

## 介護社会の問題点とケアの方向

### Abstract

The number of older adults in Japan aged 75 and over is rapidly increasing, and it is difficult to provide enough nursing care facilities to meet this demand. Moreover, aging is often accompanied by a loss of opportunities and motivation to improve health, close friends and loved ones, aims for self-fulfillment, hope for the future, desires to work, and volunteer and charitable activities, as well as a narrowing of the range of intellectual and physical activities in daily life. However, even under such circumstances, what keeps a person in need of care firmly connected to the caregiver is the "feeling of being cared", especially when it comes to establishing feasible and practical community-based care models. Additionally, the concept of "Functional Recovery Care", in which on one hand, person-centered care methods are systematically classified, on the other hand, caregiving can be accurately recorded and digitalized, is attracting attention. Furthermore, evidence-based caregiving is believed to be the future trend.

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Key Words: Caregiving for Older Adults, Community-based Care, Person-centered Care, Functional Recovery Care, Evidence-based Caregiving.

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