

M. NAKAMURA, M. BOOKA, K. ISHIHARA, K. KANDA, M. NAGAMACHI. ***Ikiiki Pom (children's song) music, a game for elderly people, and a trial with persons affected by dementia.*** *Gerontechnology* 2016;15(suppl):133s; doi:10.4017/gt.2016.15.s.772.00 **Purpose** The health care facilities for the elderly requiring long-term care is troubled by the improvement in participating to the recreation program of dementia. It is difficult for the person of dementia to remember to memorize a new occurrence and the past occurrence by a memory disorder. Therefore the participation in a new game is difficult for the person of dementia. There are many people who like old music among them persons of dementia. A program using music that finds persons' interest and pleasure is required for persons with dementia. The purpose of this study is to develop a game machine used as one of the leisure-time activities of elderly people including persons with dementia. **Method** The music used, was chosen from the music that persons with dementia can sing, and music used at seasonal events. The used music is Japanese children's songs Oshogatu (New Year's Day) and Koinobori (Carp streamer) etc. The content of the game is to push a switch of the same color as a lit LED as well as 'Ikiiki Pom' which is doing study from the former. In 'Ikiiki Pom music', if the correct switch is pushed, one bar of music will flow. And this operation is repeated and the playing of one song is performed. Subjects were 11 persons (4 men, 7 women; mean age 81.8 years) using the health care facilities for the elderly requiring long-term care of dementia. Subjects tried in 5 days of 'Ikiiki Pom music'. The subjects' upper part of the body and 'Ikiiki Pom music' were recorded with a video camera. The subject who is playing the game, the surrounding situation, and the whole atmosphere were also recorded simultaneously. **Results & Discussion** The number participating subjects was a total of 32: The 1st day: 5 persons; the 2nd day: 7 persons; the 3rd day: 6 persons; the 4th day: 7 persons, and the 5th day: 7 persons. The trial result had a high participating rate among persons with dementia. At the interview after game participation, there were comments, such as "I would like to do" and "I am liking to do again", and the game was able to elicit the cognitively impaired elderly person's interest and pleasure. The occupational therapist commented as follows. Through the whole, the subject's reaction was good and the subject was enjoying singing a song etc. The following contents became clear from this trial result. (i) The music game for which it does not compete by score is a simply pleasant thing. (ii) Playing by oneself can acquire a sense of accomplishment and satisfaction. (iii) At two or more persons, it is a handclap and being able to sing and enjoy oneself. (iv) By a game, it can be used as the recollecting method or musical therapy. From these results, it became clear that "Ikiiki Pom music" can be used as one of the leisure-time activities of elderly people including persons with dementia.

References

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Figure 1. 'Ikiiki pom music' in the game