

Intergenerational Activities and Healthy Longevity Culture, Environment, and Plasticity

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Intergenerational Activities!

- The project name is “JOSO HAPPY”
- JOSO is a name of town in Tokyo suburb (population 60,000).
- We developed Adult, Child, Samba, and Sitting version of synchronized exercise.



Elders and Children Enjoy Together



Wood Products Improve the Quality of Life of Elderly People in Assisted Living

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Wood Products effect elder people?

- ❑ Natural products, such as wooden ones, are attracting increasing interest worldwide because of the growing desire for an ecologically friendly and sustainable society.
- ❑ In particular, the healing effects and safety benefits of wood products have been explored.
- ❑ But few studies have evaluated their effects on the behavior and well-being of older adults in assisted living.

Wood Products effect elder people?

- **Purpose:** To explore how wood products affected quality of life in elderly people.
- **Participants:** The 44 elderly people and 30 health social care professionals in a single assisted living facility.
- **Methods:** Independent evaluators observed and rated the elderly people's behavior, using the Alzheimer's Disease Related Quality of Life and the Interaction Rating Scale Advanced over one month of using wood products.

Wood Products effect elder people?

- Furthermore, at baseline and one month later, participants completed a “tree drawing task” intended to assess their internal environment.
- Their health status and activities of daily living through regular observation were evaluated by professionals.
- Professionals also completed a questionnaire evaluating subjective comfort, both before and after using wood products.

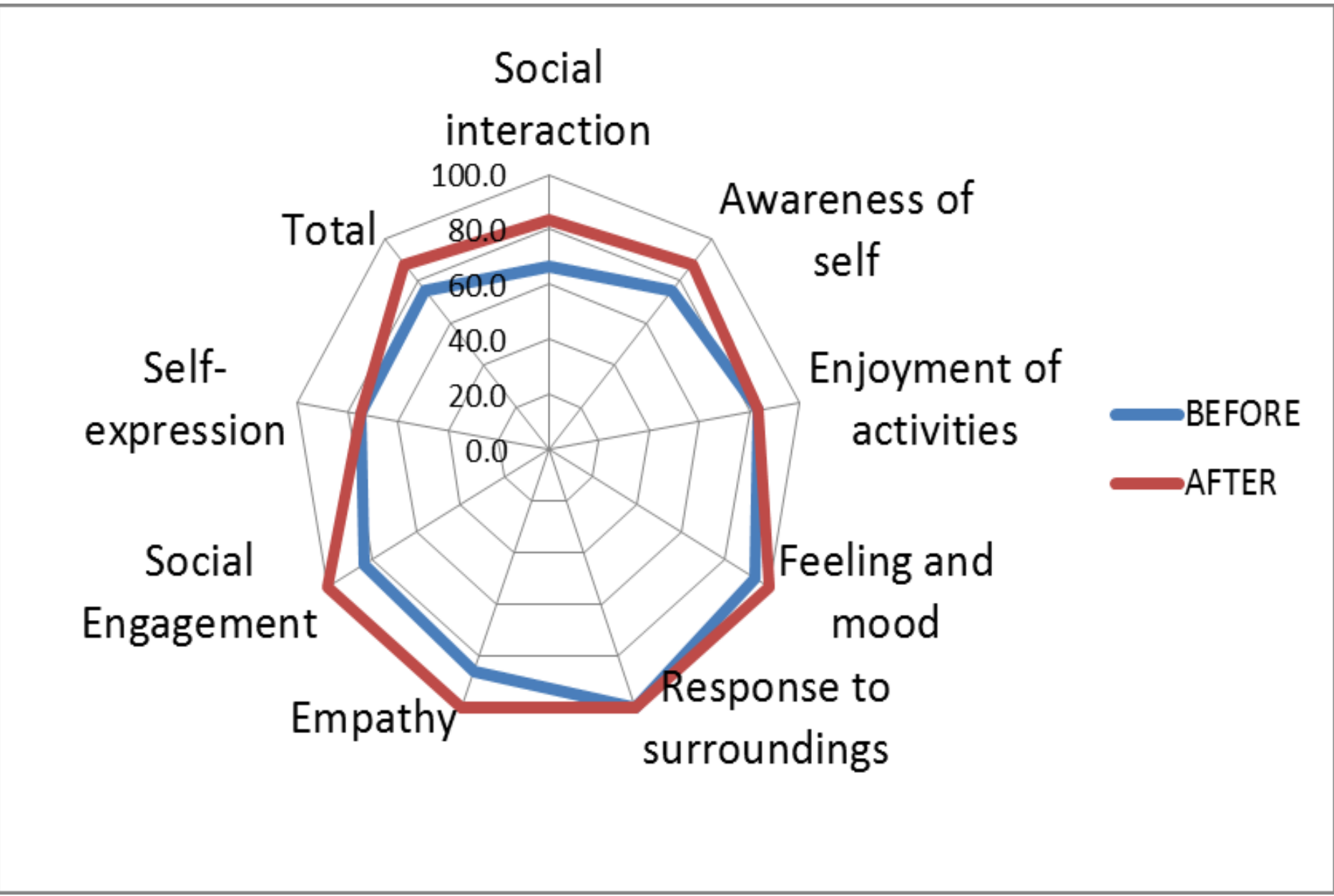
Before



After



Change in behavior scores before and after using wood products



Behavior scores before and after using wood products

Item		BEFORE	AFTER	p
Social interaction	median	66.7	83.3	0.008
	(25%-75%)	41.7-83.3	75.0-83.3	
Awareness of self	median	75.0	87.5	0.055
	(25%-75%)	50.0-87.5	75.0-87.5	
Enjoyment of activities	median	83.3	83.3	0.060
	(25%-75%)	33.3-83.3	75.0-83.3	
Feeling and mood	median	93.3	100.0	0.009
	(25%-75%)	73.3-93.3	93.3-100	
Response to surroundings	median	100.0	100.0	0.023
	(25%-75%)	85.7-100	100-100	
Empathy	median	85.7	100.0	0.068
	(25%-75%)	57.1-100	85.7-100	
Social Engagement	median	83.3	100.0	n.s.
	(25%-75%)	33.3-100	58.4-100	
Self-expression	median	75.0	75.0	n.s.
	(25%-75%)	25.0-100	75.0-75.0	
Total	median	75.4	88.0	0.089
	(25%-75%)	55.9-89.6	81.2-91.1	

Tree drawing by a man, 88 years old

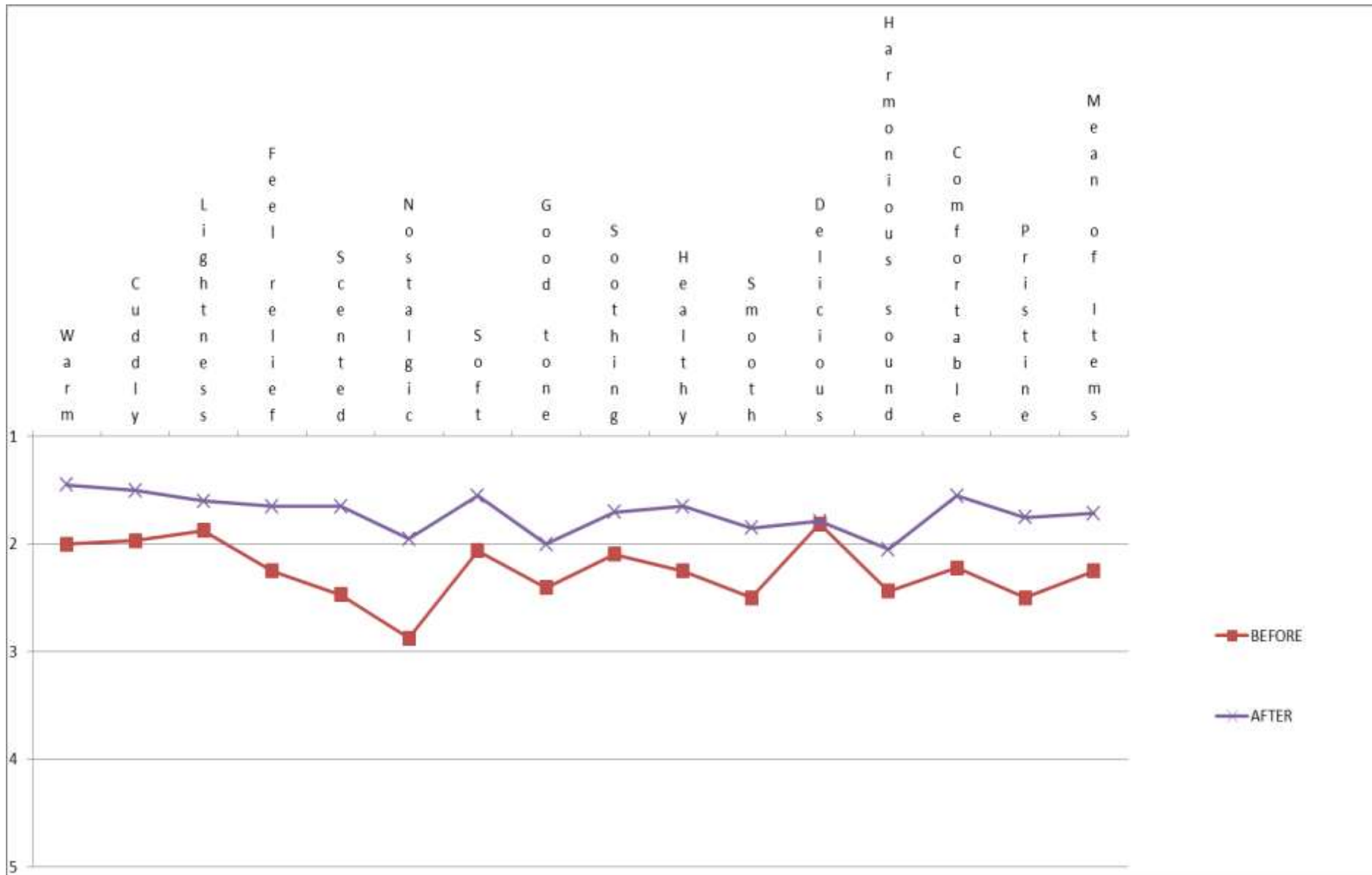
Before After



Tree drawing scores before and after using wood products

Item	Mean		p
	BEFORE	AFTER	
Well-balanced	22.4	31.7	0.053
Energy controls	24.7	35.4	0.022
Plasticity of personality	29.4	37.5	0.061
Warm and friendly impression	28.8	38.3	0.025
Cooperative self-expression	26.5	36.3	0.013
Stability of writing pressure	34.7	42.5	0.021

Changes in subjective comfort scores before and after using wood products



Summary

- Using wood products on a daily basis appeared to improve the quality life of frail elderly, by stimulating emotional relationships through improved cognitive function.
- Intergenerational activities with comfortable environment may enhance the **plasticity** of both elderly and children.