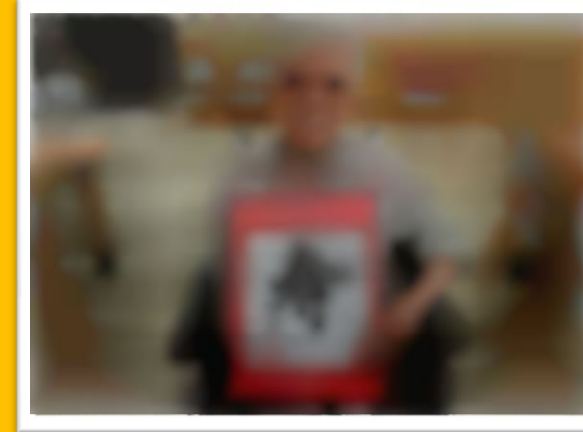
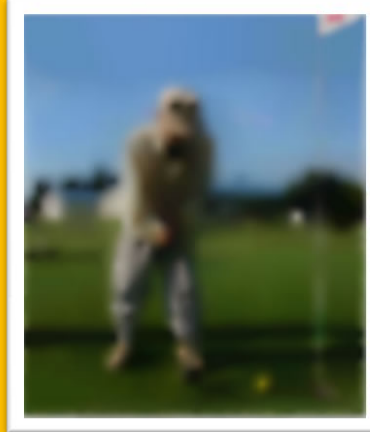
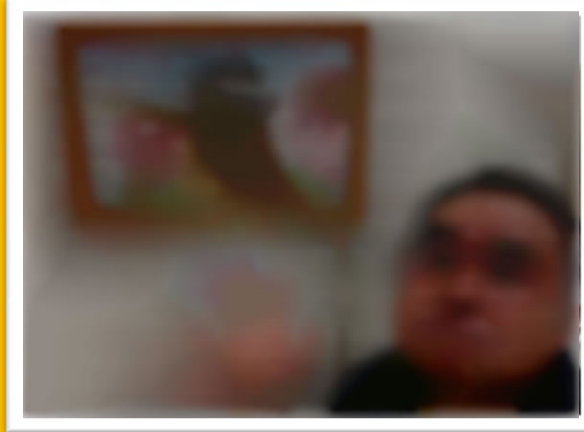
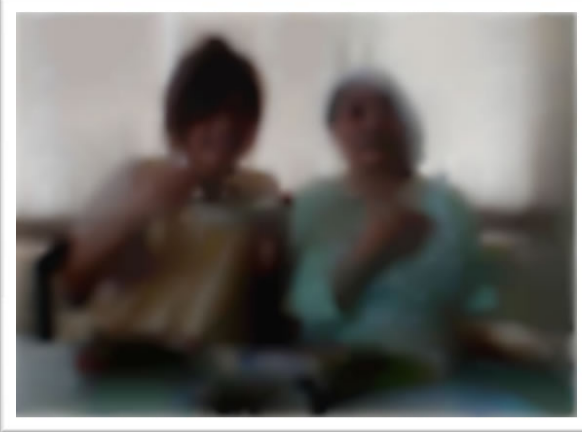


# How disabled people live in a rapidly ageing society?

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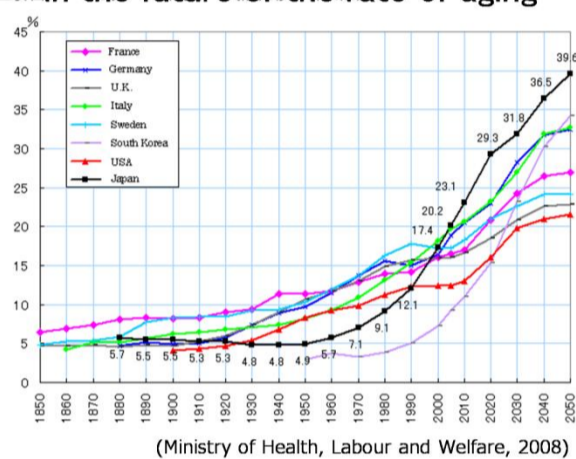


## BACKGROUND

### The aging rate of Japan is the worst in the world

It was the worst in the world in 2005 at 20.2%, and it is expected to become 23.1% in 2010 (National Institute of Population and Security Research, 2010).

Long-term transition and estimate in the future of the rate of aging

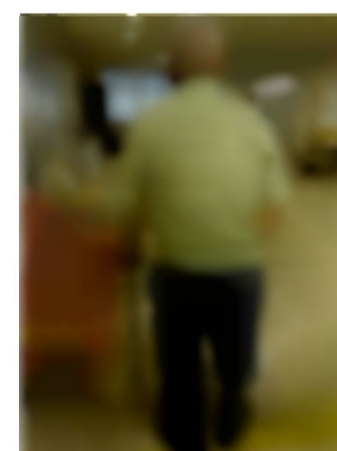
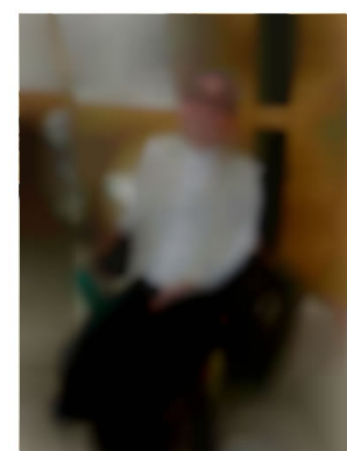


About 460,000 people per year suffer from stroke. The total number of patients requiring on-going healthcare services amounts to about 1,340,000 (Ministry of Health, Labour and Welfare, 2008). It is thought occurrence of stroke is increasing, because of the rising numbers of elderly people and life-style related diseases.

Provisions for stroke are a matter of great urgency!!

### Life with hemiplegia

Most stroke sufferers must live with disability. It is necessary that we try to understand how disabled people feel and what they experience in order to build a sustainable society. Factoring in the viewpoint of disabled people is important to achieve this goal.



How can people who have a disability live happily in society? I will try to reveal the world where they live.

## OBJECTIVE

To reveal how the participants with hemiplegia have interpreted motor skills and forms through experiences of hemiplegia.

## METHODS: Phenomenological Research

In my study, I refer to a phenomenological method because it is the best method when searching the meaning of experiences (Richards et al, 2008, Cohen et al, 2005).

### Participants

- ◆ Total number of participants was 20, of which 3 were excluded from analyzed data.
- ◆ SEX: 8 Males and 9 Females
- ◆ AGE: 60—88 years old

### Data collection

- ◆ I interviewed each participant 2 or 3 times.
- ◆ Each interview took between 30 and 100 minutes.
- ◆ Examples of interview guides
  - “Since your hemiplegia how do you feel about your life?”
  - “Please tell me some episodes which you experienced after half of your body was paralyzed”
- ◆ I observed and made field notes.

### Data analysis

- ① “Immersing oneself in the data”  
In-depth analysis progresses as I read through the data several times or more.
- ② “Date transformation”  
I chose episodes relating to motor skills and forms, and compared episodes of the same topics.
- ③ “Thematic analysis”  
The meaning of experiences for participants who are studied.

Writing and rewriting in order to seek themes!!

### Truth value

- ◆ Critical reflection
- ◆ Opening up inquiry

### Ethical consideration

I explained the objectives and the method and also the risks and benefits of my research to the participants. I also gained verbal and written consent. The study was approved by the ethical committee of Faculty of Health Sciences in Hokkaido University (09—02—2).

## RESULTS: Temporary themes

I currently practice both data collection and data analysis. Temporary themes are shown by the following: “Inevitable dependence” “Symbols of ‘normal’ and deviation” “Cause of imposed heteronomy” “Proof of their efforts” “An indicator to place one above the others.”

### An example of “Symbols of ‘normal’ and deviation”

• An episode of participant A  
He felt that residents watched him when he walked in his neighborhood. He said, “I might look strange as I expected.”, “residents watch me like seeing animals in the zoo.”  
In brief, motor forms became symbol when he walked with hemiplegia and using his stick and equipment.

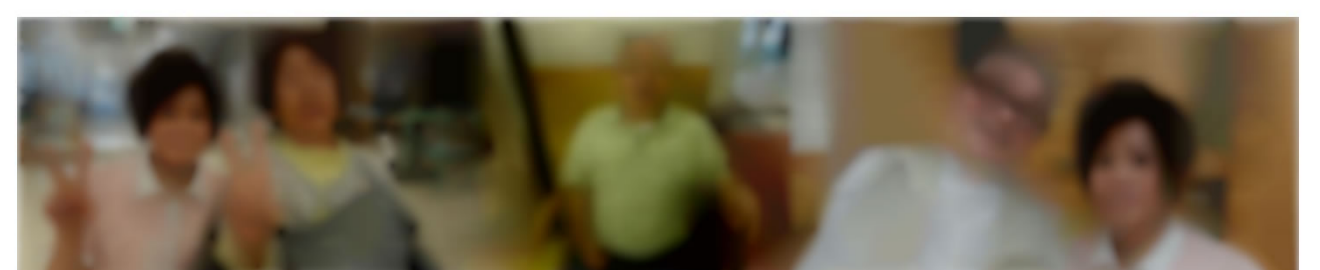
### An example of “Cause of imposed heteronomy”

• An episode of participant B  
She had to excrete at dinnertime in her hospital room where other patients were because she couldn't move by her self.  
In addition, she had to wait 30 minutes to be cleaned up by the nurses at their convenience. She said, “I felt very frustrated.”  
In brief, because of motor skills disability, she must suffer imposed heteronomy.

## SUGGESTION

### How can a person live happily?

Inevitable dependence does not necessarily have a negative meaning, but experiences in which participants sense subjectivity toward heteronomy are causes of suffering for them. Self-perception of deviation makes their lives hard. Solutions will be clear only after people who don't have disabilities take note of the world where disabled people live.



\*All pictures have been permitted by the individuals shown on this poster.