

Home Based Primary Care



What is Home Based Primary Care?

Home Based Primary Care is health care services provided to Veterans in their home. A VA physician supervises the health care team who provides the services. Home Based Primary Care is for Veterans who have complex health care needs for whom routine clinic-based care is not effective.

The program is for Veterans who need skilled services, case management and help with activities of daily living. Examples include help with bathing, dressing, fixing meals or taking medicines. This program is also for Veterans who are isolated or their caregiver is experiencing burden. Home Based Primary Care can be used in combination with other Home and Community Based Services.

Am I eligible for Home Based Primary Care?

Since **Home Based Primary Care** is part of the VHA Standard Medical Benefits Package, all *enrolled Veterans* are eligible **IF they meet**

the clinical need for the service and it is available.

A copay for Home Based Primary Care may be charged based on your VA service-connected disability status and financial information. You may have a basic copay each time a VA staff team member comes to your home for a medical visit (the same as if you went to a VA clinic). Contact your VA social worker/case manager to complete the *Application for Extended Care Benefits* (VA Form 10-10EC) to learn the amount of your copay.

Find out more by visiting the **Paying for Long Term Care** section at www.va.gov/Geriatrics.

What services can I get?

If you qualify for Home Based Primary Care, your care plan includes:

- Primary care visits at home by a physician, nurse practitioner or physician's assistant
- Care management through a nurse practitioner, physician's assistant, or nurse
- Coordination of your services by a social worker
- Therapy visits from a physical, occupational, or speech therapist
- Mental health services
- Nutrition counseling from a dietitian
- Help managing your medicines

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How do I decide if it is right for me?

You can use a **Shared Decision Making Worksheet** to help you figure out what long term care services or settings 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 good long term care decisions.

Ask your social worker for these Worksheets or download copies from the **Shared Decision Making** section at www.va.gov/Geriatrics.

Your physician or other primary care provider can answer questions about your medical needs. Some important questions to talk about with your social worker and family include:

- How much assistance do I need for my activities of daily living (e.g., bathing and getting dressed)?
- What are my caregiver's needs?
- How much independence and privacy do I want?
- What sort of social interactions are important to me?
- How much can I afford to pay for care each month?

Your VA physician or social worker can tell you if a Home Based Primary Care program is available in your area.



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