

# What Kind of Care Do You Need at Home?

## HOME HEALTH CARE

## CUSTODIAL CARE (PRIVATE DUTY CARE, CAREGIVER, SITTER)

### What services are provided?

Home health care services include:

- 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.

Custodial care services include common activities of daily living (ADLs), such as:

- Bathing, dressing, hygiene, transfers, toileting, ambulation, and other personal care needs

and instrumental activities of daily living (IADLs), such as:

- Meal preparation
- Medication reminders
- Transportation for shopping, medical appointments, pharmacy trips, and other errands

### How is this paid for?

Your health insurance might pay for home health care services.

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?

Yes. Your physician must state that you have a need that requires a licensed medical professional to provide care for you at home.

No. Because these tasks are not performed by licensed medical professionals, a physician's order is not necessary.

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.

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### 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.

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?

Home health care is intended to help you meet specific rehabilitative goals that are indicated by your medical team.

Custodial care is a flexible service that helps you with activities of daily living rather than with specific medical goals.