



Dear Stan,

I am a homebound person living with Multiple Sclerosis and I am enrolled in Original Medicare. I need skilled nursing care and physical therapy services. I also need assistance with grocery shopping and light housekeeping.

Consuela,

Las Cruces, NM

**Report Medicare Related Fraud by calling the  
New Mexico Senior Medicare Patrol (SMP) at**

**1-800-432-2080**

**The SMP will provide you with the information  
you need to PREVENT, DETECT and REPORT  
Medicare fraud, errors, and abuse.**

Dear Consuela,

Thank you for your question about Medicare home health care services.

Medicare's requirements for home health care are as follows:

- You must be homebound;
- You must need skilled nursing services on an intermittent basis (recurring needs fewer than seven days a week or fewer than eight hours a day, for up to 21 days) and/or skilled therapy care (care offered by recognized professionals);
- You need to meet face-to-face with your doctor within 90 days before you start home health care, or the 30 days after you receive care;
- Your doctor must sign a home health certification saying you are homebound and need intermittent care; and

- You receive care from a Medicare-certified home health agency. If you need help finding a Medicare certified home health agency, call Medicare at **1-800-633-4273**. You can also receive local assistance by contacting the **New Mexico State Health Insurance Assistance (SHIP) Program** by calling the **Aging & Disability Resource Center (ADRC)** at **1-800-432-2080**.

In general, Medicare typically does not cover grocery shopping and housekeeping services. However, in conjunction with skilled care such as nursing care or physical therapy services received in the home, Medicare may cover a home health aide as part of the home health care

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benefit. Your provider will have to determine if you have a medical need for home health aide services. Home aide services may include grocery shopping assistance, and light housekeeping services. Read more about the Medicare Home Health Care benefit by going to this Medicare.gov link: <https://www.medicare.gov/coverage/home-health-services>

If you are on a **Medicare Advantage Program**, call your insurer to find out what home health care benefits you might qualify for and how they will cover services. To find the customer service number, see the number on the back of your Medicare Advantage plan card.

If you are a **veteran** or a surviving spouse of a veteran who meets VA eligibility requirements, you may be eligible for VA home health care services. The VA “Aid and Attendance Benefit” is a monetary benefit to help eligible veterans and their spouses with services provided at home or in assisted living facilities. Call **1-866-684-7191** for more information. Included here is the link to the website for the VA program: [https://www.veteranaid.org/aid-and-](https://www.veteranaid.org/aid-and-attendance-eligibility.php)

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**Medicaid**, a state-based program that provides health care services for persons with limited income and resources, is another resource that may assist with coverage for home health care. Medicaid has various categories depending on numerous factors including a person’s age and disability status. The ADRC manages the registry for the Medicaid Home and Community Based Waiver—be aware this program has a waiting period. To find out if you are eligible for a Medicaid program in New Mexico, contact the ADRC at **1-800-432-2080**.

Stan,  
SHIP SMP Volunteer Counselor

**Important Reminder:**

**Medicare Open Enrollment starts**

**October 15 & runs through December 7.**

**Get informed about your Medicare options by calling the New Mexico SHIP to receive free and objective counseling this fall at**

**1-800-432-2080**

**SHIP & SMP Program Volunteering: Learn more about Medicare and ways to better serve the public by contacting us about available SHIP SMP volunteer opportunities at **1-800-432-2080**. We provide training on Medicare content, and can work with your schedule. We can serve more people together!**

