

## **POSSIBLE WAYS TO FUND YOUR HOME CARE SERVICES**

Home care is an option for long-term care. These days most seniors want to age in the comfort of their homes home, which contributes to familiarity and comfort, yet in order to keep a loved one safe at home, it requires planning, assessment, and evaluation. This guide gives you a some understanding of in-home care options, what needs to happen to create a comfortable, positive impact on you and your entire family.

If you are a family caregiver in search of additional senior care/services, you are among 70 million people who deliver care for a loved one at home. the research concludes by 2050, over one million individuals over the age of 100 will live in comfort of their homes in North America. <https://www.genworth.com/aging-and-you.html>.

With the advent of Affordable Care Act (also known as ObamaCare), in-home care is a critical post-hospitalization part of transition of care. Today, most discharged patients go directly home and are faced with the problem of recovery at home that requires additional care/services before they can get back on their feet. Recent studies, like the Archives of Physical Medicine and Rehabilitation (May 2011) concluded that after certain hospital-based operations, joint replacement, home is an effective strategy over discharge to a rehabilitation facility.

If an individual or an aging loved one has a terminal illness and other treatment options are exhausted, hospice care at home may be an option to consider. This is much more affordable and a loved one gets to maintain comfort care in familiar surroundings with loved ones where cost does not have to be an added burden and/or worry. This gives a loved one and family members comfort and support in familiar surroundings.

According to Genworth Study, every day for the next 20 years, 10,000 Americans a day will turn 65, by 2030, there will be one billion people on earth over age of 65, and by 2050, that number will double, and 25% of the population will be 65 or older. Genworth concludes that this is a fact that many people are living longer than ever. Life expectancy has increased for decades and it is currently at age 81 for women and 76 for men. Longer lives means that many people do not just accumulate more knowledge and greater wisdom over time, but have a clearer sense of self, deeper relationships, and more meaningful moments with the people whom they love. To continue this type of relationships, more people prefer to receive care/services in the comfort of their homes. <https://www.genworth.com/aging-and-you.html>.

So, the next question is, where do people who want to spent these deeper relationships, and meaningful moments with the people whom they love want to spend the rest of their lives? Meaning, those who are still able to function independently? Before answering the above question, it is very important to define the word “independence.” In the context of personal care, independence means one does not need anyone’s help to be able to do activities of daily living (ADL), like dressing, showering, grooming, walking, eating, toileting, to name but just a few. Most people would like to live in the comfort of their homes with no or little help depending on their ability to care for themselves. There are conversations that need to be had before one can meaningfully be able to decide the type of care that is appropriate.

Genworth has the following questions to start the discussion amongst individuals and their family members before determining the appropriate care/services a loved one needs:

<https://www.genworth.com/aging-and-you.html>.

### What to Talk About

**Lifestyle:** What does daily life look like now? What does your loved one expect it to look like in the future?

**Legal:** Is there a will/living will, durable power of attorney, or health care power of attorney in place? Are those documents up to date and accessible?

**Finances:** How are bills currently being paid? Is there income that can be redirected for care if need be?

**Medical Care:** Are health histories and contact information for all current medical providers available and up to date?

**Care Options:** How and where would your loved one prefer to receive care? Does your loved one have a selected care provider and how will that care be paid for?

**Care by family members:** Is care being provided by family members, at home, and is this interfering with the family members' daily routines? Are the family members educated/trained on how to provide this care?

**Any other issues:** Please discuss any other issues that you deem necessary.

### Do:

- Talk in person
- Have a sense of humor
- Listen. Really listen
- Go with the flow
- Allow plenty of time
- Listen to the family member whose care you are discussing and take their view points and decisions seriously. Remember, you are acting on their behalf and their input matter.

### Don't:

- Be overwhelmed with statistics and forms
- Make plans and decisions ahead of time
- Talk when tensions are running high
- Decide for someone when they are still able to do so
- Forget you are all adults now
- Force choices and decisions immediately

<https://www.genworth.com/aging-and-you/family/conversation-starters.html>

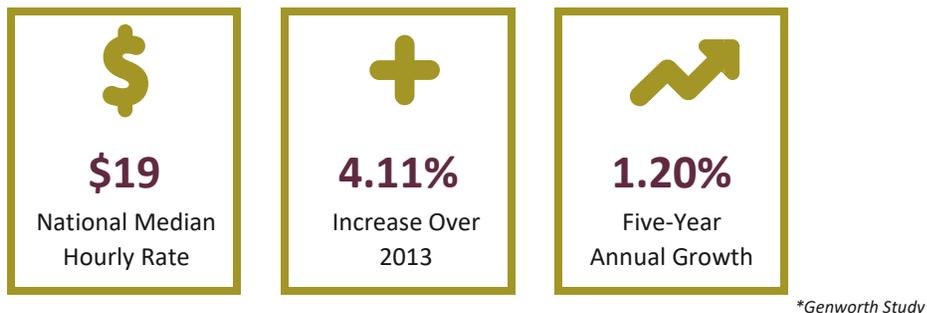
### Choices of Care/Services:

Genworth's 2014 Cost of Care Survey concluded that other senior care options are significantly more expensive compared to non-medical care; companionship services/homemaker services:

Genworth recognized and identified trends across the long-term spectrum over the past 11 years. The cost of facility-based providers has grown at a much greater rate than home care rates while the cost of care among all care providers has steadily increased. It is imperative to be aware of the associated costs to build a better long-term care plan as the American population ages and requires these services. Long-term care can be provided in a variety of settings as consumers have more choices than ever before. Healthcare professionals, licensed healthcare practitioners, such as physicians, registered nurses, or social workers can assess and determine an individualized plan of care that could be included in the following varieties of care/services:

### Companionship Services/Homemaker services:

Home maker services make it possible for people to live in their own homes or return to their homes, from a hospital surgical procedure, by helping individuals complete household tasks that they are unable to manage alone. Homemaker services' aides may clean houses (light housekeeping), cook meals or run errands.



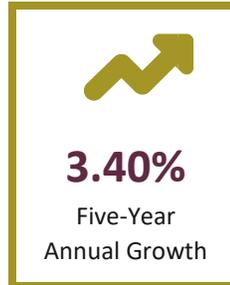
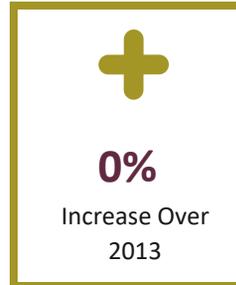
### Home Health Aides:

Home health aides help those who live in their own homes instead of residential care facilities. Home health aides may offer care to people who need more extensive personal care than family or friends are able to or have the time or resources to provide.



### Adult Day Care:

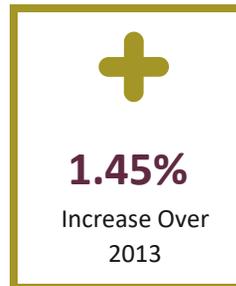
Adult Day Care can offer a break to family caregivers. This type of care provides services at a community-based center for adults who need assistance or supervision during the day but who do not need around the clock care. The centers may provide health services, therapeutic services, and social activities.



*\*Genworth Study*

### Assisted Living Facility:

These facilities are living arrangements that provide personal care and health services for people who may need assistance with activities of daily living (ADL). The level of care is not as extensive as that which may be provided in a nursing home. Assisted living is not an alternative to a nursing home, but an intermediate level of long-term care. (Referred to as Residential Care Facilities in California).



*\*Genworth Study*

### Nursing Home Care:

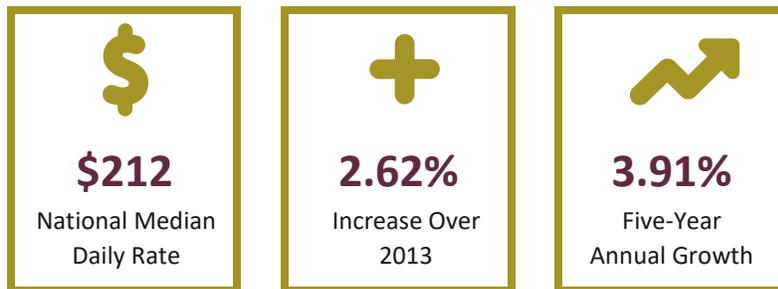
Nursing home care is for people who may need a higher level of supervision and care than in an assisted living facility. They offer residents personal care, room and board, supervision, administer medications, therapies and rehabilitation, as well as skilled nursing care 24 hours a day.

Please find below, a tabulated cost of the above services for the year 2018:

*\*Genworth Study*

<b>Type of Care/ Home Services</b>	<b>Daily Cost</b>	<b>Care Type</b>	<b>Hours</b>	<b>Care Setting</b>
Annasus Companion Care, LLC	Call for rate	One-on-one	Minimum of 4 hours	Client's home
Home Health Aide <sup>1</sup>	\$138.00	One-on-one	6-7 hours	Client's home
Adult Day Care <sup>2</sup>	\$ 72.00	Group activity	6-8 hours	Senior Center
Assisted Living Facility <sup>3</sup>	\$132.00	Daily check in	1-2 hours	Private, one bedroom
Nursing Home 1. Semi-private room <sup>2</sup>	\$245.00	Group Care	3-4 hours	Semi-private hospital room
2. Private Room <sup>2</sup>	\$275.00	Group Care	3-4 hours	Hospital room

**Please ask for Annasus Companion Care, LLC**



Number of hours needed for home health care can vary based on need.

Genworth Cost of Care Survey 2018, conducted by CareScout®, June 2018

<sup>1</sup> Based on annual rate divided by 12 months (assumes 44 hours per week)

<sup>2</sup> Based on annual rate divided by 12 months

<sup>3</sup> As reported, monthly rate, private, one bedroom

<https://www.genworth.com/aging-and-you/family/conversation-starters.html>

## **Questions to ask when planning for in-home services**

### **1. Caregiver employment**

#### **By Annasus Companion Care, LLC:**

Annasus Companion Care, LLC is locally owned to serve individuals, especially seniors, in the North Carolina counties of Anson, Cabarrus, Mecklenburg, Stanley, and Union. Annasus Companion Care is not a franchise and employs people with experience in healthcare, empathy, and compassion working with seniors. All service providers are

required to complete a state-mandated background check, and a thorough reference check prior to employment. Service providers are licensed, bonded, and insured.

### **Continuing education**

At Annasus Companion Care, LLC, we have a continuing education program mandated by the State of North Carolina. All our employees are required to be certified on topics pertaining to adult care/services like handwashing, cardiopulmonary resuscitation (CPR), communication, etc., to name but a few. I as a registered nurse and masters' prepared registered nurse conduct these courses. Some of the courses, like handwashing, are required before employment. After completion of each of these courses, an employee is awarded a certificate which is kept in each of the employee's personal file.

### **An independent contractor with a registry:**

Please be aware of the implications of using a registry to refer an independent contractor. Most registries do not have supervisory capacity, as a result the caregiver (the person requesting services for a loved one) will end up being the supervisor of the employee. Worse still, the older adult receiving services may end up becoming an employer and supervising services being provided. Annasus Companion Care plans and individualizes services to suit the needs of each individual and handles employment, scheduling, performance, and payments to the employees. Most of all, Annasus Companion Care, LLC makes sure that your loved one receives the outcomes he/she or the family desires. The individual(s) receiving care and their families will be involved in their care and executing of services to be provided but most of the supervision is left to the agency. Feedback is in an integral part of service provision and Annasus Companion Care requires this for improvement or adjustment to care/services.

### **Working on their own/independently:**

When care providers are employed and are working independently, there will be a lot of grey areas like making sure no tax laws are broken and supervision of care/services can be challenging. Please do a research and be aware of your abilities and limitations to make sure you do not get in trouble with the IRS and care/services are properly supervised.

## **2. Questions to ask when looking for a service provider for companionship:**

Is the prospective employee trained?

Where was the training obtained? Can the institution where training was conducted be contacted to make sure that the information given is right?

How long was the training period? Is that the amount of time required to do that type of training?

Does the training include special dementia or Alzheimer's training?

Does the agency train all of their caregivers and provide certificates per state laws?

Do caregivers have certificates as proof of training?

**3. Is there a criminal background check/drug check in place?**

Do employees have to undergo a criminal background check? If the criminal background check/drug check is not done, are the employees ready to take one?

**4. Have personal references been secured on all caregivers?**

Most agencies, are required to have these in place otherwise they will not be licensed in the State of North Carolina.

**5. Are the caregivers bonded and insured?**

This is called Workers' Compensation. To protect the worker while on the job so that if they ever get hurt, they can go see a doctor and be taken care of. This is a requirement in the state of North Carolina based on the number of employees.

**6. Are there service restrictions?**

Service restrictions are based on the type of work to be carried out. With companion care, services are provided and there is no lifting since the nature of the work is offering non-professional services to able and independent individuals in the comfort of their homes.

**7. What about scheduling?**

Scheduling should be part of the individualized services. Ask if the agency is flexible enough to provide you services at the time that you wish meaning individualized care because each individual is different and has different needs.

**8. How much notice is needed to begin or cancel services?**

Ask the time for commencement and cancellation of services.

**9. What does the cost of service include**

Ask and make sure you know what the cost of service includes.

**10. Hours of services, especially minimum. Ask for:**

- Minimum hours of service per visit/week/month?
- Special overnight rates?

**VETERANS BENEFITS**

**One in three seniors in this country is a veteran or a surviving spouse of a veteran.**

Veterans and their surviving spouses may be eligible for a VA benefit called Pension with Aid and Attendance. These benefits could provide reimbursement funding of up to \$25,020 a year to help cover medical expenses, including home care services.

Many veterans who are qualified together with their families are not aware of this benefit and do not apply for it.

**Eligibility**

- Veterans and/or a surviving spouse who served 90 consecutive days of active duty with at least one day during a wartime period.

**World War II**

- December 7, 1941 - December 31, 1946, inclusive.
- If the veteran was in service on December 31, 1946, and continuous service before July 26, 1947, which is considered World War II service.

**Korean Conflict**

- June 27, 1950 - January 31, 1955.

**Vietnam Era**

- February 28, 1961 - May 7, 1975, and a veteran who served in the Republic of Vietnam during the period.
- A veteran who served from August 5, 1964 - May 7, 1975.

**Persian Gulf War**

Veteran/surviving spouse is required to have a non-service-related medical condition. This condition should include assistance with daily activities, such as bathing, dressing, eating, medication management, housekeeping, and laundry or meal preparation.

The spouse must meet asset requirements (excludes home and care) and she/he must meet medical expense-to-income ratio.

**Benefit Table**

Status	Monthly Benefit Amount
Surviving Spouse	\$1,209 Monthly / \$14,507 Annually
Single Veteran	\$1,881 Monthly / \$22,577 Annually

Married Veteran \$2,230 Monthly / \$26,766 Annually

Two Vets Married \$2,984 Monthly / \$35,813 Annually

### Tax Free

Vets Benefits - Receive up to \$2,984 monthly

“The Aid & Attendance Pension provides benefits for war era veterans and surviving spouses who require the regular attendance of another person to assist in at least two of the daily activities of living such as eating, bathing, dressing and undressing, transferring and the needs of nature.”

Call (877) 427-8065 now to see if you qualify!

### What Does the Benefit Mean to You?



“With the benefit in hand, you are able to afford the care you need. You never have to pay it back and it is completely tax free. Like Social Security, this pension is dependable and is paid directly to you by the Department of the Treasury. This benefit can be used for in-home care, board and care, assisted living communities, and private-pay nursing homes.”

### American Veterans Aid Services for a Reasonable Fee:

“A comprehensive Activities of Daily Living Consultation and Assessment Interview and Pre-Filing Consultation to determine the care you need and to ensure you meet all VA requirements.

Letter of Determination provided by our VA Accredited Claims Agent.

An Instructions Pack which is a written guide providing educational information regarding Aid and Attendance eligibility requirements as well as detailed instructions on records and supporting documents that the VA requires to be submitted with your claim.”

“A referral service to guide you to a local Home Health Care Company or a Placement Agency such as Comfort Keepers, A Place for Mom, Infinite Care, and Visiting Angels, etc., or assisted living communities to set up care for the vet or spouse.”

“Provide a custom Caregiver’s Form in compliance with VA regulations for in-home care.”

**Services at No Charge:**

VA Application Forms prepared and submitted to the VA by our VA Accredited Claims Agent.

Please visit the VA site below for more information:

[https://americanveteransaid.com/landing/lp\\_2/veterans\\_benefits\\_2\\_msn.html?msclkid=702439452c171c41ce8f65cc63202ff8](https://americanveteransaid.com/landing/lp_2/veterans_benefits_2_msn.html?msclkid=702439452c171c41ce8f65cc63202ff8)

**Reverse Mortgage**

Reverse Mortgage is another of income that seniors over 62 years of age can rely on. If you a loved one has equity in their home, he/she may qualify for a reverse mortgage. A reverse mortgage is a loan taken against a home that one does not have to pay back for as long as one lives in the home. With a reverse mortgage, the value of the home may be turned into cash without the owner having to move or repay the loan each month. The owner may then use this fund to pay for home care. However, there are areas in the reverse mortgage that need special attention from experts. So please consult with your mortgage company and make sure you understand all the details before you consider this option.

More information on Reverse Mortgage can be obtained by visiting the Federal Trade Commission website at:

[www.ftc.gov](http://www.ftc.gov)

**Life Insurance Settlement**

There are companies who offer insurance owners the option to sell their policies in exchange for a lump sum payment. This may be an option for a loved one with a life insurance policy to fund their care. An investor may buy a life insurance policy while the policy holder is still alive. A lump sum payment for the policy may be obtained, depending on age, health, and other factors

at the time of sale. Again, please consult an expert in this area, or a financial advisor, or call your life insurance company and find out if this is an option for you.

To get more information on Life Settlements as a funding solution please visit:

[www.lifecarefunding.com](http://www.lifecarefunding.com)

[https://www.coventrydirect.com/?utm\\_term=%2Bwhat%20%2Bis%20%2Ba%20%2Blife%20%2Bsettlement&utm\\_campaign=BS%20Life%20Settlement%20NonBrand&utm\\_content=search&utm\\_source=bing&utm\\_medium=ppc&msclkid=6ad299a9e15b162fe16dc520ba8c3fa6](https://www.coventrydirect.com/?utm_term=%2Bwhat%20%2Bis%20%2Ba%20%2Blife%20%2Bsettlement&utm_campaign=BS%20Life%20Settlement%20NonBrand&utm_content=search&utm_source=bing&utm_medium=ppc&msclkid=6ad299a9e15b162fe16dc520ba8c3fa6)

### **Medicaid Benefit for possible funding of home care**

Most states provide some kind of long-term care for certain people, including seniors living at home to fund their home care. These programs are not, per say, part of Medicaid, however, they are funded by Medicaid through waivers of normal Medicaid rules. This is how they get named Home and Community-Based Services (HCBS) “waiver” programs.

These waiver programs are not limited to medical care and their coverage does not run out when a person’s medical condition stabilizes unlike Medicare coverage of home care or regular Medicaid home care coverage.

#### ***Home and Community-Based Services programs may provide:***

- In-home healthcare, including nursing care and physical therapy.
- Personal care services to help with the normal activities of daily living (ADLs), such as eating, bathing and dressing.
- Homemaker services such as simple cooking, cleaning and laundry.
- Meal delivery.
- Adult day services participation (care, companionship and activities at an adult day services center).
- Transportation assistance to and from medical care or other services.
- Assistive devices, medical equipment and supplies.
- Minor home modifications like widening a doorway to accommodate a wheelchair or installing a safety railing in a bathtub.

Eligibility for an HCBS waiver program has two parts:

1. The first determines the need for care. The program evaluates the applicant’s need for medical care and/or assistance with activities of daily living. The need for care must be extensive enough that without in-home services, the applicant would have to move into a nursing home, which is more expensive because it requires professional care; doctors, nurses, nurse assistants, therapies, etc., etc.

2. The second part is financial eligibility. An applicant must have a low income and few assets. The asset and income eligibility levels are usually higher than for regular Medicaid coverage. Family members who care for loved ones may be paid through an applicant who qualifies for HCBS coverage for in-home care/services.

To learn about HCBS please visit:

[www.benefits.gov](http://www.benefits.gov)

### **Council on Aging**

Annasus Companion Care, LLC cooperates with the Council on Aging of Union County. Council on Aging provides a variety of services to the seniors and the elderly. One of the topics which interests me as a business owner geared towards the elderly care/services is their Information and Counseling Program. Under this program, the following services are offered.

#### **Information & Options Counseling:**

Options Counseling for Aging Services & Programs  
Medicate Counseling, Senior Health Insurance Information Program (SHIIP)  
Medical Equipment and Supplies  
Home Safety Repairs and Yard Work  
Quarterly Newsletter  
Senior Law Project

Please also check:

#### **In-Home Services**

Household Chore Assistance  
Personal Care Assistance  
Shopping and Errands

Council on Aging is a good resource if you are looking for recommendations on how to use your resources and how to maneuver your way through the aging process. Please visit their website at:

<https://coaunion.org/>

This is not a research paper, but is compiled as a resource to help individuals, seniors and their caregivers find ways and means to fund care/services. One of the most difficult part of deciding on care/services for seniors is cost. For that reason, this paper may help. Please be encouraged to look for other sources to fund your care/service because there may be areas out there that have not been explored in this paper.

## Resources used in this paper:

1. American Veterans Aid - [https://americanveteransaid.com/landing/lp\\_2/veterans\\_benefits\\_2\\_msn.html?msclkid=702439452c171c41ce8f65cc63202ff8](https://americanveteransaid.com/landing/lp_2/veterans_benefits_2_msn.html?msclkid=702439452c171c41ce8f65cc63202ff8)
2. Annasus Companion Care, LLC- [www.annasus.org](http://www.annasus.org)
3. Council on Aging - <https://coaunion.org/>
4. Genworth - <https://www.genworth.com/aging-and-you.html>.
5. **Federal Trade Commission** - [www.ftc.gov](http://www.ftc.gov)
6. **Home and Community Based Services (HCBS)** - [www.benefits.gov](http://www.benefits.gov)
7. **Life Care Funding** - [www.lifecarefunding.com](http://www.lifecarefunding.com)  
[https://www.coventrydirect.com/?utm\\_term=%2Bwhat%20%2Bis%20%2Ba%20%2Blife%20%2Bsettlement&utm\\_campaign=BS%20Life%20Settlement%20NonBrand&utm\\_content=search&utm\\_source=bing&utm\\_medium=ppc&msclkid=6ad299a9e15b162fe16dc520ba8c3fa6](https://www.coventrydirect.com/?utm_term=%2Bwhat%20%2Bis%20%2Ba%20%2Blife%20%2Bsettlement&utm_campaign=BS%20Life%20Settlement%20NonBrand&utm_content=search&utm_source=bing&utm_medium=ppc&msclkid=6ad299a9e15b162fe16dc520ba8c3fa6)
8. **Medicare Website:**  
[www.medicare.gov](http://www.medicare.gov)