

# The Act on Support for Persons with Developmental Disabilities

厚生労働省



The Act on Support for Persons with Developmental Disabilities is a Japanese law established for the purpose of providing support to children with DDs (regardless of their age) and their families.

The act aims to achieve a society where children with DDs can realize their potential and families can raise them with a sense of security.

## Support Centers for Persons with Developmental Disabilities/Disorders

There are various organizations that offer consultation services for people with DDs and their families in Japan. Every prefecture and ordinance-designated city has a Support Center for Persons with Developmental Disabilities/Disorders, which plays a central role in providing information and support.

Please refer to the following website for information on the support centers across the country:

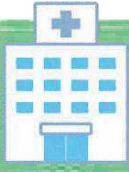
**Information and Support Center  
for Persons with Developmental Disorders**  
<http://www.rehab.go.jp/ddis/>



[Support Center for Persons with DDs in your region]

Name:

Contact:

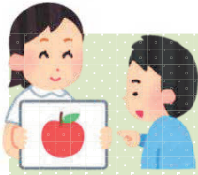


## Seeing a doctor



In Japan, diagnosis of DDs is made by a specialist such as pediatrician or child psychiatrist. If you wish to see a doctor, it is a good idea to:

- Ask your local public health nurses or the Support Center for Persons with DDs, where you can find DDs specialists. (Please note that many hospitals require an appointment.)
- Bring your child's health insurance card and the Maternal and Child Health Handbook with you on the first doctor's visit.
- Write down your concerns and how your child is at home and/or preschool to share with the doctor.



## Assessment and therapy

The doctor may want your child to take assessments and/or get individual therapies by specialized staff. The decision will be based on your child's needs and conditions.

Assessments include intelligence/developmental tests, an auditory test, and electroencephalography. Individual therapies include physical therapy, occupational therapy, speech-language-hearing therapy, and psychotherapy.

## If your child is diagnosed with a DD...

It can be very worrying to find out that your child has a DD. However, his/her developmental outcome can be positively affected by adjusting the environments and your interactions with him/her. Please discuss and find out what will work for your child with the doctor and specialized staff.



The doctor may suggest your child take medication to help him/her be more comfortable. Discuss the effects and side effects of the suggested medication.

Medication does not cure DDs, but it can ease some of the symptoms commonly found in children with DDs.

#### **[Frequently used medications]**

- Central nervous system stimulants: Help reduce hyperactivity, inattentiveness, and impulsiveness of ADHD
- Anti-anxiety medications: Ease anxiety and other uneasy feelings
- Antipsychotic medications: Ease severe agitations and delusions
- Antiepileptic medications: Help control epileptic seizures
- Sleeping pills: Establishing healthy sleep habits



Medication can help your child live their life more comfortably by alleviating symptoms. Please make sure to follow the instructed frequency and dosage.

- ☆ Please do not hesitate to ask the doctor or specialized staff questions if you are unsure about their explanations.
- ☆ You can also ask for advice from public health nurses and preschool or kindergarten teachers. Regularly share and discuss how your child is doing so that you can monitor your child together with them.





## Certificates for Persons with Disabilities



Having the Certification for Person with Disabilities allows access to various welfare services and allowances depending on the kind and severity of the disability. You must obtain the certificate from your local government office.

There are three types of certificate corresponding to the types of disability: The Intellectual Disability Certificate (Rehabilitation Certificate), the Mental Disability Certificate, and the Physical Disability Certificate.

- Having a certificate simplifies the procedure to receive welfare services.
- The amount of allowance depends on the type and severity of disability.
- Individual welfare services, such as eligibility, differ among local governments.



For more information, please contact the local government division in charge of welfare.

### [Examples of benefits]

- Allowance
  - Partial reimbursement of medical expenses
  - Tax reduction
  - Discounts on train, bus, and domestic airplane fares
  - Discounts on toll roads
- ...and more



## Intellectual Disability Certificate

### Who is eligible

- Individuals with intellectual disability
- Individuals with both a DD and intellectual disability



### How to apply

- Take assessment tests to determine severity at the Child Guidance Center for those aged under 18, and at the Rehabilitation Counseling Center for Persons with Intellectual Disabilities for those aged 18 or older.

**Note:** As the severity of one's intellectual disability may change over time, it is necessary to reassess the severity at certain intervals designated by each prefecture.

## Mental Disability Certificate

### Who is eligible

- Individuals who are in need of livelihood support due to a mental disability such as:
  - Developmental disorders
  - Mood disorders (e.g., depression, bipolar disorder)
  - Epilepsy
  - Other psychiatric disorders (e.g., stress-related disorder)
  - Schizophrenia
  - Drug addiction
  - Higher brain dysfunction



### How to apply

- Go to the welfare department at the local government office
- Bring the following documents with you:
  - 1) Medical certificate (or recipient certificate of disability pension if applicable)
  - 2) Picture of the applicant
- Fill in the application form (available at the counter)

**Note:** The certificate must be renewed every two years. Please prepare the latest medical certificate for each renewal.

## Additional information

Some hospitals and consulting organizations have staff who speak foreign languages or adopt a translation app to accommodate families with a foreign background.

There may also be a public service to arrange a translator.

### Consultation in foreign languages



Various telephone consultation services are available to foreign residents. Though they are not specialized in DDs, they can provide pieces of advice on which medical institutions have staff who speak foreign languages and how to find a translator of your language.

#### ◆ Portal Site on Policies for Foreign Residents

This portal site was created by the Cabinet Office and has a list of telephone consultations in foreign languages sorted by prefecture.

<https://www8.cao.go.jp/teiju-portal/jpn/index.html>

#### ◆ AMDA International Medical Information Center

This is a telephone information service for foreign residents that provides information on medical facilities where you can see a doctor in your native language and about the medical welfare system. The operator speaks simple (easy to understand) Japanese.

##### Tokyo Office

Phone: 03-6233-9266 (Mon-Fri, 10:00-15:00)

<https://www.amdamedicalcenter.com/activities>



## Translation apps

### ◆ Google Translate by Google LLC

This app provides text translation, instant camera and photo translation, handwriting translation, and speech/conversation translation for a number of languages, all free of charge.

You can download this app from Google Play and App Store.



### ◆ VoiceTra by the National Institute of Information and Communications

This is a Japanese speech translation app for 31 languages.

You can download and use this app free of charge.

<http://voicetra.nict.go.jp/en/index.html>



## Information on school education

### ◆ Informational websites by MEXT

#### ○ CLARINET (in Japanese)

Provides educational information for Japanese children living abroad, Japanese returnees from overseas, and those with foreign backgrounds.

[http://www.mext.go.jp/a\\_menu/shotou/clarinet/003.htm](http://www.mext.go.jp/a_menu/shotou/clarinet/003.htm)



#### ○ CASTA-NET (in Japanese)

Educational information search website for the purpose of supporting the learning of returnee and foreign students.

<https://casta-net.mext.go.jp/>



#### ○ Project MUSE (Multilingual Support for Education) (in Japanese)

Provides resources to create multilingual materials for the purpose of connecting school and families with foreign backgrounds.

<http://www.tagengo-gakko.jp/index.html>



## Information on Developmental Disorders

#### ○ Information and Support Center for Persons with Developmental Disorders (in Japanese)

Provides the latest information on DDs, their characteristics and strategies to deal with them, support systems for individuals with DDs, and domestic and global trends.

<http://www.rehab.go.jp/ddis/>



#### ○ Promotion Center of Education for Persons with Developmental Disorders (in Japanese)

Provides information on teaching strategies, materials, and assistive devices for children with DDs, research on DDs, video lectures for teachers, and related governmental policies and regulations.

[http://icedd\\_new.nise.go.jp/](http://icedd_new.nise.go.jp/)





# English-Japanese glossary

	English	Japanese in alphabet	Japanese with furigana
A	Act on Support for Persons with Developmental Disabilities	Hattatsu shōgai sha shien hō	発達障害者支援法 はつたつしょうがいしゃしえんほう
	ADHD	Chūi kekkan tadōsē shōgai/ADHD	注意欠陥多動性障害／ADHD ちゅういけつあんだうせいしょうがい
	Allowance	Teate	手当 てあて
	Anti-anxiety medication	Kō fuan yaku	抗不安薬 こうふあんやく
	Antiepileptic medication	Kō tenkan yaku	抗てんかん薬 こうてんかんやく
	Antipsychotic medication	Kō seishinbyō yaku	抗精神病薬 こうせいしんびょうやく
	Appointment	Yoyaku	予約 よやく
	Assessment	Kensa	検査 けんさ
	Auditory test	Chōkaku kensa	聴覚検査 ちようかくけんさ
	Autism/autism spectrum disorder	Jiheishō/ASD	自閉症／ASD じへいしょう
B	Baby health checkup (checkup)	Nyūyōji kenkō shinsa (kenshin)	乳幼児健康診査（健診） にゅうようじけんこうしんさ けんしん
	Bipolar disorder	Sōkyokusē shōgai	双極性障害 そうきょくせいしょうがい
	Board of education	Kyōiku iinkai	教育委員会 きょういくいんかい
C	Central nervous system stimulants	Chūsū shinkei shigeki yaku	中枢神経刺激薬 ちゅうずしんけいしげきやく
	Certificate for Persons with Disabilities	Shōgaisha techō	障害者手帳 しょうがいしゃてちょう
	Child Guidance Center	Jidō sōdanjo	児童相談所 じどうそうだんじょ
	Child psychiatrist	Shōni seishinkai	小児精神科医 しょうにせいしんかいかい
	Consultation	Sōdan	相談 そうだん
D	Dentist	Shikaiishi/haisha	歯科医師／歯医者 しかいし はいしや
	Depression	Utsu	うつ
	Development	Hattatsu	発達 はつたつ
	Developmental coordination disorder	Hattatsu sē undō kyōchō shōgai	発達性運動協調障害 はつたつせいうんどうきょうちようしょうがい
	Developmental disorders	Hattatsu shōgai	発達障害 はつたつしょうがい
	Developmental test	Hattatsu kensa	発達検査 はつたつけんさ
	Diagnosis	Shindan	診断 しんだん
	Disability	Shōgai	障害 しょうがい
	Disability pension	Shōgai nenkin	障害年金 しょうがいねんきん
	Doctor (physician)	Ishi/isha	医師／医者 いし いしや
	Drug addiction	Yakubutsu izon shō	薬物依存症 やくぶついぞんしょう
E	Education center	Kyōiku sentā	教育センター きょういくせんたー
	Effects	Kōka/sayō	効果／作用 こうか さよう
	Eighteen-month (1 year and a half) checkup	Issai rokkagetsuji kenkō shinsa (kenshin)	1歳6か月児健康診査（健診） いっさいげつじゅうろくごうじけんこうしんさ けんしん
	Electroencephalography	Nōha kensa	脳波検査 のうはけんさ
	Elementary school	Shōgakkō	小学校 しょうがっこう

	Emotional disturbance	Jōcho shōgai	じょうちようがい 情緒障害
	Epilepsy	Tenkan	てんかん
H	Health checkup on admission to school	Shūgakuji kenkō shindan	しゅうがくじけんこうしんだん 就学時健康診断
	Health impairment	Byōjaku/Shintai kyojaku	びょうじゃく しんたいきょじゃく 病弱/身体虚弱
	Health insurance card	Hoken shō	ほけんしょう 保険証
	Hearing impairment	Nanchō	なんちょう 難聴
	Higher brain dysfunction	Kōji kinō shōgai	こうじきのうじようがい 高次機能障害
	Hospital	Byōin	びょういん 病院
I	Individual consultation	Kobetsu sōdan	こべつそうだん 個別相談
	Infant checkup	Nyūji kenshin	にゅうじけんしん 乳児健診
	Information and Support Center for Persons with Developmental Disorders	Hattatsu shōgai jōhō shien sentā	はつたつしようがいじょうほうしえんせんたー 発達障害情報支援センター
	Intellectual Disability Certificate (Rehabilitation Certificate)	Ryōiku techō	りょういくてちょう 療育手帳
	Intellectual disability	Chiteki shōgai	ちてきしようがい 知的障害
	Intelligence test	Chinō kensa	ちのうけんさ 知能検査
J	Junior high school	Chūgakkō	ちゅうがっこう 中学校
K	Kindergarten	Yōchien	ようちえん 幼稚園
L	Learning disorder	Gakushū shōgai/LD	がくしゅうしようがい 学習障害/LD
	Low vision	Jakushi	じゃくし 弱視
M	Maternal and Child Health Handbook	Boshi kenkō techō ( Boshi techō)	ぼしけんこうてちょう ぼしてちょう 母子健康手帳(母子手帳)
	Medical certificate/medical card	Shindansho	しんだんしょ 診断書
	Medication	Kusuri	くすり 薬
	Mental Disability Certificate	Seishin shōgaisha hoken fukushi techō	せいしんしようがいほけんふくしてちょう 精神障害者保健福祉手帳
	Mood disorders	Kibun shōgai	きぶんしようがい 気分障害
N	Nutritionist	Eiyōshi	えいようし 栄養士
O	Occupational therapy	Sagyō ryōhō	さぎょうりょうほう 作業療法
	On-site consultation	Junkai sōdan	じゅんかいそうだん 巡回相談
P	Parenting support center	Kosodate shien sentā	こそだてしえんせんたー 子育て支援センター
	Pediatrician	Shōnikai	しょうにかい 小児科医
	Physical disability	Shitai fujiyū/shintai shōgai	したいふじゆう しんたいしようがい 肢体不自由/身体障害
	Physical Disability Certificate	Shintai shōgaisha techō	しんたいしようがいしやてちょう 身体障害者手帳
	Physical therapy	Rigaku ryōhō	りがくりょうほう 理学療法
	Preschool	Hoikuen	ほいくえん 保育園
	Preschool teacher	Hoikushi	ほいくし 保育士
	Promotion Center of Education for Persons with Developmental Disorders	Hattatsu shōgai kyōiku suishin sentā	はつたつしようがいきょういくすいしんせんたー 発達障害教育推進センター
	Psychologist	Shinrishi	しんりし 心理士
	Psychotherapy	Shinri ryōhō	しんりりょうほう 心理療法
	Public health nurse	Hokenshi	ほけんし 保健師
	Public health center	Hoken sentā	ほけんせんたー 保健センター

R	Rehabilitation Counseling Center for Persons with Intellectual Disabilities	Chiteki shōgaisha kōsei sōdanjo	知的障害者更生相談所
	Resource room	Tsūkyū shidō kyōshitsu	通級指導教室
	Regular classroom	Tsūjō gakkū	通常学級
S	Schizophrenia	Tōgō shicchō shō	統合失調症
	School entry	Shūgaku sōdan	就学相談
	School for special-needs education	Tokubetsu shien gakkō	特別支援学校
	Side effects	Fuku sayō	副作用
	Sleeping pills	Suimin yaku	睡眠薬
	Specialized staff	Senmon sutaffu	専門スタッフ
	Special-needs classroom	Tokubetsu shien gakkū	特別支援学級
	Speech-language-hearing therapy	Gengo chōkaku ryōhō	言語聴覚療法
	Stress-related disorder	Sutoresu sē shōgai	ストレス性障害
	Stuttering	Kitsuon	吃音
	Support Center for Persons with Developmental Disabilities	Hattatsu shōgai sha shien sentā	発達障害者支援センター
	Support center for child development	Kodomo hattatsu shien sentā	こども発達支援センター
T	Three-year checkup	Sansai ji kenkō shinsa (kenshin)	3歳児健康診査(健診)
	Tourette syndrome	Tourette shōkōgun	トゥレット症候群
	Translator (with oral language)	Tsūyaku	通訳
V	Vision test	Shikaku kensa	視覚検査
W	Welfare service	Fukushi sābisu	福祉サービス



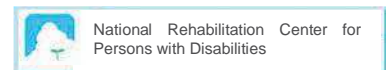
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