

Guide to Long-Term Care

Everyone wants to live where they feel comfortable, safe, and supported. For most people, that's in their homes. But when you or a loved one needs a little extra help with daily tasks, medication management, or home safety, VNS Health has options for you.

What Is Long-Term Care?

Long-term care is a type of home care with the goal of allowing you or your loved one to live independently at home for as long as possible.

It can include medical care, personal care, mental health care, and other support services that you or your loved one might need.

Long-term care encompasses everything from companionship for seniors to coordinated care for someone who needs extra support over an extended period to stay out of the hospital.

It's important to know that private insurance (such as, from an employer) and Medicare rarely cover long-term care. VNS Health offers several payment options, including paying privately and private long-term care insurance. We also work with many Medicaid Managed Long Term Care (MLTC) plans.

Evaluating Your Needs

Long-term care can benefit people at any stage in their life if they need a little extra help to enable them to live independently.

Long-term care might be a good option if:

- Your loved one struggles with everyday tasks like cooking, bathing, or dressing.
 - Your loved one has a disability, and additional support could make living on their own easier or possible.
 - You are worried about your loved one being on their own – but you don't need or want to move them to a nursing home or assisted living facility.
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Long-Term Care Services

Long-term care can include many different types of services to fit your or your loved one's needs.

Payment Options

When it comes to paying for long-term care, you may have a lot of questions. Understanding what the options are and what they mean can help you choose what works for you and your family.

The VNS Health Health Plans team can help you find an option that fits your needs.

Your Care Team

Many people make up your or your loved one's [care team](#). Our job at VNS Health is to connect you to the individuals who can best support you and your family's health needs.

Some people that might be on your care team are:

What to Expect

What happens during your first visit will depend on the kind of care you or your loved one is receiving.

The first visit is also a good opportunity to ask any questions you might have about the schedule or services. Take this time to get to know the visiting nurse and the home health aide because they will be important parts of your care team.

You will be given an admission packet that includes information about VNS Health, services provided, your rights as a patient, and various consent documents and other paperwork to sign.