

If you are worried about an older person's daily life or care...

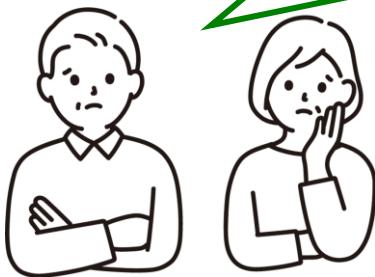
Consult your local Community-Based Comprehensive Support Center.

What does 'receiving care' mean?
Where is it provided, and what kind of support can I get?

I want to know about services and support for older adults who live alone.

Are there any services available before someone becomes in need of care?

I'd like to learn about early signs of dementia and how family members should respond.



I want to know about places where people can stay healthy and participate in community activities.

What is a Community-Based Comprehensive Support Center?

It is a **comprehensive consultation center** that connects older adults and their caregivers with various types of support, helping them continue living in their familiar community in their own way.

Contact information for your local Community-Based-Comprehensive Support Center can be found using the QR code on the right.



About Long-Term Care Insurance

For more detailed information, please use the QR code on the right to view the pamphlet "Gunma's Long-Term Care Insurance."



Main Steps to Use Long-Term Care Insurance Services

Apply for long-term care certification
Apply at your local municipal office



Receive a home visit survey by municipal staff

The staff will assess the individual's physical and mental condition, as well as daily living activities.

* Make sure the individual or their family clearly explains their condition to the staff.



Notification of the certification result will be sent from the municipality:

Not eligible

Support level 1–2

Care level 1–5



Create a (preventive) care plan

※ The individual or their family can also make the plan themselves.

For Support Level 1–2:
The Community Comprehensive Support Center creates a preventive care plan.

For Care Level 1–5:
A care manager creates the care plan.



You may be able to use "Preventive Care and Daily Life Support Services".

For more details, contact your Local Community Comprehensive Support Center.

Use of Long-Term Care Insurance Services

※ Please note that service fees apply.

- **Home-based (in-home / day) services:**
Used while continuing to live at home.
- **Facility-based or residential services:**
Living in a location other than your home.

For information on how to apply for long-term care insurance, please contact the long-term care insurance section of your city or town office.