

# **The Difficulties of Engaging in Social Activities for Japanese Adolescents Requiring Medical Care at Home**

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## **Background**

The lives of individuals who require daily medical care, change considerably when they transition from medical institutions to their own homes. More attention is being given to the nature and quality of support they get from the community when this occurs.

## **Aim of the study**

To identify difficulties in the aspects of life by expanding social activities for Japanese adolescents who require medical care at home.

## **Methods**

Semi-structured interviews were conducted with four young urban-dwelling men (average age = 23 years) to obtain data about their lives, social activities, and use of resources. They had no intellectual disabilities and could communicate effectively.

## **Results**

All participants lived at home, were receiving Tracheostomy Positive Pressure Ventilation (TPPV) and required suctioning and assistance with activities of daily living (ADL). They decided to utilize medical services together with their families and health care supporters, and participated in social activities. Due to their medical care needs, they faced difficulties living independently from their parents and could not afford to hire caregivers. There was also a lack of available caregivers in the schools and communities, both number and specialty, which resulted in a lack of services and choices.

## **Conclusions and implications**

Adolescence is a time to establish identity and expand social activities, but the limitations of human and social resources in a community make this difficult. For adolescents to participate in daily life and social activities, community home care resources need to be expanded.