

7/30

Fw:東北 Fan Meeting 特別編

震災10年で培った地域を支える健康コミュニティ

一般社団法人りぷらす

- 動画（2～3分程度）

<https://www.youtube.com/watch?v=Li6mVgKHfYY>

東北に至るまで



出身

- 茨城県鹿嶋市

2011年

- 初めてのボランティア
- face to face 東日本大震災リハネットワーク
- 石巻市へ移住



仕事

- 理学療法士
2007年八千代リハ卒業
- 経営

2013年

- りぷらす創業

趣味

- 野球
- 企てる



りぷらす
Link & Rehabilitation Plus

身体づくり、
仲間づくり、
居場所づくり。

活動の流れ

2011年

2012年

2013年

2014年

2015年

2016年

2017年

2018年

2019年

2020年

2021年

5月～支援活動
12月～石巻市へ移住

face to face
東日本大震災リハネットワーク

1月：りぶらす創業
5月：事業（デイサービス）開始

9月～コミュニティーヘルス事業
（旧地域健康サポーター事業）

2019年に活動を住民へ移行

みやぎ生協と協働

4月～仕事と介護の両立支援事業

台風19号



<理念>

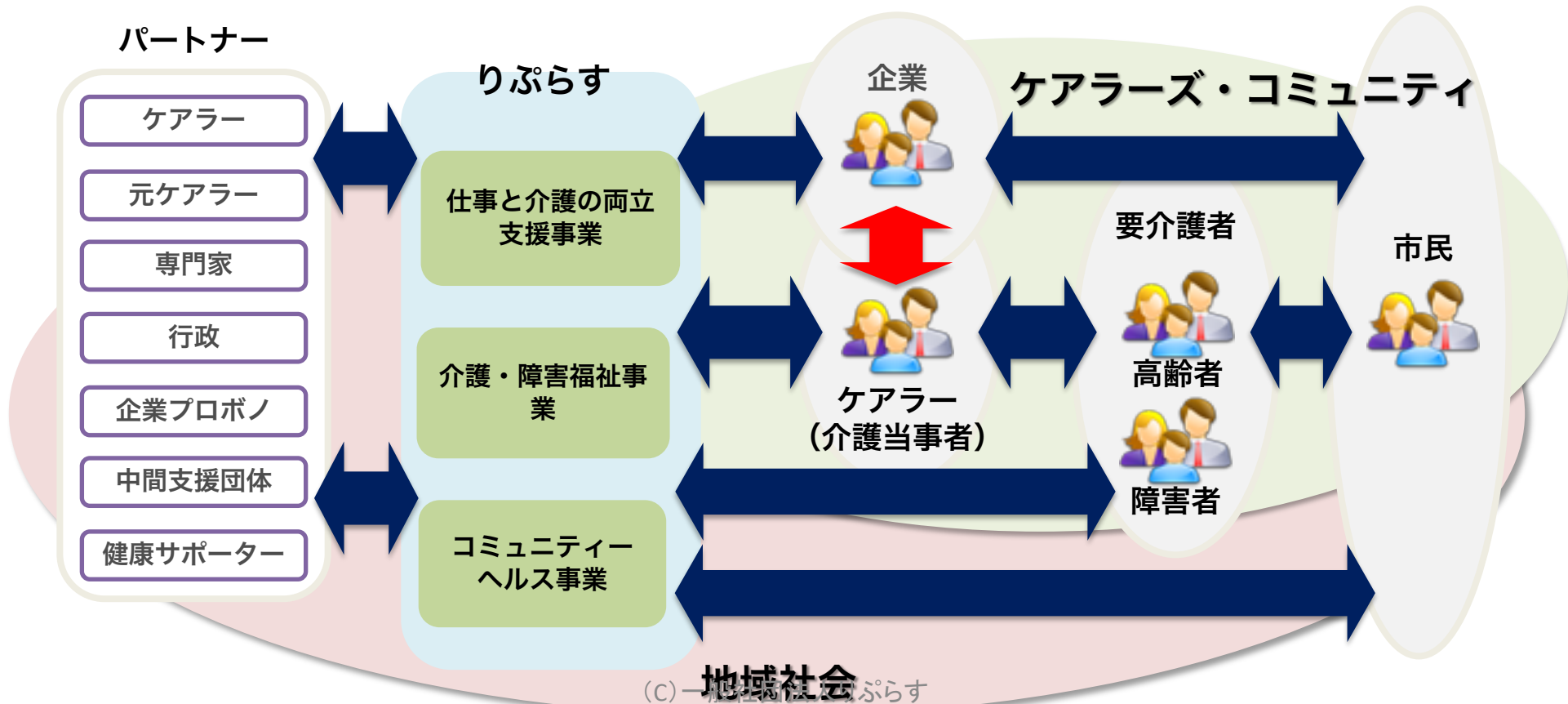
子供から高齢者まで病気や障害の有無にかかわらず地域で健康的に暮らせる社会を創造する

<VISION>私たちの目指す社会

健康的な「ありたい暮らし」をカタチにできる社会を目指す

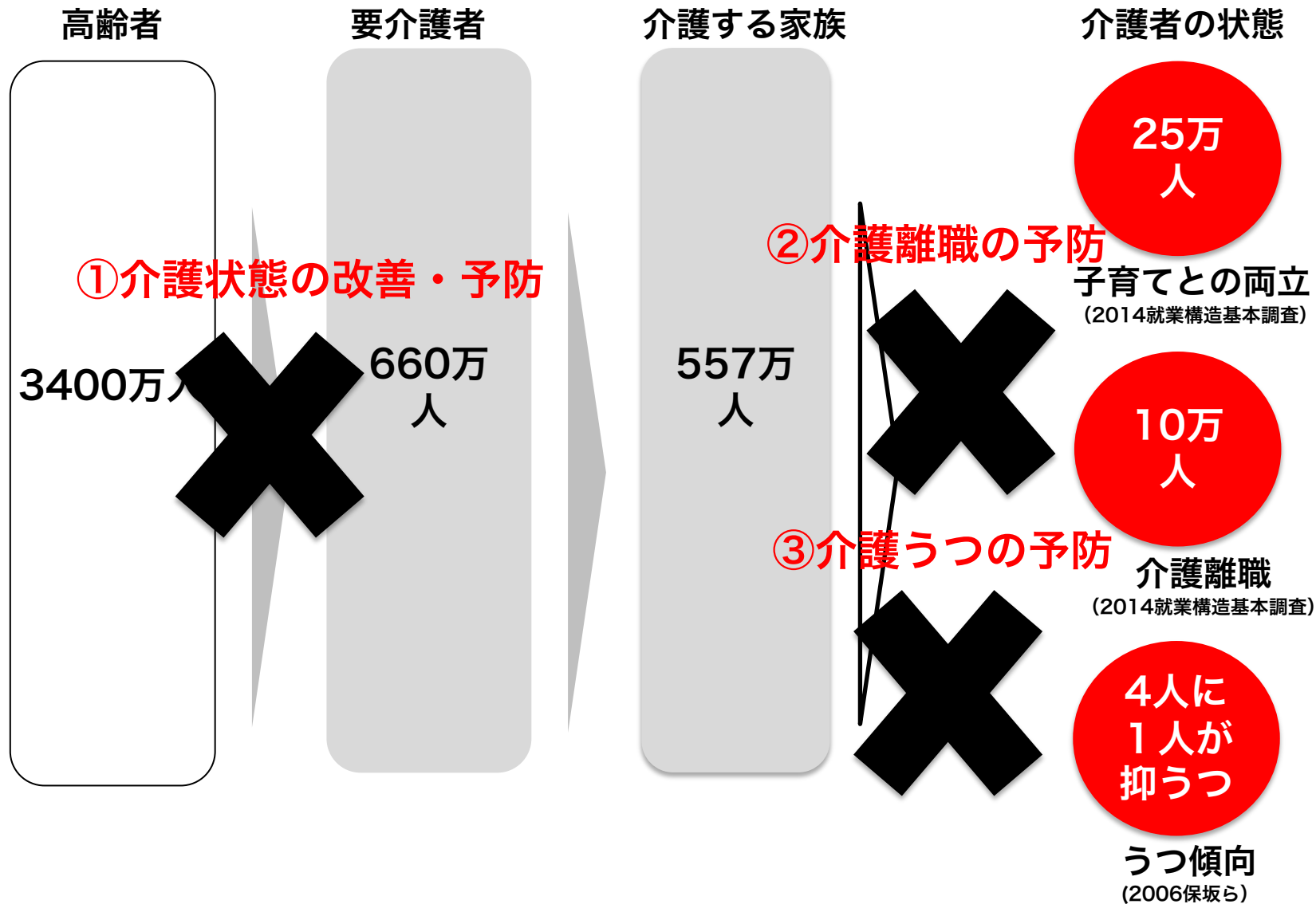
<Mission>私たちの使命

私たちに関わる人々及び私たち自身が、健康的な「ありたい暮らし」をカタチにするために最適な取組をする



「介護に関する社会的課題」と「りぷらすの事業の関係性」

増大する介護者の肉体的、精神的、経済的不安







脳卒中後、家の中で閉じこもり、
寝てばかりいた。
6ヶ月利用し卒業。
卒業後、牛の世話や庭の手入れを。



大腿骨頸部骨折にて退院後、利用開始。
3ヶ月利用し卒業。
自動車の運転、畑仕事、旅行が再開

おたからサポーター活動とは？

人によって理由は様々
健康づくりはどんな人でも、ご参加いただけます！

- 自身の健康の課題を改善したい方
- 健康を増進したい方
- 地域に貢献したい方
- 時間に余裕があり何か活動をしたい方

例えばこんな方も
50代～60代主婦
民生委員
定年退職後
子育て中の主婦
大学生

行政や福祉事業者が主催する サポーター養成講座

- ・1時間の講座を1コマとして、1日3コマを4日間実施
- ・講座修了後に4回の現場研修実施（定員は最大15人）

養成講座

- ・12コマ（座学・演習）
- ・3時間×4日間で学ぶ
- ・最大15名程度

体力測定

体組成計、握力、
片脚立位、CS30

介護予防総論

地域の現状、
運動・社会参加の必要性

身体の基本知識

骨・関節・筋肉・
運動のリスク

体操14メニュー

方法・効果・ポイント

グループ発表

伝える経験、交流

現場研修

- ・現場研修4回実施
- ・司会進行、フォローは
先輩サポーターが行う

1回目

見学・交流

2回目

カラダほぐし体操

3回目

ストレッチ

4回目

筋力トレーニング

サポーター 認定

【養成講座認定条件】

- ・養成講座：4日間
- ・現場研修：4回

【認定後の特典】

- ・養成講座学び直し無料
- ・同窓会、勉強会に参加できる
- ・ステップアップ講座が受講
できる団体『結』の名札と
アルバムが授与

おたからサポーター
認定書授与

- ★自身の健康に興味のある住民が「自分のため」に
講座に参加し、健康に関する知識と技術を習得
- ★一緒に学ぶ仲間がいて学習・活動意欲が向上
段階を踏んで経験を積むことで活動意欲が向上

健康づくりは、一人ではなかなか長続きしません。

でも、共通の目的や活動があれば、つながりが生まれ、活動の励みになり、楽しくなります。

その結果、活動は継続しやすくなり、活動の輪も広がります。

一般社団法人リポラスが始めた「おたがいカラダづくりサポーター（略称：おたからサポーター）」

活動は、住民が主体的に健康づくりを継続できるように工夫しています。

おたからサポーター 認定後の活動

住民主体の 団体結成前は 講座主催者主導

同窓会・勉強会

サポーター体力 測定会

身の回りで 体操を実践

おたから健康 体操教室

住民主体の 団体結成と参画

おたから健康体操教室
開催依頼を受けて教室を
実施、参加

同窓会・勉強会

サポーター 体力測定会

身の回りで 体操を実践

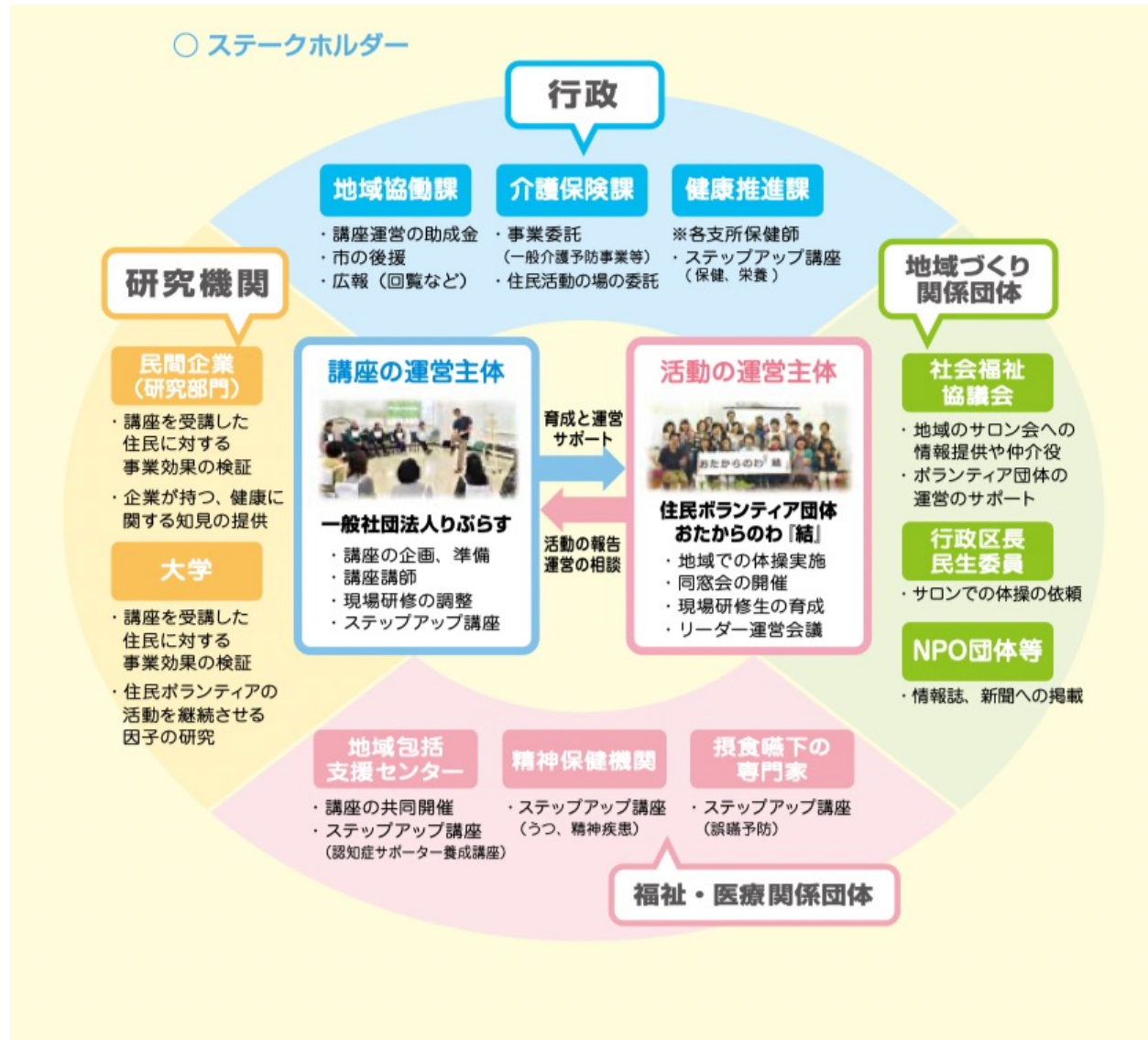
ステップ アップ

ステップ アップ講座

- ・認知症予防
- ・誤嚥予防
- ・現場コーディネート
- ・地域診断

地域課題を 解決する活動へ

- ★講座修了後も住民主体の体操教室に参加し、指導的役割を担いながら
「自分と地域のため」に健康づくりを継続
- ★サポーターが集まり住民主体のボランティア団体を結成し主体的に活動
- ★「体操の実践者・指導者」としてだけでなく、多様な地域の課題に気づき、
主体的に動ける「地域の担い手」となる



住民と専門職が共に
健康コミュニティの仕組みを作る本

～おたがいカラダづくりサポーター養成と4年間の実績～

自分のカラダは自分で守る！ 申込期限 **10/31(金)** まで

『きらきら健幸サポーター養成講座』
in みやぎ生協 桜ヶ丘店

受講者募集中！
資料代：2,000円
先着 15名

こんな方に
オススメ！

- ▶ いつまでもイキイキと過ごしたい！
- ▶ 介護予防に関心がある
- ▶ 元気な仲間と繋がりたい
- ▶ 学んで伝えて元気な街づくりをしたい

医療や福祉の
国家資格取得者から
直接学ぶ2日間+α

講座内容

- ▶ 筋肉や関節、健康寿命などのカラダの基礎知識
- ▶ 基本の体操（筋トレやバランス、柔軟体操）の実践 など

日時 11月 5日 (木) / 1日目 } 10:00 ~ 16:00
11月 12日 (木) / 2日目 } (9:45 ~ 受付開始)

会場 みやぎ生協 桜ヶ丘店 (2階 メンバー集会室)

応募対象 30歳以上の個人の方 (1日目/2日目ともに参加可能な方)

共催 みやぎ生協 生活文化部 / 一般社団法人リポラズ

※本事業は「2020年度CO・OP共済地域ささえあい助成」対象事業です 応募方法は裏面参照 →

健幸！ \らく／ フィットネス 【中高年の方対象】
定員：15名(先着順)

あなたも
身体を5歳若返らせよう

気楽に測って
楽しく動く

日時 2021年7月29日 (木)
10:00 ~ 11:30 ※9:45 ~ 受付

会場 みやぎ生協 加賀野店
宮城県登米市中田町石森加賀野3丁目6-1

講師 松井遥
理学療法士

内容

ステップ① 測る	ステップ② 知る	ステップ③ 動く
▶ 「バランス力」や「脚力」等を測定	▶ 測定結果をもとに鍛え方をアドバイス	▶ フィットネスで楽しく筋力強化

歩き続けるための筋力が向上
自分の身体に合ったトレーニングが分かる

※参加の際は、新型コロナウイルス対策のため、各自マスクの着用、検温もお願いいたします
※当日は、ソーシャルディスタンスに配慮した会場づくりをいたします

お申込み/問い合わせ先
みやぎ生協生活文化部 地域連携活動推進グループ
☎ 022-218-3880 FAX 022-218-3663
本事業は「2021年度CO・OP共済地域ささえあい助成」対象事業です



3298.0 - Preventive and Rehabilitative Care in Aging Adults for a Healthier Quality of Life (QOL): Potential for Cross-Border Application



Monday, November 04, 2019
3:00 PM - 4:00 PM

Abstract

According to the 2017 estimates from the U.S. Census Bureau, the proportion of aging adults has increased, while the proportion of working-age adults is projected to decrease. Providing quality care with limited financial resources for a growing number of aging adults is a challenge in our society.

Replus, a social enterprise, in disaster-affected Japan, provides cost-effective cognitive exercise programs for adults. The methods utilized by Replus has demonstrated successful results in the community, and it would be beneficial to exchange insights with practitioners in the United States to promote healthy lifestyles in the aging community.

Replus services has a positive impact on the economy, community, individuals and families. About 70% of participants in the Replus program have improved their physical function (CS-30 and TUG tests) during the first 3 months after participating. Of the 21 out of 260 participants who receive national long-term insurance, Replus was able to improve their health condition to live without any assistance and services.

If Replus services are implemented on a global scale, this will contribute to a reduction in government spending and encourage physical activity in the aging population. World in Tohoku (WIT), a nonprofit organization in Japan, organizes convenings for

shelters and temporary housing post-disaster increased the likelihood of getting diseases and illnesses, and they required nursing care and rehabilitation. By 2014, those who need nursing care increased 20% in Ishinomaki city (Y2011: Y2014 = 7,149: 8,594).

3. There is a lack of knowledge sharing and training towards caregiving in Japan, despite the huge need and expectations for family members to take care of their loved ones. Therefore, the quality of care is often low, and family members who need to leave their job to care the seniors often become depressed and overwhelmed with high pressure and a multitude of responsibilities.

4. To contribute the needs of nursing care and rehabilitation, **Replus** was established in 2013 in Ishinomaki city. The founder of Replus Institution is a certified physical therapist and had assisted rehabilitation of these seniors as a disaster volunteer since 2011. The founder saw that the seniors who lived long in a temporary housing or shelters after disaster tended to repeat falling and hospitalizing due to aspiration pneumonia, and needed the services of Replus. The founder of Replus has focused on two goals on the services:

- 1) To create the rehabilitation services to cope with seniors with different physical problems
- 2) To increase quality of the services: improvement of their physical conditions and return to their daily routines (graduation from nursing care).

The most popular service has been "day care services" with coverage of the long-term care insurance. The funds of Replus has initially come from donations and the national grant.

身体づくり、
仲間づくり、
居場所づくり。



Corporate Philosophy

Regardless of illness or disability, Replus creates a society where all are able to maintain healthy living in the community.

Action Guidelines of the Replus

Innovation: Creation and growth of organization and individuals
Family: Safety of life for families
Health: For a healthy life of its own there are things that are day-to-day practice.
Symbiosis: Don't exclude. Accept each person. Create an environment where diverse people can live.

Optimum: three-way good. Aim to be the best and most suitable for the organization, clients, and world (society, community, and future).

Rehabilitative Care in Aging Adults for a Healthier Quality of Life (QOL): Potential for Cross-Border Application

ni, RDH, EdD, MCHES, Andrea Lowe, PhD. MPH, Mio Yamamoto, MBA, Daigo Hashimoto, PT, Department of Health and Mental Hygiene, A&E Enterprise Management, LLC., World In Tohoku, Inc., Replus

Method and Results

Day Care Service Program Outline

Registration: Assessment of client's background: Physical and mental assessment: Verify coverage of insurance

Agreement to the program services/fees; Goal setting (a participant's dream or wishes after the graduation)

Implementation of the services (group program + individual program): depending on nursing care level (1-3)

Evaluation of the physical and living condition: Monthly assessment (Weight, BMI, grip strength, 5m maximum walking, Timed up and go test (TUG), one leg standing time, chair stand test (CS-30)

Pursue graduation from nursing care (Enable to achieve the goal set by a participant and improve QOL)

Day Service Program Schedule

8:30am Pick-up a client
9:00 am Vital measurement
9:20 am Program 1 (6 types of group stretch)
10:00am Break
10:10am Program 2 (individual or group training) e.g.) Standing and sitting 30 times x 6 sets
10:50am Break
11:00am Program 3 (individual or group training)
11:40am Vital measurement and break
12:10pm Pick-up

* Total work hours a day: 3 hrs < X < 5hrs
* Fees: about 7000yen (the long-term care insurance coverage is 70%~90%- depend on the benefits)

Participants (May, 2013 - October, 2018)

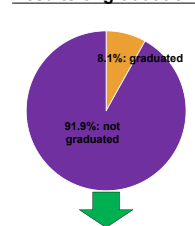
Variables	N (%)
Sex (N:%)	Male=151 (48%) Female=163 (52%) Total of the participants = 314
Average of age	76.9 years old (42yo - 92yo) 40-49: 13(4%) 50-59: 16(5%) 60-69: 16(5%) 70-79: 119(38%) 80-89: 135(43%) 90-99: 16(5%)
Average of nursing care support level	2.5 Support level 1: 60(19%) Support level 2: 134(43%) Nursing care level1: 44(14%) Nursing care level 2: 60(19%) Nursing care level 3: 16(5%)
Average of the usage period	15.1 months (2.5 months to 53 months)
Program usage > 3 months (N/%)	260 (82.8%)
Graduated participants (N/%)	21 (8.1%) (Male=10, Female=11)
Household composition (%)	Single: 11.7% Seniors: 35.2% Multi-generation: 52.9%

Outline of the long-term care insurance

- Target: Those who are over 40 years old, have been diagnosed for the need of nursing care, and approved the eligibility by the Japanese government.
- Fees: only 1-30% co-pay (depending on income). At least 70% of the fee is covered by the insurance.
- Services: No restrictions on usage period

	Purposes and Basic Policy		
The Long-term Care Insurance Act	Preservation of dignity	Independence support	
Day Services	Independence support	Eliminate social isolation	Reduction of physical, mental burden of the family members

Results of graduation



* The results showed that **8.1%** of the participants graduated from the day care service program by the year of 2018. A focus group discussion was conducted to know what prevented from achieving their goals and graduating. The top three responses were:

- 1) The program prevents their social isolation thus they like to stay and continue the day care services.
- 2) The program reduces 'nursing care' by their family members. This is very important to reduce stress of their family members. They also thought that their family members do not need to quit their work for nursing care.
- 3) The participants were not confident to graduate from the program and they felt that achievement of their goals were still their 'dreams'.

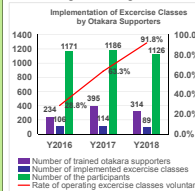
Replus knows that only joining the day service program is not enough for them to improve their physical and mental well-beings. Therefore, **Community health programs** began in 2014 to improve health of all in the community and mobilize the community and empowerment. These community health programs have been implemented:

1. **Training of Otakara supporters** (Supporters of each other's body building): plan and implement exercise classes in the community and manage the exercise program.
2. **Home visit services to assess their health**: assess home safety (living condition), health condition of seniors as well as their family members, make social service referrals, improve communication among family members, prevent isolation from the society, reduction of care burden, assist family members to involve in nursing care, facilitate to participate in community activities, support of planning and implementing self-exercise trainings.
3. **Work-care balance seminars**: the seminars began in 2016 to present family members' turnover and depression from nursing care. The seminars were held not only in Tohoku regions but also in Tokyo. By 2018 more than 250 people participated in the seminars.

Example of the graduation (physical improvement)



Standing and sitting exercise



課題先進地

少子高齢化

最大被災地

健康状態の悪化・・・

Purposes

1. Describe the effective rehabilitative care and services of Replus.
2. Describe how local community members can be involved to promote a healthier aging society.



Conclusion

1. Those who graduated from the day care service program are the model in the community. Their success stories will give a large impact on well-beings of other seniors.
2. The majority of the participants did not graduate from the day care service program because other factors such as preventing their social isolation and reducing physical and mental burden of their family members were important and influenced more on their thoughts than achieving their goals.
3. However, such a program focusing on 'graduation from nursing care' is very rare in Japan and most of the seniors also do not think about that when they receive nursing care services. Replus will continue the program with new services and monitor physical and mental health improvements of seniors.
4. Additional services are especially needed to support those who did not graduate from the day care service program.

Future Plans

1. Expand the service areas in Miyagi-prefecture (Tohoku region).
2. Develop a consultation and counseling guideline for new participants.
3. Investigate the roles of participants and increase opportunities for them to play an active role.
4. Investigate work and daily activities outside of their homes and day care services.
5. Develop a booklet (resource materials) related to launching community-based activities.
6. Develop leaders of Otakara supporters and implement more trainings of Otakara supporters.
7. Conduct community-based surveys, trainings and meetings about nursing care and work.
8. Collaborate with medical doctors, dentists and other health professionals to provide a better service.







アイの谷プロジェクト ～地域に愛を、暮らしに出会いを～

孤立を防ぐ「愛」を

人との「出会い」を

居場所

宿泊/シェル
ター

産後
ケアハウス

赤ちゃん
スペース

デイサービス

多様な
働き方

食堂

訪問支援
センター
(配食、訪問な
ど)

困りごと相談

地域づくりは自分づくり

自分の地域も どんどん変わっていくから面白い

企てよう