

MYTHS AND FACTS OF HOME HEALTH CARE

Myth: Home health care is for people without family support. I have a family caregiver.

Fact: Home health care professionals can lower the stress placed on loved ones to create a comfortable and healing environment for the patient.

Myth: I can't trust a stranger in my house.

Fact: Home health care companies perform fingerprinting, background checks, and competency tests on staff before they interact with patients, thereby ensuring patients are matched with a quality professional who can meet their needs and be trustworthy and reliable.

Myth: I don't want to lose my independence.

Fact: You will regain your independence quicker and have a better quality of life.

Myth: Home health care is too expensive.

Fact: Home health care is covered by Medicare, Medicaid and most private insurance companies. Non-medical care, such as meal prep, cleaning, sitter, and transportation, are typically not covered. That is private duty care.

KNOWN FACT

People who accept home health care tend to recover quickly and are less likely to be readmitted to the hospital due to complications. Let our team help in your recovery.



Visit www.medicare.gov/care-compare/ for more information on quality star ratings and home health care comparisons published by Medicare.

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Choosing home health care is an important decision in your recovery journey, and there are many benefits to using this service.

Home health care is delivered by medical professionals who treat your medical condition. They do not cook, clean or serve as a sitter.

Many people transition to home health care after a stay in the hospital, rehab center or skilled nursing facility. The primary goals are to help you recover and stay as independent as possible.

This pamphlet will help you in answering many questions and more.

HOME HEALTH CARE IS:

Short-term intermittent services – such as skilled nursing, physical therapy, occupational therapy, speech therapy and a medical social worker – are provided in the comfort of your home. Skilled clinicians work with your physician to establish a plan of care based on your individual needs.



WHAT DOES “HOMEBOUND” MEAN?

Homebound means the patient’s condition prevents them from safely leaving the home without assistance from others or assistive devices (e.g., canes, walkers, crutches, or wheelchairs). In most cases, patients are considered homebound even if they leave the home for medical treatments that cannot be provided at home. Brief and occasional non-medical absences, such as going to church, the beauty shop or special family events, may also be allowed.

WHAT CAN HOME HEALTH CARE PROVIDE?

Home-based services	Home Health Care	Private Duty
Skilled Nursing	✓	✗
Wound Care	✓	✗
Pain Management	✓	✗
Medication Administration	✓	✗
Medication Reminders	✓	✓
Disease Management	✓	✗
Medical Tests	✓	✗
Health Monitoring	✓	✗
Social Worker	✓	✗
Durable Medical Equipment	✓	✗
Rehabilitation Therapies (PT, OT, ST)	✓	✗
Patient & Caregiver Education	✓	✗
Help with Bathing/ Dressing	✗	✓
Bathroom Support	✗	✓
Cleaning	✗	✓
Sitter/Companion	✗	✓
Meal Prep or Delivery	✗	✓
Transportation	✗	✓

Disclaimer: Services may vary by Provider, Insurance and State.

BENEFITS OF HOME HEALTH CARE:

- Care is delivered directly in your home where you are most comfortable.
- Medical services are provided by skilled professionals.
- Home health staff follow your physician-prescribed plan.
- You regain independence and self-sufficiency at home.
- Home health care provides safety, comfort, and convenience by reducing the risk of infections, falls and hospitalizations.
- Home health care prevents avoidable trips to the hospital by monitoring and managing health conditions at home.

YOUR PLAN OF CARE

Family members are encouraged to assist in the planning process to help set and meet your goals while working with home health care professionals for your benefit.

