

# これまでの人生を振り返って

## Looking Back on My Life with Dementia

一般社団法人 日本認知症本人ワーキンググループ 理事  
佐藤雅彦

Mr. Masahiko Sato

Director, Japan Dementia Working Group

1 第一志望の大学には不合格になりましたが、大垣工業高校電子科から第二希望の名城大学理工学部数学科に現役で合格でき、大学で希望の数学が勉強でき、満足です。

Although I failed to pass the entrance exam to my first-choice university, I was very happy and was satisfied to enroll in Meijo University from Ogaki Technical High School, where I studied math in the Faculty of Science and Engineering.

2 希望の職業、数学の教師につけたし、教師は向いていなかったのもコンピューター関係のシステムエンジニア(SE)につけたので言うことなし。20代後半から労働組合の本部役員をする。SE.として、仕事を通じて、社会に貢献できたので満足です。

I am happy that I had become a math teacher for one year, which I had wanted to be. I then joined an IT company as a system engineer, where I really enjoyed exciting projects. I also served as an officer of the trade union there from my late 20s.

I am satisfied that I could make some contribution to society as a system engineer.

3 仕事以外に、夜、神田外語学院で英会話を学んだし、サッカーもスキーも、テニスもやったのでいい人生です。

32歳で4DKの新築自宅マンションも購入でき満足です。

32歳の時、133世帯のマンション管理組合の理事長もする。アルツハイマーと診断される前は毎月27000円、民間援助団体ワールド・ビジョン・ジャパン(wvj)送金して社会貢献もできたので言うことなし。

タイ、バングラディッシュ，オーストラリアに海外旅行でき満足です。

39 歳の時洗礼お受け，クリスチャンになり，死んだら天国に行ける確信が持て将来に不安はありません。

Besides my job, I have enjoyed learning English conversation, skiing, playing football and tennis, and so on.

At the age of 32, I bought 4DK-type rooms in a newly built apartment which I was satisfied, and I was appointed as the chairman of the residents 'association there.

It was my honor that I had made monthly donation of 27,000 yen for underprivileged children through World Vision Japan until I was diagnosed as Alzheimer's disease.

To my great joy, I have made overseas trip to Thailand, Bangladesh and Australia.

At the age of 39, I was baptized and became a Christian. Since then, I have had no worry about my future, because I am convinced that I am going to heaven when I die.

4 51 歳でアルツハイマー型認知症になったが，金に困ることなく生活でき，いろいろな人に助けられる，認知症の体験談を話す。講演会も全国で 100 回以上やったし，本も 2 冊大月書店より，出版したし，自分史，画集も自己出版したし，絵の個展も開いたし，ピアノの発表会もしたので，思い残すことはありません。

At the age of 51, I was diagnosed as Alzheimer's disease. However, I have no regrets. Because, with lots of supports from my friends, I have lived without having to worry about money, have made lectures about my Alzheimer's disease over 100 times across Japan, have published two books about myself from publisher Otsuki, have self-published my history and art book, have held solo exhibitions of my paintings, and have held a recital of my piano performance.

5 ケアハウスに入居でき生活に困らないし、自宅マンションを売却すれば、老後の資金は十分あるので安心です。ひり暮らしで、時々寂しくなるのが残念です。

I now live in peace at Care House, a public apartment house for independent elderlies. I could sell my apartment when I need to get out of the Care House.

I am living alone, so I sometimes feel lonely.

6 現在 68 歳、週 2 回、社交ダンスの個人レッスンに通い (40代で社交ダンスを始め中断して、2022年5月10日から再開しました):週 1 回 zoom により 歌のレッスンを受けているし、月 2 回、絵画教室に通い絵を描いている。充実した生活をしているので、今の生活に満足して、毎日幸せです。

I am 68 years old now and live a satisfying life everyday with happiness as follows;

I now take private ballroom dance lessons twice a week, which I started in my 40s and paused for many years and started again from May 10 in 2022.

I drew pictures twice a month in a painting class.

And now I take on-line singing lessons with zoom.