

Prevention of long-term frailty for the person of 100 years aged ~ to get old cheerly ~~ We present to you prevention of long-term frailty of the regional comprehensive support center

- Prevention of long-term frailty -

Arrangement to avoid the necessity of long-term frailty: prevention and recovery of the declining of mind and body. The important points in the prevention of long-term frailty are: ① dietary intake of sufficient nutrition ② build strength by adequate sports ③ positive social participation. Own decision, thing to wish to do and enjoyment: To realize these targets, in order to support and help your lively and genuine life, the regional comprehensive support center effects various projects.

Club Ladybug Health movement director Ms. Chieko Tajima

Targeting “Surpassing yesterday ‘s myself, transfer to tomorrow’ s myself”, I regard the free talking time important.

Lively salon next

Music therapist Ms. Mikiko Shimada

I keep in mind to do joyful rehabilitation and health maintenance. Don’ t you feel happy passing joyful time to lead to your health condition, instead of the feeling of hard, exhausting and painful time? It increases immune strength.

Occupational therapist Ms. Souko Horiguchi

So that the participants may pass the time with smiling face, I make sure to wear always a smiling face. I will be very happy if I can help so that you may pass your daily life staying true to yourself!