

## Preventive Care Day Service / Day Care

(Support Level 1 and 2)

- For preventive care purposes, assistance with daily activities and rehabilitation services are available.
- In addition, the select services listed below can be added.
  1. Motor function improvement\*
    - To prevent and improve deterioration in motor function due to aging, exercise is done under the advice of a physical therapist.
    - \*Motor functions depend on the musculoskeletal system such as the bones, joints, muscles, and nerves.
  2. Improvement of nutrition
    - To prevent malnutrition, consult with a nationally registered dietitian for advice on meals and nutritional management.
  3. Improvement of oral function
    - A dental hygienist gives instructions on swallowing and mouth cleaning.
- For day service users, the group activities explained below are available. If you use 4 together with one of 1 to 3, you do not have to pay for 4.
- 4. Group activities for improving ability to carry out daily life activities
  - For the purpose of improving care recipients' ability to carry out activities of daily living, necessary support in daily activities is offered. These services are addressed to a care recipients' group which share common difficulties in their daily lives.

Level of Care Required	Day Service			Day Care			
	Service Cost (100%)	User Cost (10%)	User Cost (20%)	Service Cost (100%)	User Cost (10%)	User Cost (20%)	
Support Level 1	17,655 yen	1,766 yen	3,531 yen	19,714 yen	1,972 yen	3,943 yen	
Support Level 2	36,201 yen	3,621 yen	7,241 yen	40,419 yen	4,042 yen	8,084 yen	
Surcharge	Motor function improvement	2,412 yen	242 yen	483 yen	2,448 yen	245 yen	490 yen
	Improvement of nutrition	1,608 yen	161 yen	322 yen	1,632 yen	164 yen	327 yen
	Improvement of oral function	1,608 yen	161 yen	322 yen	1,632 yen	164 yen	327 yen
	Group activities for improving ability to carry out activities of daily living*	1,072 yen	108 yen	215 yen	—	—	—

## Short-Term Stay Services

### Short-Term Stay Care (at a Welfare Facility)

You can stay at a welfare facility for the elderly (special nursing home for the elderly) for a short period of time to receive assistance with meals, bathing and functional training.

(Per day, basic cost)

Level of Care Required		Service Cost (100%)	User Cost (10%)	User Cost (20%)
Support Level 1 and 2	Shared room	5,385 yen~6,691 yen	539 yen~670 yen	1,077 yen~1,339 yen
	Private room	5,015 yen~6,223 yen	502 yen~623 yen	1,003 yen~1,245 yen
Care Level 1 to 5	Shared room	7,474 yen~10,379 yen	748 yen~1,038 yen	1,495 yen~2,076 yen
	Private room	6,745 yen~9,650 yen	675 yen~965 yen	1,349 yen~1,930 yen

User bears other costs for food, accommodation, etc.

### Short-Term Stay Medical Care (at a Medical Facility)

You can stay at a health service facility for the elderly for a short period of time to receive medical care, nursing care, and functional training under medical supervision.

(Per day, basic cost for use of services at a health service facility for the elderly)

Level of Care Required		Service Cost (100%)	User Cost (10%)	User Cost (20%)
Support Level 1 and 2	Shared room	6,517 yen~8,168 yen	652 yen~817 yen	1,304 yen~1,634 yen
	Private room	6,164 yen~7,675 yen	617 yen~768 yen	1,233 yen~1,535 yen
Care Level 1 to 5	Shared room	8,822 yen~11,105 yen	883 yen~1,111 yen	1,765 yen~2,221 yen
	Private room	8,040 yen~10,280 yen	804 yen~1,028 yen	1,608 yen~2,056 yen

User bears other costs for food, accommodation, etc.

Note: Sanatorium-type medical care facilities will become sanatorium-type health service facilities by March 31, 2018 (extended).