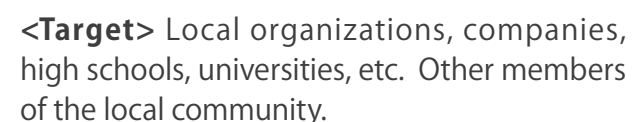


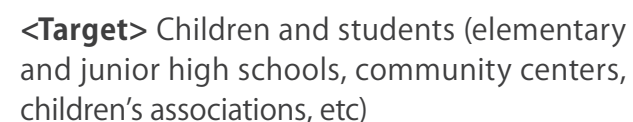


(1) Hold workshops tailored to each audience

(2) Training for community leaders



Workshops for children and students



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Care Methodology for Conveying Kindness

Humanitude®

Humanitude is a communication technique that conveys kindness to people with dementia. Nationwide, as it is entering a super-aged society, it has become necessary to build communities where people with dementia can live comfortably and independently in their own familiar neighborhoods. To support people with dementia, it is very helpful to convey in a way they can understand that “I care about you”. Let’s learn Humanitude and build a dementia-friendly community.



福岡100
何歳でも
チャレンジできる
未来のまちへ

Even with dementia, people can live comfortably when they have appropriate support from those around them.

We take in information about our surroundings through our eyes, ears, and we understand it. We don't usually think about it much, but we store the information we receive in our memory, recall it when needed, and use it to navigate our daily life. Activities like speaking, changing clothes, eating, and watching TV are possible precisely because we have memories of words, of how to move our bodies, and of how to live.

On the other hand, as people get older, it becomes harder to receive information, and it is difficult to understand our surroundings. Furthermore, memory problems can arise, causing difficulties in daily life. This is "Dementia". However, if those around them provide appropriate support, the person with dementia can live comfortably.



With Humanity, the other person can receive the support you provided.

Fukuoka City is promoting the spread of Humanity as a care method for smooth communication with people with dementia. Humanity originated in France over 40 years ago, it consists of specific techniques for getting the other party to accept the support you wish to provide, and the philosophy of "why you do it". Continuing to communicate "I care about you" through technique and philosophy is the crucial key to do well caregiving.



Caregiving Techniques 1 : For Pillars for Conveying "I care about you"

Gaze

There are messages conveyed to them through the act of gazing. By looking at them from the front conveys honesty, by looking at them from the same eye level conveys equality, and by looking at them closely and for a long time, you can convey intimacy.



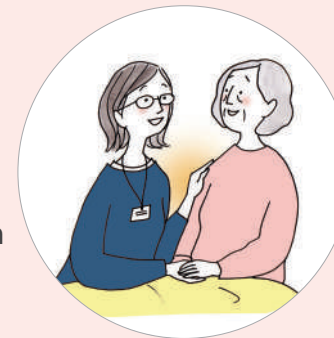
Speech

When providing care, we tend to carry out tasks efficiently and wordlessly, but to convey that "I care about you", we need to fill the place with words. Slow and gentle words bring reassurance to them.



Touch

If you grab the other person, even unintentionally, they may feel, "This person is taking away my freedom. They're terrible". When touching, first convey kindness by supporting their hands from below.



Vertically

Sitting up and standing is also important for maintaining your humanity. Setting aside 20 minutes a day to stand can help prevent becoming bedridden. Gradually increase standing time through activities like brushing teeth or changing clothes while standing, or walking to the dining table, aiming for a total of 20 minutes.



Caregiving Techniques 2 : Six Tips for Effectively Conveying Information to People with Dementia



When Visiting, Always Knock

Announcing your arrival with a knock sets the stage for spending quality time together. It's a technique for conveying, "I respect your space and time".



Don't jump straight into the request

When providing care, don't jump straight into the request. First, convey that "I care about you" and build a good relationship. By doing so, you make it more likely that they will accept your caregiving.



Wait 3 seconds for a response

When someone develops dementia, it takes longer for them to analyze and understand information. When you ask a question, wait about 3 seconds for a response. Waiting is also a very important caregiving skill.



Approach from the front

People with dementia may not realize that you are speaking to them if you call out from outside their field of vision. "I'm here", first approach from the front and catch their eyes.



Switch to a fun mood when the same question is repeated

Asking the same question over and over may actually be a way of expressing underlying anxiety through questioning. In such cases, suggesting a different, fun things related to the question can be a solution.



Align the messages conveyed through "gaze" "speech" and "touch"

When providing care, it is necessary to ensure that the messages we communicate are consistent and not contradictory. Even if we are speaking gently, grabbing someone's arm can confuse and unsettle them.