

What is the Preventive Care Program?

● The City of Osaka's preventive care program includes the following types of activities.

♪ Preventive Care Day Service Classes

● Preventive Care Classes (combined)

Classes cover all areas of preventive care including **exercises** to improve leg and back strength needed for sitting and standing, how to prepare **meals** for an aging body, and **oral care** to enable chewing and enjoyment of talking with others.

Frequency and Term

Once or twice a week for 3 months (total of 20 times)

Venue

Location of contracted business operator (varies by ward)

● Motor Function Improvement Classes

Exercises, including at-home exercises, are taught for building the strength needed to sit, stand, maintain balance, and prevent falls.

Frequency and Term

Once a week for 3 months (total of 14 times)

Venue

Location of contracted business operator (varies by ward)



● Fun with Friends – Naniwa Genki School

A place for the elderly to gather together and communicate with local residents. You can increase your mental and physical liveliness by participating in exercises, music, singing, and arts and crafts.

Frequency and Term

Once a month for 6 months

Venue

Local community center, facility for the elderly, etc.



♪ Preventive Care Support through Home Visits

For those who are unable to attend classes, a specialist can visit your home and provide support for improving and maintaining ability to carry out daily life activities.

- Improving Health for Mind and Body.....Visit by registered nurse and other professionals
 - ◇ Once a month (6 months)
- Improving Nutrition.....Visit by registered dietitian
 - ◇ Once a month (6 months)
- Improving Oral Functions.....Visit by dental hygienist
 - ◇ Once a month (3 months)

