Practice of Outpatient Rehabilitation of the Takizawa Method and Motivative Exercise

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Abstract
We studied the new Rehabilitation intervention technique (Takizawa method), which realized re-acquirement of walking from bedridden of 30% or more of the bedridden elderly by the grant of Japanese National Foundation, Association for Technical Aids in 20001). An increase in the elderly population, including the disabled, demands the expansion of social security-related expenditures, which confers an unbearable burden to the following generation. These “Aging Crises” would give rise to the collapse of the social system.

The social security-related expenditures are enabled to reduce by getting knowledge of the way for disabled persons to live independently from to live with depending on caregivers. That elderly people live independently means the reduction of social security costs. It leads to preventing the collapse of the social system. Then, we studied “the formulation study of the community rehabilitation network by the advanced age disabled person oneself” by the grant of the Incorporated Administrative Agency (IAA), Welfare And Medical Service Agency (WAM).

The purpose for us was to make everyday life of as much as disabled elderly become independent possible but care reliance. We clarified the significant difference on improvement in a degree of independent living degree2).

At this time, my facility was only one which has already introduced the Takizawa method from starting time but the facility in Fujisawa. Therefore, we made a video of our reality of rehabilitation enforcement and contributed it to the test implementation facility. We used it simultaneously as a report to the WAM of the research grant offer IAA.

This video is created with two of information. One shows the everyday training situation of this institution and the other does it at home. All of the people who appears in the video are users of members in this facility and one is a patient of the Fujisawa one. All of them agreed with photography and televising.

Please look at the video as an example of Takizawa method rehabilitation enforcement.

Reference