

# Home and Community Services, Residential Settings and Nursing Homes

## Short and Long Term Services and Supports

- Include a range of options
- Are designed to help you remain as independent as you can
- Can often be in your home; may also be at community sites, or in home or home-like settings, or nursing homes
- Are provided based on your eligibility and clinical need for services
- May vary, as not all services are available in all places

This handout is a brief overview of the information that can be found on the [www.va.gov/Geriatrics](http://www.va.gov/Geriatrics) website.

## Paying for Services

This is based on:

- Your need for ongoing care
- Your need for personal care and help
- Your service-connected status

Other factors may apply, such as:

- Your financial eligibility
- Insurance coverage
- Your ability to pay
- Any co-pay you may have to pay



You may be able to pay for long term care services and supports using:

- VA Benefits
- Medicare
- Medicaid
- Personal Funds or Insurance

Talk with your social worker to learn more.

# Making Decisions and Advance Care Planning

VA offers a **Veteran Decision Aid for Care at Home and in the Community** as well as a **Caregiver Self-Assessment**, which you can get from a social worker or download from [www.va.gov/Geriatrics](http://www.va.gov/Geriatrics), to help you think about your needs and what matters to you.

They also help you involve others in making decisions, such as your spouse, family member, doctor, social worker, or other health care team members.

The advance care planning process is where you think about your values and wishes for your health care at a future time, if you are no longer able to make choices for yourself. Once you decide what you want, it involves filling out paperwork. The VA advance directive form is honored in all states. Ask your VA social worker for the form.



## Whole Health

Whole Health is VA's cutting-edge approach to care that supports your health and well-being. Whole Health centers around **what matters to you**, not what is the matter with you. This means your health team will get to know you as a person, before working with you to develop a personalized health plan based on your values, needs, and goals.

## Caregiver Support

VA provides many options to support caregivers in their efforts to care for Veterans and themselves. Learn more at [www.caregiver.va.gov](http://www.caregiver.va.gov).

- **Caregiver Support Line** – Call 855-260-3274 (toll-free) to talk with trained and licensed staff who can listen or connect you with local support, such as the Caregiver Support Coordinator at your VA Medical Center
- **Monthly phone education groups** – where caregivers can ask questions and get self-care tips
- **Free online workshop** – *Building Better Caregivers*, that helps build the skill and confidence to care for a Veteran at home



# Standard Medical Benefits

If you are enrolled in VHA, **and have clinical need**, you are eligible for Standard Medical Benefits. This includes:

- Geriatric Evaluations
- Care through a GeriPACT
- Most of the services listed under Home and Community Services



## Geriatric Evaluation

Geriatric evaluation is most often done during your primary care visit. It is done by a team of experts and includes a treatment plan. It is available to all enrolled Veterans who need it and is designed to help reduce the need for hospital and long term care services. What you

learn during this visit can help you decide which services may work best for you.

## GeripACT

GeripACT (Geriatric Patient Aligned Care Team) is a special primary care team for older and chronically ill Veterans.

During your visits, GeripACT providers work with you and family caregivers on things that may impact your health, independence or quality of life.



## Home and Community Services

This type of care supports your independence to stay in your own home as long as you can. If eligible, you may receive more than one service at the same time.

**Adult Day Health Care** is a program that you can go to during the day for:

- Social activities
- Peer support
- Recreation



You may receive care from nurses, therapists, social workers, and other health care staff.

When you go to Adult Day Health Care it provides a break for your family caregiver. It can also help you and your caregiver gain skills

to manage your care at home. It may be provided at VA Medical Centers, at community sites, and in some State Veterans Homes.

**Home Based Primary Care** is for Veterans who have complex health care needs and for whom clinic based care does not work well to manage those needs.

A VA doctor supervises a health care team, which provides primary care visits in your home from staff such as a:

- Nurse
- Social worker
- Rehabilitation therapist
- Dietitian
- Pharmacist
- Mental Health staff, if needed



**Homemaker and Home Health Aide** services are provided by a trained person (not a nurse or RN). This person works for an organization that has an agreement with VA. They are supervised by a registered nurse.



The main focus of a Home Health Aide is to help with hands-on care, such as bathing, using the bathroom, eating, and getting dressed. During this visit, light homemaker services may be done, such as washing the Veteran's clothes or bedding, or making a small meal.

**Hospice Care** can provide comfort to you and your family if you have a terminal condition, with 6 months or less to live, and are no longer seeking treatment other than palliative care.

Hospice Care can be provided at home, or in an inpatient setting.



**Palliative Care** offers comfort measures that focus on relief of suffering and control of symptoms so that you can carry out day-to-day activities and do what matters to you – like going to see your grandchildren.

The focus of Palliative Care is to improve your quality of life – in your mind, body, and spirit.

It can be **combined with your treatment**.

And, it can be started at any time, and may be provided throughout the course of the illness.



**Respite Care** is temporary care given to you to provide a break for your family caregiver.

A trained person can provide Respite Care in your home, in an inpatient or community setting, or a mix of these settings.

It may be provided during the day or overnight. Respite Care can help lower the stress you and your family caregiver may feel when managing your long term care needs at home.



**Skilled Home Health Care** is short-term health care services if you are homebound or live far away from VA. Care is delivered in your home, most often by nurses or physical therapists. The service is provided by staff from a home health agency that has an agreement with VA. Examples of services include wound care for pressure sores, medication management, or injections.

**Remote Monitoring Care** is a service that allows a doctor or nurse to monitor your medical condition, such as your blood pressure, using home monitoring equipment.

A care coordinator gets health information through personalized questions answered on special equipment and then checks with you, if needed. If any of your health measurements do not seem normal, the care coordinator talks with your physician or nurse and then gets back to you with next steps.



**Veteran-Directed Home Care** provides you or your family caregiver with a flexible budget, based on your needs assessment, to be used for long term care services.



It allows you, and your family caregiver, to decide what mix of Home and Community Services will best meet your needs. You may hire personal care aides, such as your own family member or neighbor. And, you may buy items that will help you live independently.

## **Program of All-inclusive Care for the Elderly (PACE)** is an optional benefit under Medicare and Medicaid, but only in some states. **It is not part of VA's Standard Medical Benefits.**

PACE is for those who are frail enough to meet their state's standards for nursing home care but who want to keep living at home.

The program features medical and social services. They can be provided at home or in the community. For example, meals may be eaten at an Adult Day Health Care center, at home, or both. Physical therapy may be provided at a facility or at home.



## **VA Residential Settings**

**Community Residential Care (CRC)** is a VA program for Veterans who do not need hospital or nursing home care, but cannot live alone because of **medical or psychiatric conditions**, and who have no family to provide care.



This type of care takes place in Assisted Living facilities, Personal Care Homes, Family Care Homes, Group Living Homes, and Psychiatric Community Residential Care Homes. This is a private-pay option.

In each of the above settings, the CRC program provides round-the-clock supervised living along with meals, recreational activities, assistance with activities of daily living, such as getting dressed, and transportation arrangements.

A CRC case manager visits you monthly to answer questions or concerns.

**Medical Foster Homes (MFH)** are in private homes and can provide an alternative to a long-stay nursing home. The MFH caregiver provides 24-hour supervision and personal assistance.

This type of care may be an option for you if your medical condition makes it impossible for you to live alone. Home Based Primary Care, Spinal Cord Injury-Home Care, and Mental Health Intensive Case Management programs provide additional services to you in the MFH. This is a private-pay option.



## Non-VA Residential Settings



**Adult Family Homes** have a trained caregiver on duty 24 hours a day, 7 days a week to help you with activities such as bathing and getting dressed.

You live in a room that is private or shared and you share common spaces with others in the home. This is a private-pay option.

**Assisted Living Facilities** are like Adult Family Homes except that your room is in a larger building that is not a private home. This is a private-pay option.



## Nursing Homes

**Community Living Centers (CLCs or VA Nursing Homes)** provide nursing home level of care 24 hours a day, 7 days a week, in a setting that looks as much as it can like a home.



You may need CLC services for a brief time or, in rare cases, for the rest of your life. The aim is to restore your highest level of well-being, prevent declines in health, and provide comfort at the end of life. Eligibility for this program is based on medical need and service-connected status.

**Community Nursing Homes** provide skilled nursing care 24 hours a day, 7 days a week near your home and family.

These non-VA nursing homes are an option in many places where a VA Community Living Center may not be available. Eligibility for this program is based on medical need and service-connected status.





