

(英語)

高齢者への配慮について

### **Caring for the elderly**

There is only limited space available in evacuation shelters, so it might be difficult to make a pathway for others.

Moreover, since you want to be kind to the elderly, you might say to them, "Keep still" or "We'll do it, so sit down and rest".

However, when elderly people are in such a situation where it is uneasy to move around and literally keep being still, unfortunately they sometimes become unable to move.

Therefore, try to encourage the elderly and other people in the shelter to be physically active by doing the following.

- Keep the blankets folded during the daytime to prevent yourself from lying down all day.
- Make a pathway so that people can walk around freely and easily in the shelter.
- Feel free to take a walk and try to do some exercise. You shouldn't hesitate to be active just because you are now staying in a shelter.

It is important to move your body just as much as it is important to rest your body when you are living in an evacuation shelter.