

COMMON MYTHS ABOUT HOME

Most people want to grow older in the comfort of their home, but many need extra support to be able to do so. There are also many misconceptions about the types of care offered in the home setting. This can make it hard to know what kind of care would be right for you. Here are some common myths about home health care, and the facts to help you decide if home health could be an option for you:

Myth #1:

Home health care is too expensive.

Fact: Home health is covered by Medicare, Medicaid and most private insurance companies, if you meet the eligibility requirements. Home health is sometimes confused with other types of in-home health services, such as private personal home care, that are often paid out-of-pocket. But these services are different from home health care, which is a very affordable option for at-home health care if you qualify.

In addition to having medical knowledge and experience, an advantage of home health care is that the team would come to your home. They can evaluate other needs you may have, such as an organized system to manage medications or ways to make you more comfortable and avoid further injury.

Not all home health companies are the same in terms of quality. Be sure to visit Medicare's Home Health Compare website to find the highest quality home health agency near you. Also make sure the home health provider is licensed by the state and Medicare-certified. This helps ensure the program you choose meets federal health and safety requirements.

Myth #2:

Getting home health care means losing my independence.

Fact: The opposite is true. The purpose of home health care is to preserve your independence and keep you safe at home as long as possible. Your home health team will give you tips and tools and check in to see how you're doing. They don't do this to impede your freedom, but rather so you can continue safely managing daily tasks on your own, even after your home health services end.

Myth #3:

I already get personal care/home care. I don't need home health care.

Fact: Home health services are different from home care. They include skilled care from professionals such as registered nurses and speech, occupational and physical therapists. Even if you get home care services like help with housekeeping, cooking or personal care, you can also receive home health care if you qualify.

Myth #4:

I can't trust a stranger in my home.

Fact: A quality home health provider does thorough staff screenings and ongoing trainings. This helps ensure the team going into your home is one you can trust. Experienced home health professionals quickly build rapport, getting to know you and helping you feel at ease.

While you may not know your team at first, within a few visits many patients say their home health team starts to feel like a second family.

Supporting the needs of individuals with serious or chronic illness alongside aggressive therapies and life-prolonging measures.

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