

Overview of the Long-term Care Insurance (LTCI) system

(介護保険制度概要)

1. The Long-term Care Insurance (LTCI) system supports people in need of long-term care due to aging, among other factors throughout the whole of society.

(介護保険制度は、加齢等により介護が必要となった人を社会全体で支えあう制度です。)

- It is mandatory for those aged 40 and above to enroll in LTCI.
(日本に住んでいる 40 歳以上の人は、介護保険に加入しなければなりません。)
- The LTCI system is one with aims of mutual assistance, with society as a whole supporting the expenses spent on long-term care to reduce the burden of insured members when they need to face the costs of long-term care.
(介護保険制度は、介護の負担を軽くするために、加入者がお金を出し合い、加齢等により介護が必要となったときの介護に充てる費用を社会全体で支えあう、相互扶助を目的とした制度です。)

2. Everyone aged 40 and above will be insured under LTCI.

(40 歳以上の人は被保険者になります。)

1) Persons aged 65 and above will be insured under Category 1

(65 歳以上の人は第 1 号被保険者になります。)

- After turning 65, the local municipality will issue you a health insurance card insuring you under Category 1.
(65 歳になると介護保険の第 1 号被保険者になり、お住まいの市町から保険証が交付されます。)
- You can then request for care services by applying for a ‘Long-term Care Need Certification’ from the local municipality.
(介護が必要になったときには、市町に要介護認定申請を行い、認定を受ければ介護サービスを利用できます。)
- You will need your health insurance card for application.
(保険証は、要介護認定申請のときに必要になります。)

2) Persons aged 40 to 64 will be insured under Category 2

(40 歳以上 65 歳未満の人は第 2 号被保険者になります。)

- Those insured under Category 2 can apply for care services only if they have any of the 16 conditions listed in the table below. In that case, apply for a ‘Long-term Care Need Certification’ from the local municipality.
(第 2 号被保険者になると、以下の 16 疾病により介護が必要になったときに、市町に要介護認定申請を行い、認定を受ければ介護サービスを利用できます。)

<16 Conditions / Diseases>(16 疾病の種類)

- Terminal Cancer
(がん)
- Rheumatoid arthritis
(関節リウマチ)
- Amyotrophic lateral sclerosis (ALS)
(筋萎縮性側索硬化症)
- Ossification of posterior longitudinal ligament
(後縦靭帯骨化症)
- Osteoporosis with fracture
(骨折を伴う骨粗鬆症)
- Early onset dementia
(初老期における認知症)
- Arteriosclerosis obliterans
(閉塞性動脈硬化症)
- Chronic obstructive pulmonary disease
(慢性閉塞性肺疾患)
- Osteoarthritis with significant deformation of knee joints or hip joints
(両側の膝関節又は股関節に著しい変形を伴う変形性関節症)
- Progressive supranuclear paralysis, corticobasal degeneration, or Parkinson's disease
(進行性核上性麻痺、大脳皮質基底核変性症及びパーキンソン病)
- Cerebrovascular disease
(脳血管疾患)
- Spinocerebellar degeneration
(脊髄小脳変性症)
- Spinal canal stenosis
(脊柱管狭窄症)
- Progeria
(早老症)
- Multiple system atrophy
(多系統萎縮症)
- Diabetic neuropathy, diabetic retinopathy or diabetic nephropathy
(糖尿病性神経障害、糖尿病性腎症及び糖尿病性網膜症)

3. How to request for care services

(介護サービスを利用するための手続き)

1) Apply for a 'Long-term Care Need Certification'

(要介護認定の手続き)

- (1) Approach the division in charge of LTCI at your local municipal office or visit the nearest Community General Support Center. They will be able to guide you along the application process.
(市町介護保険担当課又は地域包括支援センターに要介護認定申請の相談をします。)
- (2) Submit your application for the 'Long-term Care Need Certification' to the division in charge of LTCI.
(市町介護保険担当課に要介護認定申請書を提出します。)
- (3) A representative from the municipality will visit you at home and check your mental and physical health.
(市町の認定調査員が自宅を訪問して、申請者の心身の状況などを調べる訪問調査を行います。)
- (4) Your results will be assessed by the LTCI Certification Committee who will then categorize you into the appropriate care level, and the municipality will send you a notice of the final outcome.
(市町の介護認定審査会で訪問調査の結果などから要介護状態の区分が判定されます。市町の介護認定審査会の判定結果に基づき、市町から要介護認定の結果が通知されます。)

2) Notification of Certification Results

(要介護認定の結果が通知されたとき)

- There are 7 levels of care in the LTCI system. They include 2 levels of Support Care and 5 levels of Nursing Care. You will only be eligible for nursing services if you are assigned to one of the 7 levels in the certification results. (要介護認定結果通知には、非該当、要支援1～2、要介護1～5のいずれかの要介護状態の区分が記載されています。)
- For those categorized in Support Care Level 1 and 2, approach the Community General Support Center to help you draw out a care plan for your needs. (非該当の場合には、介護サービスを利用することはできません。)
- For those categorized in Nursing Care Level 1 to 5, you can choose to either receive nursing services at home or at nursing facilities. (要支援1～2の場合、地域包括支援センターにケアプランの作成を依頼し、ケアプランに基づいた介護サービスを利用できます。)
- For home nursing services, approach the division in charge of LTCI at your local municipal office and they will introduce you to home-care service providers. (要介護1～5で、自宅で介護サービスを受けたい場合には、まず、市町介護保険担当課又は地域包括支援センターから複数の居宅介護支援事業所の紹介を受け、その中から気に入った居宅介護支援事業所のケアマネージャーにケアプランの作成を依頼し、その後にケアプランに基づいた介護サービスを利用できます。)
- For facility care services, approach the facility you would like to enter, and they will draw up a care plan for you. (要介護1～5で、施設に入所して介護サービスを受けたい場合には、入所したい施設のケアマネージャーにケアプランの作成を依頼し、その後にケアプランに基づいた介護サービスを利用できます。)

4. Services offered under LTCI

(介護サービスには次のサービスがあります。)

- The type of nursing care services available depends on your level of assessed need (介護サービスには、次のとおり様々な種類があります。)

(1) Home Care Services (自宅で介護の手助けがほしいとき)

① Home Help Service (訪問介護)

A helper will visit your house to provide personal care and housekeeping support including bathing, toileting, feeding, meal preparation, laundry, and etc. Available for all 7 levels.

(ホームヘルパーなどが利用者の自宅を訪問し、利用者の入浴、排せつ、食事などの身体介護や調理、洗濯などの生活援助を行います。要支援1～要介護5の人が利用できます。)

② Home-visit Bathing Service (訪問入浴介護)

A care worker and nurse will visit your house with a portable bathtub and help you bath. Available for all 7 levels.

(介護職員と看護職員が利用者の自宅を訪問し、持参した浴槽で利用者の入浴を行います。要支援1～要介護5の人が利用できます)

③ Home-visit Nursing Service (訪問看護)

A nurse will visit your house and, under the instructions of a doctor, provide nursing care including intravenous drips (IV), bed sore treatment, phlegm suction, bathing, toileting, and etc. Available for all 7 levels.

(医師の指示により看護師などが疾患等を抱えている利用者の自宅を訪問して、入浴、排せつなどの介護、医師の指示に基づく点滴、じょくそう、痰の吸引などを行います。要支援1～要介護5の人が利用できます。)

④ Home-visit Rehabilitation (訪問リハビリテーション)

A registered physiotherapist, occupational or speech therapist will visit your house and, under the instructions of a doctor, provide rehabilitation services. Available for all 7 levels.

(理学療法士や作業療法士、言語聴覚士が利用者の自宅を訪問し、医師の指示に基づきリハビリテーションを行います。)

⑤ Home Medical Treatment Management Instruction (居宅療養管理指導)

A doctor, dentist, pharmacist, nutritionist and etc. will visit your house to check on your condition and provide appropriate medical advice. Available for all 7 levels.

(医師、歯科医師、薬剤師、管理栄養士などが通院困難な人の自宅を訪問し、療養上の管理や指導を行います。要支援1～要介護5の人が利用できます。)

⑥ Home Care - Regular and On-demand (定期巡回・随時対応型訪問介護看護)

Care workers and nurses will visit your house periodically and as and when required to provide nursing care. Available for Nursing Care Level 1 to 5.

(日中と夜間を通じた複数回の定期訪問と随時の対応で、一体的な介護と看護を行います。要介護1～要介護5の人が利用できます。)

⑦ Home Care at Night - Regular and on-demand (夜間対応型訪問介護)

Care workers and nurses will visit your house regularly and as and when required at night to provide nursing care. Available for Nursing Care Level 1 to 5.

(利用者が夜間でも安心して在宅生活を送れるよう、定期的な巡回や通報システムによる夜間専用の訪問介護を行います。要介護1～要介護5の人が利用できます。)

⑧ Small-Scale, Multifunctional Home Care (小規模多機能型居宅介護)

Depending on your preference, and with special focus on visiting facilities, staff will provide you with assistance that combines services such as visiting care and accommodation. Available for all 7 levels.

(施設への通うことを中心に、利用者の選択に応じて訪問介護や宿泊などのサービスを組み合わせたサービスを利用者に提供します。要支援1～要介護5の人が利用できます。)

⑨ Small-Scale, Multifunctional Home Nursing Care (看護小規模多機能型居宅介護)

You will be provided with a combination of small scale and multifunctional home care and home visitation nursing care. Available for Nursing Care Level 1 to 5.

(小規模多機能型居宅介護と訪問看護を組み合わせたサービスを利用者に提供します。要介護1～要介護5の人が利用できます。)

① Day Care Service (通所介護・地域密着型通所介護)

You can receive nursing care such as meals, bathing, physiotherapy, and etc. at a day care facility.

Available for Nursing Care Level 1 to 5.

(日帰りで施設に通う利用者に食事、入浴などの介護や機能訓練などを行います。
要介護1～要介護5の人が利用できます。)

② Dementia Day Care Service (認知症対応型通所介護)

You can receive nursing care such as meals, bathing, physiotherapy and etc. for dementia patients at a day care facility. Available for all 7 levels.

(日帰りで施設に通う認知症のある利用者に食事、入浴などの介護や機能訓練などを行います。要支援1～要介護5の人が利用できます。)

③ Rehabilitation Day Care Service (通所リハビリテーション)

You can receive rehabilitation therapy at a clinic, hospital, or at a Long-Term Care Health Facility.

Available for all 7 levels.

(日帰りで介護老人保健施設や医療機関などに通う利用者にはリハビリテーションを行います。要支援1～要介護5の人が利用できます。)

(3) Services to improve your housing environment

(自宅での介護環境を整えたいとき)

① Rental of Assistive Devices (福祉用具貸与)

Rental of assistive devices like wheelchairs and etc. will be partially subsidized. Available for all 7 levels.

(利用者の日常生活の自立を助けるための福祉用具を借りる費用の一部を支給します。要支援1～要介護5の人が利用できます。)

② Purchase of Assistive Device (福祉用具購入費の支給)

Purchase of assistive devices like wheelchairs and etc. will be partially subsidized. Available for all 7 levels.

(利用者の入浴や排せつなどに使用する福祉用具の購入費の一部を支給します。要支援1～要介護5の人が利用できます。)

③ Home Renovation (住宅改修費の支給)

Renovations to enhance the accessibility of your house (eg. Handrail installation, step elimination, etc.) will be partially subsidized. Available for all 7 levels.

(利用者のための手すりの取付けや段差解消などの住宅改修の一部を支給します。要支援1～要介護5の人が利用できます。)

(4) Short-Term Stay at a Facility (一時的に施設に入所したいとき)

① Short-term Stays (短期入所)

You can enter special nursing homes for the elderly or rehabilitation facilities for a short period of time, and can receive meals, and nursing care such as bathing and rehabilitation. In addition, you can receive these same services under medical management. Available for all 7 levels.

(利用者が特別養護老人ホームや老人保健施設などに短期間入所して、食事、入浴などの介護やリハビリテーション、又は、医学管理下での食事、入浴などの介護やリハビリテーションなどを行います。要支援1～要介護5の人が利用できます。)

(5) Long-Term Stay at a Facility (施設でサービスを受けたいとき)

① Special Elderly Nursing Home・Community-Based Special Elderly Nursing Home

(特別養護老人ホーム・地域密着型特別養護老人ホーム)

Support and care for the daily life of individuals living in special nursing homes for the elderly and community-based special nursing homes for the elderly and for those who need constant care and have difficulty living at home will be provided. Available for Nursing Care Level 3 to 5.

(常時介護が必要で自宅での生活が困難な利用者に、特別養護老人ホーム・地域密着型特別養護老人ホームで日常生活上の支援や介護を提供します。要介護3～要介護5の人が利用できます。)

② Rehabilitation Facility for the Elderly (老人保健施設)

Care centered on rehabilitation at a rehabilitation facility for the elderly will be provided so that users with stable medical conditions may be able to return to their home. Available for Nursing Care Level 1 to 5.

(病状が安定している利用者が在宅復帰できるよう、老人保健施設でリハビリテーションを中心としたケアを提供します。要介護1～要介護5の人が利用できます。)

③ Nursing Care Medical Facility (介護療養型医療施設)

Medical care management, nursing, nursing care under medical management, and rehabilitation among others will be provided in nursing care type medical facilities for individuals who need long-term medical treatment after acute treatment. Available for Nursing Care Level 1 to 5.

(急性期の治療を終え、長期の療養を必要とする利用者に、介護療養型医療施設で療養上の管理、看護、医学的管理下での介護、リハビリテーションなどを提供します。要介護1～要介護5の人が利用できます。)

④ Nursing Care Medical Clinic (介護医療院)

For individuals who need long-term medical treatment, integrated medical care and daily care at the nursing care medical clinic will be provided. Available for Nursing Care Level 1 to 5.

(長期療養が必要な利用者に、介護医療院で医療と日常生活上の介護を一体的に提供します。要介護1～要介護5の人が利用できます。)

⑤ Private Homes for the Elderly, among others (有料老人ホームなど)

Support and care in daily life are provided to elderly people living in private nursing homes, nursing homes, and low-cost nursing homes. Available for all 7 levels.

(有料老人ホーム、養護老人ホーム、軽費老人ホームに入居している高齢者に、日常生活上の支援や介護を提供します。要支援1～要介護5の人が利用できます。)

⑥ Group Home (グループホーム)

Care and functional training are provided for individuals who live in a residence (group home) for elderly people with dementia. Individuals who are receiving assistance level 2 or are in nursing care levels 1-5 are eligible for these services. Available for Support Care Level 2 and Nursing Care Level 1 to 5.

(認知症の高齢者が共同生活をする住居(グループホーム)で、日常生活上の世話や機能訓練などを提供します。要支援2～要介護5の人が利用できます。)

5. Services outside those included in LTCL are not covered.

(介護保険以外のサービスを受けるときには、全額自己負担になります。)

- You will have to pay out-of-pocket for services not covered under LTCI eg. Hair-dressing services, daily necessities, entertainment, etc.
(要介護状態区分ごとに決まっている利用可能な介護サービス以外のサービスの利用料や、理美容代、日用品代、娯楽費などは、全額自己負担になります。)
- However, diapers and food deliveries may be subsidized depending on the municipality.
(市町によっては、おむつ代、配食サービスなどに補助金を支給しているところがあります。)
- For more details, please consult your care manager.
(詳しくはケアマネージャーに相談してください。)

6. You will have to pay a percentage of the nursing cost.
(介護サービスを受けるときには、自己負担があります。)

- If you are certified to receive nursing services, you will only need to pay 10% to 30% of the total cost depending on your income and etc.
(要介護(要支援)認定を受け、介護サービスを受けるときには、実際の費用の1割から3割の自己負担があります。)

| Co-payment (自己負担 の割合) | Eligibility (所得等の額) |
|-----------------------------|---|
| 10% | Single-person household: Pension Income + other total income is less than 1.6 million yen Households with 2 or more people: Pension Income + other total income is less than 3.46 million yen (単身世帯:年金収入+その他の合計所得金額が 160 万円未満) (2人以上世帯:年金収入+その他の合計所得金額が 346 万円未満) |
| 20% | Single-person household: Pension Income + other total income is more than 1.6 million yen but less than 3.4 million yen Households with 2 or more people: Pension Income + other total income is more than 3.46 million yen but less than 4.63 million yen (単身世帯:年金収入+その他の合計所得金額が 160 万円以上 340 万円未満) (2人以上世帯:年金収入+その他の合計所得金額が 346 万円以上 463 万円未満) |
| 30% | Single-person household: Pension Income + other total income is more than 3.4 million yen Households with 2 or more people: Pension Income + other total income is more than 4.63 million yen (単身世帯:年金収入+その他の合計所得金額が 340 万円以上) (2人以上世帯:年金収入+その他の合計所得金額が 463 万円以上) |

- If your co-payment amount exceeds a certain limit, the excess amount will be reimbursed back to you. Refer to the following table for upper limits:
(自己負担の金額が一定の上限額を超えると、超えた金額が払い戻されます。上限額は概ね下表のとおり所得の状況によって変わります。)

| | |
|---|----------------------------|
| Individual Personal Cost Breakdown (利用者負担段階区分) | Upper Limit (1か月当たり上限額) |
|---|----------------------------|

| | |
|--|--|
| Active income earner (taxable income exceeds 1.45 million yen) 現役並み所得者 (課税所得 145 万円以上) | 44,400 yen (household) 44,400 円 (世帯) |
| Person in a household that includes a person subject to municipal tax (all people except the categories above and below) 一般 (上記又は下記以外の人) | 44,400 yen (household) 44,400 円 (世帯) |
| Person in a household that does not include anyone subject to municipal tax (世帯全員が市民税非課税) | 24,600 yen (household) 24,600 円 (世帯) |
| <ul style="list-style-type: none"> ▪ a person whose taxable pension income and total income is less than 800,000 yen (本人の課税年金収入額と合計所得金額が 80 万円以下の人) ▪ a person who is an old-age welfare pension recipient (老齢福祉年金受給者の人) | 15,000 yen (individual) 15,000 円 (個人) |
| Person receiving public financial assistance for everyday living (生活保護受給者の人) | 15,000 yen (individual) 15,000 円 (個人) |

7. Monthly Cap for Home Care Services (在宅での介護サービスには利用上限額が決められています。)

- The upper limit for home care services depends on your level of care.
(在宅での介護サービスには、下表のとおり要介護状態区別に利用上限額が決められています。)
- Services costing over the upper limit will not be covered, and you will have to pay for it out-of-pocket.
(利用上限額を超えて介護サービスを利用すると、利用上限額を超えた金額は全額自己負担になります。)

| Support / Nursing Care Level (要介護状態区分) | Monthly Cap (approximate) (月額利用上限額(目安)) |
|---|--|
| Not applicable (非該当) | Ineligible (介護サービスを受けられません。) |
| Support Care Level 1 (要支援1) | 50,320 yen (50,320 円) |
| Support Care Level 2 (要支援2) | 105,310 yen (105,310 円) |
| Nursing Care Level 1 (要介護1) | 167,650 yen (167,650 円) |
| Nursing Care Level 2 (要介護2) | 197,050 yen (197,050 円) |
| Nursing Care Level 3 (要介護3) | 270,480 yen (270,480 円) |
| Nursing Care Level 4 (要介護4) | 309,380 yen (309,380 円) |
| Nursing Care Level 5 (要介護5) | 362,170 yen (362,170 円) |

8. Persons aged 40 and above are required to pay premiums.

(40 歳以上の人には、保険料の支払い義務が生じます。)

- You have to start paying premiums for LTCL at the age of 40.
(40歳以上になると介護保険料を納める必要があります。)
- Your municipality will set and collect the insurance premiums, and the amount you have to pay depends on your income and etc.
(介護保険料は、市町が金額を決定し、徴収します。介護保険料は、所得等の状況により金額が変わります。)
- If you forget or fail to pay your insurance premiums, you will be unable to receive the benefits, and will face repercussions like your assets being seized and having to pay between 10% to 30% of the total cost for nursing services.
(介護保険料を納めるのを忘れて、納めずに滞納していると、介護保険の財源が確保できないばかりでなく、あなたの財産が差し押さえられたり、介護サービスを受ける際の自己負担が1割から3割になるなど、不利益が生じます。)

(1) Insurance Premiums for members aged 65 and above (Category 1)
(65歳以上(第1号被保険者)の介護保険料)

- Insurance premiums are determined based on the following:
(65歳以上の人の介護保険料は、下表のとおり対象者の状況により金額が変わります。)

| Insurance Premium Level 保険料段階 | People who are eligible (対象者) | Monthly Premium (月額保険料) |
|----------------------------------|--|----------------------------|
| Level 1 第1段階 | one who receives welfare (生活保護を受けている人) | yen |
| | person whom all individuals in the household are exempted from paying municipal tax, and individuals who are receiving a senior welfare pension (世帯全員が住民税非課税で、老齢福祉年金を受けている人) | |
| | person whom all individuals in the household are exempted from paying municipal tax, and the member's total previous yearly income, including public pension earnings is 800,000 yen or less (世帯全員が住民税非課税で、前年の合計所得金額+課税年金収入額が80万円以下の人) | |
| Level 2 第2段階 | person whom all individuals in the household are exempted from paying municipal tax, and the member's total previous yearly income, including public pension earnings is more than 800,000 yen but less than 1.2 million yen (世帯全員が住民税非課税で、前年の合計所得金額+課税年金収入額が80万円超120万円以下の人) | yen |
| Level 3 第3段階 | person whom all individuals in the household are exempted from paying municipal tax, and the member's total previous yearly income, including public pension earnings is more than 1.2 million yen (世帯全員が住民税非課税で、前年の合計所得金額+課税年金収入額が120万円超の人) | yen |
| Level 4 第4段階 | at least one household member pays municipal tax, but the member is exempt from paying municipal tax, and the member's total previous yearly income, including public pension earnings is 800,000 yen or less | yen |

| | | |
|-------------------|--|-----|
| | (世帯の誰かに住民税が課税されているが、本人は住民税非課税で、前年の合計所得金額+課税年金収入額が80万円以下の人) | |
| Level 5 第5段階 | at least one household member pays municipal tax, but the member is exempt from paying municipal tax, and is someone with the exception of being a Level 4 member (世帯の誰かに住民税が課税されているが本人は住民税非課税で、第4段階以外の人) | yen |
| Level 6 第6段階 | the member pays municipal tax, and total earnings from the previous year is less than 1.2 million yen (本人が住民税課税で、前年の合計所得金額が120万円未満の人) | yen |
| Level 7 第7段階 | the member pays municipal tax, and the total earnings from the previous year is over 1.2 million yen, but less than 2 million yen (本人が住民税課税で、前年の合計所得金額が120万円以上200万円未満の人) | yen |
| Level 8 第8段階 | the member pays municipal tax, and the total earnings from the previous year is over 2 million yen, but less than 3 million yen (本人が住民税課税で、前年の合計所得金額が200万円以上300万円未満の人) | yen |
| Level 9 第9段階 | the member pays municipal tax, and the total earnings from the previous year is over 3 million yen but less than --- yen (本人が住民税課税で、前年の合計所得金額が 300 万円以上 ---万円未満の人) | yen |
| Level 10 第10段階 | the member pays municipal tax, and the total earnings from the previous year is over --- yen but less than --- yen (本人が住民税課税で、前年の合計所得金額が 万円以上 万円未満の人) | yen |
| Level 11 第11段階 | the member pays municipal tax, and the total earnings from the previous year is over --- yen but less than --- yen (本人が住民税課税で、前年の合計所得金額が 万円以上 万円未満の人) | yen |
| Level 12 第12段階 | the member pays municipal tax, and the total earnings from the previous year is over --- yen but less than --- yen (本人が住民税課税で、前年の合計所得金額が 万円以上 万円未満の人) | yen |
| Level 13 第13段階 | the member pays municipal tax, and the total earnings from the previous year is over --- yen (本人が住民税課税で、前年の合計所得金額が---万円以上の人) | yen |

(2) Insurance Premiums for members aged 40 to 64 (Category 2)
(40歳以上 65歳未満(第2号被保険者)の介護保険料)

- Nursing care premiums for those aged 40 to 64 are added to your medical insurance premiums.

(40歳以上65歳未満の人の介護保険料は、医療保険の保険料に合算されています。)

① Calculation method for individuals for those insured with National Health Insurance

Cost of Nursing Care Insurance = Percentage of Income + Per Capita Rate + Equivalence Based Ratio + Asset Ratio

(国民健康保険に加入されている人の算定方法)

介護保険料 = 所得割 + 均等割 + 平等割 + 資産割

② Calculation method for individuals joining a health insurance association or Japan Health Insurance Association

(健康保険組合又は全国健康保険協会に加入されている人の算定方法)

Cost of Nursing Care Insurance = salary and bonus × nursing care premium rate

(介護保険料 = 給与及び賞与 × 介護保険料率)

Note: For more information, check with the health insurance provider that issued your insurance card.

(注) 詳しくは、加入されている医療保険の保険証発行元にお尋ねください。

9. This brochure gives an overview of nursing care insurance. For more details, please check with the division in charge of LTCL at your local municipal office.

(このパンフレットは、介護保険の概要をお知らせするものです。詳しくは、お住まいの市町の介護保険担当課でお尋ねください。)

【Contact Information】(連絡先)

| | |
|--|--|
| Municipality (市町名) | |
| Name of Long-Term Care Insurance Division (介護保険担当課名) | |
| Telephone number (電話番号) | |



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作成：静岡県健康福祉部福祉長寿局介護保険課

〒420-8601 静岡市葵区追手町9番6号

電話 054-221-2317