

✦ Easy to ✦  
Understand!

Our

# Long-Term Care Insurance

From April 2018, long-term care insurance has been revised

Everyone can use  
a suitable service,  
whether those living an active,  
independent life,  
or those requiring long-term care  
and assistance.



Suita City

# Framework of Long-Term Care Insurance

The long-term care insurance system is a mutual support system in which people aged 40 or over pay the long-term care insurance premium for cover enabling them to use the service when they require long-term care or assistance.



## Persons Aged 40 or Over (Insured Persons)

- Pay the long-term care insurance premium ● Apply to use the service
- Pay the user charge when they use the service

### Persons Aged 65 or Over (Type 1 Insured Persons)

When insured persons require long-term care or assistance, they receive certification from the municipality and can use the service. This is regardless of the illness or injury which is the reason for the need for long-term care or assistance.

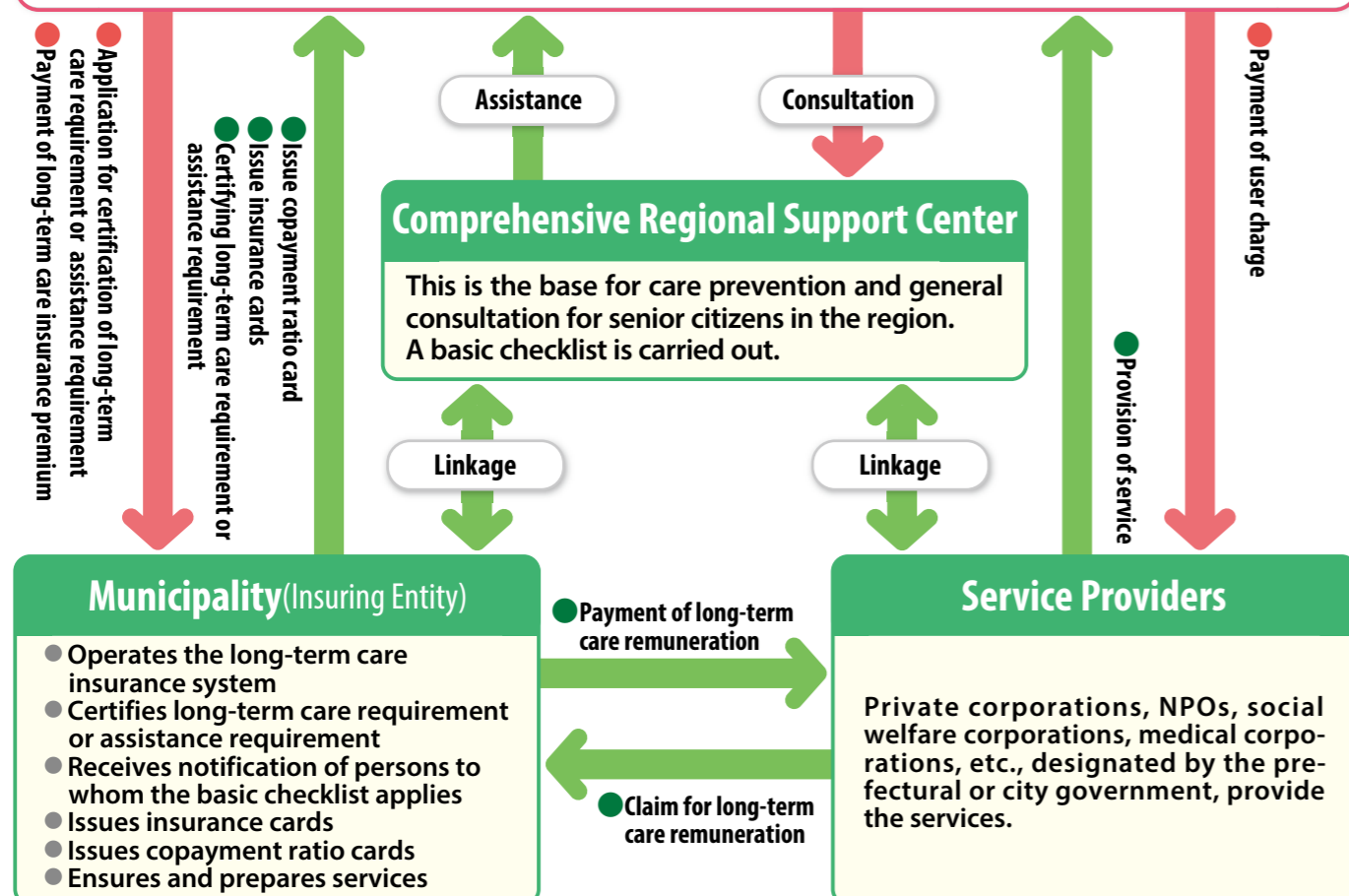
- If persons aged 65 or over use the long-term care insurance due to an illegal act by a third party, such as in a traffic accident, they are required to submit a notification to the municipality. Please contact the relevant counter at the municipality before settlement.

### Persons Aged 40 to 64 (Type 2 Insured Persons)

When insured persons require long-term care or assistance for a specified disease\*, they receive certification from the municipality and can use the service. (If the cause is a traffic accident or fall, for example, then they cannot use the long-term care insurance.)

\* **Specified Diseases:** Diseases related to aging. 16 diseases are specified as being diseases whose sufferers have a high possibility of requiring long-term care.

- Cancer (limited to those cases diagnosed to have reached a state in which there is no expectation of recovery based on medical knowledge commonly recognized by doctors.)
- Amyotrophic Lateral Sclerosis ● Ossification of the Posterior Longitudinal Ligament ● Osteoporosis accompanying a Bone Fracture ● Multiple System Atrophy ● Early Onset Dementia ● Spinal Canal Stenosis ● Spinocerebellar Ataxia ● Progeria
- Diabetic Neuropathy, Diabetic Nephropathy or Diabetic Retinopathy ● Cerebrovascular Disease ● Progressive Supranuclear Palsy, Corticobasal Degeneration and Parkinson's Disease ● Arteriosclerosis Obliterans ● Rheumatoid Arthritis ● Chronic Obstructive Pulmonary Disease ● Osteoarthritis accompanying Conspicuous Deformation of both Knees or Hip Joints



# Long-Term Care Insurance Premium

The long-term care insurance premium is an important source of funds for the sound operation of the long-term care insurance system. Don't forget to pay your insurance premiums so that everyone can receive the services with confidence.



## Persons Aged 65 or Over (Type 1 Insured Persons)

The insurance premium of persons aged 65 or over is determined in levels depending on income, etc. As a rule, it is paid out of the person's pension starting from the month the person turns 65 (the month of the day before the person's 65th birthday). There are 2 types of payment method depending on the annual amount received.



### Persons receiving 180,000 yen or more (annual amount)

in old-age (retirement) pension, bereaved family pension and disability pension

In the case of regular pension payments (6 times a year), the insurance premium is deducted from the pension in advance (special collection).

\*Even if the annual amount is 180,000 yen or more, when the person turns 65 during the year, or has transferred from another municipality, for example, payment may be via a payment slip temporarily.

### Persons receiving less than 180,000 yen (annual amount)

in old-age (retirement) pension, bereaved family pension and disability pension

These persons pay (ordinary collection) the insurance premium through a financial institution, etc., by the due date using the payment slip sent by the municipality or by direct debit.

### In the Case of Non-Payment of the Insurance Premium

The user charge when using the service is usually 10%, 20% or 30% of the expense, but in the case of non-payment of the insurance premium, the following measures will be taken depending on the duration of the non-payment.

#### Non-Payment for 1 Year or Longer

For the time being the user bears the full amount of the expense, and the insurance payment amount may be paid afterward on application.

#### Non-Payment for 1 Year and a Half or Longer

The user bears the full amount of the expense, and the insurance payment is suspended even after an application. This may also apply to the unpaid insurance premium.

#### Non-Payment for 2 Years or Longer

The user charge when using the long-term care insurance service is 30% or 40%, and it will no longer be possible to receive a large long-term insurance service expense.

### When the insurance premium cannot be paid for an unavoidable reason...

When the insurance premium cannot be paid for an unavoidable reason, such as a natural disaster or job loss, a reduced or partial payment may be accepted. If you have any problems, consult the relevant counter at the municipal office as soon as possible.

## Persons Aged 40 to 64 Enrolled in Medical Insurance (Type 2 Insured Persons)

The insurance premium of persons aged 40 to 64 is determined based on the calculation method of the medical insurance in which they are enrolled, and is paid together with the medical insurance premium.



	Persons Enrolled in National Health Insurance	Persons Enrolled in Workplace Health Insurance
<b>Determination Method</b>	Insurance premiums are calculated using the same method used for the National Health Insurance tax (premium) and are set for each household.	Insurance premiums are calculated based on the long-term care insurance premium rate set by each health insurer, and in relation to salary (monthly basic remuneration amount) and bonuses (basic bonus amount).
<b>Payment Method</b>	The head of the household pays the health insurance portion and the long-term care insurance portion together as the premium for the National Health Insurance.	The health insurance portion and the long-term care insurance portion together are collected from salary and bonuses. *Spouses aged 40 to 64 do not need to pay individual health insurance premiums.

# Flow up to the point of Service Use

If long-term care or assistance are necessary, consult with the Comprehensive Regional Support Center or the municipality's counter.



## 1 Consult

Consult with the Comprehensive Regional Support Center or municipality's counter concerning use of the service.

Persons wanting to use the long-term care service and the care prevention service

Persons wanting to use the Suita City Senior Citizens Reassurance and Confidence Support Project

## 2 Make an Application

Persons wanting to use the long-term care service and the care prevention service apply to the municipality's counter.

\*As well as the person himself or herself or the person's family, the application can be made on behalf of the person by the Comprehensive Regional Support Center, the in-home long-term care and assistance provider or the long-term care insurance facility, etc.

### What is required to apply?

- Application form for certification of long-term care requirement or assistance requirement
- Long-term care insurance card
- Medical insurance card (for persons aged 40 to 64 only)
- Doctor's written opinion

\*In addition to these, as a rule, a document for proof of identity and a document to confirm the My Number of the person and any representative are required.



At the Comprehensive Regional Support Center and municipality's counter, living functions are confirmed in a **basic checklist** checking the mental and physical condition and state of everyday life (living functions). If a fall in living functions is seen, the project can be used with the person (**hereafter, the person to whom the basic checklist applies**) subject to the **Suita City Senior Citizens Reassurance and Confidence Project**.

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## 3 Take a Certification Examination

Municipality staff visits the home, and examines the person's mental and physical state. The examination result is determined by computer (primary decision), and is further reviewed and determined (secondary decision) according to a doctor's written opinion together with the long-term care certification committee.



### Doctor's Written Opinion

This is a document written by the doctor concerning the injury or illness causing the fall in living functions, medical treatment details and the person's mental and physical state.

### Long-Term Care Certification Committee

This is made up of 4 health, medical and welfare academic experts appointed by the municipality who comprehensively review the long-term care requirement.

## 4 Arrival of Certification Result

As a rule, the certification result is sent from the municipality within 30 days of the application.

### Not Applicable

Persons not certified as needing long-term care or assistance

If the **basic checklist** was carried out, and a fall was seen in the living functions, the person can use the Suita City Senior Citizens Reassurance and Confidence Support Project as a **"person to whom the basic checklist applies"**.

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### Assistance Requirement 1-2

Persons for whom there is a high probability that their living functions can be improved by using the long-term care prevention service.

### Care Requirement 1-5

Persons for whom it is appropriate to maintain and improve living functions by using the long-term care service.

## 5 Create a Care Plan

### Person to whom the Basic Checklist Applies

Long-term care prevention care management is requested from the Comprehensive Regional Support Center responsible for the region, and a "notification form for creation of a plan for in-home (long-term care prevention) service and a request (change) for prevention care management" is submitted.

### Assistance Requirement 1-2

#### Comprehensive Regional Support Center

The staff responsible discusses with the user and family and analyses the issues. A Suita City Senior Citizens Reassurance and Confidence Support Project care plan is created through a meeting of those responsible for the services.



Use

- Suita City Senior Citizens Reassurance and Confidence Support Project

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### Assistance Requirement 1-2

Long-term care prevention care management is requested from the Comprehensive Regional Support Center responsible for the region, and a "notification form for creation of a plan for in-home (long-term care prevention) service and a request (change) for prevention care management" is submitted.

#### Comprehensive Regional Support Center

The staff responsible discusses with the user and family and analyses the issues. A long-term care prevention care plan is created through a meeting of those responsible for the services.

\*The long-term care prevention service and the Suita City Senior Citizens Reassurance and Confidence Support Project can be used together.

Use

- Long-term care prevention service
- Suita City Senior Citizens Reassurance and Confidence Support Project

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### Care Requirement 1-5

#### ●If you want to use the services while living at home

Decide the in-home long-term care and assistance provider who requests creation of the care plan, and submit a "notification form for creation of a plan for in-home (long-term care prevention) service and a request (change) for prevention care management."

#### The In-Home Long-Term Care and Assistance Provider

The in-home long-term care and assistance provider's care manager discusses with the user and family and analyses the issues. A care plan is created through a meeting of those responsible for the services.



Use

- Long-term care service

P7~12

#### ●If you want to enter a facility to use the service

An application is made directly to the service provider at the facility the person wants to enter, and a contract is signed.



#### The Facility Service Provider

The facility care manager discusses with the user and family and analyses the issues. A care plan is created through a meeting of those responsible for the services.



Use

- Facility services

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# User Copayments

When using a service based on the care plan, the user pays part of the actual cost of the service.

When using the service, present the "insurance card" for long-term care insurance and the "long-term care insurance copayment ratio card" on which the user copayment ratio is stated.



## User Copayment Ratio

The long-term care insurance service can be used with copayment (the user copayment ratio) of part of the actual cost. However, a maximum amount (payment limit) is set for the main home services, and when using services that exceed this amount, payment of the full amount of the excess is borne by the user.

### User Copayment Ratio Revision point?

<b>30%</b> <small>From August 2018</small>	<b>When both ① and ② apply</b> ① The person's total amount of income is 2.2 million yen or more ② The "pension income + other total amount of income" of persons aged 65 or over in the same household • Single household = 3.4 million yen or more • Household of 2 or more persons = 4.63 million yen or more
<b>20%</b>	<b>When both ① and ② apply for persons not in the 30% category</b> ① The person's total amount of income is 1.6 million yen or more ② The "pension income + other total amount of income" of persons aged 65 or over in the same household • Single household = 2.8 million yen or more • Household of 2 or more persons = 3.46 million yen or more
<b>10%</b>	All persons other than those above

#### ● The total amount of income in the table Revision point?

It is the amount after deduction from income of the amount equivalent to the required expenses, and is the amount before income deductions such as the dependent's deduction and medical expenses deduction. From August 2018, the amount after deduction of the "special deduction related to long-term capital gains and short-term capital gains" from the total income is used.

#### ● Other total amounts of income in the table

This refers to the income after exclusion of miscellaneous pension income from the total amount of income.

### Monthly Benefit Limit

Care Requirement Classification	Benefit Limit
Assistance Requirement 1	50,030 Yen
Assistance Requirement 2	104,730 Yen
Care Requirement 1	166,920 Yen
Care Requirement 2	196,160 Yen
Care Requirement 3	269,310 Yen
Care Requirement 4	308,060 Yen
Care Requirement 5	360,650 Yen

● These are the standard regional values (they include the portion borne by the long-term care insurance).

● The person to whom the basic checklist applies is set to the assistance requirement 1 benefit limit as a rule.

## When copayments are costly

### ○ When user copayments are costly (Payment of service charges such as costly long-term care)

When the total amount of the user copayment for services used in the same month (the total amount for the household in the case of several users in the same household) exceeds the set limit, the excess will be paid as a "service fee such as costly long-term care" on application. Self-payments exceeding the payment limit are not eligible.

Copayment Level Classification	Single Month Maximum
● Income equivalent to a working individual *1	Household total 44,400Yen
● Residence tax paying households (other than income equivalent to a working individual)	Household total 44,400Yen*2
● Residence tax exempt households	Household total 24,600 Yen
• Persons receiving old-age social welfare pension • Persons whose total income and taxable pension income is less than 800,000 yen.	Individual total 15,000 Yen
● Persons receiving welfare	Individual total 15,000 Yen
● When persons do not receive welfare due to a reduction of the user copayment to 15,000 yen	Household total 15,000 Yen

\*1 Persons in a household with a person aged 65 or over in the same household with taxable income of 1.45 million yen or more, and the income of persons aged 65 or over is 3.83 million yen in the case of a single person, and 5.2 million yen in the case of 2 or more persons.

\*2 In a household in which all the persons aged 65 or over in the same household (including persons not using the service) have a user copayment ratio of 10%, for 3 years only from August 2017, there is a relief measure with the annual maximum set to 446,400 yen (37,200 yen x 12 months).

### ○ When self-payment of both long-term care and medical care is costly (costly medical care and costly long-term care combined system)

When the user copayment is costly for both long-term care insurance and medical insurance, after the maximum amounts for the long-term care insurance and medical insurance (the costly long-term care service charge for long-term care insurance and the costly dependent charge for medical insurance) have been applied, the annual (August ~ following July) user copayment amount is added up, and when the set maximum amount is exceeded, the excess will be paid on application.

## Care Services (Facility Services)

For services using facilities, 10%, 20% or 30% of the service cost, daily living expenses, accommodation expenses, and meal costs are borne by the user.

User copayment (10%, 20% or 30%)

+

Daily living expenses

+



## Accommodation expenses and meal costs

### Standard Expense Amounts

The user copayment for accommodation expenses and meal costs is determined in the contract between the user and the facility, but standard amounts (standard expense amounts) are set.

### ■ Daily Standard Expense Amounts for Accommodation Expenses and Meal Costs

Accommodation Expenses				Meal Costs
Unit-Type Single Room	Unit-Type Quasi-Single Room	Traditional Single Room	Multiple Bed Room	
1,970 Yen	1,640 Yen	1,640 Yen (1,150 Yen)	370 Yen (840 Yen)	1,380 Yen

● In the case of long-term care senior citizens welfare facility and short-term resident life care, the values in ( ) are used.

However, for low-income persons **the accommodation expenses and meal costs may be alleviated!**

In order to avoid low-income persons not being able to use long-term care insurance facilities for economic reasons, when an application is made and accepted, **the accommodation expenses and meal costs are borne at the copayment limit amount.** The excess is covered by the long-term care insurance "special resident long-term care service fee".

### ■ Daily Copayment Limit

User's Personal Payment Level		Accommodation Expenses				Meal Costs
		Unit-Type Single Room	Unit-Type Quasi-Single Room	Traditional Single Room	Multiple Bed Room	
<b>Level 1</b>	The individual in question and all members of the household are exempt from the residency tax, and the individual is receiving either a senior citizen social welfare pension or is on welfare.	820 Yen	490 Yen	490 Yen (320 Yen)	0 Yen	300 Yen
<b>Level 2</b>	The individual in question and all members of the household are exempt from the residency tax, and the total amount of income + taxable pension income + tax exempt pension income (bereaved pension and disability pension) for the individual is 800,000 yen or less.	820 Yen	490 Yen	490 Yen (420 Yen)	370 Yen	390 Yen
<b>Level 3</b>	The individual in question and all members of the household are exempt from the residency tax, and the individual has a usage copayment level which is not level 2.	1,310 Yen	1,310 Yen	1,310 Yen (820 Yen)	370 Yen	650 Yen

● In the case of using long-term care senior citizen welfare facilities and short-term resident life care, the copayment limit for traditional rooms is the value in ( ).

● Level 3 may be applied exceptionally even to persons to whom levels 1~3 do not apply. Please contact the municipality for details.

● The total amount of income in the table is the amount after deduction of the amount equivalent to the required expenses from the amount of income, and is the amount before income deduction such as dependent's deduction and medical expenses deduction. From August 2018, the amount after deduction of the "special deduction related to long-term capital gains and short-term capital gains" and "the deduction of miscellaneous income related to a public pension" from the total income is used. Revision point?

Even if the above table applies, if any of the following points apply, payment of the long-term care service fee for special admissions is not eligible.

① Even if the household is exempt from residence tax, if a spouse in a separate household is paying residence tax.

② Even if the household is exempt from residence tax (and any spouse in a separate household is also exempt), if savings and deposits exceed 10 million yen in the case of a single person, or 20 million yen in the case of a couple.

# Types of Services

Copayment guidelines state 10% of the basic cost incurred by the service.

- ★ From April 2018 the service costs have changed. **Revision point!**
- ★ In addition to the amounts stated, there may be additions depending on the service contents and region.
- ★ Depending on the service, meal costs, accommodation expenses and daily living expenses may be incurred separately.
- ★ Depending on the service, long-term care insurance services can be used even at disability and welfare service offices having been designated by a symbiotic-type service office. Please contact the municipality for details. **Revision point!**



## Home Services

Services available while living at home.

### Services used with home visits

Persons with care requirement 1-5	Persons with assistance requirement 1-2
<b>House Call Care (Home Help)</b> <p>The home helper visits the house, and the person can receive physical care such as with meals, taking a bath or going to the toilet, and daily living assistance such as with preparing meals and the laundry. The person can also use assistance with getting on and off transport which is aimed at hospital visits.</p> <p>◆ Guidelines for user copayment for each time (in the case of 10% copayment)</p> <p>Centered on physical care ▶ 269 yen (for 20 - 30 minutes) Centered on daily living assistance ▶ 197 yen (for 20 - 45 minutes)</p> <p><small>*There is an additional cost for visits in the early morning, evening or late at night.</small></p>	<b>House Call Service</b> <p>The care prevention house call care is <b>provided by Suita City Senior Citizens Reassurance and Confidence Support Project</b> as a "home call support service". See P14 for details.</p>
<b>House Call Bath Care</b> <p>Care staff and nursing staff visit with a mobile bathing vehicle and provide a bath tub, and the person can receive bathing care.</p> <p>◆ Guidelines for user copayment for each time (in the case of 10% copayment)</p> <p>In the case it is carried out by 3 staff</p> <p>Care Requirement 1-5 ▶ 1,355 yen</p>	<b>Care Prevention House Call Bath Care</b> <p>Care staff and nursing staff visit with a mobile bathing vehicle and provide a bath tub, and the person can receive bathing care, in the case of a special reason such as disease.</p> <p>◆ Guidelines for user copayment for each time (in the case of 10% copayment)</p> <p>In the case it is carried out by 2 staff</p> <p>Assistance requirement 1-2 ▶ 916 yen</p>
<b>House Call Rehabilitation</b> <p>On the instruction of the provider's doctor, a physical therapist, occupational therapist or speech therapist will visit, and the person can receive rehabilitation to improve daily activities at home.</p> <p>◆ Guidelines for user copayment (in the case of 10% copayment)</p> <p>Care Requirement 1-5 ▶ 310 yen for 1 time (20 minutes or more)</p>	<b>Care Prevention House Call Rehabilitation</b> <p>On the instruction of the provider's doctor, a physical therapist, occupational therapist or speech therapist will visit, and the person can receive rehabilitation to improve daily activities at home.</p> <p>◆ Guidelines for user copayment (in the case of 10% copayment)</p> <p>Assistance requirement 1-2 ▶ 310 yen for 1 time (20 minutes or more)</p>

### Persons with care requirement 1-5

#### House Call Clinical Nursing

On the instructions of a doctor, persons suffering from a disease may receive a house call by a nurse, and receive care and medical help through medical treatment.



◆ Guidelines for user copayment for each time (in the case of 10% copayment)

For under 30 minutes

In the case of a house call from a nursing station ▶ 507 yen

In the case of a house call from a hospital or clinic ▶ 430 yen

### Persons with assistance requirement 1-2

#### Care Prevention House Call Clinical Nursing

On the instructions of a doctor, persons suffering from a disease may receive a house call by a nurse, and receive care and medical help through medical treatment for the purpose of care prevention.

◆ Guidelines for user copayment for each time (in the case of 10% copayment)

For under 30 minutes

In the case of a house call from a nursing station ▶ 486 yen

In the case of a house call from a hospital or clinic ▶ 411 yen

#### In-Home Medical Care Management and Guidance

For persons for whom it is difficult to visit hospital, doctors, dentists, pharmacists and managerial dieticians will visit the home, and the person can receive management and guidance through medical treatment.

◆ Guidelines for user copayment for each time (in the case of 10% copayment)

Depends on the qualifications of those carrying out the management and guidance ▶ 260 yen - 558 yen

#### Care Prevention In-Home Medical Care Management and Guidance

For persons who find it difficult to visit hospital, doctors, dentists, pharmacists and managerial dieticians will visit the home, and the person can receive management and guidance through medical treatment for the purpose of care prevention.

◆ Guidelines for user copayment for each time (in the case of 10% copayment)

### Services Used when Visiting a Facility

### Persons with care requirement 1-5

#### Outpatient Care (Day Service)

At the outpatient care facility, on a day visit, persons can receive assistance with daily living such as meals and taking a bath, and assistance with functional training.



◆ Guidelines for user copayment for each time (in the case of 10% copayment)

In the case of a normal size provider, for 7 - 8 hours \*including transport

Care requirement 1-5 ▶ 680 yen - 1,185 yen

### Persons with assistance requirement 1-2

#### Outpatient Service

The care prevention outpatient care is **provided by Suita City Senior Citizens Reassurance and Confidence Support Project** as an "outpatient support service". See P14 for details.

#### Outpatient Rehabilitation (Day Care)

At a long-term care senior citizen health facility or medical facility, on a day visit, the person can receive assistance with daily living such as meals and taking a bath, and receive rehabilitation.

◆ Guidelines for user copayment for each time (in the case of 10% copayment)

In the case of a normal size provider, for 6 - 7 hours \*including transport

Care requirement 1-5 ▶ 711 yen - 1,306 yen

#### Care Prevention Outpatient Rehabilitation (Day Care)


At a long-term care senior citizen health facility or medical facility, on a day visit, the person can receive assistance with daily living such as meals and taking a bath, rehabilitation, and selective services tailored to objectives.

◆ Guidelines for user copayment (in the case of 10% copayment)

Common services (for one month) \*including transport

Assistance requirement 1-2 ▶ 1,825 yen - 3,854 yen

## ● Using Services with Short-Term Inpatient Care (Short Stay)

Persons with care requirement 1-5	Persons with assistance requirement 1-2
<b>Short-Term Inpatient Daily Life Care</b> <p>The person can be admitted short-term into a long-term care senior citizen welfare facility, and receive assistance with daily life and functional training.</p>  <p>◆ Guidelines for user copayment [1 day] (in the case of 10% copayment) In the case of multiple bed room</p> <p>Care requirement 1-5 ▶ 623 yen - 913 yen</p>	<b>Care Prevention Short-Term Inpatient Daily Life Care</b> <p>The person can be admitted short-term into a long-term care senior citizen welfare facility, and receive assistance with daily life and functional training for the purpose of care prevention.</p> <p>◆ Guidelines for user copayment [1 day] (in the case of 10% copayment) In the case of multiple bed room</p> <p>Assistance requirement 1-2 ▶ 466 yen • 579 yen</p>
<b>Short-Term Inpatient Medical Treatment Care</b> <p>The person can be admitted short-term into a long-term care senior citizen welfare facility or medical facility, and receive nursing and care under medical supervision, and care with daily life and functional training.</p> <p>◆ Guidelines for user copayment [1 day] (in the case of 10% copayment) In the case of multiple bed room</p> <p>Care requirement 1-5 ▶ 871 yen - 1,096 yen</p>	<b>Care Prevention Short-Term Inpatient Medical Treatment Care</b> <p>The person can be admitted short-term into a long-term care senior citizen welfare facility or medical facility, and receive nursing and care under medical supervision, and care with daily life and functional training for the purpose of care prevention.</p> <p>◆ Guidelines for user copayment [1 day] (in the case of 10% copayment) In the case of multiple bed room</p> <p>Assistance requirement 1-2 ▶ 644 yen • 807 yen</p>

## ● Services in which Care and Assistance is received in a Paid Nursing Home

Persons with care requirement 1-5	Persons with assistance requirement 1-2
<b>Specified Facility Resident Daily Life Care</b> <p>Persons resident in a specified facility (designated paid nursing home, etc.) can receive assistance with their daily lives and care.</p> <p>◆ Guidelines for user copayment [1 month (31-day calculation)] (in the case of 10% copayment)</p> <p>Care requirement 1-5 ▶ 17,448 yen - 26,140 yen</p>	<b>Care Prevention Specified Facility Resident Daily Life Care</b> <p>Persons resident in a specified facility (designated paid nursing home, etc.) can receive assistance with their daily lives and care, for the purpose of care prevention.</p> <p>◆ Guidelines for user copayment [1 month (31-day calculation)] (in the case of 10% copayment)</p> <p>Assistance requirement 1-2 ▶ 5,882 yen • 10,097 yen</p>



## ● Service Supporting Life at Home

Persons with care requirement 1-5		Persons with assistance requirement 1-2																																																	
<h3>Welfare Equipment Rentals</h3> <p>Welfare equipment can be rented to assist in independence in daily life.</p>		<h3>Care Prevention Welfare Equipment Rentals</h3> <p>Welfare equipment which helps with care prevention can be rented.</p>																																																	
<p>The fee varies depending on the type of welfare equipment and the provider.</p> <table><tr><th></th><th>Assistance Requirement 1-2 Care Requirement 1</th><th>Care Requirement 2-3</th><th>Care Requirement 4-5</th></tr><tr><td>Handrails (limited to those items not requiring installation works)</td><td>●</td><td>●</td><td>●</td></tr><tr><td>Slopes (limited to those items not requiring installation works)</td><td>●</td><td>●</td><td>●</td></tr><tr><td>Walkers</td><td>●</td><td>●</td><td>●</td></tr><tr><td>Walking Canes</td><td>●</td><td>●</td><td>●</td></tr><tr><td>Wheelchairs (including wheelchair accessories)</td><td>×</td><td>●</td><td>●</td></tr><tr><td>Specialized beds (including specialized bed accessories)</td><td>×</td><td>●</td><td>●</td></tr><tr><td>Anti-slip equipment</td><td>×</td><td>●</td><td>●</td></tr><tr><td>Body position alteration equipment</td><td>×</td><td>●</td><td>●</td></tr><tr><td>Anti-wandering alarms for senile senior citizens</td><td>×</td><td>●</td><td>●</td></tr><tr><td>Mobility lifts (excluding hoisting equipment)</td><td>×</td><td>●</td><td>●</td></tr><tr><td>Automatic stool processing equipment</td><td>▲*</td><td>▲*</td><td>●</td></tr></table>			Assistance Requirement 1-2 Care Requirement 1	Care Requirement 2-3	Care Requirement 4-5	Handrails (limited to those items not requiring installation works)	●	●	●	Slopes (limited to those items not requiring installation works)	●	●	●	Walkers	●	●	●	Walking Canes	●	●	●	Wheelchairs (including wheelchair accessories)	×	●	●	Specialized beds (including specialized bed accessories)	×	●	●	Anti-slip equipment	×	●	●	Body position alteration equipment	×	●	●	Anti-wandering alarms for senile senior citizens	×	●	●	Mobility lifts (excluding hoisting equipment)	×	●	●	Automatic stool processing equipment	▲*	▲*	●	<div><div>● Available</div><div>▲ Partially available</div><div>×</div><div>Unavailable, as a rule</div></div> <p>Persons requiring equipment should contact the Comprehensive Regional Support Center or the senior citizens welfare office.</p> <p>*Items that absorb only urine are available.</p>	
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<p>● Several products with differing functions and price range are offered by providers. <b>Revision point!</b></p> <p>● From October 2018, the average nationwide rental price for each product will be publicized, and the maximum amount will be set. <b>Revision point!</b></p>																																																			
<h3>Sales of Specified Welfare Equipment</h3> <p><b>Application</b></p> <p>When purchasing welfare equipment used for taking a bath or going to the toilet, etc., the purchase cost will be covered. <b>An application is required.</b></p> <div><div>● Sit-down toilets</div><div>● Bathing assistance equipment</div><div>● Replaceable parts for automatic stool processing equipment</div><div>● Simple bathtubs</div><div>● Hoisting equipment for mobility lifts</div></div>		<h3>Sales of Specified Welfare Equipment for Care Prevention</h3> <p><b>Application</b></p> <p>When purchasing equipment that aids care prevention from among welfare equipment used for taking a bath or going to the toilet, etc., the purchase cost will be covered. <b>An application is required.</b></p>																																																	
<p>◆ Service Cost Guidelines</p> <p>In the same fiscal year, 90%, 80% or 70% of the cost is covered up to a maximum of 100,000 yen, and the user covers 10%, 20% or 30%.</p> <p>★ The purchase cost of welfare equipment is covered only in the case that the provider from which it is purchased is designated by the prefecture or city.</p>		<p>◆ Service Cost Guidelines</p>																																																	
<h3>Home Improvement Expense Benefit</h3> <p><b>Application in advance</b></p> <p>When carrying out home improvements such as installing hand rails or removing steps, a home improvement expense benefit is provided. <b>An application is required in advance before the improvements are carried out.</b></p> <div><div>● Change the floor material or passageway surface to prevent slips and ensure smooth movement</div><div>● Install handrails</div><div>● Remove stairs</div><div>● Replace doors with sliding doors, etc.</div><div>● Replace toilet with western style toilet</div></div> <p>*Improvements required together with the improvements above are also eligible.</p>		<h3>Care Prevention Home Improvement Expense Benefit</h3> <p><b>Application in advance</b></p> <p>When carrying out home improvements that aid care prevention such as installing handrails or removing stairs, a home improvement expense benefit is provided. <b>An application is required in advance before the improvements are carried out.</b></p>																																																	
<p>◆ Service Cost Guidelines</p> <p>90%, 80% or 70% of the cost is covered up to a maximum of 200,000 yen, and the user covers 10%, 20% or 30%.</p> <p>★ If no application is made in advance, then the home improvement costs are not covered.</p>		<p>◆ Service Cost Guidelines</p>																																																	

## Care Services (Facility Services) \*Available to persons with a care requirement of 1-5 (Not available to persons with an assistance requirement of 1-2) These are services used by inpatients in the facility.

Within the facility services, accommodation expenses, meal costs and daily living expenses are incurred separately. Refer to P6 for details.

### Facilities used by persons requiring permanent care

**Persons with care requirement 1-5** (As a rule, persons with a care requirement of 3 or higher are eligible for new admission)

#### Senior Citizen Welfare Care Facilities

(Special Custodial Homes for Senior Citizens)

These are inpatient facilities for bedridden individuals and those with dementia who require continual care for everyday life and for whom such care is difficult to achieve at home. Eligible individuals can receive daily life care services including meals, baths and restroom help as well as treatment assistance.

◆ Guidelines for user copayment  
[1 month (31-day calculation)]  
(in the case of 10% copayment)

Multiple bed room case

Care requirement 1-5 ▶ 18,200 yen -  
27,087 yen

### Facilities Targeting a Return Home

**Persons with care requirement 1-5**

#### Long-Term Care Senior Citizen Health Facility

(senior citizen health facility)

This is a facility installed in a medical facility which targets a return home. Based on medical management by a doctor, a person whose condition is stable can receive care and rehabilitation based on medical treatment, as well as care in daily life such as taking a bath.

◆ Guidelines for user copayment  
[1 month (31-day calculation)]  
(in the case of 10% copayment)

Multiple bed room (home-enhanced type) case

Care requirement 1-5 ▶ 26,728 yen -  
34,798 yen

### Facilities used by persons requiring long-term medical treatment

**Persons with care requirement 1-5**

#### Long-Term Care and Medical Treatment Medical Facility

(hospital beds for medical treatment, etc.)

Installed in a medical facility, this is a facility for persons requiring long-term medical treatment based on medical management. Medical nursing, long-term care and rehabilitation can be received.

As of June 1, 2018, there are no providers in Suita City who carry out this service.

### Facilities where Long-Term Medical Treatment and Long-Term Care are Integrally Received

**Persons with care requirement 1-5**

#### Long-Term Care and Medical Clinic

Founded in April 2018

Revision point!

A facility combining medical care functions including daily medical management, end-of-life care and terminal care with a life facility. Medical care, nursing, long-term care and rehabilitation can be received.

As of June 1, 2018, there are no providers in Suita City who carry out this service.

## Community-Based Services These services allow people to continue living in a familiar area.

Services carried out may differ depending on the municipality.

**Persons with care requirement 1-5**

**Persons with assistance requirement 1-2**

#### Dementia Support-Format Outpatient Care

Persons with dementia can receive services including care and functional training for daily life such as meals and baths, and specialized care on a day visit.

#### Care Prevention Dementia Support-Format Outpatient Care

#### Community-Based Outpatient Care

This is a small (capacity of 18 people or fewer) outpatient care facility where care for daily life and functional training can be received.

Unavailable to persons with assistance requirement 1-2

#### Small Scale Multifunctional In-Home Care

The user can receive a multifunctional service which combines visiting and staying services, centered on living out, depending on the user's choice.

#### Care Prevention Small Scale Multifunctional In-Home Care

#### Nursing and Small Scale Multifunctional In-Home Care

By combining small scale multifunctional in-home care and nursing visits, long-term care and nursing care can be received.

Unavailable to persons with assistance requirement 1-2

#### Dementia Support-Format Community Life Care

Persons with dementia can receive services including care in daily life and functional training at a residence with community life.

#### Care Prevention Dementia Support-Format Community Life Care

\*Unavailable to persons of assistance requirement 1.

#### Community-Based Care and Senior Citizens Welfare Facility Resident Life Care

Persons entering a small (capacity of 29 persons or under) care and senior citizens welfare facility can receive services including assistance with daily life and functional training.

\*As a rule, persons with a care requirement of 3 or higher are eligible for new admission.

Unavailable to persons with assistance requirement 1-2

#### Night Support-Format House Call Care

Specialist night-time house calls and care can be received via a patrol and reporting system.

Unavailable to persons with assistance requirement 1-2

#### Long-Term Care and Nursing with Regular Patrols and House Calls as Needed

Long-term care, nursing and emergency support can be received with regular patrols through the day and night, and dispatches as needed.

Unavailable to persons with assistance requirement 1-2

#### Community-Based Specified Facility with Resident Life Care

Persons resident in the small (capacity 29 persons or fewer) long-term care specified facility (designated paid nursing home, etc.) can receive services including assistance with daily life and functional training.

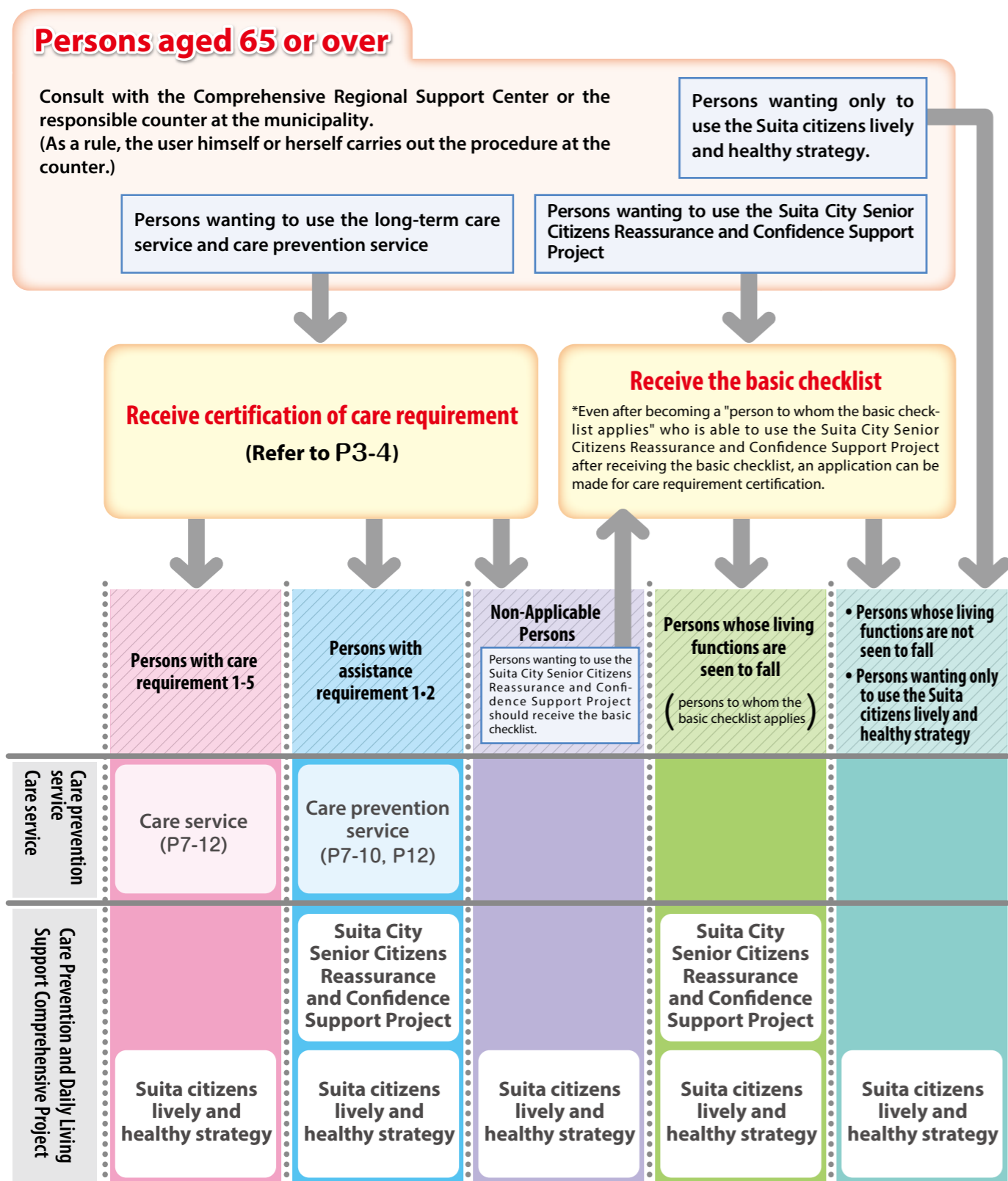
Unavailable to persons with assistance requirement 1-2

★ Depending on the service, meal costs, accommodation expenses and daily living costs may be incurred separately.

# Care Prevention and Daily Living Support Comprehensive Project

The Care Prevention and Daily Living Support Comprehensive Project is a project in which the municipality comprehensively carries out care prevention. In comparison with care prevention projects until now, services are available that better match the condition and desires of the user (service contents and the user copayment vary with the municipality).

In care prevention "as far as possible we avoid the necessity for care" and "even if care becomes necessary, we try to avoid the situation worsening". To continue to live your life independently and in your own way, it is important to tackle care prevention while healthy.



## Services that can be Used through the Care Prevention and Daily Living Support Comprehensive Project

### ◆ Suita citizens lively and healthy strategy (general care prevention project)

All persons aged 65 years or over

This project supports efforts to assist independence through the connections between people in the region, and targets a region in which people can live life fully in their own way while having a purpose and role. Any person aged 65 or over can use this service, so please participate positively.

#### ● Classes and Lectures Held on Care Prevention (regional care prevention activity support project)

We hold classes and lectures on care prevention including improvement of the exercise equipment function, improvement of nutrition, improvement of the oral cavity function, and prevention of dementia, depression and isolation.



#### ● Support of care Prevention Activities by Everyone in the Region (regional care prevention activities support project)

All residents in the region carry out support for care prevention activities including launch and support continuation of the main constituent, "a place to go", and enrichment of the contents.

In addition, understand people who require support and also carry out projects including support connected to care prevention activities, and validation and evaluation of target achievement.

### ◆ Suita City Senior Citizens Reassurance and Confidence Support Project

Persons with assistance requirement 1-2

Person to whom the basic checklist applies

A person judged to be with "assistance requirement 1-2" and a "person to whom the basic checklist applies" can use the following "Suita City Senior Citizens Reassurance and Confidence Support Project".



## House Call Services

#### ● House Call Support Services (service equivalent to the house call and care (home help) offered until now)

A home helper visits the home to provide physical care and daily life assistance.

#### ● House Call Short-Term Concentrated Support Service

A professional visits the home, and, placing importance on recovery and improvement in daily activities, provides guidance and advice to reduce anxiety and inconvenience in every day life. This is free of charge.

## Outpatient Services

#### ● Outpatient Support Services (services equivalent to the outpatient care (day service) offered until now)

At the outpatient care facility, support is provided for assistance in daily life and improvement in daily activities.

## ◆ Suita City Hall

### Senior Citizens Welfare Office

1-3-40 Izumi-Cho, Suita City 564-8550

TEL 06-6384-1231 (Main)

FAX 06-6368-7348

#### Long-Term Care Insurance Application and Consultation

(Application for certification / Insurance premiums)  
(Insurance payments)

Window No. 119, Low-Rise Building 1F

TEL 06-6384-1343

TEL 06-6384-1341

#### Certification for Long-Term Care Requirement or Assistance Requirement

(Visit and examination)  
(Long-term care certification committee)

Window No. 152, Temporary Building 2F

TEL 06-6384-1885

TEL 06-6384-1345

#### Senior Citizens Welfare Consultation

(Key Comprehensive Regional Support Center)

Window No. 118, Low-Rise Building 1F

TEL 06-6384-1360

#### Long-Term Care Insurance Plan and Project Promotion

(Suita City annual health plan, etc.)

Window No. 151, Temporary Building 1F

TEL 06-6384-1339

#### Project to Build a Purposeful Life and Respect for Senior Citizens

(Senior citizens club, etc.)

Window No. 151, Temporary Building 1F

TEL 06-6384-1336

### Welfare Guidance and Inspection Office

Long-term care insurance company designation,  
Guidance and inspection

3-401 Asahi-Machi, Suita City 564-0027

TEL 06-6155-8748

FAX 06-6317-5356

#### Publisher

**Long-Term Care Insurance Group,  
Senior Citizens Welfare Office, Suita City Hall**

1-3-40 Izumi-Cho, Suita City 564-8550

TEL 06-6384-1231 (Main)

Web: <http://www.city.suita.osaka.jp>

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