

Preparation for Comfortable Living Environment Sheet

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《Identify the problems and exceptions, and coping strategies》

1. Describe what was happened sequentially. e.g. background, trigger, actions
2. Ask them about the times when the problem does not occur, or occurs less than at other times./ When doesn't the problem happen? / What's different about those times? / What is he/she doing or thinking differently during the "good" times?
3. How does he/she cope with these difficulties?/ What keeps he/she going? / How does he/she manage day-to-day? / Sometimes problems tend to get worse, what does he/she do that stops it getting worse?/ What else?

Helped her to pee in the night



She mumbled on and on

Often: on cold nights



He got angry with her



He shouted at her

Exceptions or Coping

She does not mumble in every night. She did not mumble at the day before yesterday when was warmer than other days.

It is difficult to cope with her mumbling.

He can only say to himself she is his real mother and he must respect her at all time.

He has put up with his mother until now. This is inevitable thing because of her age.

When a home helper comes, he can go shopping, but he does not feel at ease because the helper leaves two hours later.

Their neighbor Ms. Hata sometimes takes them something to eat. He is very grateful.

Once or twice a year he drinks at night and gets up late the next morning, he thinks that he also makes mistakes, so he can forgive his mother.

《To Explore the Strengths and Resources from Background and Support Networks of the family 》

1. How have the elderly and a his/her carer lived? / How did they get through that period? / How did they manage to solve the difficulties in the past? / Other people might have had more difficulty, but they managed to survive and get here today. How did they manage to achieve that?

2. Does anyone have any prejudices, a strong values, or personal goals?

3. Who are the important people for the elderly or the carer? / Who was their greatest support? How did they help?

<background> He resigned from his job to care for his mother seven years ago. He used to work as an operator. Although he used to travel around the whole country for work, when his mother's condition worsened he reacted by voluntarily resigning from his company. He decided to give up everything, although he felt mortified because he felt he had thrown away his career. He tackled the housekeeping and the caring for his mother creatively as he would have done with his job.

It was recommended by a helper and the younger brother that his mother should enter an institution. However both he and his mother thought that there were not any good institutions. Since his mother said she wanted to live at home for as long as possible, he was determined to stay beside her until she died. He is proud that he and his mother have done their best with regard to everything.

<Support networks> They use a home-help service once a week. His mother appreciates getting outside help, although he would rather care for her by himself.

His mother has been undergoing treatment at the Kubota physical clinic regularly for many years. Dr. Kubota always seems to listen to what they say.

They once went to a psychiatrist referred by a previous care-manager. Since he got angry with the doctor, he never went back.

<Summary> He is determined to care for his mother at home until she dies. But he feels discouraged because his mother is not getting better despite all his effort. He won't go to a psychiatrist or enter her to an institution, but sometimes accepts the recommendations. He keeps using the home-help service, and he has been to a psychiatrist once.

《What dose he/she hope? What would need to happen first?》

1. Ask him/her to look into the future and see him/herself as he/she wanted to be, problems solved, and then to explain what had happened to cause this change to come about. / Please imagine that a few weeks or months of time had elapsed, and his/her problem had been resolved. If he/she and you were to watch a videotape of his/her life in the future, what would he/she be doing on the tape that would show that things were better?

2. What difference would he/she notice? / What are the first things he/she notices? / Has any of this ever happened before? / Would it help to recreate any of these ideal futures? / What would need to happen to do this?/

* We don't ask what he/she has to do.

He wants her to recover and be full of life like she was before, even though he knows it is unavoidable for her to be further limited by her age. He wants her to smile and to listen to him. He wishes he could go to a hot spring and stay there and relax until night time. He wishes he could appreciate the taste of something delicious and enjoy an evening drink.

He wishes he could just have fun watching TV. Now he cannot even listen properly to what they say on TV.