

**Library makes the dementia-  
friendly community where  
everyone lives happily**



**Tottori Prefectural Library  
Information and Consultation  
Division  
Hiroyo Matsuda**

# NUMBER OF DEMENTIA PATIENTS IN JAPAN

MINISTRY OF HEALTH, LABOUR, AND WELFARE (2012)

**5 Million**

**Expected to reach 7M people by 2025**

**Around 1 out of 5 people 65+ years of age is affected**

**Dementia is a common disease that can affect anyone**

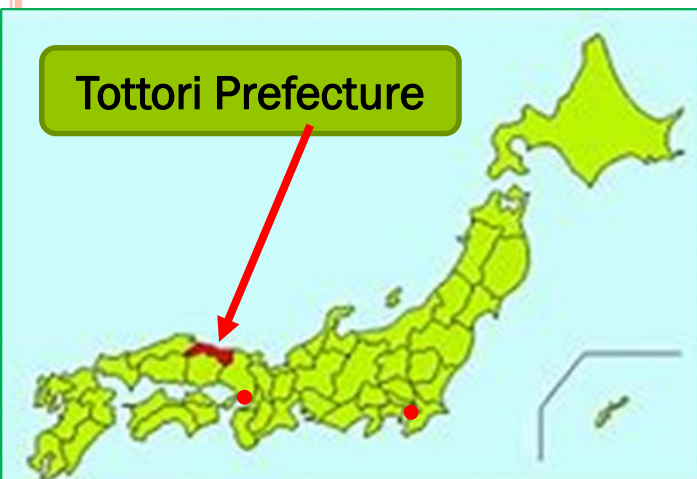
# Tottori Prefecture

● **Population: 560,852 people** (as of Aug 1, 2018) \*1

**Least populated prefecture in Japan**

● **Population 65 years old & above: 30.4 %** \*2

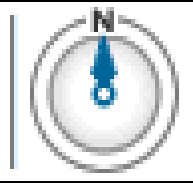
**Elderly population ratio #1 in Japan**



\*1) "Tottori Prefecture Population Estimate" Tottori Prefecture Regional Development Department

\*2) "Annual Report of population Estimates" 10.01.16 Statistic Bureau, Ministry of Internal Affairs and Communications

# Tottori Prefecture



**4 cities, 14 towns, and one village  
30 neighborhood libraries in total**

# Tottori Prefectural Library's Medical Treatment and Health Information Services

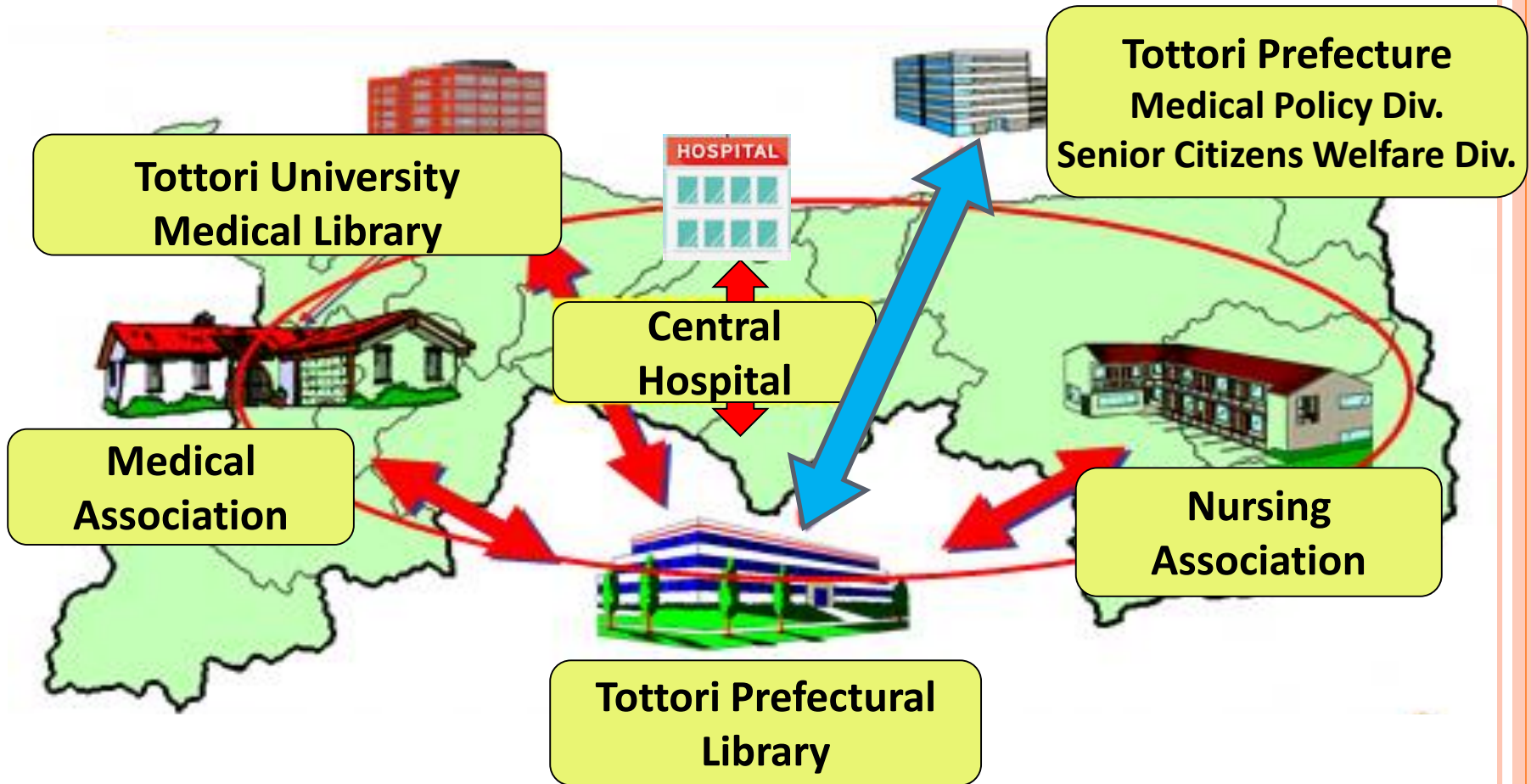
Set up 2006

External Reviewing Committee



- Two Patients Associations
- Tottori Medical Association
- Tottori Nursing Association
- Tottori University Library
- Tottori Prefecture Medical Policy Division
- Etc.

# Tottori Medical Treatment and Health Information Service Network



# Our activities

## 1. Setting up a special corner in the Library



2. Training staff to be dementia supporters
3. Promoting “Reading Aloud” classes
4. Supporting dementia patients and families
5. Getting everyone involved

# 1. Special Corner in the Library Medical Treatment and Health Information

Developed  
reliable  
collection with  
the help of  
external review  
group

**books,  
databases,  
info. of  
patients  
groups, etc.**





# 1. Special Corner in the Library Books on “Living with Illness”



Accounts of sufferers and their families.  
Categorized by disease name.

# 1. Special Corner in the Library Dementia Related Exhibits



Let's learn more about dementia to become a supportive community!

September 21<sup>st</sup> is World Alzheimer Day:  
Let's make September World Alzheimer Month!

Let's make Tottori an even better Dementia-friendly community!

# Our activities

1. Setting up a special corner in the Library

**2. Training staff to be dementia supporters**



3. Promoting “Reading Aloud” classes

4. Supporting dementia patients and families

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## 2. Training Staff to Be Dementia Supporters

### People with Dementia visiting the Library

- ✓ Yell at librarians
- ✓ Ask the same question over and over

**Training helped us understand:**

- How dementia patients are feeling.
- How we should interact with them.
- How we should deal with difficult situations.



## 2. Training Staff to Be Dementia Supporters

**In 2010, 31 attendees**

**In 2017, 44 attendees**

(All staff of the Prefectural Library and some from neighborhood libraries)



All attendees received an orange wristband

**Symbol of supporters**

**Wearers offer support to dementia patients and their families**

## 2. Training Staff to Be Dementia Supporters



**The Orange Network  
Project Team**

# Our activities

1. Setting up a special corner in the Library
2. Training staff to be dementia supporters

## 3. Promoting “Reading Aloud” classes



4. Supporting dementia patients and families
5. Getting everyone involved

### 3. Promoting “Reading Aloud” Classes

“Stimulate your  
Brain!  
Let’s Read Aloud  
Together”

Since 2012





# 3. Promoting “Reading Aloud” Classes

Community Centers



Hospitals



At home care



Nursing homes



**Spreading outside  
the Library**

### 3. Promoting “Reading Aloud” Classes

Started the “Tottori Reading Aloud Forum” in 2017

Initiative by Tottori Prefectural Library.

Asked Tottori University to research how effective the reading aloud classes are.

Tottori University worked with a nursing home to carry out the research.



# 3. Promoting “Reading Aloud” Classes

## Tottori Prefecture Newsletter



音読するデザイナーズの本

がついた...  
うなった、どうしたいかという



音読教室で利用者に声を掛ける職員

“Reading Aloud”  
has been proven to  
be effective for  
dementia  
prevention.

音読で認知症を予防

地域ケアセンター マグノリア

昔話や詩、名作文学などを声に出して読む「音読」。県立図書館で毎月開催している「音読教室」。

回答が多くありました。楽しみながら参加しているだけでなく、利用者自身が良い影響を受けていると実感しているようです」と話します。

音読教室は現在13市町の公共図書館計19館で定期的開催。公行事や介護予防教室として行われることも増えてきました。長寿を応援し、暮らしやすいつくっていくため、参加者みんなで認知症予防できる音読の普及を進めていきます。

# OUR ACTIVITIES

1. Setting up a special corner in the Library
2. Training staff to be dementia supporters
3. Promoting “Reading Aloud” classes

## 4. Supporting dementia sufferers and their families

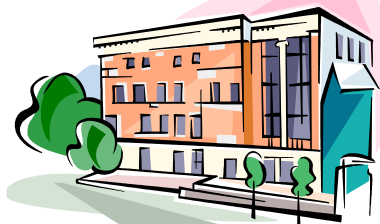


5. Getting everyone involved

# 4. Support Dementia sufferers & their Families

Worked with the “Dementia Patients and Family Support Group” since 2006

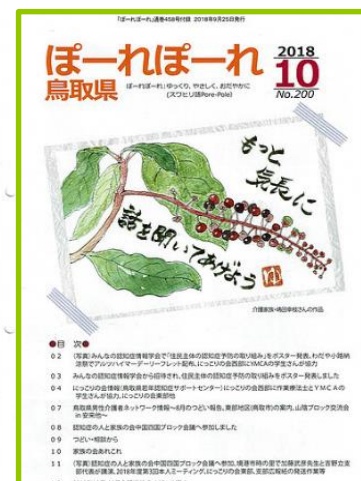
Tottori Prefectural Library



Neighborhood libraries



NEWSLETTER OF  
DEMENTIA PATIENTS  
SUPPORT GROUP



Information on how to join the patient support group and proceeding reports from the group are valuable.



# 4. Support Dementia sufferers & their Families

Doctor's Lecture on  
"Using library materials to  
practice the reminiscence  
method"

Use old photos,  
school books,  
picture books, and  
other historical  
materials

Jointly organized by the  
prefectural library and  
neighborhood libraries

とっとり県民カレッジ連携講座

鳥取県立図書館健康情報サービス講演会  
— 昔の写真や品物で認知症予防 —

回想法  
思い出かたは元氣のもと

「想い出かたり」より  
(かもの出版)



1回目  
図書館資料を使って回想法 Part1  
(理論編)

■日時 平成22年 8月7日(土) 午後1時30分~4時30分  
■場所 鳥取県立図書館 大研修室  
■入場無料 / 申し込み不要 / 定員100名

■講法  
「回想法の理論と実際」— 図書館の民俗学資料をもとに —  
講師 出雲市民病院 理事長 鈴木 正典氏  
プロフィール  
1967年、福井県に生まれる。鳥取大学文学部卒業。公明党市議会議員、鳥取県議、国民民主党代表の経験あり。2019年、鳥取県立図書館にて「想い出かたり」の講演会を開催。現在は鳥取県立大学で臨床心理学を専攻している。著書に『帰郷の心〜ふるさとを愛する人々』、『想い出かたりのためのヒント』、『想い出かたりのためのヒント』、『想い出かたりのためのヒント』。

■活動発表 鳥取西地域キャラバンメイト連絡会  
○「認知症を予防するとともに  
認知症になっても安心して暮らしやすいまちづくりをめざして」  
倉 真 山田 節子 氏  
○寸劇 「忘れえないよ、おばあちゃんのやさしさ」

■報告 図書館ネットワークで届ける健康情報  
鳥取県立図書館 健康情報サービス担当 松田 啓代

■風景 認知症を知り 地域で支える  
鳥取西地域キャラバンメイト連絡会

入場  
無料

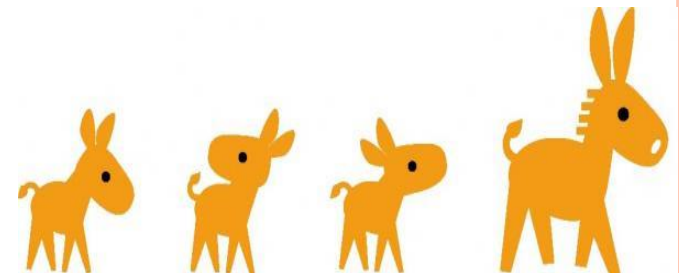
※この大会でも認知症予防が、高齢者の健康に繋がります。  
※健康情報が満載ですので、なるべく多く参加者にもお話を聞かせたい。  
■インターネット配信にて実施できます。  
※1日目の講演については、インターネット配信を配信しない。2日目の講演は、インターネット配信を配信します。  
▶2日目は講演を聴くための。

## **4. Support Dementia sufferers & their Families**

### **ORANGE NETWORK TOTTORI 2019 WORKSHOP PLANNED FOR JULY!**

- Dementia sufferers and their families**
- Dementia support group members**
- Professionals in the field**
- Librarians**

**Discuss how to develop a dementia-friendly society**



# OUR ACTIVITIES

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4. Supporting dementia patients and families
- 5. Getting everyone involved**





# 5. Getting Everyone Involved

## Orange Café (Dementia Café)

July 1, 2018



Tottori Prefectural Library Courtyard

# 5. Getting Everyone Involved

Her doctor

Ms. Fujita



People got the opportunity to hear the story of a patient who authored "It's OK to get dementia!"



# 5. Getting Everyone Involved

## RUN TOMO TOTORI 2018

Dementia patients, their families, support personnel, librarians, and the general public took part in a relay race



Governor Hirai

Governor Hirai joined the race and participants crossed the finish line with him!



At the finish line, the Library displayed related books and materials:

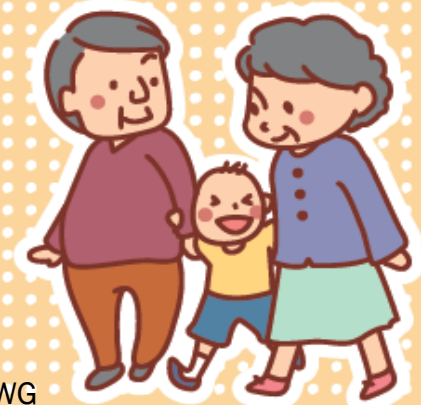
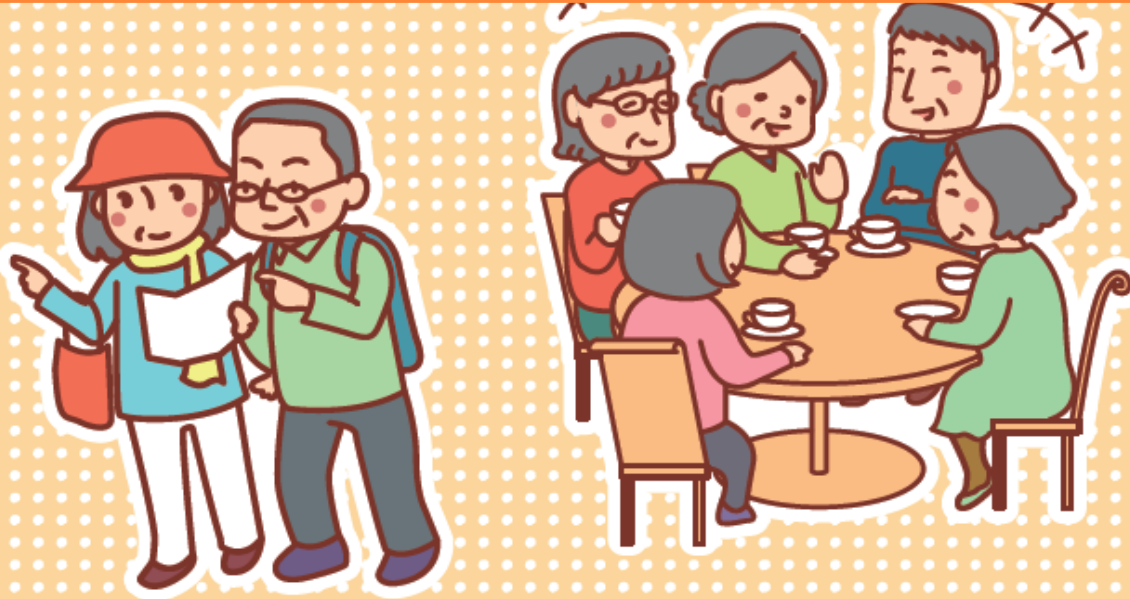
- Diaries written by dementia patients
- Home care center information
- Library brochures

# Let's make a dementia-friendly community!

『本人にとっての  
よりよい暮らしガイド』



What can the Library do?





**THANK YOU!**

**Please come  
and visit!**



**Tottori Prefectural Library**



**Library of the Year  
2006 2016**

