

# Homemaker and Home Health Aide Care



## What is Homemaker Home Health Aide Care?

A Homemaker or Home Health Aide is a trained person who can come to a Veteran's home and help the Veteran take care of themselves and their daily activities. Homemakers and Home Health Aides are not nurses, but they are supervised by a registered nurse who will help assess the Veteran's daily living needs.

This program is for Veterans who need skilled services, case management and help with activities of daily living. Examples include help with bathing, dressing, or fixing meals. This program is also for Veterans who are isolated, or their caregiver is experiencing burden.

Homemaker and Home Health Aide services can be used in combination with other Home and Community Based Services. Services may vary by location.

Homemaker Home Health Aides work for an organization that has a contract with VA. A Homemaker or Home Health Aide can be used as a part of an alternative to nursing home care, and to get Respite Care at home for Veterans and their family caregiver. The services of a Homemaker or Home Health Aide can help Veterans remain living in their own home and can serve Veterans of any age.

## Am I eligible for Homemaker Home Health Aide Care?

Since **Homemaker Home Health Aide** services are part of a service within the VHA Standard Medical Benefits Package, all *enrolled Veterans* are eligible **if they meet the clinical need for the service.**

A copay for Homemaker and Home Health Aide services may be charged based on your VA service-connected disability status.

## What services can I get?

Services are based on your assessed needs. Talk with a VA social worker to find out what specific help you may be able to receive.

For example, an aide may be able to come to your house several times a week or just once in a while.

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Examples of daily activities you may be able to receive help with include:

- Eating
- Getting dressed
- Personal grooming
- Bathing
- Using the bathroom
- Moving from one place to another
- Getting to appointments

You can continue to receive an aide's services for as long as you need extra help with your daily activities.

## How do I decide if it is right for me?

You can use a **Shared Decision Making Worksheet** to help you figure out what home care services or long term care services may best meet your needs now or in the future.

There's also a **Caregiver Self-Assessment**. It can help your caregiver identify their own needs and decide how much support they can offer to you. Having this information from your caregiver, along with the involvement of your care team and social worker, will help you reach short term and long-term care decisions.

If Homemaker or Home Health Aide services are right for you, your VA social worker can help you make arrangements for those.

