

# Chapter 2

# Healthy Life

# Medical care

## Mutual assistance for your health

This is a system to reduce the burden of paying medical expenses for illness and injuries by pooling the fees of members, which are collected monthly.

The health insurance plan is divided into two types. Company employees join the Workers' health insurance, others join the National health insurance which they apply for at the municipality where they reside.

### ◆National Health Insurance◆

The national health insurance scheme can be joined by foreigners who intend to stay in Japan for one year or more and those who cannot join company insurance schemes at work.

- Information for National health insurance system

⇒ Medical insurance division

- National health insurance holder

⇒ Medical insurance division

○All must join National health insurance except for ①~④ below.

①Who is insured by Health insurance, Mariner's insurance, Benefit society etc. and its supported family.

②Who is getting livelihood protection

③Foreigners who has not register Alien registry.

④Who is insured by Late Senior citizen medical system.

- Notifying National health insurance

(Please notify within 14 days. Please return old insurance card after you received a new one.)

	When you need to notify	What you need
When you join	When you moved to Sasebo ※	Seal/Transfer certificate of old previous address
	When you quit Health insurance at work	Seal/Certificate for loss of Health insurance qualification
	When you left Health insurance at work from a dependent	Seal/ Certificate for loss of Health insurance qualification
	When you stopped getting livelihood Protection	Seal/Abolition determination notice of protection
	When your child is born	Seal/Health insurance card/Maternity record book /Bankbook of the head of a family (Receipt or Bill which has detail of delivery cost, Agreement paper with clinic etc.)
	When foreigner join	Alian registration card
When you quit	When you move to other place ※	Seal/Health insurance card
	When you join Health insurance at work	Seal/Both National health insurance card and Health insurance at work.
	When you became a dependent of Health insurance at work	(Please bring them for all affiliates in the case that it is more than one person. If Health insurance card is not given, bring something to prove joining.)
	When you start getting livelihood protection	Seal/Health insurance card/Start determination notice of protection
	When National health insurance Insured person died	Health insurance card/Seal and bankbook of the person performed the funeral.
Others	When you eligible for retired medical system	Seal/Health insurance card/Pension certificate (written down the starting date of pension rights and the period of joining)
	When address, name or the head of a family is changed within Sasebo city	Seal/Health insurance card
	When separate or add family ※	Seal/Health insurance card
	When you have another address for Schooling	Seal/Health insurance card/School identification
	When you lost Health insurance card (or made it dirty and couldn't use it)	Seal (Please bring its Health insurance card when it is damaged or tore.)

※When involving change of address, please bring ID such as Driver's license or Health insurance card of the person who is applying as identification.

● **Retired medical system** ⇒ Medical insurance division

Those who had worked for companies and public offices for a long time, retired and joined National insurance, are supposed to get medical care of retire medical system until the age of 65.

① Intended for... • Those who join National Health Insurance.  
(※ Those applicable to both)

- Those who receive pension such as welfare pension, all kinds of Benefit Association, other than National pension). And its joining period is 20 years and over or 10 years and over after 40 years of age.

② Notification

The head of household is supposed to register to Medical insurance division, each Administration Center, and each branch within 14 days from the day Pension certificate (written down the starting date of pension rights and the period of joining) is given.

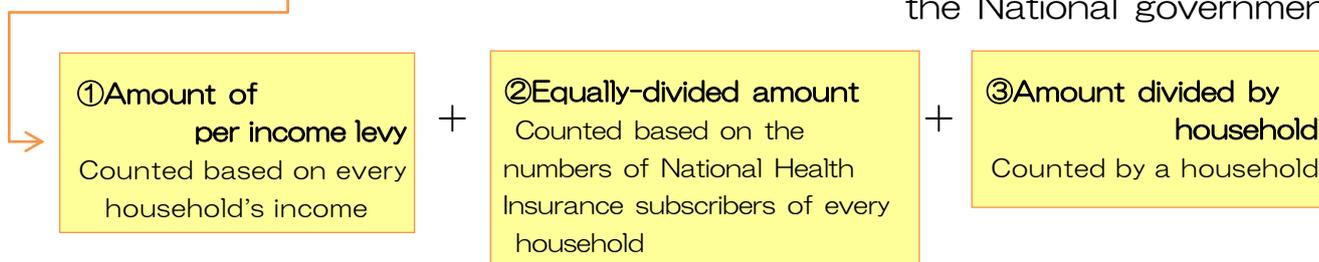
● **National Health Insurance tax**

⇒ Medical insurance division • Insurance premium division

The amount of this tax is what remains after the deduction of copayment and national government's subsidies etc. from the whole predictable medical expenses in that year.

○ Predictable medical expenses

= **National Health Insurance tax** + copayment (30%, 20%, or 10%) + Subsidies from the National government



※ The National Health Insurance Tax is composed of the amount equivalent to:

- 1) the medical stipend
- 2) the grant for the latter-stage elderly
- 3) the amount equivalent to nursing copayment (only for those over 40 years of age but less than 65).

※ This tax is reduced for those with low incomes.

●How to pay National health insurance tax ⇒ Insurance premium division

Special collection	<ul style="list-style-type: none"> <li>• The head of household in which its all members are over 65 but under 74years of age.</li> <li>• The head of household whose public pension amount is more than 180,000yen per year and the insurance tax amount added to National Health Insurance tax and Nursing Care Insurance tax, is less than half of that of the pension.</li> <li>• It is supposed to be withheld from the head of household' s pension in the month of pension payments.</li> </ul>
Ordinary collection	<ul style="list-style-type: none"> <li>• The head of household except those covered by special collection.</li> <li>• It is supposed to be paid for one-year tax in 10 installments from the month of June to March by payment notice sent from City Hall or account transfer.</li> </ul>

※We recommend that account transfer in order not to forget the payment.  
Please consult with us sooner if it is difficult to pay in any way.

	April	May	June	July	August	September	October	November	December	January	February	March
Special collection	○		○		○		○		○		○	
Ordinary collection			○	○	○	○	○	○	○	○	○	○

※For those apply to special collection until the month of February of the previous year, the collection continues the same way.

※Mark○ means the month of payments.

## ◆Benefits of National Health Insurance◆

### ●Information for the benefits of medical treatment

⇒ Medical insurance division

If you show your Health insurance card at the window of hospital and clinic, you can only pay 30% (or 20%, 10%) of the total medical bill. The remaining 70% (or 80%, 90%) are paid by National Health Insurance. (medical treatment, cure, injection, hospitalization, etc.)

### ●If you had a traffic accident ⇒ Medical insurance division

You need to notify in the case that you get medical care with National health insurance even if you are injured by a third party's act (traffic accident, injury, and it from house dog).

- ①Traffic accident⇒Please report to the police as soon as possible and apply for 「certificate of the casualty accident」.
- ②You must file 「damage report by a third party's act」 with the window of National Health Insurance. Please bring 「Certificate of the accident」, seal, and Health Insurance Card with you.
- ③National Health Insurance may not be used if you receive medical expenses directly from the person who caused damage and reach a settlement out of court.

### ●Grant for medical expenses ⇒ Medical insurance division

In the following cases, 70%(or 80%, 90%) of the total medical bill could be repaid if you apply after you paid the full amount of it once.

- ①When you had no choice but to be seen in medical institutions without Health insurance card.
- ②The cost of braces such as corset that doctor admits its need.
- ③When you got treatment from professor of Judo Therapy for broken bone, sprain, etc.
- ④The cost of blood for transfusion that doctor admits its need with surgery etc.
- ⑤When you got treatment of acupuncture, moxibustion, finger pressure, and massage that doctor admits its need.
- ⑥When you received medical treatment for sudden illness, unforeseen accidents, etc. during travel abroad.

### ●Hospitalization ⇒ Medical insurance division

You could pay hospitalization expenses only up to the amount of copayments by submission of 「Certificate of limited amount」 or 「Certificate of limited amount・reduction of standard copayment」 to the window of medical institutions.

In addition food and medical expenses could be reduced for those in residents tax-exempt household. Please apply for the certificate beforehand.

### ●Grant for lump-sum allowance for childbirth and nursing, funeral, and transfer

⇒ Medical insurance division

- Lump-sum allowance for childbirth and nursing  
(420,000yen in principle)(as of July, 2010)
- Lump-sum funeral allowance (20,000yen)

● Grant for high cost medical care ⇒ Medical insurance division

In the case that copayments exceed a certain amount, its excess is paid as high cost medical care if you apply for it.

Aged under 70,

As of August 2012

	The limited amount of copayments up to 3 <sup>rd</sup> time	The limited amount of copayment since 4 <sup>th</sup> time <sup>※2</sup>	Food expenses on admission (per meal)
High income earners <sup>※1</sup>	150,000yen (If medical expenses exceed 500,000yen, add 1% of its excess.)	83,400yen	260yen
The general	80,100yen (If medical expenses exceed 267,000yen, add 1% of its excess.)	44,400yen	
Residents tax-exempt household	35,400yen	24,600yen	210yen
			160yen <sup>※3</sup>
Combined amount of household	In the case that those in the same household pay copayments 21,000yen or over in the same month more than 2 times and the combined amount exceed the limit.		
Specified disease	For a part of congenital blood clotting factor disorder, chronic renal failure accompanied by hemodialysis, and patients infected with HIV through tainted blood products, copayments is up to 10,000yen per month regardless of age by submission of 「Certificate of medical treatment for specified disease」 to the window of medical institutions. However, copayments of those who fall under high income earners out of chronic renal failure accompanied by hemodialysis (under the age of 70), are up to 20,000yen.		

※1 「High income earners」 means that a household's gross income after basic exemption to become the basis for calculation of National Health insurance tax, is more than 6,000,000yen.

※2 It applies to those who paid the limited amount of co-payment over 4 times within the past 12 months before the medical examination.

※3 It applies to those whom the number of days of hospitalization in the past year is more than 91days and applied for it as a long period.

《A note of calculation》

1. It is calculated that a calendar month (from the first day to the last day of each month) is as one month.
2. It is calculated by each medical institution.
3. It is calculated separately between hospitalization and outpatient care even if those are in the same medical institution.
4. It is calculated separately between dentistry and other departments even if those are in the same medical institution.
5. It is calculated the sum of a part of copayments which you paid to a pharmacy as extramural dispensing and which in a medical institution that wrote a prescription.
6. The cost of amenity bed not covered by health insurance treatment, dentistry at your own expense, and food expenses for hospitalization are exempted.

● Copayment limit of high cost medical care ・ food expenses  
(for only elderly recipients)

(For aged 70-74)

As of July 2012

Percentage of copayments	Division		Copayment limit		Food expenses for hospitalization (per meal)
			Outpatient treatment (calculated by individual)	Outpatient + inpatient treatment (calculated by household)	
30% ※4	Active service-like Income earners		44,400yen	80,100yen + (Total medical expenses - 267,000yen) × 1% 44,400yen from the 4 <sup>th</sup> time	260yen
10%	The general		12,000yen	44,400yen	
	tax-exempt household	Low income II ※5	8,000yen	24,600yen	210yen
		Low income I ※6		15,000yen	160yen ※7
Specified Disease			For a part of congenital blood clotting factor disorder, chronic renal failure accompanied by hemodialysis, and patients infected with HIV through tainted blood products, copayments is up to 10,000yen per month by submission of 「Certificate of medical treatment for specified disease」 to the window of medical institutions.		

※4 Residents taxable income is more than 1,450,000yen.

※5 All members of household who has National Health insurance are Residents tax-exempt. R

※6 All members of household who has National health insurance are Residents tax-exempt and the household's income is less than certain standards.

※7 For those being hospitalized for more than 91 days and applied for it as a long period.

● Those applied to Low income II or Low income I need 「Certificate of limited amount ・ reduction of standard copayment」 at the time of hospitalization. Please apply for it to the window.

● If there are some changes due to revision of the system, we will notify you by public relations magazine etc.

● Grant for combined high cost of nursing and medical care.

If the total annual copayments of medical insurance and nursing care insurance exceed a certain amount, its excess is returned as combined high cost of nursing and medical care if you apply for it.

		From 70 to 74years of age	Under 70years of age
Active service-like Income earners (High income earners)		670,000yen	1,260,000yen
The general		560,000yen	670,000yen
Low income earners	Ⅱ	310,000yen	340,000yen
	Ⅰ	190,000yen	

※You could add up copepayments by a household in each medical insurance system.

※The term of the grant is from every August to July in the next year.

●If there are some changes due to revision of the system, we will notify you by public relations magazine etc.

## ◆Health Services of National Health Insurance◆

- **Complete medical brain checkup** ⇒ Medical insurance division  
【Intended for】 The member of Sasebo National Health Insurance between 40 to 74years of age.  
【Copayment】 10,000yen  
【Where to undergo】 We will notify you by 「Koho-Sasebo」 (Monthly City Report)around the time of application.  
【Where to apply】 We will notify you by 「Koho-Sasebo」 (Monthly City Report)around the time of application.
  
- **Complete dental checkup** ⇒ Medical insurance division  
【Intended for】 The member of Sasebo National health insurance between 20 to 74years of age.  
【Copayment】 1,000yen  
【Where to undergo】 Every designated medical institution in Sasebo.  
【Where to apply】 Your desired dentist.  
(Designated medical institution)
  
- **Refreshing in-water health class** ⇒ Medical insurance division  
【Intended for】 The member of Sasebo National health insurance.  
【Where to open】 We will notify you by 「Koho-Sasebo」 around the time of application.
  
- **Specific medical checkup** ⇒ Medical insurance division  
Those who are the member of National health insurance as at April 1<sup>st</sup> and become 40 to 74years of age within the year can undergo metabolic syndrome-focused Specific medical checkup for prevention of lifestyle-related disease. (We will send 「Ticket for Specific medical checkup」 to intended people.)  
We will notify you of more information such as the term, wheres, etc. by 「Koho-Sasebo」 and leaflet with checkup ticket. You could undergo this checkup for free.
  
- **Specific health guidance** ⇒ Medical insurance division  
Those who underwent Specific medical checkup and are judged that health maintenance is necessary by checkup results could receive Specific health guidance. (We will send information to intended people.) In this guidance, Health nurse, national registered dietitian, etc. provide support for lifestyle improvement such as meals, exercise, etc. to those at the risk of developing lifestyle-related disease. You could receive this guidance for free. We will notify you of more information by leaflet, brochure, etc. with information.

## ◆Healthcare for the latter-stage elderly◆

### ●An inquiry about Healthcare system for the latter-stage elderly

⇒Nagasaki Extended Association for the latter-stage elderly

(095)816-3930

⇒Medical insurance division

### ●About Healthcare system for the latter-stage elderly

#### ①Summary of this system

To meet increasing medical expenses for the elderly, an independent Healthcare system for the latter-stage elderly is newly created in April 2008 based on characteristics of their mind and body, the current living conditions, etc.

Nagasaki Extended Association for the latter-stage elderly works on office job of healthcare for the latter-stage elderly in cooperation with each city and town in the prefecture.

#### ②Intended people

In principle, those over 75 years of age (including those over 65 years of age and have a permanent disabling condition) and live in the prefecture, are as Healthcare system for the latter-stage elderly insured persons.

### ●Uninsured Healthcare system for the latter-stage elderly

⇒ Medical insurance division

○Those who satisfy the followings are insured.

① Over 75years of age.

② Between 65 to 74years of age, having a permanent disabling condition, and are certified by application.

※ Excluding those living on welfare

● Notification of Healthcare system for the latter-stage elderly

Please notify if you are in the following situations.

⇒ Medical insurance division

Occasion	What you need
When you moved to Sasebo ※	Seal/Transfer certificate of the previous address Burden classification certificate, of the previous address
When you move to other place ※	Seal/Health insurance card
When address, name or the head of a family is changed within Sasebo city ※	Seal/Health insurance card
When those permanently disabled became 65years of age or when you became permanently disabled after turning 65years of age. (between 65 to 74years of age)	Seal/Health insurance card/ A document indicating the degree of disability such as Physical disability certificate etc.
When the insured person died	Health insurance card/Seal and bankbook of the person who performed the funeral such as a funeral gratitude letter etc. which mentions the name of the host of funeral)
When you start getting livelihood protection	Seal /Notice of commencement of protection
When you stopped getting livelihood protection	Seal/Notice of discontinuance of protection
When you lost Health insurance card (or made it dirty and couldn't use it)	Seal (Please bring its Health insurance card when it is damaged or tore.)

※When you notify of moving out at the same time, please bring some form of identification document such as driver's license, Health insurance card, etc. with you.

● Medical insurance for the latter-stage elderly

⇒ Nagasaki Extended Association for the latter-stage elderly  
(095)816-3930

The amount of insurance is decided by Nagasaki Extended Association for the latter-stage elderly every 2years. This insurance premium is the amount deducting the copayment the insured person pays and the national government's subsidies from the predictable medical expenses etc.

○Predictable medical expenses

=Insurance premium + copayment (30%or10%) + subsidies from the national government



Insurance premium is the total amount of per income levy covered based on Insured person's income and equally-divided amount equally covered.

※Insurance premium is reduced by each income for those with low incomes.

●How to pay medical insurance for the latter-stage elderly

⇒ Insurance premium division

Special collection	<ul style="list-style-type: none"> <li>• Those for whom the public pension amount is more than 180,000yen per year and the insurance amount including Nursing care insurance is less than half of the total amount of pension.</li> <li>• It is supposed to be withheld from the pension in the month of pension payments.</li> </ul>
Ordinary collection	<ul style="list-style-type: none"> <li>• Chief of the household which the special collection will not applied to.</li> <li>• The annual amount is divided into 9 times and you can pay with payment notice or by account transfer.</li> </ul>

※We recommend that you pay National insurance tax by account transfer not to forget. Please consult with us sooner if it is difficult to pay in any way.

	April	May	June	July	August	September	October	November	December	January	February	March
Special collection	○		○		○		○		○		○	
Ordinary collection				○	○	○	○	○	○	○	○	○

※For those applied to special collection until the month of February of the previous year, it will continue the same.

※Mark○ means the month of payments.

## ◆Benefits for Healthcare system for the latter-stage elderly◆

### ●An inquiry about medical expenses

⇒ Nagasaki Extended Association for the latter-stage elderly (095)816-3930  
 When you go to medical institutions, the expenses you need to pay on your own (copayment) is 10% of the total. Active service-like income earners covers 30%. The remaining 90% or 70% is covered by the Extended Association for the latter-stage elderly.

### ○About the benefit of high cost medical care and food expenses for hospitalization

⇒Nagasaki Extended Association for the latter-stage elderly

For application ⇒ Medical insurance division, Branches, Uku Administration Bureau

In the case that the total amount of medical expenses of the month exceeds a certain amount, its excess is reimbursed if your apply. Once apply for it, a transfer account (in your name) will be registered.

### 【The limited amount of copayments in high cost medical care/food expenses】 (as of July 2010)

Percentage of copayments	Classification		Copayment limit		Food expenses for Hospitalizaion (per meal)
			Outpatient treatment (calculated by individual)	Outpatient + inpatient treatment (calculated by household)	
30%	Active service-like income earners		44,400yen	80,100yen+ (Total medical expenses - 267,000yen) ×1% 44,400yen from the 4 <sup>th</sup> time	260yen
10%	The general		12,000yen	44,400yen	
	Tax-exempt household	II ※1	8,000yen	24,600yen	210yen
		I ※2		15,000yen	160yen※3
					100yen

Active service-like income earners : Residents taxable income is more than 1,450,000yen.

The general : Those not applied to Active service-like income earners, Low income II nor Low income I.

Low income II : if all members of household are Residents tax-exempt.

Low income I : if all members of household are Residents tax-exempt and the household' s income is less than certain standards.

※1・※2 Those applied to Low income II・Low income I, need 「Certificate of limited amount・reduction of standard copayment」 at the time of hospitalization. Please apply for it to the window.

※3 It applies to those for whom the number of days of hospitalization in the past year is more than 91days and applied for it as a long period.

### ○Grant for medial expenses

⇒Nagasaki Extended Association for the latter-stage elderly

For application ⇒ Medical insurance division, Branches, Uku Administration Bureau

After you paid the full amount of medical expenses to medical institutions, 90% (70% for active service-like income earners) of the total medical bill could be reimbursed if you apply and extended association for the latter-stage elderly permits it.

### ○About specified disease

⇒ Nagasaki Extended Association for the latter-stage elderly

For application ⇒ Medical insurance division

Specified disease is designated by Minister of Health, Labour and Welfare and it is as follows.

- ・ A part of congenital blood clotting factor disorder
- ・ Chronic renal failure accompanied by hemodialysis
- ・ Patients infected with HIV through tainted blood products

Those who continuously need to go to medical institutions by above-mentioned diseases over a long period of time, copayment is up to 10,000yen per month by submission of 「Certificate of medical treatment for specified disease」 to the window of medical institutions. The application is required for the grant of 「Certificate of medical treatment for specified disease」 . Please apply for it to the window.

### ○About lump-sum funeral allowance

⇒Nagasaki Extended Association for the latter-stage elderly

For application ⇒ Medical insurance division, Branches, Uku Administration Center  
When insured person died, 20,000yen is paid as lump-sum funeral allowance to the person who performed the funeral

### ○About cost of transferring

⇒ Nagasaki Extended Association for the latter-stage elderly

For application ⇒ Medical insurance division, Branches, Uku Administration Center

When you are transferred by necessity to medical institutions under medical supervision, the cost of transferring is paid after it is reviewed and approved.

### ○Grant combined high cost of nursing and medical care

⇒Nagasaki Extended Association for the latter-stage elderly

For application ⇒ Medical insurance division, Branches, Uku Administration Center  
In the case that total annual copayments of medical insurance and nursing care insurance exceed a certain amount limit (annual amount), its excess is paid as combined high cost of nursing and medical care if you apply for it.

The limited amount of copayments (annual amount) (July 2010 at present)

Division	The limited amount
Active service-like income earners	670,000yen
The general	560,000yen
Low income II	310,000yen
Low income I	190,000yen

※The term of the grant is from every August to July in the next year.

### ○Health checkup for the latter-stage elderly

⇒ Nagasaki Extended Association for the latter-stage elderly

For application ⇒ Medical insurance division

We recommend that you undergo health checkup once a year for early detection and to work for the prevention of increasing in severity of lifestyle-related disease (stroke・myocardial infarction・diabetes etc.).

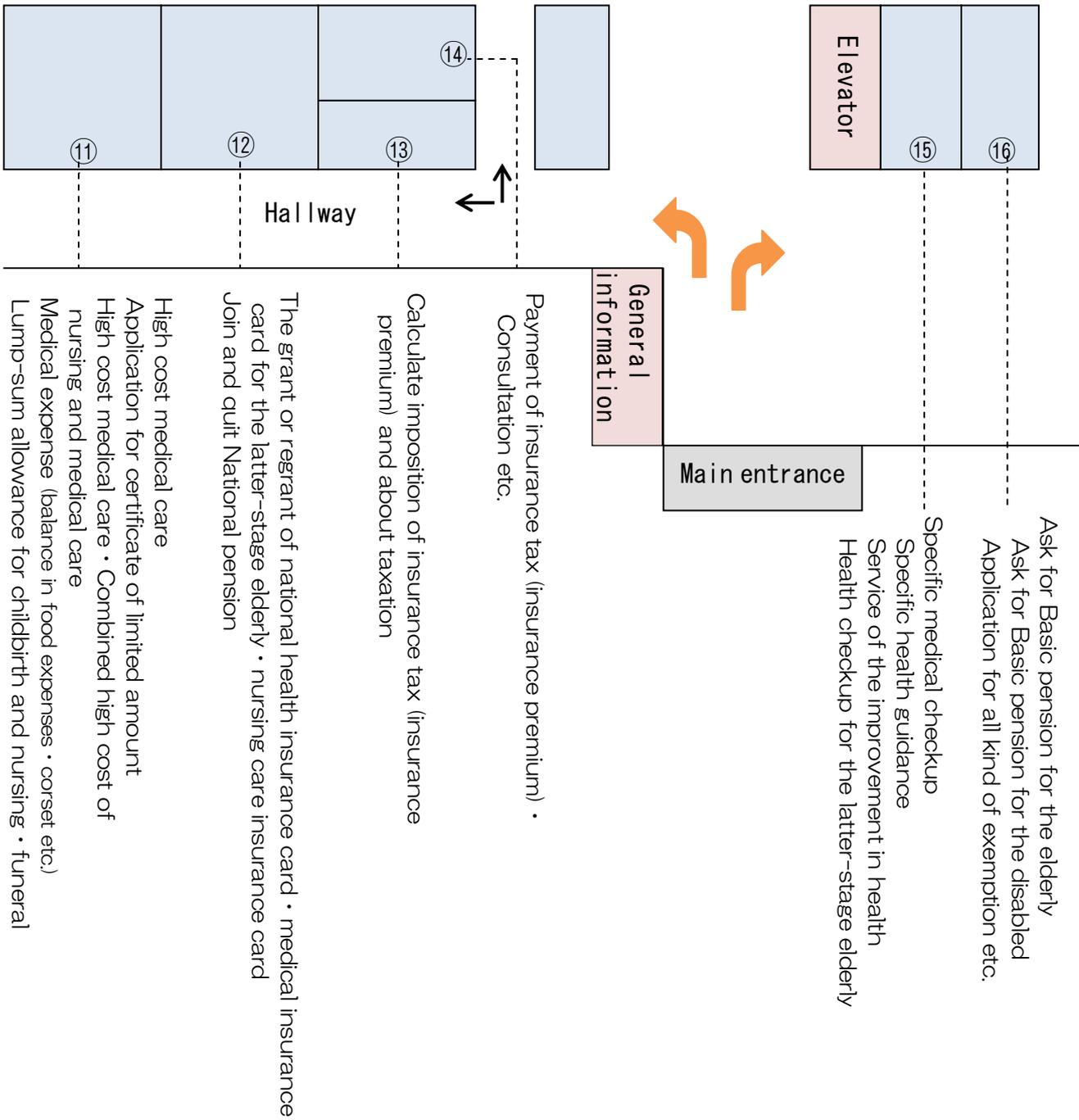
【Intended for】 members of Nagasaki Extended Association for the latter-stage elderly

【Copayment】 Charge-free

【Contents】 Medical interview・anthropometric・blood pressure measurement  
・blood test・urine test

【How to apply】 Please apply to medical insurance division on the phone and get 「Ticket for Health checkup」 delivered.

■ Medical insurance division ・ Insurance premium deivision contact information  
(Sasebo City Hall 1<sup>st</sup> floor)



## ◆ Medical Care Subsidies ◆

Classification		Contents	Contact information
Welfare and medical expense	Infants	Subsidize part of outpatient and inpatient treatment costs for a child before entering elementary school.	Child-support division
	Fatherless family	Subsidize part of outpatient and inpatient treatment costs.	
	Widow	Subsidize part of inpatient treatment costs for female between 60 to 70 years of age and is not in the same living with supporter set by civil law.	
	Those having physical disability certificate 1 <sup>st</sup> ~3 <sup>rd</sup> grade・medical nursing care certificate A1・A2・B1 (For 3 <sup>rd</sup> grade・B1, excluding those applied to Healthcare for the elderly) ※However, a part of medical expenses can be paid until March 31, 2013 for those having 3 <sup>rd</sup> grade・B1 (recipient of medical care for the latter-stage elderly)・4 <sup>th</sup> grade in Emukae-cho・Shikamachi-cho before the merger.	Subsidize part of medical expenses (healthinsurance treatment) intended for those having moderate to severe grade of handicap.	Disabled welfare division

## ◆Sasebo Municipal General Hospital◆

### ●Sasebo Municipal General Hospital

They provides medical care based on the principle of patient-focused, safe, reliable care, for the purpose of fulfillment and improvement of regional medicine.

○Number of beds: 594

○Departments: internal medicine, respiratory disease, department of digestive organs, cardiovascular department, Neurology, psychiatry(closed), pediatrics, surgery, orthopedics, plastic surgery, dermatology, urology, obstetrics and gynecology, ophthalmology, otorhinolaryngology, radiology, rehabilitation, dentistry, anesthesia, neurosurgery, cardiovascular surgery

※Medical examination for cancer of breast, uterus and prostate, and check up of the brain are also available.

※Equiped with a specialized ward for infectious diseases

○Reception: 8:00-11:00 a.m.

○Consultation Hours: 8:30a.m. to 5:15 a.m.

○Non-consultation Day: Saturdays, Sundays, national holidays, the year-end and New Year holidays(Dec 29 to Jan 3)

※except for the patients with appointment and urgent patients

Address: 9-3 Hirase-machi, Sasebo

TEL: 24-1515

### ●Uku medical office, Sasebo Municipal General Hospital

○Number of beds: 17

○Departments: internal medicine, pediatrics, surgery, orthopedics

※ophthalmologic examination is being carried out every two months.

※Equiped with a specialized ward for infectious diseases

○Reception: 8:00-12:00 a.m., 1:30-4:30 p.m.

○Consultation Hours: 8:30a.m. to 5:15 a.m.

○Non-consultation Day: Saturdays, Sundays, national holidays, the year-end and New Year holidays(Dec 29 to Jan 3)

※except for the urgent patients

Address: 2344 Ukumachi-Taira, Sasebo

TEL: 0959-57-3232

● **Kuroshima medical office, Sasebo Municipal General Hospital**

○Departments: internal medicine, pediatrics, surgery, dermatology

Address: 3175 Kuroshima-cho, Sasebo

TEL: 56-2014

● **Takashima medical office, Sasebo Municipal General Hospital**

Address: 408 Takashima-cho, Sasebo

TEL: 47-3200

# Health・Welfare

For every person's  
bright living

## ◆Health of Mother and Child◆

### ●Maternity health record book ⇒ Child health division

We recommend you to receive maternity health record book when you get pregnant. This book is for health record of mother and child and is necessary for vaccinations and medical checkups for the child. In addition, checkup tickets (for 14 checkups) are handed up at the same time in which you can receive prenatal checkups at public expense.

### ●Maternity class ⇒ Child health division

This is for learning maternity life, childbirth, child rearing, maternity diet, etc. to live maternity life in good health and to give birth to and rearing the child. (4 classes per course)

### ●Pre-Papa class ⇒ Child health division

This is for the those going to be fathers to let them understand the mothers in pregnancy and expecting a baby and to develop a mind to cooperate in child raising (once per month, m by appointment only).

### ●SukuSuku Hiroba・Parent-and-child class

⇒ Child health division・Child-rearing division

We provide a clue to play through parent-and-child play as well as childcare consultation.

○Contents・・・Rhythm game・hand game・how to raise children

○Schedule・・・We will notify eligible people at health checkup for infants.

○Location・・・East・Central・North Child-Support Center・Yoshii Health Center

### ●Medical checkup for infants ⇒ Child health division

Name	Eligible people (advance notice)	Contents
・4months medical checkup	・Mid-3months~the beginning of 4months of age	・Medical examination
・1year and 6months medical checkup	・1year and 6months of age	・Anthropometric measurements
・3years medical checkup	・3years and 6months of age	・Dentistry
		・Nutritional
		・Health guidance

### ●Child dentistry consultation ⇒ Child health division

There is consultation for cavity prevention, child rearing, and nutrition

intended for children aged 10 months.

● **Childcare consultation** ⇒ Child health division

Child parenting support center

There is individual consultation by professional intended for those having child-rearing anxiety.

● **Medical nursing childcare guidance • rehabilitation guidance**

⇒ Child development center TEL 23-3945

There is consultation • guidance intended for those having concerns about the mental and physical development of their child and not having taken their child to the hospital after their child is diagnosed with physical disability (appointment required).

● **Gift for birth** ⇒ Family registry and Residents division

Sasebo city gives a gift when a baby is born.

**Intended for**—A new-born baby of those registered as foreign resident or as foreign residents in Sasebo.

**Applicant**—Father or mother of a new-born baby

**Application period**—Within 1 year from birth of a new-born baby

**What you need for application**—Seal • maternity health record book

● **Birth notification**

Please notify Family registry and Residents division or each Branch, Administration Center within 14 days from the day of the baby's birth.

● **Child vaccination** ⇒ Health promotion division

Name	Eligible age	Recommended age	The number of vaccination
B C G	After birth~6months	Around 4months	1 dose
P o l i o	3months after birth~90months	3~18 months	2 doses (an interval of 41days or more)
DPT - Diphtheria - Pertussis - Tetanus  DPT-IPV - Diphtheria - Pertussis - Tetanus - Inactivated Polio Vaccine	Part I first 3months after birth~90months	3~12 months	3 doses (at intervals of 20~56days)
	Part I addition 3months after birth~90months	When 12~18months elapse after Part I first (3times)	1 dose
	Part II 11~13years	11 years	1 dose ※ D T (Diphtheria, Tetanus)
Measles-rubella Measles(single) Rubella(single)	Part I 12months after birth ~24months	Early eligible age	1 dose
	Part II For 1year before elementary school age		1 dose
J a p a n e s e e n c e p h a l i t i s	Part I first 6months after birth~90months	3 years	2 doses (an intervals of 6~28days)
	Part I addition 6months after birth~90months	4 years	1 dose (an interval of 1year after “Part I first”)
	Part II 9~13years	The 4 <sup>th</sup> grade of elementary school	1 dose

※ If your child reaches the eligible age, the cost of vaccination becomes free.

Please bring maternity health record book with you when coming to receive vaccination.

※ Infants are vaccinated in group with Polio and BCG.

You will be notified the schedule and other detailed information by 「Koho-Sasebo」 (City Monthly Magazine).

※ At the “Part II” of DPT or DPT-IPV, the infants are vaccinated with only Diphtheria-Tetanus vaccine.

## ◆Childcare・Child Welfare◆

### ●Child allowance and medical care subsidies

○Child allowance ⇒ Child-support division

**Intended for**—Those raising a child up to the 3<sup>rd</sup> grade of junior high school.

**Monthly allowance amount per child**

Under 3 years old: 15,000yen

3 years old to completion of elementary school: 10,000yen,  
however, from third child, ¥15,000

Junior high school student: ¥10,000

People whose income exceeds the limit: ¥5,000

**Time of payment**—3 times a year (February, June, October)

○Medical care subsidies for infants

⇒Child-support division・Child health division

**Welfare and medical care**—For child before elementary school age, we subsidize part of inpatient and outpatient treatment costs.

**Medical and nurturing care services**—We subsidize medical expenses of treatment in which disabled children have a problem and regain function.

**Medical and infant care services**—We cover the medical expenses for premature babies who need hospital care. Guardians need to bear the costs based on their income.

**Medical care of pediatric chronic specified diseases**—We cover the medical expenses of pediatric specified diseases such as chronic renal disease.

### ●Welfare system for lone-parent family

○Child-rearing allowance ⇒ Child-support division

It is targeted at father, mother, or rearer raising children as follows:

- 1) those being until the first March, 31 after the day when he/she becomes 18 years of age, and not living with father or mother.
- 2) those under 20 years of age, having permanent disability and not living with father or mother

(There is an income limit.)

In addition, there is the case that Child-rearing allowance is given if father or mother is disabled to the same degree as it set by Order for Enforcement of Child Rearing Allowance Act (in case that child does not include in public pension's adding.) or cannot raise child because of life-and-death unknown, or because of DV Protection Order by a Court against a domestic violence by father or mother's spouse.

○Medical care subsidies for fatherless family ⇒ Child-support division  
We subsidize part of inpatient and outpatient treatment costs for

lone-female/male parent under the age of 70 who is raising child under the age of 20.

We also subsidize part of inpatient and outpatient treatment costs for child under the age of 18 or 20 in high school in a fatherless family or does not have both parents.

However, both cases have income limitation.

### ○Housing supply for fatherless family

Prefectural housing includes it for fatherless families.

**Inquiries about prefectural housing**

⇒ Housing corporation TEL 22-9612

### ○Welfare loans system for fatherless/motherless families and widows

⇒Child parenting support center

- Loans to send their child to school.
- Loans to move house.
- Living expenses for sustaining their living during technical learning or recuperation.
- Housing funds such as maintenance and repair of their house, extension and reconstruction, and home purchase.

There are also many kinds of loan systems.

So please consult with us.

### ○Discount on JR commuter pass for lone-parent family

⇒Child policy division

There is 30% discount on JR commuter pass for lone parent who receive child-rearing allowance. We issue the certification required for it.

### ○Provision of celebration money for entrance, graduation of orphans from automobile accidents

⇒Child policy division

At the elementary・junior high school entrance time and the junior high・high school graduation time, celebration money is given to orphans from automobile accidents.

### ●Please consult mother-child independence support worker about fatherless family

⇒Child parenting support center

Mother-child independence support workers are expert advisors for fatherless families and widows. They provide consultation for various programs of lone-female parent's job assistance and economic consultation for loans to the welfare of fatherless families and widows, living expenses, medical expenses, etc.

### ●Temporary keeping child

⇒Child parenting support center

There are 2 facilities in the city and another site out of the city which emergently and temporarily keep children when guardians can not take care of their child at home because of their work or hospitalization.

### ●Nursery for sick child

⇒Child-support division

There are childcare facilities when child cannot attend preschool because of illness and convalescence from an illness.

⇒Kanbe pediatric nursery room for sick child

(Kinomiya-cho4-8) TEL 47-5711

⇒Saikusa pediatric nursery room for sick child

(Gonjyoji1-10-8) TEL 39-1005

⇒Azuma pediatric nursery room for sick child

(Setogoe4-9-21) TEL 49-6600

⇒Kusumoto pediatric nursery room for sick child

(Inari-cho20-10) TEL 31-7828

### ●Family support center

⇒Child-rearing division

Those who want to leave their child in someone's care and those who could take care of someone's child register as members and mutually support for childcare.

⇒Sasebo family support center

(Hanazono-cho101-1) TEL 42-1848

### ●Subsidy system for fertility treatment expenses

⇒Child-support division・Child health division

**OSubsidy system for specified fertility treatment expenses**

We subsidize part of expenses for in vitro fertilization and micro fertilization not applied to medical insurance. However, there is a limit to the application period and incomes.

●Childcare consultation, etc

●General consultation for childcare and child

Sasebo city hall Child parenting support center (24-1111)

<b>Childcare consultation</b>		You are hard on your child, feel irritable, severely scold your child, worry about childcare, don't feel affection for your child.
Sasebo central health and welfare center, Child health division Health (Health nurse・Nurse)		24-1111
Sasebo infant education center		31-0550
Sumiregaoka preschool, community parenting support center		34-4188
Hino preschool, community parenting support center		28-3264
Runbini preschool, community parenting support center		20-5100
Yurikago preschool, community parenting support center		76-2246
Ohashi preschool, community parenting support center		64-3525
Parent and child plaza 「Yonburako」		080-1730-0181
Sasebo east parenting support center		39-4002
Sasebo central parenting support center		32-1903
Sasebo north parenting support center		47-3329
Sasebo child development center		23-3945
Nagasaki, Sasebo child・woman・the disabled support center (Child consultation center)		24-5080
<b>Development consultation</b>		Words come out slowly, development is slow, anything else about your child's development.
Sasebo central health and welfare center, Child health division Health (Health nurse・Nurse)		24-1111
Sasebo City Hall, School education division, Guidance		24-1111
Hearing class	Please consult through elementary school your child is registered at.	
Speaking class		
Infant speaking class		25-5695
<b>Development consultation</b>		Your child is restless, don't have enough concentration. Hard to communicate with others, Unable to adapt him/herself to group.
Sasebo central health and welfare center, Child health division (introduce to Child development center at necessity)		24-1111
Sasebo City Hall, School education division, Guidance		24-1111
Madoka class	Please consult through elementary school your child is registered at.	
Nagasaki, Sasebo child・woman・the disabled support center (Child consultation center)		24-5080
<b>Delinquency</b>		Going out for pleasure at night, staying out overnight, running away from home, shoplifting, thinner sniffing, smoking
School your child is registered at.		

Youth education center (Dedicated line 「Aino Telephone」)	22-0077
Sasebo City Hall, School education division, Guidance	24-1111
Youth telephone   Weekdays 9:00am~5:45pm	0120-786714
Nagasaki, Sasebo child・woman・the disabled support center (Child consultation center)	24-5080
<b>Bullying</b> Your child is being bullied.	
<b>School your child is registered at.</b>	
Youth education center (Dedicated line 「Aino Telephone」)	22-0077
Sasebo City Hall, School education division, Guidance	24-1111
<b>Truantiing</b> Your child doesn't want to go to school.	
<b>School your child is registered.</b>	
Youth education center (Dedicated line 「Aino Telephone」)	22-0077
Sasebo City Hall, School education division, Guidance	24-1111
Nagasaki, Sasebo child・woman・the disabled support center (Child consultation center)	24-5080
<b>Child abuse</b> A parent hits a child hard all the time. A child is always crying hard.	
Nagasaki, Sasebo child・woman・the disabled support center (Child consultation center)	24-5080
Sasebo central health and welfare center, Child parenting support center	24-1111
Chief of childrens' social worker	
<b>Social Withdrawal</b> Those over 16 years of age and has stayed indoors for 6 months or more.	
Sasebo central health and welfare center, Disabled welfare division, Disabled support	24-1111
NPO corporation Free Space Fukinotou	25-6222
<b>Consultation about disability</b> All kinds of living defficulties because of mental deficiency, disability, mental disorder, etc.	
Sasebo central health and welfare center, Child health division Health (introduce to Child development center at necessity)	24-1111
Sasebo central health and welfare center, Disabled welfare division, Disabled support	24-1111
<b>Domestic troubles</b> Child rearing consultation, Mother-child independence support, Lone-female parent's job assistance	
Sasebo central health and welfare center, Child parenting support center	24-1111
<b>Dedicated line 「Aino Telephone」</b> Consultation about schoolchild's worries and childcare (Truantiing, Non-adaptation to schoolwork, Delinquency, Bullying,	

Nurture at home, etc.)	
<b>Youth education center</b> Consultation time 8 : 30am~5 : 15pm Holiday's educational consultation 1 : 00pm~4 : 00pm (Every 3rd Sunday)	22-0077
Schoolchild-line	
Nagasaki, Sasebo child・woman・the disabled support center (Child consultation center)	23-1117
Children・Families' 110	
Nagasaki, Sasebo child・woman・the disabled support center (Child consultation center) 9 : 00am~8 : 00pm (Excluding Japanese holidays, the end and beginning of the year) 〒852-8144 Nagasaki-shi Hashiguchi-cho 10-22	095-844-1117

## Welfare facilities for children

## ●Preschool in Sasebo ⇒ Child support division

You can apply for entry at any time.

Please contact with Child support division.

Area	Name	Address	TEL
Miya	Sho-toku preschool	396-1 Nagahata-cho	59-2015
Mikawachi	Enaga preschool	580 Enaga-cho	30-8802
	Mikawachi preschool	13-2 Shiohitashi-cho	30-8740
Haiki	Hikarinoko preschool (*)	17-1 Uwabaru-cho	38-3314
	Hikarinoko infant Preschool	551-7 Sanae-cho	38-2968
	Hanataka preschool	269-10 Hanataka 1cho-me	38-4329
	Sasebo east parenting support center (Haiki preschool)	5-21 Haiki 1cho-me	38-2342
Hirota Sakioka	Futaba preschool	31-11 Hirota 3 cho-me	38-3811
	Runbini preschool	2821 Sakioka-cho	20-5100
Hario Egami	Arifuku preschool	773-1 Arifuku-cho	58-5116
	Hario preschool	260-1 Hario Nishi-machi	58-4354
Hiu Kurokami	Momijigaoka preschool	41-11 Momijigaoka-cho	33-3301
	Satsuki preschool (Hira preschool's branch)	2884-1 Hiu-cho	33-1239
	Sumiregaoka preschool	2-10 Kurokami-cho	31-6783
	Hiu preschool	454-2 Yamato-cho	31-2502
Inari Tenjin	Preschool Kaikouen	19-10 Inari-cho	32-7438
	Sasebo central parenting support center (Daikoku preschool)	2-25 Inari-cho	31-1416
	Tenjin preschool	272-49 Tenjin 2cho-me	31-2664
	Hibari preschool	80 Jurou Shinmachi	31-0963
Fujiwara Wakaba	Fujiwara preschool	40-8 Fujiwara-cho	31-4096
	Minato preschool	13-10Wakaba-cho	31-3291
Kuroshima	Kuroshima preschool	1137 Kuroshima-cho	56-2026
Nakazato Kaize	Midori preschool	1494 Yoshioka-cho	49-2858
	Kaize preschool	94-1 Kaize-cho	40-8854
Ono Yunoki	Yunoki preschool	2079-1 Yunoki-cho	46-0125
	Aikou preschool	223-1 Matsubara-cho	40-8844

Area	Name	Address	TEL
	Ono preschool	3-6 Setogoe 2cho-me	49-3825
	Asahi preschool	16-7 Tabaru-cho	49-4700
	Poppo preschool	225-3 Ono-cho	49-4380
Yoshii	Municipal Yoshii preschool	54-1 Yoshii-cho Oowatari	64-2205
	Yoshii north preschool	1065-1 Yoshii-cho Naoya	64-2027
	Ohashi preschool	486 Yoshii-cho Hashikawachi	64-3525
	Hitomi preschool	290-1 Yoshii-cho Tateishi	64-2324
Sechibaru	Sechibaru preschool	263 Sechibaru-cho Kurimukae	76-2062
	Yurikago preschool	89-9Sechibaru-cho Kurimukae	76-2246
Center (Chuo)	Yamazumi preschool	518-1 Yamazumi-cho	31-7816
	Miura preschool	8-8 Miura-cho	22-8795
	Susa preschool	1-9 Susa-machi	22-7985
	Tenryu preschool	10-25 Orihashi-cho	23-0832
	Atom preschool	205-2 Hanazono-cho	25-0415
	Kasuga preschool	15-46 Kasuga-cho	22-2015
	Hira preschool	20-7 Hira-machi	22-9101
	Sasebo infant preschool	3-16 Uwa-machi	22-8055
	Shintoku preschool	5-24 Moto-machi	22-2751
	Mifune preschool	1-13 Mifune-cho	22-8637
	Akasaki Aoimi preschool (*)	596-20 Akasaki-cho	28-0044
	Shimanji city night preschool	5-10 Shimanji-cho	23-0030
	Sasebo station preschool	1-16 Shirahae-cho	20-0900
Sasebo central preschool	7-20 Umeda-machi	23-0777	
Ainoura	Hino preschool	780-5 Hino-cho	28-3264
	Shiinoki preschool	300-2 Shiinoki-cho	47-4990
	Shinden preschool	487-3 Shinden-cho	47-4116
	Sasebo north parenting support center (Kami Ainoura preschool)	5-13 Kami Ainoura-cho	47-2476
	Ainoura preschool	153 Ainoura-cho	47-2338
	Sumire preschool	1-44 Hikari-machi	48-3313
	Oosaki preschool	528-10 Oogata-cho	26-2125
Uku	Uku preschool	2366-1 Uku-machi Taira	(0959) 57-2034
Kosaza	Municipal Kosaza preschool	73-5 Kosaza-cho Usunoura	68-2066

Area	Name	Address	TEL
	Municipal Kusuzumi preschool	591 Kosaza-cho Kusudomaru	69-2619
	Kozaki Shyakaikan	411-5 Kosaza-cho Kusudomaru	69-2657
Emukae	Emukae preschool (*)	25-3 Emukae-cho Nagasaka	65-2439
	Emukae Aoimi preschool (*)	915 Emukae-cho Inotsuki	66-8822
Shikamachi	Shikamachi Nonohana preschool (*)	87-1 Shikamachi-cho Doinoura	65-3311
	Utagara Nonohana preschool (*)	984-1 Shikamachi-cho Shimo Utagara	77-5666
	Shitone preschool	1089-7 Shikamachi-cho Nagushi	77-4164
	Asago preschool	188-14 Asago-cho	68-2033
	Takashima preschool	697 Takashima-cho	47-3799
	Uku Futaba preschool	2795 Uku-machi Kounoura	(0959) 58-2347

※There are also non-approval preschool besides above written.

Please contact with Child support division.

\*Approval child facilities

**OSpecific childcare programs** ⇒ Child support division • each preschool  
There are specific childcare programs in each preschool such as extended childcare, childcare for the disabled, etc. to satisfy guardians' requirements.

In addition, if the person who is taking care of the child before school age got suddenly sick, or wants to feel refreshed, or cannot take care of the child temporarily because of part-time job etc., there are temporary (weekdays) and holidays childcare programs. Those usually who leave the child to preschool or kindergarten also can use holidays childcare programs. There are 41 preschools have temporary childcare programs and 5 preschools have holidays childcare programs. Please contact with Child support division for more information.

●**Child nursing institution** ⇒ Child-rearing division

It is the institution to protect and rear children excluding babies who have no guardian or are abused.

OTenshinryou Yunoki-cho 1848 TEL46-0500

OSeifuuen Yamato-cho 898 TEL31-6980

●**Children's center** ⇒ Child-rearing division

It is the institution for children to develop brilliant mind and healthy body through playing and reading.

## 【Public children's center】

(1)Open time/12:30pm~6:30pm

(However, Saturdays and elementary school's summer·  
autumn·winter·spring holidays 8:30am~6:30pm)(2)Close day/Sunday·Holidays·The end and beginning of the  
year (12/29~1/3)

Ono children's center	8-37 Tabaru-cho	TEL40-9345
Ainoura children's center	357 Ainoura-cho	TEL47-2323
Kasuga children's center	18-9 Kasuga-cho	TEL25-3785
Inari children's center	2-5 Inari-cho	TEL34-1152
Kurokami children's center	52-5 Kurokami-cho	TEL34-0700
Haiki children's center	1-6-45 Hanataka	TEL38-1152
Hirota children's center	63 Shigeo-cho	TEL39-5366
Yamazumi children's center	14-14 Shiomi-cho	TEL31-2557
Uku children's center	1910-1 Uku-machi taira	TEL0959-57-3132

## 【Children exchange center】

(1)Open time/Weekdays 10:00am~7:00pm

Saturdays 8:30am~7:00pm

(2)Close day/Sunday·Holidays·The end and beginning of the  
year (12/29~1/3)

Children exchange center Kotohira	364-5 Mifune-cho	TEL24-6855
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## 【Private children's center】

(1)Open time/Mondays~Saturdays 9:00am~8:00pm

Sundays·Holidays 9:00am~6:00pm

(2)Close day/None

Hikarinoko children's center	Uwabru-cho 11-5	TEL38-3315
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## ●Children's club "Jido club"⇒ Child-rearing division

This club is taking care of children mostly in the lower grades of elementary school who have no guardian in the day time and is active mainly with playing. Please contact with each club about fees.

## OChildren's club list 2012

	School	address	TEL
1	You kids club Aozora land	305-2 Shiroma-cho	59-2515
2	Mikawachi Jido Club	939 Enaga-cho	30-8812
3	Daiichi hirota harmony club	1-34-52 Hirota	38-3998
4	Daini hirota harmony club	1-34-52 Hirota	38-3998
5	Daisan hirota harmony club	1-34-52 Hirota	38-3998
6	Hanataka gakudo club	1-269 Hanataka	38-5811
7	Hanataka gakudo Kyositsu	3-2-7 Hanataka	38-0866
8	Mebae gakudo club	1-1-5 Gonjoji	39-4744
9	Hikarinoko daiichi gakudo club	11-5 Uwabaru-cho	38-3315
10	Hikarinoko daini gakudo club	551-3 Sanae-cho	38-2968
11	Kobato gakudo club	1-4-12 Haiki	39-2778
12	Toumei kids	2444-1 Egami-cho	58-4011
13	Gakudo club Poshana	260-1 Harionishimachi	58-4344
14	Kids club Kurinomi	598-1 Kurokami-cho	31-7412
15	Momijigaoka jido club	41-11 Momijigaoka-cho	33-3301
16	Cosmos club	148-5 Shiratake-cho	32-1404
17	Aiwa gakudo club Tenjin kyoshitsu	2-19-45 Tenjin	25-1520
18	Mammy gakudo club	1193-4 Tenjin-cho	34-4406
19	Yamazumi jido club	518-1 Yamazumi-cho	31-7816
20	Bochibochi club	18-1 Kosasebo-cho	22-9898
21	Micky gakudo kyoshitsu	6-4 Kouten-cho	23-5207
22	Gakudo club mirai kids	1-19 Matsukawa-cho	22-0086
23	Yamate jido club	10-25 Orihashi-cho	23-0832
24	Kikunoka gakudo club	4-1401 Setogoe	080-6452-7123
25	Poppo gakudo kyoshitsu	226-2 Ono-cho	49-4380
26	Ganbari club	7-20 Tabaru-cho	49-3006
27	Kids club ASOKA KITA	203 Tabaru-cho	49-4822
28	Aozora land	12-31 Hotate-cho	24-7811
29	Kotohira jido club	364-5 Mifune-cho	080-5802-1845
30	Akasaki gakudo club	330 Kashimae-cho	080-5249-2020
31	Funakoshi jido club	752-2 Funakoshi-cho	090-1513-5910
32	Hino genkikko club	1308 Hino-cho	090-2589-5961
33	Ainoura jido club	3-9 Kamiainoura-cho	47-8420
34	Shinai jido club	254-10 Shinden-cho	47-6047
35	Ainishi smile kids	794 Ainoura-cho	59-8802
36	Nakazato jido club	356 Nakazato-cho	47-6113
37	Kaize jido club	106 Kaize-cho	40-6789
38	Yunoki jido club	2372 Yunoki-cho	46-0484
39	Sechibaru jido club	104-17 Sechibaru-cho Kurimukae	76-2144
40	Nakayoshi club	84-16 Kosaza-cho Usunoura	080-1783-5163
41	Kusukko club	526 Kosaza-cho Kusudomari	090-9577-8450
42	Emukaekko club	25-3 Emukae-cho Nagasaka	65-2439
43	Emukae aoimi youjien jido club	898-5 Emukae-cho Inotsuki	66-8822
44	Yuukarikko club	730-1 Shikaachi-cho Fukae	080-6416-2809
45	Utagaura jido club	791-11 Shikamachi-cho Shimoutagaura	080-5278-4136

Welfare institutions for mother and child

- **Midwifery home** ⇒ Child parenting support center  
It is for pregnant women and nursing mothers who cannot enter hospital to give birth to baby because of economic reason.

◆ **Adults' Health and Welfare** ◆

● **Various checkups**

○ Specific health checkups/Specific health guidance

Those aged between 40 and 74 can undergo the specific health checkups and the Specific Health guidance by the medical insurers. Those aged over 75 (including disabled persons aged over 65) can undergo the medical health checkup for latter age elderly.

- Those insured by Sasebo City National Health Insurance ⇒ P.36
- Those insured by Japan Health Insurance Association (Kyokai Kenpo) ⇒ Please contact Nagasaki Branch (TEL 095-829-5002)
- Those insured by Health Insurance for latter stage elderly ⇒ P.42
- Others (insured by Society-Managed Health Insurance, or mutual aid society) ⇒ Please contact the person in charge at your company or the society.

○ Cancer screening ⇒ Health promotion division

You can undergo various checkups such as cancer screening etc. at medical institutions within Sasebo once a year.

Kind	Eligible people	Charge /yen	Contents	Term etc.
Stomach cancer screening	Aged 30~39	3,000	Gastrofiberscopy or gastrointestinal fluoroscopy	Registered medical institutions (Please apply directly to registered medical institutions) ※Those applied to (1)~(4) below can undergo cancer screening for free. So please submit various certificates to the window of medical institutions. (1) Aged over 70 (2) Member of Sasebo national health insurance (3) Welfare recipient (4) Residential tax-exempt households member ※Please note that those who can undergo cancer screening like the left at work are not to be applied to this cancer screening. ※Breast cancer screening is conducted at health center (Central health and welfare center, 6F X-ray room) (every Tuesdays 8:30am~10:30am) and in routine-run X-ray car. (We will notify you the schedule of screening by routine-run X-ray car by Kocho Sasebo separately.)
	Aged over 40	1,000		
Lung cancer screening	Aged over 40	400	Chest X-ray	
		900	Chest X-ray and sputum exam	
Colon cancer screening	Aged over 40	600	Fecal occult blood test (2days)	
Uterine cancer screening	Female aged over 20	1,000	Cervical cytology	
Breast cancer screening	Female aged 30~39	1,500	Clinical exam + mammary gland echocardiography	
	Female aged 40~49	1,500	Clinical exam + mammography (2 directions)	
	Female aged over 50	1,100	Clinical exam + mammography (1 direction)	
Prostate cancer screening	Male aged 50~84	Free	Blood test (PSA test)	

Adult dental checkup (Periodontal disease checkup)	Aged over 20	500	Teeth and oral exam (periodontium etc) ・ brushing guidance	Registered dental medical institutions (Please apply directly to registered dental medical institutions) Health center (Central health and welfare center)
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				(Dental checkup・Consultation) Every Tuesdays 8:30am~10:30am (Appointment only)
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- pregnant women or women within one year after childbirth can undergo this checkup for free.
- You cannot get treatment in the day of checkup.

Osteoporosis screening	Female aged 20~70	Free	Bone mass measurement (Appointment only)	Health center (Central health and welfare center)
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- By appointment only-the schedule will be announced in the Monthly City Magazine.

Hepatitis virus screening	Aged over 20	Free	Blood test (Hepatitis virus C test and HBs antigen test)	Registered medical institutions (Please see the webpage or contact Health Promotion Division)
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- Only for those not having undergone the screening.

- **Health consultation** ⇒ Health promotion division  
Please consult us for life-style related disease and anything else about health.

Location	Day	Time
①Sasebo Central Health and Welfare Center	Appointed day	Appointed time
②Sechibaru Administration Center Kenkoukan	4 <sup>th</sup> Tuesday	2:00pm~3:00pm
③Kosaza Administration Center	4 <sup>th</sup> Wednesday	
④Shikamachi Administration Center Kenkoukan	4 <sup>th</sup> Thursday	
⑤Emukae area (Appointed place)	Appointed day	Appointed time
⑥Uku Health and Welfare Center	Any time	
⑦Ideyu So	2 <sup>nd</sup> Wednesday	10:00am~2:00pm
⑧Yasuragi So	1 <sup>st</sup> Friday	
⑨Atago So	3 <sup>rd</sup> Friday	
⑩Tsukumo So	3 <sup>rd</sup> Wednesday	
⑪Yoshii So	2 <sup>nd</sup> Friday	10:00am~1:00pm

Please make an appointment to Health promotion division until the day before.

- **Health notebook** ⇒ Health promotion division  
This is given to applicants over 40years of age for records of medical checkups and to note necessary thing to stay healthy.



## ◆Health・Welfare of the Elderly◆

### ●About nursing insurance system ⇒ Longevity division

#### ①Summary of the system

We all hope that the elderly live in dignity, live their own life as far as they can, and make the most of their ability even if they need nursing care. However, it is actually very difficult for the families to take care of the elderly by themselves.

It is the system that whole society support nursing care from such situation, respect the users' request, and let them receive the service in peace.

#### ②Insurer・insurance member

○ Insurer ————— Sasebo city

○ Category I Insurance member ——— Those over 65 years of age, and whose address are registered in Sasebo.

○ Category II Insurance member ——— Those over 40 and under 65 years of age, the member of medical insurance and whose address are registered in Sasebo.

#### ③Insurance premium

○No.1 insurance member (aged over 65 years)

【Amount】 Insurance premium (standard amount) is decided by city every 3 years. Insurance premium (standard amount) from the year of 2009 to 2011 is as the following list.

Each individual insurance premium is calculated every year divided into 7 grades by each income and whether there is residential taxable person in the household or not. (It was 6 grades until the year of 2008 but it became 7 grades form 2009. However, the 4<sup>th</sup> grade is divided into 2 by total income etc., so actually, there are 8 kinds of insurance premium.)

Income Level	Applicable Persons	Premium rate	Annual Premium (2012-14)
Level 1	Those who receive a livelihood protection allowance or an elderly welfare pension, and belong to a household in which all members of the household are exempt from paying municipal taxes.	Standard amount X 0.5	34,900
Level 2	Those who belong to a household in which all members of the household are exempt from paying municipal taxes, and the insured Member's total income and pension together are less than ¥800,000.	Standard amount X 0.5	34,900
Level 3	Those who don't belong to level 1 and level 2, and all the members of the household are exempt from paying municipal taxes.	Standard amount X 0.75	52,300
Level 4	Insured member is exempt from paying municipal taxes but belong to a household in which someone must pay municipal taxes, except for the following "Leve 4 (exceptional)".	Standard amount X 0.83	57,900
Level 4 (Exception)	Insured member is exempt from paying municipal taxes but belong to a household in which someone must pay municipal taxes. And the Insured Member's total income and pension together are less than ¥800,000.	Standard amount	69,800
Level 5	Insured member is not exempt from paying municipal taxes and his or her total income is less than ¥1,250,000.	Standard amount X 1.13	78,800
Level 6	Insured member is not exempt from paying municipal taxes and his or her total income is between ¥1,250,000 and ¥2,000,000	Standard amount X 1.25	87,200
Level 7	Insured member is not exempt from paying municipal taxes and his or her total income is between ¥2,000,000 and ¥3,000,000	Standard amount X 1.5	104,700
Level 8	Insured member is not exempt from paying municipal taxes and his or her total income is more than ¥3,000,000	Standard amount X 1.6	111,600

【How to pay】

<b>Special collection</b> (Those who have the annual amount of retirement pension, of the elderly, of the bereaved or of the disabled is over 180,000yen)	It is supposed to be withheld from the pension in the month of pension payments.
<b>Ordinary collection</b> (Those who have the annual pension amount of retirement, of the elderly, of the bereaved or of the disabled is under 180,000yen and those receiving the Welfare pension for the elderly.)	It is supposed to be paid for one-year tax in 10 installments from the month of June to March by payment notice sent from City Hall or account transfer.

	April	May	June	July	August	September	October	November	December	January	February	March
Special collection	○		○		○		○		○		○	
Ordinary collection			○	○	○	○	○	○	○	○	○	○

※Mark○ means the month of payments. ○N

o.2 insurance member (aged over40 and under 65years)

【Amount】 It is decided by the way to calculate of medical insurance that you join. So it depends on each medical insurance.

【How to pay】 You pay it together with medical insurance premium that you pay at present.

- ①In the case of social insurance and mutual-aid society insurance
  - ・ Insurance premium is according to the amount of pay.
  - ・ The employer has to pay part of insurance premium.
- ②In the case of national health insurance
  - ・ The amount of insurance premium is according to their income, the number of No.2 insurance member, etc.

## ● To receive the services

### (1) Application

You need to apply to city for certification of long-term care need to evaluate the level of nursing care whether the person is in need of care or is in need of support such as being bedridden or dementia.

Identical person can apply directly him/herself, or the family and businesses (Home care support businesses etc.) can act as an agent and apply instead of him. Please apply at Longevity division, Administration Center or Branch.

☆①Application form, ②Insurance card, ③An attending doctor's written opinion are necessary for the application. For proxy application, ①Please fill in the space of "power of attorney" on the application form. ②Insurance card is sent to those turned 65 years of age by the city. For Category II insured person, grant application is necessary before application for approval.

Please apply at Medical insurance division, Administration Center or Branch.



### (2) Certify examination

After application, we visit applicant's house for fact-finding on the spot and confirmation of movement about mind and body's condition and the way of care.



### (3) Decision

The city certifies after 「Committee for certification of need」 organized by doctors and experts evaluating the level of nursing care based on the result of an attending doctor's written opinion and door-to-door survey. In principle, you can get the result of approval within 30 days from the application date. The approval effect goes back to the application date. (You can receive benefits for the service you used after the application date.) The approval is reconsidered every 6~24 months as a general rule. (The application is necessary each time.) Also, you can apply for the change if the condition changes even before the expiration date.



### (4) Making care plan

Those certified as being in need of care/support according to the result of determination, make adjustments (contract) with a service provider to receive the service based on the care plan (Home service plan, Care prevention service plan) which should be made depending on the level of nursing care.

○Those certified as 「the level of nursing care 1~5」 should request Home care support businesses to make Home service plan.

※You can make Home service plan and make adjustments with service provider by yourself but we recommend you to request and make it because a certain level of expertise is necessary.

You can request Home care support businesses for free as 「Home care support service」.

○Those certified as 「the level of nursing care 1・2」 should request Community inclusion support center to make Care prevention service plan.

○In some cases those who can receive the city's care prevention service [community support service (MasumasuGenkiKyoushitsu)] even if those are certified as 「not applicable(self-support)」.

### ● Use the service

You can use the service based on care plan.

- The level of nursing care 1~5  
⇒You can use Nursing service (nursing benefit).
- The level of nursing care 1・2  
⇒You can use Care prevention service (prevention benefit).
- Not applicable (self-support)  
⇒There are some cases that you can receive the city's care prevention service (community support service).

### ● User charge

The user is responsible to pay 10% of service costs which he/she used. (You pay usage fee to the service businesses.)

The limited amount of benefit is set up based on the level of nursing care. If you use the service over the limit, its excess is out of nursing insurance and you need to bear the full expenses.

### ● Main services of nursing insurance

For the service of nursing insurance, please read 『Guide book of nursing insurance service』. Also, please feel free to inquire at Longevity division. ⇒ Longevity division Nursing insurance

## Care Institutions for the Elderly ⇒P.71-P.74

### ● Community comprehensive support center

We comprehensively help and support necessary to improve health, welfare, medical care of local elderly for them to live in their familiar area.

○Location

- ☆Central community comprehensive support center  
5-2Takasago-cho  
Central health and welfare center  
(Sukoyaka Plaza) 3F  
TEL24-1111
- ☆East community comprehensive support center  
1036-1 Daitou-cho  
Eco Spa Sasebo  
TEL31-6767
- ☆North community comprehensive support center  
3-10 Kinomiya-cho  
Ainoura Branch  
TEL47-2113
- ☆Emukae・Shikamachi community comprehensive support center  
282-24 Emukae-cho Akasaka  
Emukae Welfare Center 「Ikilki」  
TEL73-1122

Attention: These community comprehensive centers will be abolished and 9 centers will be newly established in April 2013.

### ●The elderly support center

We provide advice by telephone and interview in conjunction with Community inclusion support center and the city as an accessible consultation facility about nursing care and care prevention for the elderly and the families. Also, there is 24-hour telephone consultation service in case of an emergency, etc.

**The elderly support center⇒P.74**

### ●Longevity division inquiry counter

- ・Premium for nursing-care insurance  
…Longevity division General clerk
- ・Nursing care service and complaint, consultation, inquiry about general nursing care insurance system  
…Longevity division Nursing care insurance
- ・Consultation about nursing care for the elderly such as being bedridden, fragility, dementia etc.  
…Longevity division The elderly support

### ●Barrier-free SeikatsuKan and Welfare Equipment Exhibition Room

⇒Health and welfare policy division

They exhibit the various equipments to help self-support like bed, lift for bed, wheelchair, walker, auxiliary tool for bath, portable toilet, communication instruments. In Barrier-free SeikatsuKan, we also introduce the example of reconstruction for barrier-free house, provide advice for reconstruction of the house, and lend part of welfare equipment for trial use.

#### ①Barrier-free SeikatsuKan TEL22-0993

○Address/101-1 Hanazono-cho (The next to Fureai Center)

○Open day/Tuesdays~Saturdays

(Except holidays and 12/29~1/3)

○Open time/10:00am~5:15pm

#### ②Exhibition room of welfare equipment TEL24-1111

○Address/5-1 Takasago-cho (Central Health and Welfare Center 3F)

○Open day/Mondays~Fridays (Except holidays and 12/29~1/3)

○Open time/9:30am~5:15pm

### ●Social participation, meaningful life・companionship

⇒Health promotion division

We give the elderly sports events and exhibitions for those over approximately 60 years of age. No charge to participate, so please aggressively join us.

○The elderly sports event ——Gate ball, Lawn balls, Ground golf

○The elderly exhibition —— Every July and August

Exhibition of painting, calligraphy, pottery, etc.

### ●Longevity celebration money ⇒ Health promotion division

Every September, we present celebration money to those are over 100 years of age and continue to register their address in Sasebo

over a year.

- **The elderly anniversary gift** ⇒ Health promotion division  
The gift will be delivered to those at 88 years of age every September.
- **The elderly society** ⇒ Health promotion division  
There are subsidies for block associations that conduct elderly project such as the elderly society etc. and part of elderly welfare institution depending on the numbers of those at over 70 years of age or households.
- **Whole municipal bus line and Saihi bus line within Sasebo free pass tickets, transportation subsidy, Uku tourist bus coupon tickets**  
⇒ Health promotion division  
We deliver free pass tickets of whole municipal bus line and Saihi bus line within Sasebo to those over 75 years of age and register their address in Sasebo. Also, we deliver transportation subsidy to residents in Kuroshima, Takashima area and 100yen coupon tickets (for 1 ride) of Uku tourist bus to those in Uku area together with common free pass tickets of municipal and Saihi bus.  
○ Transportation subsidy                      Annual amount 10,000yen
- **Support of the elderly's outing in Uku**  
⇒ Uku Health and Welfare Center  
In Uku, the following elderly people can use the special transportation service:
  - 1) aged approx. 65 or over and certified as grade 3 or more stipulated in the identification booklet for the physically disabled.
  - 2) aged approx. 60 or over and having difficulty in walking and using the route bus because of lower limb disability
 In addition, the elderly people aged 70 or over living in the areas with transportation difficulty(bus).
- **Aid for hospital visit of the elderly in Uku**  
⇒ Uku Health and Welfare Center  
For The elderly aged 70 or over in Uku the boat fare can be partially subsidized. The amount is 1,000 yen each (up to ten times a year). Pr e-registration is required.

## Care institutions for the elderly

As of August 1<sup>st</sup> 2012

Kind	Name	Address	TEL
Elderly care welfare institution (Special elderly nursing home)	Ainoura	606-1 Ainoura-cho	48-6001
	Asokanomori	1150 Matsuse-cho	49-6070
	Otohanohama	123 Higashihama-cho	33-0108
	Kainan Sou	210 Tawaragaura-cho	28-3038
	Keiju En	1904-3 Ukucho Taira	0959-57-3888
	Sasebo Fukujyuen	267 Hario Nishimachi	58-2386
	Sunflower	368-6 Yoshii-cho Naoya	64-4516
	Sun home Egami	4847-6 Egami-cho	58-3707
	Takenno	107-1 Takeno-cho	49-2020
	Tulip	3729-2 Kurokami-cho	20-8800
	Hakujyu Sou	904-1 Kashimae-cho	28-1181
	Hakunin Sou	2-1-35 Hanataka	39-1511
	Hanazono	54-34 Orihashi-cho	29-3001
	Pearl home	1 Sechibaru-cho Kurimukae	34-8000
	Yamazumi Sou	388 Yamazumi-cho	46-0505
	Yuzunosato	2515 KamiYunoki-cho	76-2315
Reimeikan	175-1 Kosaza-cho Nishikawachi	68-3350	
Rohuku Sou	282-24 Emukae-cho Akasaka	65-2607	
Elderly care health institution (Elderly healthcare institution)	Cosmos	2515 KamiYunoki-cho	46-0988
	Sakura	1-2 Hachiman-cho	23-1802
	Sun	30 Yamato-cho	33-7771
	Syoujyuen	2-1 Kosasebo-cho	26-0678
	Suizan Sou	74-2 Akasaki-cho	26-0555
	Cyoujyuen	109-1 Shikamachi-cho Shimoutagaura	32-3800
	Tsutsujinosato	2835 Hiu-cho	20-2100
	Himawari (Houyuukai)	5040-3 Sashikata-cho	59-2818
Minorinosato	133-2 Haenosaki-cho	73-2004	

Kind	Name	Address	TEL
Nursing care and medical treatment institution (Medical treatment sickbed etc.)	Aiseikai iin	342-3 Nakazato-cho	47-6070
	Icyo clinic	298 Akasaki-cho	26-8181
	Kawajiri iin	2-17-13 Haiki	38-2565
	Kuriya naika iin	2217-1 Sashikata-cho	58-7888
	Saisyouji naika iin	1-18 Hikari-machi	47-2613
	Sasebo kinen byouin	104 Shikamachi-cho	28-1111
	Sun・Lemo rehabili byouin	4848-1 Egami-cho	58-5900
	Shinagawa iin	2188 Yunoki-cho	46-0005
	Senjyu byouin	5-5 Miyaji-cho	24-1010
	Doizoe naika kokyuuiki syoukaki	1245 Funakoshi-cho	28-0124
	Hiu kinen iin	2107 Hiu-cho	31-4606
	Fujii iin	7-20 Konpira-cho	22-4577
	Hokao naika iin	34-4 Kurokami-cho	33-5557
	Murakami iin	1-5-25 Hirota	38-1026
	Murakami naika byouin	3-21 Shiroyama-cho	24-3508
Youkou rehabilitation	855-1 Yamate-cho	25-3210	
Elderly nursing home	Greenhome	1 Sechibaru-cho Kurimukae	76-2450
	Shikamachi	659-2 Shikamachi-cho Shikamachi	73-2500
	Seifuuen	898 Yamato-cho	31-6980
	Soleil	1400 Gonjyouji-cho	27-5151
Care house	Akarisaki	1042 Akasaki-cho	28-1616
	Kashinoki	109-2 Shikamachi-cho Shimoutagaura	73-2006
	Garden heights Haiki	159 Kuwakoba	30-8633
	Care house Hikarinoko	749-1 Uwabaru-cho	39-3230
	Tenjin Bayhills	1205-5 Tenjin-cho	33-8115
	Toumei	935-1 Egami-cho	58-4016
	Forest Shikinosato	2409 Yunoki-cho	41-8585
Warakuen	205 Hanazono-cho	24-1861	
Elderly welfare center, Resting house for the elderly and the disabled	Atago Sou	9-2 Nakazato-cho	48-2877
	Ideyu Sou	3-5-3 Hirota	38-2632
	Tsukumo Sou	306-4 Shimofunakoshi-cho	28-6400
	Yasuragi Sou	10-35 Hanazono-cho	22-9257
Livelihood support house	Yoshii Sou	479 Yoshii-cho Tateishi	64-2901
	Asokanomori	1150 Matsuse-cho	42-9023
	Kasuga Spring garden	710-1 Kasuga-cho	22-1234
	Sasebo Uku elderly livelihood welfare center	1911-1 Uku-machi Taira	0959-57-3116
Sasebo Emukae elderly livelihood welfare center	Emukae-cho Akasaka	282-24 Emukae-cho Akasaka	73-1300
	Emukae Fukushi Center Iki		
Dementia support communal living nursing care (Group home)	Aiken	1092-1 KamiMotoyama-cho	40-8522
	Ajisai	778-3 Sechibaru-cho Yanaze	73-3077
	Asokanomori	1171-1 Matsuse-cho	42-9116
	Atago	138-2 Ainoura-cho	26-2288
	Athome Kurokami	6515-27 Kurokami-cho	32-5888

Kind	Name	Address	TEL
	Iroha	424-272 Tanagata-cho	47-7300
	Utashi	986-38 Shikamachi-cho Shimoutagaura	77-4056
	Ebirao	801-2 Emukae-cho Kurikoshi	66-2660
	Omoyai	2515 KamiYunoki-cho	46-2010
	Kaize	270-12 Kaize-cho	49-2060
	Kagayaki	21-7 Shikamachi-cho Doinoura	73-1010
	Kasuga Spring garden	716-8 Kasuga-cho	25-5088
	Kanarianoie	649-9 Hiu-cho	32-5657
	KanarianoieFamilia	1398-8 Shiratake-cho	32-8977
	Kibounoie Hirota	3-9-1 Hirota	27-5202
	Kurumi	4522 Kurokami-cho	34-8833
	Green care Hario (Kaede Sou)	977-5 Hario Higashimachi	58-5521
	Kotohira	411-3 Funakoshi-cho	37-0555
	Sakata	1018-2 Akasaki-cho	28-0022
	Sakura	1-2 Hachiman-cho	42-0771
	Sashikata	2216-1 Sashikata-cho	27-1020
	Sawayaka	2-1788 Setogoe	41-0233
	Sunflower Bekkan	368-6 Yoshii-cho Naoya	41-2339
	Sunhome Egami	4847-10 Egami-cho	58-4114
	Suzuran	43-16 Omiya-cho	27-8666
	Sudao	18-1 Sudao-cho	20-1535
	Smile	4-11 Kougetsu-cho	25-4825
	Tanpopo	177-29 Ishizaka-cho	24-5161
	Danran	110-12 Umeda-machi	26-0771
	Chacha no sato	772 Sechibaru-cho Kiurabaru	76-2800
	Tsukumo no sato	802-8 Shikamachi-cho Shimoutagaura	73-2555
	Tokuchan	1062-3 Kosaza-cho Yatake	69-3012
	Nice care Shiratake	604 Shiratake-cho	33-0020
	Nakayoshi	81-3 Akasaki-cho	42-5566
	Nagoyaka	12-19 Fujiwara-cho	20-1168
	Nanohananoie	308-6 MikawachiHonmachi	26-3720
	Nukumori	74-2 Akasaki-cho	26-0775
	Hanazono	58-1 Orihashi-cho	29-3111
	Hanabatake	152-1 Oogata-cho	29-1221
	Hanarei club	3-21 Shiroyama-cho	37-1511
	Pearl Hario	2162-1 Hario Higashimachi	58-4801
	Hikarinoko	749-1 Uwabaru-cho	39-3230
	Hirota	1-4-7 Hirota	27-5711
	Hanamizuki	5-1 Fujiwara-cho	34-8251
	Hohoemi	1750-1 Hagisaka-cho	59-2242
	Masaki	1062-3 Emukae-cho Inotsuki	66-9388
	Midori	7-22 Nakadoorimachi	37-2002
	Minori no sato	450-1 Nagahata-cho	20-4625
	Minori no sato Cosmos	119-4 Haenosaki-cho	59-2455
	Minorinosato Tanpopo	450-1 Nagahata-cho	20-4625

Kind	Name	Address	TEL
	Melody	500-2 Nonaka-cho	42-8183
	Yasuha	6-1 Emukae-cho Kitahira	66-3881
	Yamazumi Sou	388 Yamazumi-cho	34-8000
	Yamato	1114-2 Yamato-cho	34-2666
	Yamine	82-1 Yamine-cho	40-5345
	Yuui home Hidarinoie	166-13 Ono-cho	40-5737
	Yuusyun	846-3 Higashihama-cho	32-9900
	Yutampo-Kisho	1278-1 Yoshii-cho Naoya	64-4712
	Yoshii no sato	570-4 Yoshii-cho Hashikawachi	64-4001
	Raimu	732 Hino-cho	28-4649
	Wakaba	22-1 Tawaramachi	22-6548

### ●The elderly support center

Area	Name	Address	TEL
Miya/Hirota	Hirota	1-4-7 Hirota	26-5188
Mikawachi	Hohoemi	1750-1 Hagsaka-cho	59-2227
Hario/Egami	Sunhome Egami	4847-6 Egami-cho	58-7815
Haiki	Hikarinoko	749-1 Uwabar-cho	20-5600
Hiu	Chojuen	2835 Hiu-cho	32-3800
Tenjin/Fukuishi/Kikaze	Tenjin Bayhills	1205-5 Tenjin-cho	33-8115
Shiomi/Shirahae	Yamazumi Sou	388 Yamazumi-cho	34-7570
Kosasebo	Sun	4-5 Tonoo-cho	22-7151
Tonoo/Koen/Yamate	Sakura	1-2 Hachiman-cho	23-8993
Shimizu/Ookubo	Hamadamachi	1-4 Hamada-machi	25-1890
Kasuga	Hakuju Sou	904-1 Kashimae-cho	28-0110
Konpira/Akasaki/Tsukumo	Suizan Sou	77 Akasaki-cho	26-4055
Hino	Hino	856-9 Hino-cho	29-2201
Ono	Asokanomori	1150 Matsuse-cho	49-6339
Yunoki	Cosmos	2515 KamiYunoki-cho	46-0988
Uku	Uku	1904-1 Uku-machi Taira	0959-57-3688
Yoshii	Sunflower	368-6 Yoshii-cho Naoya	64-3877
Sechibaru	Sechibaru Cho	1 Sechibaru-cho Kurimukae	78-2480
Nakazato/Kaize	Aiken	1059 KamiMotoyama-cho	40-7400
Ainoura/Kuroshima	Ainoura	606-1 Ainoura-cho	48-6023
	Kuroshima	1137 Kuroshima-cho	56-2026
	Takashima	647-3 Takashima-cho	48-3150
Asago/Kosaza	Kosaza	1530-3 Kosaza-cho Kusodomaru	41-5051
Shikamachi	Shikamachi	550-3 Shikamachi-cho Fukae	66-3077

※accept at Emukae・Shikamachi community comprehensive support center for Emukae area.

## ◆Health and Welfare for the Disabled◆

- **Booklet for the disabled** ⇒ Disabled welfare division  
Issue of this booklet is necessary for the disabled to receive welfare service. People with a physical disability (hearing sense・visual sense・heart・kidney・limb, etc) can apply for physical disability certificate. People with intellectual disabilities can apply for medical nursing care certificate. People with mental disorders can apply for mentally-disabled health and welfare booklet. Please inquire about more information.
- **Medical subsidies for the disabled child** ⇒ Child health division  
There are subsidies for the disabled child to palliate the disability and to recover functions. However, the guardians need to cover part of expense depending on their income.
- **Medical subsidies for the child with chronic specific disorder**  
⇒ Child health division  
There are subsidies for the child with chronic specific disorder. However, the guardians need to cover part of expense depending on their income.
- **Benefit project of daily living ware for the child with chronic specific disorder** ⇒ Child health division  
There is benefit of daily living ware (13 items) for target stay-at-home children at research enterprise of child chronic specific disorder's cure who are not intended for measures and policies by Physically Disabled Persons Welfare Act. However, the guardians need to cover part of expense depending on their income.
- **Mental health consultation・Curing consultation**  
⇒ Disabled welfare division  
Psychiatrist, health nurse, and occupational therapist give counsel about social living, distress of personal relationship in the family, mental disorders.
  - Mental health counseling (by psychiatrist)
    - Every 2<sup>nd</sup>・4<sup>th</sup> Thursday (appointment only)
  - Alcohol abuse consultation—As needed
  - Class for the family with alcohol abuse
    - Please inquire about the schedule.
  - Social rehabilitation project for those with mental disorders, Health care center's day care
    - Please inquire about the schedule.  
(Location : Central health and welfare center)
    - ※Please inquire about the schedule of Kuroshima and Uku area.
  - Gathering of withdrawals' families
    - Please inquire about the schedule.
  - Curing consultation for those with intractable disease—As needed  
You can receive consultation about others as needed.

- **Main system for the disabled (child)** ⇒ Disabled welfare division
  - ※For the use of welfare service, you need to cover part of expense depending on your income. So please inquire about more information.
  - Home nursing care (Home help)
    - The home helpers visit your home for housekeeping assistance, physical care, counseling support, etc.**
  - Assisted living care
    - We take care of bath, elimination, meals in the daytime, and provide the opportunity of creative and production activities for those who need nursing care all of the time.
  - Working continuance support
    - We provide work place and conduct required training to improve knowledge and skills for people hard to work in companies.
  - Communal living support (Group home)
    - We give counsel and assist with your daily life at communal living place in the nighttime or on holidays.
  - Issue/repair of adaptive equipments
    - We issue and repair prosthetic limb, wheel chair, and hearing aid to complement lost part of the body.
    - For people are intended for nursing care insurance, if there are the same items in welfare equipments of the insurance, they take precedence. Self-pay is different according to applicant's income etc. So please inquire about more information.
  - Issue of daily living ware
    - We issue daily living ware such as special bed, stoma brace etc. for at-home disabled people according to the content of disability and the level.
    - For those intended for nursing care insurance, if there are the same items in welfare equipments of the insurance, they take precedence. Self-pay is different according to applicant's income etc. So please inquire about more information.
  - Subsidies of housing reconstruction cost
    - There are subsidies of part of reconstruction cost for at-home severely disabled people to attach hand railings, to fix bumps, etc. The amount is 2/3 (400,000yen maximum) . For those over 65 years of age, subsidy program of housing reconstruction for the elderly takes precedence.
    - There are requirements such as income limitation etc. So please inquire about more information.
- **Barrier-free SeikatsuKan** ⇒ Health and welfare policy division
  - Please see “Barrier-free SeikatsuKan and Welfare Equipment Exhibition Room” at page 93 for more information.

● **Medical subsidies** ⇒ Disabled welfare division

Kind	Eligible person	Contents	Amount
Subsidies of welfare medical expenses	Those have physical disability certificate 1st~3rd grade·medical nursing care certificate A1,A2,B1 (For 3 <sup>rd</sup> grade·B1, excludes Those applied to Healthcare for the elderly)	There are subsidies of part of medical expenses (Health insurance treatment) for those with moderate to severe physical or intellectual disability. ※There is income limitation.	The amount after the deduction of co-payment 800yen× the number of days (1,600yen max.) (For 3 <sup>rd</sup> grade·B1, 2/3 of the above)
Self-support (Psychiatry hospital visit) Medical expenses		There is public expenses share system regarding psychiatry medical expenses the identical person covers become 10%.(regardless of insurance)	The maximum amount of co-payment is different according to household's tax amount.
Medical expenses of specified diseases (Prefectural service)	Those have one of 56 spdecified diseases which the nation designated.	There is public expenses share of part of medical expenses of specified diseases as specified diseases treatment research project.	The amount is different depending on tax amount of livelihood's main person.

● **Discount and subsidies for transportation**

⇒Disabled welfare division

We deliver free pass tickets of whole municipal bus line and Saihi bus line within Sasebo to those have physical disability certificate 1<sup>st</sup> ~3<sup>rd</sup> or 4<sup>th</sup> grade (with lower limb amputation), medical nursing care certificate, or mentally-disabled health and welfare booklet 1<sup>st</sup>~2<sup>nd</sup> grade. For Yunoki area (Togakura-cho · Satomi-cho · Kawatani-cho only), Hotaru Bus coupon tickets are delivered. For Uku area, annual amount 5,000 yen coupon tickets of Uku tourist bus are delivered. Annual amount 5,000 yen are delivered as isolate island's subsidy of Kuroshima · Takashima area.

○Other discount system for transportation

Those have physical disability certificate or medical nursing care certificate can get all kinds of transportation's discount such as JR, MR, bus, taxi, ship, airplane, etc. When you use them, please show your certificate.

● **Discount for the cost of public utilities and exemption of taxation**

⇒Disabled welfare division

There are some cases that mentally and physically disabled people can get discount for the cost of public utilities and exemption of taxation etc. Please inquire about more information.

○Income tax exemption for the disabled. (Sasebo tax office)

○Residential tax, Prefectural tax exemption for the disabled. (City Hall, Residential tax division)

○[Standard-sized car]Vehicle tax, Vehicle excise tax exemption (Northern promotion bureau, tax division)

- Light vehicle tax exemption (City Hall, Property tax division)
- Discount for JR fare (Passenger rail company)
- Discount for MR fare (Matsuura rail company)
- Discount for bus fare (each bus company)
- Discount for domestic airfare (each airline company)
- Discount for taxi fare (each taxi company)
- Discount for sea fare (each shipping company)
- Discount for toll road
- Discount for cell-phone charge (each cell-phone company)
- Exemption of NTT directory assistance charge (NTT)
- Discount for NHK reception fee
- Discount for portable telephone charge

●Main allowance for the disabled ⇒ Disabled welfare division

Kind	Eligible person	Amount
Special Child Dependent's Allowance	This is paid to father, mother, and rearer of moderate or severe mentally/physically disabled child aged under 20 years. (Except for those in the institution) It is not eligible if the child receives disability pension etc. ※There is income limitation.	●Severe disabled child Monthly amount 50,750yen ●Moderate disabled child Monthly amount 33,800yen Payment time (3 times a year) -Apr.·Aug.·Nov.
Special Disabled Allowance	This is paid to home disabled people aged over 20 years who need special nursing care at any time in their daily living because of profound intellectually/physically disabled. (Except for those are long-term hospitalized or in the institution) ※There is income limitation.	Monthly amount 26,440yen Payment time (4 times a year) -Feb.·May·Aug.·Nov.
Disabled Child Welfare Allowance	This is paid to home disabled people aged under 20 years who need nursing care at any time in their daily living because of severe intellectually/physically disabled. (Except for those in the institution) It is not eligible if the child receives disability pension etc. ※There is income limitation.	Monthly amount 14,380yen Payment time (4 times a year) -Feb.·May·Aug.·Nov.
Severe Mentally and Physically Disabled Child Welfare Allowance	This is paid to guardian who rears disabled child is under 20 years of age and has physical disability certificate (1 <sup>st</sup> ~3 <sup>rd</sup> grade) or medical nursing care certificate (A1~B1) (Except for those in the institution or receive Disabled Child Welfare Allowance)	Monthly amount 2,000yen Payment time (2 times a year) -Mar.·Sep.

- **Various Fureai (contact) classes** ⇒ Disabled welfare division  
 ○ There are Fureai (contact) classes at Sun・Abilities Sasebo etc. for the disabled to live life in society brightly. Please join it.  
 The classes' contents are as the following.  
 Please inquire for more information.  
 Painting class, Karaoke class, Personal computer class, Flower arrangement class, Cooking class, Calligraphy class, Kinds of cultural lectures. **Free to join**

※Please read 『Guidebook of Health and medical welfare service for the disabled』 for the other information. Also, please contact with Disabled welfare division without constraint.

Welfare institution for the disabled (child)

Kind	Name	Address	TEL	
Welfare service for the disabled  (Daytime)	Daily living nursing care	Sakura	199 Emukae-cho Kurikoshi	65-2520
		Tsukomo en	1746 Nozaki-cho	26-4455
		Sakuraga oka gakuen	1279-1 Yunoki-cho	46-0123
		Nobi nobi	350 Ainoura-cho	47-6645
		Kosei en	262 Kumano-cho	25-8112
		Sanrin sha	104-9 Yoshii-cho Owatari	64-2612
		Work Mikawachi	50-6 Mikawachi hommachi	30-6336
		Sasebo Yusei en	267 Hario Nishimachi	58-2139
		J Assist	6-1 Koten-cho	56-9350
		Shiki ga saka ryouikuen	1279-1 Yunoki-cho	46-0123
		Kunimi	Sakuragaoka gakuen	
		Ebosi gakuen seikatukaigo center	246-3 Yoshii-cho Naoya	64-3741
		Chigusano gakuen	1756 Kofune-cho	25-2232
		Kane no naru oka	1272 Yunoki-cho	46-1717
		Seikatushien Center Kaai	559 Haenosaki-cho	26-9855
		Daycenter Shiosai	1000-1 Yoshii-cho Hashikawachi	41-2855
		Pia Sasebo	1-6-43 Haiki	39-0115
		Yui no so	62-34 Nonaka-cho	76-9474
		Warabi no sato	15 Eboshi-cho	76-8560
	Naruko club	1197 Sedo-cho	59-2102	
	Deai no ie	949-3 Daito-cho	34-2145	
	Kirara	2122-2 Funakoshi-cho	28-5363	
	Shikamachi Hikari Center	61-2 Takebe-cho	26-2070	
	Mother wart Yunoki	661-58 Shikamachi-cho Oya	77-4299	
			2070 Yunoki-cho	41-6106
	Self-support (Living training)	Hanazono	20-13 3F Kojima-cho	29-3001
Heartful		13-5 Tabaru-cho	49-7362	
Ozora sagyojo		3-101 Hizukushi-cho	33-1223	
Sakuraga oka gakuen		1279-1 Yunoki-cho	46-0123	
Sakura zaka		1177 Yunoki-cho	46-2255	
Asako kaikan		21 Emukae-cho Ogawachi	65-3200	
Joba Leide		326-7 Emukae-cho Okugawachi	65-3200	
Work Sasebo		5-9 mantoku-cho	23-5252	
Warabi no sato	1197 Sedo-cho	59-2102		

Kind	Name	Address	TEL
Job transfer aid			
	Asunaro sagyojo	3-101 Hizukishi-cho	33-1223
	Sakura zaka	1177 Yunki-cho	46-2255
	Sakura	199 Emukae-cho Kurikoshi	65-2520
	Asako kaikan	21 Emukae-cho Ogawachi	65-3200
	Work Sasebo	5-9 Mantoku-cho	23-5252
	Sentaku zabuzabu	7-1 Kihara-cho	30-7201
	Audrey Katsumoti jigyocho	7-18 Katsutomi-cho	080-3188
			-8333
	Justshop next	1146 Seob-cho	59-3500
Bumbi no mori Huis ten	1-1 Huis ten Bosch-cho	080-0800	
Bosh		-3770	

Kind	Name	Address	TEL
Job continued aid	Mikawachi no sato (A,B)	7-1 Kihara-cho	30-7201
	Harvest Kitchen(A)	1146 Sedo-cho	59-3500
	Daichi no megumi (A,B)	310-16 Shikamachi-cho Fukae	31-1626
	Takumi kobo(B)	188-4 Emukae-cho Nagasaka	66-3434
	Takahata(A,B)	977-5 Hario Higashi-machi	58-5521
	Emukae Hikari Station(A)	39-1 Emukae-cho Miura	65-3165
	Audrey Katsutomi	7-18 Katsutomi-cho	080-3188
	Jimusho (A,B)		-8333
	Haruoto (A,B)	690-7 Yoshi-cho Tabaru	64-2204
	Shop&Café Mitsuba (A)	9-15 Shimo-kyomachi	76-8008
	Hukushikobo only one	570-1 Emukae-cho Midarebashi	66-2508
	matsuda shokuhin (A)		
	Deai no ie(B)	2122-2 Funakoshi-cho	28-5363
	Hanazono(B)	20-13 3F Kojima-cho	29-3001
	Mugiwara Boshi(B)	927 Kami Motoyama-cho	40-5600
	Ozora sagyosho(B)	3-101 Hizukushi-cho	33-1223
	Asunaro sagyosho(B)	3-101 Hizukushi-cho	33-1223
	Nobinobi (B)	350 Ainoura-cho	47-6645
	Sakura zaka(B)	1177 Yunki-cho	46-2255
	Kataru kai kyodo	206 Yoshi-cho Owatari	64-2386
	Sagyosho(B)		
	Kirara(B)	61-2 Takebe-cho	26-2070
	Heart pia kobo(B)	778-3 Sechibar-cho Yanaze	73-3200
	Mother wart(B)	82-7 Kofune-cho	41-6106
	Mother wart Hirota(B)	1-37-23 Hirota	88-7001
	Mother wart Yunoki(B)	2070 Yunki-cho	41-6106
	Seikatsu shien center	1000-1 Yoshi-cho Hashikawachi	41-2855
	kaai(B)		
	Daruma kai(B)	4-1998-1 Tenjin	59-4700
	Yuino so(B)	15 Eboshi-cho	76-8560
	Shikamachi Hikari	989-7 Shikamachi-cho Shimo utagaura	77-5545
	station(B)		
	Work Sasebo(B)	5-9 Mantoku-cho	23-5252
Warabi no sato(B)	1197 Sedo-cho	59-2102	
Café Harvest Kitchen(B)	6-1 Koten-cho	56-9350	
Kissa Dream(B)	101-1 Fureai Center Hanazono-cho	23-5766	
Kunimi(B)	246-3 Yoshi-cho Naoya	64-3741	
Heartful(B)	13-5 Tabaru-cho	49-7362	
Hukushikobo only one	300-1 Emukae-cho Okugawachi	66-9110	
Magokoro(B)			
Chigusano gakuen(B)	1272 Yunki-cho	46-1717	
Happy work(B)	6-18 Shiroyama-cho	76-7016	

	Kind	Name	Address	TEL		
Support service for the children	Child Development support	Shikigasaka ryoikuen	1268 Yunoki-cho Sakuragaoka gakuen	46-0123		
		Sasebo city Child development center	101-1 Hanazono-cho	23-3945		
		Kids' room Kawai	1000-1 Yoshii-cho Hashikawachi	41-2855		
		Sanrin sha	104-9 Yoshii-cho Owatari	64-2612		
Day service (After school)	Day service (After school)	Tsukushimbo	508-13 Sanae-cho	39-2828		
		Sanrin sha 2	122-1 Yoshii-cho Owatari	41-2700		
		Suginoko en	3-101 Hizukushi-cho	32-7791		
		Shikigasaka ryoikuen	1268 Yunoki-cho Sakuragaoka gakuen	46-0123		
Support for the life at the welfare facility	Support for the life at the welfare facility	Kids' room Kawai	1000-1 Yoshii-cho Hashikawachi	41-2855		
		Sanrin sha	104-9 Yoshii-cho Owatari	64-2612		
		Tsukushimbo	508-13 Sanae-cho	39-2828		
		Sanrin sha 2	122-1 Yoshii-cho Owatari	41-2700		
Welfare service for the disabled (residence)	Support for the life at the welfare facility	Tsukomo en	1746 Nozaki-cho	26-4455		
		Jun shin	372-2 Yoshii-cho Naoya	64-3741		
		Sasebo yusei en	267 Hario Nishi machi	58-2139		
		Sakuragaoka gakuen	1279-1 Yunoki-cho	46-0123		
		Shiratake gakuen	300-1 Emukae-cho Okugawachi	66-8433		
		Daini eboshi gakuen	1756 Kofune-cho	25-2232		
		Akagi gakuen	549 Akagi-cho	24-1011		
		Ebosi gakuen	1756 Kofune-cho	25-2232		
		Community activities support center	Community activities support center	Silk insatsu Kobo	24-18 Shimi-cho	33-7564
				wakuwaku work	409 Suda-cho	33-1087
Daytime temporary support program	Daytime temporary support program	Chaya no hara Friends	8-8 Fuj Bdg 4F, Tokiwa-cho	23-5389		
		Tsukumo en	1746 Nozaki-cho	26-4455		
		Sakuragaoka gakuen	1279-1 Yunoki-cho	46-0123		
		Prefectural child medical welfare center	24-3 Esho-higashi machi, Sahaya	0957-21-2302		
		Deaino ie	2122-2 Funakoshi-cho	28-5363		
		Life support center Kaai	1000-1 Yoshii-cho Hashikawachi	41-2855		
		Shio sai kids	1253-3 Sado-cho	59-3030		
		Sasebo Yusei en	267 Hario Nishi machi	58-2139		
		Tsukushimbo	508-13 Sanae-cho	39-2828		
		Hasami Jusanjo	1242 Shuku-go Hasami-cho	27-6555		
Work Mikawachi	50-6 Mikawachi Hommachi	30-6336				
Kosei en	951-1 Shiotake-go Sani-cho, Sakai	0959-29-5700				
Sakura Hurusato Magonote Work Sasebo	Sakura Hurusato Magonote Work Sasebo	Nagasaki	199 Emukae-cho Korikoshi	65-2520		
			5-9-25 Tenjin	76-8590		
			5-9 Nakayama Bdg, Mantoku-cho	23-5252		