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A Guide to Supportive Home Care

What is Supportive Home Care of SHC?

Supportive Home Care or SCH is an array of services designed to help the consumers in their homes. Services are provided through a Supportive Home Care Agency that provides paid workers to come into the home of a consumer to complete services or tasks. Services may include but are not limited to: laundry services, cooking and meal preparation, house cleaning, lawn care and snow removal, companion services, running of errands and respite services. With these services in place, consumers can remain in their home and either prolong or avoid an unwanted move to assisted living or a nursing home.

What is the Difference Between SHC and Personal Care?

SHC provides services that are done around the consumer's environment and do not include services like bathing and grooming. Personal Care is "hands-on" care that is directly administered to the consumer's body. Personal Care includes such services as bathing, grooming, personal hygiene and skilled nursing care. Personal Care is generally more expensive per hour than SHC. Agencies may offer both SHC and Personal Care, just SHC or just Personal Care. It is important to understand what type of services you need so you contact the right agencies.

What Criteria is Needed to Receive SHC?

There is no formal criteria that a consumer needs to meet to receive SHC if the consumer is privately paying for the services. Services can be purchased as much as the consumers want or need and that they can pay for. If funding other than private pay are needed such as Medicare or Medicaid, then the consumer must meet certain criteria. This criteria can include physician's orders, income/asset levels and consumer's need. If needing funds other than private pay, it is best to speak with a staff member of your local Aging & Disability Resource Center.

How Do I Access SHC?

Supportive Home Care can be accessed several different ways. First, a physician may order that a patient receive SHC after a hospital discharge. In some cases, Medicare will pay the cost and approve a very limited number of visits or hours. Another way for a consumer to receive SHC is to pay privately for the services. Almost all SHC agencies will accept private pay for their services. Usually, services are billed by the hour. Rates can vary from around \$20.00/hour to \$35.00/hour depending on the agency and type of service. Mileage may also affect the rate and it is important to inquire if mileage will be charged. Another way for a consumer to get SHC is to have it funded through a program called Family Care. In order for a consumer to enroll in Family Care, an assessment needs to be completed. When the consumer's enrolled in Family Care, the consumer can receive funding for SHC. To have an assessment for Family Care, please contact your local Aging & Disability Resource Center.

How Do I Pick the Right SHC Agency For Me?

When shopping for SHC services, it is important to contact all of the agencies in your area. There are large differences in the hourly rate and the quality of the services provided. It is also a good idea to talk with other consumers who are receiving SHC. References from friends are a great indicator of how well an agency provides SHC.; Another important factor to consider is to make sure all the SHC workers are bonded and insured through the agency. This will help protect you, the consumer, should a problem arise. It is important to understand that some agencies will cross county lines to provide services.