

Welfare

福祉

* Welfare programs are available to Abiko citizens regardless of nationality.

* See Abiko Koho (City Newsletter) for more news and schedules.

1. Programs for expectant mothers

■ Contact : Public Health Center, 1-12-16 Kohokudai, ☎ 7187-1131

Maternity Class しあわせ学級

■ A course of three sessions for expectant mothers and spouses on physical exercises, nutrition, dental hygiene, advice from a midwife, and meetings with experienced mothers and babies. Husbands and family members are expected to join on the 3rd session. ■ For expectant mothers 20 to 27 weeks pregnant and families ■ At Public Health Center ■ On 1st, 2nd & 3rd Fri. each month, 9 : 15am- 11 : 45am ■ Free of charge ■ Visit between 9 : 15am-9 : 30am on 1st, 2nd & 3rd Fri. ■ Bring a tooth brush, a bath towel and Mother-Child Health Handbook

Mom and Dad Childcare Class

ママパパ育児学級 ■ A course of two sessions for expectant mothers and spouses, who cannot attend classes on week days, for learning together about pregnancy, child delivery, child rearing, and the role of each parent ■ For expectant mothers 20 weeks or more pregnant and partners ■ At Public Health Center ■ On Sat. 9am-12noon, four times a year ■ Free of charge ■ Reservation required

Dental Hygiene Lecture for Expectant Mother 妊婦のための歯科講演会

■ Lectures by dentists ■ At Public Health Center ■ From 1 : 30pm, 4 times a year ■ Free of charge ■ Reservation required

Nutrition Class すこやか栄養教室

■ Cooking classes for expectant mothers and newly-weds for learning health management through nutrition ■ At Public Health Center ■ From 9 : 30am, 6 times a year ■ Free of charge ■ Reservation required

Home Visit by Medical Staff for Expectant Mother 妊婦訪問

■ Home visits by a public health advisor or midwife to counsel on health matters ■ On an appointed day ■ Free of charge

2. Programs for Infants & toddlers

■ Contact : Public Health Center, 1-12-16 Kohokudai, ☎ 7187-1131

Health Checkup for Expectant Mother and Baby 妊婦・乳児一般健康診査

■ 2 examinations each for pregnant women and babies ■ At designated medical institutions ■ Free of charge ■ Use coupons attached to Mother-Child Health Handbook

Health Checkup for 18 Months Old 1歳6ヶ月児健康診査

■ Physical measurement, dental checkup, tooth brushing training, and counseling on nutrition and child rearing. Examinations by doctors or psychiatric counselors on request. ■ Families with eligible infants will be notified. ■ At Public Health Center ■ Visit on 1st & 2nd Thu. each month, 9 : 15am-10am ■ Free of charge

Health Checkup for 32 Months Old 2歳8ヶ月児歯科健康診査

■ Dental checkup and tooth brushing training, and dental application of fluoride compound coating on request ■ Families with eligible infants will be notified. ■ At Public Health Center ■ Visit 9 : 15am-10 : 30am on 3rd Thu. ■ Free of charge

Health Checkup for 3 Years Old 3歳児健康診査

■ Health checkup, dental checkup, and counseling on the development of speech and mental faculties, child rearing, and nutrition. Eyesight test on request. ■ Families with 3 years old will be notified. ■ At

Public Health Center ■ Visit 12 : 45pm-1 : 30pm, 1st & 2nd Thu.

■ Free of charge

Baby Food Class 離乳食教室

■ Lessons for parents on how to prepare weaning food from adult's meals ■ At Public Health Center ■ Visit 9 : 30am-10am, 4th Fri. ■ Free of charge ■ Reservation required

Home Visit for Newborn and New Mother 新生児・産婦訪問

■ A public health advisor or midwife visits homes with newborns under 4 weeks old. ■ Free of charge ■ Families with an eligible baby will be notified.

Mom Help Service ママヘルプサービス

■ A helper visits new mothers to assist in household chores such as nursing, bathing, diaper changing, cooking/cleaning, room tidying-up, and child rearing.

■ For families with babies under 4 weeks old (or 8 weeks old if the mother is weak) in need of a helping hand. ■ Working hours : once a day 1 to 4 hours, 7am-7pm. Not available during Yearend/New Year holidays ■ ¥500/hour

Subsidy for Infant Medical Expense 乳幼児医療費の助成

■ With an infant medical voucher and Health Insurance Card presented at medical institutions, your payment will be ¥200 per visit. ■ ¥200 for one visit or for each day of hospitalization for infants under 4 years old. ¥200 per day for 4 years old up to entering school, for hospitalization of 5 consecutive days or longer. ■ Obtain a voucher in advance

at City Hall ■ Outside of Chiba Prefecture, this voucher is not effective. Pay the fee and file for a refund later at Public Health Center.

Immunization 予防接種

■ Immunization Notebook will be mailed to the eligible families. ■ Free of charge if immunized in the age bracket shown in the Table next page.

3. Programs for Working Parents

■ Contact : Nursery Section, ☎ 7185-1111, Ext.322 for nursery, Ext.347 for others

Nursery School 保育園

■ For pre-school children whose parents are unable to take care of them due to work or illness ■ 7 public & 7 private schools (See page 44) ■ Mon. to Fri. 7am-7pm. Sat. 7am-5pm (closed on holidays & Yearend/New Year holidays)

■ Fees : Based on income tax & municipal tax (half fees for the second/subsequent children)

■ Call for an appointment & visit Nursery Section with your child.

■ Temporary nursing is possible if parents are ill or attending in ceremonial occasions, etc.

Day-Care Center for

Convalescent Child, Mirai 病児

保育所 ■ Temporary nursery care of children in the recuperative period who are difficult to accommodate in a group nursery or at home ■ For pre-school children who are at least 57days old ■ At Kodomo Day Room Mirai,

Nutrition Class



834-176 Fusa (inside Heiwadai Hospital) ■ Mon. to Fri. 7am-7pm; Sat. 7am-0 : 30pm (closed on Sun, holidays, Yearend/New Year holidays, & July 1) ■ ¥1,000 for the first 4 hours, plus ¥250/hour for extension ■ Reservation required ■ Pick-up bus available
After-School-Hour Pupil's Room 学童保育 ■ Care of children whose parents are working late ■ For elementary school pupils in the 1st to 3rd grades ■ At every elementary school in Abiko ■ Mon. to Fri. 12noon-7pm; Sat. & school vacations 8am-7pm (closed on Sun, holidays, & Yearend/New Year holidays) ■ Fee : ¥6,000/month (A discount is available for low-income families)

4. Programs for Parents Rearing Children at Home

■ Contact : Nursery Section, ☎ 7185-1111, Ext.322 for nursery, Ext.347 for others

Temporary Care at Nursery School 一時保育 ■ For parents who have part time jobs 3 days or less a week, childbirth, ceremonial occasions, mental/physical stresses, illness, etc. ■ For pre-school children who are at least 6 months old ■ At Tsukushino, Hakuho, Jiko, and Tennoudai Futaba nursery schools ■ Open : the same as those of individual nursery schools ■ Fees : ¥2,200/day for children under 3 years old; ¥1,000/day for children age 3

years & older (a half cost for half a day).

Free Access to Nursery School Playground 保育園の園庭開放

■ Nursery school playgrounds are opened to pre-school children not attending nursery schools. Consultation on child rearing is offered. ■ At Midori, Kotobuki, Kohokudai, Nedo, Tsukushino, Namiki, Higashiabiko nursery schools ■ Tue. (Midori nursery school on Wed.) 9 : 30am-11am. ■ Free of charge ■ No reservation required

Child Rearing Support Center 子育て支援センター

■ Parents and pre-school children play together doing rhythmic play, play with hands, make-believe play, outdoor day-care, etc. ■ In Keiai Nursery School (8-17-9 Kohokudai) ■ Mon. to Fri. 10am-12noon ■ Free of charge ■ Registration required
Suku-Suku Plaza/Waku-Waku Plaza/Sukoyaka Plaza すくすく広場・わくわく広場・すこやか広場 ■ Pre-school children and their parents play and mingle with others. City staff offer counseling and information about childcare.

■ Suku-Suku : on the 2nd floor of Civic Hall (☎ 7184-3808); Waku-Waku : next to Kohokudai nursery school (☎ 7187-7088); Sukoyaka : in Fusa Gathering House (☎ 7189-5181) ■ Suku-Suku : Tue. to Sun. 9am-4pm. Waku-Waku : Mon. to Sat. 9am-4pm. Sukoyaka : everyday except Wednesdays. 9:30am-4pm. ■ Free of charge ■ No reservation required

5. Monetary Support for Parents

■ Contact : Nursery Section, ☎ 7185-1111, Ext.322 for nursery Ext.347 for others

Child Allowance 児童手当 ■ For parents rearing children up to grade 3 ■ Paid in June, October and February ■ ¥5,000/month for 1st and 2nd children each; ¥10,000/month for 3rd and subsequent children each ■ A ceiling on the income

Child Support Allowance for Mother-Child Family 児童扶養手当 ■ Until March 31 the year after the child reached 18 years old, or under 20 years old if disabled ■ ¥41,880/month for a child, ¥46,880/month for 2 children, additional ¥3,000/month per subsequent child ■ Paid in April, August and December ■ A ceiling on the income

Child Rearing Allowance for Mother-Child Family 児童育成手当 ■ For a mother who is not eligible for the Child Support Allowance indicated above ■ ¥8,000/month ■ Paid in April, August and December ■ A ceiling on the income

Medical Expense Allowance for Mother-Child and Father-Child Family 医療費の助成 ■ A portion of the individual payment of medical expenses; doctor's fees and medicine charges ■ A ceiling on the income

Monetary Gift for School

Enrollment or Employment 入学・就職祝い金 ■ Monetary gift congratulating enrollment to elementary, junior high or senior high school, or employment after finishing junior high school. ■ For mother-child, or father-child families ■ ¥10,000

Welfare Loan for Mother-Child Family and Widow 母子・寡婦福祉資金の貸付 ■ Credit line and repayment schedule vary with types of the loan.

City-Run Bicycle Parking Lot Discount 市営自転車駐輪場使用料の軽減 ■ For mother-child, or father-child families ■ Traffic Administration Section, ☎ 7185-1111, Ext.330

6. Programs for Adults' Health

■ Contact : Public Health Center, 1-12-16 Kohokudai, ☎ 7187-1131

Health Checkup for Lifestyle-Related Diseases 生活習慣病健康診査 ■ Doctor's interviews, physical measurements, screenings for urine/blood/pressure/hepatitis, etc. to find diabetes, high blood pressure, obesity, etc. ■ For age 40 & older ■ At designated medical insutitutions ■ April through October ■ ¥1,200 (¥400 for the initial hepatitis screening, and ¥800 for the secondary screening.)

Screening for Uterine (Womb) Cancer 子宮がん検診 ■ Doctor's

Immunization for Children					
Vaccine Type	Disease	Preferable Age	Eligible Age by Regulation	Frequency/Method	Location
Polio vaccine inoculation	Polio	3 to 18 months	From 3 months to 7years 6 months	2 shots, 6 weeks apart	Public Health Center
BCG vaccine inoculation	Tuberculosis	Under 6 months	Under 6 months (1year in exceptional cases)	(No tuberculin test)	Designated medical institutions
DPT combined vaccine inoculation	Diphtheria, Pertussis (whooping cough), Tetanus	First Stage initial time	From 3 months to 7 years 6 months	First Stage initial time : 3 shots, 3 to 8 weeks apart First Stage booster : 1shot, 12 to 18 months after the 1st stage initial time	
		3 to 12 months			
		First Stage booster			
		12 to 18 months			
DT combined vaccine inoculation	Diphtheria, Tetanus	Same as above	Same as above	(For the infant who caught whooping cough before DPT inoculation)	
Measles vaccine inoculation	Measles	12 to 15 months	From 12 months to 7 years 6 months	1 shot	
Rubella vaccine inoculation	Rubella	12 to 36 months	same as above	1 shot after measles inoculation. No need for those received MMR(measles,mumps,rubella)	
Japanese Encephalitis vaccine inoculation	Japanese Encephalitis	First Stage initial time	From 6 months to 7 years 6 months	First Stage initial time : 2 shots, 1 to 4 weeks apart First Stage booster : 1 shot, 1 year after 1st stage initial time	
		3 years			
		First Stage booster			
		4 years			

interviews, visual checks, and cytodiagnosis for cervix. If necessary, cytodiagnosis for uterine body is available. ■ For women age 30 & older ■ April through December at designated medical institutions, or a 10-day period in June at Public Health Center ■ ¥500 (¥1,000 for cervix, ¥1,200 for utrine body at designated medical insutitutions). ■ Apply with a post card to Public Health Center or visit designated medical insutitutions. ■ See Abiko Koho for schedule

Screening for Breast Cancer 乳がん検診 ■ Doctor's interview, visual checks and palpation. Age 40 & older can take a mammography. ■ For women age 30 & older. ■ At designated medical institutions. ■ April through December at designated medical insutitutions, and during a 10-day period in June at Public Health Center ■ ¥400 (For mammography, ¥500 at Public Health Center, and ¥800 at designated medical insutitutions) ■ Apply with a post card to Public Health Center or visit designated medical insutitutions. ■ See Abiko Koho for schedule

Screening for Stomach Cancer 胃がん検診 ■ Doctor's interview and a X-ray screening ■ For age 40 & older ■ At Public Health Center ■ Late February through late March ■ ¥600 ■ Apply with a post card to Public Health Center ■ See Abiko Koho for schedule

Screening for Colon Cancer (Large Intestine Cancer) 大腸がん検診 ■ Doctor's interview and stool blood screening ■ For age 40 & older ■ October through December. ■ ¥600 ■ At designated medical institutions

Screening for Tuberculosis (TB) and Lung Cancer 結核・肺がん検診 ■ Chest X-ray screening and sputum screening ■ For age 16 & older. Sputum screening is for smokers age 40 & older. ■ At a mobile clinic car at 11 spots in the city ■ In October ■ Free of charge (¥500 for sputum screening)

Screening for Osteoporosis 骨粗しょう症検診 ■ X-ray screening on arms ■ For women age 40 to 55 ■ At Public Health Center ■ Late September to early October ■ ¥500 ■ Apply with a post card to Public Health Center when the notice appears in Abiko Koho.

Dental Checkup for Adult 成人歯科健康診査 ■ Doctor's interview and examinations on teeth and gums ■ For age 40 to 50 ■ At designated medical institutions ■ June through December ■ ¥300 ■ An appointment ticket will be

mailed to age 40 and age 50. 41 to 49 years old can apply to Public Health Center by phone.

Physical Exercise Class 健康づくりうんどう教室 ■ Exercise classes using athletic equipment ■ For the middle aged and the elderly ■ At Tennoudai Nishi Park : 10am-11am on the 3rd Fri.(9 : 30am-10 : 30am June through September). No class on rainy days ■ At Kohokudai Chuo Park : 10am-11am on 3rd Tue.(9 :30am-10 : 30am June through September). On rainy days, at Public Health Center. ■ At Fusa Minami Park : 10am-11am on 1st Wed. ■ Free of charge

Iki-iki Health Class 健康いきいき教室 ■ Physical exercises for relief/prevention of stiff shoulders and back aches, and health lectures ■ For the middle aged and the elderly ■ At Public Health Center ■ Registration from 1pm-1 : 30pm, on 2nd, 3rd and 4th Mon. ■ Free of charge

7. Programs for Adults' Mental Health

■ Contact : General Welfare Counseling Section, ☎ 7185-1631

Mental Health Club 心の健康クラブ ■ Gathering of families having mentally disturbed family members to share their information and encourage with each other ■ At Public Health Center ■ 2pm-4pm on 3rd Mon. ■ Free of charge

Home Visit of Caseworker ケースワーカーの訪問 ■ Caseworkers visit homes of the mentally disturbed to give counseling and support regarding mental diseases, welfare services and family relations. ■ Free of charge

8. Programs for Patients with Specific Illnesses

■ Contact : General Welfare Counseling Section, ☎ 7185-1631

In-Home Service for Patient with Intractable Illness 難病患者等ホームヘルプサービス事業 ■ Provision of in-home services. Also provided are a bedpan, a special mattress, a special bed, a body position shifter and bathing support equipment. ■ For patients suffering from intractable illnesses and terminal cancer having difficulties in daily activities

Monetary Gift for Patient with Specific Illness 特定疾病療養者見舞金 ■ For patients having vouchers for Chiba Prefecture Specific-Illness Subsidy or Infant Specific Chronic Illness Subsidy,

when they are hospitalized or they get medical treatments. ■ ¥5,000/month for hospitalization of 15 days or more, ¥3,000/month for other cases ■ Visit Public Health Center with the voucher to tell your bank account number. ■ To be certified as any one of the specific illnesses (45 at the moment), visit Kashiwa Public Health Center.

9. Programs for the Elderly's Health

■ Contact : Public Health Center, 1-12-16 Kohokudai, ☎ 7187-1131

Home Visit Dental Checkup 在宅訪問歯科健康診査 ■ A dentist or a dental hygienist makes a home visit for checkups and dental care guidance. ■ For age 65 & older who are unable to visit a dentist. Category 2 insured persons in Long-Term Care Insurance are taken care of as needed. ■ Mon. to Fri. 8 : 30am-5pm ■ Free of charge ■ Appointment should be made with Public Health Center by phone

Influenza Inoculation for the Elderly 高齢者インフルエンザ予防接種 ■ To (1) age 65 & older, and (2) age 60 to 64 who have difficulties in daily activities due to heart, kidney, respiratory troubles, or have immunodeficiency from HIV ■ At designated medical institutions ■ ¥500

10. Facilities for the Elderly

In-Home Nursing Support Center 在宅介護支援センター ■ Information and advice for caretakers of the elderly ■ At 7 locations ■ Elderly Welfare Section, ☎ 7185-1112

Nedo Welfare Center 根戸福祉センター ■ A multipurpose facility : the elderly's day service, welfare for the elderly, and pupils' after-school-hour care ■ For the elderly, the disabled and school children ■ Location : 4-17-1 Tsukushino ■ 8am-5pm (may be extended to 8pm) every day ■ Free of charge ■ Nedo Welfare Center, ☎ 7165-3434

Chat Salon Tsudoi-no-ie つどいの家 ■ Gatheing places for the elderly ■ 3 locations ■ Free of charge ■ Elderly Welfare Section, ☎ 7185-1112

Local Salon 地域のサロン ■ Gathering places for the elderly. Private homes and community facilities. ■ 7 locations ■ Free of charge, or fee of maximum of ¥500 ■ Elderly Welfare Section,

☎ 7185-1112

Freai Salon ふれあいサロン ■ Gathering places for the elderly ■ 8 unused class rooms of schools ■ ¥100 (for tea) ■ Elderly Welfare Section, ☎ 7185-1112

Rest Place Oyasumidokoro お休み処 ■ A place to rest, chat, or enjoy tea ■ Location : 1-13-4 Kohokudai ■ Open 10am-4pm. Closed during the Obon period and Yarend/New Year holidays ■ Free of charge ■ Elderly Welfare Section, ☎ 7185-1112

Seibu Welfare Center 西部福祉センター ■ Dual purpose facility for elderly welfare and local welfare activities ■ Facilities : 2 Japanese rooms, 1 conference room, 1 bathroom (for 50 people), 1 counseling room, 1 volunteers' room, 1 gateball playground, etc. ■ Location : 917-1 Nedo ■ Open 10am-4pm. Closed on Mon, holidays, 1st, 3rd, 5th Tue, & Yearend/New Year holidays ■ Free of charge for 60 years old & older, and welfare volunteer groups ■ Bus service available ■ Seibu Welfare Center, ☎ 7185-5818

Elderly's Welfare Center Tsutsujiso 老人福祉センターつじ荘 ■ A leisurely rest place for the elderly situated in a peaceful environment ■ Facilities : 3 Japanese rooms, 1 bathroom (for 50 people), 1 library, 1 massage room, etc. ■ Location : 2607 Nakabyou ■ Open 10am-4pm. Closed on Mon, holidays, 1st, 3rd, 5th Tue, & Yearend/New Year holidays ■ Free of charge for age 60 & older ■ Pickup bus service from Kohoku Station ■ Tsutsujiso, ☎ 7188-0123



11. Services Available from Long-Term Care Insurance

■ Contact : Elderly Welfare Section, ☎ 7185-1112

In-Home Care Service Planning サービス計画の作成 ■ Making a care plan ■ For the elderly certified as "need support" or "need care" ■ Free of charge

Home Visit Care (Home Help Service) 訪問介護 ■ Services on care taking and household chores by home helpers ■ For the elderly certified as "need-support" or "need-care" ■ At beneficiary's home ■ 10 % of the cost within the limit set for individuals

Home Visit Bathing Service 訪問入浴 ■ Bathing service by a mobile bath car ■ For the elderly

certified as "need-support" or "need-care" ■ At beneficiary's home ■ 10 % of the cost within the limit set for individuals

Home Visit Nursing 訪問看護
 ■ Guidance on caretaking by nurses ■ For the elderly certified as "need-support" or "need-care" ■ At beneficiary's home ■ 10 % of the cost within the limit set for individuals

Home Visit Rehabilitation 訪問リハビリテーション
 ■ Rehabilitation by physical therapists ■ For the elderly certified as "need-support" or "need-care" ■ At beneficiary's home ■ 10 % of the cost within the limit set for individuals

Commuting Rehabilitation Service (Daycare) 通所リハビリテーション
 ■ Rehabilitation at facilities ■ For the elderly certified as "need-support" or "need-care" ■ At health care facilities for the elderly requiring long-term care ■ 10 % of the cost within the limit set for individuals

Management Guidance for In-Home Care 居宅療養管理指導
 ■ Guidance by doctors, dentists, or pharmacists on care taking ■ For the elderly certified as "need-support" or "need-care" ■ At beneficiary's home ■ 10 % of the cost within the limit set for individuals

Commuting for Care (Day Service) 通所介護 (デイサービス)
 ■ Bathing services, meals, rehabilitation and leisure activities. ■ For the elderly certified as "need support" or "need care" ■ At daycare facilities ■ 10 % of the cost within the limit set for individuals

Short-Term Stay at Care Facility (Short Stay) 短期入所生活介護 (ショートステイ)
 ■ Nursing care, rehabilitation, etc. ■ For the elderly certified as "need-support" or "need-care" ■ At welfare facilities for the elderly requiring long-term care ■ 10 % of the cost within the limit set for individuals

Medical Care Service through a Short-Term Stay (Short Stay) 短期入所療養介護 (ショートステイ)
 ■ Nursing care, rehabilitation, and medical care ■ For the elderly certified as "need-support" or "need-care" ■ 10 % of the charge incurred within the limit of allowance

Daily Life Care in Communal Living for the Elderly of Dementia (Group Homes for the Elderly with Dementia) 認知症 (痴呆) 対応型共同生活介護 (グループホーム)
 ■ Nursing care under one roof ■ For the elderly of senile dementia certified as "need-

care" ■ At group homes ■ 10 % of the cost within the limit set for individuals

Care at Specified Nursing Home for the Elderly 特定施設入所者生活介護
 ■ Nursing care ■ For the elderly certified as "need-support" or "need-care" ■ At fee-paying facilities for need-care elderly ■ 10 % of the cost within the limit set for individuals

Rental Service and Purchase Allowance for Welfare Equipment 福祉用具の貸与・購入費支給
 ■ Rental of a special bed for nursing care, a wheelchair, etc. Allowance for purchases of bathing support equipment, etc. ■ For the elderly certified as "need support" or "need care" ■ 10 % of purchasing cost. Maximum ¥100,000/year

Allowance for Improving House 住宅改修費の助成
 ■ Allowance for adding handrails, eliminating level differences in the floor surface, etc. ■ For the elderly certified as "need support" or "need care" ■ 10% of the cost. Maximum ¥200,000 per case

Welfare Facility for the Elderly Requiring Long-Term Care (Special Nursing Home for the Elderly) 介護老人福祉施設
 ■ Facilities for nursing care and rehabilitation ■ For the elderly certified as "need-care" ■ Average monthly cost for the beneficiary is ¥50,000. It could be higher.

Health Care Facility for the Elderly Requiring Long-Term Care (Health Service Facility for the Elderly) 介護老人保健施設
 ■ Facilities for nursing care, rehabilitation, and medical care. ■ For the elderly certified as "need-care" ■ Average monthly cost for the beneficiary is ¥52,000. It could be higher.

Sanatorium-Type Medical Care Facility for the Elderly Requiring Care 介護療養型医療施設
 ■ Facilities for long-term medical treatment and caretaking ■ For the elderly certified as "need-care" ■ Average monthly cost for the beneficiary is ¥59,000. It could be higher.

12. Services for the Elderly Outside of Long-Term Care Insurance

Paper Diaper Gift 紙おむつの無料補助
 ■ Paper diapers are provided three times a year. ■ 65 years old & older bedridden three months or more, or those with senile dementia. ■ Free of charge ■ Abiko Social Welfare Council, ☎ 7184-1539

Grant for Carer 家族介護慰労金
 ■ To the head of the municipal tax exempt household taking care of 65 years old or older meeting public support criteria and living together ■ ¥100,000/year ■ Elderly Welfare Section, ☎ 7185-1112

Nursing Care Allowance for the Bedridden Elderly ねたきり高齢者などへの福祉手当
 ■ To the family member of 65 years old or older who has a severe senile dementia, or bedridden 6 months or more ■ ¥6,500/month, in three installments a year ■ Apply with doctor's certificate ■ Recipients of the severely disabled welfare allowance do not qualify this benefit. ■ Elderly Welfare Section, ☎ 7185-1112

Gathering of Families with Senile Dementia Sufferer 認知症 (痴呆) の方の家族の集い
 ■ Families with senile dementia sufferers get together to cheer up and exchange information. ■ At Public Health Center, 1-12-16 Kohokudai ■ 1 : 30pm-3 : 30pm on 4th Thu. in odd numbered months ■ ¥100 for tea ■ Elderly Welfare Section, ☎ 7185-1112

Drying and Disinfecting of Bedding 寝具の乾燥と消毒
 ■ Comforters/duvets are disinfected, dried and delivered to beneficiary's home. ■ For elderly-only families or families where the caretakers are absent 12 hours or more per day due to work ■ ¥200 for one delivery. Free of charge for low-income families ■ Elderly Welfare Section, ☎ 7185-1112

Hello Call お元気コール
 ■ Periodical telephone calls to the elderly to check their

conditions and relieve anxiety ■ For elderly-only families or families where the caretakers are absent 12 hours or more per day due to work ■ Free of charge ■ Elderly Welfare Section, ☎ 7185-1112

Rental Locator for Dementia Wander 徘徊探知機の貸し出し
 ■ An early detection system ■ ¥500/month. Free of charge for low-income families ■ Elderly Welfare Section, ☎ 7185-1112



Muscle-Strengthening Training for the Elderly 高齢者筋力トレーニング
 ■ Muscle-strengthening training with exercise machines to prevent bone breaking, and lectures for better eating habits. ■ For 65 years old & older of "need-support" or "need-care category 1 or 2", and whom the doctor allows to exercise ■ At Public Health Center ■ ¥3,500/course ■ See Abiko Koho for schedule ■ Elderly Welfare Section, ☎ 7185-1112

Advice and Allowance for House Improvement 住宅改修の相談と助成
 ■ Advice and allowance for adding handrails, eliminating level differences in the floor surface, etc. ■ For the elderly in need of house renovation for daily activities ■ 50% of the cost (a maximum of ¥500,000) ■ Consult Elderly Welfare Section in advance, otherwise subsidy may not be granted. ■ Elderly Welfare Section, ☎ 7185-1112

Day Service at Welfare Facility デイサービス
 ■ Bathing services, meals, leisure activities and rehabilitation ■ For the elderly in need of support for daily support to avoid falling into the "need-care" category (excluding those certified by Long-Term Care Insurance) ■ 10 % of the cost within the limit set for individuals ■ Elderly Welfare Section, ☎



Aquatic Botanical Garden (Suisei Shokubutsuen)

7185-1112

Program for Medical Treatment of the Elderly 老人医療制度

■ Individual payment is 10 or 20 % of the total medical cost. ■ For the elderly subscribing to a public health insurance, and 75 years old or older (for those born prior to Sep. 30, 1932, 70 years old & older), or for those with specified disabilities, 65 years old & older and covered by a public health insurance ■ Elderly Welfare Section, ☎ 7185-1112

Subsidy for Travel Cost for the Elderly 高齢者移送サービス

■ A portion of the travel cost to and from medical or welfare facilities ■ The elderly certified as "need-care category 3, 4 or 5" ■ Four coupons/month ■ One coupon for one taxi ride (a base fare). A maximum of ¥3,000 in using specialized vehicles ■ Elderly Welfare Section, ☎ 7185-1112

Provision of Fire-Preventive Goods for the Elderly 高齢者の日常生活用具給付

■ For precautions against fire hazards ■ For the low-income elderly or the elderly in low-income families ■ An electromagnetic cooking heater, an automatic fire extinguisher and a fire alarm ■ Elderly Welfare Section, ☎ 7185-1112

Home Help Service ホームヘルプサービス

■ Home helper's assistance in household chores including cooking, washing, cleaning and shopping ■ For the elderly in need of assistance in daily activities not eligible for help through Long-Term Care Insurance ■ At beneficiary's home ■ 10 % of the cost within the limit set for individuals (3 % for low-income household) ■ Elderly Welfare Section, ☎ 7185-1112

Visit by Public Health Nurse 保健師等の訪問

■ A public health nurse visits families of the elderly to advise on health and to give information on available services. ■ At beneficiary's home ■ Elderly Welfare Section, ☎ 7185-1112

Support for Household of the Elderly 軽度の生活援助

■ Assistance in minor repair work and chores. ■ For the elderly-only households. ■ At beneficiary's home ■ 10 % of the cost within the limit set for individuals ■ Elderly Welfare Section, ☎ 7185-1112



13 Gifts for the Elderly

Gratuity for Senior Person 敬老祝い金

■ Congratulatory monetary gift is presented to the long-living. ■ To 77-, 88-, 99-, 100-, & 105-year old persons as of September 1st who have been living in Abiko City at least 5 months consecutively ■ To aged 77, ¥10,000; to aged 88, ¥20,000; to aged 99, ¥30,000; to aged 100, ¥50,000; and to aged 105, ¥50,000. ■ An application form is mailed to the eligible. ■ Elderly Welfare Section, ☎ 7185-1112

Golden Wedding Anniversary Party 結婚50周年記念祝賀会

■ A party for the couples who have been married 50 years as of September 1st ■ Free of charge ■ Elderly Welfare Section, ☎ 7185-1112



14. Programs for the Disabled

Free Parking at City-Run Bicycle Parking Lot 市営自転車駐輪場使用料の免除

■ For the holders of Handbook for the Physically Disabled or Handbook for the Intellectually Retarded ■ Traffic Administration Section, ☎ 7185-1111, Ext.330

Tax Deduction and Exemption 税金の控除・減免

■ Deductions or exemptions for income tax, inheritance tax, gift tax, municipal & prefectural tax, car tax, small-car tax, & car acquisition tax ■ For the holders of Handbook for the Physically Disabled, Handbook for the Intellectually Retarded, or Handbook for the Mentally Imbalanced ■ For details of income tax, inheritance tax & gift tax, call Kashiwa National Tax Office, ☎ 7146-2321. For municipal & prefectural tax & small-car tax, call Taxation Section, ☎ 7185-1111, Ext.334. For car tax & car acquisition tax, call Kashiwa Prefectural Tax Office, ☎ 7147-1231.

Home Visit Counseling on Rehabilitation 訪問リハビリテーション

■ Specialized city staff make home visits to advise on rehabilitation, care taking, & house improvement. ■ For the home-staying disabled ■ Disabled Person's Welfare Center, ☎ 7188-0141

Subsidy for the Cost of Commuting to and from Welfare Facility 援護施設などへの通所費

■ Subsidies of the cost of commuting to and from welfare facilities, vocational-training facilities or welfare workshops

■ For the intellectually retarded ■ Entire cost of commuting by bus & railway. For car users, the fuel cost based on the distance between the home and the facility ■ Payment is in four installments a year. ■ Livelihood Support Section, ☎ 7185-1111, Ext.384

Welfare Taxi Coupon 福祉タクシー券の交付

■ The base fare of taxi ride is subsidized in the form of coupons. ■ For the holders of Handbook for the Physically Disabled, Category 1 or 2, or Handbook for the Intellectually Retarded, Category (A) to A 2, or Handbook for the Mentally Imbalanced, Category 1. ■ Four coupons a month (eight coupons a month for a person undergoing artificial dialysis) ■ At an initial issuance of a handbook, apply for coupons. Reapply for coupons in April every year. ■ First, tell the taxi driver about the coupon, and give the coupon and additional fare upon getting out. For taxis not covered by this program, pay the full fare, get a receipt, and file for a refund at Livelihood Support Section. ■ General Welfare Counseling Section for coupons ☎ 7185-1111, Ext.350; and Livelihood Support Section for a refund ☎ 7185-1111, Ext.384

Taxi Fare Discount タクシー料金の割引

■ 10 % taxi fare discount ■ For the holders of Handbook for the Physically Disabled or Handbook for the Intellectually Retarded ■ This program depends on individual taxi companies, so ask the driver about applicability. ■ Chiba Prefecture Taxi Association, ☎ 043-243-2460

Sign Language Interpreter 手話通訳者の派遣・配置

■ For the hearing impaired ■ Dispatch of sign language interpreters (Japanese language) is available, and also they are stationed in City Hall in the morning hours on week days. ■ Chiba Prefecture Hearing Impaired Center, Fax : 043-202-1131, ☎ 043-202-1132

Subsidy for Better Information Accessibility 情報バリアフリーの支援

■ Subsidies for purchases of a personal computer, a printer, etc. ■ For the visually impaired or people with severe upper limb disability ■ Up to two thirds of the cost is subsidized, maximum ¥100,000. ■ A ceiling on the income ■ Chiba Prefecture Disability Welfare Section, ☎ 043-223-2307

Subsidy of Rehabilitation for the Physically Disabled 身体障害者更生医療の給付

■ Subsidies of

rehabilitation cost through such as cardiac surgery, plastic surgery on joints, kidney transplant, artificial dialysis, etc. ■ For the physically disabled, the holders of Handbook for the Physically Disabled, 18 years old or older, covered by public health insurance, and approved by Chiba Prefecture Disabled Person Counseling Center ■ Apply with Handbook for the Physically Disabled, health insurance card, tax certificate, & name seal. ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350

Rental of Voice-Guide-Activating Transmitter 音声誘導装置送信機の貸し出し

■ A voice guide system for the visually impaired is installed at public facilities, bus stops & taxi stands in Abiko City. A small transmitter for activating the voice guide is available for up to one year ■ Apply with Handbook for the Physically Disabled ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350

Rental of Wheelchair 車椅子の貸し出し

■ A wheelchair rental for up to one year ■ Free of charge ■ Apply with your name seal ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350

Rental of Telephone and Subsidy of Telephone Bill 福祉電話の貸与と基本料金の助成

■ Telephone rentals and subsidies of basic charge and a portion of additional charge (with an upper limit) ■ For the holders of Handbook for the Physically Disabled, Category 1 or 2 ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350

Allowance for the Physically Disabled under 20 Years Old 障害児福祉手当

■ For physically disabled children living in their homes ■ For the holders of Handbook for the Physically Disabled, Category 1 or some of Category 2, or Handbook for the Intellectually Retarded, Category (A) ■ ¥14,430/month ■ Not applicable to those living in welfare facilities ■ Payment is in four installments a year. ■ A ceiling on the income ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350

Allowance for the Physically/Mentally Disabled under 20 Years Old 心身障害児福祉手当

■ For physically or mentally disabled children living in their homes ■ For the holders of Handbook for the Physically Disabled, Category 1 to 3, or Handbook for the Intellectually Retarded, Category (A) to B1 ■ ¥12,650/month ■ This program becomes effective at the issuance of the handbook. ■ Recipients of national welfare allowance for the disabled are not eligible ■ Payment is in three

installments a year. ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350

Allowance for the Severely Disabled 重度障害者福祉手当

■ For the physically or mentally disabled, living in their homes, and 20 years old & older ■ For the holders of Handbook for the Physically Disabled, Category 1 to 3, or Handbook for the Intellectually Retarded, Category (A) to B1 ■ ¥6,500/month for the physically disabled, and ¥12,650/month for the intellectually retarded ■ This program becomes effective at the issuance of the handbook.

■ Recipients of national welfare allowance for the disabled are not eligible ■ Payment is in three installments a year. ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350

Allowance for Carer of Disabled Child 特別児童扶養手当

■ For the carers of disabled children under 20 years old living in their homes holding Handbook for the Physically Disabled, Category 1 to 3 or some of Category 4, Handbook for the Intellectually Retarded, Category (A) to B1, or Handbook for the Mentally Imbalanced, Category 1 ■ ¥50,900/month for Category 1, and ¥33,900/month for Category 2 ■ Payment is in three installments a year. ■ A ceiling on the income ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350

Allowance for the Most Severely Disabled 特別障害者手当

■ For the disabled requiring special care constantly ■ For the holders of Handbook for the Physically Disabled, Category 1 or some of Category 2, Handbook for the Intellectually Retarded, Category (A) 1, or Handbook for the Mentally Imbalanced, Category 1 ■ ¥26,520/month ■ Payment is in four installments a year. ■ Not applicable for those staying at welfare facilities or hospitalized 3 months or more ■ A ceiling on the income ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350

Subsidy of Medical Expense for the Disabled 障害者（児）医療費の助成

■ For the holders of Handbook for the Physically Disabled, Category 1 or 2, Handbook for the Intellectually Retarded, Category (A) to A2, or Handbook for the Mentally Imbalanced, Category 1 ■ File for a refund at Livelihood Support Section. Bring receipts and name seal. ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350

Facsimile Base Charge Subsidy ファクス基本料金の助成

■ For those who are hearing impaired or

having speech impediment ■ For the holders of Handbook for the Physically Disabled, Category 3 or above ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350

Subsidy of Temporary Care Fee 一時介護委託料の助成

■ In case the carer of the in-home disabled, being temporarily unable to look after due to illness, etc., hires another carer and pays a fee, a portion of the cost is subsidized.

■ Maximum ¥2,500/day for 4 hours or less a day; maximum ¥5,000/day for more than 4 hours a day (up to ¥50,000/year) ■ Payment is in three installments a year. ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350

House Renovation Subsidy 住宅改修費の助成

■ For making the life safer of the disabled, a portion of house renovation cost is subsidized. ■ One half of the cost, maximum ¥500,000 ■ Consult General Welfare Counseling Section in advance, otherwise subsidy may not be granted. ☎ 7185-1111, Ext.350.

Handbook 手帳 ■ A handbook issued by the city enables the bearer to receive various services such as indicated in this chapter. ■ Handbook for the Physically Disabled, Handbook for the Intellectually Retarded, and Handbook for the Mentally Imbalanced ■ Free of charge ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350

Provision and Repair of Prosthesis 補装具の交付と修理

■ Prostheses covered by this program include : glass eyes and Braille writers for the visually impaired, hearing aides for the hearing impaired, artificial larynx for the speech impaired, artificial legs and wheelchairs for people with disabled limbs, and stoma outfits for bladder or colon patients.

■ Free of charge if the cost is within the limits set by the city. Your payment may be required depending on the income. ■ Apply with the Handbook and name seal.

■ Contact before purchasing the goods or obtaining the services, or support may not be available. ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350

Provision of Everyday Goods 日常生活用具の給付

■ To make daily life easier for the home-staying physically or mentally disabled, goods are supplied including : a tape recorder and a reading magnifier for the visually impaired, communications equipment for the hearing impaired, a bath tub and a purpose-built bed for people with disabled limbs, and

a head protector for the intellectually retarded. ■ Your payment may be required depending on the income. ■ Apply with the Handbook and name seal. ■ Contact before purchasing the goods or obtaining the services, or support may not be available. ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350

Assistance Benefit Supply System for the Disabled 支援費制度

■ Abiko City bears a significant portion of the cost in case the disabled choose and obtain the services offered by service providers. Services include home help service, day service, short stays and group home services.

■ A ceiling on the income ■ An approval and an issuance of recipient card by the city office are necessary. ■ This program is on top of the national support programs. ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350

Support for Mentally Imbalanced Person's Outpatient Medical Expense 精神障害者通院医療費の公費負担

■ The mentally imbalanced covered by public health insurance pays only 5% of the total cost. ■ For outpatients with mental diseases including epilepsy ■ Apply, bringing health insurance card, name seal and medical statement, at General Welfare Counseling Section, ☎ 7185-1631

Subsidy for Modification of Car Owned by the Physically Disabled 身体障害者用自動車改造費の助成

■ A steering wheel, an accelerator and other parts, to the needs of the disabled ■ For the holders of Handbook for the Physically Disabled, Category 1 or 2, having trouble in upper or lower limb(s), or in the body, owning and driving a car ■ Maximum is ¥100,000. ■ Chiba Prefecture Disability Welfare Section, ☎ 043-223-2307

Bathing Service 入浴サービス

■ A mobile-bath-car provides services where the carer has a difficulty in giving a bath in the home for the disabled. ■ For the physically or mentally disabled of a severe case, patients with intractable illnesses, terminal cancer patients, or the mentally imbalanced whom the doctor approves ■ At beneficiary's home ■ Your payment may be required depending on the income. ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350



15. Facilities for the Disabled

Day Care Rehabilitation Facility for the Intellectually Retarded 知的障害者通所更生施設

■ This facility offers, to the intellectually retarded age 18 & older, training on daily activities, rehabilitation and leisure activities tailored to individual's needs. ■ Open on Mon. to Fri. 9am-4pm. Closed on Sat. Sun. holidays & Yearend/New Year holidays ■ Pickup bus available ■ Araki-en, 1637 Araki. ☎ 7188-4188

Sheltered Workshop for the Intellectually Retarded 知的障害者通所授産施設

■ Training on how to make independent life and assistance toward getting employment, for the intellectually retarded age 18 & older ■ Keyaki Social Center, 37-2 Ichibu Shinden. Open on Mon. to Fri. 8 : 30am-5pm. Closed on Sat. Sun. holidays & Yearend/New Year holidays ☎ 7187-1944

■ Mutsuboshi, 845-1 Shibasaki Mon. to Fri. 8 : 30am-4pm. Closed on Sat. Sun. holidays & Yearend/New Year holidays ☎ 7184-6258

Child Development Center 子ども発達センター

■ A daycare facility for intellectually retarded pre-school children and their guardians, where counseling on medical treatment, mental development and welfare services are offered. ■ The center raises awareness on mental development. ■ Individual training on physical and speech functions and small-group therapeutic activities ■ 1637 Araki ■ Open on Mon. to Fri. 9am-5pm, (daycare activities 10am-2pm). Closed on Sat. Sun. holidays & Yearend/New Year holidays. ■ Pickup bus available ■ ☎ 7188-0472

Welfare Center for the Physically Disabled 身体障害者福祉センター

■ Assistance for creative activities and light work, physical therapy such as training on daily activities, work therapy and speech therapy, for the physically disabled ■ 1637 Araki ■ Open on Mon. to Fri. 9am-4pm. Closed on Sat. Sun. holidays & Yearend/New Year holidays ■ Pickup bus available ■ ☎ 7188-0141

Welfare Workshop 福祉作業所

■ Assistance to gain independence for the disabled, through work training with some rewards and through guidance in daily activities ■ Nine workshops ■ Livelihood Support Section, ☎ 7185-1111, Ext.384

Residential Facility for the Intellectually Retarded 知的障害者生活ホーム

■ For the mentally

imbalanced who commute to work places and welfare facilities ■ four homes ■ Livelihood Support Section, ☎ 7185-1111, Ext.384
Residential Facility for the Mentally Imbalanced 精神障害者ふれあいホーム ■ For the mentally imbalanced who try to lead an independent life in the local community ■ Livelihood Support Section, ☎ 7185-1111, Ext.384
Temporary Care Facilities for the Disabled 障害者（児）一時預かり施設 ■ The temporary caretaking facilities for the disabled, adult or infant, while carers are taking a rest ■ Three facilities ■ Livelihood Support Section, ☎ 7185-1111, Ext.384A
Facility for the Intellectually Retarded 知的障害者入所更生施設 ■ This accommodation offers, to the intellectually retarded age 18 & older, training on daily activities, rehabilitation and leisure activities tailored to individual's needs. ■ Midori-en, 2310 Nakabyo ☎ 7187-0511

16. Programs for the Elderly and the Disabled

Garbage Pickup Service ごみ出し支援ふれあい収集 ■ Garbage collecting crew come to the door of those who are unable to carry garbage to a specified spot. ■ Households of age 65 & older certified as "need-support" or "need-care" only, or the disabled-only households ■ Clean Center, ☎ 7181-5374
Emergency Call System 緊急通報システム ■ A device with an emergency button connected to Fire Station ■ For the disabled or elderly-only households, and households where caretakers are absent for over 12 hours a day due to work ■ At beneficiary's home ■ ¥500/month. Free of charge for low-income families ■ For the elderly : Elderly Welfare Section, ☎ 7185-1112. For the disabled : General Welfare Counseling Section, ☎ 7186-1122
SOS Network SOS ネットワーク ■ Emergency network to alert police and other public organizations for searching and protecting elderly individuals with senile dementia wandering about or missing persons. ■ For the elderly : Elderly Welfare Section, ☎ 7186-1411. For the mentally disabled; General Welfare Counseling Section, ☎ 7186-1122
Hairdressing Service 理髪サービス ■ Dispatch of a hairdresser ■ For those who have difficulty to go out for hairdressing ■ For the holders of Handbook for the

Physically Disabled, Category 1 or 2, Handbook for the Intellectually Retarded, Category A to A2, Handbook for the Mentally Imbalanced, Category1, or recipients of welfare allowance such as the bedridden elderly, etc. ■ At the beneficiary's home ■ Your payment may be required depending on the income. ■ Four times a year ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350
Meal Delivery 配食サービス ■ A supper is delivered to the home of a person unable to prepare meals. ■ For the disabled or elderly-only households, and households where caretakers are absent for over 12 hours a day due to work ■ ¥400/meal ■ General Welfare Counseling Section, ☎ 7185-1111, Ext.350



17. Programs for Victims of Disaster

Consolatory Gift for the Victim 災害見舞金 ■ For the victim or the survivors ■ For a house totally destroyed, ¥50,000. For a house half-destroyed, or half destroyed by fire or inundated beyond floor level, ¥30,000. For households which suffered a loss of life, ¥100,000 per person (maximum ¥300,000 per household) ■ Life Support Section, ☎ 7185-1111, Ext.377
Disaster-Relief Supply and Consolatory Gift 日本赤十字からの災害救援物資と見舞金 ■ For

victims of earthquakes or other natural disasters, or fire ■ Relief supplies such as blankets, bed sheets, bath towels, and everyday goods provided by Japan Red Cross ■ ¥5,000 per household; for those hospitalized → ¥5,000 per person; for families who suffered from a death → ¥10,000 per person. ■ Life Support Section, ☎ 7185-1111, Ext.377

18. Programs for Residents with Economic Difficulties

Public Assistance 生活保護 ■ Monetary support to households without assets and having difficulties in making a living even at a subsistence level despite their best efforts ■ Amount of benefits : your wages, allowances, pension, and contributions from outside of the household, etc., are deducted from minimum-level living expenses based on the national standards. ■ To qualify for this assistance, a caseworker examines the living conditions of the household. ■ Abiko City has its own support programs in addition to livelihood assistance, education allowance and medical assistance. ■ General Welfare Counseling Section, ☎ 7185-1113
Loan for Stop-Gap Living Expense 生活一時資金の貸付 ■ An interest-free loan for people in need ■ For registered Abiko citizens having economic difficulties, who can submit income certificates (pay statements) of both applier and cosigner, a name seal certificate, and resident certificates of all family members ■ Credit line is ¥100,000. ■ General Welfare Counseling Section, ☎ 7185-1113

19. Welfare Organizations

Area Social Welfare Council 地区社会福祉協議会 ■ Six councils work on welfare projects : conducting caretaking classes, promoting interchange between old and young generations, running child rearing classes and café/tea rooms for the elderly, and publishing area newsletters, etc. to meet the needs of each area. ■ Abiko North Area, ☎ 7165-3434; Abiko South Area, ☎ 7185-5117; Tennoudai Area, ☎ 7183-9009; Kohoku Area, ☎ 7187-2551; Kohokudai Area, ☎ 7188-1410; Fusa Area, ☎ 7189-2119.
Silver Human Resources Center シルバー人材センター ■ A welfare organization providing short-term or temporary jobs for the healthy and willing-to-work elderly ■ 2607 Nakabyo ■ Membership fee : ¥1,200/year ■ Silver Human Resources Center, ☎ 7188-2200
Comissioned Welfare Volunteers and Commissioned Child Welfare Volunteers 民生委員・児童委員 ■ Counseling for the problems on shortages of living expenses, child-rearing, psychosomatic disorders, or elderly-related matters. Assistance in obtaining certificates for caretaking of the bedridden elderly, for being jobless, etc. Cooperation with Abiko city office and the Social Welfare Council in social welfare projects ■ Abiko City is divided into 165 welfare areas, with one commissioned welfare volunteer for each ■ Livelihood Support Section, ☎ 7185-1111, Ext.377

Tega Oohashi Bridge

