

Support for acquiring the self-management actions necessary for people with intellectual and developmental disabilities to live in the community

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Background

It is difficult for people with intellectual and developmental disabilities to adapt to society due to their characteristics and secondary disabilities, and there are cases of financial distress and crimes. Therefore, for them to live in the community, it is necessary to have comprehensive management, including adjusting psychological and social characteristics.

Aim of the study

The purpose is to clarify what elements effectively support people with disabilities to acquire self-management actions.

Methods

We analyzed the information collected from the records of home-visit nursing. Taro is a male in his late 40s. He had moderate intellectual and developmental disabilities and lived school-age in a child welfare facility. He grew up and was imprisoned for several misdemeanor crimes. And when he left prison, he wanted to live in the community, so private organizations, visiting medical care, and home-visit nursing supported him and started living in an apartment.

Results

Regarding "to lay the foundations for life," the nurses suggested using the coffee shop's morning service so that he could make it a habit to have breakfast, and he began to use the service, which became one of the pleasures of life. And he continued this habit. In addition, we analyzed "to live a life" and "to improve the quality of life."

Conclusions and implications

For persons with disabilities to acquire self-management behavior, we considered it practical to have an element of their enjoyment in their actions.