

The effects of the “remembrance method of conversing with robots” by dementia prevention supporters

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Abstract

Introduction: As the number of elderlies with dementia is increasing every year, it is imperative that we construct a support system. Thus, every year, we train supporters who can carry out non-pharmacotherapy to prevent dementia. However, the effects of their practices have not been verified. This time, the supporters have implemented a new therapy, the “remembrance method of conversing with robots,” and these are the results.

Method: Three dementia prevention supporters (two women and one man) implemented the “remembrance method by conversing with robots.” The effects were analyzed using a binomial test and qualitative analysis.

Results: The elderlies were 6 men and 11 women between 73-85 years old. By reminiscing with robots, there was an increase in the amount of significantly conversation and the recollection of memories ($p < 0.01$). The results of the qualitative analysis were separated into categories consisting of [forgotten memories come back], [can share nostalgic memories with family and surrounding people], [feels like they returned to the days of their youth], and [brain is rejuvenated].

Conclusion: The “remembrance method of conversing with robots” by the dementia prevention supporters resulted in an increase in amount of conversation and recollection of memories and a feeling of being young again. The training of dementia prevention supporters and their activities are effective and we want to continue to increase the number of supporters and expand the support system.

Image



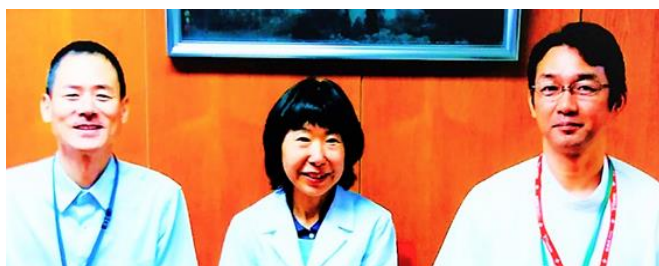
binomial test : Increased conversation volume, increased memory recall ($p < 0.01$)

Emotional description categories: [forgotten memories come back], [can share nostalgic memories with family and surrounding people], [feels like they returned to the days of their youth], [brain is rejuvenated]

Figure 1: The influence of reminiscence with robots by supporters

Recent Publications

1. Kazue Sawami, et al. Effectiveness of the activities of supporters trained to prevent dementia. *Ibero-American Journal of Medicine*. 2020;2(1):37-42.
2. Kazue Sawami, et al. Robots Visit Homes For Elderly People Who Have Difficulty Going Out and Practice Brain-Training. *European Journal of Medical and Health Sciences*. 2020;2(2):1-4.
3. Kazue Sawami, et al. Cognitive ability and psychological effectiveness of brain training dance robot therapy for elderly people.
4. Kazue Sawami, et al. *OA Journal of Neuropsychiatry*. 2019;1(4):1-7. The effect of cognitive dance therapy as dementia prevention. *International Medicine*. 2019;1(3):140-146



Biography

Kazue Sawami is a professor at Nara Medical University and completed her PhD at health science. Her research is about the cognitive abilities of elderly people, please view current clinical trials below.

<http://www.g-nursing.com/katsudou.php>

<https://nrid.nii.ac.jp/en/nrid/1000060610996/>

<https://mhlw-grants.niph.go.jp/niph/search/NIDD00.do?resrchNum=201917006A>

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