

# Multilingual Living Information



## I Other welfare

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Here, other types of welfare will be explained: child welfare, the long-term care insurance system, welfare for persons with disabilities and social security. We will introduce mainly national systems, but depending on the region, kinds of service peculiar to that region are often carried out, so for more specific information, please enquire at your municipal administrative office or welfare office.

### 1 Child welfare

The following benefits are provided for the upbringing of children. There are many cases where benefits systems peculiar to a municipality are available, so for details please enquire at your municipal administrative office's relevant department, such as the child welfare department.

#### 1-1 Child allowance

This is a national system whereby an allowance is provided to carers who are bringing up children until the completion of their junior high school education (the first March 31 after the child's 15th birthday). (Please refer to [H Childbirth/childcare, 3-4 Child allowance](#))

#### 1-2 Child support allowance

This is a national system whereby an allowance is provided to a mother or carer who, due to divorce or death, is maintaining a household without the father. This will be paid until the first 31 March following the child's 18th birthday; in the case of a child with a severe degree of disability, this will be the 20th birthday. The child support allowance is also paid to households where the father is severely disabled. There are restrictions depending on income.

#### 1-3 Special child support allowance

This is a national system whereby an allowance is provided to the father, mother or carer bringing up a child under the age of 20 with a certain degree of mental or physical disability. There are restrictions depending on income, and the allowance is limited to cases where the child is placed in an institution such as an institution for children with birth defects or an institution for children with intellectual disabilities.

#### 1-4 Allowance for children with disabilities

This is a national system whereby an allowance is provided to persons living at home under the age of 20 who require constant care in their everyday lives due to severe disability. This allowance is for some of the persons who are Class 1 in the Identification Booklet for the Physically Disabled, or Part A of the Medical & Education Treatment Booklet (*Ryoiku Techo*). There are restrictions depending on income.



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### 1-5 Medical subsidy systems for severely mentally and physically disabled persons

This assists with the individual financial burden paid by persons (children) with severe mental and physical disabilities that are within the scope of the Health Insurance Law. The range of people this applies to varies depending on the municipality.

### 1-6 Other assistance for bringing up children

There are various types (refer to [H Childbirth/childcare](#), [3 Cost of childbirth and benefits](#) and [5 Childcare](#)).

●Chart listing benefits relating to child welfare

| Type of service   | Eligible persons/contents  | Remarks  |
|---|--|--|
| <b>Child allowance</b>  | carers who are bringing up children until the completion of their junior high school education (the first March 31 after the child's 15th birthday)  |  |
| <b>Child support allowance</b>  | (1) Mother or carer who, due to divorce or death, is maintaining a household without the father<br>(2) Households where the father is severely disabled  | There are restrictions depending on income<br>In the case of a child with a severe degree of disability, this will be paid until the 20th birthday |
| <b>Special child support allowance</b>  | Father, mother or carer bringing up a child under the age of 20 with a certain degree of mental or physical disability<br>* Limited to cases where the child is placed in an institution such as an institution for children with birth defects or an institution for children with intellectual disabilities      | There are restrictions depending on income   |
| <b>Allowance for children with disabilities</b>   | Persons who are Class 1 in the identification booklet for the physically handicapped, or some part A holders of Medical Treatment Booklet  | There are restrictions depending on income   |
| <b>Medical subsidy systems for severely mentally and physically disabled persons</b><br>*Varies depending on the municipality | Persons who are Class 1, 2 or 3 in the Identification Booklet for the Physically Disabled, or who possess Part A or some with B of the Medical Treatment Booklet<br>* In the case of persons who are Class 3 of the Identification Booklet for the Physically Disabled, there are restrictions depending on income | —  |



## 2 Long-term care insurance system

The long-term care insurance system is a system whereby society as a whole supports elderly people and persons requiring care (persons requiring assistance) when long-term care becomes necessary due to old age. Under this scheme, persons over the age of 40 become participants in the system and pool their insurance costs; they are then able to make use of care services by bearing 10% of the costs when they are accredited as needing care.

### 2-1 Participants and insurance contributions

#### (1) For people aged 40 or older

This system is covered by insurance contributions and taxes. Persons over 65, and all persons between 40 and 64 who are participants in medical insurance (national health insurance, health insurance), pay the insurance contributions.

Therefore, out of persons registered as aliens and are above age 40, those with a period of stay longer than one year, and those who are permitted to stay for more than one year due to lifestyle circumstances, must enter into the long-term care insurance system.

Type 1 insured persons (participants): all citizens over the age of 65

Type 2 insured persons (participants): All persons between 40 and 64 who have entered into medical insurance

#### (2) Insurance contributions

The method of paying insurance contributions and the conditions for receiving care services differ for type 1 insured persons (participants) and type 2 insured persons (participants). Type 1 insured persons (participants) are divided into different contribution brackets for insurance contributions according to their municipal tax status. For type 2 insured persons (participants), there is a scheme whereby they pay on top of medical insurance contributions such as national health insurance contributions. The monetary amount of the insurance contributions will vary depending on the medical insurance that has been entered into.



## 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 )



## 2 Long-term care insurance system

### (3) List of long-term care insurance services

Please enquire at the administrative office or welfare office of the municipality where you live for the contents of these care services.

| Classification    | Long-term care services                           | Preventative services   |
|-------------------|---|---|
| In-home services  | Home visit care                                   | Preventative care home visit care                                   |
|                   | Home visit bathing assistance care                | Preventative care home visit bathing assistance care                |
|                   | Home visit nursing                                | Preventative care home visit nursing                                |
|                   | Home visit rehabilitation                         | Preventative care home visit rehabilitation                         |
|                   | Residential medical treatment management guidance | Preventative care residential medical treatment management guidance |
|                   | Ambulatory care                                   | Preventative care ambulatory care                                   |
|                   | Ambulatory rehabilitation                         | Preventative care ambulatory rehabilitation                         |
|                   | Short-term placement lifestyle care               | Preventative cares short-term placement lifestyle care              |
|                   | Short-term placement medical treatment care       | Preventative care short-time placement medical treatment care       |
|                   | Special institution entrant lifestyle care        | Preventative care special institution entrant lifestyle care        |
|                   | Loan of welfare equipment                         | Preventative care loan of welfare equipment                         |
|                   | Sale of special welfare equipment                 | Preventative care sale of special welfare equipment                 |
|                   | Residential care support                          |   |
| Facility services | Welfare institutions caring for elderly persons   |   |
|                   | Healthcare institutions caring for the elderly    |   |

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|                                    |   |  |
|------------------------------------|---|--|
|                                    | Medical institutions carrying for the elderly (providing medical treatment)   |  |
| <b>Community-based services</b>    | Nighttime response home visit care  |  |
|                                    | Ambulatory care for dementia patients   | Preventative care ambulatory care for dementia patients        |
|                                    | Small-scale multifunctional residential care  | Preventative care small-scale multifunctional residential care |
|                                    | Lifestyle care for dementia patients  | Preventative care lifestyle care for dementia patients         |
|                                    | Community-based institution entrant lifestyle care  |  |
|                                    | Community-based lifestyle care for entrants at institutions which care for elderly persons  |  |
| <b>Other</b>                       | Residence modification  | Preventative care residence modification                       |
| <b>Regional support businesses</b> | Preventative care businesses  |  |
|                                    | Comprehensive assistance businesses (regional comprehensive assistance centers)   |  |
|                                    | 1 Comprehensive consultation assistance businesses<br>2 Advocacy businesses<br>3 Comprehensive/intermittent care management businesses<br>4 Preventative care management businesses |  |
|                                    | Voluntary businesses  |  |

Source: "Tokyo Welfare Navigation", Tokyo Metropolitan Institute of Gerontology



### 3 Welfare for persons with disabilities

There are many measures taken to assist persons with disabilities to be independent and to participate in society.

#### 3-1 About various identification booklets

Persons with disabilities should get an Identification Booklet for the Physically Disabled.

Persons with delays in intellectual development should get a Medical Treatment Booklet.

Persons with mental illnesses who have restrictions in their everyday and social lives should get an Identification Booklet for the Mentally Disabled.

If you have this booklet, you can make use of various systems, and can receive tax deductions and transportation expense discounts.

#### 3-2 Administrative services for persons with disabilities

| Type of service                          | Contents  |
|--|---|
| <b>Subsidization of medical expenses</b> | Subsidization covering part of treatment expenses (depending on the degree of the disability and the contents of the treatment)   |
| <b>Issuance and repair of equipment</b>  | Issuance, repair and loan of wheelchairs, artificial limbs, hearing aids and safety canes for the blind (depending on the degree of the disability and the person's living circumstances) |
| <b>Payment of allowance</b>              | Payment of an allowance to severely disabled persons who have not entered a welfare institution (depending on the description and degree of the disability)                               |

#### 3-3 Welfare institutions

There are institutions which provide training and support to persons with disabilities.



## 4 Livelihood protection

### 4-1 What is livelihood protection?

This is a system which provides necessary care to persons who are having problems in their lives because the economic supporter of the household has died, or is on a reduced income or no income due to sickness or injury, and the families of such persons, to support their independence.

In order to receive livelihood protection, each person, according to his or her own ability, must first of all make the maximum effort possible as an individual. If, even after putting forth his or her maximum efforts in this manner, the person is still unable to maintain a basic minimal standard of living, care will start to be provided to him or her.

As a general principle, whether livelihood protection is needed and to what degree is judged on a household unit basis. If the household of a foreigner living in Japan fulfils the same conditions as a Japanese national's household, it will be able to receive social security as a budgetary measure conforming to the Livelihood Protection Law.

There are various conditions which need to be fulfilled in the event of receiving livelihood protection, so for details please enquire at your municipal administrative office.



### 4 Livelihood protection

#### 4-2 Types of benefits

The following kinds of benefits are available as part of livelihood protection; these will be provided according to need.

#### Types of livelihood protection

| Types of benefits              | Contents  |
|--------------------------------|---|
| <b>Living benefits</b>         | Necessary expenses for food, clothing and the requirements of everyday living   |
| <b>Housing benefits</b>        | Necessary expenses for rent, land rent, maintenance of housing and other necessary expenses to maintain housing   |
| <b>Education benefits</b>      | Necessary expenses for compulsory education such as school meals and school items   |
| <b>Long-term care benefits</b> | Expenses for receiving long-term care   |
| <b>Medical benefits</b>        | Expenses for receiving examinations, medicines etc. at medical institutions such as hospitals and clinics   |
| <b>Emergency assistance</b>    | <p>The following benefits are available in response to special needs:</p> <ul style="list-style-type: none"> <li>▪ Childbirth benefits: expenses for hospital fees and hygienic goods for the delivery</li> <li>▪ Vocational benefits: expenses for starting up a new small-scale business, and expenses for acquiring skills</li> <li>▪ Funeral benefits: Expenses for cremation and transportation of the body</li> <li>▪ Extraordinary benefits: Expenses for clothing such as diapers, sleeping clothes, expenses for cooking and eating implements lost in disasters, transportations expenses, house repair expenses, necessary deposits for moving house, preparation expenses for entering elementary/junior high schools, when there are special needs</li> </ul> <p>*There are certain requirements for the emergency assistance to be made and total supply amount is limited.</p> |
| <b>Other backup</b>            | <ul style="list-style-type: none"> <li>▪ Exemption from water fees (basic fees)</li> <li>▪ Exemption from insurance contributions for Mutual Aid Traffic Accident Insurance Plan</li> <li>▪ Issuance of free passes for buses and subway</li> <li>▪ Exemption from insurance contributions for national pension insurance</li> <li>▪ Exemption from NHK broadcasting reception fees</li> </ul>  |