



6-18-26

Aids: What can Aides do? How to get Aides at Home, and Who Will Pay for it?

Aides help you at home with tasks like taking a shower, cleaning or cooking. They will not manage your medicines.

1. Paid by Medicaid:

If you have Medicaid and you qualify (not everybody with Medicaid qualifies) Medicaid will pay for long term coverage with aides through an agency. The agency nurse will decide how many days and how many hours a day you will get with an aide. These hours can be decreased or increased by the agency, at their discretion, usually every year they reevaluate the hours you receive. Dr. Postigo does not have any control over how many hours you will receive. Usually, every few months Dr. Postigo receives a written request for medical information by the agency that is providing the aides. Medicaid has different programs that provides aides:

- a. Home and Community Based Services Waivers (HCBS)
 - Nursing Home Transition and Diversion (NHTD)
 - Traumatic Brain Injury (TBI)
- b. Assisted Living Program (ALP)
- c. Managed Long term Care (MLTC)
 - MLTC Partial Capitation (MLTCP)
 - Medicaid Advantage Plus (MAP)
 - Program All Inclusive care for the Elderly (PACE)



Luis G. Postigo, M.D.
75 Barrett Dr., #191
Webster, NY 14580
www.HouseCallMDforSeniors.com

Phone: (585) 872-2710
Fax: (972) 236-5360
Text Only: (585) 642-4571
Email: housecallmdforseniors@gmail.com

Important:

Of the 3 programs the MLTC offers only the MLTC partial capitation allows you to keep your current doctor. (Dr. Postigo)

The Consumer Directed Personal Assistance Program, or "CDPAP", allow Medicaid patients enrolled in a MLTC program to hire a friend or family member as long as they are not the Medicaid member's spouse to take care of the patient. Will be paid by the hour.

2. Paid by Medicare:

Medicare will pay for aides going to your home if you are enrolled with a Home Health Agency (you need to qualify, not everybody qualifies for a Home Health).

Home Health is provided by 3 companies in Monroe County:

- HCR
- University of Rochester
- Rochester Regional.

They provide 3 levels of care:

- 1) Regular Home Care (usually lasting a few months or less)
- 2) Palliative Care (usually lasting a few months)
- 3) Hospice Care (usually lasting a few months.)

The Home Health nurse will decide how many days and how many hours a day you can get an aide. Usually is for a short time. Dr. Postigo does not have any control over how many hours you

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receive. When the Home Health Agency is gone, the aides will also stop coming.

3. Paid by the VA:

If you have VA benefits and you qualify (not every veteran qualifies), the Veterans Administration can pay for you to have aides in a long-term basis. The VA will decide how many days and how many hours a day you get an aide. Dr. Postigo does not have any control over how many hours you will receive.

4. Paid by the State of NY and Monroe County (you pay a fraction of the cost):

If you don't have Medicaid. The EISEP program can provide aides based on your monthly income. They will determine your cost share of the aides. In Monroe County the program runs through 4 entities:

- 1) Catholic Charities Family and Community Services
- 2) Urban League of Rochester
- 3) Life Span
- 4) Jewish Family Services

5. Private Paid (you pay them directly out of pocket):

Many Private Aide Companies are available in all the county. They usually ask for a minimum of 6 hours a day; some can be expensive. For a list: check in our webpage, in Senior Resources and select GRAPE. Then look for Private Groups or Individuals Providing Aide Services. Individuals providing this service are more flexible with how many days a week and for how many hours you need to hire them. It doesn't hurt to do a background



check (you never know). You can put an ad in the local churches, local libraries or on the social media (Facebook for example).

6. Volunteer groups (usually, will welcome a donation):

Nonprofit organizations usually have volunteers, give them a call. Some examples: Your city Parks and Recreation Center (usually have volunteers for transportation and every city provides different services for people above age 65), Alzheimer's Association, Center for Disabilities, or your local religious organization (Episcopal Home, Jewish Home, etc.).

7. Respite Care with some Nursing Homes (you pay for it):

If you need to leave your house for a few days, some Nursing Homes will admit a patient for a few days under what is called Respite Care. It can be expensive and usually needs a lot of paperwork. Not covered by insurance. Medicare will pay for it only if patient is enrolled in Hospice. The VA can also cover for Respite Services for veterans.

8. Other situations:

If you need help to pick up a patient up from the floor, you can call your local fire department. It is for emergencies only. You cannot call them all the time. A donation will be welcome, but it is not mandatory.

With regards

Dr. Postigo