



## Observing the true self with a pure heart

In this issue of Mimitaro, we spoke with Ms. Angela Kanamaru Hatanaka  
who is raising her autistic children in Koka.



I arrived to Japan from Brazil 25 years ago and was blessed with twins, a boy and a girl, with my current husband whom I remarried. I also have 3 children from my previous

marriage. One of them is already an adult but is also living with us since she has a minor intellectual disorder. I raised the twins on my own, carrying one in the front and one on my back since my husband was assigned to work away from home for 7 years. They were both diagnosed with autism at age 2 and a half, and are currently 11 years old.

The level of autism differ among our children. Our son is able to repeat words, however, our daughter's case is more severe and she is not able to speak. She has a particular order of doing things in her own world, such as taking 40 minutes to get dressed because she chooses the same type of clothes to wear everyday, and washing her body in the same order when taking a bath. When things get out of order, she will panic and start hitting her head and harming herself with her nails. When she is in a good condition, she will concentrate on lining things up neatly in order or cuddle up close to me.

My husband and I drive our two children to a special needs school everyday. They also attend after school activity service twice a week. These services are precious opportunities for them because children with disabilities are limited in play areas since they may cause trouble with other children. They also visit the hospital periodically. My husband and I collect various information for the state of our children to improve even in the slightest way and hope to get connected to other professional care. As our children go into adolescence, I am sure there will be more problems, and I am worried about their future, however, as parents, we hope for our children to be in good condition and live life comfortably.

As with myself, I work part-time while our children go to school and if there is time, I study Japanese wherever I can, such as regional Japanese classes. I also study Japanese at home on television, but because my daughter is sensitive to sounds, I study with the volume turned off, looking up terminology if there are subtitles I do not understand. For the well-being of our children, we are looking into obtaining Japanese nationality, and that is the reason why I am studying Japanese. I challenged the Japanese Language Proficiency Test the other day. I also learn crayon painting which is very enjoyable time for myself. I hope to draw pictures with my children some day.

I am sure there are many people who are looking after children with disabilities like myself. What I would like to mention to those guardians is to "consider your child only". If you are conscious of what others think of you, or if you cannot accept the facts and run away from the situation, support cannot be provided and treatment or schooling for the child may become delayed. Therefore, I would like for those to have the courage to accept their children with a pure heart. I would also like to mention the same to those who are also struggling with various difficulties. Recently, I feel that social networking services are overflowing with fun posts such as "personal vacations" and "delicacies I had", making it difficult to see the reality behind people's lives. In fact, there are many people who have problems concerning children, couples, domestic violence or livelihood needs but who cannot face reality because they are concerned of what others think of them, for visa purposes, or because they do not have the financial ability to escape their situation. For the sake of the people you love, or for yourself, I would like for those people to have the courage to accept reality, and seek help if necessary and for others to reach out to those in need, creating a warmer society for everyone.

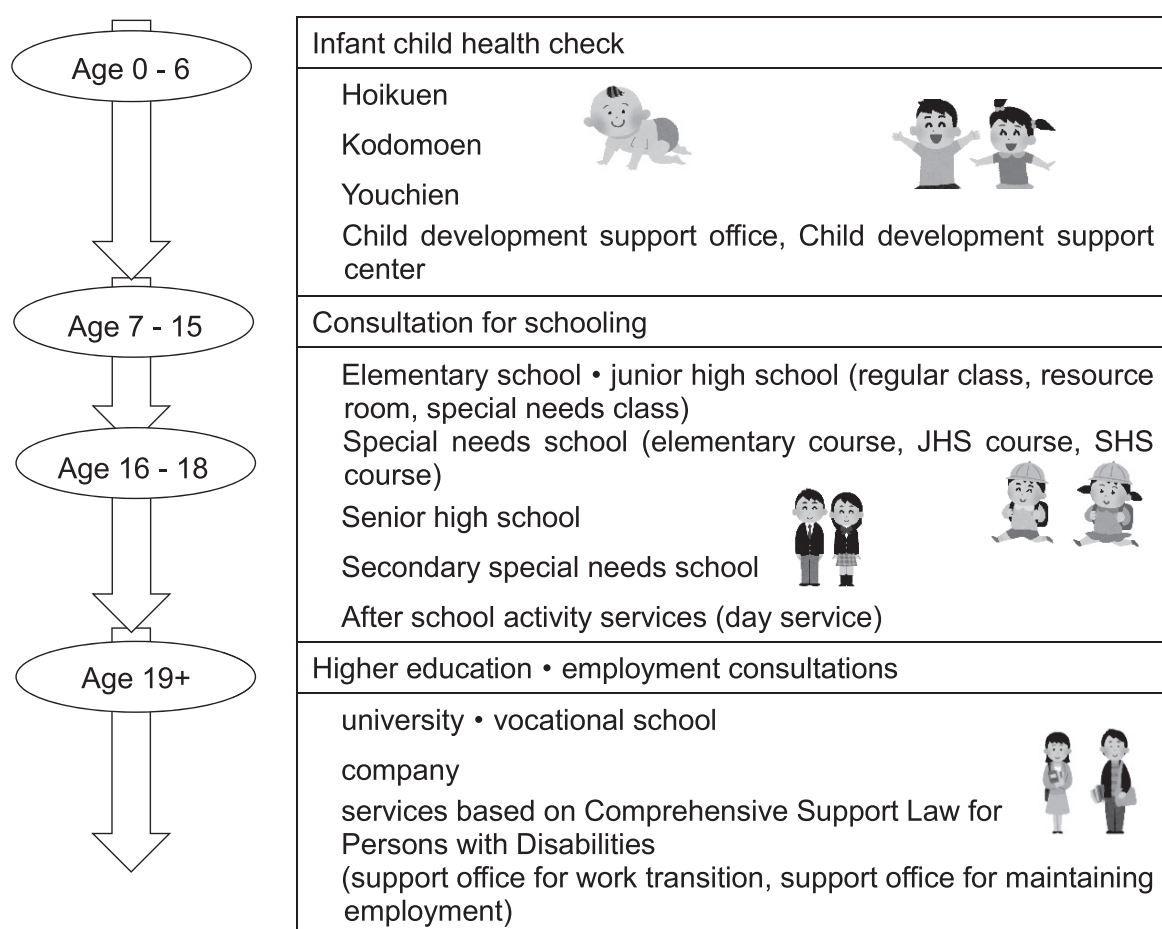
I have experienced many things in life, some very difficult, but I was able to overcome each one. I would like to continue moving forward and never give up.

# Information on Child Development and Support

There are various efforts to monitor the health and development of children in Japan. In Shiga prefecture, newborns are screened for impaired hearing through the “newborn hearing test”. Upon request, newborns are also tested for “congenital metabolic disorder” to detect illnesses that delay development due to poor metabolism or secretions and provide treatment to prevent the occurrence of disabilities. Infants and toddlers have municipal health checks, and young children are consulted before entering elementary school. Other than monitoring vaccinations, checking documents, and consulting to concerns from guardians, health checks are conducted at specific stages of a child’s development for early diagnosis and treatment of disabilities by health care professionals. For example, traits of certain child developmental disabilities are only visible at certain developmental stages, so it is important to receive health checks at the specified age determined by each municipal government.

## Organizations for those with developmental disabilities

There are opportunities for learning and other facilities to suit the needs of each individual.



## Organizations available for consultations or concerns regarding child development.

- developmental support center, health center, disability welfare section in each city or town
- medical institution (pediatrician, psychiatrist)
- Shiga Prefectural Education Center TEL 077-588-2505



If you do not know where to contact, or if multiple disabilities coincide requiring more specialized care, contact “Shiga prefecture medical welfare one-stop consultation desk” TEL 077-569-5955

☆ The National Rehabilitation Center for Persons with Disabilities has information in foreign languages. Please use as a reference.



## **“Shobyoteatekin” benefit during leave of absence due to injury or sickness**

In addition to medical expenses, there are other benefits when enrolled in company health insurance.

One of them is “injury and sickness benefit (*shobyoteatekin*)”.



If you take a long break from work due to an injury or sickness, you may not receive a salary and have trouble with living expenses. However, by applying for injury and sickness benefit (*shobyoteatekin*), your health insurance will pay compensation towards living costs.

*Shobyoteatekin* was established to guarantee the livelihood of the insured person and their family members, and is issued when the insured person takes leave of absence from work due to an injury or sickness and cannot receive enough compensation from the company.

【Amount of compensation】 2/3 of the average monthly salary over the most recent 12 month period. Please note, this is the total salary the company has reported to the insurance company. It will not coincide with your salary after deductions.

### 【Conditions for compensation】

- ① You are taking leave of absence due to injury or sickness for reasons outside of work
- ② You are unable to work (confirmation required by doctor)
- ③ You are unable to work for more than 4 days, including 3 consecutive days
- ④ You have no paid salary during the period of absence from work (confirmation required from employer)

Please check the Kyokai-kempo HP or contact the office for details regarding *shobyoteatekin*.

Kyokai-kempo Shiga Branch

TEL 077-522-1099 (Japanese)

Kyokai-kempo injury and sickness benefit

<https://www.kyoukaikenpo.or.jp/g3/sb3040/r139/>

*Shobyoteate* application

<https://www.kyoukaikenpo.or.jp/g2/cat230/r124/>

How to fill in the application

<https://youtu.be/z6Xqu7RSvbE>

## **Generic medicine is cheap!**



Generic medicine has the same active ingredients and equivalent therapeutic effects to those of the original medicine but are cheaper than the original medicine because it started to sell after the patent for the new medicine had ended. Generic medicine is also common in Japan, accounting for about 80% of medication prescribed by doctors. (These drugs may be bought at hospitals or dispensing pharmacies.)

If you wish generic products when purchasing medicine at a hospital or dispensing pharmacy, please show the prescription and ask for “generic medicine”. If you are not confident with your Japanese, please scan the QR code and show the image to the staff. (Generic drugs may not exist for certain types of medication.)



# Mimitaro Information

## ★ Let's enjoy the autumn colours in Shiga!



🍁 Autumn colors start in various regions beginning the end of October. *Koto-sanzan* (the 3 temples listed below) is selected as one of the top 100 places in Japan for enjoying the autumn leaves.

- Saimyoji Temple TEL 0749-38-4008  
Koura-cho Ikedera 26, Inukami-gun
- Kongourinji Temple TEL 0749-37-3211  
Aisho-cho Matsuodera 874, Echigun
- Hyakusaiji Temple TEL 0749-46-1036  
Hyakusaiji 323, Higashiomi

## 🍁 Metasequoia

Makincho Hiruguchi~Makino TEL 0740-27-1811

## 🍁 Hikone Castle Genkyuuen

Konkicho 3-40, Hikone TEL 0749-22-2742

## ★Dine at a “COVID-19 safety certified establishment”!

Infection prevention measures at eating and drinking establishments are certified by the prefectural government for the safety and trust of visitors. Enjoy dining by taking necessary countermeasures for infection!



Look for this seal

Certified restaurants/bars here→



## Online Japanese study sites

### ★Online Japanese classes anywhere

There is an online educational support service for children with foreign roots. The organization responds to various Japanese learning needs such as students who cannot keep up with classroom material.

NICO PROJECT



### ★Website for “Foreign Nationals as Residents” to Learn Japanese Language

The Agency for Cultural Affairs provides daily life learning material to foreign nationals living in Japan using ICT. You can choose the learning content from a level that suits you, from keywords, or daily scenes.



# Mimitaro News



## ★Japanese classes for employment

Application: Hellowork

- Konan city Sunlife Kousei  
November 8 – February 16, evening, level 2
- Moriyama city Moriyama-ekimae Sogo Annai-jo Community Hall  
November 11 – February 22, morning, level 2
- Higashiomi city Yokaichi Arts and Cultural Center  
November 16 – March 1, evening, level 1

## ★Skill-up course for employment

Application: Hellowork

- Content: Japanese communication, computer use, basics in nursing care, etc.
- Period: December 1, 2021 – March 31, 2022  
9:30am – 4:00pm
- Where: Career College ITOGEN  
(Minakuchicho Motoayano 1-7, Koka)
- Capacity: 15
- Application period: October 8 – October 26



## ♡ “Career Guidance” for children and guardians with foreign roots

*Immigration consultations also available !*

- When: Saturday, October 23 1:30pm – 4:00pm
- Where : G-NET Shiga Large hall (Omihachiman)
- Eligibility : children with foreign roots (gr. 5 – J.H.S) and guardians

! variable depending on COVID-19 situation

Shiga Intercultural Association for Globalization  
TEL 077-526-0931

## Notice from SIA

### ★Emergency care during the New Year period

Information will be available on the SIA homepage at the end of December for information regarding medical institutions during the holiday period.



### Apology and Correction

Please note there is a correction in Mimitaro #140 regarding “Japanese language classes in Shiga”.

Sorry for any inconvenience.

The correct information is as follows:

“Omi Nihongo Fureai Club”

Day and Time: Monday, 10:30am-12:00pm

Place: Piazza Omi

Next issue of Mimitaro scheduled in January