

50+ FUTURES Planning

An Educational Series for
HOWARD COUNTY EMPLOYEES

A partnership between Office on Aging and Independence
and Coalition of Geriatric Services (COGS)



Options for Continued and Supportive Care at Home

Presenters

**Linda Luber, General Manager
Right at Home**

**Mary Beth Burns, Community Liaison
Right at Home**

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List of services	Home Care	Home Health	Mobile Svs	Adult Day Prgm	Palliative	Hospice
Chore services	✓					
Personal care	✓	**		✓		✓
Meal Preparation	✓			✓		
Medication Reminders	✓			✓		
Pill Box Management	✓	**				✓
Med Administration	**			✓		✓
Incontinence Care	✓					✓
Pet Assistance	✓					
PT encouragement	✓			✓		
Transportation	✓			✓		
Safety Supervision	✓			✓		
Socialization engagement	✓			✓		✓
Ambulatory Assistance	✓			✓		
24/7 Care	✓				**	**
Respite Care	✓			**		✓
Nurse Assessments	✓	✓		**	✓	✓
Nursing Services	**	✓		**		✓
Occupational Therapy		✓		✓		
Physical Therapy/PT		✓		✓		
Speech Therapy		✓	✓	✓		
X-Rays			✓	**		
Ultrasounds			✓			
EKG/Cardiac Reviews			✓			
Nutritionist			✓			

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Dental			✓			
MRI			✓			
Mammography			✓			
CT			✓			
Podiatry Care			✓			
Physician Care			✓		✓	✓
Lab/Blood Work			✓	**		
G-Tube		✓		**		
Tracheostomy		✓		**		
Ventilator		✓				
Bowel Care	**	✓		**		
Wound Care	**	✓		**		✓
Colostomy		✓		**		✓
Catheter	**	✓		**		✓
Nail File, polish	✓	✓		**		
Nail Trim				**		
Nasogastric		✓		**		
Medication injection	**	✓		**		✓
Medication Management	**	✓		**	✓	
Care Planning & Support	**	**			✓	**

**Ask provider if, and to what extent service is offered or covered.



Objective:

To provide an overview of service options (both skilled and non-skilled) available to adults so that they may continue to live independently at home. (wherever home may be)



Service Options

Home Care

Home Health

Mobile Services

Adult Day Program

Palliative Care

Hospice Care

Contributors available for Q&A:

- ▶ Home Care

Mary Beth Burns/Right at Home, Anne Kaiser/Home Instead, Tiffany Reilly/Visiting Angels, Ellen Perticone/Senior Placement Navigators

- ▶ Health Care - Stephanie Owings/Amedisys

- ▶ Mobile Services - Desmond Brown/Mobile Medical Imaging, LLC

- ▶ Neighbor Ride - Bruce Fulton

- ▶ Adult Day Program - Claire Noll/Winter Growth, Inc.

- ▶ Palliative and Hospice Care - John McIntyre/Seasons Hospice and Palliative Care

Description of Home Care

- ▶ Home Care Services are considered “non-medical” and provide companionship and assistance with activities of daily living.
- ▶ Appropriate whenever a person prefers to stay at home but needs ongoing care that cannot be provided by family or friends.
- ▶ Services include: light housekeeping, personal care (grooming, dressing, feeding, toileting/incontinence), meal preparation, transfer assistance, medication reminders/administration, socialization, safety supervision and transportation.
- ▶ Does not require an order from doctor.
- ▶ Client determines number of hours and schedule. One hour up to 24/7, anytime, any day/night/weekend.

Home Care Examples



- ▶ David has early stages of dementia and needs help remembering to take his medicine. His caregiver comes by each morning to remind him to take his medicine.
- ▶ Joseph is a fall risk and lives by himself. His caregiver offers standby assistance, meal preparation, help with chores, and socialization.
- ▶ Elizabeth had a stroke and now needs help with bathing, dressing and feeding. Her caregivers provide her round the clock care.



Who provides Care?

- ▶ Certified Nursing Assistants/CNAs
- ▶ Geriatric Nursing Assistants/GNAs
- ▶ Personal Care Assistants/PCAs
- ▶ Home Health Aides/HHAs
- ▶ Certified Medication Techs/CMTs
- ▶ Companionship Caregivers

Cost/Payment/Insurance Options

- ▶ Private Pay - Rates on average are \$23 per hour and up.
- ▶ Payment Options
 - ▶ Some long term care insurance companies cover home care services providing certain ADLs (activities of daily living) are performed. Contact your insurance provider.
 - ▶ Veteran Benefits
 - ▶ County Grants - up to \$500
 - ▶ Department of Social Services for low income individuals.
 - ▶ Office on Aging Senior Care Program - approximately 5 hours per week for low income individuals. Evaluation required.



Options to assist with living independently

- ▶ Durable Mobility Equipment Companies
 - ▶ Mobility products such as scooters, wheelchairs, lifts, hospital beds, etc. can be rented or purchased to enable continued independence
 - ▶ Installation of ramps, rails/grab bars





Options to assist with living independently

- ▶ Volunteer-driven transportation for Howard County seniors, age 60 and over
- ▶ Rides provided for appointments, shopping, social outings and other needs
- ▶ Available daytime and evening - 7 days a week
- ▶ Destinations may be up to 35 miles from a passenger's home
- ▶ Modest fees charged, with subsidies available for low-income seniors
- ▶ Applications available at www.neighborride.org or by calling (410) 884-7433
- ▶ Fees may be paid online or via check
- ▶ Not covered by insurance



Home Health

- ▶ Home Health Care refers to **medical skilled services** that require a written order from a doctor.
 - ▶ Home Health helps people during recovery from a surgery, injury or illness, or who are managing a chronic disease or multiple diagnoses.
 - ▶ Services include: skilled nursing, home health aides, physical, occupational, and/or speech therapy.
- ▶ Often, care is on a more short term basis and determined by agency.
- ▶ Home Health will work with the patient and their doctors to develop a plan to manage medications and teach about specific medical conditions.
 - ▶ Patients are educated on warning signs to prevent potential problems before they turn into something more serious.

Home Health Examples



- ▶ **Maria** recently suffered a stroke and has difficulties with swallowing and eating.
- ▶ **Walter** has been hospitalized twice in the past three months after falling in his home.
- ▶ **Shirley** is making frequent visits to your office for help with regulating her Coumadin levels.
- ▶ **Betty** recently was diagnosed with Alzheimer's disease, and her family has a lot of questions.



Who provides Care?

- ▶ Skilled Nurses
- ▶ Physical Therapists/PT
- ▶ Occupational Therapists/OT
- ▶ Speech Therapists/ST
- ▶ Home Health Aides
- ▶ Social Workers

Cost/Payment/Insurance Options

Medicare

- Medicare Part A covers 100% of all healthcare services

Medicaid

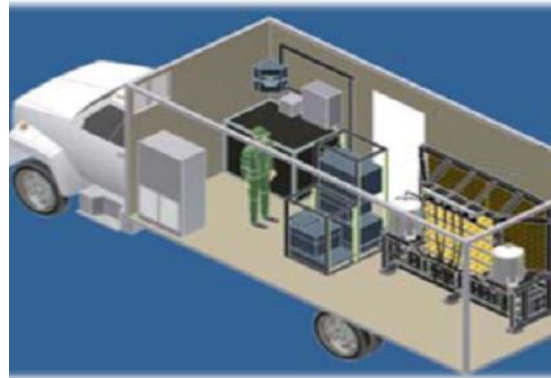
Commercial Insurance

Mobile Services

Medical Care and Diagnostic Services delivered to your home

- ▶ X-Rays
- ▶ Ultrasounds
- ▶ EKG & Cardiac Reviews
- ▶ Dental
- ▶ MRI
- ▶ Mammography
- ▶ CT
- ▶ Podiatry Care
- ▶ Physician Care
- ▶ Lab/Blood Work

Mobile Service



Examples:

Patient is in a critical or fragile condition and cannot be easily or comfortably transported.

Patient has a psychological issue or has dementia and very

taxing for family to transport.

No transportation or no one able to drive.

Cost/Payment/Insurance Options

Podiatry and Dental are typically out-of-pocket.

- Ask your insurance provider.



X-ray and similar services are covered by Medicare and most major insurance companies.

- Need doctor's order.

Adult Day Program Centers

- ▶ The services offered can vary, but are designed to meet the needs of participants during the day, while allowing individuals to continue living with their families or in the community.
- ▶ Adult Day Program is a planned program offered in a group setting that provides services that improve or maintain health or functioning, and social activities for seniors and persons with disabilities.
- ▶ Services include physical and speech therapy, medication management, mental health services and support groups. Some programs offer assistance to Alzheimer's patients.
- ▶ Adult Day Program Centers generally operate during daytime hours, Monday through Friday. A meal is typically provided as part of the program.

Adult Day Program



Examples:

- ▶ Dad who lives with you had a stroke and he is very unsteady and he needs physical therapy twice a week. You don't want to leave him at home by himself.
- ▶ Mom has dementia and dad is determined to keep mom at home, but the caring for her is taking a physical toll.



Who provides Care?

Registered Nurse/RN

- ▶ Licensed Practical Nurse/LPN
- ▶ Certified Nursing Assistants/CNA
- ▶ Activity Leaders
- ▶ Program Assistants
- ▶ Social Workers

Cost/Payment/Insurance Options

Cost of Medical Day Care varies by center and the services they provide. Average cost ranges from \$72-\$100/day.

Funding Sources

- Private Pay
- Medicaid Waivers: Community Options Waiver, Day Care Waiver, Community Pathways Waiver (DDA)
- Veteran's Administration - pays for 2 days/week for eligible veterans
- Long Term Care Insurances cover varying amounts
- Subsidies through state or county grants (Senior Care, OHS grant)

Palliative Care

- ▶ Is specialized medical care for people with serious illness. Care is focused on providing relief from the symptoms and stress of a serious illness.
- ▶ Patients are assisted with a wide range of issues, including pain, depression, anxiety, fatigue, shortness of breath, constipation, nausea, loss of appetite and difficulty sleeping. Goal is to help the patient gain the strength to carry on with daily life.
- ▶ Care can begin at diagnosis, and at the same time as treatment.
- ▶ The goal is to improve quality of life for both the patient and the family.

Palliative Care

Examples of Conditions:

- ▶ ALS
- ▶ Alzheimer's Disease
- ▶ Breast Cancer
- ▶ Bone Marrow Transplant
- ▶ Cancer
- ▶ Chronic Obstructive Pulmonary Disease (COPD)
- ▶ Congestive Heart Failure
- ▶ Many More...
- ▶ Colon Cancer



Who provides Care?



Quality of Life

- ▶ Physician
- ▶ Nurse Practitioner
- ▶ Registered Nurse
- ▶ Social Worker

Cost/Payment/Insurance
Options

Covered by Medicare
& Medicaid

Most Private Insurance
Company Plans

Hospice Care

- ▶ **Hospice care** begins after **treatment** of the disease is stopped and when it is clear that the person is not going to survive the illness. Life expectancy is 6 months or less.
- ▶ The focus is to assist with symptom relief, but not cure the disease.
- ▶ You, your family members, and your doctor decide when hospice care should begin. Often, Hospice is not started soon enough. Sometimes the doctor, patient, or family member will resist hospice because they think it means “giving up” or that there’s no hope. This is not true. You can leave hospice and return to alternate care.

Hospice Care

► Services Include:

- Pain and Symptom Control
- Socialization engagement
- 24/7 On-Call Triage
- Weekly Nursing Visits
- Weekly Home Health Aide Visits
- Music Therapy
- Spiritual Support
- Social Work Visits
- Bereavement Support (up to 14 months)
Volunteers
- Namaste Program (massage therapy, aroma therapy)
- Legacy Programs (pinning ceremonies for military veterans, etc.)





Who provides Care?

- ▶ Physician
- ▶ Registered Nurse
- ▶ Social Worker

Cost/Payment/Insurance
Options

Covered by Medicare
& Medicaid

Private Insurance

Questions to Ask Provider

- ▶ Is there a minimum number of hours?
- ▶ How flexible?
- ▶ Who provides care? Are they independent contractor or employee?
- ▶ Is after hours support available?
- ▶ How many caregivers on staff?
- ▶ What is the vetting process for caregivers?
- ▶ Is there a contract?
- ▶ Are services covered by insurance?
- ▶ How are you charged - by service, by hour, by visit?

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Thank you!

We want *YOUR* feedback!

Please complete the survey provided.

For more information visit

www.howardcountymd.gov/aging or

www.cogsmd.org