

# Your Care Options

*When you have a cancer diagnosis*



## What kind of care do I need?

Talk with your social worker about the type of care that will work best for you. You may choose to receive care in your home or in an outside facility. Here are some of your options.



*Scan for a digital copy of this handout.*

### Home Healthcare

Home healthcare provides short-term treatment or rehabilitation (rehab) after an illness or injury. It includes visits in your home from a nurse, physical, speech or occupational therapist, social worker, or home health aide. Home healthcare is for people who cannot leave home to make these types of visits. Home healthcare must be ordered by a doctor.



*Some of your treatment options may include care in your home.*

### In-home Caregiving

In-home caregiving is also called “custodial care.” Caregivers provide personal care and help with tasks such as bathing, dressing, eating, and household chores. Most people pay for this type of care privately. Some government funding sources such as Medicaid may cover this care.

### Changes to Your Home

There are county and volunteer programs that can help you make your home more safe, accessible, and easy to live in. Some programs provide services at a reduced cost. Some offer free services to families with low and moderate incomes.

### Adult Day Health Programs

These daytime programs are held in special centers. Adults receive help with personal care, social services, activities, education, and routine health checks. They also are given a healthy meal and snacks. The center may provide skilled nursing services, brief counseling, and physical, occupational, or speech-language therapy. Most programs can help set up the patient’s transportation to the center.

### Adult Family Home

These private homes have up to 6 adult residents. The home provides a room, meals, laundry, supervision, and varying levels of help with care. Staff is responsible for the safety and well-being of the residents. This type of care is usually paid for privately, with long-term care insurance, or with Medicaid.

## Assisted Living Facilities

Assisted living facilities are in a community setting. They provide housing, meals, laundry, supervision, and varying levels of help with care. Staff is responsible for the safety and well-being of the residents. Some facilities provide nursing care. This type of care is usually paid for privately, with long-term care insurance, or with Medicaid.

## Skilled Nursing Facilities

Some patients who need 24-hour nursing care may live in a skilled nursing facility (SNF). SNFs provide nursing care, personal care, rehab, nutrition management, organized activities, social services, room, board, and laundry. Staff is responsible for the safety and well-being of the residents.

SNFs can provide either short-term or long-term care. Short-term care is for patients who need rehab after an injury or illness. It requires a doctor's order.

Most insurance companies cover short-term stays in a skilled nursing facility. But they usually do not cover long-term care in SNFs. Long-term care is usually paid for privately, or may be covered by long-term care insurance.

## Palliative Care

Palliative care is a special type of care for people who have a serious illness. It helps provide relief from the symptoms and stress of their condition. The goal of palliative care is to improve quality of life.

Patients and their loved ones can benefit from palliative care at any stage of a serious illness. Palliative care can include hospice care, but this is only one of many types of support you can ask for.

## Hospice Care

Hospice care must be ordered by a doctor. The doctor must certify that the patient is expected to live 6 months or less, and will no longer be receiving treatment to cure their illness. The focus of hospice care is to provide comfort, manage symptoms, and support quality of life.

Patients usually receive hospice care at home. There are some hospices where patients can live, but they often have strict eligibility requirements.

The hospice team includes a nurse, home health aide, social worker, chaplain, and volunteers. A hospice agency arranges for all medical equipment and medicines that are needed to manage the patient's symptoms.

The hospice team visits as often as needed to ensure the patient's safety and well-being. The team can be called 24 hours a day for consult. They will make urgent after-hour visits as needed.

After the patient's death, hospice provides bereavement support to family members.

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Your provider or social worker's name and number:

---

---

## Resources to Find a Facility

- **A Place for Mom:** [www.aplaceformom.com](http://www.aplaceformom.com)
- **First Choice Advisory:** <https://choiceadvisory.com>