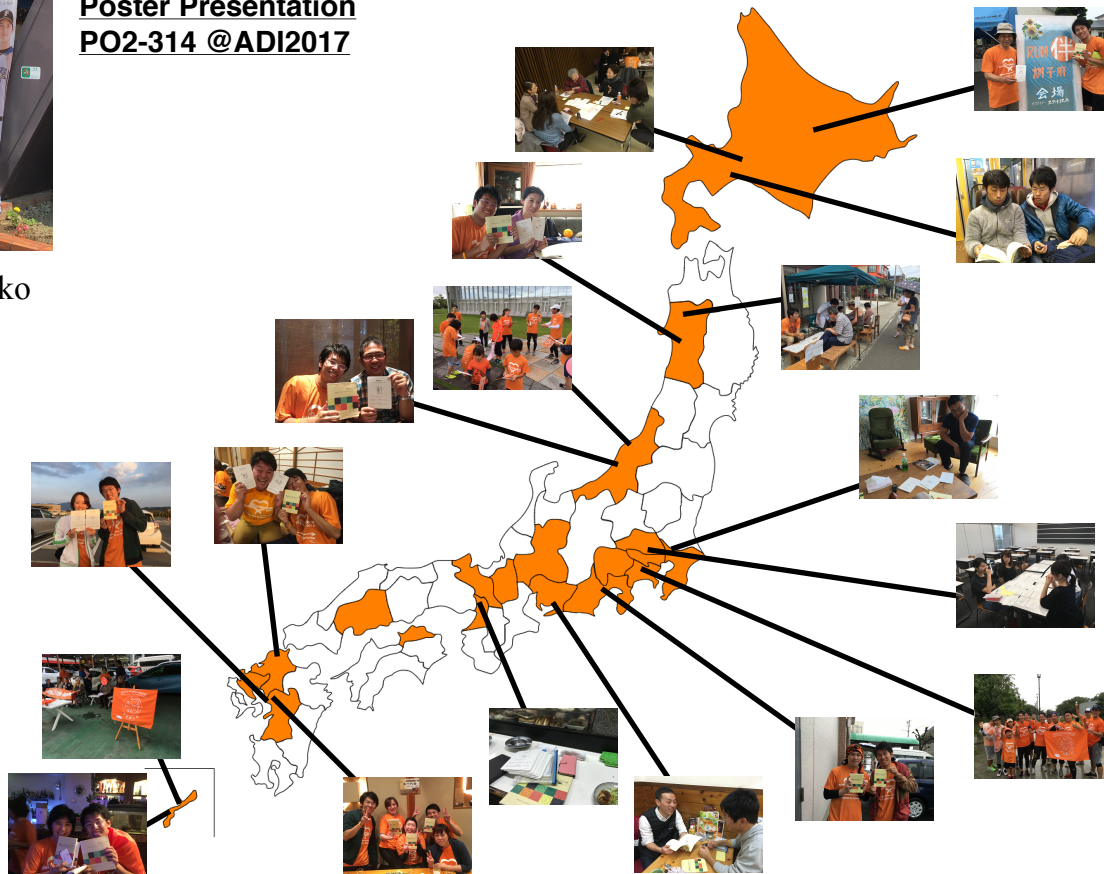


Exploration and Practice with “Words for a Journey”



Tomoki Kaneko

Poster Presentation
PO2-314 @ADI2017



Japanese Newspapers



Asahi 2015.06.12



Sankei 2015.07.03



Kanagawa 2014.11.08



Silver News 2015.01.16



Silver News 2015.06.19



Ohayo 21. 2015 Oct



Gendai 2015.10.28



How to live with dementia: New book helps transform sufferers' lives

A REVOLUTIONARY "road map" to dementia that helps sufferers communicate with their loved ones as the illness progresses has been hailed a breakthrough in the care of the elderly.

By JAYMI MCCANN
PUBLISHED: 00:01, Sun, Jan 3, 2016

SHARE      362  2



A new book has been written to help dementia sufferers and their families deal with the disease

The guide, Words For A Journey: The Art Of Being With Dementia, which is already being used by doctors in Japan, outlines how dementia patients relate to the world and how best to relate to them.

Experts say it will give those with a new diagnosis hope that they can continue independently for as long as possible and encourage them to see the disease as a journey rather than the end of their lives.

The guide works by distilling some 300 experiences described by sufferers into 40 common problems that people with dementia face.

By singling out common experiences and presenting what has been found to be the best solution, the guide can help sufferers cope with their illness and give relatives a better understanding of the disease's impact on their behaviour, particularly communication.

The method behind the guide, known as a "pattern language", is more commonly used in designing cities.

It allows architects to draw upon the experiences of others in the most simplified way when creating complex systems of movement and logistics.

The guide has been written by dementia specialists working in tandem with computer experts and was developed by Fujitsu Laboratories and Keio University in Japan.

One of the suggestions contained within the guide, designed to manage memory loss, is to create a "self-reflecting room" full of pictures and mementos to remind the sufferer of the people and places they love.

It also advises compiling a "self-intro album" containing information about the sufferer's past and their personality.

This helps in situations with new people, that can otherwise induce anxiety for those with dementia as they struggle to introduce themselves.

The guide also recommends designating a favourite place early on in the diagnosis; a sanctuary that feels familiar, which the sufferer can return to as the disease progresses and where the family knows they are likely to be.



Ensuring the person has a dedicated household chore can help sufferers stay useful and feel included

Something as simple as ensuring the person interacting with dementia patients in a care home can do every day will help them feel useful, included and independent for as long as possible, as well as improving relationships with loved ones and reminding them that the sufferer is still the person family and friends knew before diagnosis.

Dr Takashi Iba, one of the authors of the guide and an associate professor at Keio University, says: "This is a big step forward. It's an area in which no one has been able to help so far in terms of allowing people with dementia to design their lives after being diagnosed."

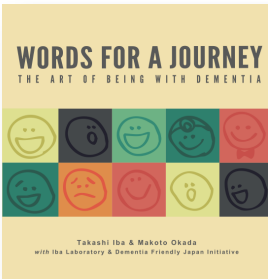
Dr Iba worked on the project with Makoto Okada, senior manager of management technology at Fujitsu Laboratories Ltd.

Computer company Fujitsu began using its expertise and investing in social enterprises four years ago, eventually focusing on the emerging problem of dementia.

Some eight million people, or one in 15 of Japan's population, have the illness compared to 850,000 in Britain.

Japan's ageing population means it is facing a crisis which is being tackled with innovative research, policies and approaches such as the Words For A Journey project, which started in March 2014.

The guide is now printed in English as well as Japanese.




Open Collaboration Project for translating Words for a Journey to diverse languages

We currently have
25 languages!

Japanese	
English	Indonesian
Bulgarian	Korean
Chinese (Cantonese)	Malay
Chinese (Simplified)	Myanmar
Chinese (Traditional)	Nepali
Czech	Polish
Danish	Portuguese
Dutch	Russian
Filipino	Sinhala
Finnish	Spanish
French	Thai
German	Turkish

PDF is available at
<http://journey.sfc.keio.ac.jp/>

WORDS FOR A JOURNEY
THE ART OF BEING WITH DEMENTIA



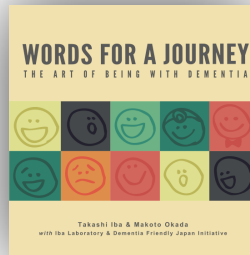
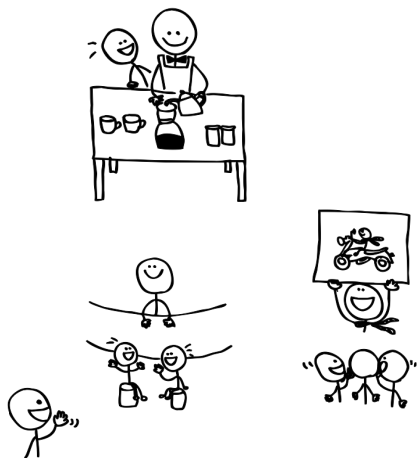
25

< Multilingual Version >

旅のことば	Kata-kata untuk Sebuah Perjalanan
Думи за пътуване	여행 언어
旅行既語言	Kata-kata Untuk Sebuah Perjalanan
旅行的語言	ဘဝခရီးစဉ်ကား
旅行的語言	पदया यात्रा सागशिब्दहरू
Slova na cestu	SŁOWA NA PODRÓŻ
Ord til en rejse	Mensagem de uma Jornada
Woorden Voor Een Reisonderweg	Слова для путешествия
Mga salita para sa isang paglalakbay	මමනකට මගපෙන්වීමක්
Sanoja Matkalle	Palabras para un Viaje
Des mots pour un voyage	คำพูดสำหรับการเดินทาง
Wörter für eine Reise	Bir yolculuk için sözler

Words for a Journey

There are people who are living well with dementia.



How to live well with Dementia



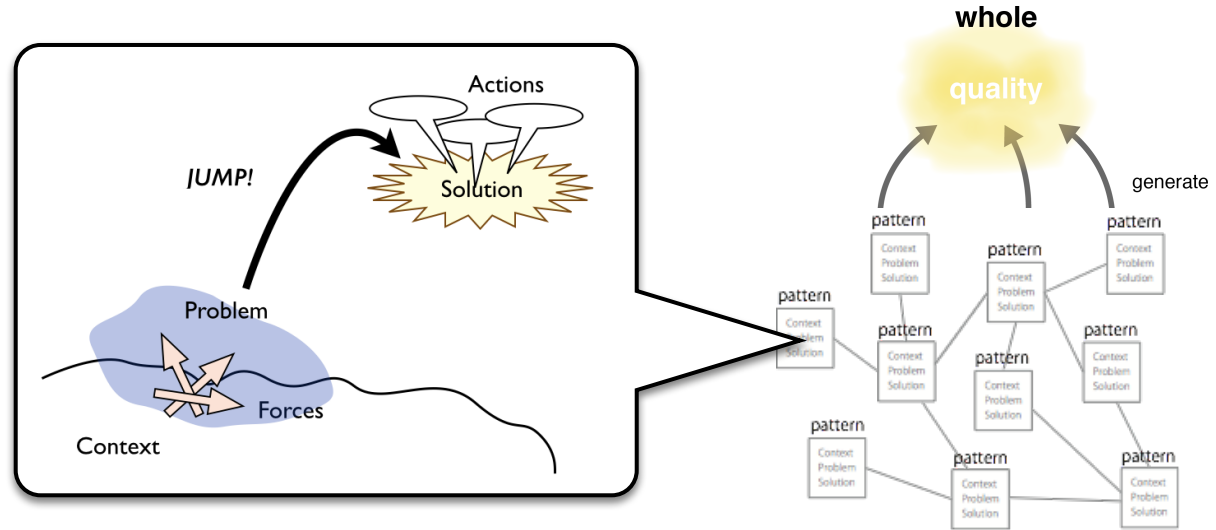
Many people can improve their quality of life by themselves with the practical knowledge.



“Words for a Journey” is written and organized as a *pattern language*

Pattern Language

Vocabulary describing **practical knowledge** in a certain domain.



A pattern language consists of **patterns** that describe what kind of *problem* frequently occurs in a certain *context*, and what is a good *solution* for the problem.

References

- ▶ Takashi Iba & Makoto Okada (eds), Iba Lab., and DFJI (Dementia Friendly Japan Initiative), *Words for a Journey: The Art of Being with Dementia*, CreativeShift Lab, 2015.
- ▶ Takashi Iba, Aya Matsumoto, Arisa Kamada, Nao Tamaki, and Tomoki Kaneko, “A Pattern Language for Living Well with Dementia: Words for a Journey,” *International Journal of Organisational Design and Engineering*, Volume 4, No. 1/2, 2016, pp.85-112.
- ▶ Takashi Iba, Tomoki Kaneko, Arisa Kamada, Nao Tamaki, and Makoto Okada, “Words for a Journey: A Pattern Language for Living Well with Dementia,” Peter Baumgartner, Tina Gruber-Muecke, Richard Sickinger (Eds.), *Pursuit of Pattern Languages for Societal Change. Designing Lively Scenarios in Various Fields*. Berlin: epubli, 2016, pp.152-176.
- ▶ 井庭 崇, 岡田 誠 (編著), 慶應義塾大学 井庭崇研究室, 認知症フレンドリージャパン・イニシアチブ, 『旅のことば：認知症とともにによりよく生きるためのヒント』, 丸善出版, 2015.

Gerontech and Innovation Expo cum Summit
Plenary Session 3: Innovation in health and social care

Words for a Journey

A Pattern Language for Living Well with Dementia

旅行既語言
同認知障礙症既人一齊生活得更好既提示

旅のことば
認知症とともにによりよく生きるためのヒント

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Ph.D in Media and Governance

