HOW to get THERAPY IN YOUR HOME:

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| **HOME HEALTH AGENCY: Medicare Part A, and Insurance cover this service** |  |

**PROS: CONS:**

°Provides in-home therapy services °Patient must be homebound °Provides services in Assisted Living & Board and Care °Isn’t how therapy in Skilled Nursing Facility is provided °Provides OT, PT, ST, as well as RN, HHA, & SW °Has limited coverage period °Can work with patient’s helpers in home -- °Limited coverage for maintenance therapy for more benefit from each therapy visit °Provides coverage on a prescribed schedule

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|  | **PRIVATE THERAPY: may be covered by LTC insurance** |  |

**PROS: CONS:**

°Provides therapy in your home °Medicare or insurance may not reimburse for all services °Provides services in Assisted Living & Board and Care °Long-term care insurance may cover some services

°Can be provided in most skilled nursing facilities – after discharge from rehab °Provides therapeutic, palliative & maintenance care °Provides services on individual schedule °Can provide continuous, ongoing or on-call services °Can work with patient’s helpers in the home -- for more benefit from each therapy visit

°Has skills to minimize resistance, make therapy engaging

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|  | **OUT PATIENT THERAPY IN A CLINIC: Medicare Part B and insurance cover this service** |  |

**PROS: CONS:**

 °Can provide needed out-of-home experiences °People who are homebound miss out on this benefit

 °Is covered by Medicare and some insurers °Requires co-pay for Medicare or insurance

 °Provides greater equipment options °Has yearly Medicare cap on amount of services covered

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|  | **OUTPATIENT THERAPYvia MOBILE CLINIC to YOUR HOME: Medicare Part B and Insurance** |  |

**PROS: CONS:**

°Provides therapy in your home °Has less equipment than regular outpatient therapy -- °Covers Assisted Living & Board and Care (focus more upon function in own environment) °Is covered by Medicare and some insurers °Requires co-pay for Medicare or insurance °Can work with patient’s helpers in home -- °Has yearly Medicare cap on amount of services covered for more benefit from each therapy visit. °Isn’t how therapy in Skilled Nursing Facility is provided

Each of the above services has its place, depending upon eligibility criteria, reimbursement requirements, and your individual needs. We can help you determine what therapy setting is best for you. Contact us today.

Additional In Home services described on page 2 (reverse)

HOW to get THERAPY IN YOUR HOME:

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|  | **PERSONAL CARE IN YOUR HOME – PRIVATELY OR THROUGH AN AGENCY private pay** |  |

**PROS: CONS:**

°Extends benefits of therapist’s instructions UNLESS…. °Personal Care provider meets resistance to doing so

°Can apply exercises and reminders throughout day °May not adapt instruction well to variables like fatigue

°Can assist with errands, housecleaning, meals °May not know how to gain quality, upgrading of exercises

°Therapist who work with helpers, save you money °Quality matters, less expensive may not be better care

°Agencies can provide bonded, supervised caregivers °Check house liability insurance, workers comp and taxes

°Special programs for Medi-Cal and Veterans and LTC °Personal care providers are not covered by Medicare or insurance

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|  | **HOSPICE and PALLIATIVE CARE PROGRAMS Fully paid for by Medicare and Insurance** |  |

**PROS: CONS:**

°You stay in your home and all services come to you °Some people avoid hospice, without understanding it

°Hospice is a concept of care to provide comfort not °Most people don’t know that hospice provides grief

 prolonged life support, available to family and the community

°If you move to another setting, hospice follows you °Most people go on hospice too late, days before they die

°You can graduate off hospice if you are stable before they or family gain from the benefits

°Therapy can assist with safe mobility, showing care- °Even if you aren’t on hospice your providers may already

 givers safe ways to help you move and exercise, be providing you with palliative care, appropriately, but

 providing equipment recommendations, giving without the benefits of hospice

 everyone confidence and instructing in non-medical °Therapy visits may not be provided unless you ask,

 pain management techniques usually 1-2 visits

Each of the above services has its place, depending upon eligibility criteria, reimbursement requirements, and your individual needs. We can help you determine what therapy setting is best for you. Contact us today.

Additional In Home services described on page 1 (reverse)