# Answers to Questions in the Workbook, Chapter 46, Introduction to Home Health Care

Activity A FILL IN THE BLANKS

* 1. Home health care is also known as home care.
  2. A person who is receiving the services of a home health care agency is called a client.
  3. Care that allows the primary caregiver to rest or leave the house for a short period of time is called respite care.
  4. Insurance coverage for home health care is provided by insurance companies and by government agencies, such as Medicare or state Medicaid.
  5. Homebound means that the person is unable to leave the house without a lot of help from another person.
  6. The goal of skilled home careservices is to help the client return to their best optimal health and is meant to be short term.
  7. The case manager, usually a registered nurse, is responsible for overseeing all of the client’s care, from admission through discharge.
  8. Long-term home careservices are available for many older people who need home care but do not meet the criteria for skilled home care.
  9. Hospice care is often provided in the person’s home if they are terminally ill.

Activity B SHORT ANSWER

1. Proper documentation (recording) of the care provided to a client during each visit is important for two reasons: (1) it is necessary to justify continued payment for home care services and to determine the frequency and length of future visits, and (2) the nursing assistant is the member of the health care team who will see the client most frequently, and as such, the nursing assistant becomes the “eyes and ears” for the team. Proper documentation is necessary to ensure that all of the members of the health care team are “in the know.”

2. A person might become a client of a home health care agency for many reasons, including the following: (1) recent discharge from the hospital; (2) chronic illness or disability; (3) dementia; and (4) terminal illness.

3. Care that allows the primary caregiver to rest or leave the house for a short period of time is called respite care. Being able to “take a break” and leave the house is critical for managing the stress that can be caused by providing constant care for a family member who is ill.

Activity C TRUE OR FALSE

1. T

2. T

3. T

4. F. YOU MIGHT BE ASKED to keep a time and travel log for the day.

5. F. If you feel that something about a client’s home environment puts the client at risk for injury, you must REPORT YOUR CONCERNS TO THE CASE MANAGER immediately.

6. T

7. T

8. F. As a home health aide, many of your PERSONAL CARE duties will be related to helping your clients with activities such as bathing, eating, getting dressed, exercising, toileting, repositioning, and transferring.

Activity D SHORT ANSWER

1. You should report your concerns about Mrs. Gomez’s relationship with her son to the case manager immediately.

2. Talk to the case manager and see if they can obtain an adjustable bed for Mrs. Rader. If an adjustable bed cannot be obtained for Mrs. Rader, then you can use extra pillows or a backrest to position her in the semi-Fowler position.

3. The home health aide must consider Mr. Salisbury’s special needs and individual preferences with regard to nutrition. It may be necessary to cut the food into very small pieces or to puree it in the blender before serving it. As always, an effort should be made to serve the meal in an attractive way, and to sit down and talk with Mr. Salisbury while he eats. Mr. Salisbury should be allowed to do as much as he can for himself, with the home health aide offering assistance as necessary.

4. When providing housekeeping services, care for the client’s home as if it were your own. Be careful not to damage decorative items on tables and shelves. Pay attention to details. For example, when vacuuming a room, be thorough. Don’t just vacuum the center of the room—make sure the edges and baseboards are clean too. When using cleaning solutions, make sure that the product you are using is approved for use on the surface you are cleaning, to avoid causing permanent damage. It is important to be respectful of the client’s home and its contents. When you show respect for a client’s home and personal belongings, you are letting the person know that you truly care for them.

5. Depending on the client’s needs, some of the housekeeping duties you may be responsible for are dusting, vacuuming carpets, mopping floors, disinfecting kitchen and bathroom surfaces, changing the client’s bed linens, and washing and drying the client’s bed linens and clothing.

Activity E IDENTIFY AND LIST

The item shown in the figure is the tote bag. It is used to carry items when visiting a client. Some of the things you might carry in your tote bag include (1) forms needed for documentation, and a pen; (2) personal protective equipment (PPE); (3) equipment used for taking vital signs; (4) supplies for cleaning your equipment; and (5) alcohol-based hand rub.

The tote bag has many compartments, which makes it easy for you to organize and find your supplies and equipment.

Activity F TRUE OR FALSE

1. F. As a home health aide, you will be working in a client’s home WITHOUT direct supervision by the case manager most of the time.

2. T

3. T

4. T

5. T

6. F. If a client offers you a tip, you should NOT accept it.

Activity G SHORT ANSWER

1. The most successful home health aides (1) enjoy working independently and are self-motivated; (2) are organized and able to manage their time well; (3) are reliable; and (4) are able to set professional boundaries.

2. Because failing to keep appointments is not only inconsiderate, it can cause the client harm.

Activity H FIND THE WORDS IN THE GRID

| W | X | **P** | H | S | G | J | I | E | S | H |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| S | F | **H** | G | H | J | W | E | S | Y | S |
| **S** | W | **Y** | E | R | T | H | J | K | G | F |
| **P** | D | **S** | T | Y | U | J | T | D | J | A |
| **E** | D | **I** | F | J | H | F | G | J | K | **H** |
| **E** | W | **C** | G | J | E | D | A | D | N | **O** |
| **C** | F | **A** | D | A | F | R | U | D | B | **M** |
| **H** | C | **L** | N | X | V | E | Y | I | T | **E** |
| **T** | P | **T** | A | S | R | M | L | Q | U | **H** |
| **H** | W | **H** | G | I | F | H | J | K | R | **E** |
| **E** | P | **E** | P | R | B | H | I | T | N | **A** |
| **R** | E | **R** | F | L | I | P | E | R | T | **L** |
| **A** | **B** | **A** | **N** | **D** | **O** | **N** | **M** | **E** | **N** | **T** |
| **P** | T | **P** | A | R | Y | I | M | B | N | **H** |
| **I** | T | **I** | Y | H | J | L | P | L | O | **A** |
| **S** | R | **S** | S | W | V | G | J | U | I | **I** |
| **T** | P | **T** | C | B | L | O | N | R | E | **D** |
| F | O | R | T | N | C | N | A | T | P | **E** |
| **C** | **A** | **S** | **E** | **M** | **A** | **N** | **A** | **G** | **E** | **R** |

Across

1. Case manager
2. Abandonment

Down

1. Home health aide
2. Physical therapist
3. Speech therapist