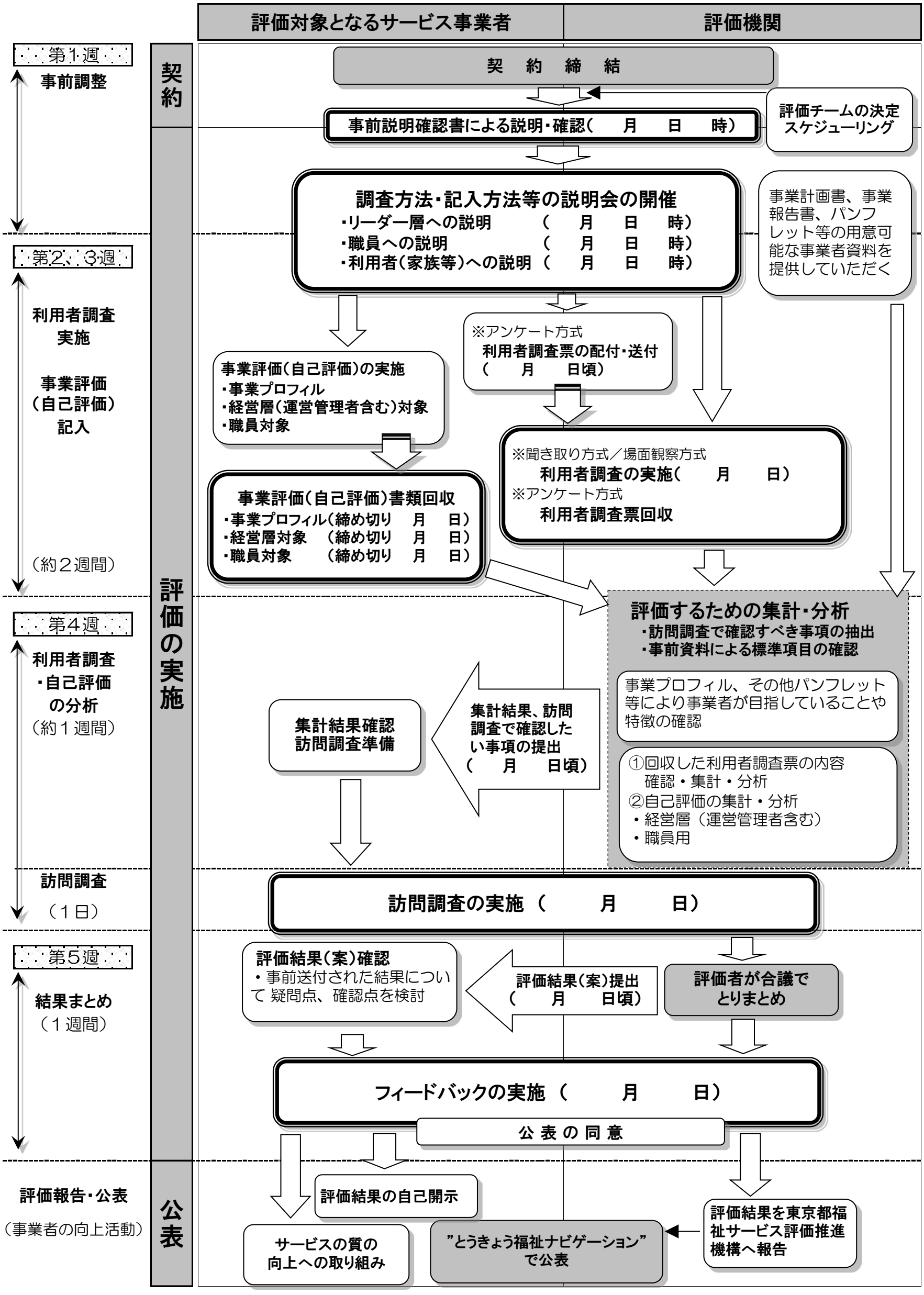東京都福祉サービス第三者評価実施の流れ