Services Available

- Two services are available in the long-term care insurance system. One is care benefits designed for those certified as a care level of 1, 2, 3, 4 or 5. The other is preventive benefits for those certified as a support level of 1 or 2.
- The aim of preventive benefits is to maintain and/or improve the important day-to-day function of those who need support in the daily life, in order to keep their condition from deteriorating.
- Community-based service comprehensively meet the needs of the elderly in the community where they have lived for extended periods. This service is available only to the residents of the municipality where the service provider or facility concerned is based.

  You can use services other than community-based service at facilities based in municipalities where you do not live.

Preparation of care plan

■ In-Home Long-Term Care Support (for those requiring it)

The care manager will draw up a care plan according to the mental and physical condition, environment, wishes, etc. of the individual in need of long-term care and contact the service provider to make necessary adjustments so that the individual may use in-home care services and other services properly.

■ Preventive Long-Term Care Support (those certified as a support level of 1 or 2)

Putting emphasis on preventing conditions requiring care or support from worsening and helping them to improve, comprehensive community support center draws plans to prevent up long-term care need so that the individual may use in-home care that helps them to lead daily life independently.

* It is possible to devise your own care plan or support plan.
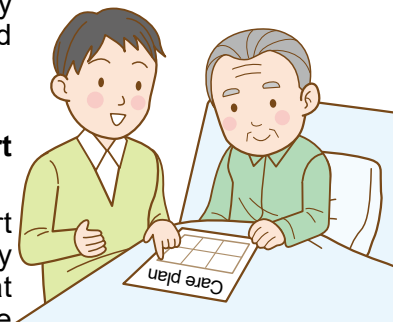
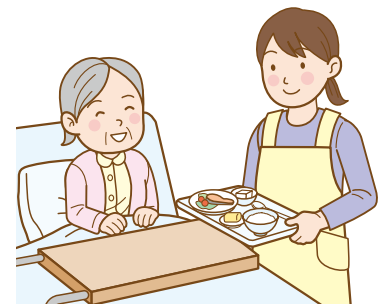## Services given at home ●

■ Visiting care service

Those certified as a long-term care

A caregiver visits the individual in need of care to provide care and household assistance such as meals, excretion, cooking, washing, etc.

Those certified as a support

Service is provided by "Project for care prevention / living support services" implemented by the local governments.

* Refer to page 22 for details.

13