

## **Sustainability | Poster**

### **PP - (20832) - A STUDY ON COMMON SPACES IN NURSING HOMES FOCUSING ON “NAGARA-CARE”:RESEARCH ON CONVERSATIONS AND INTERPERSONAL DISTANCES BETWEEN CARE STAFF AND RESIDENTS**

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#### **Research or practical problem and objectives**

Japan has been a super-aged society, hence the rate of aging has been dramatically increasing. A nursing home will play a base role on the care and final abode for elderly people who cannot continue living by themselves. Oka, a researcher at Niimi University, says that the recent ways in caring for the elderly with dementia have changed due to multi-tasking specifically doing two things at once. In light of this, our study will focus on what I call “NAGARA-Care”, a method of caregiving engaging the residents in conversation.

The purpose of this study is to propose the necessary conditions for common spaces in nursing homes in a way where care staff could implement “NAGARA-Care” for more effective and interactive communication between residents and care staff. In order to reach this objective, we clarify the structure of the care work and focus on two points: (1) contents of conversations, and (2) interpersonal physical distances. These points haven’t been focused in previous studies.

#### **Methods and process (for empirical research)**

Qualitative surveys were carried out by one observer in two nursing homes regarding the following points:

- We measure interpersonal distances between residents and care staff by tape measure.
- Movement and activities of three-people care staff in one unit,
- The contents of their conversations.

#### **Main results preview and importance (or main arguments in the case of critical reviews)**

In conclusion, this study revealed the following things: (1) “NAGARA-Care” is effective in opening conversations because it lead to good stories. (2) Residents became more engaged in communicating with care staff especially when they joined in occasional activities such as decorating the place in the New Year holiday. (3) The position of the care staff preparing meals is important. To further increase the frequency of conversations, the chairs of residents are going to be positioned within four meters from the care staff in the kitchen.

**Palavras-chave : Common space, Conversation**