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A survey of expectations about using robot therapy for the elderly

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Abstract

Introduction: Japan's life expectancy has grown, with people now able to live until they are 100 years old. It is a wish of all people to spend their old age richly and happily. However, as the population of young people is decreasing, it is necessary to devise measures to support the elderly. With this in mind, we hold seminars about supporting the elderly once every two weeks to train supporters to have the necessary expertise and skills. On top of that we are experimenting in using a communication robot as an assistant. This time at the supporter seminar, we will carry out training in robot therapy for the seminar attendees and announce the results of a questionnaire about the use of robots.

Method: The target of the questionnaire was 41 supporter seminar attendees, and the survey items are opinions on the psychological influence of robot therapy and the use of robots.

Result: The average age of the attendees was 60.1 ± 9.5 years old, 35 females and 6 males. The top five influences of robot therapy were as follows. 1) Fun, 2) Cheers you up, 3) Improvement of mind and body by dancing with a robot, 4) Improvement in cognitive functions through communication, 5) Helps with stress prevention. The opinions of robot therapy were able to be used by elderly people without putting them in any harm, able to be used as a supplement for exercise, provides brain training, someone to talk to and provides psychological care.

Conclusion: Not only for fun and healing, the influence of robot therapy has been mentioned as a way to improve mental and physical functions. In the utilization method, the ability to avoid harm to the elderly is cited first, so the two points of improvement in mental and physical functions and avoiding risk by the robot could be focused on as the goal of robot therapy.

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Biography

Kazue Sawami of the presenter of this research is a professor at Nara Medical University. Her Ph.D. acquisition is a health science, and the recent study is the prevention of dementia in elderly people. Research currently being developed is the intervention by artificial intelligence, and support of the elderly by the information equipment remote control system. Results of their research group can be viewed at the following address. http://www.g-nursing.com/katsudou.php

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