

## **Masana OGATA, Mie TOSE and Hiroko YAMADA : An Analysis of the Burden of Home Caregivers — from the Social, Physical, Psychological and Economic Viewpoints —**

The physical and mental burden of home caregivers and homehelpers was examined using a questionnaire, the Japanese version of the Cost of Care Index. The questionnaire was sent to 194 homehelpers and 270 caregivers. Differences in workload between the two groups were analyzed and the following results were obtained.

- 1) With regard to personal and social restrictions, the percentage of positive answers for the caregivers was 2.7 percent higher than the homehelpers.
- 2) In the item on physical and emotional health, about 40 percent of homehelpers and caregivers had scores of disorders.
- 3) In the terms of providing care for the elderly, the percentage of caregivers who lost their desire to provide care was two times higher than for the helpers.
- 4) With regard to careprovider's attitude to their impaired elderlies, the number of caregivers who felt resentment toward to patients was 2.2 percent higher than for the homehelpers.
- 5) Regarding economic costs, the number of homehelpers who consider expenses high was 13.6 percent higher than for the caregivers.

The conclusions inferred from the results of the above questionnaires are as follows :

- 1) About 38 percent of caregivers at home see their health decline because of social restrictions.
- 2) The desires to give care is effected by the burdens associated with caregivers.

## **Masana OGATA, Hiroko YAMADA and Mie TOSE : Measurement of the Physical Work Capacity of Caregivers in a Geriatric Health Facility and a Plan for Improving Work Performance**

Two experiments were conducted to test the physical work capacity of caregivers in a geriatric health facility. The tests graded caregivers' workload and fatigue.

In Survey I, six kinds of caregivers' workloads were graded.

The amount of energy expenditure (kcal/kg/min.) and relative metabolic rate (RMR) in parenthesis for changing diapers, helping with meals, helping with baths both with and without machines, helping to put on and take off clothes and helping with movement was 0.043 (1.59), 0.018 (0.17), 0.039 (1.31), 0.057 (2.35), 0.047 (1.69) and 0.049 (1.64), respectively.

In Survey II, day and night shift fatigue was determined according to changes in caregivers' working time by shifts. The amount of physical activity, amount of energy expenditure, squeeze-power of the right hand and subjective symptoms of fatigue with time were measured. The average number of steps taken during day and night shifts were 1,412 and 1,175 (path/hr), respectively. The average expenditure during day and night shifts were calculated by time study, to be 1,033 and 1,693 kcal, respectively. Significant differences in the amount of energy