

# Dementia Friendly Communities

Toward a society where everyone can live with hope,  
with or without dementia



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TOKYO  
METROPOLITAN  
GOVERNMENT

# 1

## New Perspective on Dementia

It was once believed that people with dementia lost all understanding and the ability to do anything.

The current perspective is that **dementia does not mean an end to one's capabilities—people, even with dementia, still have what they can do and what they want to do as an individual, and they have the ability to continue to live authentic lives with hope while staying connected with others within familiar neighborhoods.**

This is referred to as **the New Perspective on Dementia.** The Tokyo Metropolitan Government is committed to promoting various initiatives based on the concept of this perspective.



# 2

## Tokyo Dementia Programs Promotion Plan

The Tokyo Metropolitan Government developed a new plan for dementia in March 2025. In drafting the plan, we prioritized incorporating the perspectives of people living with dementia by hearing their opinions repeatedly.

And the plan was built on the fundamental principle of **realizing a Tokyo where all citizens, irrespective of having dementia, respect and support each other in harmony and maintain their dignity and lives with hope even after the diagnosis of dementia.**

Even with dementia, all of us should be respected as an individual and be able to live with hope. Let's work together to create such a warm city as Tokyo!



Visit here  
for more details



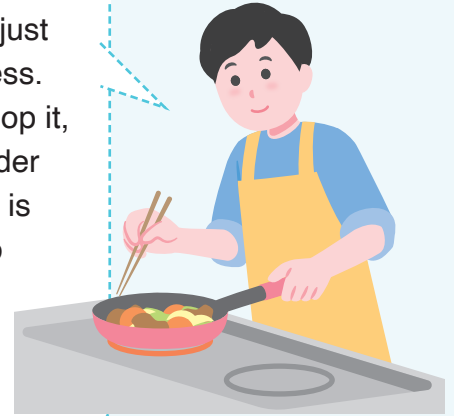
# 3

## Messages from Patients with Dementia

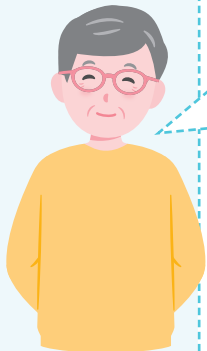
I sometimes get confused and make mistakes, but I'm doing my best and finding my own ways to manage. Whether you have dementia or not, you only live once, so it's a waste not to enjoy it! I will continue with my hobby of photography and look forward to finding a new source of further fun.



Dementia is not something special; it is just like any other illness. Anyone can develop it, regardless of gender or age. I believe it is so important to go outside and meet other people to talk or work with.



My memories are sometimes hazy and I feel off, yet I have not changed. Even if I can't put what I did into words or recall the details, I'm sure the happy moments really existed. If I cherish the present rather than the past, my life will be a happy one. Let's live at an easy and leisurely pace, without haste, and always with a smile.



I believe getting together is important. Let's gather anyway!



Even after my diagnosis, I don't really feel any particular difference in myself. I might be causing a bit of trouble for those around me, but I was encouraged to just act the way you feel, so I follow that advice.



Being diagnosed with dementia is neither special nor shameful. Please meet the patient before you as a person, acknowledge the person and get to know them. Cherish the words "live for today" and "live as yourself." After all, we have simply developed dementia a little bit ahead of you.



In order to promote your understanding of dementia and support people with dementia in sharing their messages, the Tokyo Metropolitan Government appoints persons with dementia as Tokyo Dementia Hope Ambassadors. Tokyo Dementia Hope Ambassadors are introduced in the Tokyo Dementia Navi (please see the back cover for details).

## What is Dementia?

Dementia refers to a **condition where cognitive function** (Note 1) **declines for a variety of reasons, leading to difficulties in daily life**. Because of the decline, some people may experience behavioral and psychological symptoms of dementia (BPSD), such as anxiety, depression, irritability, hallucinations, delusions, loss of motivation, and insomnia.

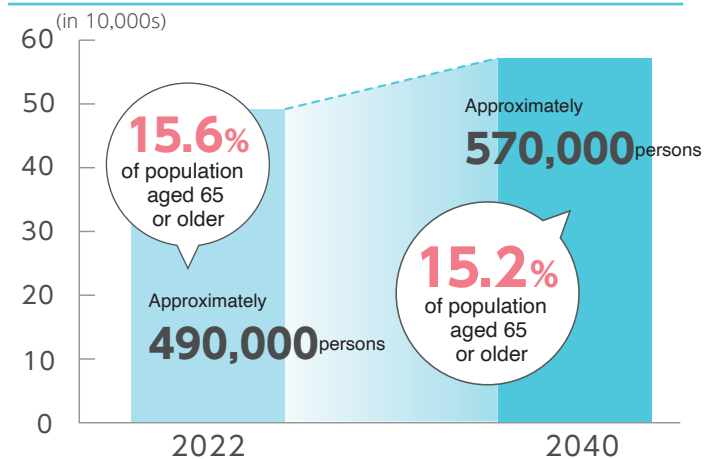
(Note 1) Cognitive function refers to such brain activities as memorizing things, using words, calculating, and thinking deeply to solve problems.

(Note 2) People who have any symptom of dementia (Level I or higher on the Degree of Independence in Daily Living for Elderly People with Dementia) among elderly people who have received Certification of Needed Long-term Care.

### Dementia is a very common disease

There are **more than 490,000 persons** with dementia in Tokyo, and it is estimated that **this number will increase to approximately 570,000 persons by 2040**.

### Future estimates of elderly people who have any symptoms of dementia (Note 2)



Reference: "Distribution Survey for Elderly People with Dementia" by the Tokyo Metropolitan Government (in FY 2022)

### Everyone May Develop Dementia

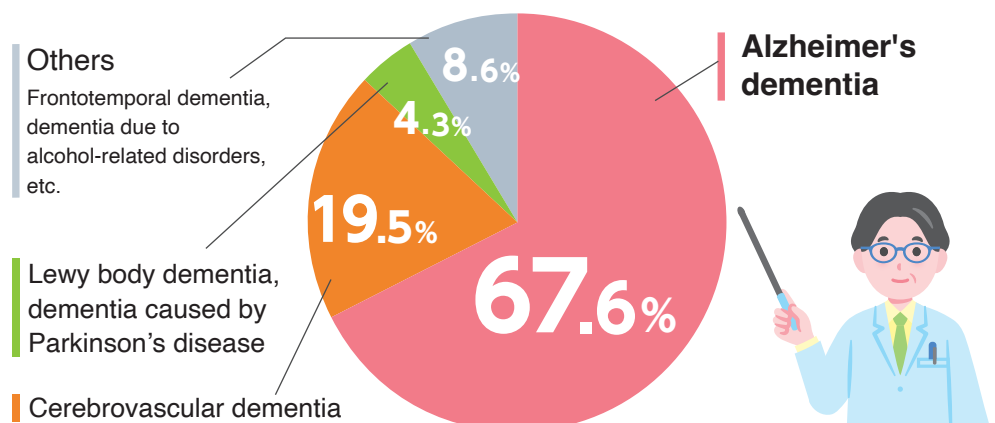
Dementia is not something that only elderly people develop. Early-onset dementia develops in people younger than 65 years. It is estimated that **there are approximately 4,000 people with early onset dementia in Tokyo**.

Calculated on the basis of the estimated prevalence from the "Survey on the Prevalence and Living Conditions of People with Early-Onset Dementia," conducted by Tokyo Metropolitan Geriatric Hospital and Institute of Gerontology between FY2017 and FY2019 as part of the Dementia Research and Development Project by the Japan Agency for Medical Research and Development (AMED)

### Various Causes of Dementia

**Alzheimer's disease, cerebrovascular disease, Lewy body disease, and Parkinson's disease primarily cause dementia.**

### Breakdown of diseases that cause dementia



Created by modifying data from the Health and Labour Sciences Research Project Prevalence of People with Dementia in City Area and Care for Impairment in Daily Living (FY 2011–2012 Comprehensive Research Report; Principal Investigator: Takashi Asada)

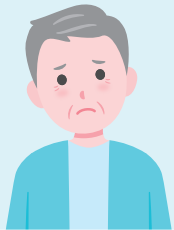
# 5

## How Does It Feel to Have Dementia?

Sometimes, things like these may happen...

### Anxiety

The person is the first to notice that something is not right. They may feel anxiety, wondering, "What is going to happen to me from now on?"



### Irritation and Anger

When they make a mistake, they may feel confused and not know how to fix it, which can lead to feelings of irritation and anger.



### Depressed Feeling

When they realize that they can no longer do what you could do easily so far, they may feel depressed.



**All of these emotional states they exhibit have a reason behind them.**

**With the right adjustments for their current self, it may be possible to maintain a life that is not so different from before.**



### Column

#### Listen to the Voices of the Heart and Body: The Japanese BPSD Care Program

➤ When people with dementia feel restless or uneasy, it is not a matter of selfishness. In so many cases, they are communicating hidden distress, such as pain or fear, that they cannot put into words.

In the Japanese BPSD Care Program, which was jointly developed by the Tokyo Metropolitan Government and the Tokyo Metropolitan Institute of Medical Science, such behaviors are viewed as messages, and a team in long-term care and other facilities works to uncover the reasons behind them. By noticing and removing physical pain or environmental discomfort, their natural, gentle smiles return. Knowing those reasons enables caregivers to support them with kindness and compassion.

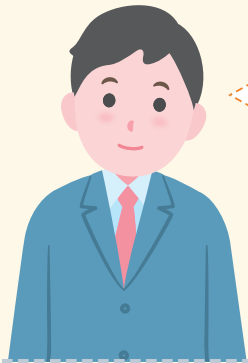
The Tokyo Metropolitan Government will continue to support more long-term care and other service facilities in implementing this care program.



## Living with People with Dementia

### > Approach people with dementia with a deep understanding of their feelings.

For example, people with dementia may forget they have already eaten and may ask, “Is my food ready yet?” many times. Similarly, they may repeatedly ask, “What time are we leaving?” long before the scheduled departure.



**It is important to approach people with dementia with an adequate understanding of the anxiety they feel in daily life.**

Responding angrily by saying, “Don't ask me the same thing again and again!” will only fuel their anxiety. Instead, it is better to understand their feelings of unease, to listen to their concerns carefully, and to respond in a way that helps them feel at ease.

### > Respect their will and dignity.

For example, a person, who has cooked for many years, develops dementia, may find it difficult to manage cooking tasks or may increasingly forget to turn off the stove as their condition progresses.



**Having dementia does not mean that the person cannot do anything. Respect their will and dignity and provide them with discreet support so that they can do what they want to do as much as possible.**

Instead of keeping the person away from cooking altogether because it is dangerous, it is better to let them do what they can, such as mixing ingredients or dishing out food. Cherish their motivation to cook.

When living together, family members may also face their own anxieties and worries. If you find yourself in such a situation, please try talking to someone. There are local places that provide a gathering opportunity for people with dementia and their families or support for them, such as dementia cafes and Team Orange.

Instead of trying to solve everything on your own, please feel free to reach out. Your family should remember to take good care of themselves, too.



# 7

## Importance of Health Maintenance

Protecting physical health leads to protecting your brain. Preventing lifestyle-related diseases, such as high blood pressure and diabetes, not only reduces the risk of dementia but is also an important step toward living life in your own way for years to come.



Keep up the habit of physical activity within your limits.

Limit your intake of salt and alcohol and enjoy various food ingredients.

Go outside and enjoy conversations and socializing with others.

Spend time on your hobbies and favorite activities to enjoy your everyday life.

# 8

## Timely Diagnosis Is Important

Do you feel that visiting a clinic is pointless because dementia cannot be cured? In reality, early diagnosis and early support are very important.

### Early awareness helps you be better prepared:

#### Start preparing for your future life.

By having discussions while you and your family are still doing well, and by making good use of helpful services, you can create an environment where you can live with peace of mind, even with dementia.

#### Symptoms may be temporary.

If the cause is identified through consulting a doctor early, it may turn out to be a treatable condition that can be cured completely.

#### The progression of dementia may be slowed down in some cases.

It is said that starting medication early and receiving compassionate care that respects your feelings can help slow down the progression of symptoms.

Let's try Do-it-Yourself Checklist to Recognize Dementia available from the next page.



## Let's try "Do-it-yourself Checklist to Recognize Dementia"!

### Do-it-yourself Checklist to Detect Dementia

Put a circle on the most applicable answer.

#### Check ①

Do you forget where you put things such as your wallet or keys?



Never

1  
point

Sometimes

2  
point

Frequently

3  
point

Always

4  
point

#### Check ②

Do you forget a conversation that happened 5 minutes ago?



Never

1  
point

Sometimes

2  
point

Frequently

3  
point

Always

4  
point

#### Check ③

Are you told by people around that you have forgetfulness with "always asking the same thing"?



Never

1  
point

Sometimes

2  
point

Frequently

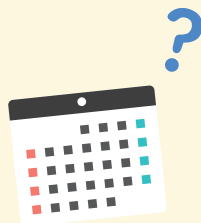
3  
point

Always

4  
point

#### Check ④

Do you forget what day and month it is?



Never

1  
point

Sometimes

2  
point

Frequently

3  
point

Always

4  
point

#### Check ⑤

Do you sometimes fail to immediately recall a word which you are willing to tell?



Never

1  
point

Sometimes

2  
point

Frequently

3  
point

Always

4  
point

※The result of this checklist just roughly indicates dementia and cannot be substituted for a medical diagnosis. You need to visit a medical institution to be diagnosed with dementia.

※The score may become higher if physical function is impaired.



## Do I possibly have dementia? If you are beginning to worry about it, check it by yourself.

Your family or someone close to you can also check it on behalf of you.

<p><b>Check 6</b></p> <p>Can you pay the rent and bills, withdraw money or make a deposit by yourself?</p> 	<p>Yes, without difficulty</p> <p>1 point</p>	<p>Can most of the time</p> <p>2 point</p>	<p>Can't most of the time</p> <p>3 point</p>	<p>Not at all</p> <p>4 point</p>
<p><b>Check 7</b></p> <p>Can you buy things by yourself?</p> 	<p>Yes, without difficulty</p> <p>1 point</p>	<p>Can most of the time</p> <p>2 point</p>	<p>Can't most of the time</p> <p>3 point</p>	<p>Not at all</p> <p>4 point</p>
<p><b>Check 8</b></p> <p>Can you use the bus, the train or a car by yourself?</p> 	<p>Yes, without difficulty</p> <p>1 point</p>	<p>Can most of the time</p> <p>2 point</p>	<p>Can't most of the time</p> <p>3 point</p>	<p>Not at all</p> <p>4 point</p>
<p><b>Check 9</b></p> <p>Can you clean up with a vacuum cleaner or a broom by yourself?</p> 	<p>Yes, without difficulty</p> <p>1 point</p>	<p>Can most of the time</p> <p>2 point</p>	<p>Can't most of the time</p> <p>3 point</p>	<p>Not at all</p> <p>4 point</p>
<p><b>Check 10</b></p> <p>Can you look up a telephone number and make a phone call?</p> 	<p>Yes, without difficulty</p> <p>1 point</p>	<p>Can most of the time</p> <p>2 point</p>	<p>Can't most of the time</p> <p>3 point</p>	<p>Not at all</p> <p>4 point</p>

**After checking, sum up the scores from Check 1 to Check 10.**

When the total score is 20 points or more, your cognitive function and social life may have been disturbed.

**Total**  
points

## Where Can I Go for Advice in Situations like This?



There are many places to seek advice and people who can support you. You don't have to carry the burden alone—please feel free to contact them.

## 1

**I'm worried about my memory loss lately, or I want to know if I have dementia.**

### ① **Primary care doctors** -----

**If you begin noticing memory loss, please consult your primary care doctor first.**

If necessary, they can refer you to hospitals with specialists. The Tokyo Metropolitan Government provides training for primary care doctors to ensure that they have the knowledge and skills for proper dementia care.

### ② **Dementia support doctors** ※ The list is provided at the Tokyo Dementia Navi. -----

These doctors provide medical expertise as part of a team dedicated to supporting the lives of people with dementia and their families. They also collaborate on municipality initiatives, such as dementia cafes and public seminars.

### ③ **Tokyo Orange Doctors** ※ The list is provided at the Tokyo Dementia Navi. -----

The Tokyo Metropolitan Government certifies dementia support doctors who work actively in collaboration with Community General Support Centers and other similar centers as Tokyo Orange Doctors. They support people with dementia and their families by responding to inquiries from these centers and serving as lecturers for training programs targeting local medical and care professionals.

### ④ **Medical centers for dementia-related diseases in Tokyo** -----

The Tokyo Metropolitan Government has designated 52 medical institutions across the city (as of March 2026; see pages 12–13). These institutions provide specialized medical consultation and diagnosis for dementia, manage physical complications and behavioral/psychological symptoms, promote community cooperation, and conduct human resource development.

Each center is staffed by professionals, such as psychiatric social workers with specialized knowledge of dementia. They provide medical consultations about dementia for individuals with dementia, their families, and related organizations and offer referrals to appropriate medical institutions depending on each situation.

### ⑤ **Specialized medical institutions for dementia** -----

These are medical institutions with dementia specialists. They provide diagnosis and treatment for dementia through various departments, such as forgetfulness clinics, memory clinics, psychiatry, neurology, neurosurgery, and geriatric medicine.

## 2

I want to seek advice on dementia, use long-term care services, or talk about my concerns as a caregiver.

### 1 Municipal consultation desks

If you access your local municipal office in person or by phone and say, “I’d like to talk about dementia or care for the aged,” they will connect you to the department in charge. You can also feel free to ask about your “desire for medical checkups” and any other concerns.

### 2 Community general support centers

(The name of the center may vary depending on the area.)

**These are comprehensive consultation desks established by municipalities to support elderly people and their families.**

If you have any concerns about caregiving, you can feel free to reach out to them. At the centers, specialists provide a wide range of consultation and support, including consultations regarding visits to medical institutions, referral to and procedural support for long-term care services, support for preventive care, and consultations regarding elder abuse. The centers also promote community monitoring activities in collaboration with related organizations and residents. You can find your nearest comprehensive community support center by inquiring at your local municipal office.

### 3 Public health centers, health centers, and mental health and welfare centers

Psychiatrists, public health nurses, and other specialists provide professional consultations on mental health and welfare, including dementia.

### 4 Peer counselling for family caregivers

Counselors with personal experience in dementia care (peer counselors) are available by phone to listen to the concerns and anxieties of people who care for their family members with dementia in Tokyo.

**☎ 03-6380-8038** (Mon.Thu. and Sat.: 10:00 a.m. to 3:00 p.m.,  
excluding holidays and the year-end and New Year period)

## 3

I want to seek advice on early-onset dementia.

### General Support Centers for Early-Onset Dementia

**These are dedicated one-stop consultation centers specializing in early-onset dementia established by the Tokyo Metropolitan Government.**

Specialized counselors respond to inquiries from individuals with early-onset dementia, their families, and related organizations (such as Community General Support Centers). They provide service and support for a wide range of issues, including visits to medical institutions, social security procedures, use of long-term care insurance services, employment support, and the anxieties of those individuals and their families. Please feel free to call them first.

#### Tokyo Metropolitan Government General Support Center for Early-Onset Dementia

TS Himonya Building 3F, 5-12-1, Himonya Meguro-ku, Tokyo  
(A 10-minute walk from the East Exit of Gakugei Daigaku Station on the Tokyu Toyoko Line)

**☎ 03-3713-8205**

(9:00 a.m. to 5:00 p.m., Mon. to Fri. (except public holidays))

#### Tokyo Metropolitan Government Tama General Support Center for Early-Onset Dementia

Nicole Toyoda Building 4F, 2-2-4, Tamadaira, Hino shi, Tokyo  
(A two-minute walk from the North Exit of Toyoda Station on the JR Chuo Line)

**☎ 042-843-2198**

(9:00 a.m. to 5:00 p.m., Mon. to Fri. (except public holidays))

## 4

## I want to meet with individuals with dementia and caregivers for them to share information and talk about dementia.

- 1 Tokyo Branch, Alzheimer's Association Japan** -----  
 ☎ **03-5367-2339** (Dementia Telephone Counseling: Tue. and Fri.: 10:00 a.m. to 3:00 p.m., excluding holidays)
- 2 Specified Nonprofit Organization Caregiver Support Network Center Aladdin**  
 It provides telephone counseling and holds gatherings for families caring for persons with dementia.  
 ☎ **03-5368-1955** (Administration Office: Tue. to Fri.: 11:00 a.m. to 5:00 p.m.)
- 3 Hoshinokai - Association of Families Living with Young-Onset Dementia**  
 ☎ **03-5919-4185** (Telephone counseling: Mon., Wed., and Fri.: 11:00 a.m. to 3:00 p.m.)
- 4 Specified Nonprofit Organization Early-Onset Dementia Support Center**  
 This provides information on young-onset dementia, where to seek consultation, contact details for local associations of families, and other kinds of support.  
 ☎ **03-5919-4186** (Mon., Wed., and Fri.: 10:00 a.m. to 5:00 p.m.)
- 5 Dementia Cafes** -----  
 They are places where people with dementia and their families, local residents, and professionals can gather casually to seek advice and exchange information.
- 6 Dementia self-advocacy meetings** -----  
 The meetings provide places where people with dementia take the lead to share their thoughts and actual experiences. As those people can share their feelings and experiences with one another, they can also utilize the meetings as a place for peer counseling for themselves.

※ There are various other groups in your community where people with dementia and their families gather. For more information, please contact the dementia support desk at your local municipal office or your nearest Community General Support Center.

## 5

## I want to seek advice on rights advocacy and adult guardianship.

Organizations for promoting the Adult Guardianship System (see page 14) are available to ensure that everyone with limited cognitive capacity, including elderly people with dementia and individuals with intellectual or mental disabilities, can use the welfare services and live their lives with peace of mind. In addition, municipal Councils of Social Welfare and other similar organizations conduct the Daily Life Independence Support Program (Community-Based Welfare Rights Advocacy Program), giving assistance in necessary procedures for using welfare services and paying usage fees.

## 6

## I want to seek consultation as I fell victim to a fraudulent business practice.

If you fell victim to a fraudulent business practice or feel uneasy about a transaction, please contact the consultation desks listed below. Community General Support Centers or the municipal Consumer Affairs Centers also provide consultations.

**Consultation contacts for individuals and their families:** Elder Consumer Fraud Hotline 110 (Tokyo Metropolitan Comprehensive Consumer Center)

☎ **03-3235-3366** (Mon. to Sat.: 9:00 a.m. to 5:00 p.m., excluding holidays and the year-end and New Year period)

Consumer Hotline

☎ **188** (No area code required) This hotline connects you to your nearest consumer affairs consultation desk. The days and hours when this hotline is available vary depending on the consultation desk.

**For reports and inquiries from care service providers, local welfare commissioners, and other professionals who are close to the elderly**

Elder Consumer Watch (Mimamori) Hotline (Tokyo Metropolitan Comprehensive Consumer Center)

☎ **03-3235-1334** (Mon. to Sat.: 9:00 a.m. to 5:00 p.m., excluding holidays and the year-end and New Year period)

## List of Medical Centers for Dementia-related Diseases in Tokyo (As of March 2026)

※ As a general rule, consultation by phone is available during daytime on weekdays (Mon. to Fri.).

Medical Institution Name	Address	Consultation Desk Phone No.
Mitsui Memorial Hospital	Kanda-Izumi-cho 1, Chiyoda-ku	03-3862-9133
St. Luke's International Hospital	9-1 Akashi-cho, Chuo-ku	03-5962-7227
Tokyo Saiseikai Central Hospital	1-4-17 Mita, Minato-ku	03-3451-7651
Tokyo Medical University Hospital	6-7-1 Nishi-Shinjuku, Shinjuku-ku	03-3342-6111 (Main)
Juntendo University Hospital	3-1-3 Hongo, Bunkyo-ku	03-5684-8577
Eiju General Hospital	2-23-16 Higashi-Ueno, Taito-ku	03-3833-8381 (Main)
Nakamura Hospital	2-1-1 Yahiro, Sumida-ku	03-3611-9740
Juntendo Tokyo Koto Geriatric Medical Center	3-3-20 Shinsuna, Koto-ku	03-5632-3180
Ebara Nakanobu Clinic	2F Sakai Bldg., 2-15-5 Nakanobu, Shinagawa-ku	03-6426-6033
Mishuku Hospital	5-33-12 Kami-Meguro, Meguro-ku	03-3711-3513
Tokyo Metropolitan Ebara Hospital	4-5-10 Higashi-Yukigaya, Ota-ku	03-5734-7028
Tokyo Metropolitan Matsuzawa Hospital	2-1-1 Kami-Kitazawa, Setagaya-ku	03-3303-7211 (Main)
Yoyogi Station Neurology and Internal medicine Clinic	3F Prenge Yoyogi Bldg., 1-35-1 Yoyogi, Shibuya-ku	03-6258-2816
Ashikari Clinic	5-44-9 Chuo, Nakano-ku	090-9244-7312
Yokufukai Hospital	1-12-1 Takaido-Nishi, Suginami-ku	03-5336-7790
Toshima Nagasaki Clinic	4-25-15 Nagasaki, Toshima-ku	03-6905-8015
Orange Hotto Clinic	3-31-15 Horifune, Kita-ku	03-3911-2661 (Main)
Abe Clinic	5F Nippori Station Chuo Bldg., 6-60-10 Higashi-Nippori, Arakawa-ku	03-5615-3020
Tokyo Metropolitan Geriatric Hospital and Institute of Gerontology	35-2 Sakae-cho, Itabashi-ku	03-3964-1141 (Main)
Jiun-do Hospital	4-14-53 Sekimachi-Minami, Nerima-ku	03-3928-6511 (Main)
Oouchi Hospital	5-41-1 Nishi-Arai, Adachi-ku	03-5691-0592
Izumi Home Care Clinic	5-30-16 Aoto, Katsushika-ku	03-6662-6332
TUMS Sakura Hospital Edogawa	1-11-1 Higashi-Shinozaki, Edogawa-ku	0120-396-834

Medical Institution Name	Address	Consultation Desk Phone No.
Hirakawa Hospital	1076 Miyama-cho, Hachioji-shi	042-651-3132
Tachikawa Hospital	4-2-22 Nishiki-cho, Tachikawa-shi	0120-766-613
Musashino Red Cross Hospital	1-26-1 Kyonan-cho, Musashino-shi	0422-30-5697
Kyorin University Hospital	6-20-2 Shinkawa, Mitaka-shi	0422-44-0634
Ome Narikidai Hospital	1-447 Nariki, Ome-shi	0428-74-9933
Negishi Hospital	2-12-2 Musashidai, Fuchu-shi	042-572-4171
Takatsuki Clinic	2F Akishima Showa No.2 Bldg., 2-4-4 Daikanyama, Akishima-shi	042-543-6781
Aoki Hospital	3-33-17 Kamiishiwara, Chofu-shi	042-483-1399
Tsurukawa Sanatorium Hospital	197 Shinkoji-machi, Machida-shi	0120-115-513
Musashino Chuo Hospital	1-44-26 Higashi-cho, Koganei-shi	0422-31-1253
National Center Hospital, National Center of Neurology and Psychiatry	4-1-1 Ogawa Higashi-cho, Kodaira-shi	042-341-2711(Main)
Tamadaira Forest Hospital	3-1-17 Tamadaira, Hino-shi	042-843-1888
Tama Aoba Hospital	2-27-1 Aoba-cho, Higashimurayama-shi	042-393-2881(Main)
Kokubunji Hospital	4-2-2 Higashikoigakubo, Kokubunji-shi	042-323-7471
Nitta Clinic	2-26-29 Nishi, Kunitachi-shi	042-574-3355(Main)
Fussa Clinic	3-35-13 Kamidaira, Fussa-shi	042-551-2312(Main)
The Jikei University West Medical Center	4-11-1 Izumi Honcho, Komae-shi	03-3480-0702
Higashiyamato Hospital	1-13-12 Nangai, Higashiyamato-shi	042-562-1487
Fukujuji Hospital	3-1-24 Matsuyama, Kiyose-shi	042-491-4111(Main)
Maeda Hospital	5-13-34 Chuo-cho, Higashikurume-shi	042-473-2133(Main)
Musashimurayama Hospital	1-1-5 Enoki, Musashimurayama-shi	042-566-3312
Sakuragaoka Memorial Hospital	1-1-1 Renkoji, Tama-shi	042-313-7350
Inagidai Hospital	3-7-1 Wakabadai, Inagi-shi	042-331-5533
Hamura Sankei Hospital	4207 Hane, Hamura-shi	042-570-6150
Akirudai Hospital	6-5-1 Akigawa, Akiruno-shi	042-559-5761(Main)
Yamada Hospital	3-4-10 Minami-cho, Nishitokyo-shi	042-461-0622
Nanohana Clinic	454 Tonogaya, Mizuho-machi, Nishitama-gun	042-557-7995(Main)
Ooguno Hospital	6416 Ooguno, Hinode-machi, Nishitama-gun	042-597-1119
Okutama Hospital	1111 Hikawa, Okutama-machi, Nishitama-gun	0428-83-2145(Main)

## List of Consultation Contacts for the Use of the Adult Guardianship System (As of March 2026)

The Adult Guardianship System is a system for legally supporting individuals with an impaired judgement capacity due to dementia by appointing an assistant (such as an adult guardian) to protect their rights. Each municipality has established an organization for promoting the Adult Guardianship System that provides access to consultations regarding rights advocacy support, including this system, in a local community.

Municipality Name	Name of an organization for promoting the Adult Guardianship System	Phone Number
Chiyoda-ku	Chiyoda Adult Guardianship Center	03-6265-6521
Chuo-ku	Adult Guardianship Support Center "Step Chuo"	03-3206-0567
Minato-ku	Rights Protection Center "Support Minato"	03-6230-0283
Shinjuku-ku	Shinjuku Adult Guardianship Center	03-5273-4522
Bunkyo-ku	Rights Protection Center "Anshin Support Bunkyo"	03-3812-3156
Taito-ku	Rights Protection Center "Anshin Taito"	03-5828-7507
Sumida-ku	Sumida Welfare Services Rights Protection Center	03-5655-2940
Koto-ku	Rights Protection Center "Anshin Koto"	03-3647-1710
Shinagawa-ku	Shinagawa Adult Guardianship Center	03-5718-7174
Meguro-ku	Rights Protection Center "Meguro"	03-5768-3964
Ota-ku	Ota Adult Guardianship Center	03-3736-2022
Setagaya-ku	Adult Guardianship Center "Emii"	03-6411-3950
Shibuya-ku	Shibuya Adult Guardianship Support Center	03-5457-0099
Nakano-ku	Nakano Adult Guardianship Support Center	03-5380-0134
Suginami-ku	Suginami Adult Guardianship Center	03-5397-1551
Toshima-ku	Welfare Services Rights Protection Support Office "Support Toshima"	03-3981-2940
Kita-ku	Rights Protection Center "Anshin Kita"	03-3908-7280
Arakawa-ku	Adult Guardianship & Rights Protection Center "Anshin Support Arakawa"	03-3802-3396
Itabashi-ku	Itabashi Rights Protection Support Center	03-5943-7070
Nerima-ku	Rights Protection Center "Hotto Support Nerima"	03-5912-4022
Adachi-ku	Adachi Adult Guardianship Center	03-6807-1520
Katsushika-ku	Katsushika Adult Guardianship Center	03-5672-2833
Edogawa-ku	Edogawa Safe Living Support Center	03-3653-6275
Hachioji-shi	Adult Guardianship & Anshin Support Center Hachioji	042-620-7365
Tachikawa-shi	Community Anshin Center Tachikawa	042-529-8319
Musashino-shi	Musashino Welfare Corporation – Adult Guardianship Support Center	0422-66-2332
Mitaka-shi	Rights Protection Center Mitaka	0422-46-1203

※If there is no promotion office in your town or village, please contact your town or village office.

Municipality Name	Name of an organization for promoting the Adult Guardianship System	Phone Number
Ome-shi	Adult Guardianship & Rights Protection Center Ome	0428-23-7868
Fuchu-shi	Rights Protection Center Fuchu	042-360-3900
Akishima-shi	Community Welfare & Guardianship Support Center Akishima	042-544-0388
Machida-shi	Welfare Support Machida	042-720-9461
Koganei-shi	Rights Protection Center "Fukushi Net Koganei"	042-386-0121
Kodaira-shi	Rights Protection Center Kodaira	042-342-8780
Higashimurayama-shi	Adult Guardianship Support Center Higashimurayama	042-394-7767
Kokubunji-shi	Rights Protection Center Kokubunji	042-324-8401
Kunitachi-shi	Kunitachi Rights Protection Center	042-575-3222
Fussa-shi	Fussa Adult Guardianship Center	042-552-5027
Higashiyamato-shi	Anshin Higashiyamato (Adult Guardianship Promotion Organization)	042-590-0018
Kiyose-shi	Kiyose Rights Protection Center "i-net"	042-495-5573
Higashikurume-shi	Higashikurume Adult Guardianship Promotion Organization	042-479-0294
Musashimurayama-shi	Musashimurayama Adult Guardianship Promotion Organization	042-566-0061
Hamura-shi	Hamura Adult Guardianship Support Organization	042-554-0304
Akiruno-shi	Akiruno Adult Guardianship Center	042-533-3548
Nishitokyo-shi	Rights Protection Center "Anshin Nishitokyo"	042-497-5239
Mizuho-machi	Mizuho Rights Protection Center	042-557-8201
Hinode-machi	Hinode Adult Guardianship Center	042-588-4511
Hinoharamura	Hinohara Adult Guardianship Center	042-598-0085
Okutama-machi	Okutama Guardianship Center	0428-83-3855

For the residents of five constituent cities of the Tama Southern Adult Guardianship Support Center, the following consultation contacts are available.

Municipality Name	Name of the Contact Office	Phone Number
Chofu-shi	Welfare & Health Department, Welfare General Affairs Division, Community Welfare Section	042-481-7323
Hino-shi	Rights Protection Center Hino	042-591-1561
Komae-shi	Anshin Komae	03-3488-5603
Tama-shi	Rights Protection Center	042-373-5677
Inagi-shi	Inagi City Welfare Rights Protection Center "Anshin Inagi"	042-378-5459

## Let's Become a Dementia Supporter!

People with dementia can continue to live free from anxiety within the community where they have lived for years if their neighbors and local workers, such as those in shopping districts, post offices, banks, and police stations, properly understand dementia and help those people and their families when the need arises.

### What is a Dementia Supporter?

Dementia Supporters are those who look out for people with dementia and their families and act as warm companions who journey alongside them through life based on an accurate knowledge of dementia.



### How to Become a Dementia Supporter?

#### Please take the Dementia Supporter Training Course.

- Upon completing a lecture of approximately 1.5 hours, anyone is eligible to become a Dementia Supporter.
- Training Course is offered at local municipal offices, companies, various organizations, and elementary and junior high schools.

※For more information on how to apply and course dates, please contact the dementia support desk in your local municipality.

Having as many people as possible become supporters of people with dementia and their families are the first step toward creating a city where we can live securely, even with dementia.

## Access Tokyo Dementia Navi!!

The Tokyo Dementia Navi is the official website of the Tokyo Metropolitan Government for the purpose of planning communities where people with dementia and their families can live in peace.

### Main contents

- Pamphlets: Friendly Communities Dementia and Do-it-yourself Checklist to Recognize Dementia
- Basic knowledge of dementia
- Dementia-related seminars and events held by the Tokyo Metropolitan Government
- Consultation service for dementia (Medical Centers for Dementia-related Diseases in Tokyo, General Support Centers for Early-Onset Dementia, etc.)
- Documents introducing efforts of the Tokyo Metropolitan Government (conference documents, research reports, manuals, etc.)



### Tokyo Dementia Navi

<https://www.ninchishounavi.metro.tokyo.lg.jp/> or Tokyo Dementia Navi

Search



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