

# TSUDOI

- Crystallization of Autonomy and Creativity-

**Kunio Takami**

**President of Alzheimer's Association Japan**

# What is TSUDOI?

The name of the meeting held for people with dementia and their carers run by AAJ branches.

**Equal  
Standing**

**Voluntary  
basis**

**Caregivers**

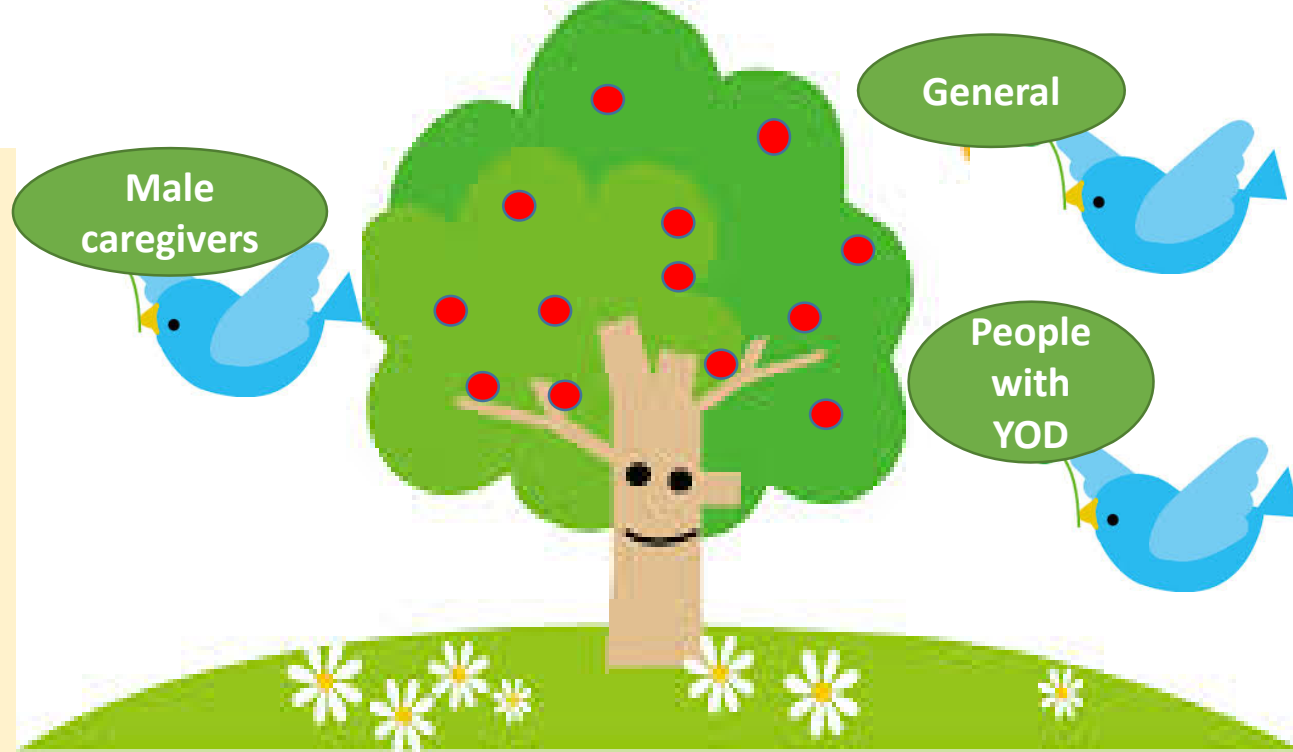
**PWD**

**Professionals**

**Open minded discussion**

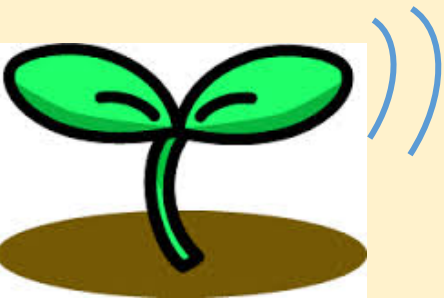


# TSUDOI History



**In 2013**

**3,517 times with 44,118 people  
all over Japan**



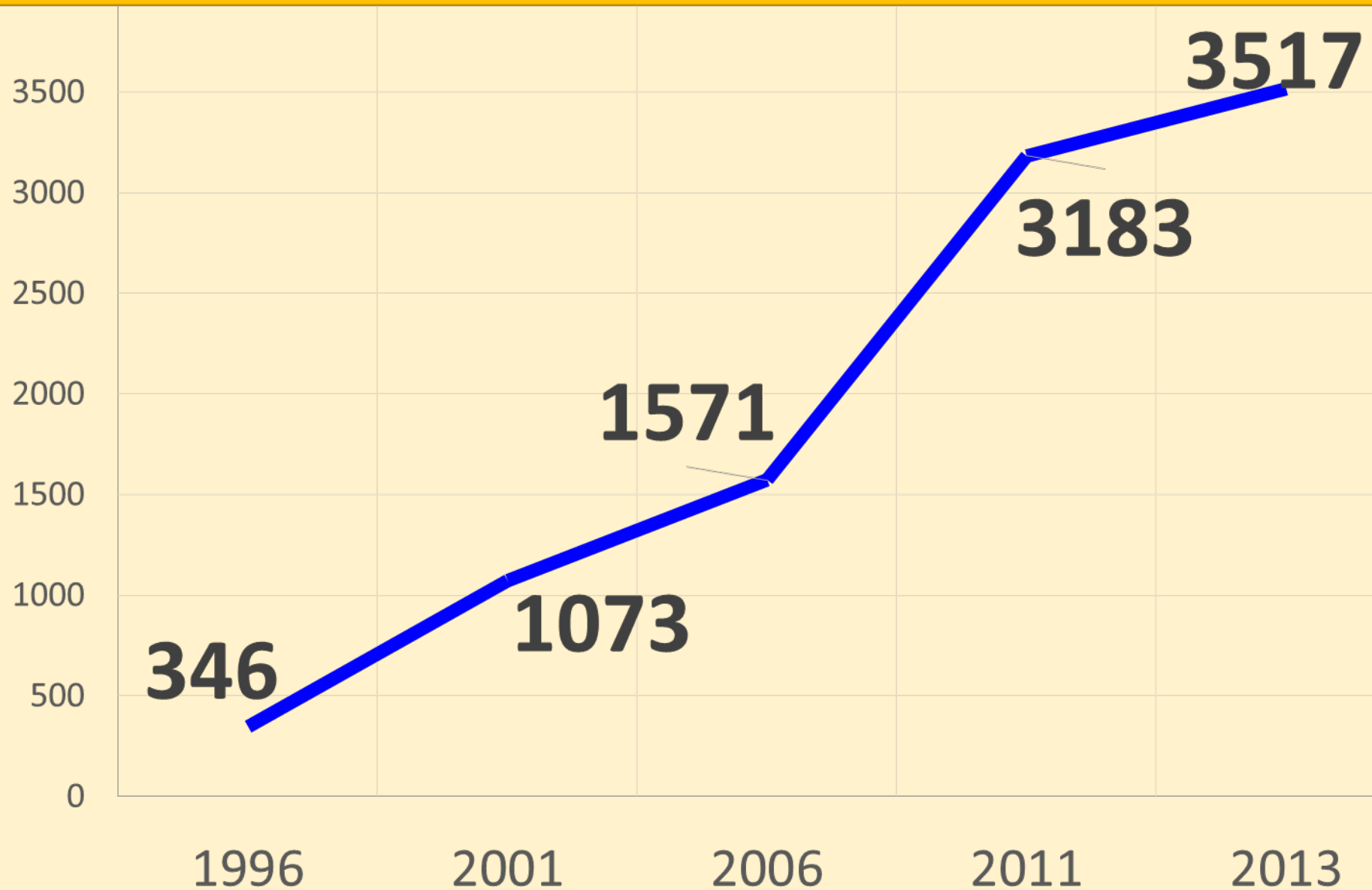
**In 1979**

**A small group of caregivers conversation**

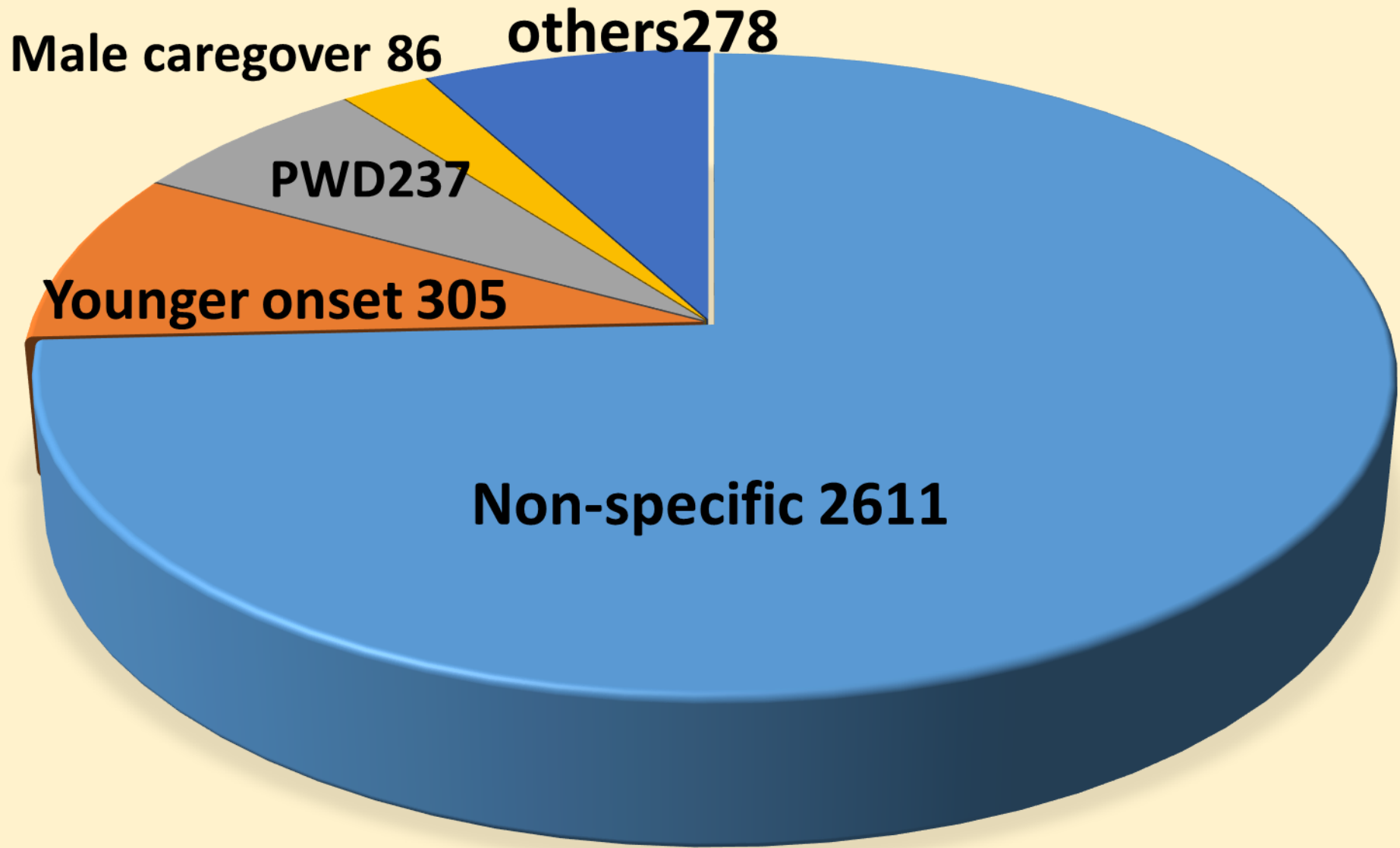
**In 1980**

**Established AAJ by 90 family caregivers**

# Number of TSUDOI



# Breakdown of the TSUDOI



# **The characteristics of TSUDOI**

## **Autonomy**

- **Started in the age without social services and developed as an autonomous group**
- **Continues as an independent, grassroots project**
- **All participants are autonomous & self-motivated and interacting on an equal basis**

# Characteristics of TSUDOI Generated Creativity

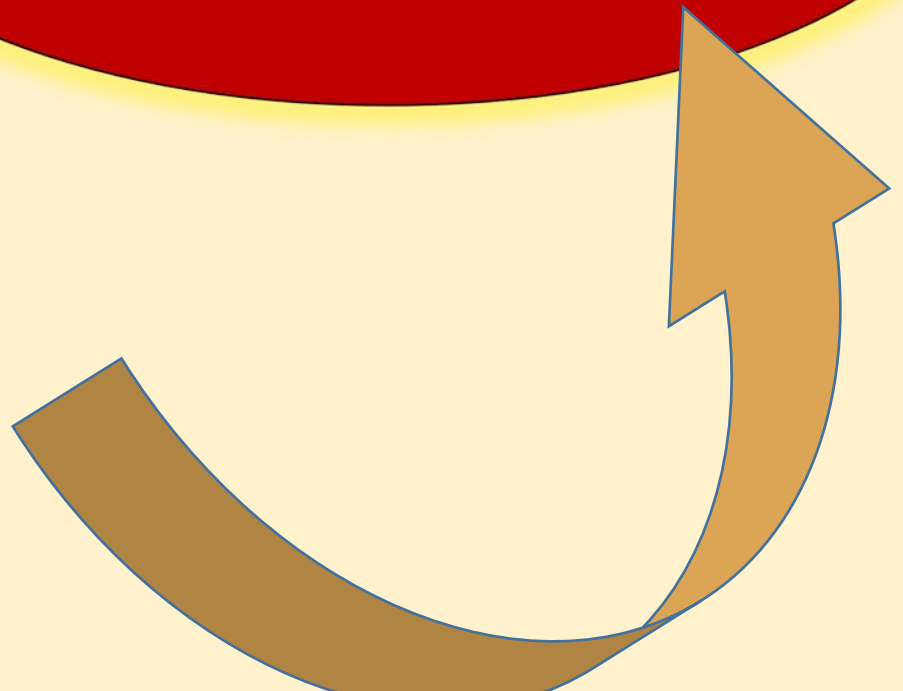
**TSUDOI**



**Participants**

**Real voices  
& open minded discussions**

- Energy for participants
- Networking
- Policy recommendations
- New ideas for care



# Needs for living well with dementia in the community

**Spiritual Support for  
PWD & caregivers**

**Social awareness**

**Measures & Policies**

**Social services**

**DFC approach**

**TSUDOI**

The diagram illustrates the relationship between TSUDOI and various support needs. A large yellow circle on the right is labeled 'TSUDOI'. To its left, five rounded rectangular boxes are stacked vertically, each containing a specific need. Colored arrows point from each box towards the TSUDOI circle: a green arrow from 'Spiritual Support for PWD & caregivers', a pink arrow from 'Social awareness', a purple arrow from 'Measures & Policies', a blue arrow from 'Social services', and a yellow arrow from 'DFC approach'. Additionally, a large green arrow curves from the top of the TSUDOI circle back to the 'Spiritual Support' box, indicating a feedback loop.



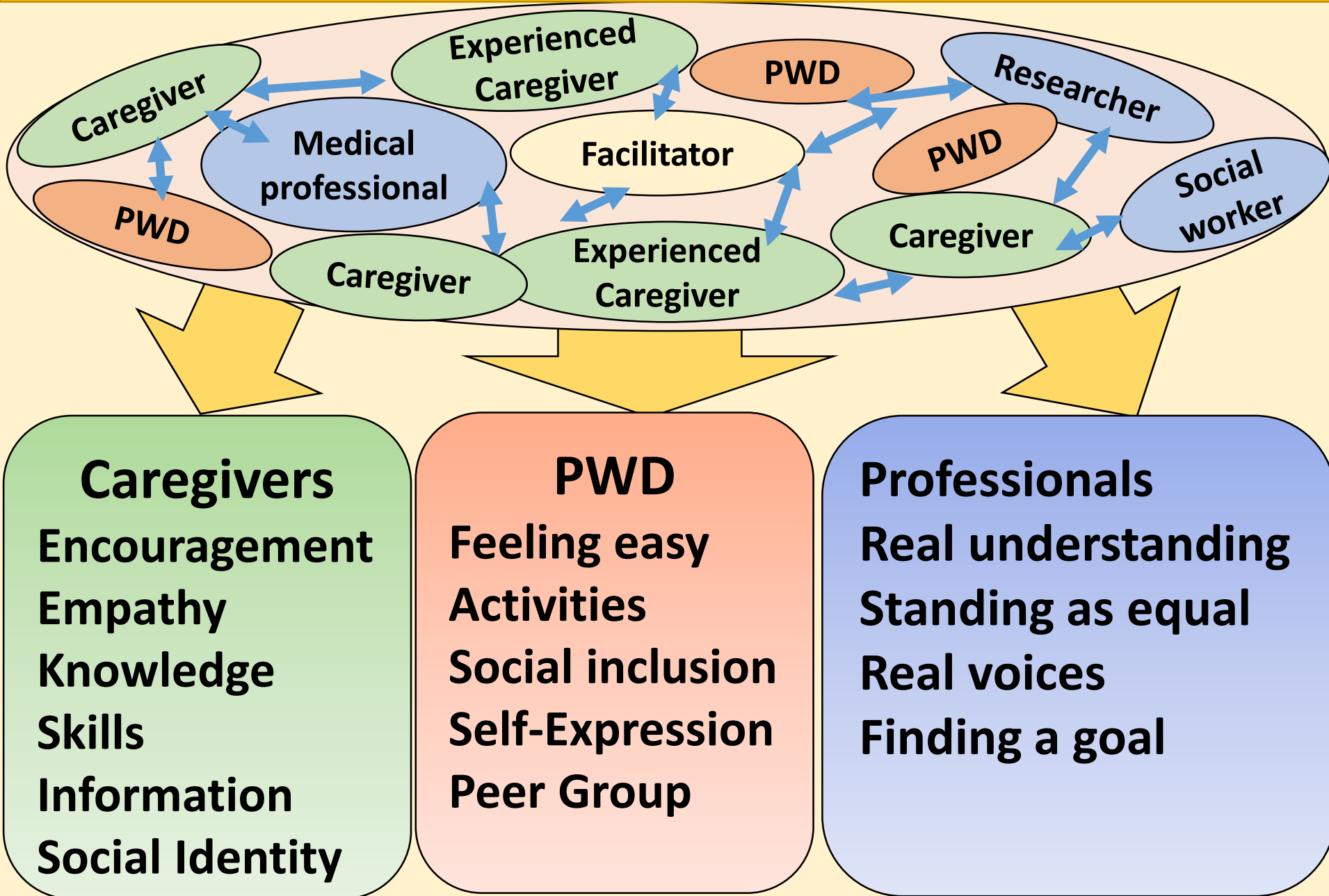
# How we conduct TSUDOI?

<b>Organizer</b>	<b>AAJ branch members</b>
<b>Participants</b>	<b>PWD, Family Caregivers, Medical &amp; Care professionals , Researchers, Students</b>
<b>Categories</b>	<b>General, male caregivers, people with younger onset dementia</b>

# How we conduct TSUDOI?

<b>Funding</b>	<b>Small entry fee Subsidy from local government</b>
<b>Frequency</b>	<b>Depending on group needs</b>
<b>Location</b>	<b>Branch offices, Community halls, Cafés, etc.</b>
<b>Sharing</b>	<b>Documented in each branch's newsletter</b>

# Concrete Benefits for Participants



# Feedback from participants

TSUDOI rescued me from a dark closed dead end.

I feel easy to talk with people who share my hardship.

I feel easy with people who understand my disease and me.

I feel I do not have dementia here.

I am not alone and I have a comrade now.

The experienced family caregiver's words are much more helpful than books.



# Strengths

- ★ **Well-rounded and continuous effect on PWD, caregivers, and society**
- ★ **Simplicity and economic cost value**

# Our Challenge

**More sites and higher frequency**  
with easy access for PWD & Caregivers

**Autonomy with collaboration**  
for further development and growth

# TSUDOI

## All over Japan

