



**Support at Home: Guidance for Patients & Families**

Staying at home safely and comfortably is important. Different types of support are available depending on your health and daily needs.

**Home Health (Skilled Medical Care)**

**Provides:**

- Skilled nursing, therapy (PT/OT/Speech)- Wound care, IV therapy, or other physician-ordered medical services

**When to consider:**

- Recovering from hospitalization or surgery, a new diagnosis/skilled intervention requiring health education, recurring infection, wound care, fall prevention, and disease management for advancing chronic conditions.

**Coverage:**

- Usually **covered by insurance** if you have a skilled need and are homebound. Must be ordered by your provider following a face-to-face office visit.

**Local Agencies:**

<b>Adara Home Health</b> - 507-519-4016 or 800-598-5546	<b>Good Samaritan Society Home Health</b> - 507-931-0949
<b>Ecumen Home Care</b> – 507-385-4224	<b>Home Health Care Inc.</b> – 763-417-8888

**Home Care (Non-Medical / Personal Care)**

**Provides:**

- Assistance with bathing, dressing, toileting, meal prep, medication reminders, light housekeeping
- Companionship and errands

**When to consider:**

- Needing help with daily activities or household tasks
- Family caregivers unable/struggling to provide consistent support
- Advancing illness with functional decline.

**Coverage / Cost:**

- Usually **private pay** (~\$30–\$40/hour)
- Long-term care insurance and Veterans benefits accepted by most agencies
- **Note:** Sometimes **home care can be covered by insurance** if combined with a home health need

**Local Home Care Agencies:**

<b>Freedom Home Care</b> – 507-388-6610	<b>Home Instead</b> – 507-625-1812	<b>Visiting Angels</b> – 507-451-1124
<b>Legacy Home Care</b> – 763-593-1000	<b>Synergy HomeCare</b> – 507-769-0828	

**Example Costs:**

Hours per day	7 days/week	Estimated Cost/Week
2 hours/day	7 days	\$420–\$560
4 hours/day	7 days	\$840–\$1,120

**County Waivered Services (Offset Costs to Remain in Home)**

**What they are:**

- Programs for eligible individuals to support safe living at home
- Funded by county or Medicaid

### Counties Served (Mankato area):

Blue Earth – 507-304-4335   blueearthcountymn.gov	Nicollet – 507-934-6100   co.nicollet.mn.us	Le Sueur – 507-357-8240   co.le-sueur.mn.us
Brown – 507-233-6820   co.brown.mn.us	Rice – 507-332-6111   co.rice.mn.us	

### How to access:

- Contact your county Human Services office to ask about **eligibility, application process, and available hours of service**

**Tip:** If you qualify, **county waived services can help offset Home Care costs**, making it easier to remain safely at home. **Eligibility must be confirmed with your county**—call to check if you qualify.

### Assisted Living

#### Provides:

- 24-hour staff available, meals, medication management
- Social activities and personal care

**Cost (Mankato area):** \$4,000–\$6,000/month (private pay)

### Hospice (Comfort-Focused Care)

#### When to consider:

- Life limiting illness and/or serious illness, and you want to focus on **quality of life rather than ongoing aggressive treatments**
- Patients can **“graduate” from hospice** if their condition stabilizes, but support for daily living can continue as needed

#### Coverage:

- Usually covered by **Medicare, Medicaid, or private insurance**

#### Local Agencies:

<b>Ecumen Hospice – Mankato Office-</b> Phone: 877-311-4997	<b>Moments Hospice – 507-609-8800</b>
<b>St. Croix Hospice – Mankato Office-</b> Phone: 507-779-7227	<b>Prairie Grace Hospice - 507-821-0430</b>

### Other Resources

- **MN Aging Pathways** formerly Senior LinkAge Line – Guidance on resources to remain in the home. Experts on Medicare coverage and assisted living. Phone: 1-800-333-2433
- **VINE Faith in Action (Mankato)** – Transportation, meals, caregiver help. Phone: 507-387-1666
- **Disability Hub MN** – Free statewide resource network for people with disabilities. Phone: 1-866-333-2466 (Monday–Friday, 8:30 a.m. – 5 p.m.). Website: disabilityhubmn.org
- **Veterans Care** – In-home care, respite, and supportive services for veterans. Phone: 1-800-827-1000
- **Life Alert** – Personal emergency response system. Phone: 1-800-572-2033. Website: lifealert.com
- **Meals on Wheels (Mankato area)** – Home-delivered meals for seniors and homebound individuals. Phone: 507-388-0115. Website: mvacmn.org/meals-on-wheels

### Safety Note

If unsafe at home and/or caregivers cannot meet daily needs

**Consider presenting to the Emergency Department** for evaluation and safe next steps.

### Quick Cost Comparison

Service Type	Typical Coverage	Estimated Cost (Mankato)
Home Health	Medicare/Insurance	Covered
Home Care	Private Pay ( <i>may be covered if combined with Home Health</i> )	\$30–\$40/hour
County Waiver	County/Medicaid	Low/No cost if eligible
Assisted Living	Private Pay	\$4,000–\$6,000/month
Hospice	Medicare/Insurance	Covered