

For Foreigners

Let's learn about Long-term care insurance!!



Regional Union of East Mikawa
Social Welfare Department
Long-term care Insurance Division

1. What is Long-term care insurance?

In Japan, people who are 40 years old and over are enrolled in Long-term care insurance.

If you are enrolled in Long-term care insurance and it is deemed that you require care, various daytime caregiving services may be made available to you (services include vehicle escort to and from your workplace, assistance with meals and bathing, instruction in functional exercises, etc.) for a small fee.

2. Foreigners are enrolled in Long-term care insurance as well!!!

No procedures are necessary to enroll for Long-term care insurance.

Foreigners who have lived in Japan for three or more months and are 40 or older are automatically enrolled in Long-term care insurance (individuals that meet any of the following are excluded.)

Individuals not enrolled in Long-term care insurance:

- (1) Individuals who entered the country under “designated activities” for their resident status, and ① or ② apply:
 - ① Individuals who entered the country and reside in Japan for the purpose of receiving medical treatment, or for the purpose of providing daily assistance for another individual.
 - ② Wealthy individuals who have resided in Japan for less than one year for sightseeing or other related reasons, and meet/exceed a certain personal wealth threshold.
- (2) Individuals whose resident status is listed as “diplomacy”, etc.

For more details, please speak with someone at one of the inquiry counters listed on the last page.

3. Make sure to pay the Long-term care insurance fee.

Long-term care insurance fee payments make up a fraction of the amount of money needed to provide services for individuals enrolled in Long-term care insurance who require caregiving services.

Paying for the fee makes caregiving services cheaper when you need to use them.

Please pay the fee before the payment deadline.

Failure to pay for the fee will limit the caregiving services available to you through Long-term care insurance. Late payments will incur a penalty fee.

The payment method for Long-term care insurance fees differs depending on the individual's age.

Individual' s Age	Payment Method
Between 40 and 64	Pay together with your health insurance fee. (Your Long-term care insurance fee is included in your health insurance payment.)
65 and older	Pay for your Long-term care insurance fee only. (Documents necessary for payment will be mailed to you.)

4. Long-term care insurance cards are sent to individuals 65 and older.

Long-term care insurance cards will be sent to individuals who are 65 and older, one month prior to the month that they were born in (individuals who were born on the 1st of any month will have their card sent two months prior.)

The Long-term care insurance card is a light yellow, thick piece of paper, and the characters かいごほけんひほけんしゃしょう 介護保険被保険者証 (*kaigohokenhihokenshasho*) will be printed on it.

In the event that you require caregiving services, you will be asked to fill out an application to determine if you qualify. Please show your Long-term care insurance card to the staff at a Long-term care insurance inquiry counter at the time of application.

Individuals aged between 40 and 64 will have Long-term care insurance cards sent to them after filing their application to determine if they qualify for caregiving services.

5. What do I do if I want to receive caregiving services?

Please speak with the staff at one of the Long-term care insurance inquiry counters. Information regarding the various Long-term care insurance inquiry counters can be found on the last page.

《Items needed to apply》

- (1) Long-term care insurance card
- (2) “My Number” card, notification card (*tsuuchi kaado*), or a document that shows your national identification number.
- (3) Document verifying your identity (driver’s license, residence card, etc.)

※ Individuals aged between 40 and 64 with specified diseases or illnesses require the following items as well:

- (1) Health insurance card
- (2) Document verifying your specified disease or illness

※ If a family member applies in place of an individual wishing to receive caregiving services as a representative, a document verifying the identity of the representative is needed.

6. What kinds of services are available under Long-term care insurance?

There are various services available under Long-term care insurance, including home care services, in-facility services, and Long-term care homes as well. In addition, home improvements that make an individual’s day-to-day life easier (ex. installation of handrails in a home) and rental wheelchairs are also available.

For more information, please speak with the staff at one of the Long-term care insurance inquiry counters listed on the last page.

7. About the “non-Long-term care” initiative

Individuals aged 65 or over may participate in the “non-Long-term care” initiative – an initiative that promotes preventive measures before caregiving services become a necessity.

For more information, please speak with the staff at one of the Long-term care insurance inquiry counters listed on the last page.

8. What happens if I leave Japan?

Individuals between the age of 40 and 64, and individuals 65 and older who are receiving caregiving services may be required to follow certain procedures when leaving the country.

For more information, please speak with the staff at one of the Long-term care insurance inquiry counters listed on the last page.

9. If there's something you want to know, please come in and ask!!

If you have any questions, please go to one of the Long-term care insurance inquiry counters listed below.

Place of Residence	Nearby Long-term care Insurance Inquiry Counter
Toyohashi	Toyohashi Inquiry Counter 1 Imahashicho, Toyohashi, Aichi 440-8501 (Located in Toyohashi City Hall, Long Life Care Division; Chouju Kaigo ka)
Toyokawa	Toyokawa Inquiry Counter 1-chome-1 Suwa, Toyokawa, Aichi 442-8601 (Located in Toyokawa City Hall, Care for the Elderly Division)
Gamagori	Gamagori Inquiry Counter 17-1 Asahimachi, Gamagori, Aichi 443-8601 (Located in Gamagori City Hall, Long Life Division)
Shinshiro	Shinshiro Inquiry Counter 115 Higashiirifune, Shinshiro, Aichi 441-1392 (Located in Shinshiro City Hall, Elderly Support Division)
Tahara	Tahara Inquiry Counter Minamibanba-30-1 Taharacho, Tahara, Aichi 441-3492 (Located in Tahara City Hall, Elderly Welfare Division)
Shitara	Shitara Inquiry Counter Tsuji-mae-14 Taguchi, Shitara, Kitashitara-gun, Aichi 441-2301 (Located in Shihara Town Hall, Citizens Division)
Toei	Toei Inquiry Counter Onuma-1-1, Hongo, Toei, Kitashitara-gun, Aichi 449-0214 (Located in Toei Health and Welfare Center, Citizens Welfare Division)
Toyone	Toyone Inquiry Counter Warabitaira-2 Shimokurokawa, Toyone, Kitashitara-gun, Aichi 449-0403 (Located in Toyone City Hall, Citizens Division)

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