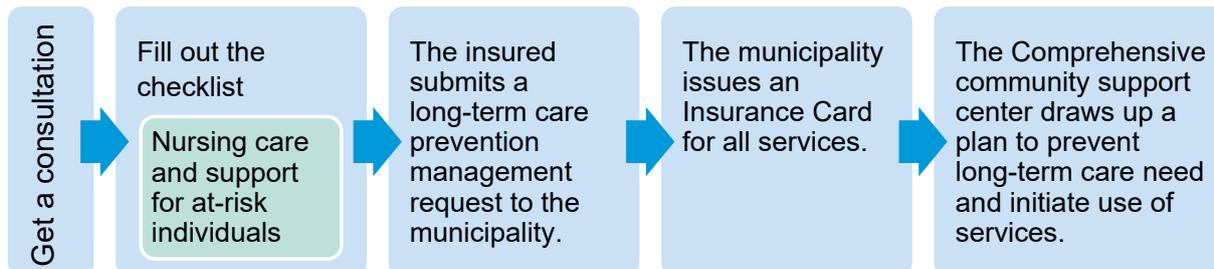


### 3. Preventing Long-term Care Need and Daily Life Support Comprehensive Service \* Referred to below as "Comprehensive Services"

The purpose of Comprehensive Services is to provide a wide variety of services led by community residents and other parties to meet the needs of individual municipalities and encourage people in communities to support each other. The goal is to establish a highly efficient, highly effective support system for those requiring nursing care or related support.

#### Procedure through use of services



#### Comprehensive service overview

##### ■ Projects to prevent long-term care need and daily living service projects

To meet the diverse living support needs including of those requiring long-term care visiting services, these projects offer a myriad of services including resident-led support, in addition to services to help prevent the need for long-term care and nursing care day services.

##### ① Visiting nursing care services

This service is intended to replace previous long-term care visiting services. Home health care workers visit the homes of individuals in need of long-term care need prevention training, in addition to NPOs and resident-led organizations offering a variety of daily living support services.

##### ② Day center services

This service is intended to replace previous long-term care day services. In addition to functional training provided by day service centers, NPOs and resident-led organizations also offer community venue events.

##### ③ Other daily living support services

This array of services is designed to meet the needs of the community, including food deliveries, checking in on the elderly, community salons, and more.

##### ■ General projects to prevent long-term care need \*Anyone aged 65 and over can participate.

This project is designed to foster community-building by bringing people together at community venues, salons, etc.

##### ① Projects to prevent long-term care need and popularization/education projects

Individuals can participate in exercise classes, lectures, etc. organized by the municipalities. Pamphlets are also distributed to help spread the word about preventing the need for long-term care.

##### ② Community long-term care need prevention and support projects

These resident-led projects provide education and support on long-term care need prevention at community venues, salons, and more.

##### ③ Regional rehabilitation support projects

Rehabilitation specialists are sent to resident-led community venues.