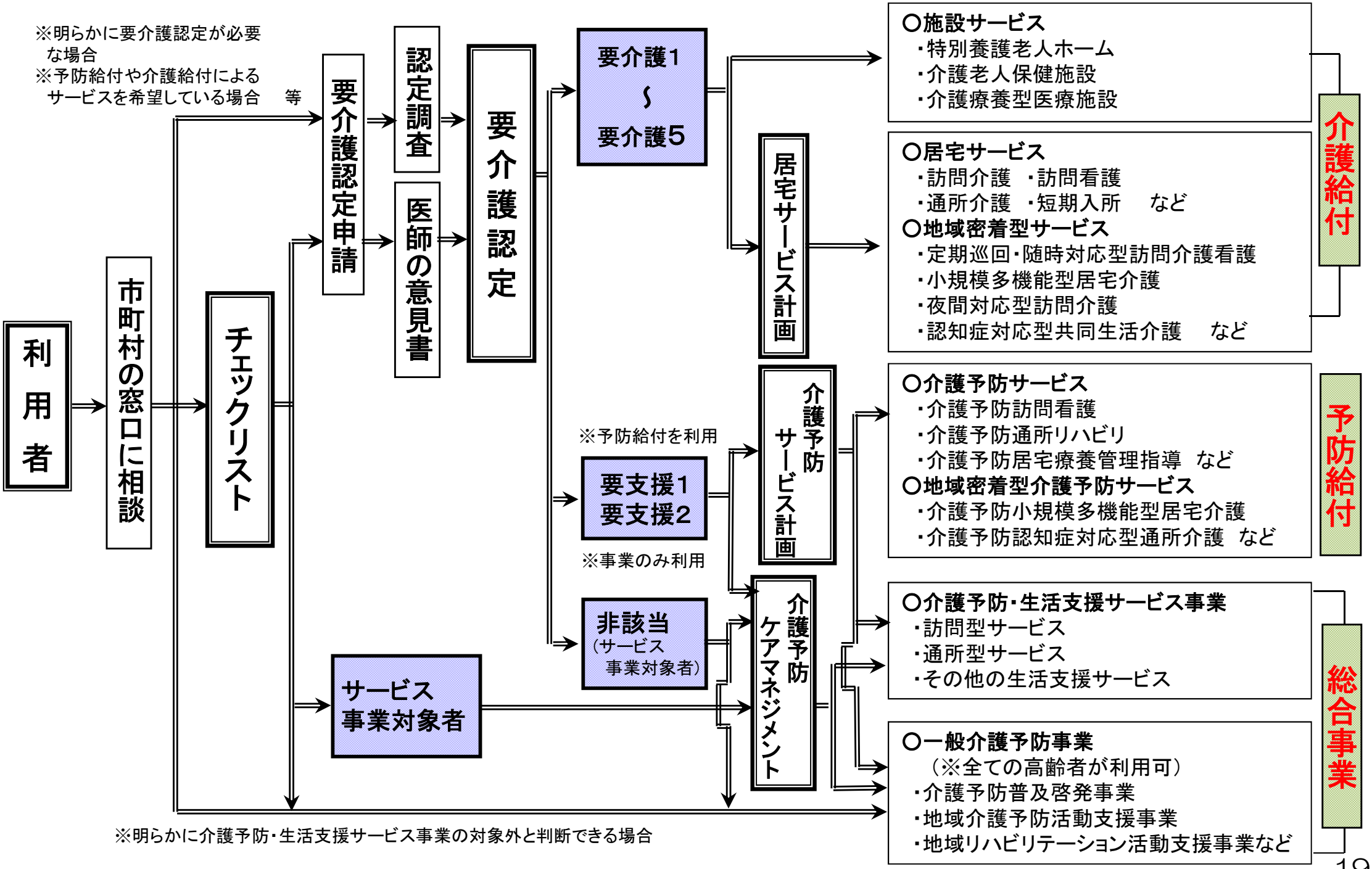【参考】介護サービスの利用の手続き