

藝癒心橋，社區失能長者與外籍移工團體方案之經驗探究

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摘要

因人口老化及家庭結構改變，許多家中失能長者需依賴外籍看護工照顧及陪伴，本研究旨在社區辦理團體工作，希望除了改善長者之生理、心理功能外，也能促進長者與照顧者之間交流與陪伴品質。

研究者皆為養護機構醫療人員，發現外籍看護與失能長者平時多聚集於公園彼此聊天，長者晾在一旁曬太陽，甚至有被忽略的情形。希望透過長照機構的資源協助改善此問題，考量到藝術的療癒性以及超語言特性，能夠跨越兩個族群之間的語言隔閡，以及希望增加成員的愉悅感以及動機，決定透過藝術治療以及趣味競賽作為主題，設計系列團體課程，並採用行動研究方式，於團體方案執行後，藉由服務過程及長者、志工、移工以及家屬的回饋，進行資料蒐集以及檢驗。

研究成果方面，總共進行 10 次團體，發現的成果有提升長者活動參與動機、提升專注力以及持續性、增進與環境警醒度、改善互動關係、豐富長照機構照顧功能、提升機構與社區連結等效益。

以本次研究作為第一步，讓養護機構嘗試更多元的照顧模式，發揮機構中醫護人員的專業優勢，並結合網路社群，關心並主動傳遞活動資訊，讓長者獲得更多的照顧，也讓照顧者減輕壓力，並希望未來能不斷調整以及嘗試其他方式，豐富長照機構在社區當中的照護角色。

關鍵字：社區長者、失能長者、藝術治療、團體活動、關係、外籍看護、跨文化

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Art-Building-Heart-Bridge, Experience of Community Disabled Elders and Foreign Caretakers Group Programs

Abstract

Due to the ageing of the population and changes in family structure, many disabled elderly people in the family rely on foreign caretakers. This study aims to gather the elderly and caretakers in the neighborhood to join a community support group. It is hoped that by improving the physical and psychological functions of the elderly, the group can also improve communication and care quality between the elderly and caretakers.

All researchers were medical staff in the Long-Term Care Facilities. We found the problem was foreign caretakers and disabled elderly often gathered in the park and chatted with each other. The elderly were kept out in the sun and were sometimes neglected. We hope that through the resources of the Long-Term Care Facilities, we can help to improve this problem.

Considering that the therapeutic and super-linguistic features of art therapy make it a good medium for crossing the language barrier between the two elderly and caretakers, we expected this project can make them closer, improve their relationships, and increase the pleasure and motivation of the members of the group.

We designed a series of sessions of art therapy and competitive but fun games. This research used the action research method. After ending the group project, we collected feedback from the elderly, volunteers, caretakers and family members.

The research results showed that after a total of 10 sessions, elders participated more in the group, improved their attention and concentration, increased their awareness of their environment, improved interaction, enriched the function of Long-Term Care Facilities, and enhanced institutional and community connections.

Taking this study as a first step, we suggest the Long-Term Care Facilities try more creation of care, enhance the advantages of the medical staff in the institution, and combine with the internet community to actively pass on information about the activities, so that the elderly can get more activity, and so that the stress of caretakers will be reduced. We hope that in the future the activities can be developed and improved to enrich the role of the Long-Term Care Facilities in the community.

Keywords: community elders, disabled elders, art therapy, group therapy, relationship, foreign caretaker, cross-cultural consultation, Trinity, Witness Lee