A specialist who has an extensive knowledge of nursing care draws up a care plan for you based on your and your family's requests and acts as an intermediary contact with service providers.

Care Level 1 to 5

How to Use In-Home Services

In-Home Care Service Providers

Assessment by a Care Manager (Clarification of Issues)

A care manager will assess your mental and physical conditions, environment, and living situation to clarify the issues faced.

Meeting with a Service Representative

You and your family consult with a service representative to choose the most suitable services.

Care Plan Preparation

Decide the types of services and how often you will need them.

Contract with Service Provider

Sign a contract with a service provider who will supply your care needs.

Use In-Home Services

Begin to use services based on your care plan.

How to Use Facility and Residential Services

Sign Contract with Long-Term Care Insurance Facility

Select the facility of your choice and contact them.

Care Plan Preparation

A care manager from the facility will draw up a care plan for you.



Use Facility and **Residential Services**

Begin to use facility and residential services based on the care plan.

Support Level 1 and 2

Making Use of Preventive Care Services

Preventive Care Service Providers

(Local Comprehensive Support Center)

Assessment by a Preventive Care Planner (Clarification of Issues)

A preventive care planner will assess your mental and physical conditions, environment, and living situation to clarify the issues faced.

Meeting with a Service Representative

You and your family will consult with a service representative to develop a support plan in which goals to be achieved are set.

Preventive Care Plan Preparation

Decide the types of services and how often you will need them to achieve your goals.

Contract with Service Provider

Sign a contract with a service provider who will supply your preventive

Use Preventive Care Services

Begin to use services based on your preventive care plan.

No Certification

(those experiencing a decline in daily life activities)

Making Use of Preventive Care Programs

Health and Welfare Centers at Ward Offices. Local Comprehensive **Support Centers**

Basic Checklist

Conduct a self-checkup and confirm status of your vitality (lifestyle and health condition).

Preventive Care Management

Checklist answers, medical check-up results, and your wishes are taken into consideration to arrange a suitable program. (A care plan will be prepared if necessary.)

Use Preventive Care Program

^{*}You can create a care plan yourself as long as you notify the Long-Term Care Insurance Counter at your local ward office. In this case, you will have to do all the procedures required such as contacting and coordinating with the service care providers, preparing the application form, and submitting them every month to the ward office.