

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

and social welfare agencies.

The role of medical welfare in determining the actual nutritional state of the aged in urban areas is important, and offering information about social resources for meal service is necessary.

A Study on the Evaluation Structure of Quality of Life

Yasuho FUKUMOTO, Yasuhiko EGUSA and Makoto SEKIYA

The Basic QOL Scale (BAQL) created by the author and WHO/QOL26 were used to examine the evaluation structure of QOL from the common feature of both scales by analyzing the factor structure and the relation of both scales in a healthy adult. The mean value of both scales showed a correlation ($p < 0.01$) and it became clear that scores of both scales were of almost equal quality. It appeared suggested that the point of QOL scores go up with age, because the score of the teaching staff was more highly significant ($p < 0.01$) than those of the students. Also, the factor structure showed a small difference between the two groups, and it was thought that this confirms the existence of the time axis in the concept and evaluation of QOL. The factor structure was composed of the contents that were similar in both scales, and each factor was confirmed that it is high mutual relevancy (r -coefficient, $p < 0.01$). This is especially true of the structure of the principles for evaluating BAQL. This suggested that QOL evaluation have a layered structure, because the factor relation showed a difference by distance. To the QOL score the internal factor was shown that it is influencing more strongly than an external factor. This result suggested that an internal factor becomes the direct factor of QOL and an external factor becomes the influence factor to an internal factor. It was conceivable that the evaluation item regarding an external factor need to pay attention sufficient so as not to be made with the identity spread on the side of the setting person.

A Study on How Home-helpers Write their Case-records

Masahiro YOKOYAMA

The purpose of this paper was to investigate the attitudes of home-helpers towards keeping care records and to develop better recording techniques.

First, home-helpers thought that better recording techniques were concise, easy to understand and focused. Second, they thought case records were important methods to maintain communication with other home-helpers. Third, home-helpers didn't write case records becoming of care process. Fourth, home-helpers were very interested in learning about writing case records and needed training programs to teach them how to write the records in a clean and concise way. Finally, when they wrote their case-records they were influenced by their emotions. They must, there, be taught the importance of keeping objectivity in social work.

Thoughts of Elderly Parents of Adult Children with Severe Developmental Disabilities

Mari MOCHIZUKI and Yasuko AKIYAMA

This study examined the life style and states of mind of parents who are taking care of their adult children with severe developmental disabilities.

Subjects were 21 families. The mean age of the children was 34.1 years, and the mean age of the