

# What you can and can't do with Piyo-Piyo Support



Regarding “housework assistance” and “childcare assistance”

Classification	Content
Housework assistance	<ul style="list-style-type: none"> <li>As a general rule, this applies to everyday indoor housework of homes in Ota City where you are registered as a resident.</li> <li><b>This does not apply to major cleanups, cleaning that would usually be outsourced to a cleaning company, and non-everyday (temporary) housework assistance.</b></li> </ul>
Childcare assistance	<ul style="list-style-type: none"> <li>With the exception of some types of assistance, this service is generally for assistance provided at home within Ota City.</li> <li>It cannot be used to look after children when guardians are not at home.</li> </ul>

What can / can't you do?

## • Helpers

Classification	Content	○ Can be done (examples)	✕ Can't be done (examples)	Notes
Housework assistance	Meal preparation and cleanup	<ul style="list-style-type: none"> <li>Cooking</li> <li>Setting the table</li> <li>Cleaning up</li> </ul>	<ul style="list-style-type: none"> <li>Labor-intensive dishes (e.g. New Year's dishes)</li> <li>Cooking for people other than those living in the same household</li> <li>Cooking based on doctor's instructions (e.g. allergy-friendly dishes)</li> </ul>	Assistance will also be provided to family members living in the same household (to the extent that the applicant regularly performs such duties).
	Shopping for daily necessities	<ul style="list-style-type: none"> <li>Shopping for ingredients and daily necessities at local supermarkets, convenience stores, etc.</li> </ul>	<ul style="list-style-type: none"> <li>Shopping for birth celebration gifts</li> <li>Buying furniture, electrical appliances, etc.</li> <li>Shopping for other items that are not daily necessities</li> </ul>	Having the helper pay for things on your behalf (please make sure to give the helper any necessary funds in advance)
	Washing and repairing items of clothing	<ul style="list-style-type: none"> <li>Washing</li> <li>Tidying of dressers, etc.</li> <li>Ironing</li> <li>Sewing (e.g. attaching buttons)</li> </ul>	<ul style="list-style-type: none"> <li>Washing requiring special care/effort (e.g. washing large items such as curtains, handwashing sweaters, washing done at coin laundromats)</li> <li>Large quantities of ironing</li> </ul>	Assistance will also be provided to family members living in the same household (to the extent that the applicant regularly performs such duties).

Classification	Content	○ Can be done (examples)	✕ Can't be done (examples)	Notes
Housework assistance	Cleaning and tidying	<ul style="list-style-type: none"> <li>• Simple cleaning of living rooms, bedrooms, kitchens etc. (e.g. using vacuum cleaners and mops)</li> <li>• Simple tidying such as that of newspapers and magazines, etc.</li> <li>• Simple cleaning of toilets, bathtubs, and washrooms</li> <li>• Simple cleaning of entranceways and balconies*</li> </ul>	<ul style="list-style-type: none"> <li>• Cleaning of gas stoves, grills, drains, windows, air conditioners, extractor fans, refrigerators, insect screens, etc.</li> <li>• Large-scale end-of-year cleaning jobs</li> <li>• Waxing floors</li> <li>• Bathroom mold removal</li> <li>• Garden maintenance (e.g. watering plants, pruning, weeding)</li> <li>• Help with moving house</li> <li>• Wall (overall) and ceiling cleaning</li> </ul>	<p>Cleaning tasks that the applicant regularly performs can be assisted</p> <p>*Work carried out outside the house (including on balconies) during the summertime (July to September) cannot be assisted due to the risk of heatstroke.</p>
	Other necessary housework	<ul style="list-style-type: none"> <li>• Hanging futons to dry (only duvets)</li> <li>• Changing bed sheets</li> </ul>	<ul style="list-style-type: none"> <li>• Applications to city offices</li> <li>• Refueling/washing/cleaning vehicles</li> <li>• Taking care of pets</li> <li>• Taking out the garbage</li> <li>• Indoor/outdoor home repairs/maintenance (e.g. painting, moving furniture, rearranging rooms)</li> <li>• Taking clothes to be dry cleaned</li> </ul>	The moving of mattresses (including futon mattresses) cannot be assisted.
Childcare assistance	Nursing assistance	<ul style="list-style-type: none"> <li>• Boiling water and transferring it to pots, etc.</li> <li>• Milk powder mixing</li> <li>• Washing /boiling milk bottles and cleaning up afterwards</li> </ul>	<ul style="list-style-type: none"> <li>• Giving milk to infants (assistance can be provided)</li> </ul>	
	Diaper changes	<ul style="list-style-type: none"> <li>• Diaper changes</li> </ul>		
	Bathing assistance	<ul style="list-style-type: none"> <li>• Preparing/cleaning up baby baths</li> <li>• Receiving and drying the baby, clothes changes, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Putting infants into the bath (bathing assistance can be provided)</li> </ul>	

Classification	Content	○ Can be done (examples)	✕ Can't be done (examples)	Notes
	Maintaining the childcare environment	<ul style="list-style-type: none"> <li>• Preparing and tidying away baby bedding</li> <li>• Room temperature adjustments</li> </ul>		
Childcare assistance	Caring for older siblings	<ul style="list-style-type: none"> <li>• Looking after older siblings during feeding and bathing time</li> </ul>	<ul style="list-style-type: none"> <li>• Childcare/babysitting for older siblings while guardians are not at home</li> </ul>	
	Accompanying outings	<ul style="list-style-type: none"> <li>• Shopping, going on walks, picking up and dropping off children at daycare, accompanying infant health checks and vaccinations, accompanying children's doctor's appointments, accompanying mothers to doctor's appointments</li> </ul>	<ul style="list-style-type: none"> <li>• Outings with only the helper and the child</li> <li>• Using personal vehicles for transport</li> <li>• Attending important ceremonial occasions, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• A guardian must be available to assist the child immediately should the need arise.</li> <li>• Meeting helpers at the outing destination is permitted.</li> <li>• If helpers are accompanying outings from home, the method of travel must be walking or using public transportation.</li> <li>• Travel costs arising from helpers using public transportation are to be paid by the applicant.</li> </ul>
	Other necessary childcare assistance	<ul style="list-style-type: none"> <li>• Clothes changes</li> <li>• Taking care of children when the applicant is working from home</li> </ul>	<ul style="list-style-type: none"> <li>• Feeding infants</li> <li>• Assembling and installing baby beds and toys</li> <li>• Assistance with remote work</li> </ul>	<ul style="list-style-type: none"> <li>• Using the service when working from home is only permitted when a guardian is available to assist the child immediately should the need arise.</li> </ul>

#### • Midwives

Classification	Content	○ Can be done (examples)	✕ Can't be done (examples)	Notes
Childcare assistance	Midwife visits (2 hours)	<ul style="list-style-type: none"> <li>• Childcare consultations</li> <li>• Nutrition consultations</li> <li>• Consultations regarding physical and mental health conditions</li> <li>• Nursing assistance and advice</li> </ul>	<ul style="list-style-type: none"> <li>• Direct care for postpartum women (e.g. breast care)</li> </ul>	<p>If you would like to receive breast care, please use the "Postpartum Care" program run by Ota City public health centers.</p>