

Oarai town, Ibaraki Prefecture Mitigation of anxiety under the situation of self-restraint

Information of consultation counter on the stress, consumer trouble, abuse, etc. caused by the self-restraint

All residents

- Frail preventionInfection prevention
- Anxiety mitigation · Visiting home

行ったこと

- Informed all residents of exercised called "Silver Rehabili Exercise (Senior Rehabilitation Exercise which Ibaraki Prefecture recommending, keypoints of infectious prevention, and consultation counter on stress, consumer trouble, and abuse caused by the self-restraint through leaflet and website of the City.
- Prepared material to learn frail prevention, and distributed to all participants of long-term care activities through visiting home.



厚生労働省HPより、

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431 newlifestyle.html

工夫したこと

- The target was older persons, however described key points on infection prevention related to all generations so that all residents understand the risk of frail for older persons by all residents.
- Posted "Silver Rehabili Exercise" which can be done at home.
- Because a lot of cases of stress, consumer trouble, abuse, etc. nation-widely during stay-at-home measurement, informed the consultation counter for those problems.
- Visiting home with materials of brain training (coloring book, origami, etc.) for frail prevention and letter

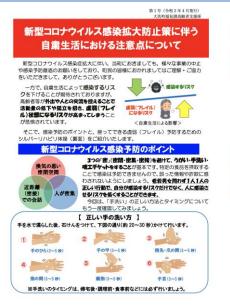


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Obstacles

- Difficult to distribute information to persons who do not join community association.
- Needed to visit older persons who do not recognized the possibility of own risk of frail, or can not ask for help by him/herself, however, the personnel of branch of city hall and community comprehensive care center are limited, and impossible to visit all target persons.
- Because the long-term care activities targeted person withdrawn, their risk of frail tend to increase in case that the activities are suspended, there was no problem when visited them in April, but they complaint decrease of willingness during visiting in May. If independence / autonomy of older persons and/or mutual support of the community is weak, the influence of self-restraint become bigger. It is difficult to manager the balance between "New Normal" lifestyle and frail prevention of older persons.







Reference URL

- http://www.town.oa rai.lg.jp/manage/co ntents/upload/5e8fd 94138218.pdf
- http://www.town.oa rai.lg.jp/manage/co ntents/upload/5ecb 7224a57c6.pdf