



How many Home Health Agencies are in the Rochester area and what services they can provide?

There are 3 companies:

1. Home Care of Rochester:

Provide: Home Care, Palliative Care

2. Rochester Regional Health (formerly Lifetime Care):

Provide: Home Care, Palliative Care, Hospice Care

3. University of Rochester:

Provide: Home Care, Palliative Care, Hospice Care

How do I get Home Health at home?

Dr. Postigo will request a Home Health evaluation and will send them a copy of your medical records. The Home Health Agency will evaluate the patient at home and if they think you qualify you will be admitted to their service. Sometimes the time between the request and their evaluation can be a few days, Dr. Postigo does not have any control over this.

What type of services can a Home Health Agency provide?

They can provide:

1. Home Care

2. Palliative Care

3. Hospice Care



1. Home Care:

Covered by your insurance if you are recovering from an illness or injury. The Home Health Agency will evaluate you and if you qualify, they will provide medical services at home, for a specific period of time. They will decide how long this period will be. Dr. Postigo will supervise your care but the Home Health and not Dr. Postigo will decide when it is time to finish their services.

Services Provided:

- Nurses: will provide nursing care like: care of wounds, catheter care or medicine training
- Physical Therapy: will train you for exercises
- Occupational Therapy: will train you to do a specific activity like brushing teeth
- Speech Therapy: will help you with speaking or swallowing
- Social Workers: will help you with social problems, like applying for Medicaid.
- Aides: will help you at home with bathing, cleaning or cooking

2. Palliative Care:

Covered by your insurance if you have an advanced, life-threatening illness, and expected to live longer than 6 months. The Home Health Agency will evaluate you at home and if you qualify, they will provide medical services at home, for a specific period of time. They will decide how long this period will be. Dr. Postigo will supervise your care but the Home Health and not Dr. Postigo will decide when is time to finish their services.

Patients can continue all their usual medical treatments, can have routine blood work, can follow their specialists and be admitted to the hospital for medical treatment if needed.



Palliative Care is like a pre-hospice and if needed can be transitioned to Hospice Care. It can provide aides at home; the supervising nurse will decide how many hours a day you can get, not Dr. Postigo.

3. Hospice Care:

Covered by your insurance. The Home Health Agency will evaluate you and if you qualify, they will provide Hospice Care. It can be done at home, in a Hospice Home or in a Nursing Home. After admitted to Hospice Care, Dr. Postigo will transfer care to the Hospice Medical team and he will no longer be your doctor. If you have a Private Insurance sometimes this is terminated and Medicare will take over.

For staying at home, you will need to have a person willing to provide medicines and care for you at home, and if needed willing to live with you in your house as you approach the final stages of your illness.

Hospice Care is for terminal patients with a prognosis of 6 months or less. It is for patients who have decided to stop curative treatments and focus on comfort care and they prefer not to go back to the hospital.

It provides compassionate care for people in the last phases of an incurable disease so that they may live their last days as comfortably as possible. When enrolled in Hospice Care there are no routine labs, no follow up with specialists, no physical therapy, no hospital admissions for treatment unless is to keep patient comfortable.

Hospice can provide aides at home; the supervising nurse will decide how many hours a day you can get. Aides are not authorized to give medicines. Hospice pays for medicines and medical equipment like a hospital bed and Oxygen.