日本の高齢化社会 How to Deal with Japan's Aging Population

高齢者のために リフォームした私の家の内装

How My Family Renovated the House for My Grandmother

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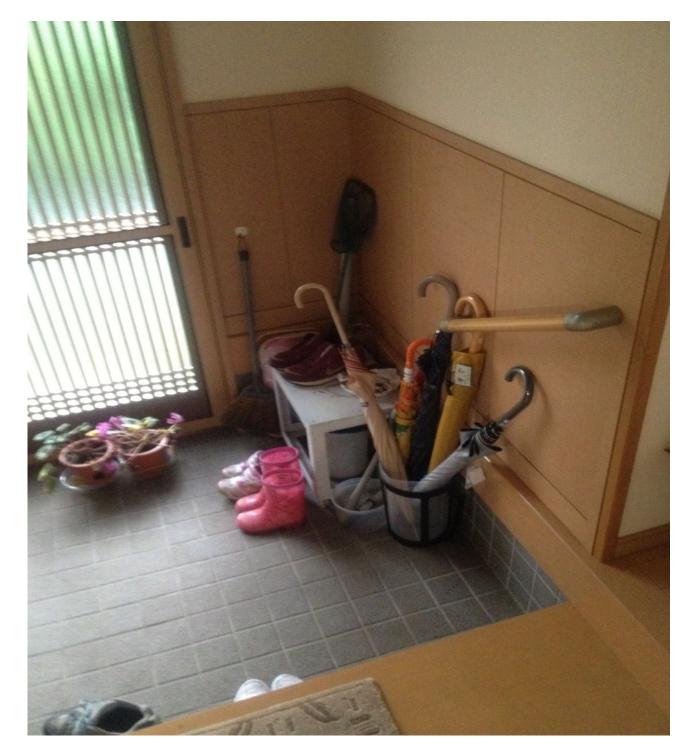
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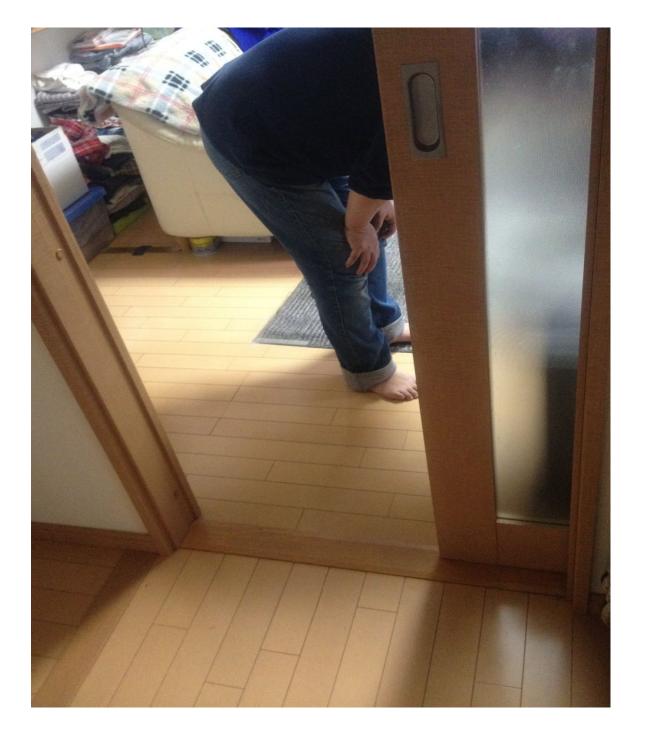
玄関 The entrance hall

手すりが段差に応じで、 両端についています。 また、車いすでも入ること のできるように広めの玄関 になっています。

We added grab bars on the walls of both sides of the entrance hall so she could bring herself up with her own strength. (A little exercise like that is very important!)

Notice that a wheelchair can also enter the entrance hall because it is wide.





ドア The door

段差はなく、開け閉めのしや すいようにスライドドアになっ ています。

The floor is flat and flexes for wheelchair access. Compare to a swing door, a sliding door is easier for her to open and close by herself, even on a wheelchair.

廊下 Hallway

手すりが続きます。幅も広めになっています,

Notice the grab bars covering the entire width of the wall. The hallway is also wide for her wheelchair.



廊下 Hallway

段差もなく、先ほどと同様 に手すりが続きます。

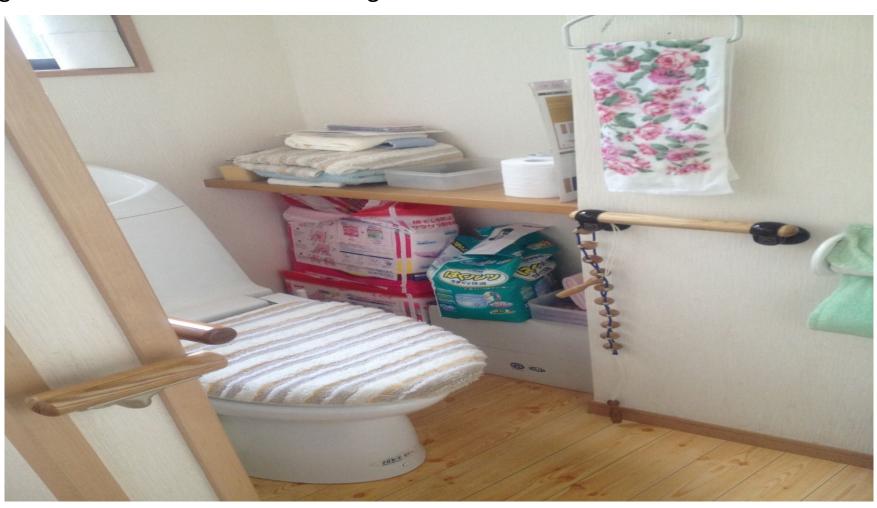
The floor is flat, with no obstacles. Please notice the grab bars Here as well.



トイレ Toilet

ここにも手すりがあり、トイレと廊下への段差も全くありません。また、トイレのドアもスライドドアになっています。

Here is a grab bar as well. The floor is flat and easily accessible for my grandmother. The door is a sliding door.



風呂場 Bathroom

This is a barrier free shower seat. It is made of molded plastic and feature drain holes to reduce water retention for easy cleaning. Barrier free shower seat comes with padding and armrests.





風呂場には、L字型の手すりがあります。この手すりには、滑り止めもついています。

When my grandmother uses a bathtub, she grabs this L-shaped grab bar and gets in and out the tub. These grab bars are anti-slippery.

浴槽には、段差があり、高齢者の座りやすいようになっています。また、手すりもついています。浴槽にも足元が滑らないように滑り止めがついています。

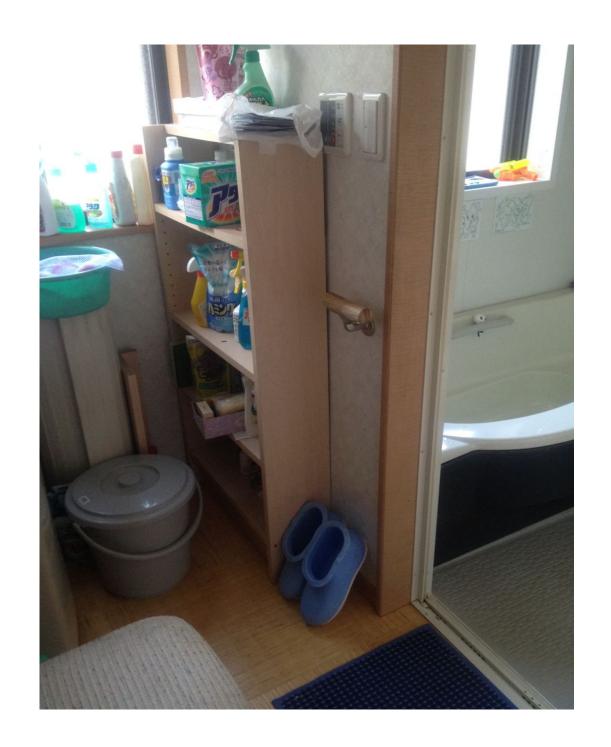
The bathtub has a unique design that allows my grandmother to sit easily while getting in. There are of course grab bars. The floor is covered with anti slip seals.

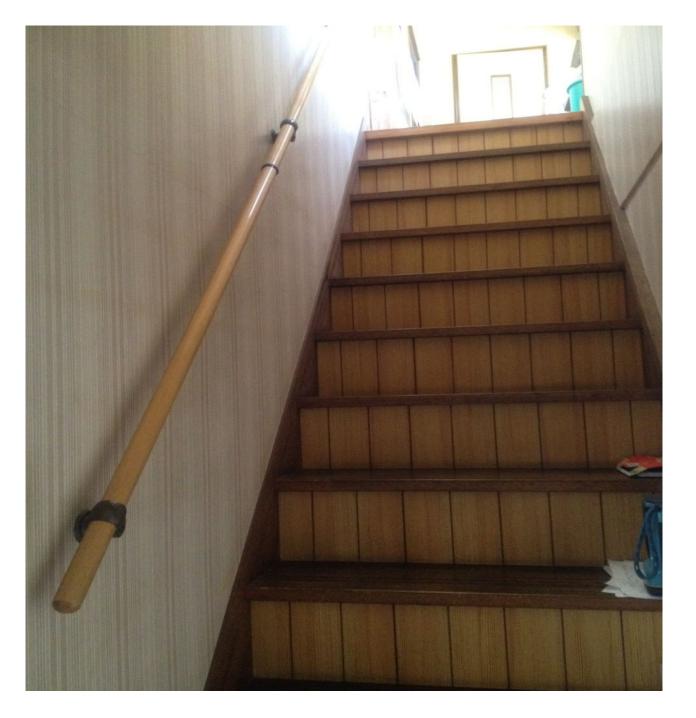


脱衣所 Dressing room

脱衣所にも、短いながら手すりが ついています。脱衣所では、特に 片足で立ったりと高齢者にとって きつい体勢をとることになるので、 少しのことにも配慮しています。

After getting out of the bathroom, the grandmother puts on her clothes here. You'll see a short grab bar right next to the door, which is designed for her to keep balance while standing on one leg, for example.





階段 Stairs

階段にも手すりがついています。 階段の段差はリフォーム

階段の段差はリフォーム前と変わらず、高齢者にとって急な段差になっていますが、完全なリフォームをするより、少しのリハビリ運動になって、結果としては良かったと考えます。

Of course there is a long grab bar here. The steps remain rather steep, but my family decided not to renovate the stairs because a little extra exercise is good for her rehabilitation. We believe that the barrier-free home should also give senior people "room" to do a little exercise while moving around. My grandmother agrees!