

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

- **Monday to Saturday** 9 am to 5 pm
(Except for public holiday, the new year's holiday period and facility inspection days (once a month))

* 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

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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

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 Eligibility Verification Certificate ("Shikaku Kakuninsho").
- ◇ **Document showing the medical institution's name and doctor's name**



* < **Category 2 insured persons** specified diseases >

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| (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 | |



