

Daily Life Plaza



Entrance to
Utoji-land

2025 (Reiwa 7) November

JKK東京

Issued By: Public Housing Management Division, Tokyo Metropolitan Housing Supply Corporation |
Cosmos Aoyama, 5-53-67 Jingumae, Shibuya-ku, Tokyo 150-8322

Accepting Applications for the Parent-Child Relocation Program

We are currently accepting applications for the Parent-Child Relocation Program, so that house-holds with elderly residents can better receive support from their children and their households.

You are eligible for this program if you have lived in your current municipally-owned apartment for a year or more (your rental agreement was approved for your current municipally-owned apartment on or before December 1, 2024), and you fulfill either (1) or (2), and (3) of the following conditions.

Application Conditions

(1) Parent Households

Parent households (can be a single individual) in municipally-owned housing, where all residents are 65 years of age or older (born on or before December 15, 1960), that wish to move to a location closer to the household of a child of theirs (does not have to be in municipally-owned housing).

(2) Child Households

Child households (can be a single individual) in municipally-owned housing that wish to move to a location closer to the household of a parent of theirs (does not have to be in municipally-owned housing), where all residents are 65 years of age or older (born on or before December 15, 1960).

(3) At a minimum, relocation must reduce minimum travel time between the parent household and child household by 30 minutes or more. If the current travel time between the parent household and child household is 30 minutes or more, a relocation must decrease that time to less than 30 minutes ("minimum travel time" refers to standard travel time with public transportation).

Precautions Before Applying

(1) Households in 都民住宅 (Households in Subsidized Housing), 定期使用住宅 (Time-Limited Housing), 福祉住宅 (民生住宅) (Welfare Housing) and 引揚者住宅 (Repatriation Housing) may not apply for this program.

(2) Households that have late housing fee payments, or over-earners (residents whose incomes exceed the limit for municipally-owned housing) may not apply for this program.

(3) Applications must be from either the parent household or child household. You will be disqualified from the lottery if both households apply.

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The deadline (date of automatic withdrawal) to pay for November housing fees, etc., is Monday, December 1.

We ask that those using automatic withdrawal check the amount in their payment account before the date of withdrawal.

Number of Households

25 households

(14 parent households/11 child households; details on page 3)

Required Documents

For Application

- (1) Application form
- (2) **Two postcards** (85 yen each) (with the sender's address and name written on the front; these are for notifying you of the lottery number and results)

Note: Please be aware that any missing information or other problems in your application form may disqualify you from the lottery.

After Being Chosen in the Lottery

- (1) 住民票 (Certificate of Residence) for the parent household and child household (that is printed with “世帯全員 [All Household Members]” and the members' relationships with one another)
- (2) A document that proves the parent-child relationship (such as the 戸籍謄本 [Certificate of Residence with Family Register] of child household)

Application Method

Submit the required documents to the following address by postal mail.

Send to: Cosmos Aoyama, 5-53-67 Jingumae, Shibuya-ku, 150-8322 Relocation Office, Municipally-Owned Housing Applications Center, JKK Tokyo

We will only accept applications that are sent by postal mail to the Municipally-Owned Housing Applications Center, JKK Tokyo by **December 12 (Fri.)**.

Application Form Distribution Period/Locations

Distribution Period: December 1 (Mon.) – 9 (Tue.), 2025, 9:00 a.m. – 6:00 p.m. (Excluding the weekend)
Application forms will be distributed at the Municipally-Owned Housing Applications Center Relocation Office and any of our Consultation Centers during the distribution period.

Lottery Date

Scheduled for mid-January 2026 (tentative)

You will be notified of the actual date/time, etc., of the lottery by a postcard informing you of your lottery number.

Housing Arrangements

- (1) There will be no relocation to newly built housing, Barrier-Free Housing (車いす住宅), and Silver Pia Housing (シルバーピア住宅).
- (2) Because arrangements are made as existing residents move out of apartments in your application area, **you will not be able to specify floors or other factors.**
- (3) Housing arrangements will begin around June 2026. Please be aware, however, that depending on the circumstances in your application area, it may take some time before your housing arrangements are made.

Other

When moving into your new apartment, you will need to complete certain procedures, such as relinquishing your current apartment, and submitting the necessary documents.



Nutritional Lessons with Professor Panda!

Learn about the Five Types of Nutrients

Lesson 1: Carbohydrates

Carbohydrates consist of “sugars” and “dietary fiber.” Sugars are found in rice, bread, tubers (potatoes, yams, etc.), and the like, and are a source of energy for your body. Dietary fiber is found in beans, seaweed, and more, and it helps balance your gut bacteria.



Q: Name five types of tubers!

→Answer on page 6.

List of Eligible Areas for the Parent-Child Relocation Program (December 2025)

Eligible Areas for Parent Household Relocation

Area #	City/Ward Name	Housing Name	Main Address	# of Lottery Households	Target # of Residents	Floor plan	Floor size (㎡)	Elevator?
1	Shinjuku	Hyakunincho 4-chome Apartment No. 5	4-4 Hyakunincho, Shinjuku City	1	1-2 people	1DK	32	Yes
2	Koto	Toyo 4-chome Apartment	4-9 Toyo, Koto City, etc.	1	1-2 people	2DK	36	Yes
3	Ota	Yaguchi 2-chome Apartment	2-21 Yaguchi, Ota City	1	1-2 people	2DK	32	Yes
4	Setagaya	Ikejiri 2-chome Apartment	2-3 Ikejiri, Setagaya City	1	1-2 people	1DK	32	Yes
5	Setagaya	Shimouma 2-chome Apartment	2-33 Shimouma, Setagaya City, etc.	1	1-2 people	1DK	34	Yes
6	Suginami	Horinouchi 3-chome Apartment No. 2	3-20 Horinouchi, Suginami City	1	1-2 people	1DK	33	Yes
7	Kita	Kamiya 3-chome Apartment No. 2	3-13 Kamiya, Kita City	1	1-2 people	2DK	37	Yes
8	Adachi	Kohoku 4-chome Apartment	4-14 Kohoku, Adachi City, etc.	1	1-2 people	1DK	32	Yes
9	Katsushika	Takasago 1-chome Apartment	1-8 Takasago, Katsushika City	1	1-2 people	2DK	33	Yes
10	Edogawa	Minami-Shinozakimachi 5-chome Apartment	5-6 Minami-Shinozakimachi, Edogawa City, etc.	1	1-2 people	1DK	35	Yes
11	Musashino	Musashino Midoricho 2-chome Apartment No. 3	2-6 Midoricho, Musashino City	1	1-2 people	1DK	33	Yes
12	Machida	Kogasaka Apartment No.2	7-28 Kogasaka, Machida City	1	1-2 people	1DK	34	Yes
13	Kunitachi	Kunitachi Fujimidai 4-chome Apartment	4-18 Fujimidai, Kunitachi City	1	1-2 people	1DK	34	Yes
14	Inagi	Omaru Apartment No. 2	526 Omaru, Inagi City	1	1-2 people	1DK	34	Yes

Eligible Areas for Child Household Relocation

Area #	City/Ward Name	Housing Name	Main Address	# of Lottery Households	Target # of Residents	Floor plan	Floor size (㎡)	Elevator?
15	Shinagawa	Kita-Shinagawa Apartment	1-5 Kita-Shinagawa, Shinagawa City	1	2+ people	2DK	41	Yes
16	Setagaya	Shimouma 2-chome Apartment	2-33 Shimouma, Setagaya City, etc.	1	2+ people	2DK	40	Yes
17	Kita	Toshima 3-chome Apartment	3-11 Toshima, Kita City	1	2+ people	2DK	40	Yes
18	Nerima	Hikarigaoka Apartment No. 3	2-4 Hikarigaoka, Nerima City, etc.	1	2+ people	3DK	55	Yes
19	Adachi	Adachi Chuo-Honcho 4-chome Apartment	4-20 Chuo-Honcho, Adachi City	1	2+ people	3DK	42	Yes
20	Katsushika	Higashi-Kanamachi 2-chome Apartment No. 2	2-10 Higashi-Kanamachi, Katsushika City	1	2+ people	3DK	55	Yes
21	Edogawa	Komatsugawa 3-chome Apartment No. 2	3-13 Komatsugawa, Edogawa City	1	2+ people	2K	37	Yes
22	Tachikawa	Hagoromocho 1-chome Apartment No. 2	1-11 Hagoromocho, Tachikawa City	1	2+ people	2DK	58	Yes
23	Mitaka	Mure 6-chome Apartment	6-25 Mure, Mitaka City	1	2+ people	2DK	57	Yes
24	Chofu	Chofu Midorigaoka 2-chome Apartment	2-30 Midorigaoka, Chofu City, etc.	1	2+ people	2DK	40	Yes
25	Higashi-Murayama	Higashi-Murayama Honcho Apartment	4-19 Honcho, Higashi-Murayama City, etc.	1	2+ people	2DK	58	Yes

■ **Inquiries about Parent-Child Relocation Program Applications Relocation Office,**
Municipality-Owned Housing Applications Center, JKK Tokyo, Tel: 03-3498-8894 (Rep.)

FY2025 Customer Survey in Progress

An anonymous mail survey meant for residents of JKK Tokyo municipally-owned housing, etc. is currently being conducted.

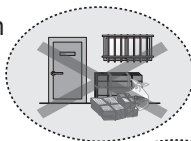
We conduct this survey each year, and the current survey period is October and November. We have sent it to randomly selected households living in municipally-owned housing, so please fill out the survey if you receive one. (Not all households will be surveyed.)

We will use the content of your responses to improve our customer service, so we ask for your understanding and cooperation.

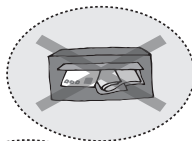
Four Points for Preventing Arson

Fire by arson is increasing at municipally-owned housing, etc.
Here are points for you to remember, for preventing arson.

Do not leave any object in common areas such as stairs, corridors and balconies (they can also prevent evacuation)



Creating an environment that prevents arson



- Do not leave any posted items and flyers in your letterbox
- Do not leave unwanted flyers, etc. near the entrance hall

Do not leave the garbage out except on collection days

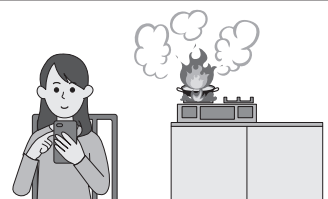


Do not leave any flammable items in your bicycle basket

Pay Attention When Handling Flame!

The main causes of fires in municipally-owned housing, etc. is cooking fires, mishandling cigarettes and arson.

If you step away from the kitchen while cooking, it can lead to a major accident, so be careful. Also take care to handle cigarettes and the like properly.



Requests in the event of an accident or fire

If an accident or fire occurs in your housing complex, please contact the police or fire department immediately, and then the JKK Tokyo Customer Service Center (phone number ② on page 6). Calls accepted 24/7, 365 days a year. Even if the damage is minor, such as a small fire, safety checks and repairs may be required.

Join in Self-Defense Fire Drills

It is vital to conduct self-defense fire drills regularly to minimize the damage from fires, earthquakes and other disasters, and to protect yourself.

Drills must be conducted at least once a year in accordance with the Fire Service Act. Please refer to the “Guide to Conducting Self-Defense Fire Drills” posted on the JKK Tokyo website.



Joining fire drills

- If you want to hold a fire drill or if the local resident association intends to participate in a local disaster prevention drill, please contact the JKK Tokyo Fire Prevention Management Supervisor in advance.
- When holding a fire drill, take care to avoid accidents and injuries.
- Watching the videos posted on the Tokyo Fire Department website’s Digital Classroom (電子学習室) page, such as “How to use a fire extinguisher” (消火器の使い方)—and then checking firefighting equipment and evacuation routes around you—is also considered a type of training.
- In addition to conducting self-defense fire drills, discuss how to prepare emergency disaster stock-piles.

Guide to Conducting Self-Defense Fire Drills (JKK Tokyo website)



東京消防庁 電子学習室

Search



<https://www.tfd.metro.tokyo.lg.jp>



■ Inquiries About Self-Defense Fire Drills and Contact Information

Fire Prevention Management Supervisor, Municipal Management Section, JKK Tokyo JKK Tokyo Customer Support Center, phone number ① on page 6.

Changes to How Partnership Relationships Involving High-Income Earners Are Treated

A revision of the Tokyo Metropolitan Public Housing Ordinance has changed the income calculation method for partnerships under the Tokyo Partnership Oath System or the like when recognizing high-income earners. Partners will now be treated the same as spouses.

Specifically, for income earned in FY2025 and earlier, the income earner deduction (of up to ¥1,248,000 per person for income earned by individuals other than the main tenant and their spouse) still applies. However, for income earned in FY2026 and beyond, the income earner deduction will no longer apply for partners, and they will be treated the same as spouses.

This revision does not apply to individuals other than partners in a partnership relationship under the Tokyo Partnership Oath System or the like.

High-Income Earners
(JKK Tokyo website)



Tokyo Partnership Oath System
(TMG website)



Applications Accepted for FY2026 Kitchen Sink Drainpipe Cleaning

For housing complexes whose residents want to request kitchen sink drainpipe cleaning at their residences, we will accept the necessary cleaning fees as common fees, and Tokyo will handle the cleaning once a year as a proxy for residents. The representative (resident association, etc.) is responsible for applying within the application period.

● Scope of cleaning

Among the kitchen sink drainpipes, the scope of cleaning will cover the sinks to the first catch basin outdoors.

● Conditions for applying

- (1) As a general rule, the approval of all residents (if you are a new housing complex, a list of signatures) is necessary for each housing complex. However, we may accept individual building applications. For more information, please contact the JKK Tokyo Customer Support Center (phone number ❶ on page 6).
- (2) Starting from April 2026, you must pay the cleaning fees (¥225 monthly or ¥2,700 annually per housing unit) together with your monthly housing fees.

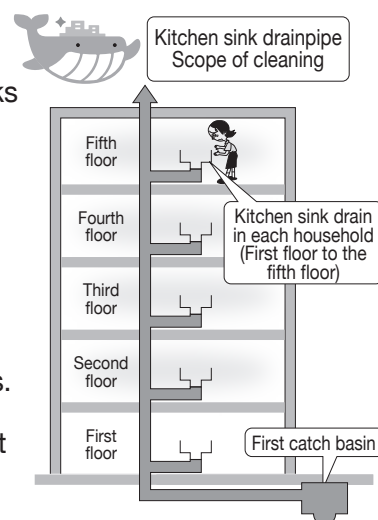
● Application method

For housing complexes requesting cleaning for the first time, please contact the JKK Tokyo Customer Support Center (phone number ❶ on page 6) through your representative (resident association).

For housing complexes requesting cleaning following last year, we have sent an application form for FY2026 in late October to your representative.

● Period for accepting applications/where to apply

- (1) Period: From November 4 (Tue.) until November 28 (Fri.), 2025
- (2) Where to apply: Your Consultation Center in charge (if you are applying following last year, you can apply online as shown below).



[For housing complex that had the same work done last year] About applying online

Any housing complex resident who wishes to have drainpipes cleaned following 2025 can apply online. Online application is not available for newly applying for housing complex.

Apply from the JKK Tokyo website



JKK Tokyo website> Residents of Municipally-Owned Housing, etc.
> List of Online Applications > Resident Association-related procedures
> 8. Applications for Kitchen Sink Drainpipe Cleaning (for renewal applications)
Note: If you are applying for the first time, you must register a new account on LoGo Form.

Application form



Message From the Tokyo Metropolitan Hospital Organization

November 2 Is Blood Pressure Day! Why You Shouldn't Ignore High Blood Pressure

In Japan, one in two adults (twenty or older) has high blood pressure. While exceeding the standard values rarely causes symptoms, high blood pressure is called **“the silent killer”** because it increases the risk of various life-threatening diseases.

For example, persistently high blood pressure often causes arteriosclerosis—the thickening and hardening of blood vessel walls—increasing the risk of stroke and heart attack. It is also linked to chronic kidney disease, and if it worsens you may need regular dialysis.

High blood pressure is only detectable if you actually measure it. That is why you should make regular health checkups a habit.



Other columns are delivered through the organization's LINE account

Definition of high blood pressure

	Hospital/clinic monitor	Household monitor
Systolic: Upper blood pressure	130 mmHg or higher	125 mmHg or higher
Diastolic: Lower blood pressure	80 mmHg or higher	75 mmHg or higher

Source: Japanese Society of Hypertension Guidelines for the management of elevated blood pressure and hypertension 2025

Learn more about high blood pressure



JKK Tokyo Customer Support Center

The phone lines are often very busy on Mondays and the day after a holiday.
If you are not in a rush, please call on a different day.

Hours 9 a.m. to 6 p.m. (excluding Saturdays, Sundays, national holidays and during the year-end/New Year's holidays)

- 1** For questions about procedures, housing fee payments, and/or day-to-day living

Click here for the list of online applications for municipally-owned housing, etc.



 **0570-03-0071**
 **☎03-6279-2652**

- 2** For application or consultation regarding repairs
For emergency repairs (leaks, etc.), accidents and/or fires, suspension of water supply, emergencies that threaten resident safety, etc.
Open 24/7, 365 days a year.

 **0570-03-0072**
 **☎03-6279-2653**

- **Navi-Dial is not covered by the free calls or fixed-rate calling plans that mobile phone carriers offer.**

In addition, call charges vary depending on your connection and device.

For the actual process, please listen to the rate guidance at the beginning of the phone call or visit the Navi-Dial website.

Note: There are no charges for the rate guidance that plays at the beginning of the phone call.

- **Please have your “名義人番号” (lessee number) ready to ensure that we can handle your request faster.**

Please click here for the FAQ regarding procedures, etc.



 Housing Policy Headquarters, Tokyo Metropolitan Government website

東京都住宅政策本部

 Search



 JKK Tokyo website “For residents of municipally-owned housing, etc.”

都営住宅 お住まいの皆さま

 Search



Foreign-language versions of Daily Life Plaza are available on the JKK Tokyo website.
Foreign-language versions



Daily Life Plaza is made with recycled paper.
SAVE THE GREEN EARTH!



Potatoes, sweet potatoes, taro, Chinese yam, Japanese yam, konjac, yacón, Jerusalem artichoke, etc.

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Daily Life Plaza No. 403