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# Welfare



Living Information for Foreign Residents of Itabashi City  
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## ◆ Welfare Services for Elderly People and People with Disabilities

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*Unless otherwise noted, please make any inquiries in Japanese to the respective divisions using the telephone numbers listed in this brochure.*

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# Nursing Care Insurance

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The nursing care insurance (*kaigo hoken*) system was designed as a way of providing nursing care through mutual assistance by sharing its related costs. Individuals who have been certified as being in need of care are able to access the services they need, and recipients of services typically bear a portion of the expenses incurred (In principle, 10-30% depending on income).

## (1) Enrollment in Nursing Care Insurance

▶**Contact:** *Nursing Care & Insurance Section, Qualifications & Insurance Premiums Subsection, City Office North Building 2F #14*  
*TEL: 03-3579-2359*

All registered residents aged 40 years or older with a legal status of residence for over 3 months are required to join the nursing care insurance scheme. Those who are over 65 years of age are primary participants, and those between 40 to 64 years of age are secondary participants. Nursing Care Insurance Cards will be sent to primary care participants. If you do not have one and you think you should, please contact the Nursing Care & Insurance Section.

## (2) Payment of Premiums (*hoken-ryo*)

### ▶Primary Participants

Those who receive old-age pensions, retirement pensions etc. totaling more than ¥180,000 annually have their premiums deducted automatically from their pensions. Other individuals must make their payments with the payment slips mailed to their residence or by automatic bank transfer.

### ▶Secondary Participants

Premiums are collected in a lump sum along with medical insurance premiums. The amount differs depending on the insurer.

## (3) Qualifying for Nursing Care Insurance

▶**Contact:** *Nursing Care & Insurance Section, Certification Subsection*  
*Information Processing Center 3F TEL: 03-3579-2441*

In cases where individuals need care or help in daily life, please contact the Itabashi Nursing Service counter inside City Office as it is necessary to determine to what extent care is needed.

- ▶ An application for care may be filed in your place by one of your family members, home care providers or nursing care institutions.
- ▶ Applicants will be notified of the result within approximately 30 days from the application filing date.

## (4) Cost of Services

▶**Contact:** *Nursing Care & Insurance Section, Benefits Subsection Certification Subsection*  
*City Office North Building 2F #14 TEL: 03-3579-2356*

- ▶ Nursing care insurance covers 90-70% of the costs incurred dependent on income; insurees' copayments bear the remaining 10-30%.
- ▶ Additional costs incurred when using care facilities (e.g. meals and residence fees) are the responsibility of the insurer in addition to the above copayments of 10-30%.

## (5) Over 65s “Genki” (Vital Functions) Check

▶ **Contact:** Senior Citizens Health & Welfare Center, 4-16-1 Maenochō, Itabashi-ku  
TEL: 03-5970-1117

- ▶ Wellbeing checks using the “Genki” (Vital Functions) checklist are offered to over 65s not certified as in need of care or support under the Nursing Care Insurance Scheme at Elderly Consultation Center counters in order to facilitate early detection of loss of mental and physical functions. Based on the answers, information about “care prevention” workshops and services for independent living will be sent to those in whom loss of vital functions is detected.

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## Welfare Services for People with Disabilities

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Individuals who have been issued with a physical, intellectual or mental disability certificate etc. are eligible to receive disability services depending on the degree of their disability.

### (1) Physical Disability Certificate (*shintai shogai-sha techo*)

▶ <b>Contact:</b>	<i>Itabashi Social Welfare Office Disability Support Subsection</i>	<i>2-66-1 Itabashi, Itabashi-ku</i>	<i>TEL: 03-3579-2460</i>
	<i>Akatsuka Social Welfare Office Disability Support Subsection</i>	<i>6-38-1 Akatsuka, Itabashi-ku</i>	<i>TEL: 03-3938-5118</i>
	<i>Shimura Social Welfare Office Disability Support Subsection</i>	<i>2-28-1 Hasune, Itabashi-ku</i>	<i>TEL: 03-3968-2337</i>

This is issued to those who are physically disabled, suffering from orthopedic, visual, auditory, vocal, linguistic, cardiac, renal, liver, respiratory, rectal, digestive, bladder or immunity impairments. The certificate is given based on diagnosis by doctors who have been specially approved to do so under welfare laws for the disabled, with classification ranging from 1 to 7 according to the severity of their disability.

### (2) Intellectual Disability Certificate (*ai no techo*)

▶ **Contact:** All Social Welfare Centers

This is issued to those who are intellectually challenged. The severity of disability is classified on a scale of 1 (the most serious case) to 4 (mild case). Certificates for individuals under 18 years old are issued by the Tokyo Metropolitan Government North Child Guidance Office (TEL: 03-3913-5421). For individuals over 18 years old they are issued by the Tokyo Metropolitan Government Rehabilitation Center for the Physically and Mentally Disabled (TEL: 03-3235-2961).

### (3) Mental Disability Certificate (*seishin shogai-sha hoken fukushi techo*)

▶ **Contact:**

▶ **Itabashi Health & Welfare Center**

32-15 Oyama Higashi-cho, Itabashi-ku (inside Itabashi City Public Health Center), TEL: 03-3579-2333

▶ **Kami-itabashi Health & Welfare Center** 3-18-6 Sakuragawa, Itabashi-ku, TEL: 03-3937-1041

▶ **Akatsuka Health & Welfare Center** 1-10-13 Akatsuka, Itabashi-ku, TEL: 03-3979-0511

▶ **Shimura Health & Welfare Center** 2-5-5 Hasune, Itabashi-ku, TEL: 03-3969-3836

▶ **Takashimadaira Health & Welfare Center** 3-13-28 Takashimadaira, Itabashi-ku, TEL: 03-3938-8621

This is issued to those who are mentally challenged and have difficulties with daily or social life. The classification is made on a scale of 1 to 3.

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## Welfare Services for the Elderly

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### (1) Latter-Stage Elderly Healthcare System Section

▶ **Contact:** *Latter-Stage Elderly Healthcare System Section,*  
*City Office North Building 2F #13 TEL: 03-3579-2373*

The Latter Stage Elderly Healthcare System (*koki korei-sha iryo seido*) is a health insurance system in which those who are over 75 years old and have a residency period of over 3 months enroll. By presenting your health insurance card to medical facilities or dispensing pharmacies, you will be asked to bear 10% or 30% of the total cost of medical expenses.

Insurance premiums are borne by all enrolled individuals. As with Nursing Care Insurance, in principle, premiums are deducted automatically from pension payments. However, depending on various conditions such as the amount of pension etc., in some cases you may be asked to pay by payment slip or automatic bank transfer.

In the case of the death of the enrolled person, a set amount of money is granted to the executor of the funeral for funeral costs.

### (2) “Respect for the Aged Week” Events

▶ **Contact:** *Long-Lived Society Promotion Section, Senior Citizens Subsection*  
*City Office North Building 2F #16*  
*TEL: 03-3579-2372*

Respect for the Aged Day is a national holiday celebrating respect for the elderly and longevity held on the third Monday of September every year. Itabashi City is pleased to offer a gift to those aged 88, 95, 100 and over 101 years old to honor the elderly and celebrate longevity.

### (3) Respect for the Elderly Bathing Project

▶ **Contact:** *Long-Lived Society Promotion Section, Senior Citizens Subsection*  
*City Office North Building 2F #16*  
*TEL: 03-3579-2372*

Bathing tickets for the elderly which can be used at public baths in Itabashi are issued to City residents over 70 years old. Application forms are available at your local public baths as well as Residents' Offices and Regional Centers. Fill in the necessary items and submit the application form to the Long-Lived Society Promotion Section. A certificate will be mailed to you which can be exchanged for bathing tickets.

### (4) Paper Diaper Supply Project

▶ **Contact:** *Long-Lived Society Promotion Section, Seniors' Guidance Subsection*  
*City Office North Building 2F #15*  
*TEL: 03-3579-2464*

Paper diapers are supplied to people who are in need of level 1 nursing care or above and who suffer from regular incontinence and require diapers. Paper diapers will be sent to the desired address free of charge (charges apply for residences outside of the 23 Tokyo Wards). People who are hospitalized in medical facilities and who are eligible for diaper distribution but can only use specific diapers indicated by the hospital are entitled to a monthly refund of up to ¥5,000. There may be instances in which paper diapers cannot be supplied to households with high incomes. This refund does not apply to people with high incomes, people in nursing insurance facilities, or people who already benefit from some other kind of support.

## **(5) Housing for the Elderly (Keyaki-en)**

▶ **Contact:** *Housing Policy Section, City Office North Building 5F #14, TEL: 03-3579-2187*

*Keyaki-En* is City-owned rental housing equipped with elderly-friendly facilities and helpers for people over 65 years old who are experiencing housing difficulties. Tenant recruitment is conducted once a year (around the end of May). Tenants are selected by lottery. Please contact the Housing Policy Section for details.

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## **Livelihood Support**

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- ▶ **Contact:**            **Itabashi Social Welfare Office**, General Consultation Subsection  
                                 36-1 Sakae-cho, Itabashi-ku (Green Hall 3F) TEL: 03-3579-2322  
                                 **Akatsuka Social Welfare Office**, General Consultation Group  
                                 6-38-1 Akatsuka, Itabashi-ku TEL: 03-3938-5126  
                                 **Shimura Social Welfare Office**, General Consultation Group  
                                 2-28-1 Hasune, Itabashi-ku TEL: 03-3968-2331

### **(1) Life Support and Welfare Funds**

#### **a. Welfare Funds for Single-Parent Families**

Single-parent families who have lived in the Tokyo metropolitan area for over 6 months with dependent children under 20 years old are eligible for special loans in cases of financial need such as for business start-up costs, daily life, house repairs, medical treatment/nursing, school entrance fees and new employment. The annual interest is set at 0% or a very low rate, and the repayment period is from 3 to 20 years.

#### **b. Welfare Funds for Women**

Single women under 25 years old or women over 25 years old who support their families are eligible for a special loan in cases of financial need, such as for business start-up costs, daily life, housing, school entrance. The annual interest is set at 0% or a very low rate and the repayment period is from 7 to 20 years.

※Applications for Welfare Fund Loans will be reviewed; not all applications may be accepted.

### **(2) Counseling for Livelihood Support**

The general consultation counters at Social Welfare Offices offer consultation for those who are having trouble making a living. Please feel free to contact them.

#### **a. Livelihood Support for those with Financial Difficulties (Applicable to Foreign Residents)**

Livelihood support is a system based on the Livelihood Protection Law designed to safeguard the livelihood of those with Japanese nationality who are experiencing lifestyle difficulties due to illness etc. using their own abilities and other methods. This law also is applicable to foreigners with specified residence statuses. You will be interviewed to determine whether you are eligible for support or not. Even if you are not eligible, social workers will work with you to consider ways of helping you. In order to receive support, you will be asked about the following:

1. Your residence status
2. Your family structure (parents, children, siblings)
3. Lifestyle history (income, occupation, etc)
4. Your residence (house owner, public housing, private housing, other)
5. Your assets (real estate, deposits and saving, life insurance, etc)
6. History of illness etc.

The law stipulates that the following should be prioritized and conducted prior to granting livelihood support.

1. Utilization of assets, abilities and other possible ways of making a living
2. Aliment from support obligors (i.e. support from family/relatives etc)
3. Subsidies provided by other laws

#### **b. Counseling for Single-Parents**

Counseling for single-parent related problems is available. For details, please refer to leaflet #2 in this series, *Childbirth, Children and Education*.

#### **c. Counseling for Women**

Consultation on women's issues and appropriate support is available in order to ensure that women can be financially and socially independent. Please feel free to ask for help in case of domestic violence, problems related to pregnancy or childbirth, or seeking shelter.

#### **d. Family Counseling**

Consultation is available on family relationship and life at home (divorce, marriage registration, recognition of illegitimate children)

- ▶ Mondays, Wednesdays, Fridays 1:00PM - 5:00PM

#### **e. Consultation for Returnees from China**

Consultation is available for returnees from China.

Itabashi Welfare Office ※By appointment. Please call TEL: 03-3579-2322

Akatsuka Welfare Office ▶ Tuesdays 9:00AM - 5:00PM

Shimura Welfare Office ▶ Wednesdays 9:00AM - 5:00PM

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## **Single-Parent Support**

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Itabashi City offers various services for single-parent households in order to help them to be financially and socially independent. For details, please refer to leaflet #2 in this series, *Childbirth, Children and Education*.

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## **Itabashi Life and Work Support Center**

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▶ **Contact:** *Itabashi Life and Work Support Center*

*36-1 Sakae-cho, Itabashi-ku (Green Hall 4F) TEL: 03-6912-4591*

Offering guidance on issues concerning daily life, employment, household finances, debt, etc. Depending on individual circumstances, specialists coordinate with other organizations to create plans for individuals in need of assistance.

▶Business days: Monday-Friday

▶Hours: 9:00AM-7:00PM