

Regional care plazas (Regional Comprehensive Support Centers) provide consultations to community members.

Name	Address	Phone number	Fax number
Ushioda Regional Care Plaza	4-171-23 Honchodori, Tsurumi Ward	507-2929	507-2930
Yako Regional Care Plaza	4-32-11 Yako, Tsurumi Ward	573-0020	573-0027
Terao Regional Care Plaza	6-37-14 Higashiterao, Tsurumi Ward	585-5566	585-5737
Higashiterao Regional Care Plaza	1-12-3 Higashiterao, Tsurumi Ward	584-0129	570-6202
Komaoka Regional Care Plaza	4-28-5 Komaoka, Tsurumi Ward	570-6601	570-6602
Tsurumi-Ichiba Regional Care Plaza	11-5 Ichibashimocho, Tsurumi Ward	504-1077	500-6677
Tsurumi Chuo Regional Care Plaza	1-23-26 Tsurumi Chuo, Tsurumi Ward	508-7800	508-7808
Namamugi Regional Care Plaza	4-6-4 Namamugi, Tsurumi Ward	510-3411	510-3018
Baba Regional Care Plaza	7-11-23 Baba, Tsurumi Ward	576-4231	576-4233

○ Hours

Also open on Saturdays, Sundays, and holidays. (Except for the new year holiday period and facility inspection days (once a month))

- Monday through Saturday 9 am to 6 pm
- Sundays and holidays 9 am to 5 pm

* The regional care plaza (Regional Comprehensive Support Center) that you can use is determined by your address (block, etc.).

* Please contact them in advance. They will arrange the date and time for your consultation.

Tsurumi Ward Home Medical Treatment Cooperative Site Sawayaka Consultation Office

This is an office providing introductions to medical institutions and consultations on health, long-term care, and home medical treatment. Feel free to contact them.

Address: 3-4-22 Tsurumi Chuo, Tsurumi Ward
Tsurumi Ward Off-hours Emergency Clinic Building 3F
Phone: 045-503-1289 [Call first]

○ Hours
Monday through Friday
(excluding holidays and the new year holiday period)
9 am to 5 pm

Tsurumi Ward Dental Cooperative Consultation Office Tsurutsuru Dental Consultation Office

This is a point of contact for patients who are getting care at home, a facility, or a hospital and who cannot go to a dentist. Feel free to contact them. If you have trouble because you cannot go to a dentist, apply via phone or fax.

Address: 1-16-5 Tsurumi Chuo, Tsurumi Ward
Phone: 070-4039-2626
Fax: 0120-985-966 (Accepted 24 hours a day)

○ Hours
Monday through Friday
(excluding holidays, obon, and the new year holiday period)
10 am to 5 pm

Inquiries (ward office)

Long-term care certification and services

Tsurumi Ward Office Senior Citizens and Disabled People Support Section Long-term Care Insurance Subdivision

Phone: 045-510-1770
FAX: 045-510-1897

○ Hours

Monday through Friday
(excluding holidays and the new year holiday period)
8:45 am to 5 pm

Joining long-term care insurance, loss/re-issuance of insurance card, insurance payments, high-cost care service out-of-pocket ceiling certificate

Tsurumi Ward Office Insurance and Pension Division

Phone: 045-510-1807 (insurance)
045-510-1810 (payments)
FAX 045-510-1898

○ Hours

Monday through Friday
(excluding holidays and the new year holiday period)
8:45 am to 5 pm
2nd and 4th Saturdays 9 am to 12 pm

Yokohama City Tsurumi Ward Edition

Your First Long-term Care Insurance Plan

Guide to Applying for Long-term Care Certification

It is hard to take care of my parents while working...



Once they get out of the hospital, what should I do at home...

If you need long-term care, you must apply for certification

● Who can apply

- ◇ Persons ages 65 and up
- ◇ Persons ages 40 to 64 enrolled in medical insurance Category 2 insured persons

* Long-term care is considered necessary for the following specific diseases. Talk to your primary physician.

● Where to apply

- ◇ Regional care plazas (Regional Comprehensive Support Centers [→ see back side])
- ◇ Ward office counter (Tsurumi Ward Office 3F counter #1)

● What to bring

- ◇ Long-term care or support certification application (Available at the application counter.)
- ◇ Long-term care insurance card
* Category 2 insured persons must have their insurance card.
- ◇ Document showing the medical institution's name and doctor's name



* < Category 2 insured persons specified diseases >

- | | |
|---|--|
| (1) Amyotrophic lateral sclerosis | (10) Cerebrovascular disease |
| (2) Ossification of the posterior longitudinal ligament | (11) Progressive supranuclear palsy, corticobasal degeneration, and Parkinson's disease |
| (3) Osteoporosis with fractures | (12) Arteriosclerosis obliterans |
| (4) Multiple system atrophy | (13) Rheumatoid arthritis |
| (5) Presenile dementia | (14) Chronic obstructive pulmonary disease |
| (6) Spinocerebellar degeneration | (15) Degenerative osteoarthritis with marked deformity of both knee joints or hip joints |
| (7) Spinal stenosis | (16) Terminal cancer |
| (8) Progeria | |
| (9) Diabetic neuropathy and diabetic nephropathy | |



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Senior Citizens and Disabled People Support Section, Long-term Care Insurance Subdivision

3-20-1 Tsurumi Chuo, Tsurumi Ward 230-0051

Phone 045(510)1770

FAX 045(510)1897



Application

(1) Assessment for certification

An assessment officer will come to your home and ask you questions.
They will contact you to set a date for the assessment.

- ◇ **Date and time of assessment**
(MM) (DD) () :
- ◇ **Assessment officer**
Name
Affiliation
Contact information

(2) Opinions of primary physician

Your primary physician will prepare a written medical opinion at the request of the ward.



3 Certification and notification of results

(1) Review / Judgment

A long-term care certification review meeting will be held based on the certification assessment and opinions of your primary physician to review and determine your required level of care, and the ward will perform the certification.



(2) Notification of results

The certification results notification and long-term care insurance card will be delivered in around 30 days (depending on the status of the certification assessment and submission of opinions from your primary physician, it could take longer).

Once your long-term care insurance card arrives, check the care level and certification period of validity as shown in the red box.



◇ Level of care classification

Care level 1 to 5

Support level 1 to 2

Not applicable

4 Creation of care plan

Care level 1 to 5

Decide on a care manager and consult with them on the creation of the care plan. Consult with a regional care plaza (Regional Comprehensive Support Center) or ward office to make the decision.

Support level 1 to 2

Consult with a regional care plaza (Regional Comprehensive Support Center) on the creation of the care plan.

Not applicable

Regional care plazas (Regional Comprehensive Support Centers) provide guidance on independently-operated preventive care services.

5 Use of services

There are home services such as visiting care (home help) and day care at a facility (day service); services for maintaining a daily living environment, such as care equipment rentals/purchases and home renovations; and facility-based services such as admission into a special nursing home for the elderly.



For details, see the [Heart Page](#) provided by regional care plazas (Regional Comprehensive Support Centers) or the ward office.

- For interim use (emergency service use), consult with a regional care plaza (Regional Comprehensive Support Center).

● Renewal applications
Certifications expire. To continue using the services, you must submit a renewal application before the expiration date (they are accepted from 60 days before expiration).

● During renewal, you must require care and fulfill one of the following

- Be age 65 or older (if under age 65, you must be certified for care or support)
- Are only using home visit or facility day care services

If you meet the criteria in the basic check list, you can continue to use the services without renewing (for details, contact a regional care plaza (Regional Comprehensive Support Center)).

● Classification change application
If your physical or mental state or need for care changes during the validity period, you can apply for a classification change. Talk to your care manager.