

Scientific Workshop 3

A community-based occupational therapy supports sustainable community living and social participation for couples

Date & Time: 2024/11/6 15:30-17:00

Venue: Venue 9 (2F 206)

Estimated capacity: 50

Lecturer:

Hiromi Nakamura-Thomas (Saitama Prefectural University, Japan)

Ickpyo Hong (Associate Professor, College of Software and Digital Healthcare Convergence, Yonsei University, Republic of Korea)

Naoki Nakaya (Professor, Tohoku University, Japan, Public Health)

Suyeong Bae (Doctoral student, College of Software and Digital Healthcare Convergence, Yonsei University, Republic of Korea)

Learning Objectives

Participants are able to understand the importance of supporting couples rather than supporting care recipients and their informal caregivers separately. Participants are also able to understand the new outcome measurements to capture quality of life with long-term care services which are applicable for both care recipients and their informal caregivers including the philosophies.

Outline

Presenters would like to discuss the importance of supporting both care-recipients and informal family caregivers as a community-based practice by providing evidence the presenters obtained. Presenters also would like to consider the importance based on tacit social norms in Eastern Asian countries. In a super-aging society, everyone may perform an informal caregiver role. Adults whose partners had health issues are less likely to participate in community and social activities. In addition, a high level of concordance regarding lifestyle factors among couples led to an increase in the prevalence of chronic diseases and depression. Social participation and well-being are key themes in occupational therapy and the importance is increasing as it has been expanded for couples. Occupational therapists have traditionally provided individual interventions; however, public health reports revealed that bio-medical models for individuals were less effective, emphasizing the importance of bio-psycho-social models for couples and families.