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### **Greetings from the Chairman**

We are a social welfare corporation operating a social welfare business in Tokyo. We started this business thinking how wonderful it would be if our business could really be a small light and give warmth and a little bit of hope to as many people as possible.

Together with our colleagues who share our ideals, we are making persistent efforts to cherish each and every user’s day and to continue to provide services that satisfy users and their families.

We will continue to expand our range of services and provide services that satisfy as many people as possible.

Mari Sakurai, Chairman of the Board

## **Special Nursing Home for the Elderly Ogikubo Shien**

We welcome you with advanced facilities, professional staff, and warm smiles!

We provide the best facilities, meals, a variety of recreational activities, and regular music concerts to give you and your family a sense of pride in your daily life here.

We respect the wishes of our residents and according to their abilities, we support them to continue to live the same life after moving in as they did before moving in. We also value residents' connections with the community and their families, so that they can lead enriched lives through our nursing care and facility services.

- Special elderly nursing home
- Short term residency care

The surrounding nature around us is rich and abundant in greenery. It is a little outside the city, thus many may doubt whether or not there really is such a place! Residents are healed by the beautiful nature, protected by staff who have received specialized education of dementia, and are able to live their own lives, safely and freely. In this facility, dementia is an ordinary disease, not a 'special' one. Although they all have some obstacles, they all live with hope for tomorrow. It is a facility where people feel strongly about "the power to live".

### **Annexed Short stays:**

In our nursing home, even to those who have not been officially 'registered', we offer "short stay" services that allow us to take care of a resident during a certain period of time, starting from a one-day stay.

### **Day Service Honoka Ogikubo:**

We are a day-care facility that provides a variety of daytime care services to elderly people in need of nursing care, giving them a sense of vitality in their otherwise maybe confining, humdrum daily lives. In order to make residents' stay comfortable, we provide services such as delicious meals, bathing, creative recreational activities, functional training, and other enriching activities to make their day enjoyable. We look forward to welcoming you to our facility with a variety of recreational programs so that you can spend a pleasant day in a bright, home-like atmosphere.

### **Greetings:**

Located in a quiet residential area about a 15-minute walk from Ogikubo Station, the Suginami office operates three businesses: day care, short-term care, and a special nursing home for the elderly. We assist residents to live in their familiar areas for a long time. Based on our philosophy, "to light the hearts of each and every person through sincere service," we provide services that make our clients feel "at home". We also strive to be a place where not only our residents, but also their families, local community, and employees can have a "peace of mind" and "trust" in our services.

Hideo Takahashi, Facility Director of Ogikubo Shien

### **Access:**

Outoukai Special Nursing Home for the Elderly "Ogikubo Shien"

3-7-30 Ogikubo, Suginami-ku, Tokyo 167-0051

TEL : 03-6915-1593 (special care and short stay)

TEL : 03-6915-1595 (day service)

FAX : 03-6915-1594 (common)

By train:

15 minute walk from Ogikubo Station on the Chuo Main Line

15 minute walk from Ogikubo station on Tokyo Metro Marunouchi line

15 minute walk from "Minami Asagaya" station on Tokyo Metro Marunouchi line

By bus:

From Ogikubo Station South Exit, take the bus bound for "Shalair Ogikubo" for about 7 minutes and get off at "Special Care Home Ogikubo Shien" bus stop.

## **Group Home Akari**

Group Home Akari is an ordinary large house located in a quiet residential area in the Setagaya ward. People with symptoms of dementia live together while helping and supporting each other. Daily walks to nearby parks and temples are part of our residents' daily routine. We go shopping at a local supermarket, which is about a 30 minute walk away. We also cook meals together. They cut vegetables quickly with their old skills. Life at Akari is as normal as life before dementia. We always remember to laugh and cherish our interactions with each other. Many residents have memory impairment, but we are always cheering them on. In turn, we receive many words of gratitude from them. Akari lives with the importance of "living in the present together".

- Day service care for dementia
- Community-based care for dementia

We are a community-based group home located in a completely residential area of Setagaya and Chitosedai. Through exercises of rehabilitation and recreation, we make the progress of dementia gentle and allow for healthy living. Experienced staff continue to provide high-quality services with our 'hearts' and carefully keep in touch with residents and their families so that both can "live in the same time together".

## **Short-term use of Group Home (short stay):**

Akari Group Home accepts short stays covered by long-term care insurance. Short-term stays are available only when a current resident is hospitalized for a long period of time and has vacated his/her room; in which

Please contact the manager if you wish to use this service.

Short-term stays are also available while using the Day Service Honoka Chitosedai.

For those who are considering admission, a trial admission is available.

## **"Shared Day" Akari:**

Shared Day Service is a day service provided using the shared space of our group home. Unlike regular day care services, this service allows residents to spend a day together with the group home residents in a relaxed atmosphere.

## **Day Service Center Honoka Chitosedai:**

Day Service Center Honoka Chitosedai is a day service built in Chitosedai, Setagaya Ward. People with dementia attend the center, which has a group home adjacent to it. The small number of residents (12) makes it a very "homey" day service. Every day Honoka goes shopping to a nearby supermarket and prepares meals. Users take the lead in preparing lunch together with the staff, and we also try to create an atmosphere where they can enjoy their meals. We encourage interaction among users and prevent the decline of physical functions by having them take on roles they are good at. There is a park nearby, so we actively provide many opportunities for outings. We are open Monday through Saturday and on holidays. We also offer transfers or additional use for family members' urgent business or convenience.

Additionally, we provide individual functional training by an occupational therapist; we can help prevent muscle weakness in the lower limbs and help those live at home until the end of their lives. (Wednesdays only)

## **Greetings:**

The Setagaya Chitosedai Office provides day care services for those with dementia (Day Service Center Honoka Chitosedai) and communal living care services for people with dementia (Group Home Akari). Our staff members have a deep understanding of our clients and by treating them with respect and kindness, they are able to build a family-like relationship with clients, who in turn greet them with kindness and smiles. Our job is to make them smile and live as one of our family members even if dementia makes it difficult for them to live alone. We will strive to provide even better quality services while receiving energy from our clients and growing as individual staff members.

Hiroto Senbokuya, Facility Manager

**Access:**

Sakuratoukai Group Home “Akari” 3-26-15 Chitosedai, Setagaya-ku, Tokyo 157-0071, Japan

TEL: 03-6411-2301 (Group home)

TEL : 03-6411-2302 (Day service center)

FAX : 03-5429-1212 (Common)

By train or bus:

From Chitose Funabashi Station on the Odakyu Line, take the bus bound for “Seijo Gakuen Mae” Station (5 minutes). It’ll be a 2 minute walk from Chitosedai 3-chome bus stop.

From Chitose-Karasuyama Station on the Keio Line, take the bus bound for Chitose-Funabashi Station (10 minutes). It’ll be a 3 minute walk from “Mawarisawa” bus stop.

### **Short Stay Shiawase-no-Hi**

Short-stay services are available for those who need to leave his or her house unanticipatedly (emergency entry). "Shiawase no Hi" is the first single-unit type short-term care facility in Toshima ward that provides overnight care services to elderly people who have been certified (with Certification of Needed Support/Long-term care) for nursing care. The facility is equipped with bathing facilities that can be used even by bedridden residents and all rooms are private rooms, so one can enjoy a relaxing stay as if his or her were in a hotel. It is only a 2-minute walk from "Zoushigaya" Station on the Fukutoshin Line and there are parks and shrines in the neighborhood, making it a comfortable environment. We look forward to serving you.

- Short term residency care
- Visiting nursing care "Hoho-emi care service"
- We have a nurse on-site who is available for consultation for medical treatment during the daytime
- Delicious meals freshly prepared in the facility's kitchen
- We offer seasonal baths, events, meals for special occasions and homemade snacks

Located in a residential area of Minami-Ikebukuro, it is in a very convenient location for family visits. We offer beautiful private rooms with a capacity of 24 people. Our staff are young, enthusiastic, and experienced; their positivity bring days of constant laughter and happiness, as well as services accommodated to each resident. We welcome short-term use, long-term use, emergency entry, and various medical practices at our facility.

### **Home-Visit Nursing Station Sato:**

We support those who "want to stay at home as much as possible even if they are sick or disabled. Home-Visit Nursing Care is a service in which nurses visit families (based on the instructions of the attending physician) to provide nursing and rehabilitation services according to the symptoms of the patient, based on the instructions of the patient's doctor.

We tend to those who:

- Have a disease or anxiety in daily life
- Have worries about muscle weakness or falling
- Need medical treatment such as intravenous drips and bedsores
- Do not know how to take care of someone with dementia or someone who needs end-of-life care

We support the patient's and their family's wish to "live as one's self in one's own home, in one's own familiar place, despite illness or disability". We strive to be a bridge between medical care, nursing care, and welfare by promptly cooperating with doctors, care managers, welfare offices, etc., so that patients and their families can live comfortably and safely. Certified home health care nurses are on staff, so please be assured you are in good hands.

In the event of an emergency, we have a system to provide at-home care 24 hours a day, 365 days a year. Please consult with your primary physician and your care manager.

### **Home-visit Nursing Care Hoho-emi Care Service:**

Home-visit nursing care is a service in which a qualified helper from a home-visit nursing care agency visits a patient's home to provide assistance in daily living, including: physical care (dressing, bathing, toileting, eating, etc) and daily living assistance (shopping for daily necessities, meal preparation, cleaning, laundry, receiving medicine, etc). This service is indispensable for in-home care when you want to take care of your loved one at home as much as possible, but you do not have enough time or hands to do so. Please consult with the care manager.

### **Greeting:**

The Toshima Office is a 2-minute walk from Zoshigaya Station on the Tokyo Metro Fukutoshin Line, in the heart of the city, yet in a peaceful location with Minami Ikebukuro Park and Kishimojin nearby. We provide three services: short stay (Shiawase-no-hi, home nursing (Sato), and in-home care (Hoho-emi). By utilizing the strength of the same office and smoothly sharing information and cooperating with one another, we are able to provide continuous and seamless services where users can continue to live in their familiar areas. We aim to provide high quality services by collaborating with various professionals in the community so that each service can help each user to live their life in their own way.

**Access:**

Outokai Short Stay "Shiawase no Hi"

4-5-1 Minami-Ikebukuro, Toshima-ku, Tokyo 171-0022

TEL: 03-5927-8050 (Short stay)

TEL : 03-5927-8001 (Home-visit care)

TEL : 03-5927-8234 (In-home nursing care)

FAX : 03-5927-8051 (Common)

By train:

2 minute walk from "Zoshigaya Station" of Tokyo Metro Fukutoshin Line

5 minute walk from "Kishimojin" station on Toden Arakawa line

### **Group Home “Sakura-no-ie Higashi Yaguchi”**

This home opened on April 1, 2007. We provide services with all our hearts so that even those with dementia can spend their final days in their desired ways. We make daily efforts to tend to the wishes of each and every patient. All rooms have tatami mats, so one can feel the warmth of the wood. Air-conditioning and heating are provided for each room as well. There is floor heating available in the living room and hallway. You can stay warm even in the coldest winter. We provide an enjoyable place to live and thus residents have constant smiles on their faces. We support individual outings, annual events, and music therapy.

- Day service care for dementia
- Community-based care for dementia

Each resident can feel the nostalgia of traditional Japanese houses in the residence of all the rooms and relax. There is a shopping area in the vicinity of the facility, where we strive to keep shopping with our residents every day for shopping. We value the thoughts and views of our residents and their families; we will provide high-quality services with expertise and will aim to create an ‘all-smile’ environment.

### **Short-term use of group home (short-stay)**

Group Home Sakura-no-ie Higashi Yaguchi accepts short stays covered by long-term care insurance. Short-term stays are available only when a current resident is hospitalized for a long period of time and has vacated his/her room. If you wish to use this service, please contact the person in charge of the home.

### **Day Service Center Honoka Higashi Yaguchi**

We strive to create a warm in-home atmosphere. Please come and visit us! Day Service Honoka Higashi Yaguchi is a small-scale day service for people with dementia (12 person capacity). We provide support so that those with dementia can come to the center and maintain their social skills and daily life functions, as well as enjoy their days. Our main programs are cooking lunch and going on outings. We plan the menu for each day's lunch with the residents and go shopping at a nearby supermarket. We are able to provide hot meals that everyone wants to eat and/or we take meal requests. Lunch together with everyone becomes an enjoyable atmosphere with lively conversation. When the cherry blossom viewing season comes around, we of course go out to view the plum and cherry blossoms, and when residents say, "I want to eat out today," or "I want to go outside for a while," we incorporate this into our programs so that they can go out to eat or go on outings.

### **Greeting:**

The Ota Office provides day care services for people with dementia (Day Service Center Honoka Higashi Yaguchi) and communal living care services for people with dementia (Group Home Sakura-no-Ie Higashi Yaguchi). We strive to provide services suited to each individual user so that they can continue their daily lives in his or her familiar neighborhoods. We make daily efforts to provide heartfelt services that respond to the thoughts and wishes of the patients and their families, so that they can live their daily lives happily. The facility is designed to provide a peaceful and safe time in a warm environment with the ‘warmth of wood’. We aim to be a trusted office in our community, so we will do our best to support the elderly with dementia and their families.

Masayo Nishizuka, Facility Manager, Ota Office

### **Access:**

Outokai Group Home "Sakura no Ie Higashi Yaguchi  
2-6-24 Higashi-Yaguchi, Ota-ku, Tokyo 146-0094, Japan

TEL: 03-3756-0437 (Group home)

TEL : 03-3756-0331 (Day service center)

FAX : 03-3756-0332 (Common)

By train:

7 minute walk from “Yaguchi-watashi” Station on the Tokyu Tamagawa Line

## ***Special Nursing Home for the Elderly Sakura-no-michi Shien***

We value "individuality," mutual respect, and harmonious living.

We place importance on creating an environment where people can enjoy their lives.

We provide 24-hour care, nursing care for illnesses unique to the elderly (as well as dementia), and intriguing club activities. In addition, we have a complete disaster prevention and management system in place in case of emergencies. We are committed to further improvement for your comfort and peace of mind.

- Special elderly nursing home
- Short term residency care
- In-home long-term care support office "Hamayu Ota"

We cherish the "personalities" of each and every resident, respect each other, and value the peaceful living environment. We provide countless services by specialized staff who respond to various needs with advanced equipment (can be compared to those at hotels).

### **Annexed Short stays**

In our nursing home, even to those who have not been officially 'registered', we offer "short stay" services that allow us to take care of a resident during a certain period of time, starting from a one-day stay.

In-home Care Support Office "Hamayu Ota" 居宅介護支援事業所はまゆう大田

With kindness and politeness as our motto, we create care plans tailored to each individual. We have two female care managers (one of them is a chief care manager). Saturday visits are available upon request.

### **Greetings:**

Our office, Ota office no.2, provides four services: a special nursing home for the elderly, short-term nursing care, home-visit nursing care, and in-home care support. In our facility, we place importance on creating an environment where each person can spend his or her own time freely and comfortably in a unit care setting, where "individuality" is valued, and where people can enjoy their daily lives in a harmonious atmosphere of mutual respect and harmony. Our staff members work together with many different professions to provide 24-hour care, as well as nursing care for illnesses unique to the elderly (ie. dementia), and club activities that add color to their lives, all with the utmost care and concern. In addition, we provide services that allow the local community to live in peace through in-home support.

Manami Sekiguchi, Facility Director of Sakura-no-michi Shien

### **Access:**

Outoukai Special Nursing Home for the Elderly "Sakura-no-michi Shien"

3-11-3 Yaguchi, Ota-ku, Tokyo 146-0093, Japan

TEL: 03-6715-4373

FAX: 03-6715-4379

By train:

10 minute walk from "Yaguchi-watashi" station on the Tokyu Tamagawa Line



### **Child Development Support Center "Sakura no Michi"**

We provide activities to develop each child's potential through play.

Child Development Support "Sakura no Michi" is a rehabilitation facility for preschool children with developmental concerns. This is the first business for children in Outoukai and was newly opened in Ikegami, Ota-ku, Tokyo. We provide solid care using the knowledge and techniques we have learned from nursing care. In addition to care, we will provide activities to develop each child's potential through play and production, such as physical exercise in a bright and open room, sitting down and using their hands and fingers. Using "Eurythmic and Montessori Education," we will develop knowledge and basic movements for these children. We also use "sensory exercises" to develop each child's body to adapt to group life. We praise "what the child has accomplished" and provide "enjoyable time" for the child's rehabilitation.

### **For Families:**

We provide rehabilitation education in spacious, clean classrooms that are carefully designed for safety. We also have a clean consultation room where privacy is protected and families can consult with us about any concerns they may have. During the treatment and education, you can take a break while watching your child nearby. The location is close to Ikegami Station and the "Chidori 2-chome" bus stop, so shopping is also readily available nearby.

### **Greeting:**

Sakura-no-michi is located in a picturesque area near Honnoji Temple and Tokumochi Shrine.

At Sakura-no-michi, we provide medical care and education tailored to the development of each child, incorporating the five areas necessary for child development support: (1) health and lifestyle, (2) movement and sensory, (3) cognition and behavior, (4) language and communication, and (5) human relations and social skills. Children grow through a variety of experiences and learning, so we hope to help them do so by enhancing the content of our rehabilitation programs.

We aim to provide medical education that will help your child's future, "from play to learning".

We look forward to seeing you at "Child Development Support Sakura-no-Michi".

### **Access:**

Outoukai i Child Development Support Office "Sakura no Michi"

NK Building 2F, 8-3-5 Ikegami, Ota-ku, Tokyo 146-0082, Japan

TEL: 03-6410-4702

FAX: 03-6410-4703

By train:

7 minute walk from Ikegami Station on the Tokyu Ikegami Line

By bus:

2 minute walk from "Chidori 2-chome" bus stop by Tokyu Bus

## **Special Nursing Home for the Elderly Hinode-Shien Short-term Stay**

Hinode Shien is surrounded by abundant greenery and is a 'treasure trove' of rich nature. You may be surprised to find such a place just a short distance away from the city center. Patients are healed by the surrounding nature and are protected by staff members who are specially trained in dementia, allowing them to live their own lives in safety, security, and freedom. The 100 residents of this facility form a small town, where people with good or bad relationships, funny or dexterous, sometimes get together, sometimes grow apart, and live with joy, anger, sorrow, and pleasure, making up the society of the 'moment'. In this facility, dementia is a normal disease, not a special one. Although they all have some kind of disability, they are living with hope for tomorrow. This is a facility where we strongly feel residents' zest for life.

- Special elderly nursing home
- Short term residency care
- In-home long-term care support office "Hamayu"

## **In-home Care Support Office Hamayu**

We carefully create care plans for those needing nursing care so they can enjoy their daily lives in their own way and with vitality. Of the three care support specialists on staff, two are chief care support specialists.

We are always available for consultation. Please feel free to contact us even for small matters.

## **Greeting:**

The Hinode Office operates three businesses: a special nursing home, a short term care facility, and an in-home care support office. This office is the birthplace of the Outoukai Association and where the headquarters are located. The view of the Satoyama from the day room is beautiful, with cherry blossoms in spring, fireworks in summer, autumn leaves in fall, and snow in winter; patients spend their days enjoying the changing seasons. Even more, there are many events such as cherry blossom viewing, nagashi somen ("noodle catching") on the spacious rooftop, sports events, food festivals, and noryosai (summer evening festival), in which local residents can participate, are very popular. We aim to be a bright, fun, and trustworthy facility that is well-liked and loved by the local community.

## **Access:**

Sakuratoukai Special Nursing Home for the Elderly "Hinode Shien"

231-1, Okuno, Hinode-cho, Nishitama-gun, Tokyo 190-0181, Japan

TEL : 042-597-1941 (common)

FAX: 042-597-1949 (common)

By train or bus:

From "Fussa" Station on the JR Ome Line, take the bus bound for "Musashi Itsukaichi" Station or "Hinode Orikaba" (20 minutes), and it'll be 5-minute walk from the Hinode Orikaba stop.

25 minute walk from Musashi Masudo Station on the JR Itsukaichi Line.

By car:

Take the Ken-O Expressway "Hinode Interchange" Exit

→ Turn left and go straight (toward Hinode Town Hall)

→ Turn left before "Seims" (drug store) on the left side of the road (at the traffic light) and go straight.

It is 10 minutes from the interchange exit, about 40 minutes from the city center.

Parking lot is available, so please feel free to come with your family.

## **Day Service Center Honoka Musashi-Murayama ほのか武蔵村山**

Honoka Musashi Murayama is a day care facility that offers a variety of care services to elderly people in need of nursing care, giving them a sense of vitality in their otherwise confining daily lives. In order to make their stay comfortable, the facility provides delicious meals, bathing, creative recreational activities, functional training, and other enriching activities to make their day enjoyable. We are waiting for your visit with a variety of recreational programs so that you can spend a pleasant day in a bright, home-like atmosphere.

- Day service nursing home care

We are proud of our meticulous service and small scale facility. In order to make residents feel comfortable, we plan days with fulfilling contents such as delicious meals and bathing, various recreation, creative ingenuity, and functional training.

### **Greeting:**

Musashi Murayama Nursing Home is a small day-care facility with a capacity of ten people. Taking advantage of its small size, the facility provides a variety of services, including individualized care in accordance with the wishes of patients, various seasonal outing events, and lifestyle rehabilitation that makes the most of each person's likes, strengths, and abilities. We aim to provide daycare services that are so enjoyable that people want to go there every day and that make them feel at home. We are open Mondays through Saturdays and on holidays. We look forward to seeing you.

### **Access:**

Outokai Day Service Center "Honoka Musashi Murayama"

2-32-5 Zanbori, Musashimurayama-shi, Tokyo 208-0034

TEL : 042-520-1190 (Day Service Center)

FAX: 042-569-1629 (Common)

By train or bus:

10 minutes by bus from Seibu Haijima Line "Seibu Tachikawa Station" to "Green Town Musashi Murayama", "IHI" or "Harunazuka", then it'll be a 5 minute walk from "Rojin Fukushi Kan-mae" bus stop.

From Akishima Station on the JR Ome Line, 25 minutes by bus bound for "Green Town Musashi Murayama", "IHI", or "Harunazuka", then it'll be a 5 minutes walk from the "Rojin Fukushi Kan-mae" bus stop.