



Care Card

Written (Year / Month): /

Furigana				Date of Birth	Age
Name				YYYY/MM/DD: / /	
Address				☎	
Emergency Contact	Name			Relationship	☎
	Name			Relationship	☎
Close Contacts	Neighbor, Friend, etc.	Name			☎
	Welfare Officer	Name			☎
	Other	Name			☎
Local Evacuation Site for Earthquakes			Local Evac Site for Other Disasters (storms, flooding, etc.)		
Primary Doctor					
Conditions, Allergies, etc.					
Only fill in fields that apply.	Long-Term Care Insurance Manager	Name of Provider ()			☎
	Care Planner	Name of Provider ()			☎
	Handbook Details	<input type="checkbox"/> Physical Disability Certificate <input type="checkbox"/> Certificate of Intellectual Disability <input type="checkbox"/> Mental Disability Certificate () Disability			
	Relevant Care Centers / Homes, etc. Relevant Advisory Agencies Place of Work	Name ()			☎
		Name ()			☎

The information on this card may be shared among local councils / associations, community groups, senior clubs, and other support systems in order to build a better infrastructure for care in your area. Signing this form means you agree to this.

Signature: _____

Feel free to write anything pertinent in this field (special needs, etc.).



Nishi Ward Mascot
"Nishimaro"

Handy Places to Call / Consult

(All use area code "045.")

For Health and Welfare Matters

Hours
Mon. - Sat.: 9:00 a.m. - 6:00 p.m.
Sun. / Holidays: 9:00 a.m. - 5:00 p.m.

* Only phone consultation will be available during routine building inspections and at night.

Name	Community Care Plaza	Fax
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For Those With Disabilities

Name	Field	Phone Number	Fax	Hours
Yokohama Disability Consultation System "Nexus"	All Disabilities	594-7681 For emergencies outside of general hours, call "Guts Beat Nishi": 250-6506	594-7682	Mon. - Fri. 9:00 a.m. - 5:00 p.m. (general hours)
Public Assistance Center Nishi	Mental Disabilities	252-2414	348-9090	Mon. - Sat. 10:00 a.m. - 5:00 p.m.

Nishi Ward Office Consultation Center (Mon. - Fri. | 8:45 a.m. - 5:00 p.m.)

Manager for Elderly Support (Elderly and Disabled Support Division)	320-8410 290-3422	Manager for Elderly Support (Elderly and Disabled Support Division)	320-8417 290-3422
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For Medical Emergencies at Night Hours

Name	Yokohama City Night Emergency Medical Care Center	212-3535	Address	1-1 Sakuragicho, Naka-ku
Field	General medicine, pediatrics, eye, ear, nose, and throat	Hours	8:00 p.m. - midnight	

For Support Regarding Where to Get Emergency Care (24/7)

Name	Yokohama City Emergency Medical Consultation Service	Phone	#7119	Fax	242-3808 (for the hearing-impaired)
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For Support Regarding Where to Get Emergency Mental Illness-Related Care

Name	Mental Health Emergency Support Center	Phone	261-7070
Hours	Weekdays (night): 5:00 p.m. - 8:30 a.m. (reception available until 8:00 a.m.) Weekends / Holidays: 8:30 a.m. - 8:30 a.m. the next day (for Sundays / holidays, reception available until 8:00 a.m. of next weekday)		