

原著

# 知的障害者の機能障害と日常生活活動能力

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## The Impairments and Disabilities of Mentally Retarded Adults

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### Abstract

The purpose of this study was to investigate the characteristics of the impairments and disabilities of mentally retarded persons. Thirty-four mentally retarded subjects, 35-58 years of age with no definite physical handicaps, were asked to perform selected physical, intellectual, and mental functions associated with abilities in the activities of daily living (ADL). The results showed that instantaneous muscular strength, finger skill, quickness, and balance were inferior in mentally retarded subjects when compared with those of healthy subjects. Especially, conspicuous was a decrease in balance. However, there was no difference in physical endurance. The mentally retarded subjects had superior flexibility. When ADL abilities were compared in the mentally retarded, the results showed that independence became progressively greater from activities of grooming and communication to activities of dressing and bathing to activities of locomotion, eating, and excretion. In addition, ADL abilities seemed to be greatly influenced by intellectual functions.

### 要約

精神遅滞による知的障害者の機能障害と能力障害の特徴を知る目的で、35～58歳の、明らかな身体障害のない知的障害者34名の身体的・知的精神的機能と日常生活活動(以下、ADL)能力を調査した。その結果、知的障害者の身体的機能は、同年齢の健常者に比べ、最大筋力、巧緻性、敏捷性、バランス能力は劣っていたが、身体的持久力は差がなく、柔軟性は優っていた。中でも、バランス能力が著明に劣っていた。ADLの自立度は、高い順に、「起居」・「移動」・「食事」・「排泄」、 「更衣」・「入浴」、 「整容」・「コミュニケーション」であった。また、ADL能力は知的機能に大きな影響を受けていることが示唆された。

