



## 2 Long-term care insurance system

### 2-2 How to receive long-term care services

#### (1) Under what circumstances?

You can receive long-term care services only when long-term care has become necessary after the age of 65, or due to specified diseases caused by aging (16 types) which occur between age 40 and 64 years old.

#### (2) Accreditation of the need for long-term care or assistance

In order to receive long-term care services, you need to submit an application to your municipal administrative office, and receive a “long-term care accreditation” regarding the degree of your need for long-term care. When the application has been received and the accreditation survey carried out, a judgment on the degree of your need for long-term care is reached at the Long-Term Care Accreditation Committee based on these results and on the written opinion of a physician (7 levels of accreditation : need for assistance1-2, and need for long-term care levels 1-5 )