

Home Care

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An estimated 17 million Americans have diabetes. About half of these people are over the age of 60. Diabetes is increasing among persons over the age of 65 years, particularly among ethnic minorities. Unfortunately, about 11% of people between 60 and 74 years of age who have diabetes *do not know it...*

Q . What is Home Care?

A . Formal home care is the provision of services and equipment to a patient in his or her home for the purpose of restoring and maintaining the best possible comfort, function, and health.

Q . What services may be provided as a part of home care?

A . Services may include any of the following:

- Professional service - care provided by a doctor, nurse, dentist, foot doctor, therapist (such as physical, occupational or speech therapists), psychologist, pharmacist, or social worker.
- Ancillary service - care provided by a home health aide who often helps with bathing and personal hygiene; or help provided by homemakers, chore aides, volunteers, or home-delivered meals.
- Diagnostic testing - such as drawing blood, taking x-rays, and performing heart tests.
- Medical equipment - such as intravenous supplies and drugs, medical alert services, blood sugar tests, home safety (such as ramps and rails to assist in moving around), hospital beds, canes, walkers, and other items deemed medically necessary by your physician.

Q . Do I qualify for home care?

A . For Medicare to cover help at home, a person must be homebound or frail. A "homebound" person is someone unable to leave his or her home except for doctor appointments or to go to church. A "frail" person has many illnesses and goes to the hospital or emergency room for his or her care.

Q . How can I receive home care services?

A . Most often your doctor will refer you to a home care agency or equipment provider when you become ill and need more care and services at home. This may happen while you are in the hospital, but you do not have to be in the hospital to get home care services. You should tell your doctor if you are having problems at home and think you could benefit from help.

Q . How long will I be able to receive home care services?

A . How long you receive home care assistance depends on how long you need that help, if there is someone to provide the care, as well as how you pay for it.

Q . Who pays for home care?

A . The following programs often pay for home care services:

- Medicare
- Medicaid
- Other health and disability insurance
- Social Security, Title XX
- Older Americans Act, Title III
- Veterans Administration
- Various charities

You may also pay for services out-of-pocket. Some agencies provide services according to a person's ability to pay.

Q . How much does it cost?

A . The cost depends on the service, the equipment and your insurance. If you were in the hospital recently, Medicare or your insurance company may cover services and needed equipment. The agencies on the list below can identify groups that will pay for services.

Q . Resources to help you learn more about home care in your area:

A . National Association for Home Care

228 Seventh Street, SE
Washington, DC 20003
Phone: (202) 547-7424
Fax: (202) 547-3540 website: www.nahc.org

Centers for Medicare and Medicaid Services (CMS)
7500 Security Boulevard
Baltimore, Maryland 21244
Phone: (410) 786-3000
website: www.hcfa.gov

You may find answers to your questions about Medicaid and Medicare and home care services [here](#).

Other groups that can help are:

- Area offices on aging
- Your insurance company
- Medicare
- Medicaid
- Home health agencies
- Case managers

