Various types of housings for the elderly have been provided as the aging society progresses. However, in order for the elderly to live in a familiar area or at home receiving necessary services as much as possible, it is important to choose the housing according to physical condition and personal needs. This brochure introduces different types of housings for the elderly and important points when choosing them.

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This is a facility for the elderly who require constant nursing care, and cannot live at home. The residents receive services such as daily supportive care, functional training, and nursing care. Some facilities implement “private room/unit care” system so that residents can stay in an environment as close as living at home. Check residential environment like the above when choosing a facility.

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In addition to the above, nursing home for the elderly is available for those who cannot live at home due to environmental or economic reasons. Eligibility for move-in will be determined by a mayor of municipality.

In order to continuously live at your home, make your home barrier-free to live safely and comfortably, and use services such as home-visit nursing care provided by Long-Term Care Insurance, or community-based services set up for the elderly to keep living in a familiar area.

Services vary from watching over/daily life consultation to providing meals and nursing care. There is also a facility for the elderly who are healthy and can live an independent life. Please check with each facility about details including costs and services.

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Facility Covered by Long-Term Care Insurance

Special Nursing Home for the Elderly (Toku-Yo)

This is a facility for the elderly who require constant nursing care, and cannot live at home. The residents receive services such as daily supportive care, functional training, and nursing care. Some facilities implement “private room/unit care” system so that residents can stay in an environment as close as living at home. Check residential environment like the above when choosing a facility.

These nurses can provide services such as daily supportive care, functional training, and nursing care. It is better supported with medical care than Toku-Yo.

Long-Term Care Health Facility (Rou-Ken)

This is a rehabilitation facility for those who feel uneasy about going straight back home after discharge from a hospital. Residents aim at living back at their home while receiving services such as nursing care, functional training, and daily supportive care under medical management. This is better supported with medical care than Toku-Yo.

Medical Long-Term Care Sanatorium

This is a facility (hospital) for patients who are in stable condition but require long-term nursing care and routine medical management. Patients receive careful medical care since this is a hospital.

(It has been decided that Medical Long-Term Care Sanatorium will be abolished at the end of fiscal year 2017 (at the end of March 2018), and new establishment is not allowed)
Group Home for the Elderly with Dementia (Dementia Elderly Person Group Home Service)

This is a group home for the elderly who require special nursing care for dementia. Residents are grouped in a small unit (nine or less people per unit, in principle two units). They receive nursing care such as meals, bathing and toilet support, and also functional training. Since they are allowed to bring in their familiar furniture and personal belongings, they can get familiar with each other and staff members well in an environment similar to their home. They can spend time at their own pace, and receive their own individual care.

Some group homes do not accept the elderly with severe dementia. Please check before moving in.

Low-Cost Nursing Home (Care House・Type A)

This is a facility where the elderly live an independent living by receiving basic daily support services such as meals, bathing, consultation, or assistance. This facility is available for the elderly who is 60 or older (if moving in as husband and wife, one must be 60 or older), feels uneasy about living independently due to physical inability or aging, and has difficulty in getting support from family.

To use services provided by Long-Term Care Insurance when nursing care is required, residents themselves must choose a service provider such as home-visit nursing service provider and make a contract.

However, if the home is designated as a facility for “Long-Term Care Admitted to a Specified Facility”, residents make a contract with the home to receive services such as meals, nursing care, and daily support.

Pay Nursing Home

This is a facility which provides meals, nursing care, other and daily support services to the elderly.
To provide services as a pay nursing home, notification to the governor of Osaka Prefecture (or to the mayor of municipality having jurisdiction over the location of the facility if the administration is transferred), or the mayor of ordinance-designated city/core city is required. If necessary, the head of the local public government requests the establisher of the home or a person entrusted by the establisher to report, conducts on-site inspection, and instructs the establisher of the home or a person entrusted by the establisher to take a necessary action to protect the residents.

Before moving into Pay Nursing Home

To avoid any troubles, it is important to check in advance whether the equipment and services to be provided satisfy your needs (physical and economical conditions).

◆ Check the Type of Services

- Pay Nursing Home with Nursing Care  
  (Designated as a facility for “Long-Term Care Admitted to a Specified Facility” ★2)
- Residential Type Pay Nursing Home provides meals and watching over services but not nursing care. If nursing care is required, residents are allowed to stay by choosing and contracting individually with an external service provider such as home-visit nursing service provider.

If low-cost nursing homes (Care House・Type A) and private nursing homes meet certain standards, they are eligible to be designated as a facility for “Long-Term Care Admitted to a Specified Facility” of Long-Term Care Insurance Service.

A designated facility for “Long-Term Care Admitted to a Specified Facility” is a facility which provides services such as meals, nursing care, or daily support. To use services, residents shall make a contract with the owner of the facility.

The staff of the home creates “a specific facility service plan” for each resident. There are two types of services. Comprehensive Type (general type) is to receive services by the staff of the home, and External Service Type is to use services provided by a nursing care service provider outsourced by the home.

While using nursing care services provided by a facility for “Long-Term Care Admitted to a Specified Facility”, the residents cannot use in-home/community-based services other than management and guidance for in-home medical service.

Pay Nursing Homes are not allowed to indicate “with nursing care” or “with care” in their advertisement and brochures unless designated as a facility for “Long-Term Care Admitted to a Specified Facility”.

★1 ★2
Lump-sum payment (Advance Payment)

This is a part of or full of payment of the amount equivalent to the rent to be paid to an operator of the facility throughout life, which will be made by a lump-sum payment in advance at the time of moving in. The amount of the lump-sum payment must be calculated based on the specific ground, and the amount to be returned at the time of contract cancellation must be specified in the contract. The operator of the facility is obliged to fully explain the above to residents.

Check the documents required for contract
Make sure to understand the contents of Important Matters. Listen carefully when explanation is made.
If nursing care services are provided, check the extent of the coverage by Long-Term Care Insurance, and fees of services not covered by Long-Term Care Insurance.
The contract is made in duplicate, and signed by both parties. Keep one copy.

The contents of “Check Rights and Systems for Residence”, “Check Details of Fees and Payment Method”, and “Check the followings before signing the contract” are applicable to elderly housing with support services. “Rights to use system” and “Lump-sum payment (advance payment) “may be applicable to group homes for the elderly with dementia. Furthermore, the item “Check the Followings before signing the contract” is applicable to all types of housings described in this pamphlet, it will serve as a useful reference.
Elderly Housing with Support Services

Elderly Housing with Support Services is obliged to meet physical conditions such as size of residential space, equipment, and barrier-free access, and also to provide life support services such as safety confirmation and daily life consultation.

Due to the revision of the provisions for security of residency of the elderly (enforced on October 20, 2011), the registration system of Elderly Housing with Support Services has been established and the information on the registered housings has become open to public.

The information on location, name of the owner, type of residential contract, structure/equipment of the housing, contents of services (fees, service providing method, and others), rent, whether with or without advance payment, and whether or not designated as a facility for Long-Term Care Admitted to a Specified Facility” is available on website. Use the information when comparing and choosing among different housings.

The registration of elderly housing with support services is handled by the governor of Osaka Prefecture, or the mayor of ordinance-designated city/core city.

If necessary, the head of the local public government will request the registered operator of the home or a person entrusted by such operator to manage the home and provide life support services, to report, conducts on-site inspection, and instructs him/her not to violate the registration criteria.

Before using life support services of Elderly Housing with Support Services

◆ Check Services to be Provided

In elderly housing with support services, safety confirmation and daily life consultation services are always provided by the registered operator of the housing or the entrusted operator.

Details of services, service providing method, fees and payment method should be clearly indicated on the contract. Check them before using the services.

If you wish to use daily support services (meal, bathing support, and household chores such as cooking) other than safety confirmation and daily life consultation services provided by the registered operator of the housing or the entrusted operator, you can use services provided by external providers. List up what kind of services you wish to use.

※It may be possible for those who are certified as “needing nursing care (needing support)” to use desired life support services provided by Long-Term Care Insurance (except safety confirmation and daily life consultation services). Consult with your care manager.

※If you move into a housing designated for “Long-Term Care Admitted to a Specified Facility”, you can receive meals, nursing care such as bathing support, and other daily support by using Long-Term Care Admitted to a Specified Facility (there may be additional costs for special services by individual requests).

Relation between Elderly Housing with Support Services and Pay Nursing Home

Many of the registered elderly housings with support services are similar to pay nursing home in that they provide services such as meals through outsourcing or by themselves. In such a case, the notification stated in the Act on Social Welfare Service for Elderly is not required. However, rules of the said Act such as residents must not be treated with the unjust behavior, the interests of the residents must not be harmed, and services must be provided from the prospective of protecting the residents, are applied.
Important Points When Choosing Elderly Housing with Support Services

- Check the provider of life support services (the registered operator of the housing or outsourced provider)
- Check the registered information and contract as to whether the scope of each life support service and its cost are clearly specified.

Also check the followings on services

- whether the residents can choose services they desire (Whether the services they do not desire are specified in the contract)
- whether the residents can cancel the contract immediately when they want
- whether the housing contract can be unilaterally terminated by the operator of the housing on the ground of cancellation of the service contract made with the residents.
- whether the residents can choose and use other life support service provider

Important Points when Owner of Facility Receives Advance Payment (Lump-sum Payment)

The followings are applicable to the owner of pay nursing home, elderly housing with support services, and group home for the elderly with dementia.

- Clearly indicate the basis of calculation for the advance payment of rent and others
- Take necessary protective measures in case the return of the said advance payment would be obligated.
- When the contract is cancelled before a set period of time passes, return the amount after deducting the amount calculated using the specified method.
  “A set period of time” is three months after move-in or assumed residential period(*).
  (※) assumed residential period…the assumed period through which 50% of the residents keep on living in the housing. The period and varies depending on the housing. Listen carefully to the explanation by the owner.

The owner of the housing is obliged to abide by the above. Make sure to confirm if they are stated in the contract.

It is specified that the owner should not receive any money (key money, cash and the articles) other than rent/deposit/money in exchange for services.

(Note) In regard to the pay nursing homes and group homes for the elderly with dementia registered by March 31, 2012, the above will be applied to the money received on and after April 1, 2015.

High-grade Rental Housing for the Elderly (Private Rental Housing), Silver Housing (Public Rental Housing)

These are housings with barrier-free access and other equipment giving consideration to the elderly.
Emergency response service is available in high-grade rental housings equipped for the elderly.
Silver housings are a type of housing designed for the elderly to properly receive welfare services such as safety confirmation, daily life consultation, and emergency response by life support advisers.
The residents in both housings need to make a contract with a service provider such as a home-visit nursing care provider by themselves, and use services provided by Long-Term Care Insurance when nursing care is required.
## Housing for the Elderly

### Facilities Covered by Long-Term Care Insurance

<table>
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<tr>
<th>Facilities for the Elderly</th>
<th>Physical Condition at the Time of Move-in</th>
<th>Costs Borne by a Resident</th>
</tr>
</thead>
<tbody>
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<td>independent</td>
<td>Long-Term Care Insurance shouldered by oneself</td>
</tr>
<tr>
<td>Long-Term Care Health Facility</td>
<td>needing support level 1-2</td>
<td>rent/meal</td>
</tr>
<tr>
<td>Medical Long-Term Care Sanatorium</td>
<td>needing nursing care level 1-5</td>
<td>special services (special room cost, special meals)</td>
</tr>
<tr>
<td>Group Home for the Elderly with Dementia</td>
<td></td>
<td>daily living costs (cost specified as daily living costs such as beauty expenses)</td>
</tr>
</tbody>
</table>

### Low-Cost Nursing Home (care house, type A)

- **Costs Borne by a Resident**
  - Long-Term Care Insurance shouldered by oneself
  - Cost equivalent to rent, meals, utilities
  - There may be additional costs required such as hospital visit support.
  - There may be advance payment (Lump-sum payment) required when moving in.

### Pay Nursing Home

- **Costs Borne by a Resident**
  - Cost equivalent to rent, maintenance fee, meals
  - In case the use of services provided by Long-Term Care Insurance, Long-Term Care Insurance shouldered by oneself
  - There may be advance payment (Lump-sum payment) required when moving in.

### Elderly Housing with Support Services

- **Costs Borne by a Resident**
  - Rent, common service
  - Safety confirmation service/daily life consultation service
  - Other life support services, meals
  - In case the use of services provided by Long-Term Care Insurance, Long-Term Care Insurance shouldered by oneself
  - There may be deposit (advance payment) required when moving in.

### High-Grade Rental Housing for the Elderly

- **Costs Borne by a Resident**
  - Rent, common service
  - In case the use of services provided by Long-Term Care Insurance, Long-Term Care Insurance shouldered by oneself
  - Rent reduction support may be available depending on the income of the resident

### Silver Housing

- **Costs Borne by a Resident**
  - Rent, common service
  - Self-pay burden of life support adviser cost
  - In case the use of services provided by Long-Term Care Insurance, Long-Term Care Insurance shouldered by oneself

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When nursing care is required, the available services provided by Long-Term Care Insurance are as follows:

- Facility service
- Nursing care service at group home for the elderly with dementia
- In-home service such as home visit nursing care
- Nursing care service for the residents of specified facilities

※Low-Cost Nursing Home (care house, type A)

**Elderly Housing with Support Services**

**High-Grade Rental Housing for the Elderly**

When nursing care is required,

1. The residents make a contract with a service provider such as home-visit nursing care service provider by themselves and receive services covered by Long-Term Care Insurance
2. The residents use nursing care services (meals, bathing/toilet supports, and functional training) provided by the facility

※ is applicable only if the facility is designated as a facility for “Long-Term Care Admitted to a Specified Facility)”
Consumer Problem-related Contract troubles

Consumer Hot-Line (consumer consultation service in your municipality will be introduced)
TEL 0570-064-370

Consumer's Center in Osaka Pref.
TEL 06-6616-0888  http://www.pref.osaka.jp/shouhi

Legal troubles

Osaka Bar Association Support Center for the Elderly and Handicapped (nickname is “Himawari”)
Providing legal support to the elderly and handicapped
TEL 06-6364-1251 http://soudan.osakaben.or.jp/himawari/index.php

Houterasu (Japan Legal Support Center)
TEL 0570-078374 http://www.houterasu.or.jp/

Community General Support Center
Providing consultation on various matters to the elderly and their family in local community.

Long-Term Care Insurance Services

Complaints counter on care managers and nursing care providers
Long-Term Care Insurance Counter in your municipality
Complaint Counter at Osaka National Health Insurance Association TEL 06-6949-5418