Most people need help to remain in their own homes as they grow older. Home care and home health care services can help older adults remain independent and in their community. Navigating these services can be complicated. To add to the confusion, most people are navigating home health and home care services when they are often forced to redefine or reevaluate pre-existing relationships with aging loved ones.

Home care and home health care services are often difficult to talk about, prepare for and react to because they usually reflect a power shift in an intimate relationship. When you talk about home care and home health care services with aging loved ones, take the time to make sure everyone feels comfortable and safe. Set expectations at the beginning of the conversation and let the potential care recipient drive and steer the discussion.

**Home Care**

Home care primarily helps older adults with activities of daily living such as getting dressed, cooking or taking a bath. People might also choose to receive home care services if they have difficulty leaving the house and are lonely.

Generally, home care services are paid out of pocket, meaning insurance (Medicare) doesn't help pay for services. Sometimes long-term care insurance can assist with home care services, but it is something you must privately and proactively purchase.

Medicare.gov has a [Home Health Compare search tool](https://www.medicare.gov) that can help you find organizations that provide home care services throughout Texas. To find organizations that provide home care services near you, type in your ZIP code and select search.
Home Health Care
Home health care helps homebound, older adults who have a medical need for services and are prescribed services by a physician. Often, home health care services are prescribed after inpatient hospitalization or rehabilitation stay. Some of the services that might be provided by home health care include:

- Wound care.
- Administration of medication.
- Various therapies.
- Medical tests.

Home health care services are covered by most insurances, including Medicare, though they must be prescribed by a physician. Home health care agencies should tell you how much Medicare or other insurance will cover before starting services and give you an Advanced Beneficiary Notice of any services not covered by Medicare.

Medicare.gov has a Home Health Compare search tool that can help you find organizations that provide home care services throughout Texas. To find organizations that provide home care services near you, type in your zip code and select Search.

Resources
If you need help navigating home health and home health care, call the Aging and Disability Resource Center. ADRCs are highly visible and trusted places where people of all ages, incomes and disabilities can get information and one-on-one counseling on the full range of long-term services and supports available in Texas. To contact an ADRC, call 855-937-2372.

Start the conversation. Use the home health and home care worksheet to help guide your conversation with your loved one.

- Home health and home care worksheet (PDF in English)
- Hoja de ejercicios: Cuidados personales a domicilio (PDF en español)