

16 Home Helper

Home helpers provide care for elderly or disabled people in their homes. Home care includes visiting the person's home, preparing meals, cleaning and grocery shopping. This allows the elderly or disabled person to continue living in their own home.

For foreign residents who are not proficient in Japanese, receiving care from a home helper who can speak a foreign language can be greatly reassuring.

Becoming a home helper:



Note: If you have three years of work experience as a home helper and have completed the home helper training, you will be exempt from the care worker practical examination and only be required to pass the written examination.

Prepare now:

To become a home helper, it is necessary to complete a training course run in Japanese. Therefore you should work towards improving both your native language and Japanese skills. Also make sure to be diligent in your studies at school.

Job prospects:

In general, home helpers find work at social welfare service corporations, medical corporations or private enterprises which offer nursing care. The average annual income is 2.9 million yen.

Training cost:

Training at a home helper training institution designated by the prefectural or municipal government costs 70,000 yen. A total of 130 hours of lecture attendance is required. Practical training also takes place as needed. The final evaluation is based on the result of a written examination (approximately one hour).