



PROGRAM I



- Services
- Reimbursement for Services
- Caregiver Support



IS HOME CARE FOR YOU??



- **What Level of Care is Needed?**
- **Deciding is Home Care Possible**
- **Where to Get Outside Help**
- **What can family and friends do?**



DEFINITIONS

- **Activities of Daily Living or ADL**
the activities usually performed in the course of a normal day in the person's life, such as eating, dressing, bathing or brushing teeth





DEFINITIONS

Instrumental Activities of Daily Living

The activities performed that maintain a person's independence in the community such as banking, food shopping and housekeeping





What level of care is needed?

Before you take on the demanding job of home care, decide what level of care you must provide.

- **Minimum assistance?**
- **Moderate assistance?**
- **Maximum assistance?**





Deciding—Is Home Care Possible?

- **Care Settings: person's home or your home**
- **Home Care Considerations**
- **Things to provide**
- **Positive Effects of Home Care**
- **When is Home Care Not Possible**
- **Potential Hazards of Home Care**





IMPACT OF CAREGIVING

- Elderly spousal caregivers have a 63% higher mortality rate than their non-caregiving peers
- Stress associated with caregiving has been shown to negatively impact the caregivers immune system for up to 3 years after their caregiving has ended
- Caregivers who provide 36 or more hours of care per week are more likely to experience stress and anxiety. For spouses that rate is 6 times higher.
- Caregivers under EXTREME stress age prematurely as much as 10 years off the caregiver's life





Outside Help

One of the biggest pitfalls in caregiving is trying to do it all yourself. But other help is available and should be called on whenever possible. That help includes:

- Home Health Agencies
- Hospice
- Respite Care Services
- Day Care
- Assisted Living/Long Term Care





HOME HEALTH AGENCIES

- **SKILLED CARE SERVICES**
 - Physical Therapy, Occupational Therapy, Speech Therapy
 - Nursing
 - MSW
 - Home Health Aide

- **NON SKILLED SERVICES**
 - Transportation
 - Shopping/Banking
 - Companion Services
 - Meal Preparation/Housekeeping
 - Personal Care





SELECTING AN HOME CARE AGENCY

- Services they provide
- Licensed
- Accreditations/Certifications
- Hiring Process
- Employee Supervision
- Cost





HOSPICE

- In Home Hospice
 - Nurses
 - Hospice Aides
 - MSW
 - Spiritual Councilors
 - Volunteers





HOSPICE CRITERIA FOR DEMENTIA

- Difficulty speaking intelligibly
- Difficulty sitting up, holding head up
- Pressure ulcers
- Recurrent infections (UTI, pneumonia)
- Poor intake with weight loss
- Difficulty with feeding, ambulation, continence, transfer, bathing or dressing





HOSPICE

- FACILITY

- HOSPICE HOUSES

- LONGTERM CARE FACILITIES





RESPIRE CARE

Respite Care provides the caregiver necessary time off from caregiver duties

-In Home Respite Care

-Facility Respite





RESPITE SERVICES

- Family
- Friends
- Volunteers





DAY PROGRAMS

Adult Day Care is a community-based program designed to meet the needs of adults with functional/cognitive impairments through an individual plan of care. It is a structured, comprehensive program that provides a variety of health, social, and related support services in a protective setting during any part of a day but less than 24 hour care.





FACILITIES

- **Assisted Living Facilities**
 - Minimal Assistance

- **Long Term Care**
 - Assisted Living Unit
 - Intermediate Care
 - Skilled Care





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MEDICARE

SKILLED CARE ONLY





HOME HEALTH CARE

Medicare Criteria

- Intermittent Care that can only be provided by a Nurse or Therapist
- Physician orders all services, treatments and supplies
- Homebound





LONG TERM CARE

MEDICARE CRITERIA

- Three day qualifying hospitalization (does not include day of hospital discharge)
- The hospitalization must be related to the “Skilled” Long Term Care Need
- Skilled Care Need is the daily care needed that can only be provided by a Nurse or Therapist
- Long Term Care Admission must take place no more then 30 days after the hospital discharge
- Doctor must order the services





LIMITATIONS MEDICARE

- Does not pay for “non-skilled or custodial care (assistance with ADL or IADL)
- Limited to 100 days of reimbursement in a LTC facility





MEDICAID

Will pay for non skilled care (assistance with IADL/ADL)

Criteria

- Medical
- Income





MEDICAID WAVIER

A community option for individuals who would qualify for Medicaid LTC

CRITERIA

- Income
- Nursing Home Level of Care





MEDICAID WAIVER

PROVIDES

- Personal Care Services (generally 2 hours two times a day)
- Reimbursement for Adult Day Programs
- Cost of Para transit Services
- Certain Supplies
- Home Modification
- Emergency Response Systems





MEDICAID WAIVER

LIMITATIONS

The cost for the Community Services cannot exceed the cost of Long Term Care Placement





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ELDER LAWYERS





OLDER AMERICAN ACT

Respite Services

- In home**
- Adult Day Programs**
- Facility**

**No Charge but voluntary contributions
requested**

**** Division of Aging and Adults with
Physical Disabilities**





VETERAN'S ADMINISTRATION

What services will be covered under the VA benefit is dependant upon:

- If the current condition is service related

- Non Service related conditions there is a specific criteria for reimbursement





DISEASE SPECIFIC ORGANIZATIONS

Contact organizations such as:

Alzheimer's Association

Heart Association

MS Society

Easter Seals





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SUPPORT GROUPS





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QUESTIONS

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