

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



トリピー

**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

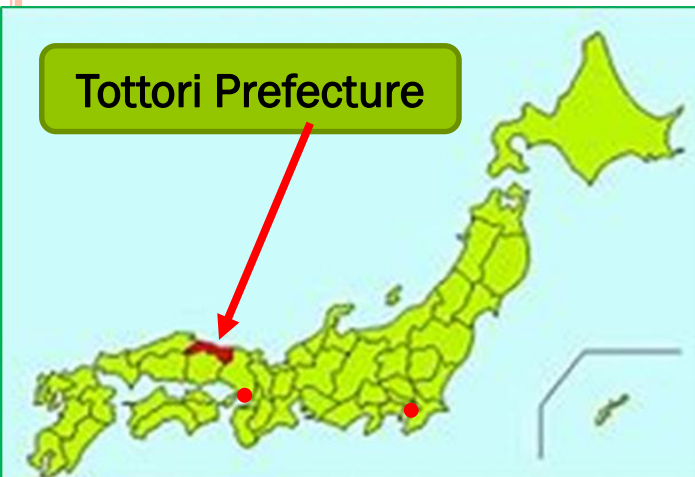
Dementia is a common disease that can affect anyone

Tottori Prefecture

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

Least populated prefecture in Japan

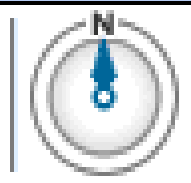
● **Population 65 years old & above: 30.4 %** *2



*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

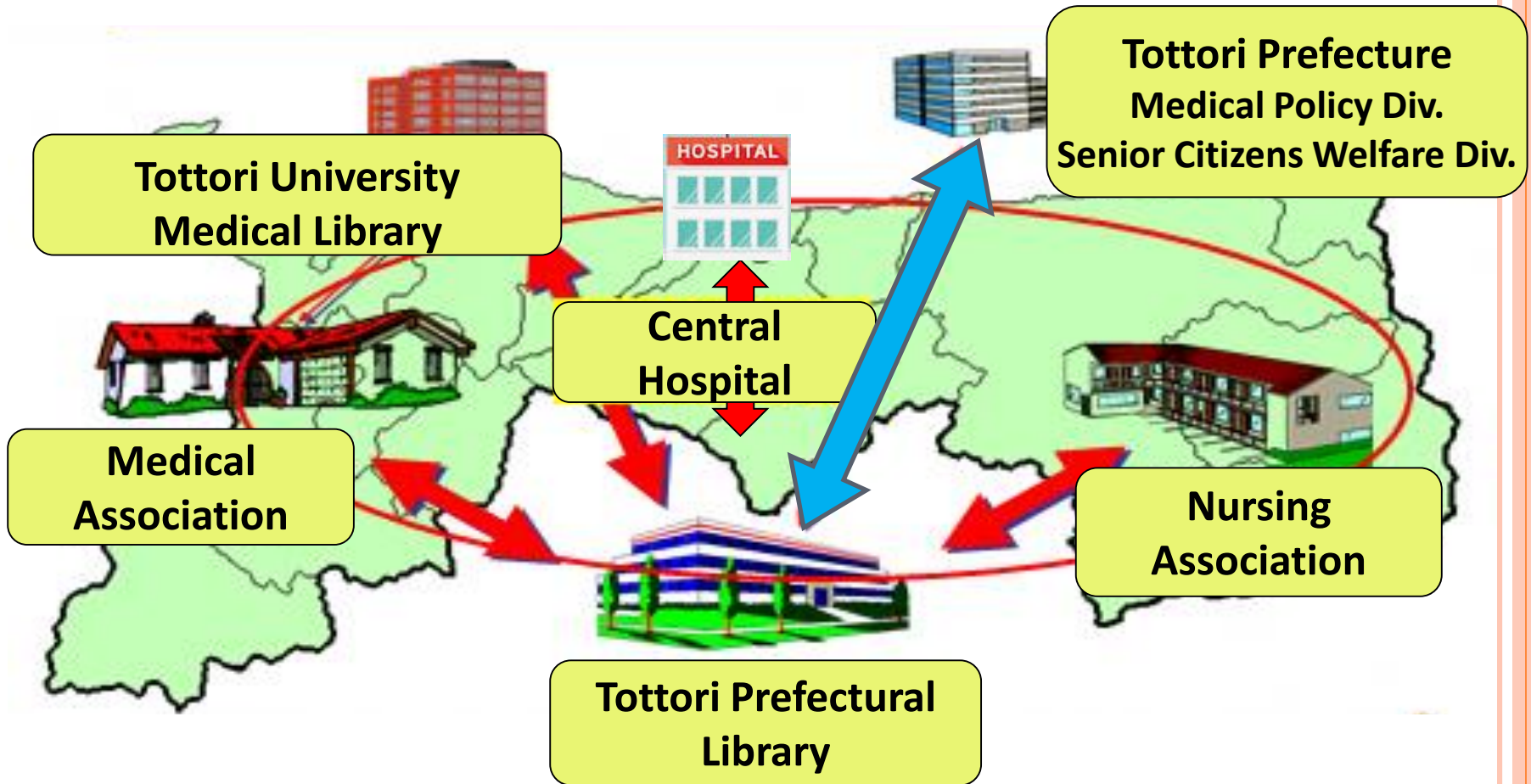
Set up 2006

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 21st 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

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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
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4. Supporting dementia sufferers and their families

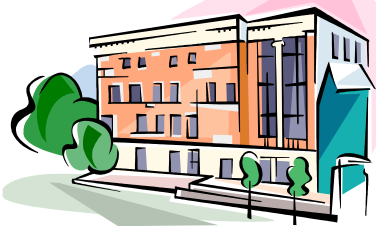


5. Getting everyone involved

4. Support Dementia sufferers & their Families

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

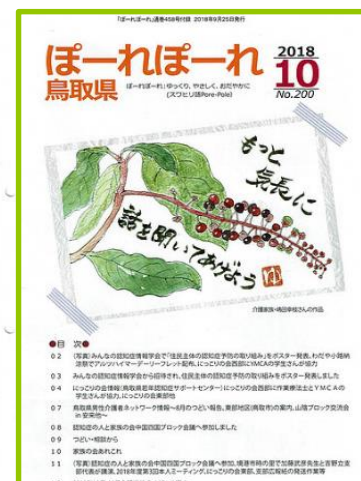
Tottori Prefectural Library



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

『想い出かたり』より
(かまのむし編)

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、松江県に生まれる。鳥取大学文学部卒業後、公立市民病院、鳥取県立病院、鳥取県立総合医療センターにて臨床・研究・教育に従事。その後、鳥取県立総合医療センターで臨床・研究・教育に従事。現在は鳥取県立総合医療センターで臨床・研究・教育に従事。現在、鳥取県立総合医療センターで臨床・研究・教育に従事。

■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」
 会 員 山田 節子 氏
 ○寸劇「忘れないよ、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 祝田 啓代

■風景 認知症を知り 地域を支える
 鳥取西地域キャラバンメイト連絡会

■入場無料

※ご来場の際は受付で入場券をお取りいただけます。
 ※駐車場の混雑しますので、なるべく公共交通機関をご利用ください。

■インターネット配信にて受講できます。
1日目の配信については、インターネット配信をお知らせいたします。2日目は録画をご覧いただけます。

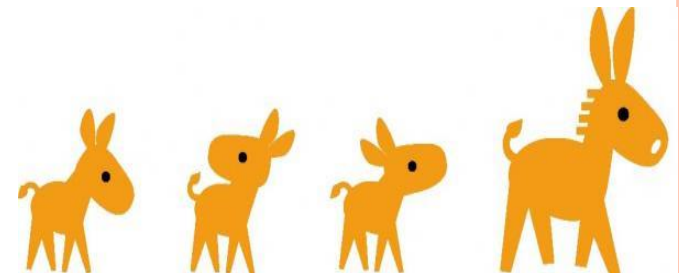
▶2日目は録画をご覧ください。

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 TOTTORI 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!

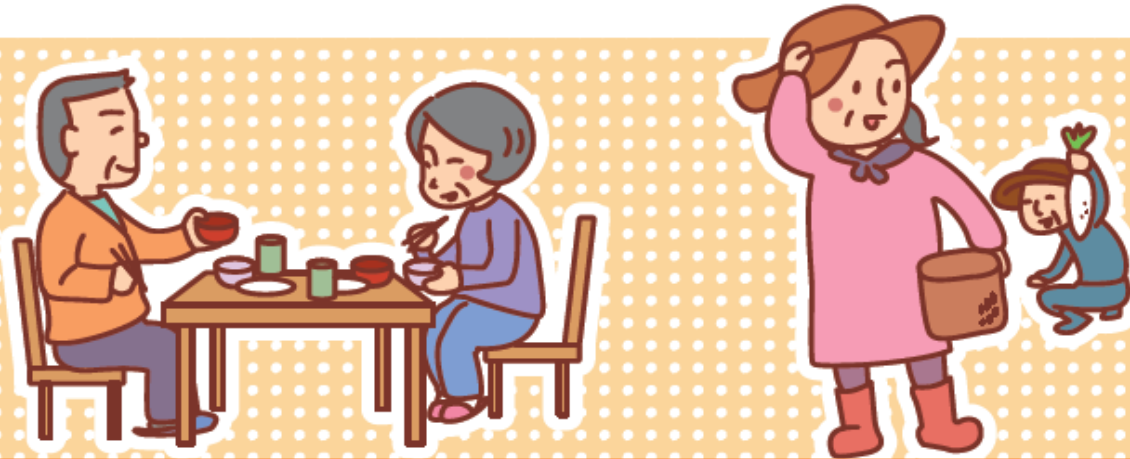


At the finish line, the Library displayed related books and materials:

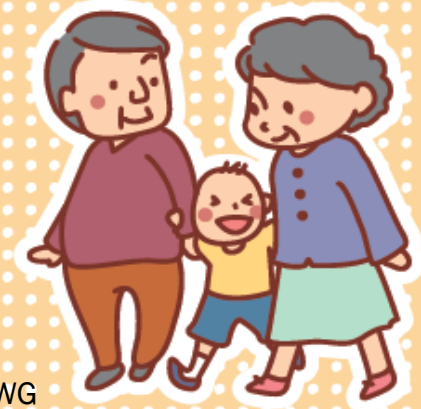
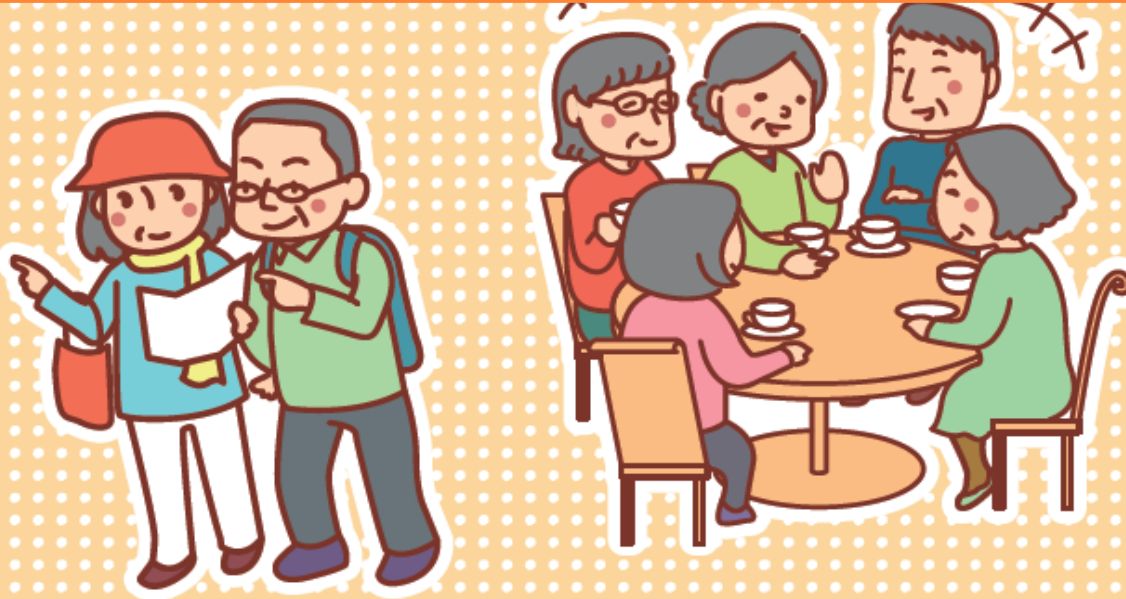
- Diaries written by dementia patients
- Home care center information
- Library brochures

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**

