

# IN-HOME CARE SERVICES

## Personal Care and Support Services

- Fee for service that is most often paid for privately or by Long Term Care Insurance

## Individuals will benefit from personal care and support service when:

- Needing assistance with bathing, dressing, walking, laundry, housekeeping, transportation, cooking, shopping, companionship
- Committed to living at home despite chronic disease or frailty
- Being discharged from a hospital or nursing facility
- Needing assistance with taking medications
- Family needs respite
- Living in a retirement community or assisted living facility and need more care than the facility provides
- One-on-one care in the hospital
- Need end of life care

## Coordination of Services

- Services and schedules are customized according to the client's request and needs
- Services provided by Caregivers, Nurses Aides, Certified Nurses Aides

## Frequency of Visits

- May last from 2 to 24 hours
- May be scheduled from once a month to daily
- May be scheduled short term, long term, or occasionally

## Duration of Services

- Increased, decreased, or discontinued based on client's individual needs

## Cost

- \$18 to \$23 per hour

## When to consider in-home care:

- Unsteady when walking
- Needs some assistance with personal care
- Needs transportation to appointments or activities
- Post-hospital care
- Complicated medication schedule
- Safety concerns related to forgetfulness
- Uninterested or unable to prepare meals
- Difficulty in managing housekeeping chores
- Frequent hospitalization
- Family caregiver needs respite
- Feelings of isolation and loneliness
- Hospice care
- General frailness due to aging

## **IN-HOME CARE SERVICES**

### **Quality Care Providers**

- Home care services
- Registries

### **What to look for in a quality care provider:**

- Service screens caregivers
- An individualized plan of care is developed with the client and family
- There is 24 hour on-call availability
- Caregivers are supervised regularly
- All payroll and payroll taxes are the responsibility of the provider

### **Community Resources**

- Home Care Services:  
Yellow Pages (heading will be *Home Health and Nursing*)  
Pima Council on Aging (790-0504)  
AHCCCS (205-8600 or 800-824-2656)

## **MEDICAID and ALTCS**

### **MEDICAID**

- Medicaid is a health care program for the low income. It is authorized and partially funded by federal law, but administered by each state. Federal regulations sometimes limit states and frequently require minimum standards, but much of the implementation of the program is left to each state.

### **ALTCS**

- Arizona Long Term Care System, a division of AHCCS (Arizona's Medicaid), provides care and support for individuals with disabilities, chronic illnesses, and frailty due to age.
- ALTCS pays for care for those who meet the medical and financial criteria.
- Long term care paid by ALTCS can be provided in the home, assisted living homes, or in a nursing home.

