

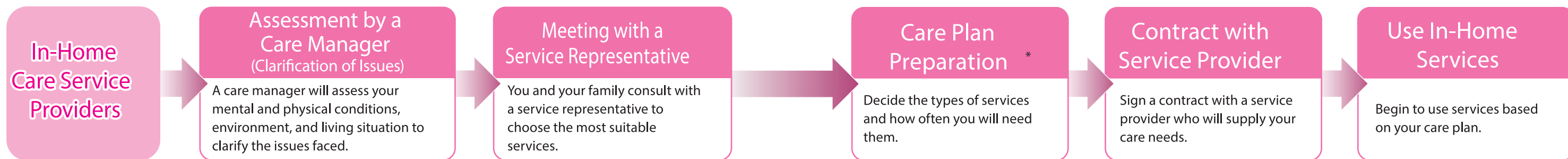
Procedure for Using Services

Prepare a care plan based on the awarded certification and receive the services.

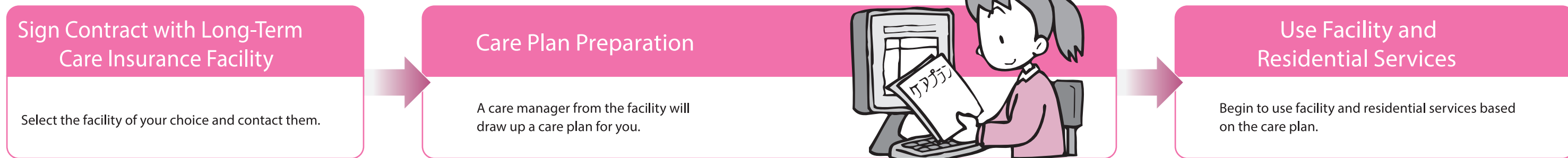
Care Manager (Care Service Specialist)

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.

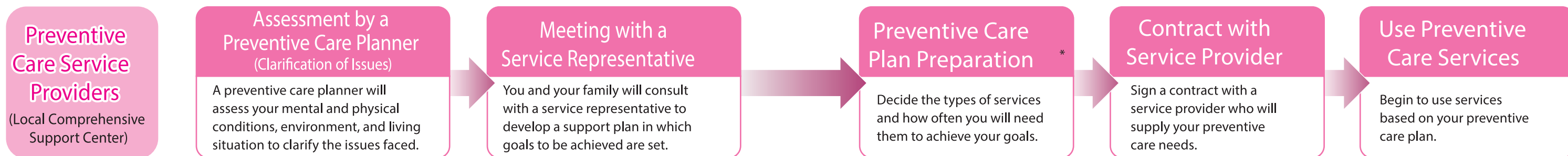
Care Level 1 to 5 How to Use In-Home Services



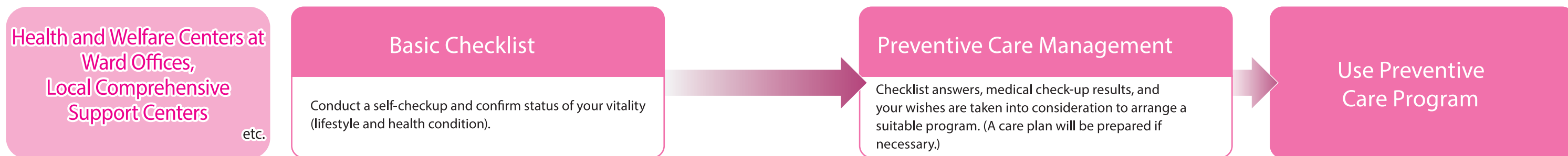
How to Use Facility and Residential Services



Support Level 1 and 2 Making Use of Preventive Care Services



No Certification (those experiencing a decline in daily life activities) Making Use of Preventive Care Programs



*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.