

In-Home Services

A wide variety of services are available for persons who require some assistance in meeting their daily needs at home. Assistance can be provided to allow someone to remain independent, or as an alternative to nursing home care. In-home services fall under three categories, **skilled care**, **supportive services**, and **Choices for Care**.

Call the Senior HelpLine for more information on any of these options.

SKILLED CARE

Skilled care refers to care provided under the direction of a physician. A certified home health agency can provide skilled nursing care for Medicare, Medicaid, and private insurance reimbursement.

If you need skilled nursing care in your home for the treatment of an illness or injury, Medicare or Medicaid may pay for covered home health services with a certified provider. A care plan must be approved by your physician. Medicare covered home health services include:

- Part-time skilled nursing care and home health aide
- Physical / Occupational / Speech Therapy
- Durable Medical Equipment (80% of approved amount)
- Medical social services
- Medical supplies
- Hospice services

SUPPORTIVE IN-HOME SERVICES

Supportive services refers to assistance with personal needs such as bathing, dressing, fixing a meal, chores, shopping, and light housekeeping.

Personal Care: Dressing, Bathing, Grooming

If you are already receiving skilled nursing services from a home health agency you may be eligible for personal care services provided by the same agency. Medicare and Medicaid may pay for these services. If you are not eligible for Medicare/Medicaid covered home health services but need personal care assistance, private pay options are available from home health agencies and other private in-home care providers.

Meals on Wheels

If you are over 60 and unable to prepare your own meals, you may be eligible for Meals on Wheels. Depending on where you live, Meals on Wheels can provide you with at least one hot or frozen meal per day. We ask for a donation which goes directly to the local Meals on Wheels program. Call the Senior HelpLine for more information or to sign up.

Light Housekeeping / Chores

Housekeeping through the Moderate Needs/Homemaker Program is available through home health agencies. There are clinical and financial criteria for the Moderate Needs Program. This program is currently accepting applications but there is a long waiting list. Local telephone directories will list cleaning services which may give special discounts for seniors. You may be able to get volunteer help for chores such as spring cleaning, leaf raking, and window washing.

Emergency Response Services

There are a number of emergency response systems available. These systems call for help immediately in the event of falls, accidents, medical, or other emergencies. Call the Senior HelpLine to find out how to contact a provider of these services.

Companionship

- Senior Companion: Weekly visits by seniors arranged through CVAA.
- Friendly Visitor: Volunteer visits arranged through CVAA.
- Telephone Reassurance: Daily phone calls for support and reassurance available in selected areas.

Transportation

May be available for medical appointments, shopping, and other personal trips if you have no other means of transport. Advance notice is required.

- Addison County: Addison County Transit Resources at 388-1946
- Chittenden County: Special Services Transportation Agency at 878-1527
- Franklin County: Green Mountain Transit at 527-2181
- Grand Isle County: CIDER at 372-6425

Caregiver Respite: When caregivers need a break.

Respite care is available through Adult Day programs which offer one or several days a week of activities for frail elders, or elders with dementia. Respite care may also be provided by hiring individual caregivers to come into the home. Residential Care Homes or Nursing Homes offer space on a weekly basis when caregivers need respite for long periods of time (e.g., vacations, business trips). The Dementia Respite Grant program provides small grants to unpaid family caregivers of individuals with dementia to be used to pay for in-home services, adult day care, or personal respite for the care provider.

Assistive Technology

Special adaptations may be made to your home and living environment to allow you to remain independent and safe in your own home. This may range from a complex renovation like a wheelchair ramp, to the simple addition of grab bars in your bathroom. For more information contact:

- Vermont Center for Independent Living at 1-800-639-1522 (V/TTY)
- CVAA Senior HelpLine at 1-800-642-5119

CHOICES FOR CARE

More and more people who are nursing home eligible are looking into the option of receiving community-based care. People eligible for Long-Term Care Medicaid may be able to receive help paying for this care through Choices for Care. Individuals must meet clinical and financial requirements for Choices for Care/Long-Term Care Medicaid. This program may provide:

- case management to help coordinate services
- home care attendant to help with personal care, light housekeeping, and errands
- respite care to give a break to regular care providers
- adult day care
- assistive devices, equipment and home modifications
- personal emergency response systems

Other options for receiving services through Long-Term Medicaid include PACE (Program of All- Inclusive Care for the Elderly) and Choices for Care/Flexible Choices.

PACE is a health care system for frail individuals 55 years and older that provides all acute, primary, and long-term care for the individual. Care is provided or coordinated by an interdisciplinary team. The team is located at a PACE site that includes a physician's office and an adult day center. The PACE centers is located in Colchester and is an option for Chittenden and southern Grand Isle county residents only. PACE programs provide a single location for preventive, primary, acute, and long-term services.

The Flexible Choices option within Choices for Care is based on the belief that consumers and their families know best how to meet the needs of individuals needing care at home. Flexible Choices offers consumers an allowance. Working with a Flexible Choices consultant, participants develop a budget to use their allowance in a way that best meets their needs.

More information and assistance with the application for Choices for Care can be obtained through CVAA.

Services and Support for Seniors

For further information about any of the supportive in-home services mentioned above, or any services for people 60 or older living in the Champlain Valley, contact the Senior HelpLine at CVAA at 1-800-642-5119.

CVAA's Senior HelpLine is a toll-free, confidential service providing information, referrals, and assistance on community and statewide programs for people 60 and older living in Addison, Chittenden, Franklin, and Grand Isle counties and their caregivers.