Consumption behavior and its influence on their physical and mental function of fragile elderly and elderly with slight dementia.

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To maintain healthy life, interdisciplinary intervention including not only physical but also mental function should be necessary. So we investigated the relevance between the result of consumption practice and the physical functions, or with a mental depressive condition, and considered if these evaluation measures were appropriate for the fragile elderly and the elderly with slight dementia. We report that result.

[Method] The subjects were 7 fragile elderly and 13 elderly with slight dementia, total of 20 (average age of 76.1±8.3 years), who are visitors of a rehabilitation facility three times a week make use of a pickup bus. In order to evaluate the mental function, Self-Rating Depression Scale (SDS) by Zung, and Face Pain Rating Scale by Wong and others were used. At the next month from baseline investigation, subjects were divided randomly into two groups, with one group (Cons-G) actually taking place in consumption activity (shopping at One Coin Shop with 5 items in maximum), and with other group (W-G) only having a watching activity in the shopping center. Interview was executed about the physical condition and also the mental condition right after the consumption behavior and the watching activity.

[Results] 1) Comparing of the SDS index of right after consumption activity and watching activity to the index of baseline, it was 46.4±5.9 to 44.3±9.1 with p=0.560 in Cons-G, which does not show significant change. 2) Dividing SDS in to physiological accessory symptom and mentally accessory symptom, they were compared with the index of right after consumption activity and study to the index of baseline. In Cons-G, physiological accessory symptom decreased from 16.6±3.8 to 13.6±3.3 but significance probability was p=0.087. With W-G, physiological accessory symptom changed from 16.7±3.9 to 16.4±3.4 and the significance probability was p=0.799. Mentally accessory symptom changed from 21.9±5.0 to 20.4±4.7 and the significance probability was p=0.562. 3) Looking at increase and decrease rate of the result no.2) score, 8 who’s physiological accompanying symptom declined, 1 with no change and 1 who increased, and 2 who’s mentally accompanying symptom declined, 3 with no change and 5 who increased was seen in Cons-G. On the other hand, 2 who’s physiological accompanying symptom declined, 4 with no change, 3 who increased, and 5,0,4 to each in mentally accompanying symptom with W-G.

[Conclusion] In the essential needs of these elderly, a wish of preventing a physical, mental, and consciousness decline, a feeling of a life and a feeling of fulfillment, and wanting of recovery of an individual’s dignity and sense of being exists. To realize these needs, and to create an effective way to attain these needs, is what we must do.