

Effects of Life Association Methods on conversation, emotional function, and social interaction in the healthy aging for the elderly people

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Background

The number of elderly people with cognitive decline is increasing due to the aging society. Decreased cognitive function is thought to affect the QOL of the elderly people and their family.

Aim of the study

The purpose of this study is to develop "Life Association Method" in the prevention of cognitive decline in the elderly people and to maintain and improve QOL, and to verify its effect.

Methods

With the consent of the elderly people using day rehabilitation service in Japan, "Life Association Method" developed by the researchers was carried out once a week for one year. Researchers of Public Health Nurse or Nurse, Physician participated in as facilitator and observed the facial expression, conversation situation, and social interaction with others of the 10 of elderly people, and qualitatively analyzed the contents. The study was approved by the Institutional Review Board of the university.

Results

The average age (SD) of elderly people was 87.2 (8.9) years. At the baseline, elderly people who have little conversation and social interaction with others will have many conversations and smiles after 3 months and over 6 months, and the conversations are activated and speak clearly in a loud voice. In addition, they began to interact with others, such as recommending seats to other elderly people and having conversations with the elderly people.

Conclusions and implications

“Life Association Method” is one of an effective method of healthy aging as promoting conversation, activating emotional function, and social interaction in the elderly people.