



THE ABC'S OF ELDERLY NURSING CARE

Nursing Care System for Peace of Mind

おざわ

ELISA HIRAI (小澤エリサ)

Former International Residents Enquiry Service (Spanish)

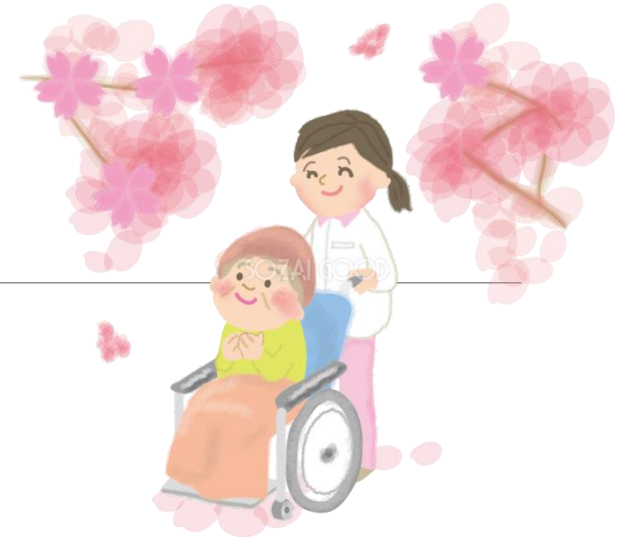
SIEMPRE GENKI President / Certified Care Worker / Exercise to
prolong independent living Advisor



Translation: Kanagawa International Foundation

What is Nursing Care Insurance?

Let's first look at what 'Nursing Care' includes...



Nursing care refers to the services provided to the elderly or those with disabilities in order to carry out their daily lives.

International residents who are long term residents of Japan⇒Progressed to elderly years
What foreign residents in Japan should know and do at the very least!

- Learning about Japan's super-aging society.
- What is nursing care insurance, and why it's important.
- What to ask and **where?**
- Ideal aging process, and how to handle if you or a family member should need nursing care.
- Living happily and independently as we enter later life.



Talking about this early on is important

& more...

What is Japan like now?

- Reduced birthrate and aging society

Large families are a thing of the past. Now, there are few family members who can support elderly members.

- Elderly family caring for elderly

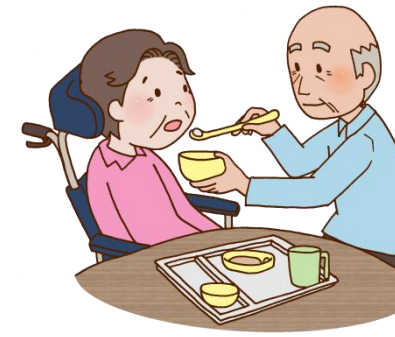
- Dementia

- Retiring to care for family member

- Fatigue from care

- Abuse

- Solitary death etc...



Certified Care



Early onset dementia



Nursing Care Insurance System established in the year 2000 to solve these issues.



The elderly should not just be supported by family, but by society as a whole!

A joint effort is required to achieve elderly care at as low a cost as possible.

Aiming to achieve progressing into later years with peace of mind in your own home, without creating stress for the person in need of care or family members.

It is important to know how you can continue to work if you make proper use of the nursing care insurance system.



Creating living environment suitable for those with dementia.

Society as a whole will support you and your family so that you may live as you always have, in an environment you are used to.



Who can avail of it?

Medical Health Insurance Card → Immediate use



Nursing Care Insurance Card → Immediate use **✗**



You become ‘insured’ when you sign up for nursing care insurance.

First Insured	Second Insured
65 yrs +	40 – 64 yrs
Insured person pays insurance premium (deducted from pension or pay by self)	Payment made with national health insurance.

● 色はレモンイエローです。

● 保険証の番号を別に控えておきましょう

Fujisawa City

● 住所、氏名、生年月日などに誤りがないか確認しましょう。

● 裏面の注意事項をよく読みましょう。

介護保険被保険者証 (1)

番号

住所

フリガナ

氏名

生年月日

性別

1 4 2 0 5 9

神奈川県藤沢市

神奈川県藤沢市朝日町1番地の1

電話 0466(25)1111

印

Only for those with one of **16 illnesses** designated by Japanese government and **confirmed by a physician.**

‘Nursing Care Insurance Card’ will be delivered to your home address within the same month of turning 65 years old.

Do I absolutely have to pay?



It's obligatory!

All residents in Japan over the age of 40 are required to join. Of course, this includes foreign nationals.

No notice regarding
when payments start.

Continually payment
over the duration of
your life

Why from 40 years old?

Because it is the age that you
likely start to think of care for
your own parents.

Payments made = Can use

check

I won't use it, so
I won't pay!



How much do I have to pay? (Insurance premium)

Insurance premium
varies per person

& varies depending
on your income

check

Insurance premium varies depending on your address

Over 65 years : The **standard payment** is determined by the cost of nursing care in the area of your home address, the number of residents over 65 years, and the income of family members living at the same address.

The annual standard payment for Fujisawa City is ¥56,400.

Some pay more, and others pay less than this.

check

40 – 64 yrs old: Employed persons can check details on salary slip.

Reduction/Exemption System!

Approx. 1.7% of salary (payment covered evenly by employer and employee)
and varies on the medical insurance joined and income.

I make this payment too!

支		給		控		そ の	
基本給	133,120	健康保険	7,984				
普通残業	4,875	基本保	4,728				
休出残業	0						
非税宿直	0	介護保険	1,376			計	
精勤手当	0	厚生年金	13,020				
管理者手当	0	厚生基金	0			差引支給額	
計画作成手当	0	雇用保険	691				
準計画作成手当	0	所得税	1,440			振込支給	
エルダー手当	0	住民税	0			銀行振込1	
介護福祉士	0						
処遇改善手当	0	食事代	5,760			合 計	
非税通勤費	0	予防接種	0				
欠勤控除	0					現金支給額	
遅早控除	0					現物支給額	
支給合計	138,385	控除合計	31,230				

65 yr + national average: 2000: ¥2.911 → 2015 : ¥ 5.514 → 2021 : ¥ 6.014

How to use Nursing Care Insurance? Is it free?

Services available through nursing care insurance.

There are many services, however, not everyone is applicable.



But cannot be used immediately. Only those who require the services can use them.

Those who avail of the services are called '**users**'.

First, it is necessary to **apply**, the application will be **reviewed**, and once it has been approved.

This is called the '**Nursing Care Approval Process**'.

How much needs to be paid?

Using nursing care services



Almost all people
pay only 10% of services

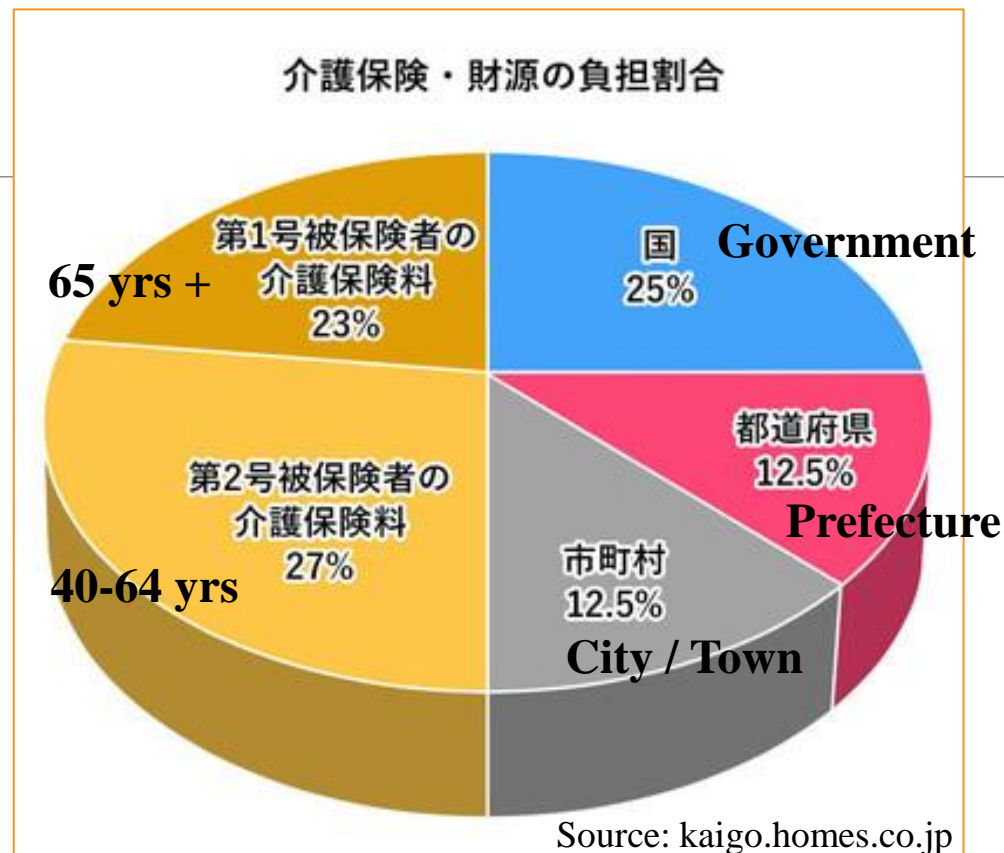
High earners → 20% or 30%



2000 →
10% of costs

2015 →
10% or 20% of costs

2018:
10%, 20%
Or 30% !!!



Support centre refers to Local Elderly Care Support Centre

Enquire at your **local support centre** or **government office**

Application for Approved Nursing Care

Checklist

Doctor's Report

Approval Process

Automated preliminary result

Processing & decision making for Nursing Care Approval (Final Assessment)

Approval Notification

30 Days

10%? 20%? 30%?

Nursing Care Required 1-5

Support Required 1 / 2

Not applicable (Independent)

Creating a **Care Plan**
(at Home Care Support Centre)

Creating a **Care Plan**
(at Local Elderly Care Support Centre)

Nursing Care Services

- Services at home • Services at facilities • Community-based Services

Lifestyle support services and services to postpone the need for nursing care

- Home visit service
- Facility visit service

Efforts to postpone need for nursing care
Building healthy habits from 65+ yrs

How to apply for nursing care



A home visit will be made to review your case.

What is a recognized care provider?

Nursing care required 5

Nursing care required 4

Nursing care required 3

Nursing care required 2

Nursing care required 1

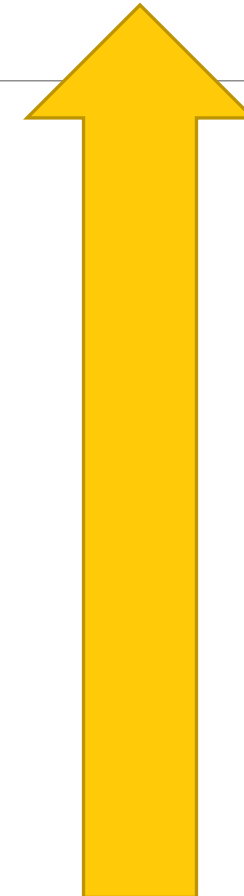
Nursing care
required

Support required 2

Support required 1

Support required


Independent living possible



Severe/
serious

Not severe/
light
condition

What services are available?

- Home visits (home care)
 - Visit facility (outpatient care)
 - Long term/short term stays
 - Combination of multiple services
 - Inpatient care at facility
 - Renting wheelchair or bed
 - Purchase portable toilet
 - Renovation work in the home such as installing handrails, removing steps (200,000 each time)
- Costs vary depending on the level of nursing care required
- 
- (100,000 per year)

Nursing Care Insurance Services

Home visits:

Home based services

Home care
(helper makes visits etc,)

Outpatient (visit):

Outpatient care
(day services, day care)

Overnight stays:

Short stay

Purchase / rent

Welfare equipment rental

Renovations / installation

Reforms in the home

Elderly Nursing Care Home

Facility based services

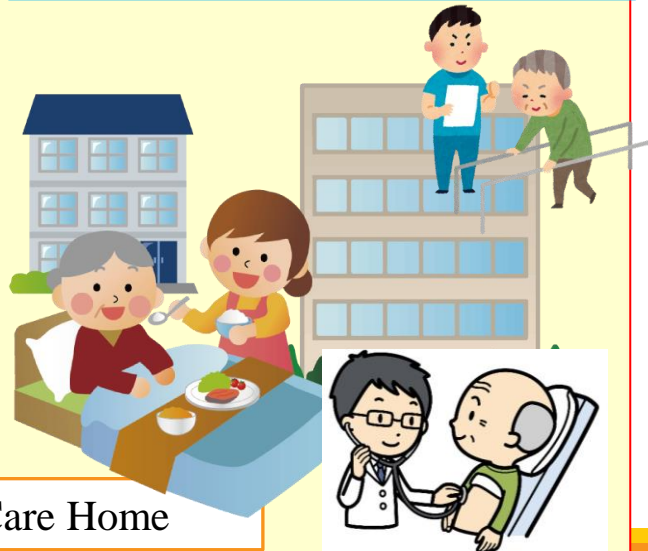
Long term residence

Nursing home→from Nursing Care Required 3

3 months

Long term care→
rehabilitation→ return home

Nursing care clinic→ for those who need clinical care



Only available to local residents



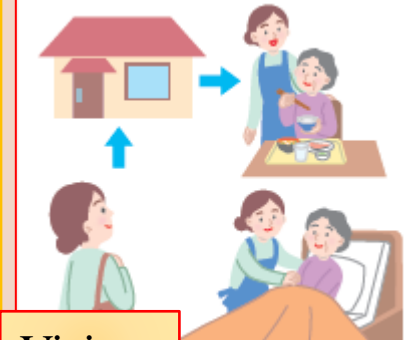
Community based services

Group home
(9 patients with dementia)

At home

Day services

Multifunctional long term care in a small group home:
Visits, outpatient care, and stays are carried out at the **same place with the same staff**



Visits

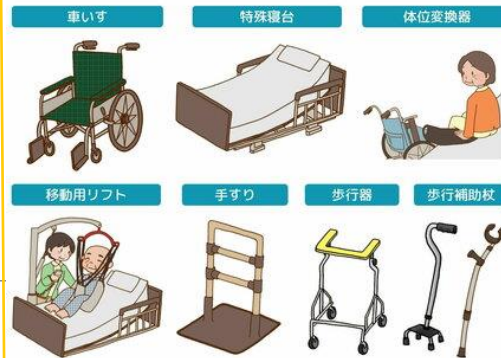
Short stay

Scheduled visit service:
Helper or nurse visits the home at a designated time (routine visit) or when needed (non-routine visit). Night-time service possible for routine and non-routine visits.



Home Visits

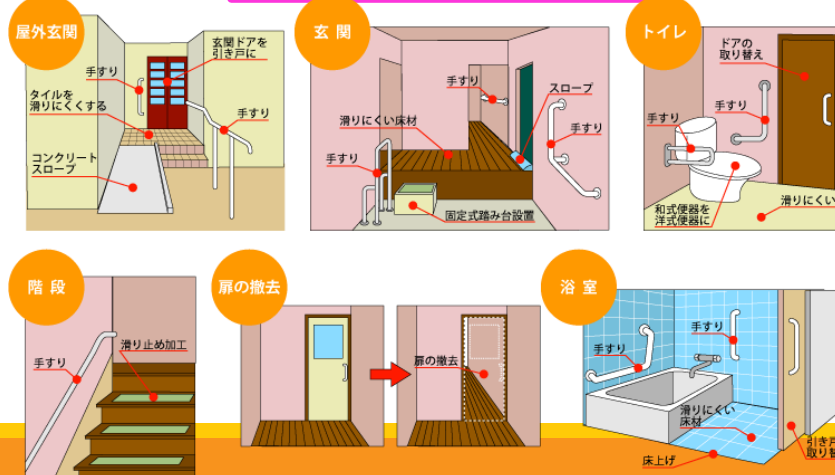
自立した生活を送るため福祉用具



Rent/borrow

Or purchase

Reform



Visit

Where is it okay to ask questions?

Local Elderly Care Support Centre

The support centre offers advice on nursing care / medical care / insurance / social welfare etc. to **support the elderly and their families.**

- Fujisawa City: Ikiiki Support Centre
- Yokohama City: Care Plaza
- Hadano City: Local Elderly Persons Support Centre



Consultations
are free



Local city/ward offices (Insurance department etc.)

There are 19 support centres (Ikiiki Support Centre) in Fujisawa City.

Find the closest 'Iki-iki' Local Elderly Care Support Centre by asking at the Elderly Support Division (Koreisha Shien-ka) to you by asking at your local city/ward office.

TEL: 0466-25-1111 (3124)

Nursing Care Insurance System in Japan

When consulting at local city or ward office, or support centre, please use the Japanese terms such as 'kaigo-hoken' (介護保険 /nursing care insurance) for smoother communication!

The following are Spanish translations...

- Seguro de asistencia médica y domiciliaria para cuidados y tratamientos
- Seguro de cuidados de enfermería
- Seguro de asistencia al cuidado de ancianos
- Seguro de asistencia pública para las personas de la tercera edad
- Seguro de asistencia a personas de terceras edades
- Seguro de cuidado y asistencia
- Seguro de asistencia y rehabilitación
- Seguro de servicio de cuidado e invalidez
- Seguro de cuidado prolongado
- Seguro de ancianidad

.....etc.

Nursing Care Insurance: Multilingual Information

Yokohama City

[https://www.city.yokohama.lg.jp/kurashi/
fukushi-kaigo/koreisha-kaigo/kaigo-hoken/heart-page.html](https://www.city.yokohama.lg.jp/kurashi/fukushi-kaigo/koreisha-kaigo/kaigo-hoken/heart-page.html)

Kawasaki City

<https://www.city.kawasaki.jp/350/page/0000049639.html>

多言語版（たげんごばん）パンフレット（令和3年度版）

※令和3年度版パンフレットの多言語版を掲載しています。

お問合せ先電話・FAX番号についても、冊子発行時（令和3年4月末）の内容です。

↓ [英語（えいご）\(English\) \(PDF: 2,178KB\)](#)

↓ [スペイン語（すぺいんご）\(Español\) \(PDF: 1,622KB\)](#)

↓ [ポルトガル語（ぼるとがるご）\(Portugues\) \(PDF: 2,971KB\)](#)

↓ [中国語 簡体字（ちゅうごくご かんたいじ）\(Simplify Chinese\) \(PDF: 5,800KB\)](#)

↓ [中国語 繁体字（ちゅうごくご はんたいじ）\(Traditional Chinese\) \(PDF: 7,083KB\)](#)








↓ [ハングル（はんぐる）\(Hangeul\) \(PDF: 3,648KB\)](#)

↓ [ベトナム語（べとなむご）\(Vietnamese\) \(PDF: 1,379KB\)](#)

↓ [インドネシア語（いんどねしあご）\(Indonesian\) \(PDF: 2,055KB\)](#)

↓ [やさしい日本語（やさしいにほんご）\(Easy Japanese\) \(PDF: 3,435KB\)](#)

こんにちは介護保険です

-  [こんにちは介護保険です\(PDF形式, 7.21MB\)](#)
-  [こんにちは介護保険です（英語版）\(PDF形式, 833.94KB\)](#)
-  [こんにちは介護保険です（韓国語版）\(PDF形式, 844.28KB\)](#)
-  [こんにちは介護保険です（中国語版）\(PDF形式, 1.02MB\)](#)
-  [こんにちは介護保険です（タガログ語版）\(PDF形式, 858.53KB\)](#)
-  [こんにちは介護保険です（スペイン語版）\(PDF形式, 853.86KB\)](#)
-  [こんにちは介護保険です（ポルトガル語版）\(PDF形式, 853.71KB\)](#)

16 Specified Diseases	
1.がん(末期)	1. Cancer (terminal)
2.関節リュウマチ	2. Rheumatoid arthritis
3.筋萎縮性側索硬化症 (ALS)	3. Amyotrophic lateral sclerosis(ALS)
4.後縦靱帯骨化症	4. Ossification of posterior longitudinal ligament
5.骨折を伴う骨粗鬆症	5. Osteoporosis with fracture
6.初老期における認知症	6. Presenile dementia caused by aging
7.進行性核上性麻痺, 大脳皮質基底核変性症及びパーキンソン病	7. Progressive supranuclear palsy, Corticobasal degeneration, or Parkinson's disease
8.脊髄小脳変性症	8. Spinocerebellar Degeneration
9.脊柱管狭窄症	9. Spinal stenosis
10.早老症[ウェルナー症候群]	10. Progeria (Werner syndrome)
11.多系統萎縮症	11. Multiple system atrophy

Insured persons between ages 40-64
And those who can avail of nursing care insurance

12.糖尿病性神経障害, 糖尿病性腎症及び糖尿病性網膜症	12. Diabetic neuropathy, Diabetic nephropathy, Diabetic omentum
13.脳血管疾患	13. Cerebrovascular disease
14.閉塞性動脈硬化症	14. Arteriosclerosis obliterans
15.慢性閉塞性肺疾患	15. Chronic obstructive pulmonary disease
16.両側の膝関節又は股関節、変形性関節症	16. Bilateral knee or hip joint, Osteoarthritis

In conclusion

We all age regardless of our nationality

As people of other nationalities living in Japan, let's know more about Japan's social welfare systems, including that of nursing care health insurance, to live with peace of mind in Japan that welcomes us.

Please start the conversation with your family and friends about your future.

Thank you for listening



You can follow SIEMPRE GENKI on Facebook
<https://www.facebook.com/siempre.genki>

