Home Care is Cost Effective

Home care is a popular choice for many people. With the advent of new medical procedures, portable technology, skilled staff, and caring home care aides, many services can now be effectively administered in the warmth and security of the home. Patients are safely discharged within hours or days of surgical procedures, rather than being admitted to a nursing home or staying in the hospital.

The trend toward home care will continue as the population ages and as costs for providing health care in California remain a significant concern. Because home care allows people to receive treatment and services in the home rather than institutions, the services are very cost-effective for the State. Home care costs the State less than staying in a hospital or skilled nursing facility.

Average Medicare Cost of Care, 2009

<table>
<thead>
<tr>
<th></th>
<th>Hospital (per day)</th>
<th>Skilled Nursing Home Health (per visit)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$6,200</td>
<td>$622</td>
</tr>
<tr>
<td></td>
<td></td>
<td>$135</td>
</tr>
</tbody>
</table>

1 Data from the Bureau of Labor Statistics (BLS) Producer Price Index (PPI) for General medical and surgical hospitals by payor types, Medicare patients
2 Data from BLS' PPI for nursing care facilities, public payors.
3 Data from BLS' PPI for home health care services, Medicare payors

Home Care is Cost Effective

With so many people receiving home care and hospice services, ensuring quality of care is essential. Many home care providers—such as RNs, LVNs, physical/occupational/speech therapists, social workers, and certified home health aides—hold professional licenses and certifications. The State and Federal governments regulate agencies that provide home care services to varying degrees and, depending on the type of agency, there are a number of quality measures available to consumers:

**Licensed Home Health Agencies**

Regularly surveyed by the California Dept. of Public Health
Comply with State laws and regulations (Title 22, Division 5)
Voluntary accreditation through accreditation organizations

**Medicare/Medi-Cal Certified Agencies**

Regularly surveyed by the California Dept. of Public Health
Comply with State laws and regulations (Title 22, Division 5)
Comply with Federal regulations (Conditions of Participation)
Voluntary accreditation through accreditation organizations

**Hospices**

Regularly surveyed by the California Dept. of Public Health
Comply with State laws and regulations
Comply with California Standards of Quality of Hospice Care
Comply with Federal laws and regulations (Conditions of Participation)
Voluntary accreditation through accreditation organizations

**Home Care Aide Organizations**

Comply with OSHA standards
Comply with applicable laws, regulations, and wage orders
State business license
No State licensure required

**Home Medical Equipment**

Required to have Home Medical Device Retailer License
Accreditation required for participation in Medicare
Competitive Bidding Process

**Home Infusion Pharmacy**

Regulated by the Board of Pharmacy
Voluntary accreditation through accreditation organizations

Established in 1966, CAHSAH is a non-profit association located in Sacramento, representing non-profit organizations and private companies providing home care services. CAHSAH's guiding core purpose is to promote quality home care and enhance the effectiveness of its members.
Who does CAHSAH Represent

CAHSAH represents the full spectrum of home care service providers in California and across the nation:

- Medicare Certified Home Health Agencies
- Licensed Home Health Agencies
- Home Care Aide Organizations
- Hospices
- Home Infusion Pharmacies
- Home Medical Equipment
- Interdisciplinary Professional Services

What is Home Care?

Home care provides quality, cost-effective care to individuals in the privacy of their homes. Home care provides a full spectrum of services, ranging from high-tech nursing to nonmedical assistance with the activities of daily living. Home care services allow patients to shorten the length of their stay in a facility or to avoid institutionalization altogether. Home care services are generally available 24 hours a day, seven days a week. These services may be provided by an individual, or by a team of specialists, on a part-time, intermittent, hourly, or shift basis. Studies show patients heal more quickly in the comfort and familiar surroundings of their own home, rather than in an institution.

Who Pays for Home Care?

- MEDICARE
- MANAGED CARE
- PRIVATE Payers
- MEDI-CAL
- MEDIGAP INSURANCE
- WORKERS’ COMPENSATION
- LONG-TERM CARE INSURANCE
- VETERANS ADMINISTRATION
- TRI CARE/CHAMPUS
- SELF-PAy (OUT OF POCKET)

How to Locate a Home Care Provider?

Finding the right provider does not have to be difficult. CAHSAH’s website contains the most comprehensive database of more than 900 home care agencies. Use this resource to find all the agencies in any particular area of the state. CAHSAH’s members are California direct providers of health and supportive services and products in the home. To locate a provider go to www.cahsah.org/index.php?p=agency_vendor_locator

What Services are Provided in the Home?

Medicare Certified Home Health Agencies: Provide skilled nursing services (part time/intermittent), therapy services (physical, speech, or occupational therapy) medical social services and home health aide services. They employ physicians, registered nurses, licensed vocational nurses, certified home health aides, nutritional specialists, and social workers. They accept Medicare and often accept private pay, private health insurance and Medi-Cal.

Licensed Home Health Agencies: Provide skilled nursing services (part time/intermittent), therapy services (physical, speech, or occupational therapy) medical social services and home health aide services. They employ physicians, registered nurses, licensed vocational nurses, certified home health aides, nutritional specialists, and social workers. They often accept private pay and private health insurance.

Home Care Aide Organizations: Provide non-medical personal care support with activities of daily living, such as meal preparation, bathing, toileting, and dressing. Services may include housekeeping, transportation, assistance with handling finances and companionship. They employ caregivers which may be certified nurse assistants or certified home health aides. They often accept private pay, and private health insurance.

Hospices: Provide palliative care, psychological, and spiritual care for the terminally ill and support for their families. They employ physicians, registered nurses, licensed vocational nurses, certified home health aides, nutritional specialists, social workers and spiritual counselors. They often accept private pay, private health insurance, Medi-Cal and Medicare.

Home Infusion Pharmacies: Provide pharmaceuticals, enteral or parenteral nutrition, pain management, antibiotics, chemotherapy, and intravenous therapy. They employ pharmacists, registered nurses and licensed vocational nurses. They often accept private pay, private health insurance and Medi-Cal.

Home Medical Equipment Providers: Provide home medical equipment. Services may include: respiratory therapy or specialized services such as home phototherapy, wheelchair rehabilitation or home apnea monitoring. They often accept private pay, private health insurance, Medi-Cal and Medicare.

Interdisciplinary Professional Services: Provide home care services and products, such as mobile x-ray or mobile laboratory services in the home. They often accept private pay, insurance and may accept Medi-Cal and Medicare.

Choosing a Home Care Provider

The time spent selecting an appropriate home care provider will help ensure that your home care experience is positive. When choosing an appropriate home care provider, the patient and family must consider several important questions:

- What kind of care is required?
- What level of care is required?
- How will the care be paid for?
- Do I qualify for Medicare or Medi-Cal?
- How much of my care will I be responsible to pay for?
- Is the provider licensed by the State, certified by Medicare/Medi-Cal, accredited by an independent accrediting body, or CAHSAH certified?
- Does your physician know your provider?
- Will your provider be working with your physician?
- How long has the provider been in the community?
- What is the provider’s reputation?
- Does the provider belong to a Home Care Association?
- What are the provider’s procedures for safety, such as handling an emergency?
- Are references provided?

Who Uses Home Care?

Most people prefer to stay at home rather than remain in a hospital, nursing home, or other facility when they can no longer manage their own care. Home care is suitable for persons of all ages with a variety of needs, such as:

- A person with a medical condition that requires constant monitoring, like diabetes, heart disease or stroke.
- A person with limited mobility or an illness, who needs assistance with personal care and/or domestic tasks.
- A person with a terminal illness needing personal care, pain management, and emotional support.
- A ventilator dependent person being maintained at home.
- A fragile, or developmentally challenged newborn.