

# What is 'Homebound Status'?

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You have an illness or injury that keeps you from leaving your home without help. Because of this, your health care provider has put you on "homebound status."

Being homebound doesn't mean that you want to receive care at home because it is easier.

You stay at home because it takes a huge effort to leave or you are physically exhausted when you return. This is known as a "taxing effort."

You may also need to stay home because being in public puts you at risk.

## What Can You Do?

You can leave your home for short times such as:

- medical visits (medical, dental, cancer care or adult daycare)
- personal outings (such as a funeral, graduation or a haircut)
- religious services.

## What is Home Health?

Because it is not easy for you to leave your home, your primary care provider wants you to have home health services.

Allina Health Home Health offers the support, knowledge and care to help keep you living in your home.

Medicare, Medicaid, most long-term care plans and private insurance plans cover many Allina Health Home Health services ordered by your health care provider.

## Who is on Your Home Health Care Team?

Members of your Allina Health Home Health care team may include:

### □ Nurse

- Your nurse will teach you about your health and how to live with your condition.
- They may explain how to care for a wound, how to take medicines, or how to understand vital signs.

### □ Physical therapist (PT)

- Your PT will look around your home to make sure you are safe.
- Your PT may teach you how to prevent falls, how to use equipment, and how to transfer (such as getting from your bed to a chair).
  - Your PT will teach you strengthening exercises, balance activities, and how to reduce pain.

### □ Occupational therapist (OT)

- Your OT will work with you to improve self-care, work and leisure activities.
- They may teach you how to use equipment that will help you get dressed, bathe, make meals and eat.
  - Your OT will also help you with memory, attention and problem-solving.

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- ❑ **Speech-language pathologist (SLP)**  
You SLP will work with you on talking, understanding speech, and swallowing safely when eating or drinking.
  - They will also help you with improving memory, thinking and concentration.
- ❑ **Dietitian**  
Your dietitian will help you understand what foods do and do not fit into your life.
  - They may teach you about any special diet you are on, review the food in your home, and talk about changes you can make.
- ❑ **Home health aide**  
Your home health aide will help you get in and out of the shower or tub, bathe, wash your hair and get dressed.

- ❑ **Medical social worker**  
Your medical social worker will review your living situation and connect you with outside services and support to help you stay in your home and adjust to your condition.
  - They will talk with you about financial and legal concerns, provide emotional and social counseling, and help you set long-term goals.

## **Whom to Call for More Information**

For more information, call:

- Allina Health Home Health: 651-635-9173
- Allina Health Care Navigation Help Desk: 612-262-2200 or 1-855-227-5111.