

# 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 himself and his 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, fixing meals or taking medicines. 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.

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 as a way 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.

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

Find out more by visiting the Paying for Long Term Care section at [www.va.gov/Geriatrics](http://www.va.gov/Geriatrics).

## What services can I get?

Services are based on your assessed needs. Talk with a VA social worker to

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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.

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

- Eating
- Getting dressed
- Bathing
- Using the bathroom
- Moving from one place to another
- Shopping for food
- Cooking
- Cleaning
- Doing laundry
- Paying bills or managing money
- Taking medication
- Getting to appointments
- Using the telephone

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 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](http://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?

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



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