

How do I get a home health aide for my child?

What is a home health aide?

A home health aide is a trained individual, supervised by a registered nurse, who provides a person with a disability:

- **Help with the activities of daily living** including dressing, bathing, eating, and getting around.
- **Help with light housekeeping**, food preparation and medication reminders.
- **Companionship** and emotional support.

A home health aide may not provide:

- **Medical services** that are administered by a nurse or doctor, such as changing a feeding tube.
- **Behavioral health services** that are the responsibility of a behavioral health professional, such as managing tantrums.

How do I request a home health aide for my child?

1. **Apply for Medical Assistance (Medicaid).**

Your child may qualify for Medicaid based on their disability through the PH-95 category, even if you do not meet the income requirements. See our Medicaid Flyer for more information about how to apply.

2. **Talk to your child's pediatrician.**

Ask whether they would recommend home health services and agree to write a Letter of Medical Necessity. Some pediatricians will not recommend home health until a child turns at least 4 years old.

3. **Find a Home Health Agency.**

- Call member services for your child's health insurance and ask for a list of home health agencies that are in-network with your child's health plan.
- For additional support with home health, ask to speak with someone in the health insurance Special Needs Unit.
- Contact home health agencies and ask if they have staff available to provide care. If the letter of medical necessity has been approved, send a copy to the home care agency of your choice.

How do I help with the Letter of Medical Necessity?

The Letter of Medical Necessity must include specific details about your child's caregiving needs—details that only you may know. To help your child's pediatrician write a thorough letter, you can:

- **Share specific examples** of the challenges you face with feeding, dressing, bathing and mobility and how it impacts you and your family.
- **Focus on functional issues, not behavioral concerns.** For example, a child that takes one hour to eat lunch because they must be spoon fed to receive nutrition (functional issue) may qualify for home health, but a child that takes one hour to eat lunch because they consistently run away from the table (behavioral issue) may not qualify for home health.
- **Complete this [home health questionnaire](#)** and share the results with your child's pediatrician.



Insurance denied the Letter of Medical Necessity. What are my options?

- **Talk to your child's pediatrician.** Ask if they can submit a new Letter of Medical Necessity with updated information.
- **Appeal the decision.** Review [How to Appeal a Denial in HealthChoices](#) to learn more about your rights.
- **Collect more evidence.** Get session notes and letters of support from any providers working with your child and submit them to insurance.



How do I become a home health aide for my own child?

Parents or caregivers cannot be paid for hours they are parenting their child or multiple children in their household. However, they can be hired by a licensed home health agency, trained in home health care and paid to provide specific home health services to their own child at specific times each week. To become eligible:

- Find a home health agency that hires parents or caregivers.
- Complete the required training and authorization process.