OVERVIEW OF PERSONAL CARE AND FAMILY SUPPORT SERVICES FOR PEOPLE WITH DISABILITIES

I. PERSONAL CARE SERVICES: CARE AND SUPPORT PROVIDED TO PEOPLE WITH DISABILITIES IN THE COMMUNITY, BASED ON THEIR ASSESSED NEEDS.

II. FAMILY SUPPORT SERVICES: SERVICES THAT PROVIDE FAMILY CAREGIVERS WITH RESPITE AND SUPPORT.

I. Personal Care Services
Personal care services for people with disabilities include:

Daily Living Reconstruction Services (P5–P6)

Training-Oriented Daytime Programs (P9–P10)

Residence in Community (P7–P8)

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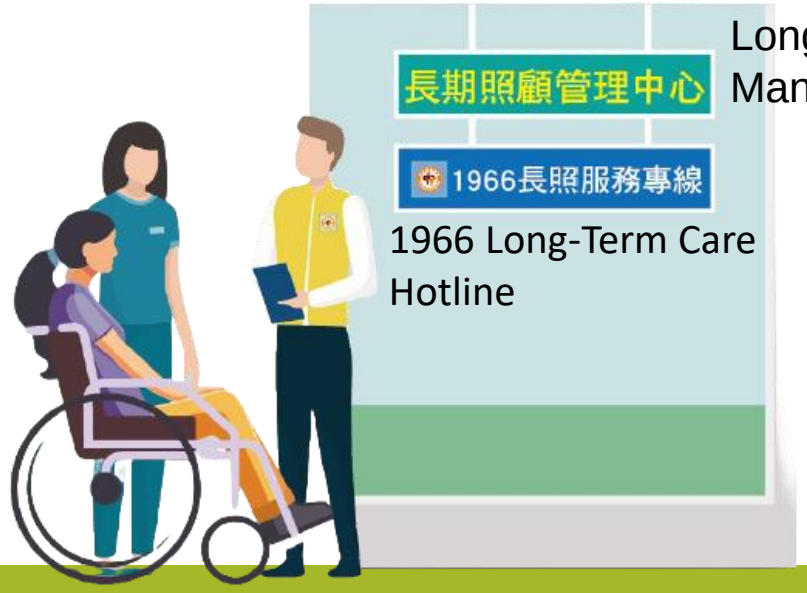
Home Care Services

Service Description:
Long-Term Care Management Centers arrange for professional care providers to visit people with disabilities who need support at home.
Care attendants assist with eating, transfers and mobility, bathing, toileting, and other daily care needs.

Eligibility:
People with disabilities who have been assessed by a care management specialist as needing assistance with activities of daily living.



Long-Term Care Management Center

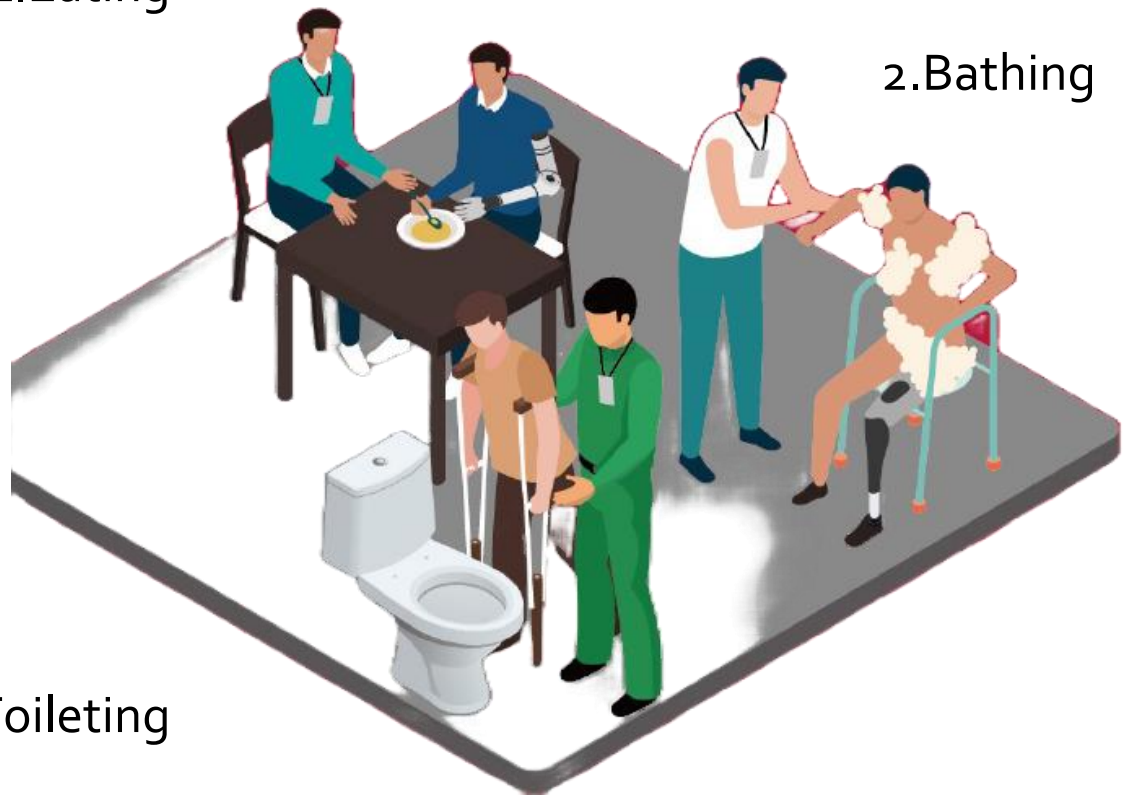
1966 Long-Term Care Hotline

What Services Are Provided through Home Care?

Care attendants assist people with disabilities with activities of daily living, including:

1.Eating

2.Bathing



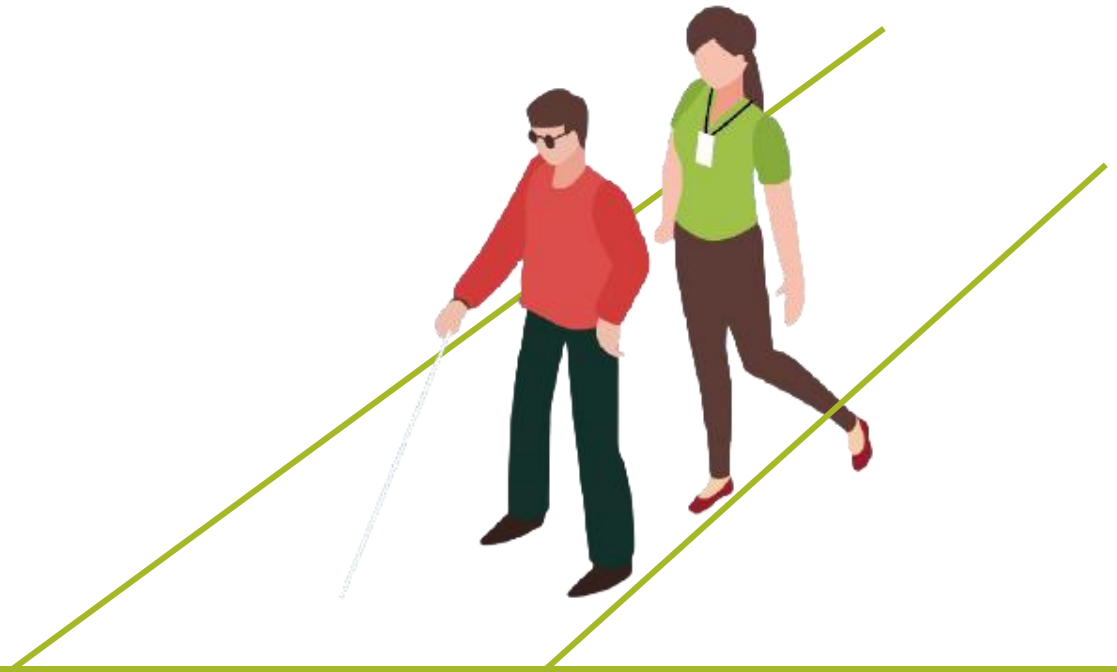
3.Toileting

4.Transfers

5.Household assistance

Daily Living Reconstruction Services

Service Description:
Professionals provide reconstruction services to help people with acquired disabilities improve their daily living skills, become involved in community life, and participate more fully in activities outside the home.



Eligibility:
People with acquired disabilities who are assessed as needing the services.

What Services Are Provided through Daily Living Reconstruction? A Closer Look at Services for People with Visual Impairments

2.Orientation and mobility training

3.Daily living skills training

1.Functional vision and optometric assessments

4.Training for assistive devices, e.g.,

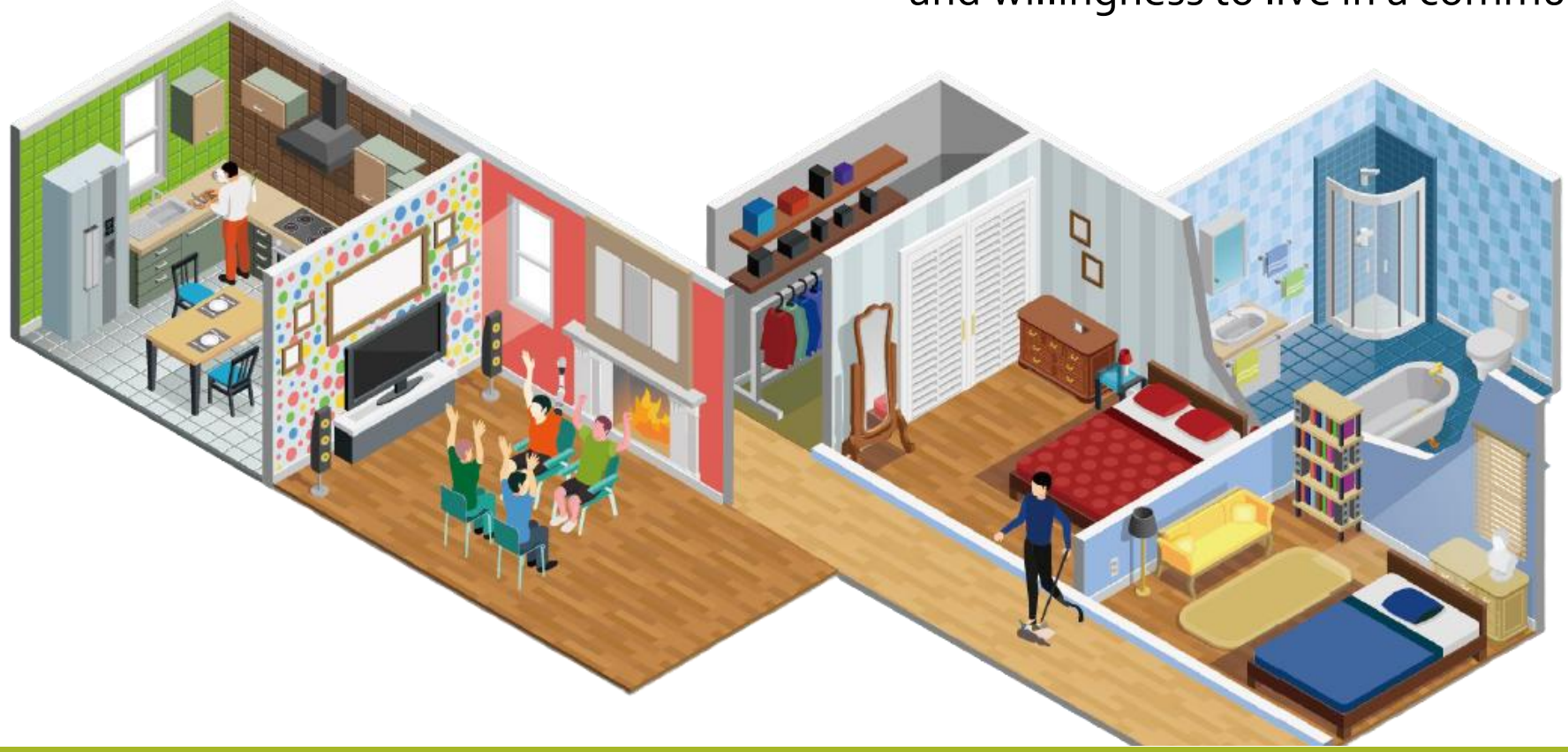
- Video magnifiers
- Accessible computers

5. Social activities, interpersonal skills training, psychological support, and family support

Residence in Community

Service Description:
People with disabilities live together in an ordinary home in a community and receive support and assistance from a professional support team.

Eligibility:
Individuals aged 18 or above who are assessed as requiring support from professionals and who have both the need and willingness to live in a community.



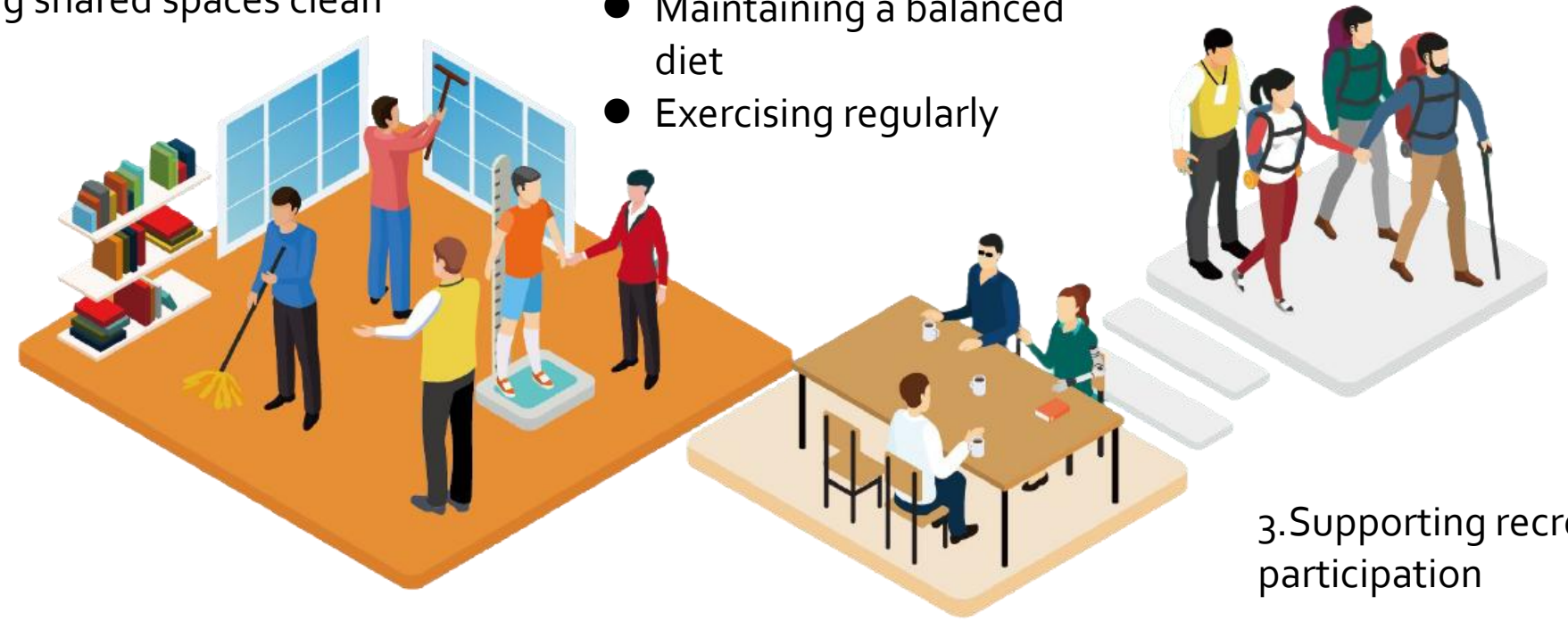
What Services Are Provided through Residence in Community?

A home-like setting is provided for up to six people with disabilities. Residents agree on house rules together and receive support and assistance from professionals.

1. Living environment planning, e.g.,
- Arranging and decorating the home
- Keeping shared spaces clean

2.Health management, e.g.,
- Maintaining a balanced diet
- Exercising regularly

4. Providing social support



3.Supporting recreation and social participation

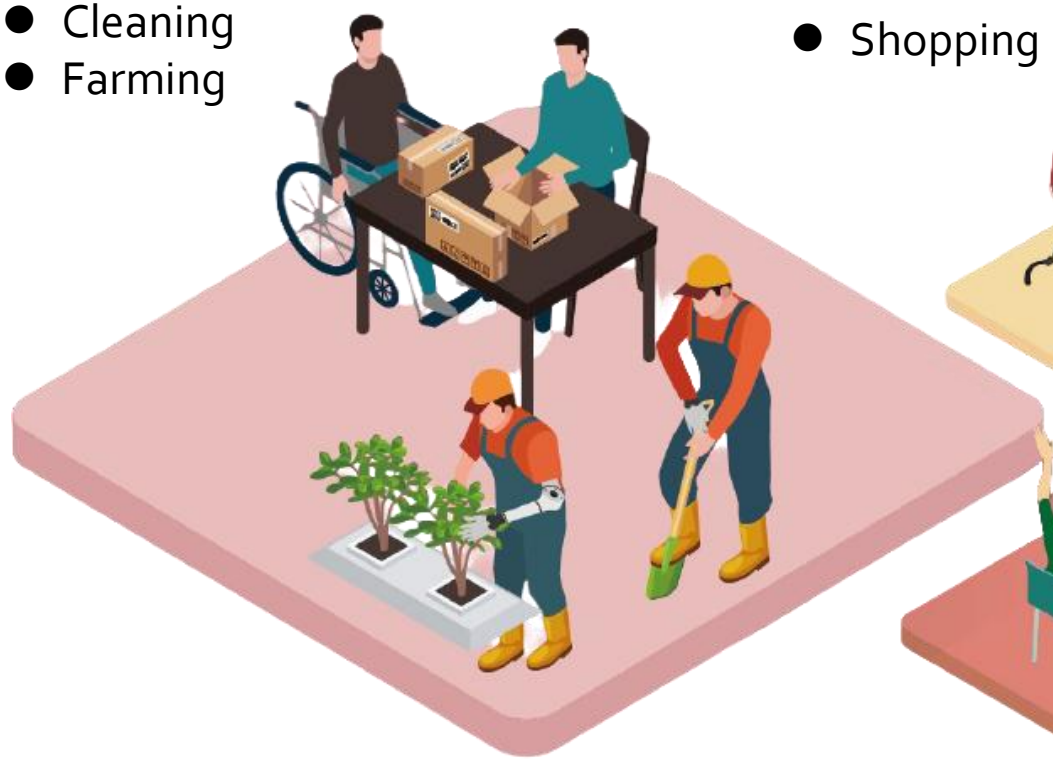
Training-Oriented Daytime Programs

Service Description:
A training-oriented daytime program is a small-scale daytime service where people with disabilities participate in activities and community life at a local service center, building skills and social functioning.

Eligibility:
Individuals aged 15 or above who are assessed as needing training-oriented daytime programs and who are not living in an institution.

What Services Are Provided in Training-Oriented Daytime Programs?

1. Activities, e.g.,
Subcontracted work
- Handicraft
- Cleaning
- Farming



2. Community adaptation, e.g.,
- Participating in community activities
- Shopping

4. Training for daily living skills, e.g.,
- Maintaining personal hygiene
- Using public transport independently

3. Recreational and cultural activities, e.g.,
- Physical fitness activities
- Outdoor trips

Community-Based Day Care Services

Service Description:
On weekdays, people with disabilities visit a community service center, where a professional team provides training in self-care and support for interpersonal relationships, recreational activities, and community adaptation, helping people with disabilities maintain basic daily living skills and social functioning.

Eligibility:
Individuals aged 18 or above who are assessed as needing community-based day care services and who are not living in an institution.

What Services Are Provided through Community-Based Day Care?

2.Training for daily living skills, e.g.,
- Brushing teeth
- Toileting
- Cleaning

3.Community adaptation, e.g.,
- Shopping
- Outdoor trips
- Community participation

1.Recreational activities, e.g.,
- Singing
- Dancing
- Painting

4.Health promotion, e.g.,
- Healthy eating
- Physical fitness activities

Home-based Care Services

Service Description:
People with disabilities receive care at the home of a home-based care service provider.
Care is generally provided for eight hours per day.
Overnight stays are not permitted.

Eligibility:
The service is available to individuals aged 18 or above who are assessed as needing home-based care services and who:

1. Are not receiving 24-hour residential institutional care
2. Are not receiving day care, home care, or other similar care services
3. Do not employ a caregiver or domestic helper
4. Are not receiving a government-provided special care allowance or any other subsidy for care or education expenses

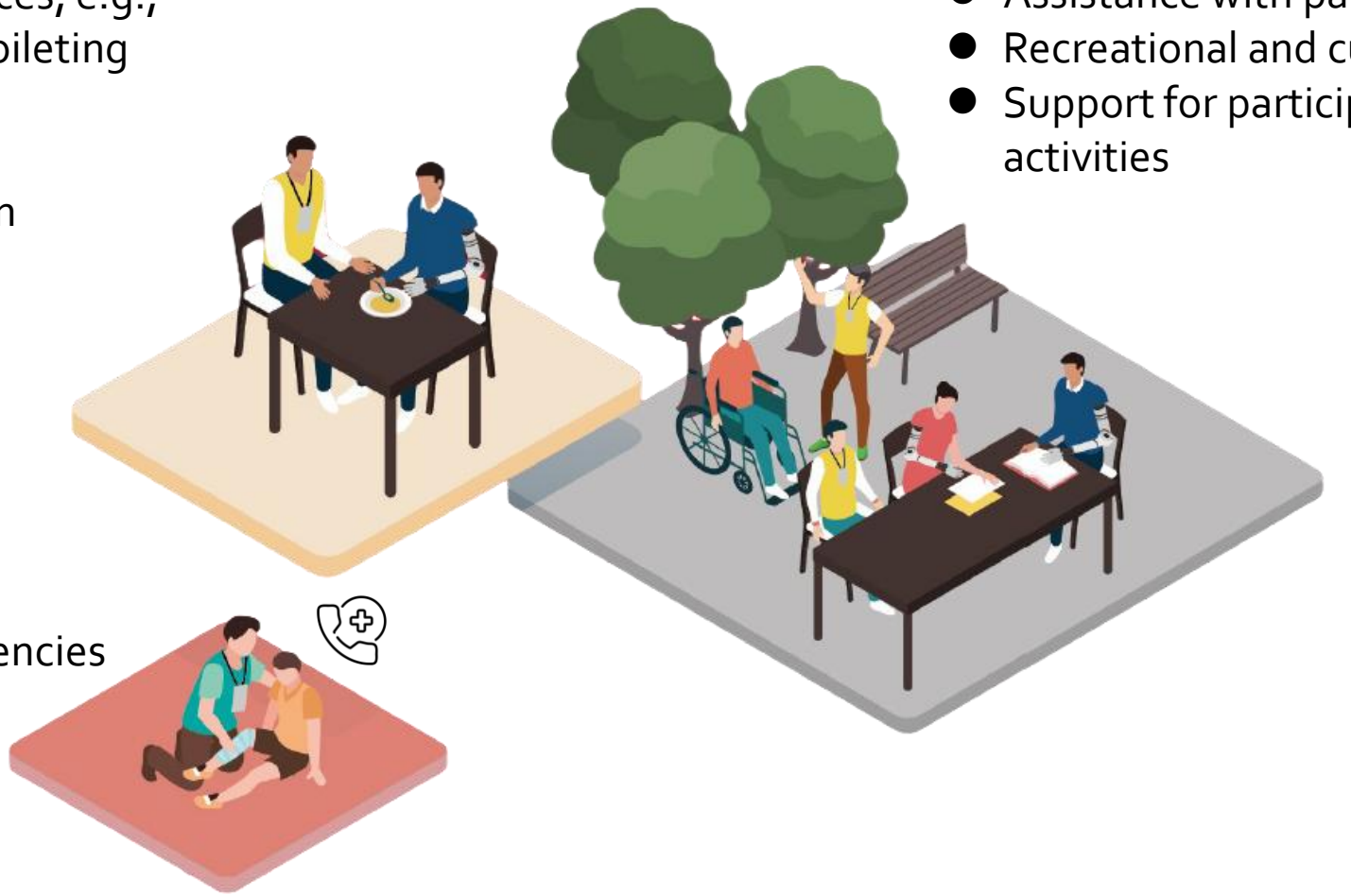
What Services Are Provided through Home-Based Care Services?

1.Personal care services, e.g.,

- Assistance with toileting
- Dressing
- Eating
- Taking medication

3. Daily living support, e.g.,

- Assistance with paperwork
- Recreational and cultural activities
- Support for participating in community activities



2.Safety supervision, e.g.,

- Monitoring for unusual conditions
- Helping handle emergencies

Supportive Services for Independent Living

Service Description:
A person with a disability works with professionals to develop an independent living plan and goals. Peer support workers provide emotional support and share their lived experiences, while personal assistants help with everyday needs. These services support the person in living independently in the community.

- Self-Choice
- Self-Determination
- Self-Responsibility

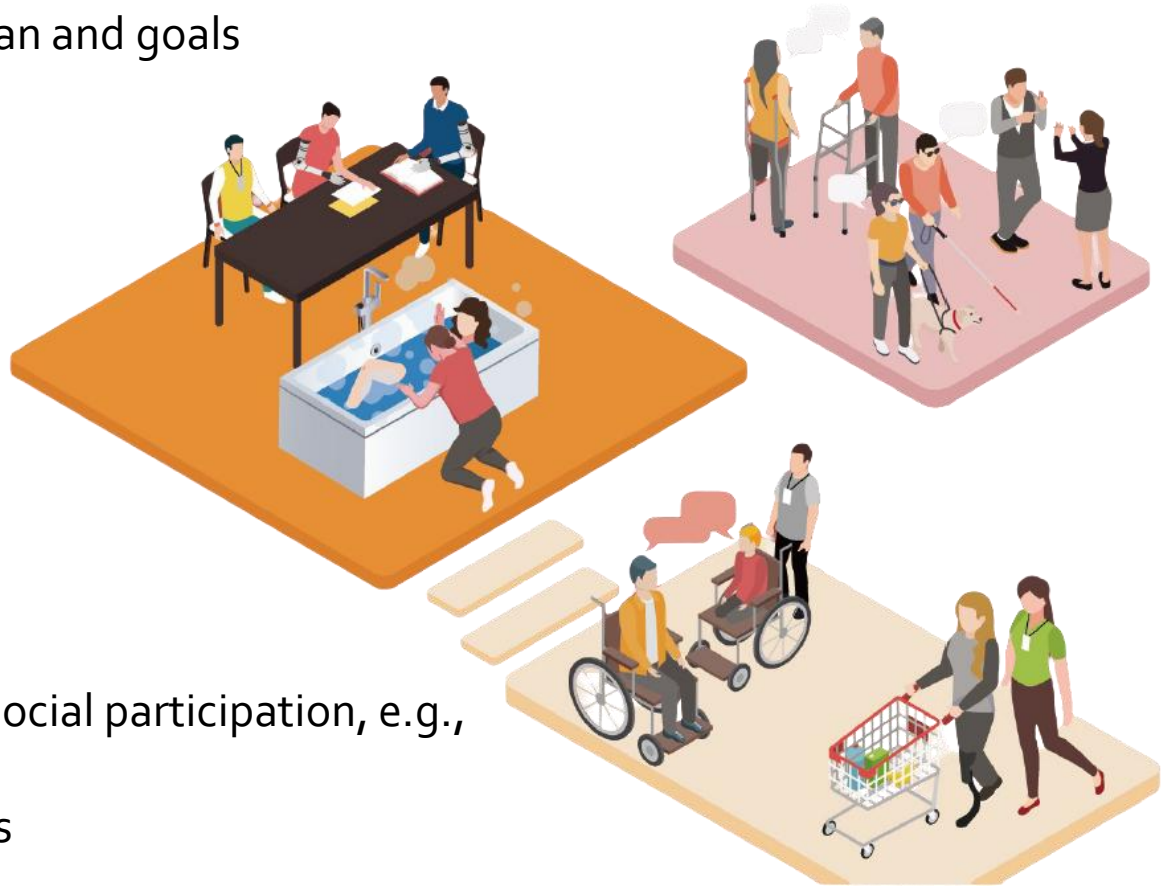
Eligibility:
Individuals aged 18 or above who are assessed as needing support services for independent living and who:

1. Are not living in an institution
2. Do not employ a caregiver or domestic helper
3. Are not receiving a government-provided special care allowance
4. Are not receiving a care allowance or any other subsidy for care expenses

What Services Are Provided through Independent Living Support?

2.Peer support, e.g.,
- Sharing experiences
- Providing emotional support

1.Developing an independent living plan and goals



3.Personal assistance, e.g.,
- Meal preparation
- Bathing
- Transfers

4.Support for outings and social participation, e.g.,
- Shopping
- Participating in activities

Assistive Device Services

Service Description:
Local governments have established assistive device centers staffed by professionals who provide:

- Assistive device consultations and assessments
- Assistance with obtaining appropriate devices
- Device training
- Follow-ups
- Repairs and adjustments
- Recycling and rental of second-hand assistive devices

Eligibility:
Individuals who hold a disability certification and who need to use an assistive device.

What Services Are Provided by Assistive Device Centers?

1. Assistive device specialists conduct assessments and provide training in device use, helping people with disabilities obtain any necessary assistive devices.

2. Social workers assist with applications for assistive device subsidies, make referrals, and connect people with suitable resources.

3. Assistive device repair technicians provide maintenance and repairs to ensure safe use and extend the service life of assistive devices.

Rehabilitation Buses

Service Description:
Local governments provide rehabilitation buses to help people with disabilities travel to different destinations.

Eligibility:
Priority is given to people with disabilities who use wheelchairs. One accompanying person may travel with the passenger when necessary.

Rehabilitation bus services must be reserved in advance by telephone, fax, or online.

Where Can Rehabilitation Buses Take Passengers?

Rehabilitation buses transport people with disabilities to:

II. Family Support Services

Family support services for family caregivers of people with disabilities include:

1.Respite and Short-Term Care Services(P22-P23)

2.Training and Supplemental Classes for Caregivers(P24)

3.Family Care Visits and Services(P25)

Respite and Short-Term Care Services

Service Description:
When a family caregiver needs to go out temporarily or is unable to provide care for a short period, the local government arranges respite or short-term care services, giving the caregiver a break from their caregiving responsibilities.

Eligibility:
1. Families of people with disabilities who are assessed as needing respite and short-term care services
2. Families caring for a person with a severe or profound disability who employ a foreign caregiver may also apply

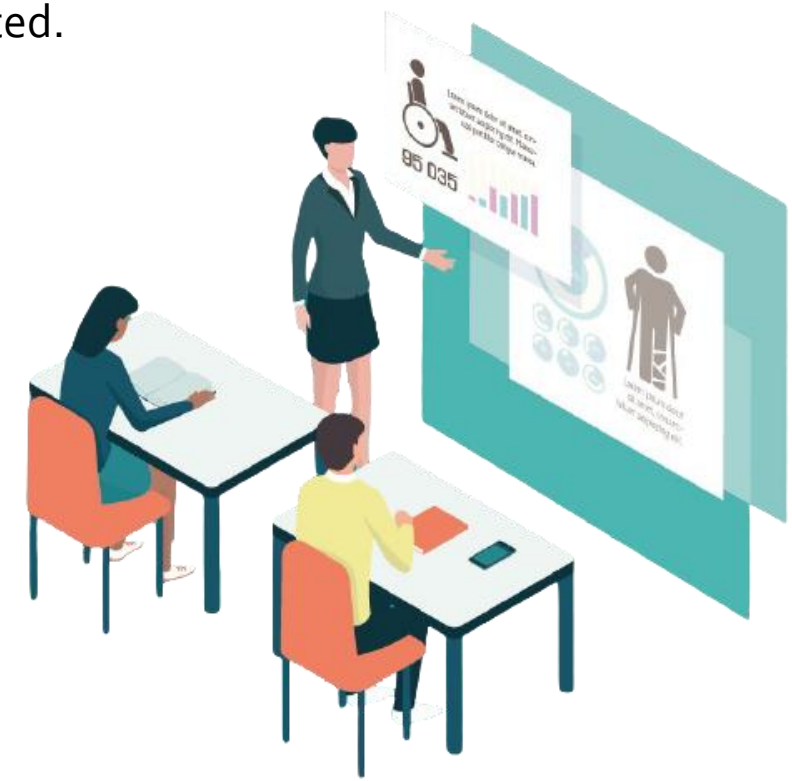
What Services Are Provided through Respite and Short-Term Care?

2.The person with a disability receives respite or short-term care in the community or at a care facility.

1.A care attendant stays at home with and supports the person with a disability.

Training and Supplemental Classes for Caregivers

Service Description:
Care skills training and courses help caregivers learn how to care for a family member with a disability. Workshops also provide opportunities for sharing experiences, helping caregivers feel less isolated and better supported.



What Services Are Provided through Training and Supplemental Classes for Caregivers?

1. Lectures, seminars, courses, and other training and workshop activities
2. Group activities that allow family caregivers to connect with one another and de-stress

Family Care Visits and Services

Service Description:
Professionals visit homes to provide emotional support and information about available welfare services.
They also connect families with community-based and social welfare resources to help address each family's needs.

What Services Are Provided through Family Care Visits?

1. Home visits to check on the family's well-being and provide support
2. Appropriate assistance based on each family's circumstances, with referrals to professional service providers when follow-up support is needed

- Emotional Support
- Information on Welfare Services
- Connections to Resources