

Digital Arts & Crafts Create A Happy Time for the Long-term Caregiver

Noriko Kondo

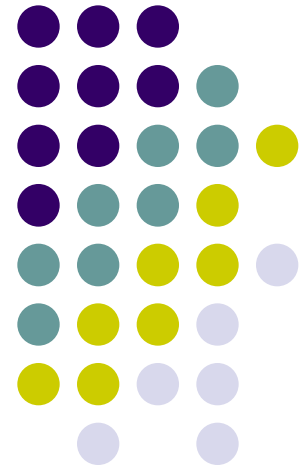
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BIT's 2nd Annual World Congress of Geriatrics and Gerontology 2014

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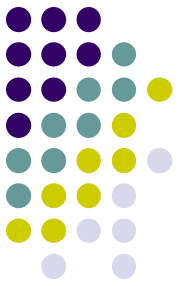


Senior PC Volunteer since 1995



We have been working for Senior PC Volunteers to support the elderly people with disabilities and caregivers at home



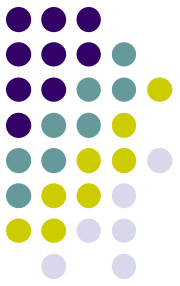


Dr. Ruth Garrett from US SeniorNet inspired Japanese Senior Citizens in 1995



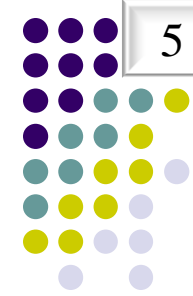
<http://prj.smt.jp/~gakusya/2001/dejibunko/list2.html#roteku>

Japan - Super Aged Society

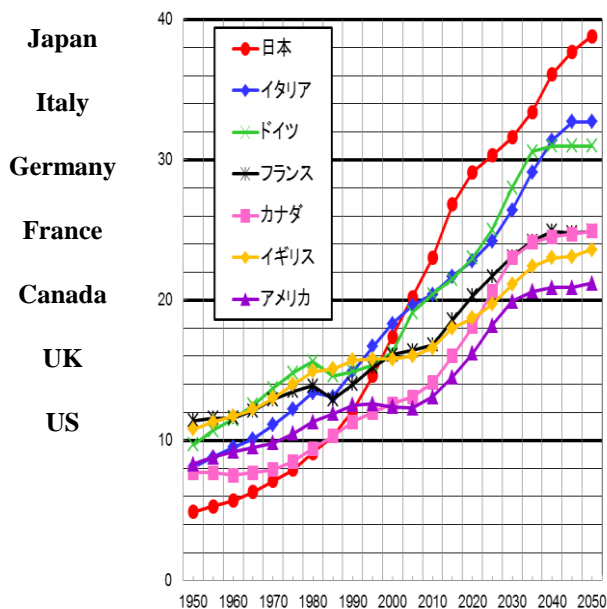


From Report on Super-Aging Society and ICT & Perspectives in the E-health Policies of Ministry of Internal Affairs and Communications(MIC)
Data and Information from MIC Super-aging society design council

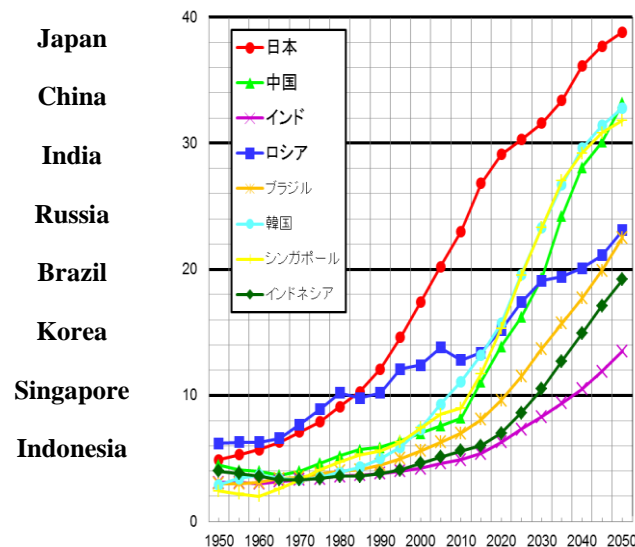
Transition in Population Aging Rate: Comparison with Other Countries



<G7: Transition in Ratio of Population Aged 65 and Up>

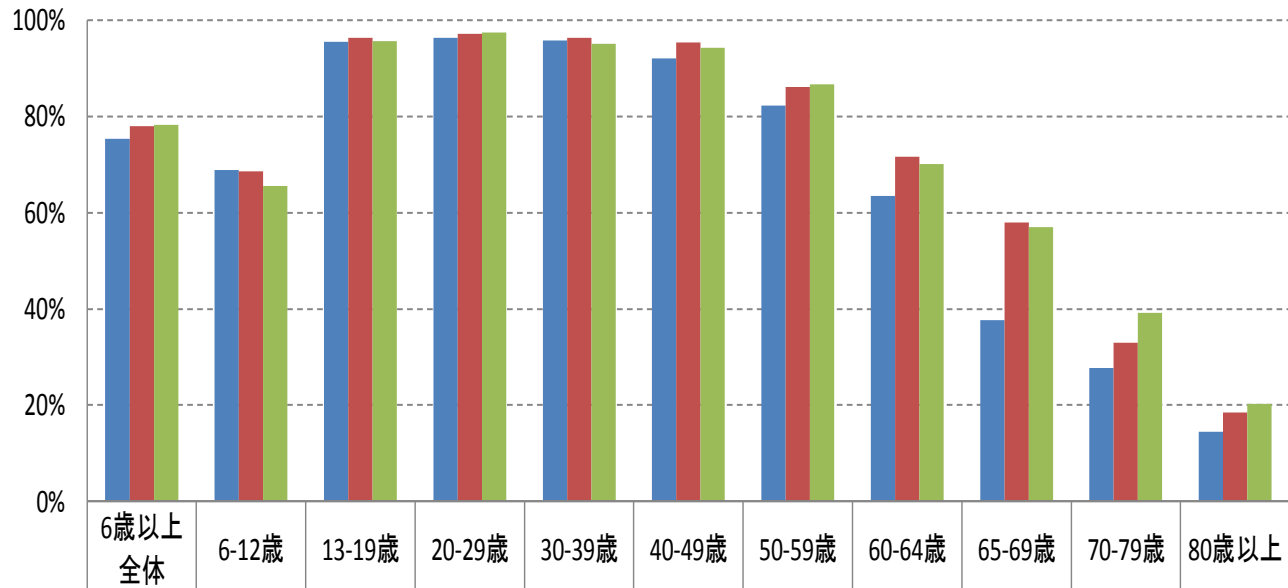
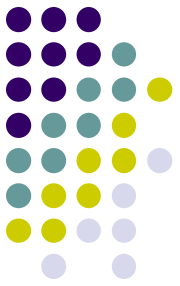


< Asia and BRICs : Transition in Ratio of Population Aged 65 and Up>



Source : Prepared by MIC based on data culled from “World Population Prospects: The 2012 Revision” by the United Nations. Note that data for Japan up to 2012 is based on the “2010

Status of Internet Usage According to Age Group



■ 平成20年末 (n=12,791)	75.3%	68.9%	95.5%	96.3%	95.7%	92.0%	82.2%	63.4%	37.6%	27.7%	14.5%
■ 平成21年末 (n=13,928)	78.0%	68.6%	96.3%	97.2%	96.3%	95.4%	86.1%	71.6%	58.0%	32.9%	18.5%
■ 平成22年末 (n=59,346)	78.2%	65.5%	95.6%	97.4%	95.1%	94.2%	86.6%	70.1%	57.0%	39.2%	20.3%

Telecommunication Handicap



Hearing Loss will cause Dementia?

Hearing trouble is invisible disability.

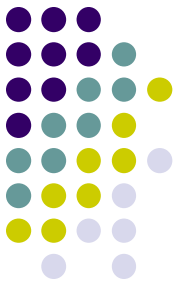
Japan do not have phone relay service.

Today, there are many good tools to solve

Problem of commutation.

**But it is not easy to hand to the people need
the assistive technology**

Still There are “ Big 2 Walls”



1 Wall in the Mind

ICT is too difficult to use for seniors?

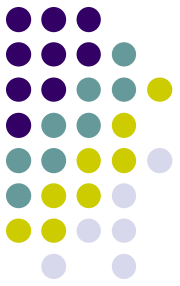
Not only Seniors, but also their family think “ Old people are impossible or dangerous to use PC and online service.

2 Wall in the Society

Very few school, text, teacher for older adults.

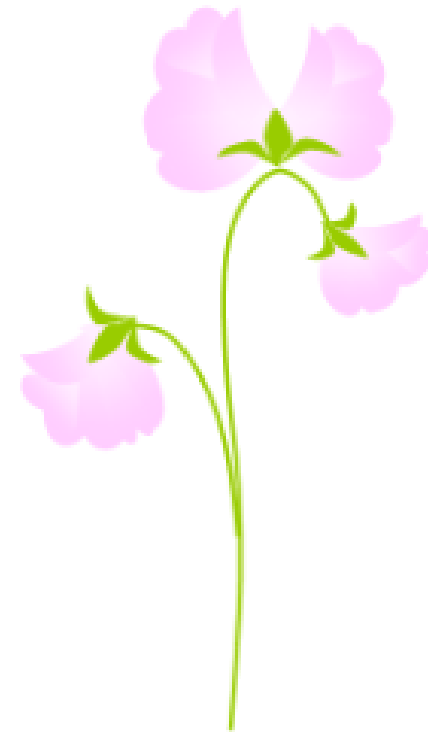
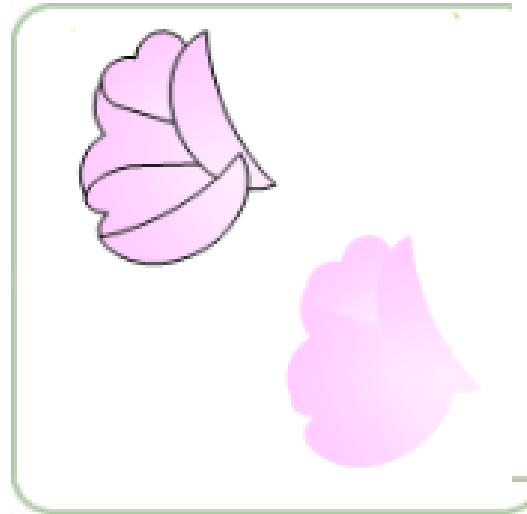
So, we support “ FREE” and “ FUN” Lesson Of PCs and Internet for Older adults

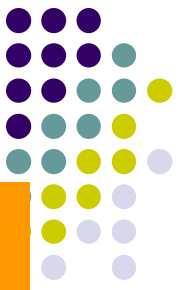
We call it “Shape Art”



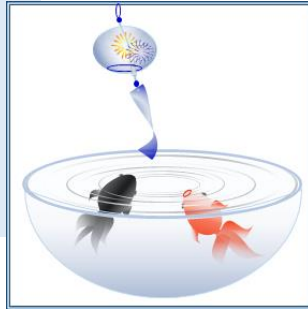
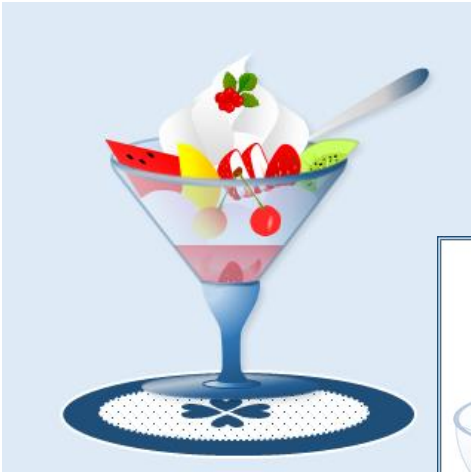
⑤

大小のハート図形の両端
ハートで描いた図形を横
月の図形をハートの図形

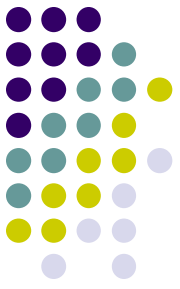




Digital Drawing by Microsoft Word



Three women draws those work of Shape Art,
and they are all caregivers at home



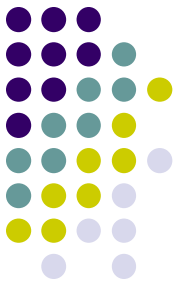
Shape Art for Miscellaneous goods



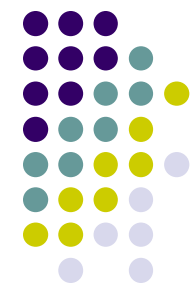
Yume palette English

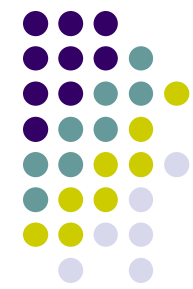
<http://yumepalette.com/index.php?English>

Senior Teach ICT for Seniors Case of Marchan TED video



English version of Ms.Masako Wakamiya
<https://www.youtube.com/watch?v=gUjXiYtOC7Y>





BEGINNER はじめての方へ

エクセル・アートの基本操作
仕事を効率的にするための方法

① 基本の操作です

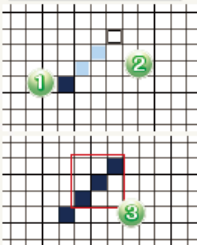


- マス目（セル）の色で塗りつぶします。
- 塗りつぶしたいセルをクリック
 - 「ホーム」をクリック
 - 「塗りつぶし」ボタンをクリックして色を選択します



- マス目に罫線を引く操作です
(24 x 24 マスに罫線をつけます)
- 罫線と約 24 種類のマス目を選択
 - をクリックして出てきた「ミニツールバー」で「罫線」を選択
 - 「格子」の罫線をクリック

② 仕事を効率的に進めるために



- コピー元を選択して、「コピー」していただきます
- 「Ctrl」キーを押しながら同じ色にするセルをクリックします
- 「貼り付け」をクリックします。一様に色を塗ることが出来ます。

③ 縦、または横に並んでいるセルに同じ色をつけるには

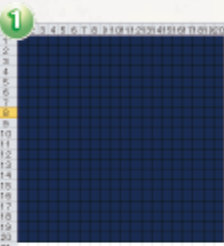


- コピー元のセルの右下にマウスを移してきて、「マウスポイントが「+」の形になったら」スズドビ

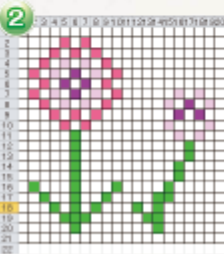
FILL 塗りつぶし

図形の「塗りつぶし」だけ使ってもこんなに楽しいアートが

① ちいさな花

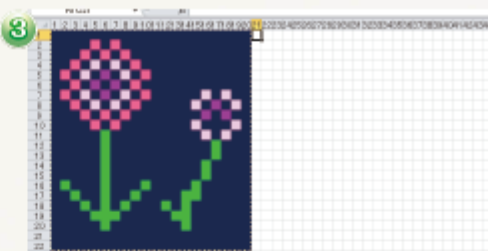


- モチーフ（単品）を作り出す
- 選択範囲を「青色」で塗りつぶし、見やすいように「罫線」を引いておきます



- 「塗りつぶし」で罫線を消していきます
(ここでは見やすいように「青色」を消してあります)

Ctrl キー + クリック
で罫線のマス目（セル）を選択して色をつけてみましょう



- モチーフを全体に広げて行きます
- モチーフの全体範囲を選択し、コピーして、右隣、下へと貼りの付けを行います。

マウスでコピー範囲と重なっているマス目（セル）を選択して、「貼り付け」をします



出来上がり回



Smart Phone's Spen Drawing by Ms. Young Eun Kang



Thank you very much.

