

SENIOR INFORMATION & ASSISTANCE

Northwest Regional Council

1650 Port Drive

Burlington, WA 98233

(360) 428-1301 Fax: (360) 428-1302

In-Home Care: Assessment, Funding & Providers

In-home care becomes necessary when circumstances such as illness, injury, or other health issues make it difficult to remain safe and comfortable in one's own residence. There are a number of issues to consider when arranging for in-home care. The following is information about assessment terminology, payment sources, and agencies.

ASSESSMENT: Identifying the Services You Need

- **Bathing** - standby or hands-on assistance with bathing in tub, shower, or bed.
- **Personal Care** - assistance with dressing, teeth or denture care, shaving, hair care, foot care and grooming needs.
- **Toileting** - assisting with toileting or incontinence products.
- **Ambulation** - help walking, using a wheelchair, or other assistive device.
- **Transfers** - assistance moving from wheelchair, tub, bed, toilet, automobile, etc.
- **Positioning** – regular turning or changing an individual's position to avoid discomfort or injury.
- **Eating and/or Feeding** - assisting an individual in the consumption of food.
- **Medication Assist** - reminding and/or assisting an individual in taking medication, at prescribed dosages, and appropriate intervals.
- **Errands/Appointments** - transporting or escorting to store, appointments or errands.
- **Range of Motion** - providing assistance in movement of legs and arms as directed by a physician or physical therapist.
- **Housekeeping** - maintaining a safe, sanitary environment with a special focus on kitchen, bathroom and laundry.
- **Meal Preparation** - preparing nutritious meals for either immediate consumption or later reheating.
- **Supervision** - providing protective supervision for individuals who are not safe left alone because of confusion or poor judgment.

FUNDING: Methods of Payment

- **COPES and Medicaid Personal Care (MPC)** -These are state-funded Medicaid programs offering in-home care to individuals meeting income guidelines who would otherwise require admission into a nursing facility. Additional information is available through the Home & Community Services division of the Department of Social & Health Services at **(360) 416-7289** or through Senior Information & Assistance at **(360) 428-1301**.
- **Medicare** - Medicare provides limited, intermittent coverage to homebound persons for skilled in-home care (nursing or rehab services such as physical or occupational therapy) as prescribed by a physician. It does not pay for custodial care (help with walking, housekeeping, etc.). Bathing services may be included while skilled care is being provided.
- **Private Insurance** - Some long term care insurance policies provide coverage for in-home care. If you have this type of policy, you should consult with the insurance claims department to determine eligibility. Call Senior Information & Assistance if you need assistance.

- **Private Payment** - An agency or an individual may be privately hired to provide in-home services. Payment is made from personal funds. See the booklet "How to Hire In-Home Helpers" available from Senior Information & Assistance at **(360) 428-1301**.

IN-HOME PROVIDERS: Agencies, Services and Lists of Individuals

- **In-Home Care Provider List - Senior Information & Assistance (360) 428-1301**
The "In-Home Care Provider List" consists of private individuals who have expressed a desire to work as a caregiver. Our office completes a criminal background check, however we do not check references or employment history. Employment, hours, payment arrangements, taxes, etc. are arranged between the client and the caregiver. A guide on *How to Hire In-Home Helpers* is available from Senior Information & Assistance upon request.

Medicare Home Health Agencies

- **Island Hospital Home Health (360) 299-1302**
Payment is private pay, long term care insurance, Medicare or Medicaid programs, billed by the agency. This is a bonded, licensed home health care agency. All levels of skilled care are available if medically necessary and authorized by a physician. When there is a skilled need such as skilled nursing or therapy, a bath aide may be assigned to assist client. All employees have been screened, interviewed, and have had criminal background checks. Visits average on hour.
- **Walgreens OptionCare (360) 336-2835 or 800-755-0484**
Payment is Medicare, Medicaid, or long term care insurance ONLY. This is a bonded, licensed home health care agency. All levels of skilled care are available if medically necessary and based on physician orders. As long as there is a skilled need (skilled nursing, physical therapy, occupational therapy, respiratory therapy, etc.) a bath aide may be assigned to assist with bathing, dressing, grooming and exercising. Patients must be homebound. All employees have been screened, interviewed and have had criminal and driving background checks.
- **Signature Home Health Care (360) 671-5872 (Bellingham) or 877-670-3850**

Home Care Agencies:

- **A Better Solution Home Care (360) 629-4510 or 866-669-4510**
Payment is private pay and long term care insurance. This is a licensed and bonded home care agency providing personal care aides and homemaker/chore services. In-home care can be provided for a minimum of 2 hours and up to 24-hour/live-in care. All employees have been screened, interviewed and have had criminal and driving background checks.
- **Catholic Community Services - Long Term Care 877-870-1582**
Payment is private pay, long term care insurance and state-funded services (COPES, MPC). This is a licensed and bonded home care agency providing personal care aides and homemaker/chore services. In-home care can be provided for two hours or more. All employees have been screened, interviewed and have had criminal and driving background checks.
- **Companions & Care Senior Services (360) 293-5151**
Payment is private pay and clients may be able to get reimbursed by their long term care insurance. This is a licensed and bonded home care agency providing personal care aides and homemaker/chore services. In-home care can be provided for a minimum of 4 hours/week and up to 24-hour/live-in care. All employees have been screened, interviewed and have had criminal and driving background checks.

- **Home Attendant Care, Inc. (360) 755-1547 or 800-967-8108**
 Payment is private pay or long term care insurance. This is a licensed and bonded home care agency providing personal care aides and homemaker/chore services on an hourly to 24-hour basis. All employees have been screened, interviewed and have had criminal and driving background checks.
- **Home Instead Senior Care (360) 982-2461**
 Payment is private pay and long term care insurance. This is a licensed and bonded home care agency providing personal care aides and homemaker/chore services. In-home care can be provided for a minimum of 3 hours and up to 24-hour care. All employees have been screened, interviewed and have had criminal and driving background checks.
- **Sunrise Home Care (360) 336-0798 or 800-984-9044**
 Payment is private pay, long term care insurance and state-funded services (COPES, MPC, DD). This is a licensed and bonded home care agency providing registered nurses, licensed practical nurses, home health aides, personal care aides and homemaker/chore services. In-home care can be provided for a minimum of 2 hours and up to 24-hour/live-in care. All employees have been screened, interviewed and have had criminal and driving background checks.
- **Visiting Angels Living Assistance Services (360) 707-2074 or 888-264-3528**
 Payment is private pay, long term care insurance, and state-funded services (DD only). This is a licensed and bonded home care agency providing personal care aides and homemaker/chore services on an hourly to 24-hour basis. All employees have been screened, interviewed and have had criminal and driving background checks.
- **Visiting Nurse Home Care (360) 416-0343 or 800-624-2714**
 Payment is private pay, long term care insurance and state-funded services (COPES, MPC, DD). This is a bonded and licensed home care *and* health care agency with registered nurses, licensed practical nurses, home health aides, personal care aides and homemaker/chore services available to clients for a minimum of 2 hours up to 24-hour care. All employees have been screened, interviewed and have had criminal and driving background checks.
- **Home Care Referral Registry of Washington State (360) 707-2368**
 Payment is private, paid directly to the self-employed caregiver. This private referral service charges a fee to connect clients to in-home care providers (\$5.00 per visit). Personal care and homemaker/chore tasks are typical services available. Scheduling is flexible. Three hour minimums are preferred. The in-home providers have been screened, have had criminal background checks, and carry liability insurance.