

HELPING COLORADANS AT HOME



BACKGROUND

HOME HEALTH CARE AND PERSONAL CARE ARE VITAL SERVICES THAT HELP PEOPLE OF ALL AGES THROUGHOUT COLORADO.

From birth to death, people of all ages and with a range of post-acute and long-term chronic conditions receive home health and personal care services. These services play an important role in lowering health care costs and honoring patients' preference to receive quality care in their own homes.

Home health care includes skilled nursing care, as well as other skilled care services, such as physical therapy, occupational therapy, speech-language therapy and services from a medical social worker. These services are provided by a variety of licensed health care professionals at home.

Personal care is care that allows a person with special needs to stay in their home. Clients include people who are getting older, adults or children with chronic illnesses, patients who are recovering from surgery or people who are disabled. Services include:

- Bathing, dressing and toileting
- Assistance with mobility, including standing, walking, sitting
- Help with meal preparation and feeding
- Medication reminders
- Grocery shopping and personal errands

Home care providers deliver safe and effective health care and personal care services in the comfort of patients' homes.



CARE AT HOME THAT REDUCES COSTS

> Patients who receive home health care after a hospital discharge save the system about **\$6,500** over the course of a year. - *The American Journal of Medicine* Volume 131, Issue 4, 395 - 407.e35

> **Nine out of 10 Americans** 65 and older want to stay at home for as long as possible. - *AARP Public Policy Institute and National Conference of State Legislatures Research Report, number 2011-13,*

WHO PAYS FOR HOME HEALTH AND PERSONAL CARE?

Different services are covered by different payers, including Medicare, Medicaid, private insurance, grant programs like the Area Agencies on Aging, family members and personal savings.

Medicare and private insurance cover eligible skilled home health services for part-time or intermittent:

- Skilled nursing care
- Physical therapy
- Occupational therapy
- Speech-language pathology services
- Assistance from a medical social worker
- Home health aide services (personal hands-on care)

Colorado's Medicaid program covers services from a licensed and certified home health agency for members who need intermittent home health services.

There are two types of home health services:

- **Acute home health:** Skilled home health services provided to members who experience an acute health care need that necessitates skilled home health care, usually after a hospital, rehab or nursing home stay. This may include care after surgery, injury or following an acute exacerbation of a chronic disease.
- **Long-term home health:** Skilled home health services provided to members who require ongoing home health services beyond the acute home health period. Examples include brain injury care and care for such chronic health conditions such as diabetes, heart disease and disabilities. Depending on the individual, services could be needed for an extended period of time or for the rest of a client's life.

Colorado's Medicaid Home and Community-Based Services (HCBS) include personal care and homemaker services, along with certain limited skilled health care services offered under special HCBS programs like In-Home Support Services (IHSS) and Consumer Directed Attendant Support Services (CDASS). These programs provide opportunities for Medicaid beneficiaries to receive services in their own home or community rather than in institutional settings. These programs serve a variety of targeted populations, such as people with intellectual or developmental disabilities, physical disabilities, mental illnesses and the frail and elderly.

Homemaker services can include mopping, vacuuming and other services intended to maintain a healthy and sanitary living environment for at-risk individuals incapable of performing those activities on their own.

HOME CARE ASSOCIATION OF COLORADO

The Home Care Association of Colorado is a nonprofit representing home health and home care agencies statewide caring for tens of thousands of Coloradans, including elderly, disabled and blind individuals. Founded in 1970, the association is made up of all sized agencies with a wide range of services. They serve clients in all 64 counties.

Our Mission: Advancing the health and wellness of Coloradans through the promotion of home care excellence, advocacy and education.

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Home Care Association of Colorado

Personal care workers help maintain a safe and sanitary living environment and ensure the availability of healthy food and a clean environment to prevent infections for individuals unable to do so on their own.

THE IMPACT IN COLORADO

Home care providers help many tens of thousands of Coloradans avoid higher-cost institutional care settings. In this way, home care providers keep patients healthy and happy at home and save government payers and Colorado taxpayers tens of millions of dollars every year.

