



About Home Care in Maryland

Home care providers serve patients and clients of all ages in the home setting. Home care allows a patient to recover from an illness or procedure at home in lieu of a stay in a skilled nursing or assisted living facility. Many families rely on home care to assist with care of an aging parent or a disabled child or adult, rather than relocating them to a facility or residential community.

Type of Home-Based Care	Services Included	Payment
<p>Home Health Care</p> <p>Goal: Teach patient/caregivers how to manage care independently and be safe in the home</p>	<p>License: Home Health Agency – Licensed by Office of Healthcare Quality (OHCQ) Maryland Certificate of Need Required Skilled Services to promote recovery and prevent rehospitalization</p> <ul style="list-style-type: none"> • Skilled Nursing • Physical Therapy • Occupational Therapy • Speech Therapy • Medical Social Work • Certified Nursing Assistant <p>✓ Episodic reimbursement – 60-day episodes ✓ Intermittent, short visits ✓ Care following health event or surgery, teaching and training</p>	<ul style="list-style-type: none"> • Medicare (Federal Funds 100%) – requires a physician’s order and homebound status** • Medicaid (Federal Funds 50%- State Funds 50%) – requires a physician’s order but does not require homebound status • Commercial Insurance – need for homebound status varies. Coverage is plan specific. <p>** Homebound Status Definition as per CMS: Normally unable to leave home unassisted. To be homebound means that leaving home takes considerable and taxing effort. A person may leave home for medical treatment or short, infrequent absences for non-medical reasons, such as a trip to the barber or to attend religious service. A need for adult day care doesn’t keep you from getting home health care.</p>
<p>Home Care/Private Duty</p> <p>Goal: Assist patient in remaining safe and independent at home (private home, assisted living, long term care facility)</p>	<p>License: Residential Services Agency (RSA) – Licensed by OHCQ Levels of Licensure Include:</p> <ul style="list-style-type: none"> • Registered Nurse (RN) with Certified Nursing Assistants (CNAs), no medication management services • RNs with CNAs, with medication management services • RNs and Licensed Practical Nurses (LPNs) providing complex care with CNA services • RNs and LPNs providing complex care without CNA services <p>CNAs provide Activities of Daily Living (ADLs): Bathing, Dressing/Grooming, Toileting, Transferring, Walking, Feeding/Eating); and Instrumental Activities of Daily Living (IADLs): companionship, grocery shopping and meal preparation, light housekeeping, transportation and other services.</p> <ul style="list-style-type: none"> • No homebound requirement • Short hours to 24 hour or live-in care • RN assessments, plans of care, CNA supervision <p>License: Nurse Referral Service Agency (NRSA) – Licensed by OHCQ</p> <ul style="list-style-type: none"> • Refer independent contractor CNAs to provide ADLs and IADLs (same as above) • No homebound requirement • Short hours to 24 hour or live-in care • No RN assessments, plans of care, or CNA supervision 	<ul style="list-style-type: none"> • Medicaid (Federal Funds 50% - State Funds 50%) – requires a physician’s order but does not require homebound status • Long Term Care Insurance if requirements are met. Coverage is plan specific. • VA Benefits if requirements are met • Out of Pocket/Private Pay – services paid for privately by clients <p style="text-align: center;">* * * * *</p> <ul style="list-style-type: none"> • Long Term Care Insurance if requirements are met. Coverage is plan specific. • Out of Pocket/Private Pay – services paid for privately by clients
<p>Durable Medical Equipment/ Home Medical Equipment</p> <p>Goal: Supply adaptive equipment for safety and for appropriate patient care</p>	<p>License: Residential Services Agency DME Provider – Licensed by OHCQ Provides medical equipment to people in their homes.</p> <p>Includes hospital beds, wheelchairs, walkers, canes, oxygen, enteral products and associated equipment, etc.</p>	<ul style="list-style-type: none"> • Medicare (Federal Funds 100%) – requires physician’s orders • Medicaid (Federal Funds 50% -State Funds 50%) – requires physician’s orders • Commercial Insurance – check with specific insurance. Coverage is plan specific. • Out of Pocket/Private Pay – A health service or item that is not included in the patient’s health

Home healthcare agencies in Maryland provide services to nearly 70,000 Medicare beneficiaries, 89% of whom suffer from three or more chronic conditions and who are homebound and require skilled care to treat these illnesses. related to acute, chronic or rehabilitative needs.

Home health services are underutilized in Maryland and often overlooked as a viable option for both pre and post-acute care. However, **home care services are often a more cost-effective option** than care provided in alternate settings.

Maryland State Median Annual **Costs Per Year** **

✓ Adult Day Care (5 days per week)	\$20,800
✓ Home Care/Private Duty	\$31,289* (\$25,550 if paid by Medicaid)
✓ Assisted Living	\$56,070
✓ Skilled Nursing Facility (Semi Private)	\$110,778
✓ Home Health Care	\$3,072 (average cost per episode of care, 60day episode, average 1 to 1.5 episodes per year)

* Avg of 4 hours per day @\$22 per hour

** 2018 Genworth Financial Study (<https://www.genworth.com/aging-and-you/finances/cost-of-care.html>)

The various home care services allow patients to remain in the comfort of their own home with one-on-one care with a caregiver of their choice. Nearly 90 PERCENT of American seniors say they want to age in place and remain in their home. In the absence of home-based care, many patients, including many seniors, especially those in rural areas, would have no choice but to seek care in alternate or institutional settings.

About MNCHA

MNCHA is the trade association representing Medicare- and Medicaid-certified Home Health, Private Duty Home Care, and Durable Medical Equipment/Home Medical Equipment Providers in Maryland and DC.

***MNCHA's Purpose** is to be the recognized leader, educator and advocate for the home care industry in Maryland and the District of Columbia. The home care industry includes any organization that offers products or services related to the health, social, physical and personal well-being of individuals and families in their homes.*

MNCHA's Objectives are to:

- a) *Promote high standards of home care products or services*
- b) *Promote appropriate utilization of home care products or services in Maryland and the District of Columbia*
- c) *Respond to member needs for education, representation, and support*
- d) *Advocate for legislation that improves the delivery of and appropriate funding for home care products or services*
- e) *Represent the Maryland and District of Columbia home care industry to national associations*
- f) *Provide a unified voice for home care providers in Maryland and the District of Columbia*

Please visit our website: www.mncha.org or call 410-721-8172