

## About Home Health

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## What Is Home Health Care?

Home health care is a wide range of health care services that can be given in your home. Home health care is usually less expensive, more convenient, and just as effective as care you get in a hospital or skilled nursing facility.

The goal of home health care is to treat an illness or injury. Home health care helps you get better, regain your independence, and become as self-sufficient as possible.

In general, home health care includes part-time or intermittent skilled nursing care, and other skilled care services like physical therapy, occupational therapy, and speech-language pathology (therapy) services. Services may also include medical social services or assistance from a home health aide. Usually, a home health care agency coordinates the services your doctor orders for you.

Examples of skilled home health services include:

- Wound care for pressure sores or a surgical wound
- Physical and occupational therapy
- Speech-language therapy
- Patient and caregiver education
- Intravenous or nutrition therapy
- Injections
- Monitoring serious illness and unstable health status

Examples of home health aide services include:

- Help with basic daily activities like getting in and out of bed, dressing, bathing, eating, and using the bathroom
- Help with light housekeeping, laundry, shopping, and cooking for the patient

NOTE: In order to cover home health care, Medicare and other health insurance plans have certain requirements. For example, Medicare requires you to be “homebound.” [Read more about how Medicare covers home health care](#), or call your plan for more information.