

Overview of Long Term Services and Supports

For complete information see www.va.gov/Geriatrics

Long Term Services and Supports:

- Include a wide range of services that can help you remain as independent as possible when you face ongoing challenges with everyday tasks.
- Are usually provided in your home, and may also be provided at community sites, or in residential settings, or nursing homes.
- Are provided based on your clinical need for services. Not all services are available in all locations.

Shared Decision Making with Worksheets helps you think about your needs, choices and what matters to you. They also help you involve your family member or caregiver, social worker, and medical care team in making decisions. Get these Worksheets from your clinic or online at www.va.gov/Geriatrics.



Paying for Services is based on your need for ongoing treatment, personal care and assistance, as well as availability of the service in your location. Other factors, such as financial eligibility, your service connected status, and insurance coverage or ability to pay may also apply.

You may be able to pay for long term care services and supports using:

- VA Benefits
- Medicare
- Medicaid
- Personal Funds/Insurance



To learn more and to access forms, visit www.va.gov/Geriatrics.

Well-being is the combination of mental health, physical health, and spiritual health – also called mind, body, and spirit.

Find community resources at www.va.gov/Geriatrics to enhance your well-being at your own VA medical center and in your greater community.



Advance Care Planning is a process where you identify your values and wishes for your health care at a future time, if you are no longer able to make choices for yourself.

To find the VA advance directive form, go to www.va.gov/Geriatrics.

Locate Services and Resources provides links to more information about long term services and supports in the community, programs that work for older adults, and caregiver support.

Many of the links found at www.va.gov/Geriatrics have a locator function to help you find services and resources in your area.



Standard Medical Benefits

If you are enrolled in VHA, **and have clinical need**, you are eligible for Standard Medical Benefits marked with a checkbox – – and described on pages 2 through 5.



Geriatric Evaluation, also called an assessment, is usually done during your Geriatric primary care visit.

The information you gain during this visit can help you decide about the kinds of services and supports that could benefit you.

Home and Community Based Care supports your independence so you can remain in your own home as long as possible. You can receive more than one service at the same time. These may include:



Adult Day Health Care is a program that you can go to during the day for social activities, peer support, companionship, and recreation. Care from nurses, therapists, social workers, and other health care professionals may also be available.

When you go to Adult Day Health Care it provides a break for your family caregiver and can also help you and your caregiver gain skills to manage your care at home.

Adult Day Health Care may be provided at VA medical centers, community organizations, and some State Veterans Homes.

Home Based Primary Care delivers health care services in your home. A VA physician supervises a health care team, which provides primary care visits by a physician, physician assistant or a nurse practitioner. It also includes interdisciplinary team care and coordination from a social worker, nurse, rehabilitation therapist, dietitian, and pharmacist with support, as needed, such as from mental health staff.

This service is for Veterans who have complex health care needs and traditional clinic based care is not effective for managing those complex needs.



Homemaker and Home Health Aide services are provided by a trained person (not a nurse) who works for an organization that has a contract with VA.

A Homemaker can come to your home and help with light household chores or light housekeeping such as washing clothes, preparing meals, and shopping for groceries.

A Home Health Aide can provide assistance with activities of daily living such as bathing, toileting, eating, and getting dressed. Home health aides are trained and work under the supervision of a registered nurse.



☑ **Hospice Care** can provide comfort to you and your family if you have a terminal condition, with less than 6 months or less to live, and are no longer seeking treatment other than palliative care. Hospice Care can be provided at home, in an outpatient clinic or in an inpatient setting.

☑ **Palliative Care** offers comfort measures that focus on relief of suffering and control of symptoms so that you can carry out day-to-day activities, and do what is most important to you – like visiting your grandchildren in another state.

Palliative care focuses on improving your quality of life – in your body, mind and spirit.

It can be **combined with your treatment**. And, palliative care can be started at any time, and may be provided throughout the course of the illness.



Program of All-inclusive Care for the Elderly

(PACE) is for those who are frail enough to meet their state's standards for nursing home care but who want to continue living at home.

The program features medical and social services, which can be provided at home or in the community. For example, meals may be provided at an Adult Day Health Care center, at home, or both. Physical therapy may be provided at an inpatient facility or at home.

It is an optional benefit under Medicare and Medicaid, but only available in some states. **It is not a VA service, but some VA sites arrange to pay for it.**

☑ **Respite Care** is temporary care given to you to provide a break for your family caregiver.

A trained person can provide Respite Care in your home, in an inpatient or community based setting, or a combination of these settings.

It may be provided during the day or overnight. Respite Care can help lower the stress you and your family caregiver may feel when managing your long term care needs at home.



☑ Skilled Home Health Care is short-term health care services if you are homebound or live far away from VA. Care is delivered in your home, usually by nurses or physical therapists. The service is provided by staff from a home health agency that has a contract with VA. Examples of services include wound care for pressure sores or injections.



Telehealth is a service that allows a doctor or nurse to get information about your medical condition, such as your blood pressure, by remotely using monitoring equipment installed in your home.

Information you provide, through personalized questions answered on the monitoring equipment, goes to a VA care coordinator who then provides the information to your medical care team. The coordinator may also check with you by phone, if needed.

Veteran-Directed Care provides you or your family caregiver with a flexible budget, based on your needs assessment, to be used for long term care services.

It allows you, and your family caregiver, to decide what mix of Home and Community Based Care will best meet your needs. You may hire your own personal care aides, such as your own family member or neighbor, and you may buy items that will help you live independently in the community.



Notes

Residential Settings are supervised living situations that provide meals and assistance with activities of daily living. You may also receive additional long term services and supports. There are several options available, depending on the person's needs.



Adult Family Homes are places where you can live in a private home with no more than 5 other residents. You live in a room that is private or shared and you share common spaces.

They have a trained caregiver on duty 24 hours a day, 7 days a week to help you with activities of daily living such as bathing and getting dressed.

VA does not pay your rent. However, VA may pay for some health care services in your residence, such as nurse visits.

Assisted Living Facilities are similar to Adult Family Homes except that your room is in a larger building that is not a private home. Like the Adult Family Home, VA **does not pay your rent.**

However, VA may pay for health care services in your residence, such as nurse visits.



Community Residential Care (CRC) is a VA program for Veterans who do not need hospital or nursing home care, but cannot live alone because of **medical or psychiatric conditions**, and who have no family to provide care.

This type of care takes place in Assisted Living facilities, Personal Care Homes, Family Care Homes, Group Living Homes, and Psychiatric Community Residential Care Homes.

In each of the above settings, the CRC program provides round-the-clock supervised living along with meals, recreational activities, assistance with activities of daily living, and transportation arrangements.

A CRC case manager visits you monthly to answer questions or concerns.

Medical Foster Homes (MFH) are located in personal family homes and can provide an alternative to a long-stay nursing home. The MFH caregiver provides 24-hour supervision and personal assistance.

This type of care may be an option for you if your medical condition makes it impossible for you to live alone. Home Based Primary Care, Spinal Cord Injury-Home Care, and Mental Health Intensive Case Management programs provide additional services to you in the MFH.

Veterans privately pay for Medical Foster Homes. You would live with no more than 2 other residents in the Medical Foster Home.



Nursing Homes

Community Living Centers (CLCs or VA Nursing Homes) provide



nursing home level of care 24 hours a day, 7 days a week, in a setting that resembles home as much as possible.

You may need CLC services for a short time or, in rare instances, for the rest of your life. The aim is to restore your highest level of well-being, prevent declines in health, and provide comfort at the end of life.

Community Nursing Homes also can provide you with skilled nursing care 24 hours a day, 7 days a week. This is not a VA setting, but VA contracts with community nursing homes so you can receive care near your home and family.

These non-VA nursing homes are an option in many communities where a VA Community Living Center may not be available.





State Veterans Homes are facilities that provide some combination of nursing home care, domiciliary care or adult day health care. Some State Veterans Homes can provide care for you and also your spouse, and other family members. State Veterans Homes are located in all 50 states and Puerto Rico.

For a list of locations, visit www.nasvh.org (National Association of State Veterans Homes).

State Veterans homes are owned, operated, and managed by state governments, and each state has its own rules about which Veterans or Veteran’s family members are eligible for services.

To Learn More about Long Term Services and Supports – Talk with your VA social worker or care manager or visit www.va.gov/Geriatrics.

Notes



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