

(As of April 1, 2026)

Community General Support Centers (Medical and Nursing Care Advisory Office)				
Basic Area	Center Name	Address	Phone	Areas Served
1 Nerima	① Mirai Aozora	2-40-1 Asahigaoka (inside Mirai Aozora Gakuen Complex)	5912-0523	Asahigaoka, Kotakecho, Hazawa, Sakaecho
	② Sakuradai	1-22-9 Sakuradai (inside Sakuradai Community Meeting Place)	5946-2311	Sakuradai
	③ Toyotama	2F, 3-9-13 Toyotama-Minami (inside adult day service center)	3993-1450	Toyotamanaka, Toyotama-Minami
	④ Nerima	2-24-3 Nerima (inside adult day service center)	5984-1706	Nerima
	⑤ Nerima City Office	6-12-1 Toyotama-Kita (Nerima City Office East Bldg. 5F)	5946-2544	Toyotamakami, Toyotama-Kita
	⑥ Nakamurabashi	1-9-1 Nukui (Nakamurabashi Civic Center 2F)	3577-8815	Nukui, Koyama
	⑦ Nakamura Kashiwa	2-25-3 Nakamura	5848-6177	Nakamura, Nakamura-Minami, Nakamura-Kita
2 Hikarigaoka	⑧ Kitamachi	2-26-1 Kitamachi (inside Kitamachi Community Center)	3937-5577	Nishiki, Kitamachi 1-5 and 8, Heiwadai
	⑨ Kitamachi Harunohi	6-35-7 Kitamachi (inside Kita Health Support Center)	5399-5347	Hikawadai, Hayamiya, Kitamachi 6 and 7
	⑩ Tagara	4-12-10 Tagara (inside special nursing home for seniors)	3825-2590	Tagara 1-4, Hikarigaoka 1
	⑪ Nerima Takamatsuen	2-9-3 Takamatsu (inside special nursing home for seniors)	3926-7871	Kasugacho, Takamatsu 1-3
	⑫ Hikarigaoka	2-9-6 Hikarigaoka (Hikarigaoka Civic Center 2F)	5968-4035	Hikarigaoka 2 and 4-6; Asahicho; Takamatsu 5, blocks 13-24
	⑬ Hikarigaoka-Minami	3-3-1 Hikarigaoka, Room 103	6904-0312	Takamatsu 4; Takamatsu 5, blocks 1-12; Tagara 5; Hikarigaoka 3 and 7
	⑭ Daisan Ikushuen	1-31-5 Doshida (inside special nursing home for seniors)	6904-0192	Doshida, Takamatsu 6
3 Shakujii	⑮ Takanodai-Nishi	5-24-1 Takanodai (inside adult day service center)	6913-1515	Yahara, Takanodai 2-5
	⑯ Takanodai	1-7-29 Takanodai (inside Nerima-Takanodai Ekimae Community Meeting Place)	5372-6300	Fujimidai, Takanodai 1, Minamitanaka 1-3
	⑰ Shakujii	3-30-26 Shakujii-machi (Shakujii Government Office 4F)	5923-1250	Miharadai, Shakujii-machi, Shakujiidai 1 and 3
	⑱ moi (moa)	3-6-13 Shimoshakujii (inside special nursing home for seniors)	3996-0330	Shimoshakujii, Minamitanaka 4 and 5
	⑲ Daini Koyoen	5-7-22 Sekimachi-Kita (inside special nursing home for seniors)	5991-9919	Shakujiidai 2 and 5-8; Sekimachi-Higashi 2; Sekimachi-Kita 4 and 5
	⑳ Sekimachi	1-7-2 Sekimachi-Kita (Seki Civic Center 1F)	3928-5222	Sekimachi-Kita 1-3, Sekimachi-Minami 2-4, Tatenochō
	㉑ Kamishakujii	1-6-16 Kamishakujii (inside Kamishakujii-Minami Community Meeting Place)	3928-8621	Kamishakujii, Sekimachi-Higashi 1, Sekimachi-Minami 1, Kamishakujii-Minamicho, Shakujiidai 4
4 Oizumi	㉒ Yasuragi Mirage	4-24-7 Oizumimachi (inside special nursing home for seniors)	5905-1190	Oizumimachi 1-4
	㉓ Oizumi-Kita	4-21-1 Oizumigakuencho (inside Oizumi-Kita Community Meeting Place)	3924-2006	Oizumigakuencho 4-9
	㉔ Oizumigakuen-dori	3-53-1 Higashi-Oizumi (inside Higashi-Oizumi Community Center)	5933-0156	Oizumigakuencho 1-3; Oizumimachi 5 and 6; Higashi-Oizumi 3, blocks 52-55 and 58-66
	㉕ Minami-Oizumi	5-26-19 Minami-Oizumi (inside Minami-Oizumi Community Meeting Place)	3923-5556	Nishi-Oizumi, Nishi-Oizumimachi, Minami-Oizumi 5 and 6
	㉖ Oizumi	1-28-1 Higashi-Oizumi (Lizmo Oizumi-Gakuen 2F)	5387-2751	Higashi-Oizumi 1 and 2; Higashi-Oizumi 3, blocks 1-51 and 56-57; Higashi-Oizumi 4-6
	㉗ Yasuragi City	7-27-49 Higashi-Oizumi (inside special nursing home for seniors)	5935-8321	Higashi-Oizumi 7, Minami-Oizumi 1-4

You may contact any center, regardless of the area it serves.

Reception
Hours

Monday through Saturday, 8:30 a.m. to 5:15 p.m.
(Excluding national holidays and December 29 through January 3)



Hello!

We're the Community General Support Centers!

(Medical and Nursing Care Advisory Office)



Helping Senior Residents Live Safely, Actively, and
in Their Own Way in the Community They Know



To help seniors live safely, actively, and in their own way in the community they know

please use a **Community General Support Center.**

A Community General Support Center is a local point of contact where public health nurses, nurses, comprehensive support to senior residents and their families in a wide range of areas—including community they know. Each center listens to concerns and requests for advice from seniors themselves, appropriate organizations to provide support.

certified social workers, senior care managers and other professionals work together to provide long-term care, welfare, health and medical care—so they can continue living safely and actively in the as well as from their families, community residents, care managers and others, and works with the

General Consultation and Support Services

Helping Resolve Concerns and Worries

We offer consultation services that help resolve a wide range of issues related to long-term care and the daily lives of seniors.

- I'm getting physically weaker and feel a little worried about daily life. What support can I receive?
- I worry about what might happen in the future...
- I don't know how to apply for or choose housing for seniors.
- I have a complaint about my care service provider.

Home Visit Support Program for Seniors Living Alone, Etc.

Preventing Social Isolation

We provide home visit services to seniors living alone and others in similar situations to connect them with the support they need.

Daily Living Support Coordination Services

Connecting Seniors with Their Community

We connect seniors who need support with community organizations, and more active seniors with community activities.

- Are there any organizations nearby that provide the daily living support I need?
- I'm still active even though I'm older! I'd like to get involved in my community.
- We'd like to connect with other community organizations.

Comprehensive, Ongoing Care Management Support Services

Building a Community Where Seniors Can Live Comfortably

We work and cooperate with various organizations to build a community that supports seniors.

Public Health
Nurse / Nurse

Medical and Long-Term
Care Coordinator
Dementia Community
Support Coordinator

Home Visit
Support Worker

Care Manager

Daily Living
Support Coordinator

Senior Care Manager

Certified Social
Worker

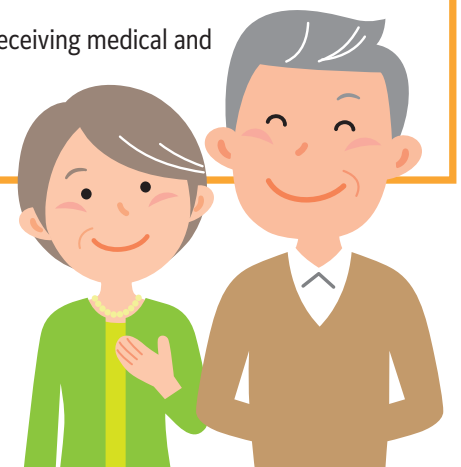
Medical and Nursing Care Advisory Office

In-Home Medical Care and Dementia Consultation and Support Services

Helping Seniors Continue Living in Their Own Way

We provide both general and specialized consultation and support for in-home medical care and dementia.

- I want to continue living at home while receiving medical and nursing care.
- I've been forgetting things more often lately, and have other concerns as well.



Preventive Care Management Services

Helping Seniors Lead Active, Independent Lives

We support health promotion and preventive care programs to help seniors avoid the need for nursing care.

- I want to maintain my current level of health, and have other concerns.

Rights Protection Services

Helping Seniors Live Safely and Actively

We protect the rights of seniors in matters such as financial and property management and concerns about abuse.

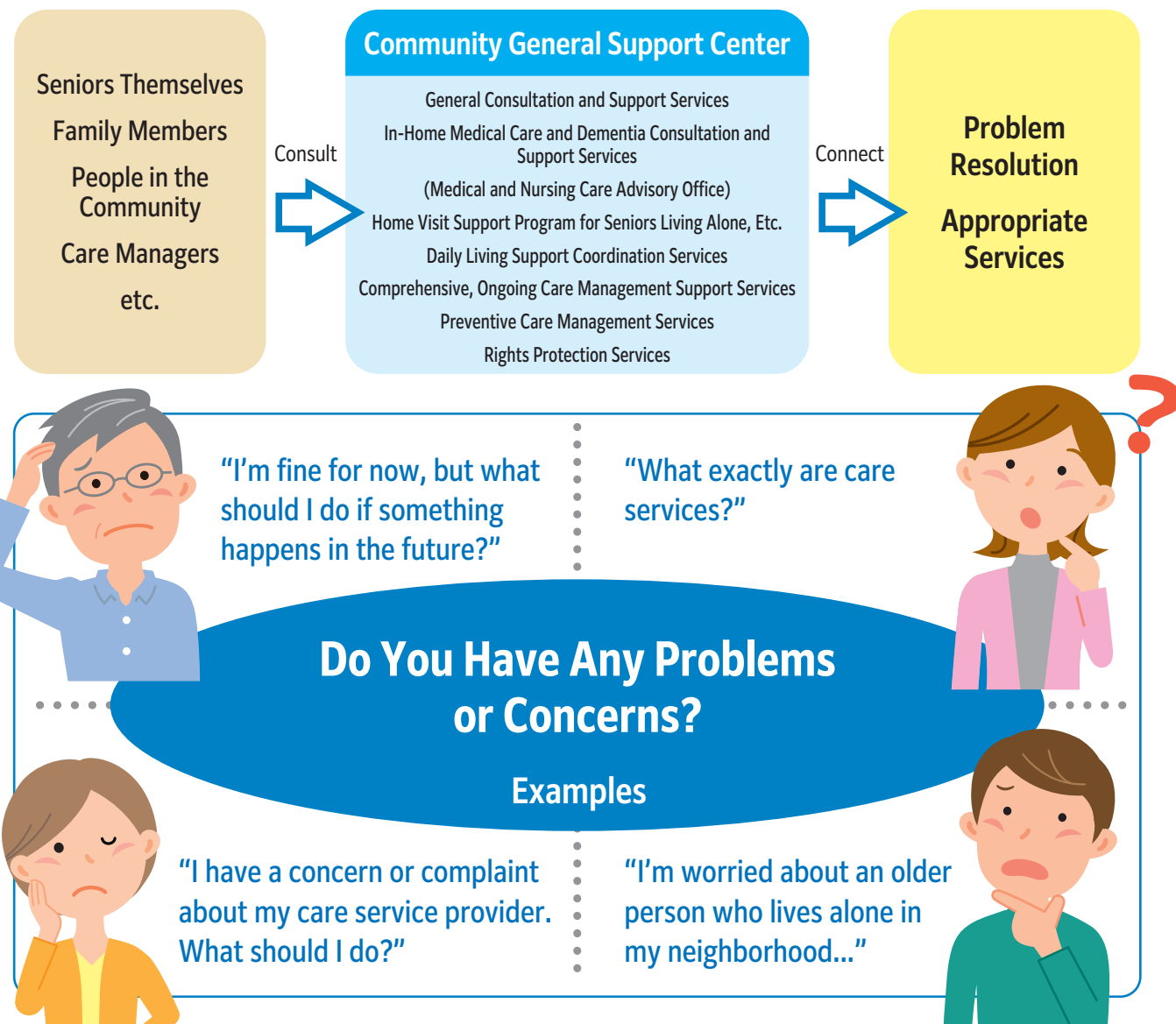
- Could this be abuse?
- I fell victim to a fraudulent door-to-door sales scheme.
- I'm worried about managing my assets in the future, and have other concerns as well.

General Consultation and Support Services

Helping Resolve Concerns and Worries

We offer consultation services that help resolve a wide range of issues related to long-term care and the daily lives of seniors.

Long-term care, welfare, medical care, health... If you have any problems or concerns in your daily life, please consult a Community General Support Center. We listen to concerns and requests for advice from seniors themselves, their families, and their neighbors, and use various programs and community networks to help them access appropriate services. Please feel free to consult us about anything.



Anyone Can Consult Us—Start by Talking to Us

In addition to questions and concerns about long-term care, health, welfare, medical care and daily life, please feel free to contact a Community General Support Center if you simply do not know where to seek help. No concern is too small. And you may consult any center, regardless of the area it serves. We work with relevant organizations to provide the services and information you need and offer other support.

Medical and Nursing Care Advisory Office

In-Home Medical Care and Dementia Consultation and Support Services

Helping Seniors Continue Living in Their Own Way

We provide both general and specialized consultation and support for in-home medical care and dementia.

The Medical and Nursing Care Advisory Office works with various organizations to provide consultations about in-home medical care, dementia, and related matters for seniors who require both medical and long-term care. Please feel free to speak with the medical and long-term care coordinator and dementia community support coordinator.

Community General Support Centers also provide consultations about early-onset dementia.



Medical and Long-Term Care Providers Work Together to Support Life at Home!

"I'd like to consider receiving medical care at home, but I don't know where to start..."

If you have questions about receiving medical and long-term care while continuing to live at home, or about dementia care, please contact the medical and nursing care advisory office.

Medical and Nursing Care Advisory Office

(Located inside each Community General Support Center)

Based on the wishes of the individual and his/her family, the medical and nursing care advisory office coordinates home-based medical and long-term care services needed so that treatment and care can continue without interruption.

"What a relief. Now I can continue living at home with peace of mind."

Medical institutions, care managers, home nursing agencies, pharmacies and others cooperate to create a system that supports medical care at home while respecting the wishes of individuals and their families.

When You Think, "Am I Misplacing Things More Often...?"

Nerima City provides a free memory checkup for people aged seventy and older. Even people who have not noticed any particular difficulties in daily life may become aware of changes in their physical or mental condition through this checkup. Please take the checkup and learn more about how you are doing at the moment.

- 1 Individuals aged 70 or 75 ⇒ The city will send a checkup voucher to everyone in May.
- 2 Individuals aged seventy and older who want to take the checkup (excluding those in 1) ⇒
 - ① Use the dementia awareness checklist available at Community General Support Center service desks or on the Nerima City website.
 - ② If you score twenty points or higher, or have any concerns, please apply for a checkup through the Nerima City website or a Community General Support Center. (The city will send you a checkup voucher.)

★ Nerima City's "Dementia Guidebook" contains information on how to interact with people with dementia, long-term care services available according to the progression of dementia, and other topics. It is also available at Community General Support Center service desks.



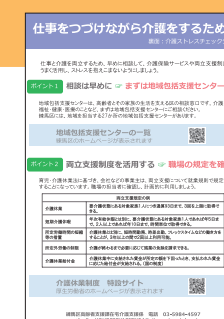
Access the "Dementia Guidebook" here →



Balancing Work and Caregiving

A sound financial foundation is essential both while providing care and for life after caregiving ends. It is also vital to gain the understanding of your workplace and to take advantage of work-care balance support programs under the Child Care and Family Care Leave Act, such as the family care leave system. Leaflets about balancing work and caregiving are available at Community General Support Centers and other Nerima City facilities.

For information on continuing to work while providing care, please use this QR code: (A caregiving stress checklist is also available.) →



Home Visit Support Program for Seniors Living Alone, Etc.

Preventing Social Isolation

We provide home visit services to seniors living alone and others in similar situations to connect them with the support they need.

Community General Support Centers dispatch support workers to visit the homes of seniors living alone, households consisting only of seniors, and in similar situations. To prevent seniors living alone and others from becoming isolated in the community, the centers assess their situations and provide them with the support they need, such as preventive care programs and consultation services.



“Who will visit me?”

“What specific services or organizations will they connect me with?”

- **Home visit support workers connect people with support that suits their situation.**

The home visit support workers who visit seniors living alone and others have professional qualifications in senior care services. They connect each person they visit with the following support according to the person's condition.

- For People Who Are Healthy and Active**

→ They provide information on preventive care programs for seniors and other activities they can participate in nearby

- For People Who Need Support**

→ They arrange monitoring visits by local volunteers and/or informal monitoring conducted in cooperation with community organizations, etc. Depending on the person's condition, they also set up applications for long-term care need certification/support need certification, Nerima City welfare services, and other support.

Daily Living Support Coordination Services

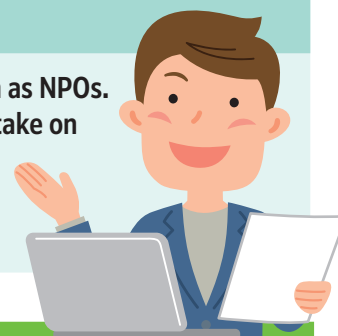
Connecting Seniors with Their Community

We connect seniors who need support with community organizations, and more active seniors with community activities.

We gather information about community organizations and match available resources with local needs to build communities where seniors can continue living active lives in familiar surroundings.

“What do daily living support coordinators do?”

- They connect seniors who need support with community organizations such as NPOs.
- They connect active seniors with community organizations where they can take on active roles.
- They foster community resource development through information sharing, coordination and collaboration among community organizations.



Comprehensive, Ongoing Care Management Support Services

Building a Community Where Seniors Can Live Comfortably

We work and cooperate with various organizations to build a community that supports seniors.

To help seniors remain in familiar surroundings and receive the services they need, we provide guidance and support to local care managers and coordinate with medical institutions and other relevant organizations. We also build networks to create communities where seniors can live comfortably.

Preventive Care Management Services

Helping Seniors Lead Active, Independent Lives

We support health promotion and preventive care programs to help seniors avoid the need for nursing care.

To help seniors continue to live healthy, active lives, we support health promotion and preventive care programs based on each person's motivation and abilities. We also provide advice and information on daily living and the use of services to establish appropriate service plans. At Community General Support Centers, you can talk to us about using long-term care insurance services and also submit applications for long-term care need certification/support need certification.

“I'd like to use long-term care insurance services.”
“I'm worried that my physical strength may decline, so I want to do something to prevent that.”

- **Stay Active for Life! We support preventive care programs for seniors.**

People with support need certification Level 1 or 2 and persons certified to use the services and activities program can use preventive long-term care services and the program mentioned. We prepare preventive care plans and support health promotion and frailty prevention so that participants can continue living active lives in familiar surroundings.



Rights Protection Services

Helping Seniors Live Safely and Actively

We protect the rights of seniors in matters such as financial and property management and concerns about abuse.

We help protect the rights of seniors, including providing information about the adult guardianship system, preventing and detecting elder abuse, and taking measures to protect them from scams and fraudulent practices so that seniors are not treated unfairly or deprived of their rights.

“I hear loud noises and shouting.”

“I've been a victim of malicious door-to-door sales/a special fraud scam.”

“I'm worried about managing my money properly in the future.”



- **We help prevent elder abuse and provide consultation and assistance.**

Elder abuse occurs when a caregiver harms a senior citizen physically or emotionally through words or actions, neglects their care, exploits them financially, or engages in any similar behavior. Early detection and intervention by a third party can prevent such situations from becoming more serious.

- **We help prevent consumer victimization and provide consultation and assistance.**

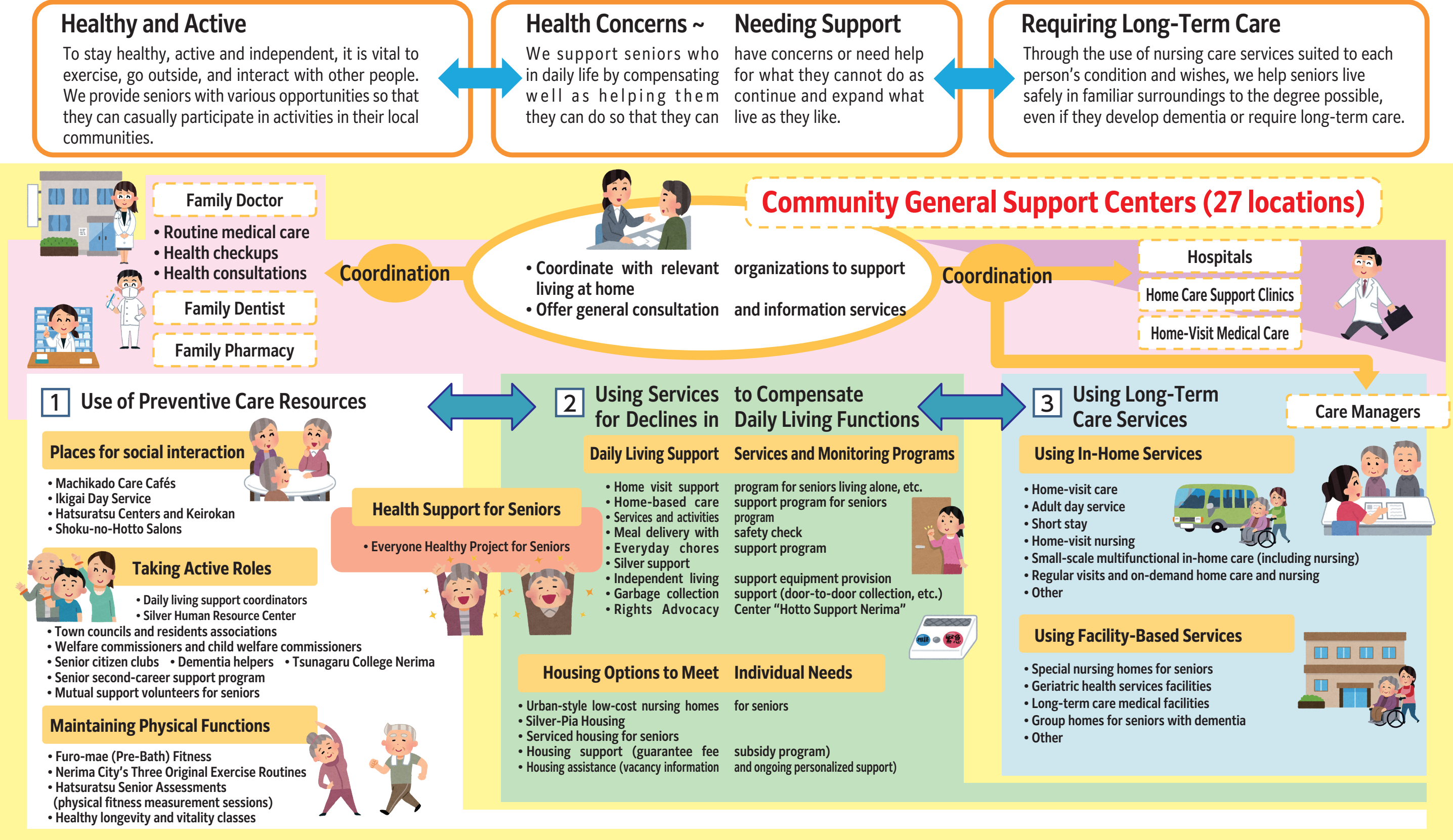
Predatory contracts targeting seniors—such as malicious door-to-door sales, home renovations offer (roof work, etc.) and online transactions—are increasing. Community General Support Centers work with the police, consumer affairs centers and other organizations to prevent seniors from becoming victims.

- **We provide support regarding the use of the adult guardianship system and other programs.**

We show individuals how to use the adult guardianship system and similar programs effectively to ensure that seniors who need assistance because their decision-making ability has declined due to dementia or other conditions can receive relevant welfare services and help in managing their property and finances.

Nerima City's Integrated, Community-Based Care System: The Flow of Services from Maintaining Health and Activity to Long-Term Care

Nerima City is promoting and enhancing an integrated, community-based care system that provides senior residents can continue to live safely in familiar surroundings. By emphasizing coordination and cooperation with residents, community organizations, medical institutions, nursing care service providers and others, Nerima City is building a seamless service delivery system suited to every stage, from active seniors to those with severe care needs, to ensure that they can live and thrive in familiar surroundings until the end of their lives.



The Flow of Services from Hospitalization to In-Home Medical Care (Medical and Long-Term Care Coordination)

Seamless medical and long-term care services are needed to enable seniors to live at home with changes in condition while at home, and end-of-life care. Nerima City is building a home-based and long-term care from the acute phase of an illness or injury to in-home care. This network uses Nerima Medical Association and other organizations.

peace of mind. That includes support during hospital admission and discharge, sudden medical care network centered on Community General Support Centers to provide medical local resources such as hospitals, clinics and nursing care facilities, and coordinates with the

Supporting Acute-Phase Treatment Following the Onset of Illness or Injury

Fractures and falls are the most common reasons for needing long-term care. Dementia and stroke are other leading causes. While sudden or severe symptoms are treated at an acute-care hospital, patients move to a convalescent rehabilitation hospital or similar facility once their condition stabilizes, however, for rehabilitation in preparation for returning home.

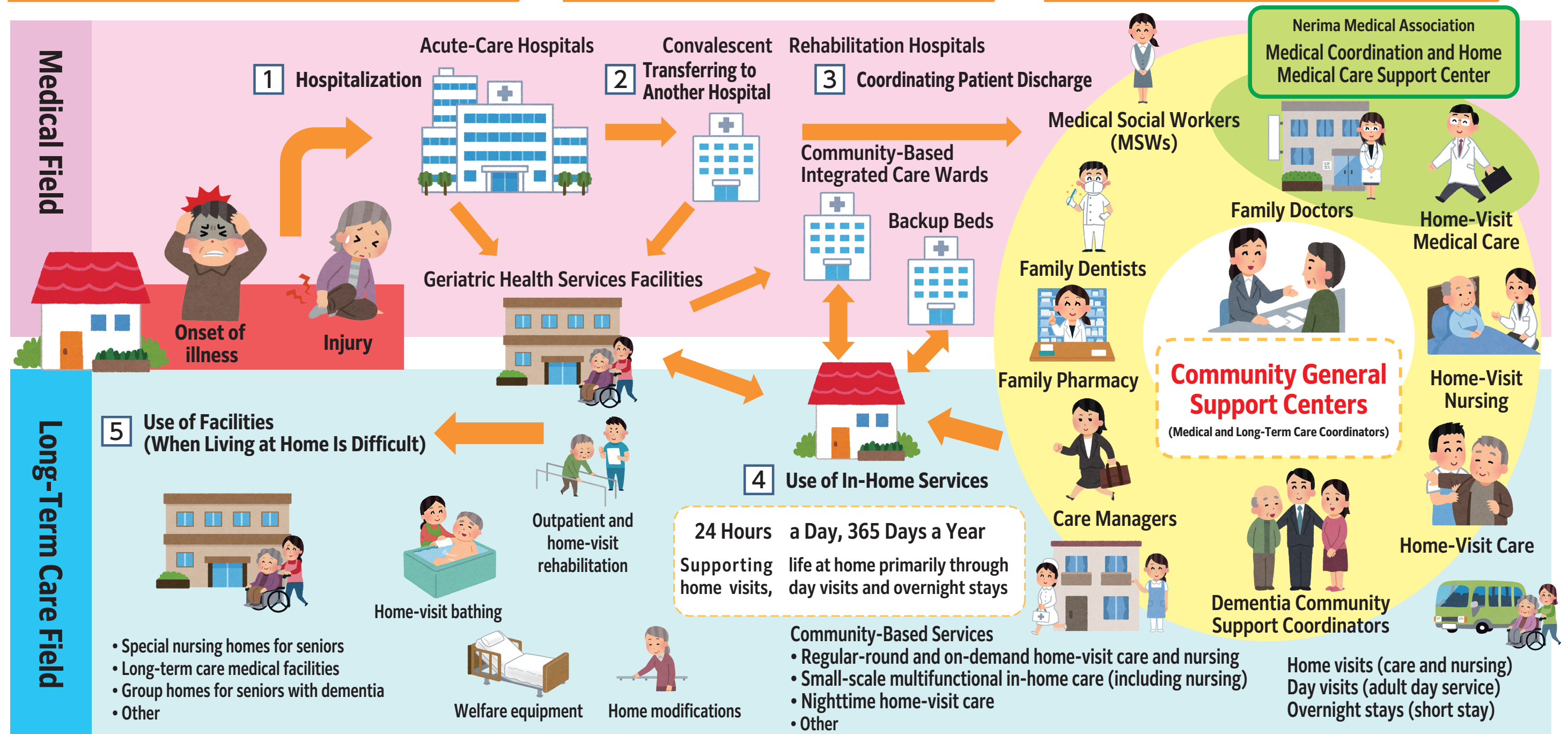
Supporting the Wish to Return Home

Community General Support person requires both medical how medical and long-term support the person's treatment people can continue living as

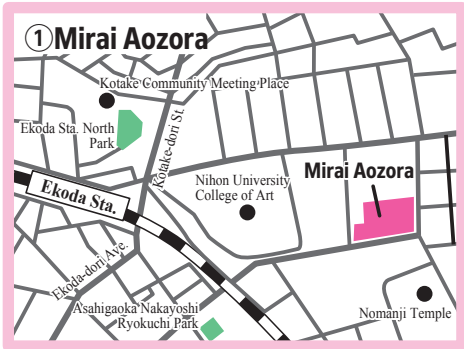
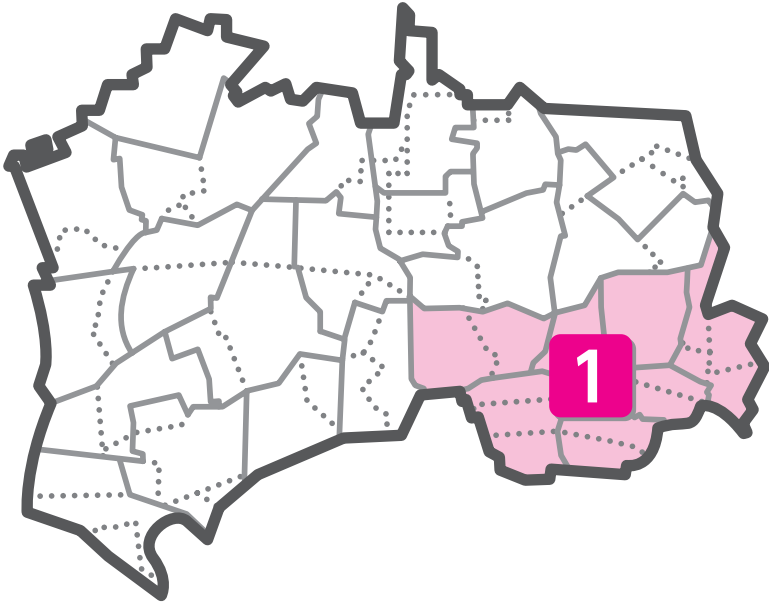
Centers take the lead even when a and long-term care, coordinating care organizations cooperate to and daily life. This helps ensure that they wish in familiar surroundings.

Supporting In-Home Medical and Long-Term Care

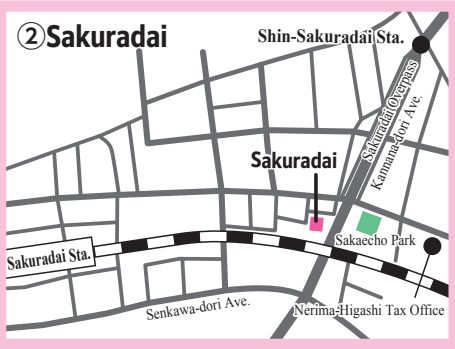
Community General Support Centers, the Medical Coordination and In-Home Medical Care Support Center and medical and long-term care organizations work together to support care recipients and their families to ensure that they can live at home with peace of mind. When living at home becomes difficult, we help people move into a facility in the community.



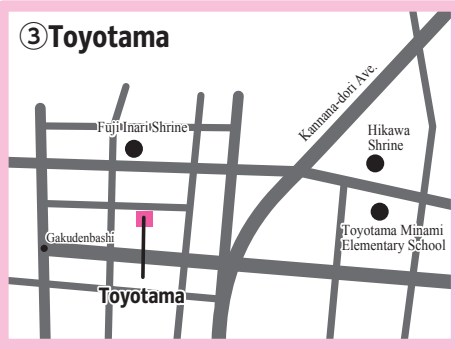
1 Nerima Area



☎ 5912-0523
2-40-1 Asahigaoka (inside Mirai Aozora Gakuen Complex)
Areas served: Asahigaoka, Kotakecho, Hazawa, Sakaecho
Operating organization: Social Welfare Corporation Ikushukai



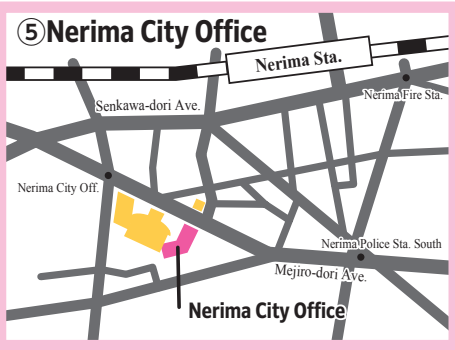
☎ 5946-2311
1-22-9 Sakuradai (inside Sakuradai Community Meeting Place)
Area served: Sakuradai
Operating organization: Social Welfare Corporation Ikushukai



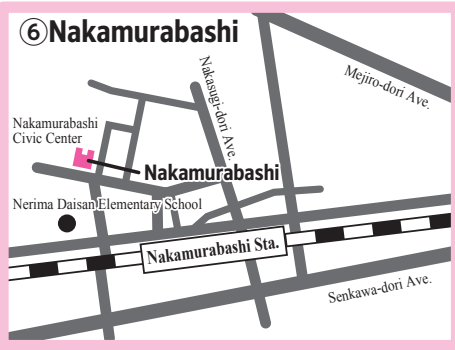
☎ 3993-1450
2F, 3-9-13 Toyotama-Minami (inside adult day service center)
Areas served: Toyotamanaka, Toyotama-Minami
Operating organization: Nerima Social Welfare Foundation



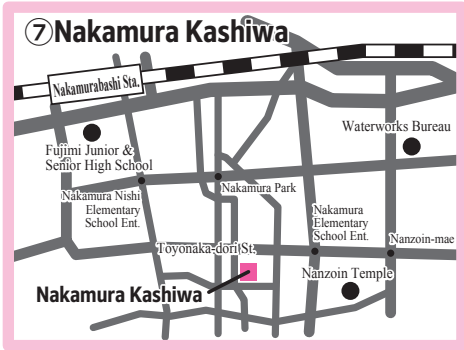
☎ 5984-1706
2-24-3 Nerima (inside adult day service center)
Area served: Nerima
Operating organization: Nerima Social Welfare Foundation



☎ 5946-2544
6-12-1 Toyotama-Kita (Nerima City Office East Bldg. 5F)
Areas served: Toyotamakami, Toyotama-Kita
Operating organization: Nerima Social Welfare Foundation

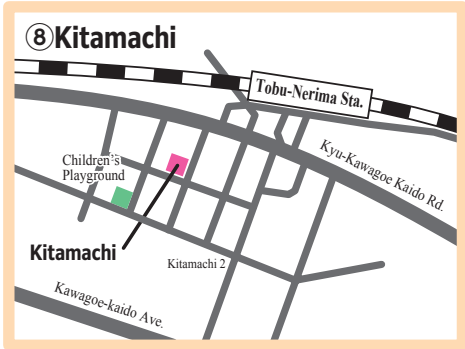
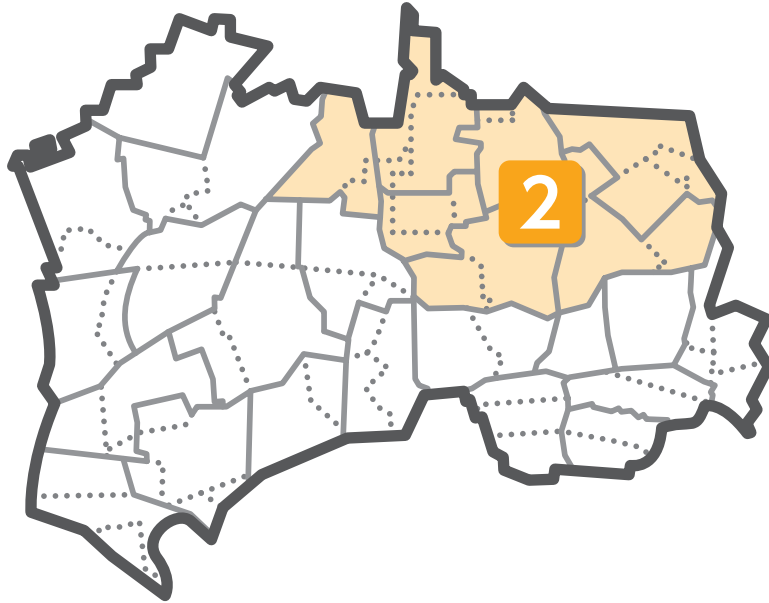


☎ 3577-8815
1-9-1 Nukui (Nakamurabashi Civic Center 2F)
Areas served: Nukui, Koyama
Operating organization: Social Welfare Corporation Houyukai

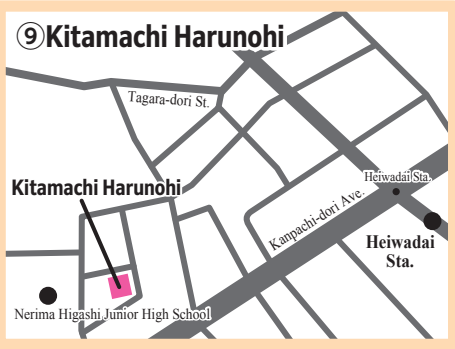


☎ 5848-6177
2-25-3 Nakamura
Areas served: Nakamura, Nakamura-Minami, Nakamura-Kita
Operating organization: Social Welfare Corporation Houyukai

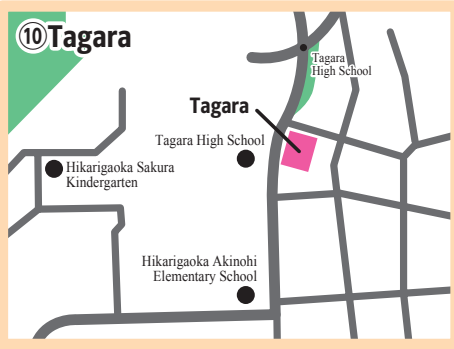
2 Hikarigaoka Area



☎ 3937-5577
2-26-1 Kitamachi (inside Kitamachi Community Center)
Areas served: Nishiki, Kitamachi 1-5 and 8, Heiwadai
Operating organization: Nerima Social Welfare Foundation



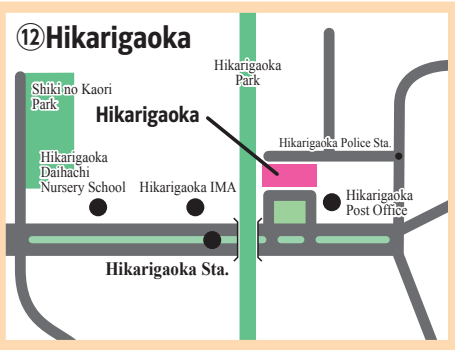
☎ 5399-5347
6-35-7 Kitamachi (inside Kita Health Support Center)
Areas served: Hikawadai, Hayamiya, Kitamachi 6 and 7
Operating organization: Social Welfare Corporation King's Garden Tokyo



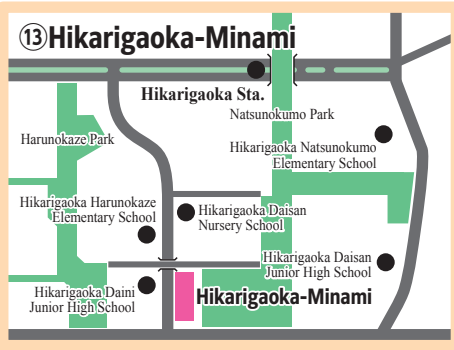
☎ 3825-2590
4-12-10 Tagara (inside special nursing home for seniors)
Areas served: Tagara 1-4, Hikarigaoka 1
Operating organization: Nerima Social Welfare Foundation



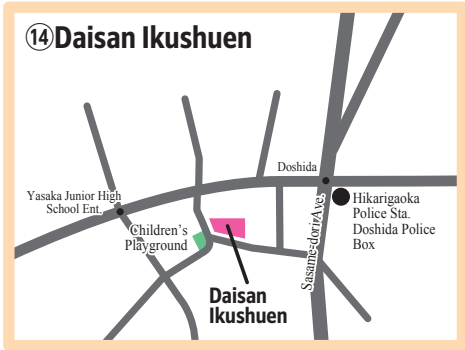
☎ 3926-7871
2-9-3 Takamatsu (inside special nursing home for seniors)
Areas served: Kasugacho, Takamatsu 1-3
Operating organization: Social Welfare Corporation Tokyo Fukushimai



☎ 5968-4035
2-9-6 Hikarigaoka (Hikarigaoka Civic Center 2F)
Areas served: Hikarigaoka 2 and 4-6; Asahicho; Takamatsu 5, blocks 13-24
Operating organization: Nerima Social Welfare Foundation

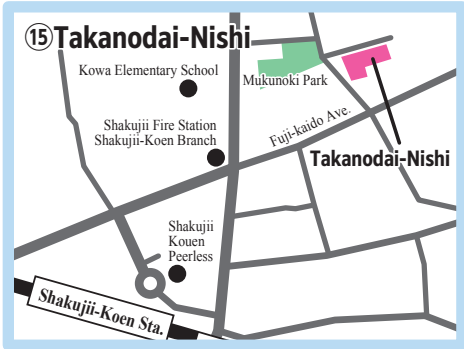
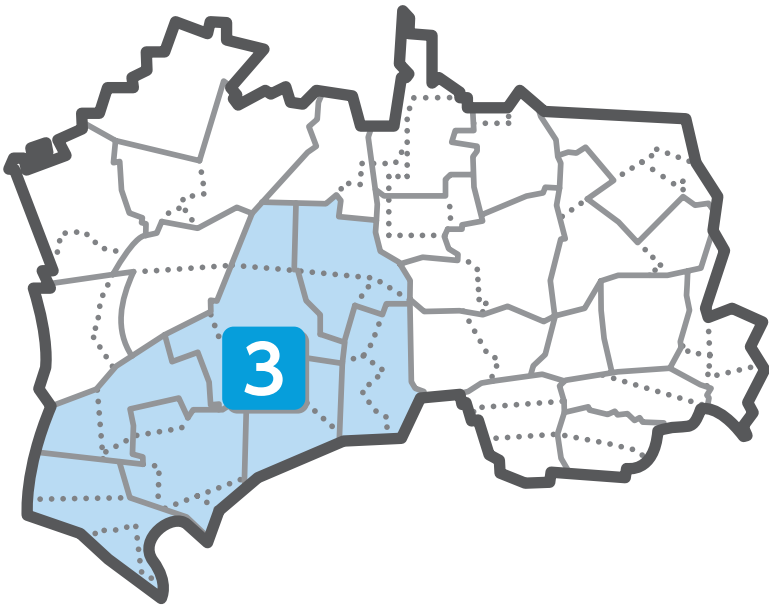


☎ 6904-0312
3-3-1 Hikarigaoka, Room 103
Areas served: Takamatsu 4; Takamatsu 5, blocks 1-12; Tagara 5; Hikarigaoka 3 and 7
Operating organization: Nerima Social Welfare Foundation

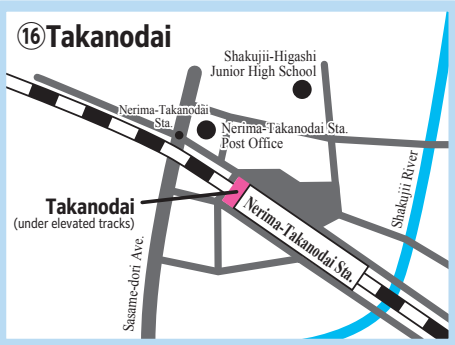


☎ 6904-0192
1-31-5 Doshida (inside special nursing home for seniors)
Areas served: Doshida, Takamatsu 6
Operating organization: Social Welfare Corporation Ikushukai

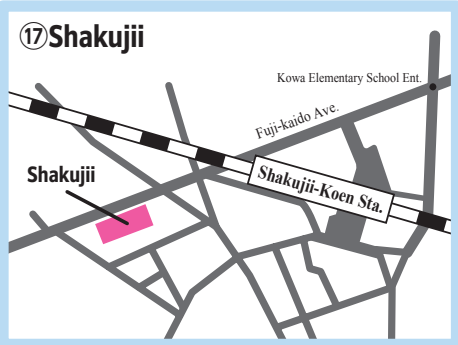
3 Shakujii Area



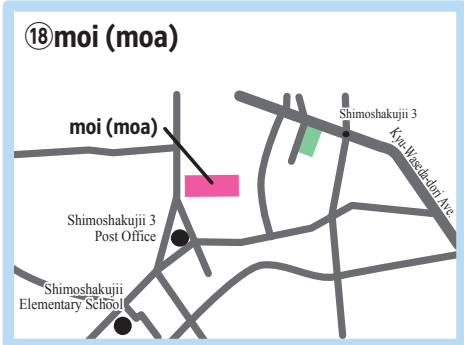
☎ 6913-1515
5-24-1 Takanodai (inside adult day service center)
Areas served: **Yahara, Takanodai 2-5**
Operating organization: Social Welfare Corporation Anshinkai



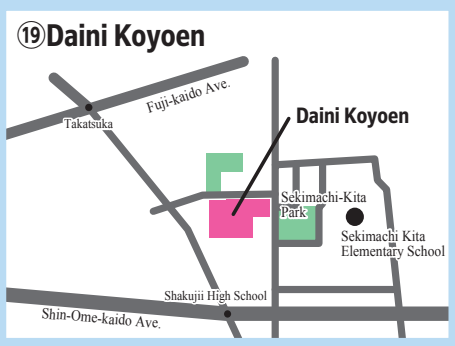
☎ 5372-6300
1-7-29 Takanodai (inside Nerima-Takanodai Ekimae Community Meeting Place)
Areas served: **Fujimidai, Takanodai 1, Minamitanaka 1-3**
Operating organization: Nerima Social Welfare Foundation



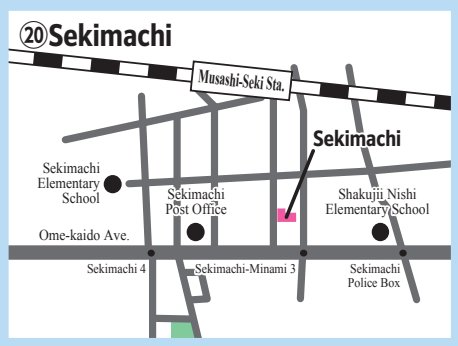
☎ 5923-1250
3-30-26 Shakujiimachi (Shakujii Government Office 4F)
Areas served: **Miharadai, Shakujiimachi, Shakujiidai 1 and 3**
Operating organization: Social Welfare Corporation Nerima Houseikai



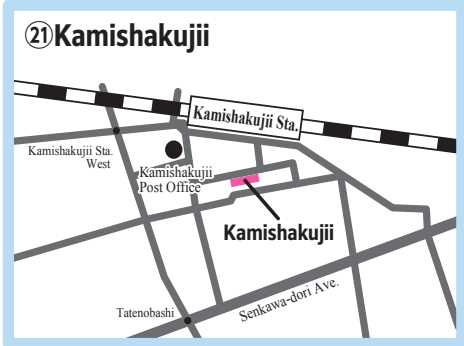
☎ 3996-0330
3-6-13 Shimoshakuji (inside special nursing home for seniors)
Areas served: **Shimoshakuji, Minamitanaka 4 and 5**
Operating organization: Social Welfare Corporation Nerima Houseikai



☎ 5991-9919
5-7-22 Sekimachi-Kita (inside special nursing home for seniors)
Areas served: **Shakujiidai 2 and 5-8; Sekimachi-Higashi 2; Sekimachi-Kita 4 and 5**
Operating organization: Social Welfare Corporation Senyukai

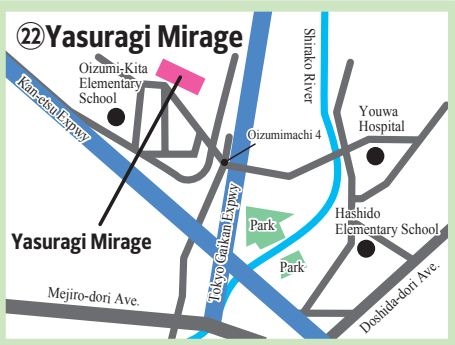
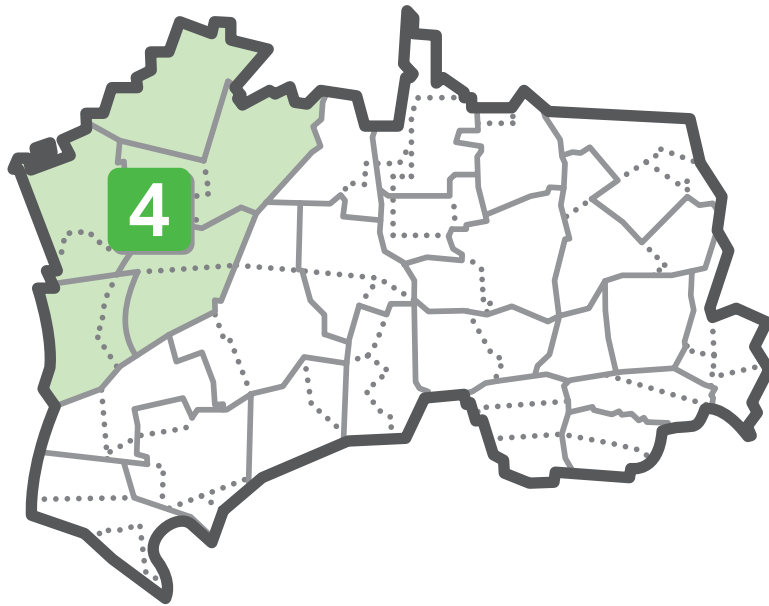


☎ 3928-5222
1-7-2 Sekimachi-Kita (Seki Civic Center 1F)
Areas served: **Sekimachi-Kita 1-3, Sekimachi-Minami 2-4, Tatenochi**
Operating organization: Nerima Social Welfare Foundation

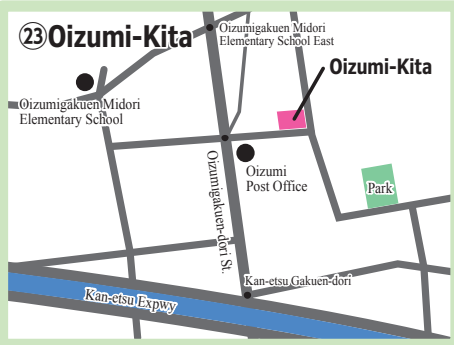


☎ 3928-8621
1-6-16 Kamishakuji (inside Kamishakuji-Minami Community Meeting Place)
Areas served: **Kamishakuji, Sekimachi-Higashi 1, Sekimachi-Minami 1, Kamishakuji-Minamicho, Shakujiidai 4**
Operating organization: Social Welfare Corporation Nerima Houseikai

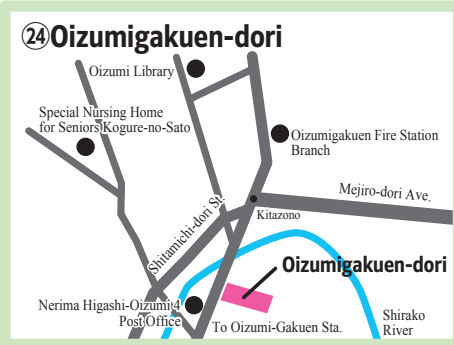
4 Oizumi Area



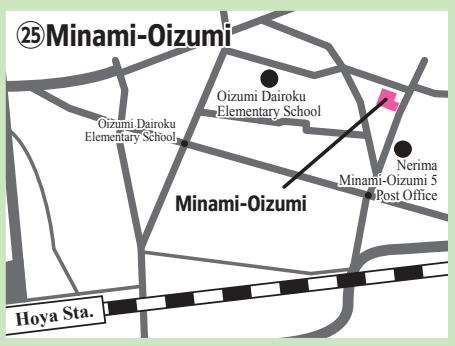
☎ 5905-1190
4-24-7 Oizumimachi (inside special nursing home for seniors)
Areas served: **Oizumimachi 1-4**
Operating organization: Social Welfare Corporation Shouyuhkai



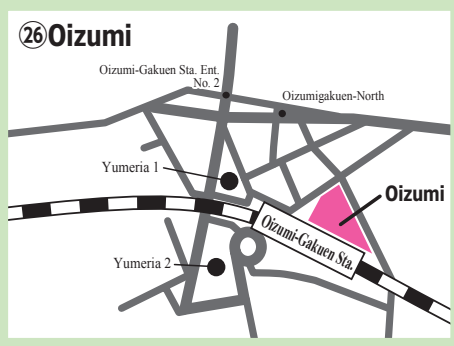
☎ 3924-2006
4-21-1 Oizumigakuencho (inside Oizumi-Kita Community Meeting Place)
Areas served: **Oizumigakuencho 4-9**
Operating organization: Medical Corporation Shoyokai



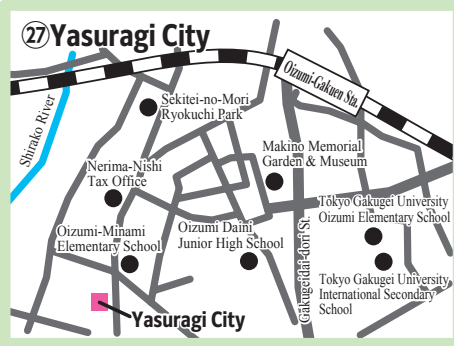
☎ 5933-0156
3-53-1 Higashi-Oizumi (inside Higashi-Oizumi Community Center)
Areas served: **Oizumigakuencho 1-3; Oizumimachi 5 and 6; Higashi-Oizumi 3, blocks 52-55 and 58-66**
Operating organization: Social Welfare Corporation Fukuikai



☎ 3923-5556
5-26-19 Minami-Oizumi (inside Minami-Oizumi Community Meeting Place)
Areas served: **Nishi-Oizumi, Nishi-Oizumimachi, Minami-Oizumi 5 and 6**
Operating organization: Social Welfare Corporation Senyukai



☎ 5387-2751
1-28-1 Higashi-Oizumi (Lizmo Oizumi-Gakuen 2F)
Areas served: **Higashi-Oizumi 1 and 2; Higashi-Oizumi 3, blocks 1-51 and 56-57; Higashi-Oizumi 4-6**
Operating organization: Social Welfare Corporation Shouyuhkai



☎ 5935-8321
7-27-49 Higashi-Oizumi (inside special nursing home for seniors)
Areas served: **Higashi-Oizumi 7, Minami-Oizumi 1-4**
Operating organization: Social Welfare Corporation Shouyuhkai