認知機能を保つ、くらしの工夫の探求

Exploring Lifestyle Capable of Maintaining Cognitive Functions

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Abstract: This presentation explores both basic and action researches to propose and disperse lifestyle capable of maintaining cognitive functions of older adults for realizing society without preventable dementia. Basic research has been conducted at universities and national institutes, namely, University of Tokyo, Chiba Unviersity, and RIKEN while action research has been conducted at non profit organization, namely, Fonobono Research Institute. Research topics of basic research are: development of conversation support systems for cognitive intervention of older adults[1,2]; proposing analysis and modelling technology of conversational, physiological and psychological data for detecting cognitive decline[3,4]; collecting evidence through clinical study of the developed systems evaluating whose effects on human[5]. Those of action research are: development of services for cognitive health which enable older adults to maintain cognitive functions utilizing systems; evaluating applicability of services to older adults through practices; exploring possibility of older adults to become providers of services for cognitive health as a novel lifestyle[6].

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