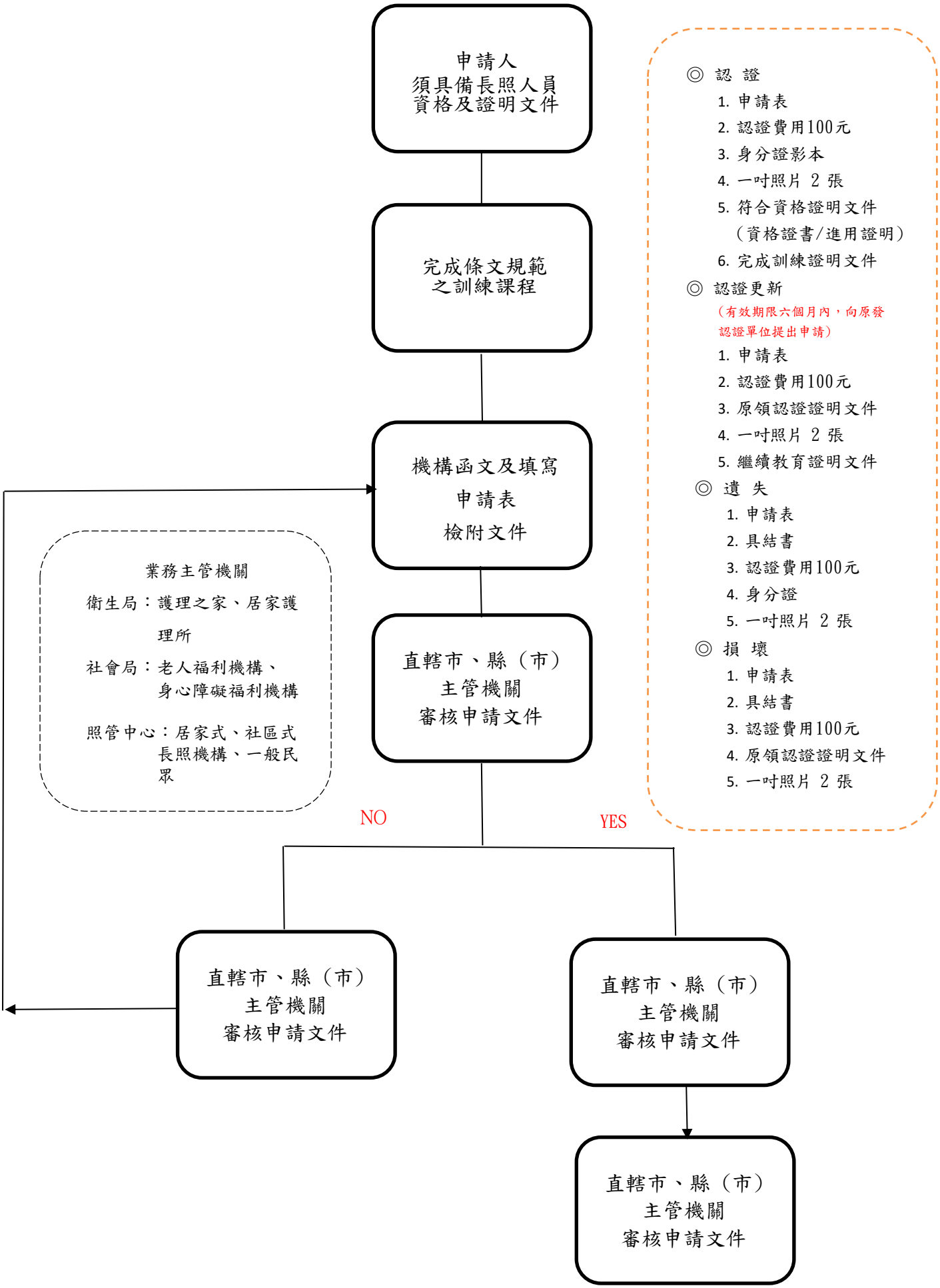臺南市長照人員申請認證流程