

patients.

4. The care workers started the night shift at 4 p.m. and finished 8 a.m. in the next day. They then rested all day until starting work at 4 p.m.

5. The highest number of complaints of fatigue on the day shift were found on the second day of three day shifts.

Results of the survey suggest that working methods, including how to take rest, must be changed to decrease fatigue among workers engaged in the care of the elderly.

## **A Study of Medical Welfare Meaning of Sports for the Disabled**

Kuniharu OKUDA

The purpose of this study was to clarify the efficacy of sports on the independent living of athletes based on differences in the severity of their physical disabilities. Personal interviews and questionnaires sent to wheelchair basketball players (SCI:paraplegics) and twin basket wheelchair basketball players (SCI:quadriplegics) were employed for this study.

Sport is a significant way for persons with disabilities to re-establish their own identity and promote a social life. Also, sports have an empowerment function helping persons with disabilities reach their full potential, as well as a self-help function, promoting problem-solving skills. Sport is an important means to encourage independent living. In this study, many athletes expected medical professionals, to assist in giving them an opportunity to socialize.

## **QOL Evaluation Table and Approval of the Elderly for Public Care Insurance**

Isao TAKEDA

The purpose of this research was to create a reliable and valid QOL index based on an investigation of the public care insurance system and a questionnaire investigation concerning QOL.

After sorting 70 Items according to the procedure of Ueda and reducing the number by 18 questions according to an evaluation standard, a highly reliable and valid QOL index was produced.

## **Current State and Problems of Meals for the Aged in an Urban Area**

— From Interviews with Cafeteria Users —

Yoko NAKAMURA, Shinji MIYAHARA and Hiroe HITOMI

This study was done by interviewing 10 elderly people, in an urban area, using a cafeteria. The results are as follows:

1. Cooking for themselves was a burden.
2. Many ate an unbalanced diet.
3. Many were concerned about their financial condition.
4. Many were uneasy about their health.
5. Some had chronic illnesses.
6. Many were lonely.

Diet can be a clue to a human's QOL. Though many aged in urban areas have a need for meal service, they don't have the necessary information about social resources for obtaining help for meals from medical