



THERE'S NO PLACE LIKE HOME

Presenters: Julie Smith, Amedisys Home Health

Objectives

Understand

Understand when an aging adult may need more help at home

Learn

Learn the difference between non-medical and medical care services provided at home

Discover

Discover private pay options VS. Medicare coverage for home care

Introduction

- According to AARP, 90% of seniors report that they want to stay home.
- The #1 fear for most aging adults is the loss of independence.
- What if it's no longer safe to stay at home? What if the person is having multiple falls and in/out of the hospital? What if there's a chronic medical condition interfering with the person's ability to remain independent? What if the person has dementia?
- These are common concerns for family caregivers.

- They were recently diagnosed with a serious illness, including dementia.
- They're trying to manage multiple chronic health conditions.
- They frequently visit their doctor or the hospital.
- They need help to get out of the house/no longer drive.
- They recently had a fall.
- They need help with bathing, dressing, toileting, transferring and walking.
- They've lost interest in activities they used to enjoy.
- They regularly forget to take their medications or take the wrong medication.
- They're having trouble eating or swallowing.
- They've lost or gained a noticeable amount of weight.
- They are unable to plan and prepare meals.

Signs that
someone may
need help at home

Goals of home care/home health



KEEP PATIENTS AT
HOME, INDEPENDENT
AND HEALTHY



TEACH EMPOWERMENT
AND SELF-CARE



PROVIDE ASSISTANCE
WITH DAILY ACTIVITIES
TO IMPROVE QUALITY OF
LIFE



AVOID
HOSPITALIZATIONS

- Why do we want to keep our loved ones out of the hospital?
 - Risk of infection
 - Loss of muscle
 - Decrease in circulation
 - Confusion from change in environment/caregivers
 - Risk of depression and/or anxiety

What's the
problem with
hospitalizations?

Non-medical care at home- What is home?

- Non-medical care can be provided in ANY setting.
- There are no restrictions on providing a caregiver/companion in a hospital or nursing home setting.
- Some senior living communities may have their own rules about which tasks the non-medical caregiver performs.
- RV Park, Hotel, Senior Center....anywhere a client may need to go, usually the non-medical caregiver is welcome to join them.

Non-medical care at home- Family

- May be plenty of help for a long time, until the amount of help needed surpasses the time your family is available
- Family may be working full time or live out of the area
- Family may not have the skills needed to provide care
- Roles become reversed and create stress

Non-medical care at home-Church

- Typically a drop-in visitor or providing a meal
- Spiritual care such as a chaplain or Stephen Minister
- Sometimes transportation to appointments if volunteers are available

Non-medical care at home- Area Agency on Aging

- Nutrition programs like Meals on Wheels
- Homemaker or caregiver services
- Case management
- Prescription help
- Medicare/insurance planning
- Legal aid
- <https://alabamaageline.gov>

Non-medical care at home- Private Caregiver

◦ Pros

- May be someone you know well
- Direct contact with your provider
- You make your own rules
- Cost may be less per hour

◦ Cons

- You are the employer
 - Pay/withhold taxes
 - Cover with insurance
- No supervision
- No pre-screening
- No steady coverage

Non-medical care at home- Staffing Agencies/Registries

- Pros

- One time fee or lower fee than a care agency
- Access to a list or pool of providers

- Cons

- Who employs is in question (potential liability for client)
- By law, not allowed to direct or supervise aides
- By law cannot train aides
- By law cannot instruct how to do job

Non-medical care at home- Licensed Home Care Agencies

◦ Pros

Broader spectrum of services:

- Employs care staff
- Pre-screens staff
- Trains staff
- Supervises staff in the home
- Monitors care
- Backup coverage
- 24/7 number to call for help

◦ Cons

- No direct contact with providers
- Sometimes takes a couple of tries to find a good fit
- Cost may be greater
 - Rates \$20 per hour or greater, varies from agency to agency

Paying for care- Long Term Care Insurance



Does the policy have an in-home care option?



Requires an assessment

2 ADLs required (Bathing, dressing, transferring from bed or chair, walking eating toilet use, grooming)



Flat fee reimbursement per day



Usually will not pay for companion-only services



Requires the use of a licensed non-medical home care agency (not a registry or companion agency)

- Long Term Care Insurance is not designed to cover 100% of your long term care needs. It will offset the cost of care for the following:
 - Non-medical home care
 - Adult Day Care
 - Assisted Living
 - Nursing Home
- Long Term Care Insurance does NOT pay for Medical Care at home.

Paying for care- Long Term Care Insurance



Medical care at home- What is home?

- Home health is generally available wherever you call home — your home, a family member's home and even in assisted living communities.
- Home health is *NOT* provided within a hospital or skilled nursing setting.

- Home health care provides medical treatment for an illness or injury, with the goal of helping you recover, regain your independence and become as self-sufficient as possible.
- Care plan is designed to be short term.
- Brief, intermittent visits throughout the week provided by a team of professionals.
- An interdisciplinary approach to care.

Medical care at home

AN INTERDISCIPLINARY APPROACH TO CARE

Our goal is to help you achieve your unique, personalized goals and improved health outcomes, including the ability to remain at home, be as independent as possible and have fewer rehospitalizations with improved overall health.



+ Skilled Nursing

- Medication management and review
- Incontinence management
- Chronic medical conditions

+ Physical Therapy

- Balance and safe functional mobility
- Muscle Performance

+ Occupational Therapy

- Home safety, ADLs, vision and incontinence
- Psychosocial considerations, depression

+ Speech-language Pathology

- Impaired cognition, hearing loss
- Nutrition/hydration

+ Medical Social Work

- Financial assistance/community resources
- Counseling and support

+ Home Health Aide

- Assist with ADLs and report significant findings

Types of illness/condition:



Heart Disease



Diabetes



Chronic Obstructive
Pulmonary Disease
(COPD)



Pain
Management



Wound Care



Infusion
Therapy



Oncology



Chronic Kidney
Disease



Psychiatric
Services



- Heart Failure Program
- COPD Program
- Fall Reduction Program
- Behavioral Health
- Diabetes Health
- Medication Management and ExactCare program
- Patient guides available in Spanish

Unique Amedisys Home Health Programs

FEEL SAFER AT HOME- FREE FALL PENDANT

When you are under our care, you are eligible to receive free medical alert monitoring or a fall detection help system.

With home health care, aided by medical alert monitoring or a fall detection system from Valued Relationships, Inc. (VRI), patients and their families can feel more comfortable and confident in their own homes. And that confidence can bring independence as well as peace of mind for patients and their loved ones.

| A LIFE-SAVING LINK FOR INDEPENDENT LIVING* | |
|--|---|
| MEDICAL ALERT MONITORING | FALL DETECTION SYSTEM |
|  |  |
| <ul style="list-style-type: none">➤ Free for up to 120 days while on our service➤ Patients press HELP button when they need help➤ Trained professionals get patients the help they need, even if they are unable to speak➤ Significant events captured by the device are reported to your staff | <ul style="list-style-type: none">➤ Free for up to 120 days while on our service➤ For patients enrolled in our Fall Reduction Program➤ Detects falls and automatically sends an alert for help➤ Patients can call for help with the HELP button➤ Trained professionals get patients the help they need, even if they are unable to speak➤ Significant events captured by the device are reported to your staff |

*The monitoring service is provided by Valued Relationships Inc. (VRI). Amedisys is not affiliated with VRI and is not financially responsible for VRI's medical alert systems.

- Our home health Psych nurses are RNs who are certified through Medicare to treat the primary psych diagnosis:
 - Depression
 - Anxiety
 - Bi-Polar
 - Schizophrenia
 - Dementia with behaviors
- Our program involves teaching our patients and their caregivers the skills to manage their diagnosis.
 - Problem solving & behavior management
 - Coping skills & relaxation
 - Disease process
 - Medication management

Behavioral Health Program

- Adverse drug events cause more than 1 million ER visits and 280,000 hospitalizations each year.
- Adults over 65 are twice as likely to go the ER and nearly seven times more likely to be hospitalized after an adverse drug event.
- May not be able to afford their medication
- May not understand how to take their medication
- Medication reconciliation
- Polypharmacy/side effects
- Overall medication mismanagement

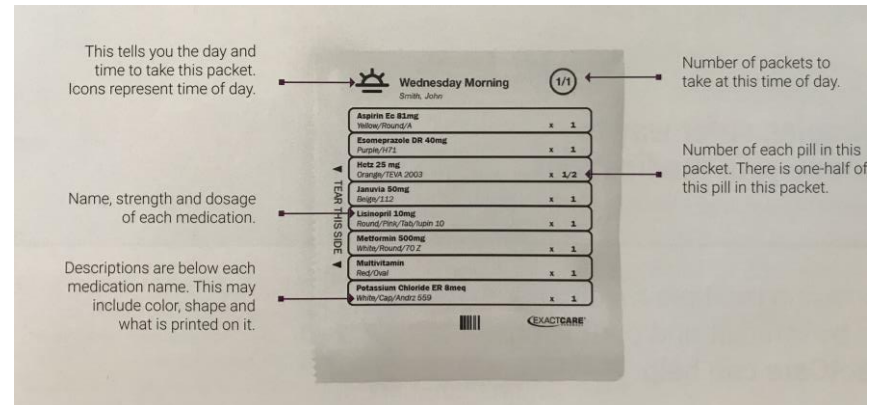
Medication Management

- Holistic approach
- Provide education, tools and monitoring to help patients take medication as prescribed
- Communication and collaboration with healthcare providers
- Establish easy-to-follow practices for patients and caregivers
- Monitor for drug interactions and side effects
- Help patients keep good records
- Identify barriers to compliance and provide resources
- Vision, Dexterity, Financial, Cognitive

Medication Management

ExactCare pharmacy

- Medications sorted and packaged by day and time
- FREE home delivery



Paying for Medical Care at Home

Medicare
PAYS 100%

Tricare

Blue
Advantage

United
Health

Humana

Blue
Cross/Blue
Shield

*Amedisys is a Preferred Provider for Medicare, Tricare and Blue Advantage.

- Medical Necessity with a diagnosis- PT, OT, ST, SN, BHN
 - Example: Mr. Smith needs physical therapy due to Parkinson's.
- Face-to-Face encounter with you doctor related to the medical necessity within 90 days prior or 30 days after the start of care.
- Homebound Status

Medical Home Care eligibility

In Summary

Medical VS. Non-Medical Care

Medical Home health

- Nursing care and/or therapy at home
- Usually after an illness or hospital stay
- Limited number of visits
- Quick visits and not every day
- Activities of daily living are *not* included
- Paid by Medicare or other health insurance plans

In Summary

Medical VS. Non-Medical Care

Non-Medical Home Care

- Help with activities of daily living
- Companion services
- Visits as often as you like for as long as you like
- Paid privately or by long term care insurance
- Cost depends on the level of care you need

*You can have both home health and in home care services at the same time

Thank you!

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Questions?