1. To Realize Reliable Welfare, Public Health and Medical Care Services for present and future generations

1) Welfare and Public Health Budget of the Tokyo Metropolitan Government

2. Welfare, Health and Medical Care Policies of Tokyo

1) Welfare for Children and Families
   - Current Status of Children and Families
   - Tokyo Metropolitan Comprehensive Plan to Support Children and Child-rearing
   - Daycare Services
   - Support for Child-rearing, Creating a Friendly Environment for Child-rearing, and Promotion of Healthy Development
   - Prevention of Child Abuse

2) Welfare for Elderly
   - Current Status of Elderly
   - Tokyo Metropolitan Health and Welfare Plan for Elderly
   - Framework of the Long-term Care Insurance System
   - Services of the Long-term Care Insurance System
   - To Improve Long-term Care Services
   - Support to Secure Human Resources for Long-term Care and Medical Care

3) Welfare for Adults and Children with Disabilities
   - Current Status of Adults and Children with Disabilities
   - Tokyo Metropolitan Plan for Persons with Disabilities-Tokyo Metropolitan Disability Welfare Plan
   - Three-year Plan for Assistance on Making the Shift to Life in the Community/Day-to-Day Life
   - Comprehensive Support for Persons with Disabilities Act
   - Assistance for Children with Disabilities (Facilities and Programs)
   - Promotion of Shift to Community and Service Infrastructure Improvement

4) Promotion of Public Welfare Programs
   - Public Assistance
   - Improvement of Living Environment at Lodging Facilities, Free of Charge or at Low Cost
   - System to Support Persons Living in Poverty to Gain Self-reliance
   - Loan Programs for Social Welfare Fund
   - New-life Support Program for Persons in Poverty
   - Project to Ensure that the Elderly Remain in the Community

5) Securing Health and Medical Care Service Systems
   - Current Status of Medical Facilities
   - Tokyo Metropolitan Health and Medical Care Plan
   - Provision of Medical Information
   - Improvement of Local Health and Medical Care Service Systems
   - Enhancing In-home Medical Assistance Systems
   - Measures against Cancer

6) Promotion of Health Policies
   - Public Health Centers/Municipal Health Centers
   - Promotion of Comprehensive Measures against Suicides
   - Health Promotion
   - Support for Patients with Intractable Disease and Atomic-bomb Survivors

7) Health Crisis Management
   - Preparedness for New Health Crisis
   - Infectious Diseases Control
   - Food Safety
   - Pharmaceutical Safety

8) Roles as a Wide-ranging Government
   - Support for Proactive Development of Policies by Local Authorities
   - Securing Trustworthy Services and Improvements of Qualities

9) Improvement and Strengthening of the System that is Resistant to Disasters
   - Promoting the Seismic Reinforcement of Social Welfare Facilities and Medical Facilities and Ensuring Their Functionality
   - Promotion of Independence Support of Adolescent Youth
   - Improvement of Maternal and Child Health
   - Consultation regarding Child-Family Affairs
   - Support for Single-parent Households
   - Welfare Programs for Women


Note: New 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 2015 budget has been compiled as a budget positioned to achieve major progress to make Tokyo the world’s greatest city.

With a view to protecting the lives and health of metropolitan area residents and realizing user-oriented welfare that supports self-reliance in the community, the Bureau of Social Welfare and Public Health compiled its budget and policies to strengthen various initiatives in line with the unique needs of a big city, while also developing policies to realize a city with advanced welfare.

As a result, the budget of the Bureau of Social Welfare and Public Health was allocated 1 trillion 93.895 billion yen, which accounts for 15.7% of the total TMG budget (total general account of 6,952 billion yen). Also, the general expenditures of the Bureau of Social Welfare and Public Health budget is 1 trillion 53.895 billion yen, and the budget concerning “welfare and public health affairs (social welfare and health budget and payment to hospitals, etc.)” accounts for 22.8% 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.
The trend towards nuclear family households and weaker relations within the community are resulting in weakened child-rearing abilities in families and communities. It is also becoming difficult to fulfill one’s wish to have children due to factors such as not being able to find daycare and many children being put on waiting lists, and an environment that is not always easy to balance work and child-rearing.

The TMG, based on the “Tokyo Metropolitan Comprehensive Plan to Support Children and Child-rearing” formed in April 2015, 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 as of January 1, 2014, reached 1,820,000, which accounts for 14.2% of the total population of Tokyo. The number of births in 2013 was 109,986 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 2013 was 1.13, which although showed a slight increase, was the lowest level 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.

**Tokyo Metropolitan Comprehensive Plan to Support Children and Child-rearing**


The five-year plan covers the period from FY2015 through FY2019, and it may be revised as necessary around the intermediate year (FY2017).

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**Changes in the Number of Birth (in Tokyo) and in the Total Specific Birthrate**

Note: The total specific birthrate is the average of children born to a woman during her productive lifetime, based on the birthrates of woman aged between 15 and 49. Source: "Vital Statistics" compiled by the Ministry of Health, Labor and Welfare.
The TMG, with an aim to resolve the issue of children on waiting lists for daycare facilities by the end of FY2017, will support municipalities and businesses working to expand various daycare services, and expand the quantity and quality of daycare services.

**Daycare Services**

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**[Expansion of Daycare Services]**

(Support initiatives)

**Support for Municipalities for Zero-waiting List for Nursery Schools**

The TMG will accelerate efforts to expand daycare services by extensively supporting the initiatives taken by municipalities to resolve the issue of children on waiting lists.

**Project to Establish Daycare Facilities on Rental Properties**

The TMG will promote new development of daycare facilities through financial assistance for renovation expenses and rent of licensed daycare facilities operated on rental properties.

**Emergency Project to Improve Daycare Facilities**

The TMG will promote new development of daycare facilities through financial assistance for establishing new licensed daycare facilities and for facility maintenance costs to rebuild old facilities.

**Emergency Project to Improve Daycare Facilities by Various Entities**

The TMG will promote new development of daycare facilities through financial assistance for establishing new licensed daycare facilities operated by corporations and NPOs and facility maintenance costs related to extension/reconstruction to increase capacity.

**Project to Promote Improvement of Licensed-daycare Facilities Using Fixed-term Land Leasehold**

The project will promote the improvement of licensed-daycare facilities by providing subsidy for the lump-sum payment when a fixed-term land leasehold is established.

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**Plan Principles**

1. Develop and enrich an environment where all children develop their individuality and creativity, and become independent as a member of society.
2. Realize a society where people can have and raise children with a sense of security and feel the joy of parenting.
3. The society as a whole supports children and families raising children.

**Objectives and Initiatives**

**Objective 1**

Development of a system for seamless support from pregnancy, childbirth to child rearing in the community

- Support municipalities responsible for providing child and child-rearing support in the community and develop a system to provide seamless support from pregnancy, childbirth to child rearing, so that children and families can use services tailored to their needs.

**Objective 2**

Improve education and childcare during the infant stage

- Provide support required to secure high quality education and childcare based on the importance and characteristics of the infant stage, and to respond to the expectations of families raising children in the community.

**Objective 3**

Improve support according to the child’s growth stage

- Build a system where children of the next generation develop abilities to learn, think and act by themselves and the ability to proactively contribute to the development of society, while preparing to become independent with an awareness of being a member of society. Also promote support to actually become independent.

**Objective 4**

Enhance support to children and families requiring more support

- Promote support for children and families requiring more support by accurately grasping the physical and mental conditions of children and guardians, so that children growing up in various environments can be brought up in the community and receive necessary support to achieve social independence.

**Objective 5**

Build a foundation to ensure sound growth of children of the next generation

- To aim for a society that achieves work-life-balance, develop working environments where people can easily take childcare leave, etc. regardless of gender, and improve the employment situation to balance work and parenting by raising awareness to review working styles. Initiatives also include securing living environments where households raising children can live with security, and prevention of unexpected accidents, such as traffic and domestic accidents.
Project to Support Establishment of Licensed Daycare Facilities on Leased Land

The TMG will promote new development of daycare facilities through financial assistance for land lease, in case new licensed daycare facilities are developed by leasing state-owned land or private land.

Types of Facilities

- **Joint Kindergarten-Daycare Type**
  In line with the implementation of the new support system for children and child-rearing, the joint kindergarten-daycare type facility became a unified licensed facility having the status of a school and child welfare facility.

  Authorized child-care facilities other than the joint kindergarten-daycare type include the following three types depending on the facility. In the system, facilities such as existing licensed kindergartens or licensed daycare facilities, etc. supplement each other’s functions to receive authorization.

  - **Kindergarten Type**
    A licensed kindergarten that functions as an authorized child-care facility by having the function of a daycare facility by securing daycare time for children requiring such services, etc.

  - **Daycare Type**
    A licensed daycare facility that functions as an authorized child-care facility by having the function of a kindergarten by accepting children other than those who require daycare services, etc.

  - **Type of Facility at the Discretion of Municipalities**
    Local education or daycare facilities that are not licensed as either licensed kindergarten or daycare facility, but have the necessary functions as an authorized child-care facility.

 Licensed-daycare Facility

As of April 1, 2014, 2,019 daycare facilities (total capacity of 203,170 children) reside in Tokyo, all licensed according to the Child Welfare Law.

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

In the system for authorized Child-care facilities, the TMG provides authorization or a license to facilities that: 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.

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(Various Daycare Services)

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    Local education or daycare facilities that are not licensed as either licensed kindergarten or daycare facility, but have the necessary functions as an authorized child-care facility.

**Home-like Nursing Program**

Home-like childcareers (persons authorized by the municipality as competent to take care of nursing infants and children requiring daycare) provide daycare services at places such as their home, with a capacity of up to five children. The program is either supported independently by TMG or authorized by the municipality.

**Home Visiting Type Daycare Program**

Authorized program by municipalities offering daycare services, in which home-like childcareers provide daycare services to nursing infants and children requiring daycare at the child’s home.

**Small-scale Daycare Program**

Authorized program by municipalities offering daycare services, in which small-scale daycare facilities with capacity between 6 and 19 children provide daycare services to nursing infants and children requiring daycare.

**Daycare Facilities at Businesses**

Businesses provide daycare services by themselves or through consignment for their employees’ children or children in the community requiring daycare services. The program is either supported independently by TMG or authorized by the municipality.

**Daycare Program for Regular Use**

This is a unique TMG daycare service that provides
a certain amount of services on a regular basis for children of part-time workers and those who work shorter hours after childcare leave, by using available space in programs such as the temporary care program.

[Responding to Various Daycare Needs]

Extended Daycare
This is an initiative to offer daycare at daycare facilities, etc. at times other than the regular days and hours of use to children qualified to receive daycare.

Daycare for Children with Disabilities
This is an initiative to offer daycare at daycare facilities, etc. to children with disabilities who are able to receive group nursing.

Weekend and Holiday Daycare
This is an initiative to offer daycare at daycare facilities, etc. throughout the year, including Sundays and national holidays.

Daycare Program for Sick and Convalescent Children
The program offers daycare and nursing care for sick and convalescent children, in dedicated areas constructed at childcare facilities and hospitals.

Program for Pickup Stations to Daycare
In order to allow children to go to facilities far from home, the program sets up pickup stations at convenient locations to transport children by bus, etc.

Programs to Promote Daycare Services and Strengthen Daycare Capabilities
The programs support municipalities working to improve the quality of daycare service in accordance with the situation in the community, in order to respond to various daycare needs such as children with disabilities and children with allergies.

[Securing Daycare Personnel]

Program to Secure Daycare Personnel
With an aim to secure personnel working in daycare services, the program will assign daycare personnel coordinators at Tokyo Metropolitan Daycare Personnel and Daycare Facility Support Centers to offer various consultations, conduct trainings and seminars to support the employment of certified childcare workers, and offer workplace experience at daycare facilities to high school students in Tokyo.

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.

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 Program to Lease Housing for Daycare Workers
In order to secure, retain and prevent the unemployment of childcare personnel, TMG will subsidize a part of the cost in case municipalities pay expenses to businesses that lease housing for daycare workers.

Subsidy for Career Enhancement of Childcare and Other Staff in Tokyo
TMG will support service providers that encourage career enhancement of childcare and other staff, and work to secure and retain daycare personnel, so that childcare and other staff are able to improve their skills while having motivation for the job.

[Other]

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 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 support the efforts of municipalities to establish a system to provide seamless support from the pregnancy period.

○ Program to Support Childbirth and Child-rearing (Cradle Tokyo Program)
Develop a system to provide one-stop, comprehensive support from pregnancy to child-rearing periods, with specialists grasping the situation of all expectant and nursing mothers. Also, distribute child-rearing packages (articles for child-rearing, etc.) to families raising children.

○ Support Program for New-born Babies and Mothers
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. Daycare and overnight care 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.

**Program to Support Users**

In order to facilitate the use of educational/daycare facilities and child-rearing support programs in the community by children, guardians, expectant mothers, etc., the program supports municipalities that collect and provide information at familiar places and provides consultation and advice as necessary.

**Training Program for Child-rearing Supporters**

The program offers training to be certified as “child-rearing supporters” to those who are interested in work related to child-care in the community and child-rearing support, and wish to be engaged in related programs.

**Improvement of At-home Services**

Each municipality is offering various services at their child and family support centers as follows.

- **Short-stay (Short-term livelihood support program)**
  - In case child-rearing is temporarily difficult due to reasons such as giving birth, ceremonial occasions, or strong anxiety about child-rearing, a child welfare facility or other facilities looks after the child for a short period.

- **Twilight-stay (Program for nighttime child-care)**
  - 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 (Program to assist child-rearing support activities)**

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 (*jido 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 Child-rearing 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) and the cost of surgical sperm retrieval from the testis, conducted as part of the procedure leading to specific infertility treatments, where medical insurance does not cover paid costs.

[Creating a Friendly Environment for Child-rearing]

**Tokyo Conference for Child-rearing Support**

To create an environment where people who want to have 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 where the society as a whole provides child-rearing support.

**Tokyo Child-rearing Support Program**

In order for the society as a whole to support child-rearing, the TMG will support the launch of pioneering and advanced initiatives by NPOs, corporations and other organizations, which utilize the fund founded through donations by Tokyo residents and corporations,
and contributions by TMG.

**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 for elementary school students to ensure a safe environment for children to live and play.

**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.

**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 5,933 cases in FY2013, 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**

- **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 cause 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.

**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 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 live 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.

**Homelike Care**

**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 family homes and group homes.

**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.
The staff force will be enhanced to promote the establishment of family homes, which are operated by corporations that establish institutions for children.

**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.

**Program for Satellite Institutions for Children**

In municipalities that do not have institutions for children, the program promotes homelike care by establishing “satellite institutions for children” that are equipped with both the functions of multiple group homes or family homes as well as the functions of the main facility of an institution for children.

※Friend Home System

Children who usually live in institutions for children visit “friend 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.

**Establishment of Children’s Institutions with Strengthened Technical Functions**

In response to serious problems concerning child abuse and other issues, the TMG will develop children’s institutions with strengthened technical functions such as “specialized care by assigning psychiatrists and staff to supervise treatment, in order to expand the support for foster home children. Further, additional staff will be provided to enhance “Individual Support” for facilities operating the unit-care system.

**Reform of Foster Care Facility Systems (Maintenance)**

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.

**Model Program on Cooperative Specialized Care Function**

A trial of the “cooperative specialized care function” to comprehensively provide livelihood assistance, medical care and education will be conducted at Tokyo metropolitan children’s institution (Shakujii Gakuen) to enhance support for children, etc. with serious symptoms due to abuse.

**Home for Infants**

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

**Establishment of Home for Infants with Strengthened Specialized Care Functions**

To promote the functional recovery of mind and body of infants with mental and physical problems, including children who have abuse experiences, are weak or sick, or have disabilities, and to promote their return to the family by strengthening support for guardians, such as child-rearing consultations, a trial will be conducted for a home for infants. It will have strengthened specialized care functions to offer “specialized therapeutic care” with child psychiatrist and staff responsible for the treatment process assigned there.

Further, additional staff will be provided to enhance “Individual Support” for facilities operating on the unit-care system.

**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.

**Program to Strengthen Independence Support**

Assign independence support coordinators 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 Metropolitan Employment Service Center, run by the Metropolitan government, and supports youth who are unsure of their career paths.

Schools promote work experience days for junior high school students and internships for high school students so that they can become independent 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 and support organizations are introduced in response to telephone calls, e-mails or visits from 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 consultation 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, and counseling by telephone or e-mail for those who are troubled about pregnancy or childbirth.

- Tokyo Health Hotline 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 Hotline
  Experienced peer counselors provide consultation on issues related to sterility or infertility.

- Tokyo Pregnancy Consultation Hotline
  Specialists such as nurses provide consultation by telephone or e-mail on issues related to pregnancy or childbirth. Relevant organizations are introduced depending on the details.

※Consultations on sterility or infertility are provided at the Tokyo Sterility/Infertility Hotline.

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.
Support for Children with Specific Child Chronic Diseases

To reduce the burden of medical expenses, the TMG subsidizes a part of the self-pay burden of the expenses. Further, in line with the implementation of the project to support self-reliance, the TMG will promote sound development and self-reliance of children requiring long-term care.

Prevention of Accidents Involving Children

○ 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 Plaza) 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

At the Child/Family Support Centers, children or their family in the community can consult about any issues at home and receive comprehensive support.

Of these centers, the Pioneering Child/Family Support Center offers various additional 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, 2014, there were approximately 159,500 mother-and-child households in the metropolitan (about 2.38% of total households), and approximately 19,500 father-and-child households (about 0.29% total households).

The TMG formulated the “TMG Support Scheme for Independence of Single-parent Families (Third Term)” in April 2015 to improve employment support and consultation systems, develop child-rearing support facilities, and provide financial support.

The single-mother and single-father 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.

○ Single-parent Family Employment Support

Counselors offer employment support (free job placement, collect/provide information, employment consultation, awareness to promote employment, etc.) for single-parent families and related parties to promote self-reliance living.

○ Single-parent Family Consultation on Daily Life

Consultation is provided to various problems related to the daily lives of a single-parent family.

○ 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-parent Households
These programs are part of the measures for employment support to promote independent living of mothers of fathers of single-parent households. They include financial support of vocational education training of single-mothers and single-fathers advance skill training promotion program for single-mothers and single-fathers.

Formulation of Independence Support Programs for Single-mothers and Single-fathers
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.

Child Support Model Program for Single-parent Households
The program supports the independence of children of single-parent households by providing study support through a tutoring school or by dispatching a home tutor.

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 and Single-father Households
In order to secure welfare of children in single-mother and single-father 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.

Metropolitan Housing
A program is available to increase the winning rate of a drawing for metropolitan 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.

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 Women and other facilities are positioned as facilities to support stalking victims under the Stalker Regulation Law (effective October 3, 2013).

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 Prefectural Insured Long-Term Care Service Plan) formulated in March 2015 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 (Except the age-indeterminate). It will reach 25.2% by 2025 and 29.8% by 2035, which means that about 30% of residents of Tokyo will be over the age of 65.

Rising Average Life Expectancy
As of 2013, the average life expectancy of a Japanese male is 80.21 and 86.61 for female. Compared to those of year 1970, which were 69.31 and 74.66 respectively, the average life expectancy has increased by 10 to 12 years for both male and female in the last 40 years.

Many Healthy Elderly Persons
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 the Elderly Require Long-term Care
The number of seniors who require support or nursing care is increasing.

Dementia Patients Are Expected to Increase
Among the elderly who are certified as being in need of care (support) in Tokyo, the number of people who have some kind of dementia symptoms (Over level I of independence in daily life for dementia patient seniors) has reached approximately 380,000 as of November 2013, and this figure is expected to increase to approximately 600,000 in 2025.

The number of dementia patients is expected to rise quickly as the population of the elderly increases, especially those aged 75 and older.

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 1.94 million yen in households with household heads aged 65 or older, which does not show a big difference compared to other age groups.
Tokyo Metropolitan Health and Welfare Plan for Elderly

Plan Overview

- This is a comprehensive basic plan for the elderly in Tokyo, formulated by combining the “Welfare Plan for the Elderly” based on the Act for Social Welfare for the Elderly and the “Prefectural Insured Long-Term Care Service Plan” based on the Long-Term Care Insurance Act.
- The three-year plan covers the period of fiscal years 2015 to 2017. The medium- to long-term perspective of the plan looks at 2025 when the baby boomer generation reaches age 75 and over.

Plan Concept

- Looking at 2025 with a medium- to long-term perspective, work toward improving the service infrastructure for long-term care and housing for the elderly, while working to secure long-term care personnel, etc.
- Based on the revisions of the public long-term care insurance system effective April 2015 that gives a greater role to municipalities, work to support the construction of Community-based Integrated Care System in municipalities, etc.
- Clarify the standpoint that Community-based Integrated Care System will be positioned as part of community development that envisions the future of the community.

Based on the status of elderlies in Tokyo in 2025 and the revisions of the long-term care insurance system

Aim to Construct Community-based Integrated Care System in Tokyo

Priority Areas

- Lists advanced cases of Community-based Integrated Care in municipalities for each area

1. Development of a service infrastructure for long-term care
   ★ Enhance long-term care services and develop infrastructure for long-term care so that the elderly can live at ease in their familiar community.

2. Promotion of in-home medical care
   ★ Secure a system for in-home medical care in the community, while promoting a smooth transition from leaving hospital to in-home medical care.

3. Comprehensive promotion of measures to address dementia
   ★ Promote comprehensive measures to address dementia, such as building a community that supports dementia patients and their families, promotion in cooperation with the community, provision of specialized medical service, personnel training and awareness building.

4. Promotion of measures for long-term care personnel
   ★ Implement comprehensive initiatives such as support for securing, training and retention of long-term care personnel based on a medium- to long-term perspective, and personnel training to enhance expertise.

5. Secure housing for the elderly
   ★ Accelerate supply of housing and promote the development of facilities, while securing a certain quality level of housing for the elderly.

6. Promotion of long-term care prevention and development of a community with mutual support
   ★ Provide support that contributes to strengthening functions to prevent long-term care by municipalities, while developing an environment where the elderly with a wealth of experience can be active as “supporters of the community.”
The Long-term Care Insurance System is designed so that the society as a whole can support the elderly who are in need of long-term care to lead life as independently as possible. The TMG, in cooperation with its municipalities (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. 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 (From August 2015, 20% for those with a certain level of income) must be paid by the policyholder.
- Monthly maximum limit (payment limit) is fixed by level of care required 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 in case of using service of facilities (Some reduction may be made for the food cost for low-income persons).
- In case the 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 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.

### Services of Long-Term Care Insurance System
The trend toward the aging of Japanese society is expected to continue into the future, which means that the number of elderly in need of long-term care and elderly with dementia is also expected to increase. So, these services are designed to prevent the low-grade from degenerating to being in need of care support or severe case. 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 utilized starting the date of Application)

2. **Counter for Public Long-term Care Insurance**

3. **Investigation by the Visit**
   - Primary Judgment, using a computer
   - Care Assessment Board
   - Secondary Judgment

4. **Use of Services**
   - The user contracts with the service provider.
   - Development of preventive care plan
     - [Set up by Regional Comprehensive Support Center]
   - Development of Care Plan
     - [Set up by a care manager (a care support expert)]

5. **Level of Support**
   - Concluding the contract for using the services
   - The user contracts with the service provider.
   - Care Assessment Board
   - Secondary Judgment

6. **Level of care need**
   - Primary Judgment, using a computer
   - Care Assessment Board
   - Secondary Judgment
The following services are available for those who are certified Level 1-5 of Long-term care need.

<table>
<thead>
<tr>
<th>Type of Service</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Development of long-term care service plan</td>
<td>To provide proper in-home services, care support experts (care manager) develop care plans based on the users' physical, mental and environmental condition and their wishes and coordinate with service providers.</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>Doctors, dentists and pharmacists visit the users’ home to provide guidance and assistance.</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>Nursing and small-scale multifunctional in-home care (*)</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>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>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>Rental service of welfare equipments</td>
<td>Welfare equipments such as special beds or wheelchairs are available for rental.</td>
</tr>
<tr>
<td>Subsidization of welfare equipment costs</td>
<td>Subsidizes 90% of the cost of welfare 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>Subsidization of home renovation costs</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>Development of Service Plan for the Prevention of Physical Deterioration</td>
<td>Support for Prevention of Physical Deterioration To provide proper in-house services to prevent physical deterioration, community support center staff develops care plans based on the users' physical, mental and environmental condition and their wishes and coordinate with service providers.</td>
</tr>
</tbody>
</table>
| At-home Services | Home help Service  
| | Bathing Service  
| | Nurse Service  
| | Rehabilitation Service  
| | Home Healthcare Guidance Service |
| Out-patient Services | Day Service  
| | Day Service for Dementia Patients  
| | Rehabilitation Service (Day Service)  
| | Short-stay Care (Welfare Facility)  
| | Short-stay Care (Medical Facility)  
| | 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 |
| Welfare Equipment Services | Rental Service of Welfare Equipments  
| | Subsidization of Welfare Equipment Costs |
| Subsidization for House Renovation | Subsidization of Home Renovation Costs |

Note:  
*1 Services offered as part of "Long-term care prevention and daily life support services" at municipalities that have launched the comprehensive program on long-term care prevention and daily life support. "Long-term care prevention and daily life support services" offers various services such as resident-oriented support, in addition to conventional services such as support for prevention of physical deterioration, at-home long-term care, and day service at facility.  
*2 Services in general for residents of the municipalities where the service providers or facilities is located (community-based ser-vices)
**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 Care Facilities**
  To create an environment in which community residents voluntarily participate in activities to support long-term care 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 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 support the training of new visiting nurses mainly at large-scale visiting nurse stations and support their acquisition of home-visiting nurse qualifications.

- **Model Project to Secure and Retain Welfare Personnel**
  To reduce the administrative burden of the staff and develop an environment to allow them to focus on their specialized tasks, the project supports visiting nurse stations that newly assign administrative personnel.

- **Training Project on Care Staff Expelling Phlegm for Patients**
  Research is conducted on training 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 Care Staff to Obtain Qualifications**
  With an aim to train and improve the service of current care staff working in the field, the program supports their acquisition of qualifications.

- **Care Staff Skill Improvement Project**
  Visiting nursing care staff and long-term 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 long-term care services.

- **Program to Secure Substitute Staff to Support the Training of Present Care Staff**
  To improve the capability of long-term care staff, the program dispatches substitute staff when long-term care insurance service providers send their staff to receive training.

- **Program to Promote the Introduction of a Career Path for Tokyo Care Staff**

To work toward retention and development of care staff, the program supports service providers that introduce a career path that ensures compensation based on responsibilities by utilizing the state’s “Care Career Grading System.”

- **Program on Measures to Secure Care Staff**
  The TMG will secure stable care staff by having students, housewives and employees experience the attractive points and satisfaction that comes with the long-term care service, while also consistently providing support for obtaining long-term care qualifications, job recommendations and placement.

- **Program to Promote the Utilization of Potential Care Staff**
  The program works to ensure a stable supply of care staff and promote the employment of potential personnel with qualifications by using the temporary to permanent hiring system.

**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 Care Prevention

It is important for the elderly 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 as soon as possible and start to try improving their health and preventing further deterioration.

Starting in April 2015, a review of the comprehensive project to prevent the need for long-term care and to support the day-to-day life of care recipients is underway, with an aim to enhance various services that support the elderly in the community, such as long-term care prevention and daily life support services including meal delivery and watching over them. The review also aims to promote long-term care prevention programs led by various groups such as residents, while ensuring effective and efficient support for the elderly requiring support.

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 acknowledgement, they must prevent long-term 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 Long-term 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 long-term care services.

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

③ Long-term Care Prevention Management
   Assess long-term care recipients, devise care plans to eliminate the need for long-term 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 Long-term 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 long-term care

③ Project services to boost motivation based on individual user needs

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

The new comprehensive project to prevent the need for long-term care and to support the day-to-day life of care recipients was launched in FY2015. At-home long-term care and day services formerly offered as a prevention benefit with a uniform standard throughout the country will be transferred to the Community Support Project, and these services can now be offered by various providers in the community. Further, the conventional categories of primary and secondary prevention programs will be abolished, and shift to an integrated support is requested. Municipalities are requested to make the shift to the project by FY2017.

Community Support Project

The TMG supports local governments in conducting care prevention programs and community comprehensive support centers in general counseling and advocacy programs. Starting in FY2015, the new comprehensive project to prevent the need for long-term care and to support the day-to-day life of care recipients, programs contributing to the collaboration between at-home medical care and long-term care, and programs contributing to comprehensive support for the elderly with dementia, and other programs will be positioned as Community Support Projects.

Community Comprehensive Support Centers

These facilities consult with the elderly and their families regarding long-term care issues, coordinate
promote the establishment of community comprehensive support centers, etc. with technical functions

the program will support municipalities that set up community comprehensive support centers with technical functions, which supervise and support multiple centers within the municipality, and expand the function to watch over the elderly in the community.

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. the program also supports municipalities so that they can make a smooth transfer to the new comprehensive project by launching a system for sharing information on long-term care prevention.

program to promote rehabilitation in the community for long-term care prevention

in order to promote efforts in the community to prevent long-term care by utilizing specialists such as rehabilitation experts, the program will assign advisors to be dispatched to a wide area to conduct training to foster specialists on rehabilitation in the community.

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 conducting training for them.

promotion of comprehensive regional care system through various regional contribution activities

in order to support the creation of the comprehensive regional care system, promote building systems that provide various services offered by different groups, which capitalizes on tokyo’s strength of having dynamic corporate activities.

strengthening cooperation between medical care and long-term care

project on housing with service for the elderly providing medical and long-term care

to improve housings to allow the elderly to safely continue living in a familiar community even if they require medical or long-term care, the project subsidizes maintenance expenses of housing with service for the elderly that link medical care services of clinics and home-visiting nursing stations with nursing care services such as regular/on-call visits at home and home help service.

visiting nurse station establishment and operation project

to support the lives of the elderly requiring medical care at home, this project supports the establishment and operation of visiting nurse stations by offering individual consultations to service providers.

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, distributes brochures to promote awareness with a dementia checklist, 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, in areas other than island locations, to facilitate coordination among medical institutions and between medical and long-term care fields. an outreach team comprised of doctors, nurses, and psychiatric social workers will be assigned at the centers, which serve as a base for secondary health care zones. this will facilitate visits to elderslies suspected of dementia, based on requests from dementia support coordinators.

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.

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.

**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 Service Infrastructure for Community Life**
The TMG will improve the infrastructure of community support services for elderly including long-term care insurance facilities such as special nursing homes and care houses for long-term care, as well as realizing various housing facilities that combine accommodation and proper care such as care houses and silver peers.

Secure Facilities and Housing Tailored to the Various Needs of the Elderly (Tokyo long-term vision target figures)

<table>
<thead>
<tr>
<th>Item</th>
<th>Target (by the end of FY2025)</th>
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<tbody>
<tr>
<td>Development of special nursing home for elderly</td>
<td>Capacity of 60,000 people</td>
</tr>
<tr>
<td>Development of long-term care welfare facilities</td>
<td>Capacity of 30,000 people</td>
</tr>
<tr>
<td>Development of group homes for elderly with dementia</td>
<td>Capacity of 20,000 people</td>
</tr>
</tbody>
</table>

**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.

**Emergency Development Project of Group Homes for the Elderly with Dementia**
The project promotes the development of group homes for the elderly with dementia, where they can live communally in a family-like environment and receive long-term care and assistance for daily life.

**Subsidy for Building Costs of Charged Nursing Homes for Long-term Care Purposes**
Subsidy for building 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.

**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.

**Subsidy for Fixed-term Land Leasehold**
Considering the difficult situation in securing sites for facilities in urban areas with high land prices, 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.

**Project to Support the Development of Special Nursing Home for Elderly Using Leased Land**
The project subsidizes a part of the land lease when special nursing homes for the elderly and care houses for long-term care are developed on leased state-owned land or private land.

**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 Special Nursing Homes for the Elderly for Joint Use by Multiple Municipalities** [New]

To promote effective land utilization in Tokyo with limited land, promote development of special nursing homes for the elderly for joint use by multiple municipalities.

**Develop a System to Build Temporary Facility**

In order to promote rebuilding of old Special nursing home for Elderly and other facilities, build 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 Service for the Elderly**

The TMG will secure quality barrier-free housing while providing livelihood support services including emergency care and safety check, and promote the supply of housing with service 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 housing with service 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.

**Metropolitan Housing**

A program is available to increase the winning rate of a drawing for metropolitan 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.

**Program to Secure Housing with Daily Life Support**

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 safety, 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.

**Support of Social Involvement of the Elderly**

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

**[Promotion of Social Participation]**

**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.

**[Employment]**

**Tokyo Metropolitan Employment Service 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.
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:** Establishes and 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

**[Establishment of Centers to Promote Support for Dementia]**

☆ Positioned as the training base for dementia healthcare professionals in Tokyo and as a base for secondary healthcare zones, the Dementia Patient Treatment Centers support training to be conducted smoothly in the community, while also conducting training for healthcare professionals.