

## ELDERLY PATIENTS WITH DEMENTIA IMPROVED THEIR LIFE BY TRADITIONAL CLOTHING ACTIVITY

yuka kobayashi, izumi kotani, yosihiko murakami, kazuhiko seki, kyouko moriguchi  
*syunnjuenn, ibaraki, Japan*

### 「INTRODUCTION」

We designed a study in occupational therapy using Japanese traditional clothing Kimono based on patient's life history. This report summarizes the study's successful outcome.

### 「SUBJECTS」

Four Female patients with dementia, institutionalized. Aged 85 - 92, MMSE 8 - 19, FIM 48 - 96. They were kept in their rooms all day long and refused to participate in events. They had the experience regarding Kimono, wearing and sewing in life.

### 「METHODS」

Original goals and tasks were designed to each patient based on her ability. Patients tried each task once/twice a week. One trial took 20 minutes. These trials were recorded for 2 months. We analyzed the outcome from a view point of task analysis.

### 「RESULTS」

The score of FIM improved 1-2 in social communicating aspect. We found patients indicate various changes in their behavior regarding Kimono (folding, wearing, helping youth to wear). These changes suggest improvement in eliciting procedural memory. Patients could keep standing position when they wore Kimono although these patients usually show unstable posture. Patients behaved like an authority when they help young staff to wear Kimono. This change suggests improvement in social skills.

### 「DISCUSSION」

Kimono requires the user to recognize various items and to memorize the procedure to wear. Although patients have dementia, they kept these abilities well which were memorized in their youth. We assume Kimono's cultural meaning and patient's life history gave positive influences on the improvement. Kimono enables the user to enjoy various rules and procedures when they wear Kimono. Kimono is a daily item but have ceremonial and formal meaning. So we assume the patients felt adequate tension and improved psychological and physical function in the trial. In addition to that, patients expressed personal memories or passions to young staff. Usually they were treated as a care-taker. But this trial gave patients novel identity like a tradition keeper. It is effective to design a course of occupational therapies based on patient's life history, especially on the elderly person's social role like handing down traditional culture.