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# **An Analysis of the Change Occurred to Caregivers by a Monitoring System: A Case Study of a Group Home**

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The care stress is due to watching the persons with dementia (PWD) by a small number of caregivers at group homes. Especially, much mental strain is caused by covering the PWD's behavior and at the same time doing other works just by one caregiver in night. For example, when a caregiver is cooking or keeping a record of the care, she may overlook the behavior of the elderly who needs some care or in danger.

We used a system with videos and cameras, but without the function of recording, to try to broaden caregivers' sights. Then we investigated how the system influences on the toilet cares and Mimamori Care which are most important in night. The results are as follows.

Firstly, preparatory actions to manage toilet care were reduced. Physical distress and mental strain due to toilet cares were partly reduced. Secondly, the location for Mimamori Care has changed. The caregiver could have a rest, keep a record in a place convenient to her and easy to observe the elderly to give a care in time. We found that both physical distress and mental strain on Mimamori Care were reduced. On the other hand, because caregiver could observe the elderly all the time and could give the care without overlooking, the necessary actions for toilet care were increased. We show that the system may ensure a complete care and safety for the elderly.