

City Office Notices

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June 1, 2019

Topics

- * Support for pregnant women and new mothers
- * Orthopedic and surgery department opening at Senda-machi Nighttime Emergency Medical Center
- * Medical subsidies for single-parent households
- * This year's National Health Insurance rate has been set
- * Advice about difficulties in daily life

Support for pregnant women and new mothers

産前・産後のママを支援します(P2)

The time before and after giving birth is the least stable time for a mother's physical and mental health. Hiroshima City Hall works together with professionals such as midwives to provide support for women during this time, and has received satisfied responses from service users.

ENQUIRIES: Children and Families Support Division (*Kodomo Katei Shien Ka*)
Telephone: 504-2623 Fax: 504-2727

The below three services are available. In principal, all services are provided in Japanese.

1) Support before and after the birth

Before the birth, you can talk to a qualified midwife about things such as any concerns you have. After the birth, they will give you guidance on things such as breastfeeding and bathing the baby.

Who can use this service?

This service is for...

- ...women who are pregnant and have 8 weeks (56 days) or less left until the birth.
- ...women who have had a baby in the last 8 weeks (56 days).

If you are either of the above **and** you meet all of the below criteria, you and your baby can use this service:

- Your address is in Hiroshima City.
- You have health problems, parenthood-related anxiety, or similar.
- You do not know anyone who can give you advice.

Support provided

A midwife will visit your home to provide services including the following:

- Talking to you about any concerns about pregnancy or childbirth
- Checking on your (the mother's) health and guidance on breast management (*nyūbō kanri*)
- Advice about breastfeeding and bathing the baby
- Advice about parenting
- And others

- When is this service available?** Monday to Friday between 9:00am and 5:00pm, except on days when government offices are closed
- Maximum number of visits:** Up to 4 visits, 1 hour per visit
- How much does it cost?** 0 to 2,500 yen per visit, depending on income and other factors

2) Support after the birth

Immediately after the birth, you can visit or stay at an obstetric medical facility to receive support for your wellbeing and ask for advice on parenting.

Who can use this service?

If you are a mother with a baby who is less than 8 weeks (56 days) old and meet all of the following criteria, you and your baby can use this service:

- Your address is in Hiroshima City.
- You have health problems, worries about parenthood, or similar.
- You cannot get help from your family with housework or childcare.

Type of support	Meals provided	Services provided
Short Stay <i>(Shukuhaku-gata kea)</i> As a rule, one day is defined as from midnight to midnight on the following day.	3 meals per day (On the first day, 2 meals)	<ul style="list-style-type: none"> • Checking on your (the mother's) health and guidance on breast management (<i>nyūbō kanri</i>). • Discussing any concerns about pregnancy or childbirth
Daytime <i>(Dei kea)</i> As a rule, one day is defined as 10:00am – 7:00pm.	2 meals per day	<ul style="list-style-type: none"> • Advice about breastfeeding and bathing the baby • Advice about parenting

Note: You can use these two services for a maximum of 7 days.

Where is this service provided? A contracted medical facility or a maternity home

How much does it cost?

Short Stay Support: From 0 to 15,000 yen per day

Daytime Support: From 0 to 7,500 yen per day

- ◇ The cost depends on your income and other factors.
- ◇ Even if you cancel meals, the cost will not change.

3) Home visits by a helper after the birth

You can have a helper visit your home to give necessary help with housework and childcare.

Who can use this service? The same people as 2) *Support after the birth*

Support Provided:

Housework support	Childcare support
<ul style="list-style-type: none"> • Preparing meals, tidying after • Laundry and repairing clothes • Cleaning and tidying the living room and other rooms • Shopping for daily necessities • Putting things in the mail • Other necessary help with housework 	<ul style="list-style-type: none"> • Guidance on breastfeeding • Changing diapers or clothes • Bathing the baby • Looking after the baby's older siblings • Other necessary help with childcare

Note: As a rule, this service is provided inside the service user's home, while parent(s) or guardian(s) are present. There are exceptions to this for some types of support.

When is this service available? Any day between 8:00am and 6:00pm
The maximum length of one visit is 2 hours.

Maximum visits per day: 2 **Maximum visits in total:** 10

How much does it cost?

- 60 minutes or less: From 0 to 1,000 yen
- 90 to 120 minutes: From 0 to 2,000 yen
- ◇ The cost depends on your income and other factors.

HOW TO APPLY:

- ▶ Contact your local Health Center (*Hoken Sentā*, contact details below). You can apply once they explain the service to you.

- ▶ When you can apply depends on the type of support:

For **1) Support before and after the birth**,

you can apply once you are approximately 6 months (20 weeks) pregnant.

For **2) Support after the birth** and **3) Home visits by a helper after the birth**,

you can apply once you are approximately 8 months (28 weeks) pregnant.

ENQUIRIES: Your local Health Center (*Hoken Sentā*)

Ward	Telephone	Ward	Telephone	Ward	Telephone	Ward	Telephone
Naka	504-2109	Minami	250-4133	Asaminami	831-4944	Aki	821-2820
Higashi	568-7735	Nishi	294-6384	Asakita	819-0616	Saeki	943-9733

Orthopedic and surgery department (for injuries) opening at Senda-machi Nighttime Emergency Medical Center

整形外科・外科(けが)部門 6月3日(月)開設(P3)

On June 3 (Mon.), Senda-machi Nighttime Emergency Medical Center will open an orthopedic and surgery department for treating injuries, in addition to the internal medicine department and ophthalmology (eye) department that it has now. If you are worried about waiting until the morning to see a doctor about a bruise or a cut, you will be able to see a doctor here.

Note: Please call before visiting the orthopedic and surgery department.

Senda-machi Nighttime Emergency Medical Center (*Senda-machi Yakan Kyūbyō Sentā*)

Address: Naka-ku Senda-machi 3-chōme 8-6

Reception times: 7:30pm to 10:30pm *The Center is shut from December 31 to January 3.*

Services available: ●Internal medicine (for patients aged 15 or older) ●Ophthalmology (Eyes)
●Orthopedic and surgery for injuries (starting from June 3)

Note:

There are two Nighttime Emergency Medical Centers in Hiroshima City. At Kabe Nighttime Emergency Medical Center, you can see a doctor about internal medicine. It is closed on Sundays, public holidays, and December 31 to January 3.

ENQUIRIES: Senda-machi Nighttime Emergency Medical Center

Telephone: 504-9990 Fax: 504-9991

Medical Services Policy Division (*Iryō Seisaku Ka*)

Telephone: 504-2178 Fax: 504-2258

Medical subsidies for single-parent households

ひとり親家庭などの医療費の補助(P4)

Hiroshima City Hall provides medical subsidies for people living in single-parent households who live in Hiroshima City and have health insurance. The subsidies pay for part of copayments. They do not pay for meals or accommodation while staying in a hospital.

Who can use this service? People in the following or similar situations can use this service:

- A child in a single-parent household and the parent who is taking care of that child. The child can use the service until the March 31 following their 18th birthday.
- A child who is not in the care of his or her parents and that child's unmarried guardian

Note: This service has income-related criteria. Please enquire for details.

HOW TO APPLY:

Take your *inkan* seal, health insurance card, and other documents to the Health Services and Welfare Division (*Hoken Fukushi Ka*) of your local ward office. For Higashi Ward Office, contact the Welfare Division (*Fukushi Ka*)

ENQUIRIES: The Health Services and Welfare Division (*Hoken Fukushi Ka*) or Welfare Division (*Fukushi Ka*) of your local ward office.

Ward	Telephone	Fax	Ward	Telephone	Fax
Naka	504-2569	504-2175	Asaminami	831-4945	870-2255
Higashi	568-7733	568-7781	Asakita	819-0605	819-0602
Minami	250-4131	254-9184	Aki	821-2813	821-2832
Nishi	294-6342	294-6311	Saeki	943-9732	923-1611

This year's National Health Insurance rate has been set

今年度の保険料率が決まりました(P3)

The rate used to calculate method your National Health Insurance (*Kokumin Kenkō Hoken*) premium changes every year. Now that this year's rate has been decided, Hiroshima City Hall will mail a notification to households that are enrolled in National Health Insurance on June 10 (Mon.). Each household's National Health Insurance premium will be written on their notification. The notification will be sent together with a booklet (国保のしおり) explaining the National Health Insurance system.

ENQUIRIES: National Insurance and Pension Division (*Hoken Nenkin Ka*)
Telephone: 504-2159 Fax: 504-2135

Advice about difficulties in daily life

まちかど生活相談会(P4)

Advice from professionals such as lawyers about problems such as those related to finance, disability pension, working conditions, and debt. In principal, advice is in Japanese.

WHERE: The underground open space next to the south exit of Hiroshima Station

WHEN: 10:00am–5:00pm on June 11 (Tues.) and June 12 (Wed.)

ENQUIRIES: Anti-Poverty Network Hiroshima (*Han-Hinkon Nettowāku Hiroshima*)
Telephone: 090-4890-1579 Fax: 227-1200
10:00am–noon and 1:00pm–5:00pm, Monday to Friday