

Welfare for the elderly

Welfare services are available for the elderly (generally for those over 60 or over 65 years old).

Services for the healthy elderly

Educational, recreational and health lectures are available. There are clubs for the elderly that engage in activities where the elderly can get together for study programs, sports or hobby related activities.

Regular health check-ups are encouraged to manage one's health. For those who have a desire to get sense of purpose in life or public participation through work, short-term or part-time work can be introduced, and 'Silver Personnel Centers' (Silver Jinzai Centers) of membership organization offer classes to obtain the necessary information and skills needed for work.

Enquiries:

Regarding Clubs for the Elderly:

Nishinomiya City Hall, Community Symbiosis Promotion Division 0798-35-3021
(Nishinomiya Shiyakusho, Chiiki Kyosei Suishin Ka)

Nishinomiya Life-long Learning College "Miyamizu Gakuen" (College for the Elderly):

Nishinomiya City Hall, Community Study Promotion Division (Miyamizu Gakuen, etc.) 0798-35-5165
(Nishinomiya Shiyakusho, Chiiki Gakushu Suishin Ka)

Regarding Health and Cancer Check-ups:

Nishinomiya City Health Center, Health Promotion Division 0798-35-3127
(Nishinomiya-shi, Hoken-sho, Kenko Zoshin Ka)

Job opportunity: Nishinomiya City Elderly Human Resources Center

(Nishinomiya-shi, Silver Jinzai Center) 0798-72-3461

Services for those who need nursing care

If a person needs nursing care, services to suit the needs of the person's mental and physical condition as well as the person's living environment can be provided.

Firstly, it is necessary for the person to be qualified for nursing care by the city, ward, town or village.

Examples of Home Services (Zaitaku Service):

Home-help service, day service, short-stay service, house renovation, etc.

Examples of Facility Services (Shisetsu Service):

Entering a nursing care home (Kaigo Rojin Fukushi Shisetsu), geriatric health services facility (Kaigo Rojin Hoken Shisetsu), long-term medical and nursing care facilities (Kaigo Ryoyo-gata Iryo Shisetsu), integrated facility for medical and long-term care (Kaigo Iryo-in).

Enquiries: Nishinomiya City Hall, Senior Citizens Nursing Care Division

(Nishinomiya Shiyakusho, Korei Kaigo Ka) 0798-35-3133 • 3348

Note For details, ask a person who understands Japanese to enquire for you.