

## **6. Evaluation of Care Workers' Physical and Psychological Burdens in the Planning of Nursing Homes**

### **- Proposal of a Care Workers' Burden Evaluation Program -**

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Methods for evaluating care workers' physical and psychological burdens at the time of facilities planning were examined based on the results of behavioral monitoring of caregivers in existing nursing homes and on the responses to questionnaires distributed to caregivers. Then, a prototype tool was developed for estimating caregivers' burdens in different types of facilities. Physical and psychological burdens were evaluated based on the daily care activities performed by caregivers.

**Key words :** nursing-home, care worker's burden, physical Burden, Psychological Burden