

After Completing the Basic Checklist



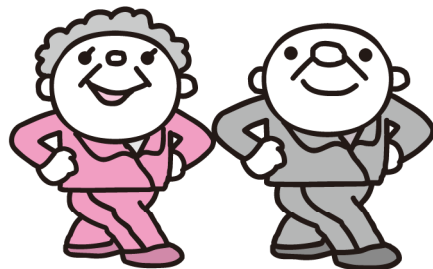
● Add up the number of answers that you circled in the green boxes in the basic checklist on the previous page and determine which of the following applies to you, if any.

- A. **3 or more** for Questions 6-10 (motor functions)
- B. **2 or more** for Questions 13-15 (oral functions)
- C. **10 or more** for Questions 1-20 (activities of daily living)



● **If A, B, and/or C apply to you**
 If you are 65 and older and have not received Care Need/Support Need Certification, it is recommended that you attend preventive care classes (see next page) to improve body functions. If you are interested in joining preventive care classes, please inquire at the Local Comprehensive Support Center in your local district or at your local ward office. (Community Health Activities Section).

● **If none of A, B, or C apply to you**
 Please continue to lead an active life by participating in local events, etc. in order to maintain your ability to perform daily life activities.



For Inquiries

● Local Ward Offices

◇ Community Health Activities Section

Ward	Tel	Ward	Tel	Ward	Tel
Kita	6313-9968	Tennoji	6774-9968	Joto	6930-9968
Miyakojima	6882-9968	Naniwa	6647-9968	Tsurumi	6915-9968
Fukushima	6464-9968	Nishiyodogawa	6478-9968	Abeno	6622-9968
Konohana	6466-9968	Yodogawa	6308-9968	Suminoe	6682-9968
Chuo	6267-9968	Higashiyodogawa	4809-9968	Sumiyoshi	6694-9968
Nishi	6532-9968	Higashinari	6977-9968	Higashisumiyoshi	4399-9968
Minato	6576-9968	Ikuno	6715-9968	Hirano	4302-9968
Taisho	4394-9968	Asahi	6957-9968	Nishinari	6659-9968