## What Kind of Care Do You Need at Home?

### HOME HEALTH CARE
- **What services are provided?**
  - Wound care, injections, infusions, medication management, education, and other skilled nursing needs
  - Physical therapy, occupational therapy, speech therapy, and other skilled rehabilitation needs. (You must be able to participate in therapy and make daily progress toward rehabilitative goals.)
  - Some home health care agencies can provide an aide to help you with bathing, toileting, and other personal care. To qualify for a home health aide, you must have a need for skilled medical care. Check with your home health care agency about the availability of aide services.
- **How is this paid for?**
  - Your health insurance might pay for home health care services.
- **Do I need a physician's order?**
  - Yes. Your physician must state that you have a need that requires a licensed medical professional to provide care for you at home.
  - To qualify for home health care, you must be homebound (i.e., not working or driving) or in a condition that requires considerable and taxing effort for you to leave home.

### CUSTODIAL CARE (PRIVATE DUTY CARE, CAREGIVER, SITTER)
- **What services are provided?**
  - Custodial care services include common activities of daily living (ADLs), such as:
    - Bathing, dressing, hygiene, transfers, toileting, ambulation, and other personal care needs
    - Meal preparation
    - Medication reminders
    - Transportation for shopping, medical appointments, pharmacy trips, and other errands
- **How is this paid for?**
  - Custodial care is typically an out-of-pocket expense. In Dallas-Fort Worth, this care is often $20-25 per hour, although the rate might vary depending on the number of hours you need. If you have long-term care or qualify for Veterans Aid & Attendance benefits, you might have coverage for custodial care.
- **Do I need a physician's order?**
  - No. Because these tasks are not performed by licensed medical professionals, a physician's order is not necessary.

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For more information and resources, please visit Support Services at [utswmed.org/cancer/support-services](http://utswmed.org/cancer/support-services).
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### HOME HEALTH CARE
- **How often do staff come to my house?**
  
  Typically 2-3 times each week, or as determined by your physician’s orders and an initial assessment by the home health care nurse. These visits are relatively short (15-45 minutes) and cannot be scheduled for nighttime or weekends.

- **What’s the goal?**
  
  Home health care is intended to help you meet specific rehabilitative goals that are indicated by your medical team.

### CUSTODIAL CARE (PRIVATE DUTY CARE, CAREGIVER, SITTER)
- **How often do staff come to my house?**
  
  Custodial care staff can stay all day, overnight, on weekends – even 24 hours a day. You coordinate with the care company to arrange a schedule that works best for you.

- **What’s the goal?**
  
  Custodial care is a flexible service that helps you with activities of daily living rather than with specific medical goals.

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