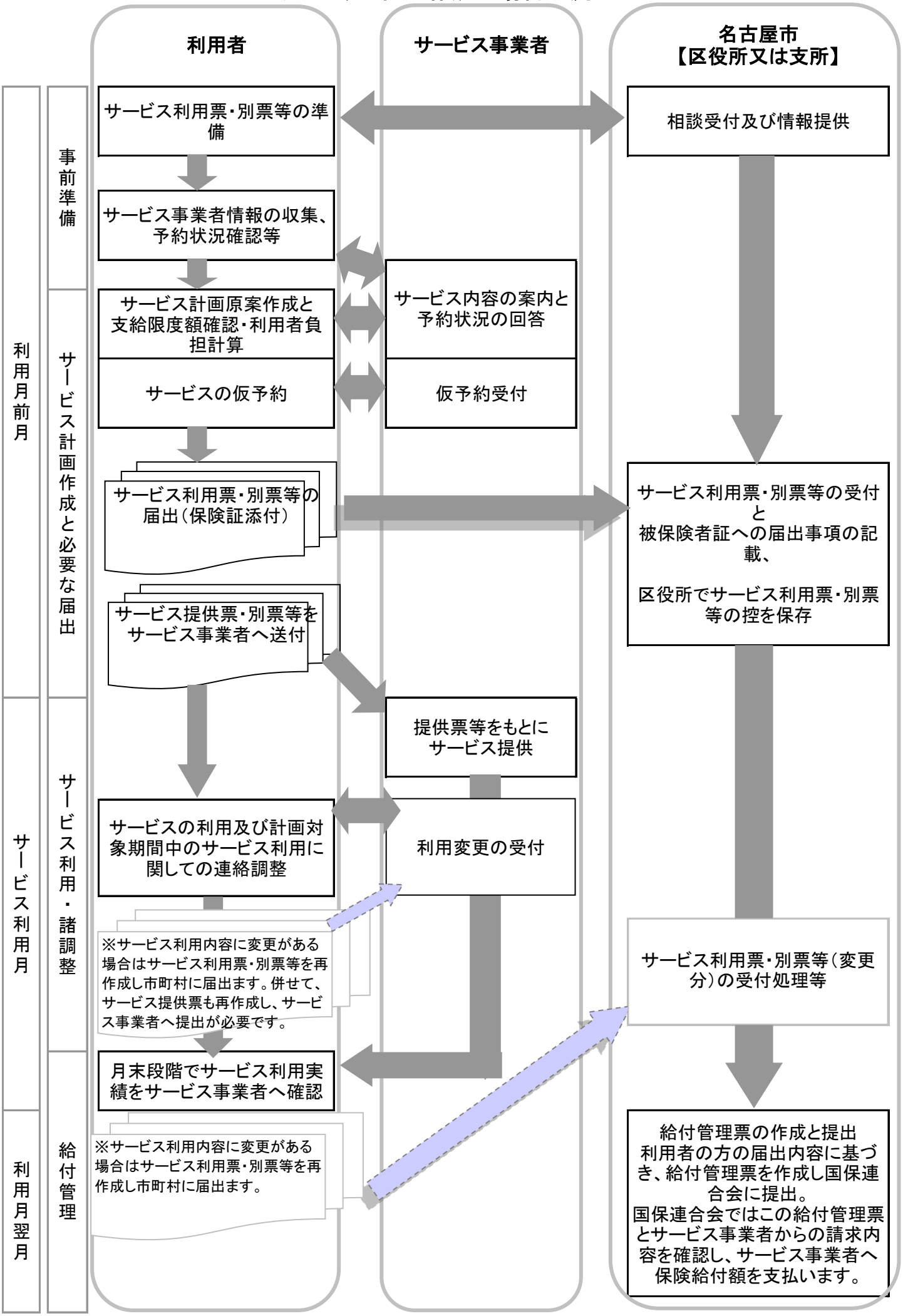ケアプラン自己作成の場合の流れ