1. Introduction

It is predicted that by the year 2030, one in three people in Japan will be elderly. Given this dramatic increase, preparation for healthy living for the elderly people is both essential and urgent. This research aims to investigate the relevancy between the attributes of caregivers and their awareness of supporting their elderly parents.

2. Methods

Prior to the investigation, consent was obtained from the hospital director, nurses and clinical psychotherapists after explaining the purpose of the research and ethical considerations. The items of survey include age and gender of the family caregiver, number of siblings, (family) relationship to the elderly with dementia, educational background, marital status, employment status, income status, religion, thoughts on spiritual subjects, presence/absence of mental disease and dementia in other family members, and the awareness of supporting the elderly parents. The relevancy between the basic attributes of the subject and the awareness on supporting old parents were analyzed through a t-test and one-way analysis of variance.

3. Ethical Considerations

Prior to the investigation, consent was obtained from the hospital director, nurses and clinical psychotherapists after explaining the purpose of the research and ethical considerations.

4. Results

There were 43 subjects analyzed, within which 14 of them were male and 29 female. The average age was 59.67 years old (SD: ±10.528), ranging from 36 to 79 years old. As a result of the split application on the relevancy between the attributes of the caregivers and the supporting of the elderly parents, "sons- and daughters-in-law" were significantly higher than "sons and daughters." This is possibly because when someone who has high awareness in supporting old parents to begin with gets in the position to nurse, even if they were "in-laws," they accept the position of caregiver within their position in the family relationships.

5. Conclusions

This research investigated the relevancy between caregivers’ attributes and their awareness of supporting their elderly parents. As a result, the attributes "sons or daughters" and "sons- or daughters-in-law" in the family relationship category were the only attributes that exhibited statistically significant relevancy.

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