

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"> • As a general rule, this applies to everyday indoor housework of homes in Ota City where you are registered as a resident. • This does not apply to major cleanups, cleaning that would usually be outsourced to a cleaning company, and non-everyday (temporary) housework assistance. • Household chores support when the guardian is not present is not covered • It cannot be carried out simultaneously with childcare support.
Childcare assistance	<ul style="list-style-type: none"> • With the exception of some types of assistance, this service is generally for assistance provided at home within Ota City. • It cannot be used to look after children when guardians are not at home. • ✕ It is limited to cases where the guardian can respond immediately if something happens to the child. • It cannot be carried out simultaneously with housework support.

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"> • Cooking • Setting the table • Cleaning up • Baby food 	<ul style="list-style-type: none"> • Labor-intensive dishes (e.g. New Year's dishes) • Attending to visitors • Cooking for people other than those living in the same household • Cooking based on doctor's instructions (e.g. allergy-friendly dishes) 	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"> • Shopping for ingredients and daily necessities at local supermarkets, convenience stores, etc. 	<ul style="list-style-type: none"> • Shopping for birth celebration gifts • Buying furniture, electrical appliances, etc. • Shopping for other items that are not daily necessities 	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"> • Washing • Tidying of dressers, etc. • Ironing (up to about 5 pieces) • Sewing (e.g. attaching buttons) • Hand washing of shoes (up to about 3 pairs per child) 	<ul style="list-style-type: none"> • Washing requiring special care/effort (e.g. washing large items such as curtains, handwashing sweaters, washing done at coin laundromats) • A large amount of laundry, ironing 	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"> • Simple cleaning of living rooms, bedrooms, kitchens etc. (e.g. using vacuum cleaners and floor wiping with a floor mop) • Simple tidying such as that of newspapers and magazines, etc. • Simple cleaning of toilets, bathtubs, and washrooms • Simple cleaning of entranceways and balconies* 	<ul style="list-style-type: none"> • Cleaning of gas stoves, grills, drains, windows, air conditioners, extractor fans, refrigerators, insect screens, etc. • Large-scale end-of-year cleaning jobs • Waxing floors • Bathroom mold removal • Garden maintenance (e.g. watering plants, pruning, weeding) • Help with moving house • Cleaning of walls (entire), ceiling, and doors 	<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"> • Hanging futons to dry (only duvets) • Changing bed sheets 	<ul style="list-style-type: none"> • Applications to city offices • Refueling/washing/cleaning vehicles • Taking care of pets • Taking out the garbage • Indoor/outdoor home repairs/maintenance (e.g. painting, moving furniture, rearranging rooms) • Taking clothes to be dry cleaned • Handling of the intercom during support • Posting in a mailbox • Moving heavy objects and working at heights (moving large furniture, futons, mattresses, etc., changing light bulbs, etc.) 	<p>The moving of mattresses (including futon mattresses) cannot be assisted.</p>
Childcare assistance	Nursing and meal support	<ul style="list-style-type: none"> • Boiling water and transferring it to pots, etc. • Milk powder mixing • Washing /boiling milk bottles and cleaning up afterwards 	<ul style="list-style-type: none"> • Giving milk to infants (assistance can be provided) • A helper feeds the child directly (assisting a guardian with feeding is allowed) 	
	Diaper changes	<ul style="list-style-type: none"> • Diaper changes 		
	Bathing assistance	<ul style="list-style-type: none"> • Preparing/cleaning up baby baths • Receiving and drying the baby, clothes changes, etc. 	<ul style="list-style-type: none"> • Putting infants into the bath (bathing assistance can be provided) 	

Classification	Content	○ Can be done (examples)	✗ Can't be done (examples)	Notes
	Maintaining the childcare environment	<ul style="list-style-type: none"> •Preparing and tidying away baby bedding •Room temperature adjustments 		
Childcare assistance	Caring for siblings	<ul style="list-style-type: none"> •Looking after older siblings during feeding and bathing time 	<ul style="list-style-type: none"> •Childcare/babysitting for older siblings while guardians are not at home 	
	Accompanying outings	<ul style="list-style-type: none"> •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 	<ul style="list-style-type: none"> •Outings with only the helper and the child •Using personal vehicles for transport •Attending important ceremonial occasions, etc. 	<ul style="list-style-type: none"> •A guardian must be available to assist the child immediately should the need arise. •Meeting helpers at the outing destination is permitted. •If helpers are accompanying outings from home, the method of travel must be walking or using public transportation. •Travel costs arising from helpers using public transportation are to be paid by the applicant. •Accompanying to the park during the summer months (July to September) is not allowed due to the risk of heatstroke.
	Other necessary childcare assistance	<ul style="list-style-type: none"> •Clothes changes •Supervision of children while parent's nap or during remote work. 	<ul style="list-style-type: none"> •Trimming an infant's nails and cleaning the navel •Medical care such as taking medication or applying ointment •Supervision during water play •Assembling and installing baby beds and toys •Help with work 	<ul style="list-style-type: none"> •Using the service when working from home is only permitted when a guardian is available to assist the child immediately should the need arise.