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研究課題名（和文）DESIGNING FOR DEMENTIA: Integrating Standards of Art and Design into Healthcare Facilities

研究課題名（英文）DESIGNING FOR DEMENTIA: Integrating Standards of Art and Design into Healthcare Facilities

研究代表者

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研究成果の概要（和文）：この研究は、日本における認知症ケアにおけるアートの役割に焦点を当て、その利点、実施戦略、現在の取り組みについて検討したものです。認知症患者とその介護者の利益、アートコーディネーターとアーティストへのトレーニングとサポート、地域組織とのコラボレーション、国際的な研究者からのベストプラクティスを学ぶことを目指した。国際的なコラボレーションとして、英国や米国を拠点とする団体や施設と連携して、認知症トレーニングやワークショップが行われました。また、芸術介入の効果をさらに評価し、最適な実施戦略を探り、成果を測定するためにデータを収集した。

研究成果の学術的意義や社会的意義

International collaborations were created and the importance of evaluation, co-production/co-creativity and machizukuri practices between researchers and stakeholders were proven necessary to establish the growth and development of using the arts as a component of dementia care.

研究成果の概要（英文）：This research focused on the role of arts in dementia care in Japan, examining its benefits, implementation strategies, and current initiatives. It sought to benefit persons living with dementia and their carers, provide training and support to art coordinators and artists, collaborate with community organizations, and learn best practices from international researchers. International collaborations were created with dementia training and workshops were provided in collaboration with UK and US-based organizations and facilities. From these collaborations, symposia and training sessions were organized in Japan that targeted carers, artists, and art coordinators (2018, 2019, 2022). The project culminated with arts-based workshops that directly benefited the community in Toride, Ibaraki in coordination with community organizations (2022). Data was also gathered to further assess the effectiveness of arts interventions, explore optimal implementation strategies, and measure outcomes.

研究分野：art

キーワード：art and dementia art at large art in hospitals art education dementia art studies creative aging アートと認知症

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1 . 研究開始当初の背景

DESIGNING FOR DEMENTIA:

Integrating Standards of Art and Design into Healthcare Facilities

Dementia is a growing public health concern globally, with Japan being one of the countries heavily affected by this condition. The primacy of dementia in Japan is expected to increase significantly due to an aging population, with all prefectures excluding Tokyo projected to have a dementia prevalence rate exceeding 25 to 30 percent in 2045 (Nakahori, et al., 2021). Because of this, interest in exploring non-pharmacological interventions to enhance the well-being and quality of life for individuals living with dementia is gaining attention among researchers in Japan and overseas. One such intervention that has gained attention is the use of arts in dementia care. The value of including arts programs into healthcare facilities to well-being has been widely documented and used by hospitals in Europe, the USA, Canada and Australia, and is backed by worldwide research (Camic, 2018, and Wikoff, 2004). Integrating an arts program into healthcare facilities can reduce the anxiety and stress of patients and positively affect their clinical outcomes, support the morale of their families and caregivers, alleviate tension among the hospital staff and enhance the quality of their service. In Japan, Orange Cafes and organizations such as Dementia Friendship Club utilizes the outpour of local energy and resources to achieve a bottom-up approach to dementia care. Known as *machizukuri*, local citizens take on the reins of local management and governance, a concept that widely spread during the 1990s that and emphasizes the role of civil society (Sorensen & Funck, 2007). By combining the knowledge and expertise of researchers and organizations overseas with *machizukuri*, this research aims to find solutions that are not only cost-effective and sustainable, but also innovative and will contribute to worldwide research on dementia.

The challenge in performing this research lies in careful planning and coordination, collating knowledge and translating data. However, the benefits lie in bringing a new dimension into the care for dementia patients and their caregivers, with results that are aimed to be easily replicated and used in other facilities and communities, especially those that have a high incidence of persons living with dementia. In addition, this research impacts a wide range of the population, which does not only include persons living with dementia and their caregivers, but also academics, artists, students, and members of the community as well.

The impact of the study also includes the following:

- Raise awareness concerning the needs of patients and their caregivers.
- Integrate evaluation to measure the quality of care at healthcare facilities and community-based art projects for patients with dementia.
- Fill in gaps and contribute to the worldwide research on dementia.
- Contribute to the field of art and design and its impact on society.

- Develop a clear rationale and curriculum for education in creativity, wellness, and the arts.
- Increase international visibility of Japan-led arts in hospital research through international collaborations.

This study explores the role of arts in dementia care in Japan, the UK, and the USA through their implementation strategies by highlighting the importance of culturally specific, community-based projects in creating evidence-based knowledge on the benefits of the arts on persons living with dementia. By using and integrating best practices, it seeks to integrate evaluation practices and establish the growth and development of using the arts as a component of dementia care in healthcare and community-based art projects in Japan.

2 . 研究の目的

Despite Japan's robust volunteering program that tackles the problem of supporting the elderly with dementia, it does not have a reliable system of evaluating the quality of care. In addition, there has been no government-led directive that advocates for the care of dementia sufferers and their caregivers. Therefore, it is crucial to conduct thorough background research on dementia, not only through second-hand sources but also through participant observation, discussion, consultation with experts, as well as international collaborators. In addition to advocating for person-centered care and spreading awareness of the advantages of the arts and arts-based activities for people living with dementia, the main goals of this research are to add a new dimension to the care for dementia patients and their caregivers, with findings that may be easily replicated and applied in other facilities and communities, particularly those with a high prevalence of people living with dementia.

While American organizations like the Alzheimer's Association focus on raising awareness and educating the public, the UK government has already established standards for caring for dementia patients and multiple UK DRIs (UK Dementia Research Institutes). However, due to linguistic and cultural difficulties, not all of their approaches are applicable in Japan. International cooperation, however, meant that they could also learn from Japan's experience with dementia in addition to what the UK and the USA can teach Japan about dementia. Taking into consideration Japan's social and cultural background, as well as the limitations of the research design, the aims of the study focused on community-based art activities that will create an evidence-based methods of evaluation to measure the quality of care at community-based art projects for patients with dementia and create culturally specific arts-based activities on that can serve as a guideline and inspiration for community-based organizations and educational institutions.

3 . 研究の方法

In this research, I collaborated with researchers, artists, and art coordinators in Japan and overseas to explore the nature of dementia, and tackle challenges that focus on how arts-based activities

can help persons living with dementia have a better quality of life. I combined field work, seminars, training sessions, and workshops to identify and solve social problems and engage in activities with real world impact. Drawing upon the multiple ways of design research and implementation by organizations particularly in the United Kingdom and the United States, I decided to combine the elements of co-creative processes (Zeilig et. Al, 2018), evaluation (Daykin, et. al 2016, 2017 and Gray, 2020) and creative art expression based on Memories in the Making art program, culminating into a series of arts-based workshops in coordination with Toride Art Project, a community-based organization in Toride, Ibaraki.

The schedule of activities and research related to the study included:

YEAR	GOALS	ACTIVITIES
2017- 2018	<ul style="list-style-type: none"> - Identify problems, create contacts and assessment tools. - Disseminate findings in academic conferences. 	<ul style="list-style-type: none"> - Field research in UK - Organized “Designing for Dementia” symposium held at Aoyama Gakuin University
2018-2019	<ul style="list-style-type: none"> - Collaborate with communities, persons living with dementia, and healthcare institutions to identify problems and propose solutions. - Participate in global dementia research. - Disseminate findings in academic conferences. 	<ul style="list-style-type: none"> - Organized “Art, Memory, and Aging” at NACT in collaboration with NPO Arts Alive - Presented research at the panel “Art, Media and Technology: Reactions to and Depictions of Demographic Change in Japan” at the British Association for Japanese Studies (BAJS) Conference at University of Sheffield - Received training and became authorized facilitator of “Memories in the Making” at Alzheimer’s Los Angeles, volunteered at Memory Mornings and Memories in the Making, participated in “Faces of Caregiving” event at same organization.
2019-2020	<ul style="list-style-type: none"> - Collaborate with communities, persons living with dementia, and healthcare institutions to identify problems and propose solutions. - Participate in global dementia research. - Disseminate findings in academic conferences. 	<ul style="list-style-type: none"> - Organized the conference (思い出の中へ:アートと認知症を巡る講演会とワークショップ - Became co-investigator of ESRC-AHRC project “How might the Arts contribute to the creation of a more inclusive ageing society?” (Primary Investigator: Julian West) presented research at Royal College of Music - Co-presented with Dr. Naomi Furnish-Yamada at SEAA Japan Conference at Waseda University
2020- 2022	Research suspended because of Covid-19	

2022- 2023	<ul style="list-style-type: none"> - Apply best practices learned from UK and US research in Japan. - Disseminate findings in academic conferences. 	<ul style="list-style-type: none"> - Presented research at JSPS Alumni Association of the Philippines online seminar - Organized training sessions on dementia awareness and Memories in the Making at Rikkyo University - Collaborated with Toride Art Project in organizing a series of workshops aimed at persons living with dementia and their carers held at ICOIINO + TAPPINO at Toride, Ibaraki.
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4 . 研究成果

To improve evaluation practices and establish the growth and development of using the arts as a component of dementia care, co-production between researchers and stakeholders is required. Barriers that are structural, cultural, and characterized by unequal stakeholder relationships can hamper effective co-production despite best efforts.

While the arts are frequently embraced by community arts organizers where they can improve the day-to-day experiences of persons living with dementia and caregivers, evaluation systems and procedures are still perceived as adding extra stress and occasionally gets in the way of practice. Co-production and co-creative processes, which typically refers to consultation, collaboration, and the creation of a common vision between researchers, organizations, and participants is a crucial element in research. One recommended tactic for resolving some of the evaluation issues that this research ran into was co-production, especially with artists, art coordinators, and community-based organizations, in which *machizukuri* practices are well-suited. To effectively integrate evaluation into service delivery, co-production or *machizukuri* practices appears to be especially crucial during the evaluation planning phase. However, this also implies that lengthier lead periods, including training and education as well as more thorough method consulting than is typically required are needed.

It is imperative to note that it can be difficult for organizations and institutions to maintain arts programs in dementia care since they need sufficient financial resources. Raising public awareness of the advantages of the arts in dementia care and fighting for policy support can help to integrate arts-based interventions into common dementia care practices. Ensuring that arts programs are accessible to people with different levels of dementia and physical abilities is essential for promoting inclusivity and equal opportunities for engagement. Lastly, it is necessary to conduct more study to evaluate the efficacy of artistic interventions in dementia care, look into the best methods of implementation, and track long-term results.

5 . 主な発表論文等

〔雑誌論文〕 計0件

〔学会発表〕 計12件（うち招待講演 10件 / うち国際学会 3件）

1 . 発表者名 Herb L. Fondevilla
2 . 発表標題 Nationalism, Dementia, and the Japanese-American Experience
3 . 学会等名 Co-Creativity and Dementia Development Day, Royal Academy of Music (招待講演)
4 . 発表年 2019年

1 . 発表者名 Herb L. Fondevilla and Naomi Furnish-Yamada
2 . 発表標題 Nationalism, Dementia, and the Japanese-American Experience
3 . 学会等名 Society for East Asian Anthropology Japan Conference, Waseda University (国際学会)
4 . 発表年 2019年

1 . 発表者名 Herb L. Fondevilla
2 . 発表標題 芸術と認知症の研究へのアプローチ
3 . 学会等名 Art, Memory and Aging: Building Dementia-Friendly Communities through the Arts (招待講演)
4 . 発表年 2018年

1 . 発表者名 Herb L. Fondevilla
2 . 発表標題 Cross-cultural Approaches in Dementia Research
3 . 学会等名 BAJS Conference 2018: Crisis? What Crisis? Continuity, and Change in Japan (国際学会)
4 . 発表年 2018年

1. 発表者名 Yasuyoshi Saito
2. 発表標題 「新しい青春のための星のおじさま美術館-人生への終わりになき恋のために」 “My Starry Garden Museum for Your New Adolescence : To Enjoy Our Endless Love of Life”
3. 学会等名 Designing for Dementia (招待講演)
4. 発表年 2017年

1. 発表者名 Yukari Iwata
2. 発表標題 「医療や福祉を応援するアート-デザイン」 “Art and Design : Supporting Medical Care and Welfare”
3. 学会等名 Designing for Dementia (招待講演)
4. 発表年 2017年

1. 発表者名 Victoria Jones
2. 発表標題 「クリエイティブ・エイジング」 “Creative Aging”
3. 学会等名 Designing for Dementia (招待講演)
4. 発表年 2017年

1. 発表者名 Kiyoko Nishida
2. 発表標題 「絵は誰のために」 “For Whom is Art For?”
3. 学会等名 Designing for Dementia (招待講演)
4. 発表年 2017年

1 . 発表者名 Herb L. Fondevilla, PhD
2 . 発表標題 Arts on Prescription: Pathways to Wellbeing and Dementia Care
3 . 学会等名 JSPS Alumni Association of the Philippines (招待講演) (国際学会)
4 . 発表年 2021年

1 . 発表者名 Julian West and Hannah Zeillig
2 . 発表標題 Co-creativity and Improvisation
3 . 学会等名 思い出の中へ:アートと認知症を巡る講演会とワークショップ (招待講演)
4 . 発表年 2019年

1 . 発表者名 Peter Whitehouse
2 . 発表標題 高齢化という芸術：新しい介護の在り方を想像する
3 . 学会等名 Art, Memory and Aging: Building Dementia-Friendly Communities through the Arts (招待講演)
4 . 発表年 2018年

1 . 発表者名 Karen Gray
2 . 発表標題 Arts and Ageing: Capturing the Value/ 芸術と認知症：評価のチャレンジ
3 . 学会等名 Art, Memory and Aging: Building Dementia-Friendly Communities through the Arts (招待講演)
4 . 発表年 2018年

〔図書〕 計0件

〔産業財産権〕

〔その他〕

<p>Co-Creativity and Dementia Development Day https://tickets.ram.ac.uk/sales/categories/other-events/co-creativity-and-dementia-dev?fbclid=IwAR3w7Wcsy9H2fVmh0oVB1u_G_sR9IZsAh7kwGollguLwz0LTaLnhkBGVALg 思い出の中へ：アートの認知症に巡る講演とワークショップ http://www.tsukuba.ac.jp/event/e201903120900.html 筑波大付属病院、アートと認知症の講演会&ワークショップ開催 (Ninchishou net) https://info.ninchisho.net/archives/31803 Faces of Caregiving by Alzheimer's LA https://www.youtube.com/channel/UCHJG0s0vBNlr8wiPtkr3tMA SEAA Regional Conference 2019 http://seaa.americananthro.org/wp-content/uploads/2019/06/SEAA-Tokyo-Conference-Program_Draft21june2019.pdf アートを通じた"認知症フレンドリー社会"の構築 https://www.aoyama.ac.jp/post05/2018/event_20181008 Faces of Caregiving: panel discussion https://youtu.be/MYaeowqiAp0 Angie Yeh explains Faces of Caregiving https://youtu.be/guhnTwc5_e8 Designing for Dementia https://www.aoyama.ac.jp/info/event/2017/02353/</p>

6. 研究組織

	氏名 (ローマ字氏名) (研究者番号)	所属研究機関・部局・職 (機関番号)	備考
研究協力者	山田 ナオミ (C. F. Yamada Naomi) (80761337)	明治大学・知財戦略機構(駿河台)・研究推進員(客員研究員)	
研究協力者	小野 裕子 (Ono Yuko) (40441365)	筑波大学・芸術系・准教授	

7. 科研費を使用して開催した国際研究集会

〔国際研究集会〕 計3件

国際研究集会 思い出の中へ：アートの認知症に巡る講演とワークショップ (Into Memories: Talk and workshop on art and dementia)	開催年 2019年～2019年
国際研究集会 Art, Memory and Aging: Building Dementia-Friendly Communities through the Arts	開催年 2018年～2018年
国際研究集会 Designing for Dementia	開催年 2017年～2017年

8. 本研究に関連して実施した国際共同研究の実施状況

共同研究相手国	相手方研究機関
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英国	Royal College of Music	University of Worcester	Willis Newson	
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