

For Technical Intern Trainees and
Specified Skilled Workers who will be
working in the field of nursing in Japan

What is “KAIGO” (Caregiving)?

Caregivers are responsible for **taking good care of patients, supporting what they want to do and helping them just be themselves.** Caregivers are required to have expertise in assisting with person’s diet, bathing, toileting and other daily life tasks. It is important to learn caregiving basics to understand the importance of each part. **Let’s try to understand each other.** We hope you will develop your communication skills and work enthusiastically and safely in the field of nursing. Our goal is to **provide reliable and safe care** to our patients.

excerpt from JCCD A Beginner's Guide to Care Work

- **Caregivers show kindness and concern for others.**
- **Caregiving bring you many smiles.**
- **Caregivers understand each other.**

What does a caregiver do?

① Assist with Dressing and Undressing



1) Hygiene and grooming care

1. Hygiene and grooming (face washing, hair washing etc.)
2. Assisting a patient with washing(washing the patient's face)

3. Oral care



2) Assist with dressing and undressing

1. Assist with dressing and undressing (sitting position/lying position)



② Transferring care

1) Changing body positions

1. Changing body positions
2. Assisting a patient to stand up and sit down



2) Transferring care

1. Assisting a patient to walk
2. Transferring a patient to a wheelchair etc.



3. Assisting a wheelchair user



③ **Mealtime assistance**

1) Mealtime assistance



④ **Hygiene and bathing care**

1) Giving a partial bath

1. Hand bath

2. Foot bath

2) Bathing care

3) Sponge bath



⑤ **Toilet care**

1) Helping patients to use the toilet or portable toilet

2) Changing diapers



3) Helping patients to use a urine bottle and bedpan



⑥ **Understanding a person with dementia or disabilities**

1) Giving personalized caregiving to each patient



What is it like to work in nursing homes?

What a Japanese nursing home is like



How many years are foreign interns allowed to work?

*Please learn Japanese actively and put effort in studying Japanese & caregiving skills.

If foreign interns acquire the certificate of Certified Care Worker, they can continue to work in the field of nursing care in Japan.

You can obtain permanent residency in Japan as a Certified Care Worker

1. Technical Intern Trainees in the field of nursing care

- The maximum term of the training can be extended to five years
 - ✧ The technical intern training period is basically three years.
 - ✧ If you express your willingness to continuously work, you can stay two additional years.

