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Note: ◦ indicates new projects.
To Realize Reliable Welfare, Public Health and Medical Care Services for present and future generations

Welfare and Public Health Budget of the Tokyo Metropolitan Government

The TMG’s fiscal 2014 budget has been compiled as a budget positioned to take a new step forward toward realizing Tokyo as the world’s greatest city.

With a view to achieving the safety and peace of mind of metropolitan area residents, the Bureau of Social Welfare and Public Health compiled its budget and policies to enhance various efforts “from the cradle to the grave” due to the rapid aging of the population resulting from the decline in the birth rate, while also developing policies to respond appropriately to issues in welfare, health and medical care.

As a result, the budget of the Bureau of Social Welfare and Public Health was allocated 1 trillion 6.98697 billion yen, which accounts for 15.1% of the total TMG budget (total general account of 6,666.7 billion yen). Also, the budget concerning “welfare and public health affairs (social welfare and health budget and payment to hospitals, etc.)” accounts for 22.5% of the TMG general expenditures.

※The General expenditure is the “politic expenses,” which is the total general account after deducting the debt expenditure, special balance carried forward in the special ward fiscal adjustment account and the expenditures for granting a fixed percentage of the tax amount to municipal governments, such as consumption tax.
(1) Welfare for Children and Families

The trend towards nuclear family households related to urbanization, changes in work environments and lack of neighborly relations is resulting in weakened child-rearing abilities in families and communities. Low fertility caused by the changing values towards marriage or child-rearing is also a rapidly emerging issue.

The TMG, based on the “Support for the Development of Next Generation Plan: Last Phase” formed in April 2010, is promoting measures to support child-rearing.

Current Status of Children and Families

Rapidly Declining Birthrate
In Tokyo, the number of children under the age of 18 is decreasing every year. As of January 1, 2013, the number reached 1,810,000, which accounts for 14.2% of the total population of Tokyo. The number of births in 2012 was 107,401 and the number represents less than 50% of the number of babies born between 1971 and 1974 during the second baby boom. The total fertility rate in 2012 was 1.09 and was the lowest rate in the country.

Increase in the Number of Working Women and Family Forms
The number of working women is increasing and the nuclear family structure is the common form of a family.

Support for the Development of Next Generation
In July 2003, the “Act for Measures to Support the Development of the Next Generation,” which clarifies the responsibilities of the country, local public organizations, business owners and citizens, was constituted making mandatory the development of action plans by local public organizations and business owners so that the measures for next generation development are realized more quickly and effectively.

TMG’s Action Plan for the Development of Next Generation
In accordance with the Act for Measures to Support the Development of the Next Generation, the TMG has
formed the “Action Plan for the Development of Next Generation (Last Phase)” in April 2010, which includes TMG policies and support for municipalities. Based on this plan, the TMG will aim to create a society where children in the next generation are born and raised healthy, and promote comprehensive measures to support child-rearing.

Tokyo Conference for Child-rearing Support
To create an environment where people who want to bear and raise children can do so with a sense of security and raise children in good health, the TMG will collaborate with related institutions and groups from various fields to realize a city that provides child-rearing support from society as a whole, for example, the operation of “Tokyo Kosodate Switch,” a website for parenting.

Foundation of Tokyo Child-rearing Support Fund
The Tokyo Child-rearing Support Fund will be founded through investments by Tokyo residents, corporations and TMG in order to address the declining birth rate issue by society as a whole. The fund will support pioneering and advanced programs implemented by NPOs, corporations and local organizations.

Support Project for Children and Families with Block Grant for Municipalities
The TMG supports the creative programs being proactively implemented by municipalities in response to the actual conditions of each community, which contribute to infrastructure development and service enhancement in the category of children and families.

Child-rearing Promotion Grant
The TMG will provide a child-rearing promotion grant and strive to enhance policies to support all children and families, so that municipalities, in response to the actual conditions of each community, can creatively develop policies.

Children’s Fund
The TMG makes use of the grant provided from the national government to establish a foundation. The fund shall be used to develop and improve the system for better child rearing environment through improvement of nursery facilities, support for all children and families, and support for single-parent households and social care.

Tokyo plan to Support the Children and Child-rearing Support Project (Tentative)
Meetings on children and child-rearing will conduct studies to formulate the “Plan to Support the Children and Child-rearing Support Project” based on the Act on Children and Child-rearing Support.

Daycare Services
The TMG, with an aim to resolve the issue of children on waiting lists for daycare facilities, will increase daycare service capacity by 24,000 children in three years since 2012 by combining various daycare services.

Support for Municipalities to for Zero-waiting List for Nursery Schools
The TMG will establish a support system to flexibly support the efforts by municipalities that is trying to solve the issue of long waiting list for nursery schools and enhance the capacity for 0-2 year old children.

Project to Establish Daycare Facilities on Rental Properties
Through financial assistance for rent and renovation expenses of rental properties, the TMG tries to promote new development of licensed daycare facilities.

Emergency Project to Improve Daycare Facilities
The improvement cost for daycare facilities will be subsidized, including creating new facilities and renovating old ones to improve daycare environment.

Emergency Project to Improve Daycare Facilities by Various Entities
TMG will provide its own subsidy to entities such as corporations and NPOs to promote the establishment of licensed daycare facilities.

Project to Promote Improvement of Licensed-daycare Facilities Using Fixed-term Land Leasehold
The project will promote the improvement of licensed-daycare facilities in the urban area by providing subsidy for the lump-sum payment when a fixed-term land leasehold is established.

Project to Secure Daycare Personnel
The project will conduct training to support the reemployment of certified childcare workers, with an aim to secure personnel working in daycare services.

Program to Support Current Daycare Staff to Obtain Qualifications
Secure daycare workers by providing support for some of the cost required when daycare workers working at daycare and other facilities obtain childcare qualifications.

Program to Improve Treatment of Childcare and Other Staff in Tokyo
Secure daycare workers and other staff by providing subsidy for some of the fund extended by municipalities to facilities such as licensed childcare facilities working to improve treatment of daycare and other staff.

Education Loan Program for Daycare Workers
Train and secure daycare workers by extending education loans to students who are studying at designated childcare training facilities and aiming to obtain childcare qualifications, and thereby facilitate their studies.
Support in communities and authorized by the governor.

Parents and provide both nursery services and preschool age child regardless of working condition of

Authorized Child-care Facility

As of April 1 2013, 1,915 daycare facilities (total capacity of 193,757 children) reside in Tokyo, all licensed according to the Child Welfare Law. However, 8,117 children are on waiting lists due to age, hour restrictions or unbalanced demand and supply in certain areas.

- **Extended Daycare**

  Although the availability of extended daycare, which is offered before or after the basic 11 hours, has increased these past few years, only 87.4% of daycare facilities offered the service in FY 2012, and efforts will be made to increase this figure.

- **Daycare for Children with Disabilities**

  The TMG will increase daycare facilities that offer daycare services for children with disabilities.

### [Achievement Target in Three Years]

<table>
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<tr>
<th>Daycare service capacity</th>
<th>FY2012</th>
<th>FY2013</th>
<th>FY2014</th>
<th>Total Increase</th>
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**Licensed-daycare Facility**

The TMG will increase facilities that offer daycare services for children with disabilities.

- **Promote the Establishment of Authorized Child-care Facilities**

  Support municipalities that utilize management consultants, etc. to promote the establishment of Authorized Child-care facilities.

- **Family-like Nursing Business**

  Persons with knowledge and experience in nursing infants and children provide daycare at places such as their home.

- **Diversity of Daycare Services**

  - **Daycare Program for Regular Use**

    The TMG will enhance its original daycare services, which allow part-time workers and those who work during childcare time to flexibly use daycare services as needed.

  - **Weekend and Holiday Daycare Program**

    The TMG will increase daycare facilities that offer services every day throughout the year.

  - **Daycare Program for Sick and Convalescent Children**

    The TMG will increase facilities that offer daycare and nursing care for sick and convalescent children, in dedicated areas constructed at childcare facilities and hospitals.

    TMG offers services according to the child’s condition or family situation, such as sending care facility staff to the daycare center/home, as well as providing technical support and information provision from care facilities to daycare facilities. Subsidy for rental expenses is also provided to daycare facilities for sick and convalescent children operating at rental properties near stations that offer transportation and other services.

- **Supervision for Unlicensed-daycare Facilities**

  The TMG obliges all unlicensed-daycare facilities to submit a report, provides preliminary supervision and training, and conducts on-site inspections. The results of on-site inspections and procedures for selecting facilities are disclosed on the website.

- **Support the Establishment of Small-scale Daycare Facilities**

  TMG supports municipalities promoting the establishment of small-scale daycare with a capacity between 6 and 19 children, with an aim to resolve the issue of children on waiting lists for daycare facilities and to facilitate the implementation of programs when the three laws related to children and child-rearing are fully enforced.

- **Support for Daycare Facilities at Businesses**

  Support the initiatives taken by corporations to foster the next generation, and also support initiative taken by municipalities for daycare facilities run by businesses that accept children from the community in addition to the employees’ children.

TMG Certified-daycare Facility

Daycare facilities obliged to accept children from birth and to be open for 13 hours or longer, certified by TMG based on its own criteria. They are classified into two types: A (Standard facility. Close to railway stations.) and B (small-scale, homelike facility)

Authorized Child-care Facility

Authorized Child-care facilities: 1) Accept any preschool age child regardless of working condition of parents and provide both nursery services and preschool education, and 2) are able to provide childcare-related support in communities and authorized by the governor of Tokyo.
Support for Daycare Program within Medical Institutions
This aims to subsidize projects to operate daycare facilities within medical institutions for the medical staff working at hospitals and clinics in Tokyo, and prevent turnover and promote re-employment of medical staff, as well as provide daycare for children that do not require hospital treatment but cannot receive group nursing due to the need to rest in bed.

Program for Pickup Stations to Daycare [New]
In order to allow children, who cannot find an available daycare facility nearby, to go to facilities far from home, the program provides support to municipalities that have set up pickup stations at locations convenient for guardians such as schools and children's halls to transport children by pickup bus, etc.

Support for Child-rearing, Creating a Friendly Environment for Child-rearing and Promotion of Healthy Development
In order to provide all children in need with proper services in their community, the TMG strives to improve both quality and volume of services, especially focusing on strengthening counseling services.

[Child-rearing Support]
Enhancement of Community-based Childcare Support System
The TMG will establish support systems for mothers and children who are in need of support.

○ Support Program for New-born Babies and Mothers [Partially New]
Seamless support is provided from during pregnancy to after giving birth to mothers and their child requiring special assistance, such as those who are not able to receive support from their families, etc., so that they can raise their children in a safe environment. Overnight care and daycare is provided for a certain period before and after giving birth, along with consulting assistance by maternity nurses, etc.

○ Support Improvement of Parent’s Child-rearing Abilities
Address the concerns related to child rearing among parents raising a child for the first time or nuclear families by conducting group work that offers skills related to child rearing and opportunities to meet peers in similar situations.

Improvement of At-home Services
Each municipality is offering various services at their child and family support centers as follows.

○ Short-stay
In case child rearing is difficult for a guardian due to reasons such as illness, a child welfare facility or foster home looks after the child for a short period (of about 7 days).

○ Twilight-stay
In case a guardian comes home late on a regular basis due to work or is not at home on weekends, a child welfare facility looks after the child on weeknights or on weekends.

○ Program to Visit All Households with Newborns
This program visits all families with newborns up to 4 months old, provides consultations and information on child rearing and referral to other available services if necessary.

○ Parenting Support Home Visit Service
Based on information collected by visiting all households with newborns, childcare consultation or simple housekeeping assistance (dispatch of child-rearing support helper) is offered to families that require parenting support.

Family Support Center
This is a paid volunteer service of mutual support, comprised of members who provide childcare support in the community and those who need child-rearing help.
The service provides various child-rearing support tailored to the individual's needs, such as temporarily looking after or picking up a child.

Program to Subsidize High-quality Rental Housing for Households with Children (Model Project)
To develop a living environment where households with children can live safely and with security, TMG conducted a model project to supply private-sector rental housing designed to ensure children’s safety and with adjacent facilities to support child-rearing. Subsidy is provided for part of the costs, such as maintenance cost of housing that meet TMG maintenance standards, including installation of child fences. The project results will be compiled as a guideline to promote the supply of private-sector rental housing designed for households with children.

Grants
The Japanese government provides Child Allowance (kodomo teate: until the end of the fiscal year in which the child turns 15) to families raising children. Single-parent households receive Child-rearing Allowance (jido fuyo teate) (Japan) and Child Support Allowance (Jido Ikusei Teate) from Tokyo. Households raising children with mental or physical disability receive the Special Child Support Allowance (Japan), Disabled Child Welfare Allowance (Japan), Allowance for Children with Severe Physical or Mental Disability (Tokyo) and Childrearing Allowance for Mentally and Physically Disabled Children (shogai teate) (Tokyo).

Subsidization of Medical Expenses and Others
The TMG subsidizes part of the self-pay burden of medical expenses of: infants, elementary and junior high school students, and children suffering from specific diseases, in addition to those who are considered to have no chance of conceiving without fertility treatment such as in vitro fertilization (IVF) or
micro fertilization.

**Subsidization of Fertility Treatment Costs**

In order to reduce the financial burden of fertility treatment, this subsidy covers part of specific high-cost medical treatments for married couples (in-vitro fertilization and microinsemination) where medical insurance does not cover paid costs.

**[Creating a Friendly Environment for Child-rearing]**

**Improvement of Environment for Outings of Households Raising Children**

“**Akachan Furatto (Drop in anytime with the baby)**” **Project**

“**Akachan Furatto**” is the nickname for facilities used by many people that have space for breast-feeding and changing diapers so that parents with babies can feel at ease about going out with young children.

The wards, cities, towns, and villages as well as businesses that install and manage the facility according to standards set by the Metropolitan are issued an “**Akachan Furatto**” certificate to be display at the entrance.

The facilities include public facilities such as national and metropolitan facilities, ward and city offices, children’s halls and daycare facilities, and private facilities such as department stores and shopping centers.

**[Healthy Development]**

**Gakudo Clubs (After-school Child Day Care)**

Children’s halls, schools, and public halls opened during after school hours mostly for elementary school students under the age of 10 to ensure safe environment for children.

**Urban-type Gakudo Clubs**

The TMG will support the operation of Gakudo Clubs enhancing their services with extended hours after 7 p.m. and allocation of certified supervisors such as childcare workers.

**Community Children’s Halls (Jidokan)**

The halls are open to children in the community and also provide guidance and activities for healthy development.

**Prevention of Child Abuse**

The number of consultations received regarding child abuse was 4,792 cases in FY2012, up from 714 cases in FY1998, and the contents of the consultations have become more serious than ever. In order to prevent child abuse, the TMG will support the improvements of child Guidance Offices and cooperation with various organizations.

**System of Child Guidance Offices and Function Improvements**

1. **Strengthen the Personnel Training Function of Central Child Guidance Offices**

Strengthen the personnel training function of Central Child Guidance Offices to improve the ability to...
respond to casework at child guidance offices, while also strengthening the ability to respond to abuse issues at Child/Family Support Centers and public health centers.

- Establish Child-abuse Prevention Groups
  Child abuse prevention groups are established at Child Guidance Offices that respond to all child abuse cases in the responsible area, in order to enforce the initial response.

- Promote Early Return to Homes
  Assistants to promote early return to homes are assigned at Child Guidance Offices, who make efforts toward improving the family environment and other measure so that children placed in facilities due to reasons such as child abuse can return to their homes.

- All-year-round Opening of Guidance Center
  In order to promptly respond to urgent cases, the Guidance Center provides consultations on weekends and holidays (including New Year holidays).

- Assign Part-time Lawyers
  Part-time lawyers are assigned at Child Guidance Offices to provide the staff with advice and guidance from a legal perspective.

- Cooperative Hospital (Doctor) System
  Doctors with expert knowledge and experience on legal medicine are designated as cooperative doctors in order to appropriately deal with abuse cases by obtaining medicolegal opinion and diagnosis for wounds suspected of being caused by physical abuse.
  The system was further enhanced in FY2007 by extending the scope of experts to include pediatricians.

Measures for Early Detection of Households Requiring Support
  Promote early detection of households requiring support by utilizing the opportunities when maternity passbooks are issued or at the time of newborn visits, and also support the efforts of municipalities trying to provide appropriate support, such as through child-rearing start support programs, individual guidance at health centers, and services offered by child and family support centers.

Development of a Model Plan for Abuse Prevention
  Seek advice from outside experts to formulate a model plan that enables the utilization of at-home services at municipalities to effectively prevent abuse.

Support to Strengthen Capabilities of Municipalities to Address Child Abuse Issues
  To provide support in strengthening the capabilities of municipalities to address child abuse issues, child abuse prevention coordinators will be assigned to Pioneering Child/Family Support Centers set up by municipalities and ensure appropriate progress management of abuse cases and strengthen cooperation with related organs. Also assign more child abuse prevention workers based on child population to ensure a system that can properly handle abuse cases.

Prevention of Child Abuse at Medical Institutions
  To strengthen the capabilities of medical institutions to address child abuse issues, the TMG supports local medical institutions in launching Child Abuse Prevention Service (CAPS) committees and offers training on child abuse to healthcare providers.
  Initiatives to strengthen cooperation with medical institutions are being taken with an aim to prevent and respond appropriately to child abuse issues, such as liaison councils among hospitals with CAPS and training with primary medical institutions in the community.

TMG Regional Council of Countermeasures for Children Requiring Aid
  Based on the Child Welfare Law, the TMG will establish and operate the TMG Local Committees for the Protection of Children composed of representative council, relevant party’s council and professional’s council to secure smooth links and cooperation between and among related organizations.

Expansion of Social Care
  The number of children in need for social protection including child abuse victims is currently about 4,000, and many of these children are living in children’s institutions. However, with the fact that, despite the efforts, child abuse continues to worsen, it is significantly Project to start providing individual support for each child. The TMG promotes support for independence of abused children by strengthening support systems for children’s institutes and building smaller-scale child-caring units.

Enhancement of Homelike Care
  Increase in the number of foster families and children in those families is essential. The TMG will enhance support by conducting training to improve the childcare ability of foster families, engaging in mutual interaction promotion and information provision system, in addition to promoting programs to support foster parents. The TMG also strives to expand the scale of group homes.

Establishment of Specialized Children’s Institute with Technical Functions
  In response to serious problems concerning child abuse and other relevant issues, the TMG will expand the support for foster home children in advance to the same project of the national government. Psychiatrists and staff to supervise treatment will be assigned to existing foster homes to provide “specialized care,” while TMG will also develop specialized children’s institutes with technical functions as part of the “Facility Operation Improvement Project.” Further, additional staff subsidies are provided to enhance “Individual Support” for facilities taking unit-care system (47 locations planned as of FY2014).
Reformation of Foster Care Facility Systems

The TMG encourages small-sized units and cottage systems within facilities, and promotes smaller child-caring units to provide homelike environment with closer attention to each children.

【Homelike Care】

Foster Home (Known as “Hotto Family”)
“Foster Homes” accept children and provide care without legal adoption.

Special Foster Home
Specialized homes to accept problematic children who have abuse experiences, disabilities, or immoral behaviors to provide special care.
Completion of special foster home training is required to be registered as a special foster home.

Foster Parenting by Relatives
Accepting children without a guardian by relatives who have a responsibility to raise these children

Foster Parent
Foster parents accept and raise children for the purpose of legal adoption.

Small-sized Residential Foster Project (Family Home)
Five to six children living together at the home that fulfills certain conditions.

Childcare Group Home
Up to six children from an institution for children are placed in a house away from the institute to be raised in homelike environment.
The support system was enhanced by increasing the personnel allocation in 2007 and by assigning group home support workers in 2008. The project of “Small-sized Group Care Community Home” was initiated in 2009.

※Friend Home System
Children who usually live in foster care facilities visit foster homes during long holidays, such as summer vacation, to experience homelike care.

【Childcare Facility】

Institution for Children
Accept children with special needs to provide care and support in their life and education.

Home for Infants
Accept babies and toddlers and provide care such as feeding, bathing, health checkups and observe their mental development.

Child Independence Support Facility
Accept children who indulge or would indulge in delinquent behavior or require supervision due to adverse home environment. Provide them with appropriate care so that physical and mental health are improved through lifestyle guidance, education guidance or career guidance.

Independence Support Home
Provide detailed consultation and guidance to children who have finished compulsory education and have left foster care facilities about employment and daily living so that they can live in a group or independently.

Job Training Program (Independence Support Home)
Develop a system to provide support for employment and staying employed to children who are admitted in or have left Independence Support Homes, to strengthen support for their independence. (3 locations planned in FY2013)

Program to Strengthen Independence Support
Assign personnel at children’s institutions who can provide comprehensive independence support, from preparing to become independent while the child is in the institution to care after they leave.

Furatto (Drop in Anytime) Home Project
If children who have left facilities have a setback at work, etc. or have concerns about life, this project provides and supports places offering open consultation about work and other matters and places where children with the same concerns can gather.

Employment Support Program for Children Who Have Left Foster Care Facilities
Independence support is provided to children who have left foster care facilities, such as consulting, support in finding work and follow-up after employment.

Promotion of Independence Support of Adolescent Youth
The TMG engages in independence support of youths in close cooperation with government organizations, police departments, schools and communities.

Child Independence Support Program
The TMG, in cooperation with the Child Guidance Offices, welfare commissioner and commissioned child welfare volunteer, supports children and parents living in their home after the children leave child independence support facility.

Support for Youth Entering School/Finding Career
The TMG offers: Support programs for unemployed youths in finding jobs through the Tokyo Shigoto Center, run by the Metropolitan government, and supports youth who are unsure of their career paths. School education promotes work experience days for junior high school students and internships for high school students so that they can function in society and at work.
Tokyo Support Network for Withdrawn Children and Youths
Advice on working your way out of a withdrawn state is offered for withdrawn children, youths and their families and friends.

Improvement of Maternal and Child Health
Maternal and child health services such as maternity checkups or health examinations for infants and toddlers are provided by municipal governments. The TMG, in addition to the above services, offers various technical supports including consultation on medical care and child-rearing for physically disabled children and children and long-term care institutes. It also works in cooperation with welfare, health care and medical care-related organizations to promote early-detection of families who are in need for support.

Prenatal checkups · Health Examination for Infants and Toddlers
Prenatal checkups and health examinations for infants at various stages of growth, health care guidance and development examinations are provided by each municipal government for children of different ages.
Internet ads and other media will be used to raise awareness and educate the public about going to prenatal checkups.

Screening for Inborn Error of Metabolism and Others
In order to facilitate early detection and early treatment and to prevent physical or mental disabilities, the TMG conducts blood test for 5 to 7 days old infants at cooperative medical institutions.

Consultation on Medical Care and Child-rearing for Children with Disabilities
Private consultations at public health centers, group activities and at-home guidance are offered for families and children who suffer physical disabilities or undergoing long-term treatment with chronic disease.

Telephone Counseling “Health Consultation for Mothers and Children” (Emergency Pediatric Medical Consultation)
Experienced critical care nurses and obstetric nurses will consult with you regarding the health of mothers and children or emergency pediatric issues. Consultation with a doctor is available as needed. (It does not offer diagnosis by physicians.)

Maternal and Child Health Guidance Project
○ Telephone Consultation on SIDS (Sudden Infant Death Syndrome)
  Telephone consultation by a specialist is provided to the bereaved family for psychological support.
○ TOKYO Child-rearing Information Service
  Information is provided 24h/365days to prevent accidents with infants and on measures for child-rearing anxieties and sudden illnesses.

Women’s Life-long Health Support Project
The TMG promotes health education projects for women from the age of adolescence to menopause. It also provides telephone counseling for men and women who are afflicted with sterility or infertility.
○ Tokyo Healthline for Women
  Consultation is provided by health nurses/ midwives for women from the age of adolescence to menopause on issues such as pregnancy, birth control, gynecological diseases, and menopause disorders.
○ Tokyo Sterility/Infertility Hot Line
  Experienced peer counselors provide consultation on issues related to sterility or infertility.

In addition to the above consultation services, a telephone consultation service for issues related to pregnancy and childbirth will newly be set up in FY2014.

Stronghold Hospital Project for Children’s Mental Care
To support the parties in each community involved in children’s mental care, the TMG widely provides supervision, training, and information, having Tokyo Metropolitan Children’s Medical Center as a base.

Prevention of Accidents Involving Children
○ Diffusion of Educational Software for Accident Prevention During Infancy
  Unforeseen accidents are the main causes of injury and death among children. In order to ensure appropriate measures to prevent accidents in daily life, it is important for adults to experience the dangers surrounding a child. The TMG, in cooperation with the local governments, will make available on its website an educational software on accident prevention during infancy to raise awareness among Tokyo residents.

Consultation regarding Child/Family Affairs
Various supports are provided for municipal Child/Family Support Centers and Program on Community Bases for Child-rearing Support (Child-rearing Plazas) and also the establishment of Child Guidance Offices.

Child Guidance Center and Child Guidance Offices
Child Guidance Offices provide consultation regarding diverse issues of children under 18 years old. Temporally protection is available if required. They also offer “Mental Friend” service for children who tend to be withdrawn.

Child/Family Support Centers and Pioneering Child/Family Support Center
At the Child/Family Support Centers, children or their family in the community can consult about any issues at home and receive comprehensive support.
On top of the above service, the Pioneering Child/Family Support Center offers various services in
cooperation with local support centers such as Monitoring Service, Child-rearing Support Home Visit Service and more.

Program on Community Bases for Child-rearing Support (Child-rearing Plaza)
Local governments operate the Child-rearing Plazas to offer places for interaction between parents in the community. They also offer consultations and lectures regarding child-rearing.

Technical Assistance for Child Advocacy
Toll free telephone consultation for children. Professional staff research cases where children’s rights may have been violated and mediate between parties concerned.

Support for Single-parent Households
As of January 1, 2013, there were approximately 157,900 mother-and-child households in the metropolitan (about 2.38% of total households), and approximately 19,200 father-and-child households (about 0.29% total households).
The TMG formulated the “TMG Support Scheme for Independence of Single-parent Families (Second Term)” in April 2010 to improve employment support and consultation systems, develop child-rearing support facilities, and provide financial support.
The single-mother independence supporter assigned at welfare offices and government branch offices are the contact persons for consultation and support.

Provides comprehensive employment support service including employment consultation for single-parent families, provision of employment information, and employment support training for single-mother families, in addition to consultations on daily life and child support expenses.

Consultations on Child Support
This office offers consultations on divorce issues including child support. In principle, an appointment is needed for specialized interviews. In cases where children and their parents are living separately due to divorce, we also offer consultations and assistance on visitation and other issues.

Employment Support Seminars
Free seminars on topics such as using the computer are held for mothers/fathers of single-parent families and widows for them to acquire knowledge and skills required for employment.

Training for Support Consultants
Training is conducted on knowledge and skills related to independence support required in consultation and support activities.

Financial Benefit Programs for Independence Support for Single-mother Households
These programs are part of the measures for employment support to promote independent living of mothers of single-parent households. They include financial support of vocational education training of single-mothers and advance skill training promotion program for single-mothers.

Formulation of Independence Support Programs for Single-mothers
Staff of this project draw up support program that address individual situations and needs and provide support for independent living and employment of Child-rearing Allowance recipients (exclude welfare recipients) in cooperation with the Hello Work offices (Public Employment Security Offices) by adopting other programs such as programs to promote employment and independence for welfare recipients, etc.

Home Help Service for Single-parent Households
Home helpers are dispatched to households whose housework and child-rearing in daily life have been disrupted because they recently became a single-parent household, they are participating in employment training or a parent is temporarily ill, and helpers cook meals and support child-rearing.
The service was expanded to municipalities supporting households trying to balance child-rearing and skills development by newly adding the use of home helpers when attending training for employment.

The support center for working at home called “HAAT Tachikawa” created for mothers of single-parent households offers training programs, collects and distributes employment information, and supports
those seeking advice. Study support is also provided to children of single-parent households.

**Child Support Model Program for Single-parent Households**

The program supports the independence of children of single-parent households by providing both study support and support that empathizes with the children.

**Subsidization of Medical Expenses for Single-parent Households**

The TMG subsidizes part of the self-pay burden of medical expenses for single-parent households.

**Welfare Loan for Single-mother Households**

In order to secure welfare of children in single-mother households and to support financial independence of these households, loans for twelve different purposes, such as starting new business, completing school education, living expense or relocation, are available with or without interest.

**Support Facilities for Single-mother Families**

These facilities admit both single-mothers and their children, so that they can ultimately establish an independent life. Some facilities may also be used as temporary shelter for mothers and children in urgent need.

**Municipally-owned Housing**

A program is available to increase the winning rate of a drawing for municipally-owned housing by seven times compared to general households. A point system also exists to prioritize those with higher degree of dwelling distress to move into housing that is up for rent.

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**Welfare Programs for Women**

The Counseling Center for Women, Tokyo Women’s Plaza, welfare offices, etc. offer consultations for various problems that women encounter, such as violence by husbands. The Counseling Center for Women and Tokyo Women’s Plaza take on the function of the Spousal Violence Counseling and Support Centers under Act on the Prevention of Spousal Violence and the Protection of Victims, and play the central role to support victims of spousal violence. The Counseling Center for Woman and other facilities are positioned as facilities to support stalking victims under the Stalker Regulation Law.

The TMG also provides the operation of the Counseling Center for Women, assigning female counselors, running women’s shelters and loans as funds to support independence.

**Tokyo Counseling Center for Women**

The TMG has set up the center to provide counseling to women who need emergency protection and support for independence, and to offer advice, guidance and protection. Temporary protection is in principle based on request by the welfare office, etc.

The female counselors at municipal welfare offices also provide counseling.

**Spousal Violence Counseling and Support Centers**

This facility provides victims of spousal violence with consultation, information provision, and temporary protection. In Tokyo, the Counseling Center for women and Tokyo Women’s Plaza are assigned separate roles and cooperate in providing support.

**Accommodation Shelters for Women**

The facilities protect women in need of support for independence as well as provide employment guidance and support on daily matters.

**Emergency Protection Program for Foreign Women in Japan**

Protection and support is provided to foreign women and accompanying children in need of emergency protection.

**Women’s Welfare Loans**

In order to promote financial independence and welfare of women who have no husbands, loans for eleven different purposes, such as completing school education, living expense, relocation or starting new business, are available with or without interest (Income limitation may be applied).
The elderly population is expected to continue growing. Based on the Tokyo Metropolitan Health and Welfare Plan for the Elderly (including the Long-term Care Insurance Support Plan) formulated in March 2012 and other plans, the TMG aims to realize a society that respects the dignity of the elderly, where they can actively live as themselves in a familiar environment and with a sense of security.

### Current Status of Elderly

#### Increasing Aging Population

The population of elderly aged 65 or older in Tokyo was 2.64 million as of October 1, 2010, which accounts for 20.4% (aging rate) of the total population (Source: Census Data, Ministry of Internal Affairs and Communication). It will reach 23.1% by 2015 and 29.8% by 2035, which means that 1 of 3 residents of Tokyo will be over the age of 65.

#### Rising Average Life Expectancy

As of 2012, the average life expectancy of a Japanese male is 79.94 and 86.41 for female. Compared to that of year 1970, which were 69.31 and 74.66 respectively, the average life expectancy has increased by 10 to 11 years for both male and female in the last 40 years.

#### Many Healthy Seniors

Of all the elderly population in Tokyo, 72% of men and 75% of women in their sixties, and 59% of men and 56% of women in their seventies said they felt they were in good health.
Increasing Number of Seniors Require Long-term Care
The number of seniors who require support or nursing care (Senior in Need of Long-term Care) is increasing.

Many Dementia Patients Are in Your Community
According to the municipal data about seniors requiring support/nursing care, approximately 12.5% of seniors 65 or older are certified to “require support/nursing care for some kind of dementia” (Over level I of independence in daily life for dementia patient seniors).

In addition, 60% of seniors certified to “require support/nursing care due to symptoms causing difficulty in daily” (Over level II of independence in daily life for dementia patient seniors).

Many Elderly Persons Wish to Continue Working after Retirement
When non-working men/women aged over 65 were asked, “What is the ideal retirement age?,” the top response was “Around 70,” indicating high motivation to work.

Many Elderly Persons Are Financially Independent
The average income per member of household, from the perspective of the age group of the head of the household, shows an average income of 1.90 million yen in households with household heads aged 65 or older, which compares favorably to other age groups.

Residential Status of Elderly Persons With Dementia

<table>
<thead>
<tr>
<th>Residential Status of Elderly Persons With Dementia</th>
<th>Percent of certified of long-term care need</th>
<th>Place of residence at the time of application certification</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total</td>
<td>Home</td>
</tr>
<tr>
<td></td>
<td>100%</td>
<td>72.3%</td>
</tr>
<tr>
<td>Category 1</td>
<td>75.1%</td>
<td>67.0%</td>
</tr>
<tr>
<td>Category 2</td>
<td>53.9%</td>
<td>59.9%</td>
</tr>
<tr>
<td>Category 3</td>
<td>26.7%</td>
<td>45.6%</td>
</tr>
</tbody>
</table>

Source: “Distribution survey of the independence levels of elderly persons with dementia” issued by Aging Population Programs, Division Bureau of Social Welfare and Public Health(January 2012)
The Tokyo Metropolitan Health and Welfare Plan for the Elderly is part of preparations for the advent of the super-aging society, where the baby boomer generation joins the elderly population of 65 years or older in 2015. Aiming to clarify the strategies we can take now, the plan is currently being developed according to the “Welfare Plan for the Elderly” based on the Act for the Welfare of the Aged and the “Long-term Care Insurance Support Plan” based on the Long-Term Care Insurance Act. (The plan spans a period of three years, from FY2012 through FY2014).
The Long-term Care Insurance System is designed so that the society as a whole can support seniors who are in need of long-term care to lead life as independently as possible. The TMG, in cooperation with local governments (insurer), will continue providing proper insurance benefits and structural maintenance of long-term care services.

**Insured Persons**

<table>
<thead>
<tr>
<th>Subject</th>
<th>Premium Payment</th>
<th>Eligibility for Insurance Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Those who are 65 or older (Category 1 insured individuals)</td>
<td>The premium is automatically deducted from the Old-age Pension, Retirement Pension, Bereavement Pension or Disability Pension, if the amount exceeds 180,000 yen per year. Others must pay their premiums individually to municipal governments.</td>
<td>Those who require support in their daily life, for instance, need constant care, are bedridden at home, or suffer dementia, etc. The benefit is provided regardless of the reason for requiring long-term care.</td>
</tr>
<tr>
<td>Those who are 40 to 64 years old (Category 2 insured individuals)</td>
<td>Paid with the Medical Care Insurance Premium</td>
<td>Those who require support in their daily life, for instance, need constant care, are bedridden at home, or suffer dementia, etc. However, limited to the case where long-term care is required due to one of the 16 specified diseases such as presenile dementia or cancer (terminal).</td>
</tr>
</tbody>
</table>

**Service Charges**

- 10% of the service charges must be paid by the policyholder.
- Monthly maximum limit (payment limit) is fixed for long-term care services provided for individuals requiring home care.
- 10% of the service charges and costs for food and accommodation must be paid by the policyholder (Some reduction may be made for the food cost for low-income persons).

○ In case the 10% self-pay burden paid in a month exceeded the predefined amount, the balance amount shall be reimbursed as an allowance for high-cost Long-term Care Service.

**Cost-sharing for the Public Long-term Care Insurance**

Excluding the 10% paid by the users, 50% of the remainder is paid from tax and another 50% is paid from the premiums of those aged 65 or older and aged 40 to 64. The premiums for those aged 65 or older are calculated in each municipality based on the service cost of the Insured Long-term Care Service Plan that is formulated every 3 years.

**Long-Term Care Insurance System Services**

The trend toward the aging of Japanese society is expected to continue into the future, which means that the number of elderly requiring long-term care and those afflicted with dementia is also expected to increase. In the midst of this situation, these services are designed to prevent moderate cases from degenerating to the point where assistance or nursing care is required. The focus is on preventing the need for nursing care.

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### The flow of Long-term Care Insurance System

1. **Application**
   - Applied by the person himself/herself who uses the service, or his/her family
   - (Can be issued starting the date of Application)

2. **Counter for Public Long-term Care Insurance**
   - (Investigation by the Visit)
   - (Part of it)
   - Use of Services
   - If you require long-term care, apply to the long-term care counter in your municipality

3. **Care Assessment Board**
   - Secondary Judgment
   - Level of Support
   - Level of care need

4. **Care(Support) Need Certification**
   - Concluding the contract for using the services
   - The user contracts with the service provider

5. **Primary Judgment, using a computer**
   - (Set up by Regional Comprehensive Support Center)
   - Creation of Care Plan
   - [Set up by a care manager (a care support expert)]

6. **Inspection Sheet (Special Items)**
   - Creation of preventive care plan
   - [Set up by Regional Comprehensive Support Center]
The following services are available for those who are assessed as “Senior in Need of Long-term Care” (Care need Level 1-5)

<table>
<thead>
<tr>
<th>Type of Service</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Creation of long-term care service plan</strong></td>
<td>To provide proper in-home services, care support experts (care manager) create care plans based on the users’ physical, mental and environmental condition and their wishes and coordinate with service providers.</td>
</tr>
<tr>
<td><strong>Services given at home</strong></td>
<td></td>
</tr>
<tr>
<td>Home-help service</td>
<td>Home-helpers visit users’ home to provide nursing and personal care and assistance with housework, etc.</td>
</tr>
<tr>
<td>Home help service at night (*)</td>
<td>Home helpers periodically conduct night patrols around users’ home or visit users when contacted to provide nursing and personal care and assistance with housework, etc.</td>
</tr>
<tr>
<td>Regular visits/on-call visits (*)</td>
<td>Nurses or nurse assistants make regular visits to the home at night, or visit when the user or family has called, providing nursing or medical care.</td>
</tr>
<tr>
<td>Bathing service</td>
<td>Portable bathtub and care services for people who have difficulty bathing at home.</td>
</tr>
<tr>
<td>Nurse service</td>
<td>Nurses visit users’ home to provide nursing and medical care.</td>
</tr>
<tr>
<td>Rehabilitation service</td>
<td>Physical therapists visit users’ home to provide mental and physical rehabilitation and training to achieve independent living.</td>
</tr>
<tr>
<td>Medical guidance service</td>
<td>Doctors, dentists and pharmacists visit the users’ home to provide guidance and assistance.</td>
</tr>
<tr>
<td><strong>Services given at a facility</strong></td>
<td></td>
</tr>
<tr>
<td>Day service</td>
<td>Users visit the facility to receive care including bathing service and meals or training to improve physical functions.</td>
</tr>
<tr>
<td>Day service for the elderly with dementia (*)</td>
<td>Users visit the facility to receive care and training suitable for senior dementia patients.</td>
</tr>
<tr>
<td>Rehabilitation service (day care)</td>
<td>Users visit medical facilities to receive rehabilitation to improve mental and physical functions and achieve independent living.</td>
</tr>
<tr>
<td>Short-stay daily-life service (welfare-oriented short stay)</td>
<td>Users are admitted to a special nursing home for a short period of time and receive care and training to improve physical functions.</td>
</tr>
<tr>
<td>Short-stay medical service (medical care-oriented short stay)</td>
<td>Users visit or stay for a short period of time at a medical institution and receive care and training to improve physical functions.</td>
</tr>
<tr>
<td>Small-scale and multifunctional in-home care (*)</td>
<td>Users visit or stay for a short period of time at a nearby facility and receive care and training to improve physical functions. In addition, the users may receive at-home service by the staff from the facility or other necessary services from related facilities.</td>
</tr>
<tr>
<td>Multiple (package) services (*)</td>
<td>Combinations of two or more services are accepted, e.g. home nursing visits and Multifunctional Preventive Long-Term Care in a Small Group Homes</td>
</tr>
<tr>
<td><strong>Residential care services outside the user’s home</strong></td>
<td></td>
</tr>
<tr>
<td>Daily-life group care for the elderly with dementia (*)</td>
<td>Small group of dementia patient seniors (5-9 people) cohabit in a home receiving appropriate care.</td>
</tr>
<tr>
<td>Daily-life care service in specified facilities</td>
<td>Users receive care living in paid-nursing homes or care houses.</td>
</tr>
<tr>
<td>Community-oriented daily-life care service in specified facilities (*)</td>
<td>Users receive care living in small-scale paid-nursing homes.</td>
</tr>
<tr>
<td><strong>Institutional care services</strong></td>
<td></td>
</tr>
<tr>
<td>Welfare facility for the elderly requiring care (Special nursing home for elderly)</td>
<td>Users who are in need of constant care and have difficulties living at home are admitted to receive proper care.</td>
</tr>
<tr>
<td>Community-oriented welfare facility for the elderly requiring care (*)</td>
<td>Users receive care living in small-scale special nursing homes.</td>
</tr>
<tr>
<td>Health-care Facility for the elderly requiring care</td>
<td>Users who require long-term medical care including rehabilitation, but are in stable condition, are admitted to receive proper care.</td>
</tr>
<tr>
<td>Sanatorium type medical care facility for the elderly requiring care (Healthcare for Illness, etc.)</td>
<td>Users who require daily medical care and rehabilitation in the chronic stage are admitted to receive proper care.</td>
</tr>
<tr>
<td><strong>Equipment services</strong></td>
<td>Equipments such as special beds or wheelchairs are available for rental.</td>
</tr>
<tr>
<td>Subsidization of equipment costs</td>
<td>Subsidizes 90% of the cost of equipments that are unavailable for rental, such as chair toilets or bath stool, with the maximum limit of ¥90,000 per year.</td>
</tr>
<tr>
<td><strong>Subsidization for house renovation</strong></td>
<td>Subsidizes 90% of the costs of small-scale renovation of homes, such as implementing stair rail or step-free floor, with the maximum limit of ¥180,000 per resident.</td>
</tr>
</tbody>
</table>

Note: Services marked with an asterisk (*) in general are for residents of the municipalities that have these projects and facilities (community-based services)
Support Need Level 1 or 2 Users are Eligible to Use the Following Services.

<table>
<thead>
<tr>
<th>Type of Service</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Creation of Service Plan for the Prevention of Physical Deterioration</strong></td>
<td>Support for Prevention of Physical Deterioration To provide proper in-house services to prevent physical deterioration, community support center staff creates care plans based on the users’ physical, mental and environmental condition and their wishes and coordinate with service providers.</td>
</tr>
<tr>
<td><strong>At-home Services</strong></td>
<td>Home-help Service</td>
</tr>
<tr>
<td></td>
<td>Bathing Service</td>
</tr>
<tr>
<td></td>
<td>Nurse Service</td>
</tr>
<tr>
<td></td>
<td>Rehabilitation Service</td>
</tr>
<tr>
<td></td>
<td>Home Healthcare Guidance Service</td>
</tr>
<tr>
<td><strong>Out-patient Services</strong></td>
<td>Day Service</td>
</tr>
<tr>
<td></td>
<td>Day Service for Dementia Patients *</td>
</tr>
<tr>
<td></td>
<td>Rehabilitation Service (Day Service)</td>
</tr>
<tr>
<td></td>
<td>Short-stay Care (Welfare Facility)</td>
</tr>
<tr>
<td></td>
<td>Short-stay Care (Medical Facility)</td>
</tr>
</tbody>
</table>
| | Care Service at small-scale, multi-functional facility * | These services are basically the same as the services introduced in the previous page. However, the contents of the services differ from the latter in that these are designed for patients with relatively mild symptoms aiming to “improve or maintain physical and mental functions to prevent further deteriorations.” (Example)  
- At-home care services where staff assist users with housework are offered upon assessment of necessity, appropriate period or method.  
- Services designed to improve nutritional state and such are available as part of the out-patient care and rehabilitation.  
- Group Home Care for Dementia Patients is only available for Care Need Level 2 users. |
| **Residential Care Services Outside the User’s Home** | Group Home Care for Dementia Patients * | |
| | Special Nursing Home Care | |
| **Equipment Services** | Rental Service of Equipments | |
| | Subsidization of Equipment Costs | |
| **Subsidization for House Renovation** | Subsidization of Home Renovation Costs | |

Note: Services marked with an asterisk (*) in general are for residents of the municipalities that have these projects and facilities (community-based services)
To Improve Long-term Care Services

Enhancement of Care Management

Training of long-term care staff and improvement of staff quality and dissemination of proper care plans are currently being undertaken.

Consultation and Complaints regarding Long-term Care Insurance

The TMG always welcomes consultations and complaints regarding the Long-term Care Insurance. It also requests reports from concerned organizations as needs arise and offers guidance and advice.

Based on the complaints from users, the Tokyo Metropolitan National Health Insurance Association conducts research at concerned organizations and provides guidance and assistance.

Disclosure of Long-term Care Service Information

Objective information of long-term care service businesses is surveyed and disclosed to ensure selection and service quality to users.

Measures for Low-income Users in Cost-sharing

Self-pay burden of the service charge for low-income users has been reduced to 3/4 of the generally paid 10% and of costs for food and accommodation at facilities. (The amount varies in each municipality.)

In addition, user payment is eliminated (100% reduction) for welfare recipients for individual rooms.

Support to Secure Human Resources for Long-term Care and Medical Care

Measures for Securing/Training Human Resources for Long-term Care at Nursing Care Facilities

○ Supporter Program for Long-term Nursing Care Facilities

To create an environment in which community residents voluntarily participate in activities to support long-term nursing services at facilities, the TMG will comprehensively subsidize municipalities in developing training programs and systems to receive the residents.

○ Program to Improve Working Environment and Promote Retention of Visiting Nurses

In order to improve the working environment and to promote retention of visiting nurses working at visiting nurse stations, support is provided for expenses required to employ substitute staff when the nurses are absent for training or maternity or family-care leaves, and thereby aims to secure volume and improve the quality of visiting nurse services.

○ Securing Visiting Nurse Personnel

To promote the comprehensive regional care systems and to support the lives of the elderly requiring nursing care at home, this project works to secure, maintain and train visiting nurse personnel. The program will develop training models for new visiting nurses mainly at large-scale visiting nurse stations and support their acquisition of home-visiting nurse qualifications.

(Bureau of Social Welfare and Public Health, Aging Population Programs Division, Long-Term Care Insurance Section)

○ Training Project on Nursing Care Staff Expelling Phlegm for Patients

Research is conducted on training nursing care staff capable of services at facilities such as Special Nursing Homes for the Elderly, and services in homes, e.g. medical care such as expelling of phlegm.

○ Support Program for Current Nursing Care Staff to Obtain Qualifications

With an aim to train and improve the service of current nursing care staff working in the field, the program supports their acquisition of qualifications.

○ Nursing Care Staff Skill Improvement Project

Visiting nursing care staff and nursing care facility staff are trained in medical knowledge--and the special physical characteristics of elderly people--required for their work, as well as how to respond in emergency situations. This helps them to provide safe and appropriate nursing care services.

○ Program on Measures to Secure Nursing Care Personnel

TMG will secure stable nursing care personnel by having prospective students, housewives and employees experience the attractive points and satisfaction that comes with the nursing care service, while also consistently providing free seminars for obtaining nursing care qualifications, employment consultations and job recommendations and placement.

Prospective Welfare Workers from Overseas

From the perspective of international cooperation, the TMG supports facilities in Tokyo for bringing in prospective welfare workers from overseas based on the economic partnership agreement with Philippines and Indonesia, and the exchange of notes with Vietnam.
Support for Daily Life in the Community to Prevent Physical Deterioration

It is important for seniors to be mindful of their own health to live a healthy life in a familiar environment. Once their physical or mental functions deteriorate, they must learn the danger of the situation and start preventing further deterioration.

Starting in April 2006, the system was changed from a response-based system of physical nursing care (responding after an event had occurred), to a preventive system.

Screening of Frail Elderly and Community Support Programs (Prevention of Long-term Care)

Municipalities are responsible to determine elder residents’ vital functions to acknowledge, at the earliest stage as possible, those whose vital functions are deteriorating. Based on the acknowledgment, they must prevent long-term nursing care through locomotor function improvement as part of the “Community Support Project,” as well as long-term care prevention care management projects at Comprehensive Community Support Centers.

Major Regional Assistance Projects (on Eliminating the Need for Nursing Care)

① Secondary Prevention Projects
   These projects step up exercise equipment, nutrition, and oral function, and work to prevent dementia for elderly at risk of needing nursing care services.

② Primary Prevention Projects
   These projects provide information on how to eliminate the need for nursing care/offer education and assistance for community volunteers.

③ Nursing Care Prevention Management
   Assess nursing care recipients, devise care plans to eliminate the need for nursing care, re-assess after services have been provided, assess projects.

Preventive Care Service (Benefit for Preventive Care) for Elderly in Care Need

To provide through “Independence Support,” which is the basic principle of the Long-Term Care Insurance Act, those who are certified to “require support” by the Certification of Long-term Care Need shall receive care prevention services (subsidized) to maintain or improve their physical conditions.

Basic Perspective of Services Designed to Eliminate the Need for Nursing Care

① Offer services that properly correspond to user needs and characteristics
② Provide target-oriented services through management of strategies to eliminate the need for nursing care
③ Project services to boost motivation based on individual user needs

Launch of comprehensive projects to prevent the need for nursing care and to support the day-to-day life of care recipients

As of FY2012, we offer a comprehensive group of services to prevent the need for nursing care and to support the day-to-day life of patients (referred to below as “Comprehensive Projects.” “Comprehensive Projects” focus on the independence of the municipalities. These projects provide services designed to eliminate the need for nursing care, and also to distribute food, and provide protection for individuals requiring assistance and individuals for which secondary dementia prevention measures are required. These projects utilize a diverse array of manpower and social resources. The individual municipalities make the decisions on whether the Comprehensive Services are required or not.

Community Support Project

The TMG supports local governments in conducting care prevention programs and community comprehensive support centers in general counseling and advocacy programs.

Community Comprehensive Support Centers

These facilities consult with seniors and their families regarding long-term care issues, coordinate necessary services and create care prevention plans.

Promote Enhanced Long-term Care Prevention Functions at Community Comprehensive Support Centers

In order to improve the functions to prevent long-term care, the program will support municipalities that assign “support personnel to enhance long-term care prevention” to Community Comprehensive Support Centers. These personnel are specialists providing technical advice and support related to long-term care prevention.

Enhancement of Training Program for the Staff at Community Comprehensive Support Centers

Network building and other capabilities of the
Community Comprehensive Support Center staff will be improved by enhancing the content of the training they receive.

**Strengthening Cooperation between Medical Care and Long-term Care**

**Model Project on Serviced Rental Housing for Seniors Providing Medical and Nursing Care**
To improve housings to allow seniors to safely continue living in a familiar community even if they require medical or nursing care, a model project is implemented to subsidize maintenance expenses of serviced rental housing for seniors that link medical care services of clinics and home-visiting nursing stations with nursing care services of home help service facilities and small-scale, multi-functional facilities.

**Visiting Nurse Station Establishment Project**
To implement comprehensive regional care systems and to support the lives of the elderly requiring medical care at home, this project works to establish Visiting Nurse stations. Offer individual consultations for service providers to support the establishment and operations of visiting nurse stations. Support the introduction of IT at these stations to stabilize and improve operational efficiency.

**Development of Professional Care Managers for Home-Healthcare Support**
Aiming to improve the nursing care and medical services for the elderly, the TMG will provide training for home care managers to learn basic medical knowledge indispensable in cooperating with medical staff, including how to create adequate care plans.

**Support for Elderly with Dementia**
This project supports the building of communities where people with dementia and their families can live with peace of mind.

**Comprehensive Promotion of Measures to Support Dementia Patient Seniors**
The Tokyo Metropolitan Dementia Prevention Promotion Council takes the initiative to study and promote comprehensive anti-dementia strategies covering community networks, medical care, long-term nursing care, and preventing premature senility.

The TMG also conducts symposiums to promote understanding of residents on dementia, takes focused approaches against municipalities and related organizations implementing the strategies, and manages “Tokyo Dementia Navi,” TMG’s portal site on dementia.

**Dementia Patient Treatment Center Project**
The program will develop a support system in the community by providing specialized medical services on dementia so that patients can live in security in the community, and by designating dementia medical centers to facilitate coordination among medical institutions and between medical and nursing care fields.

**Tokyo Premature Dementia Support Center Project**
To resolve issues particular to premature dementia, this Center serves as a single consultation desk to coordinate necessary support in the areas of the many different fields of medical care, social welfare, employment, etc., and appropriately provides support at an early stage.

**Training Project for Care for Elderly with Dementia**
In order to enhance the quality of care for the elderly with dementia, the TMG conducts training to develop professional personnel to play a central role at facilities and organizations.

**Early Detection, Diagnosis and Measures for Dementia Patients**

**Appointment of Dementia Coordinators**
Promote early detection and early support of dementia patients by appointing medical staff such as nurses and public health nurses at the municipalities’ Community Comprehensive Support Centers, and by cooperating with home doctors and nursing care service providers to visit patients suspected of dementia.

**Appointment of Dementia Outreach Team**
Promote efforts on early diagnosis and measures for dementia by appointing a team comprised of doctors, nurses, and psychiatric social workers at dementia patient treatment centers, which visits elderly suspected of dementia based on requests from dementia coordinators.

**Promotion of Understanding of Dementia and Receiving Consultation**
Promote higher awareness end education by utilizing a check sheet to identify possible dementia patients, with an aim to foster correct understanding of dementia among Tokyo residents and to facilitate early consultation in case dementia is suspected.

**Community Support Network for Dementia**
Support municipalities that continually work toward better understanding and support for dementia patients, through cooperation among various social resources in the community such as service providers, municipalities and local residents.

**Prevention of Elderly Abuse**
In accordance with the enforcement of the Law for Elderly Abuse Prevention/Care Provider Support, municipalities now play the central role of elderly abuse prevention. If you find an elderly person in your community who may be experiencing abuse or if you require consultation regarding elderly abuse, contact your municipality.

In addition, the TMG conducts training with municipal organizations and care service providers to promote advocacy for elderly.
**Improvement of Infrastructure of Community Support Services**

The TMG will improve the infrastructure of community support services for elderly including realizing various housing facilities that combine accommodation and proper care such as care houses and silver peers.

**Emergency Program for Enhancement of Group Homes for Elderly with Dementia**

The TMG will promote support for establishing group homes where dementia patients live together and also receive daily support and medical care in a homely environment.

**Target**  Achieve capacity of 10,000 residents by the end of FY2014

**Major Initiatives**

- Extend subsidy for maintenance costs of building maintenance/renovation done by private companies
- Extend subsidy for maintenance costs of renovation in case building owners rent the property to businesses
- Extend subsidy for maintenance costs of maintenance in case land owners rent the property to businesses
- TMG will designate “priority maintenance areas” and raise the subsidy rate, in order to promote maintenance
- Support the installation of day service for the dementia at group homes
- Support the installation of small-scale and multifunctional in-home care and multiple (package) services at group homes
- Provide subsidy for maintenance cost of fire prevention facilities to enhance safety measures

**Improvement of Long-term Care Insurance Facilities**

In areas with delays in the development of Special nursing homes for elderly, care houses (for long-term care purposes), or health-care facilities for elderly, the TMG will provide additional financial support for building costs to alleviate or resolve the uneven distribution among areas and promote infrastructure improvement.

**Establishment Project : Charged Nursing Homes for Long-term Care Purposes**

By providing financial support for the maintenance costs of nursing homes for long-term care purposes established and operated by landowners or service providers, the TMG will promote the establishment of these homes.

**Intensive Improvement of Community-based Services**

By providing financial support for part of the cost needed to improve community-based service locations run by municipalities, the TMG will support municipalities and promote infrastructure improvement.

**Establishment of Silver Koban Project (Watch Station for Elderly)**

To ensure safety and security for seniors to continue living in a familiar community, the project in cooperation with municipalities will establish Silver Kobans as community bases. These bases will coordinate with Community Comprehensive Support Centers and take on a role as a one-stop service window to provide advice to the elderly of the community, to assess living conditions, and to coordinate with relevant institutions. To be prepared for emergencies 24hr/365 days, it will also install an emergency report system for elderly one-person households requesting it.

**Training Program for Watching Supporters**

Support municipalities conducting trainings so that watching according to the conditions in the community can be done, including noticing that something is wrong and contacting a specialized institution such as the Community Comprehensive Support Center.

**Support Municipalities to Protect the Elderly against Heat Stroke**

This project supports municipalities that maintain shelters during heat waves or that provide information on heat stroke in order to protect the elderly against this affliction.

**Subsidy for Development Fee of Low-cost Urban-type Homes for the Elderly**

Considering the high land prices in Tokyo, the TMG will develop low-cost homes providing meals and livelihood support services for the low-income elderly by relaxing facility standards such as room size requirements.

**Support Project for Urgent Improvement of Fire Prevention Measures**

The project subsidizes the cost for fire prevention such as sprinklers at existing facilities to strengthen these measures at facilities used by the elderly, and to
ensure user safety and security.

Subsidy for Fixed-term Land Leasehold
Considering the difficult situation in securing sites for Special nursing homes for Elderly in major cities, the project will promote the improvement of Special nursing homes for Elderly by partially subsidizing the lump-sum payment when a site is secured with a fixed-term land leasehold.

Subsidy for Building Costs of Short Stay
The project will promote the enhancement of at-home services by subsidizing the building costs of short stay services established other than at Special nursing home for Elderly and independently started short stay services.

Develop a System for Joint Use-type Special Nursing Home for Elderly
To promote effective land utilization in Tokyo, develop a system for neighboring municipalities to jointly build and use Special nursing home for Elderly.

Develop a System to Build Temporary Facility
In order to promote rebuilding of old Special nursing home for Elderly and other facilities, study a system to build a temporary facility on land owned by the TMG, and to allow businesses to take turns to use the facility based on requests.

Silver Peer (Public Rental Housing for Elderly)
Housing facilities with characteristics: 1) handrails, stepless floor and emergency reporting system, 2) warden or Life Support Assistance (LSA) to conduct safety check or emergency care and 3) cooperation with Community Comprehensive Support Centers and other facilities. The TMG supports the installation entities.

Barrier-free Homes
Subsidization is available for the expenses regarding at-home nursing care for indications not eligible for the home renovation services under the Long-term Care Insurance System, care prevention home renovation, and making barrier-free homes. Please contact your municipality for further information.

Promote the Supply of Housing with Nursing Care
Secure quality barrier-free housing while providing livelihood support services including emergency care and safety check, and promote the supply of serviced housing for the elderly, where the elderly can receive services by paying a reasonable burden, as well as high-quality rental housing for the elderly in Tokyo.

When the private-sector service providers supply serviced housing for the elderly, financial support such as for maintenance fee is provided to businesses through coordination with municipalities.

Support for Available Housing for the Elderly
The TMG has been taking other measures such as the Trouble-free Entrance of Elderly to Rental Housing system (Tokyo Disaster Prevention and Town Development Foundation), where information on serviced apartments that accept senior tenants are registered and can be browsed, or the Safe-living System, where patrols to watch out for senior residents are conducted.

Municipally-owned Housing
A program is available to increase the winning rate of a drawing for municipally-owned housing by seven times compared to general households. A point system also exists to prioritize those with higher degree of dwelling distress to move into housing that is up for rent.

Community Life Support Program Integrating Housing Measures
In order to ensure that low-income elders, who have dwelling distress and concerns about daily life independence, are able to live in their familiar community with security, the program supports the efforts by municipalities to provide services that integrate securing low-cost housing utilizing vacant houses with life support such as monitoring the elderly.

Promotion of Social Participation by Seniors
The TMG promotes social participation by senior residents by offering opportunities in various activities and also secures meaningful career opportunities depending on the desire and ability of individuals.

Silver Pass
The issuance of the Silver Pass, valid for the use of Metropolitan transportations (Toei) and both public and private busses in Tokyo, is supported by the TMG to promote social participation by seniors aged 70 or older.

Support for Senior Citizens' Club
Subsidization for the operation of senior citizens’ clubs and support for activities conducted by Federation of Senior Citizens' Club.

Tokyo Senior Information Website
To provide tips for a fulfilling second life to the baby-boomer generation and senior citizens, the site introduces community activities and community contribution activities by companies.

Tokyo SHIGOTO Center
The Shigoto Center provides people of all ages with “one-stop” service for employment and job-hunting. Programs such as employment consultation or ability development training (lectures or workshops) are conducted at the “senior corner” for persons aged 55 or older.
Silver Human Resources Center
The center offers short-term/simple temporary jobs to healthy elderly persons aged 60 or older with motivation, in which they can utilize their knowledge, experience and skills. Such facilities are located in 58 places in Tokyo, offering jobs requested by families, businesses and public organizations in the community.

Active Senior Employment Promotion Center
General incorporated associations under the jurisdiction of local municipalities, as a licensed free employment assistance service provider, offer employment consultation or job-search services to seniors aged 55 or older (some 60 years old).

Tokyo Metropolitan Geriatric Hospital and Institute of Gerontology
It aims to improve the health of seniors and achieve healthy longevity through provision of medical care that fits with the specific characteristics of elderly persons, consolidation of research and clinical output, and maintaining and improving QOL of seniors, to take part in the creation of urban model for super-aging society in Tokyo.

Hospital Division: Provides medical care that fits with the specific characteristics of elderly persons
☆ Primary medical care (for elderly vessel diseases, cancer, or dementia)
⇒ The goal is to enhance medical care that is suitable for the elderly by drawing on an integrated system of medical care and research
☆ Stronger emergency medical care
☆ Clinical cooperation with medical and welfare facilities in community
☆ Secure the QOL of seniors and maintain/promote their health as the acute stage hospital for seniors

Research Division: Promote research that aims to maintain/promote the health and enhance the vitality of the elderly
☆ Research on primary medical care, the mechanism of aging, health/longevity and welfare of seniors, in order to comprehensively address the issues of care that includes medical care and care at the final moment, and health promotion of the elderly
⇒ Clinical application research and technical development through cooperation with the Hospital Division
☆ Promote the dissemination of research findings to fulfill the role as a public institution

[Support to Improve the Capabilities of Healthcare Professionals to Respond to Dementia]
☆ Position Dementia Patient Treatment Centers as the training base for dementia healthcare professionals in Tokyo, and support the smooth training at the center in each area, and thereby aim to raise the skills level of healthcare professionals in Tokyo.