

# Factors for Maintaining the Health of the Elderly through Micro Ethnography

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Support for the health of the mind and body of the elderly is needed in an aging society. Various approaches are thus carried out in health and welfare.

This study explores the factors of maintaining activity in a group of elderly people, collectively referred to as “Salon” group. The method of this study is field work.

The results show that factors for maintaining activity include that the elderly people in this study can participate in their group, Salon, that they are not “managed” by public administration, and that they are able to experience Salon group events and Salon’s group management style. This is considered extraordinary, and it is one of the factors involved.

This study is significant because it focuses on elderly individuals and the Salon group culture. Understanding an elderly group by adopting various points of view can lead to a more affluent life for elderly people.