Appointment Checklist

Bring this checklist to your appointment to guide the conversation and help you request a Home Health Aide (HHA) referral. Check items off as you go.

24 hour home care

Goal: Getting Authorized for Home Health Aide (HHA)



Before your appointment, it's advised you get the help of a trusted family member or friend to help you prepare. Go over this list and write down examples where you need assistance.

- [ ] What daily activities do you want more help with so you can stay safely at home?
- [ ] What is "The One Thing" that would improve your quality of life right now?
- [ ] What are your personal health goals (e.g., mobility, independence, reducing strain on family,managing a condition)?
- [ ] "I'm looking for some extra help at home so I can stay independent. I'm asking for a Homemaker Home Health Aide referral."

What to Bring to Your Visit



- [ ] VA Health ID Card (VHIC)
- [ ] Other insurance cards
- [ ] Medication/Supplements List
- [ ] Notepad with questions and pen
- [ ] This checklist

Your Current Challenges at Home



Which of these things do you need help with to do safely:

- [ ] Bathing
- [ ] Dressing
- [ ] Grooming
- [ ] Eating
- [ ] Food Prepping
- [ ] Bed Mobility
- [ ] Transferring (in/out of bed or chair)

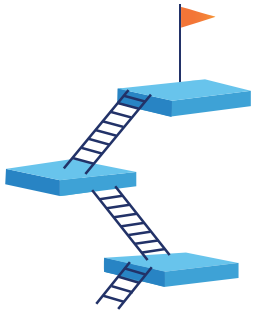
What to Ask Your Provider



Use these prompts during the appointment:

- [ ] "Based on the support I need at home, how do I get authorized for Home Health Aide?"
- [ ] "What do you need from me today to move this forward?"
- [ ] "Will you be submitting for my homemaker services today?"
- [ ] "What's the expected approval timeline once we submit today?"
- [ ] "Will I be alerted if it's authorized or will I hear from 24 Hour Home Care?"

Next Steps



Ensure you have a plan of action

- [ ] Confirm the plan of action.
- [ ] Schedule a virtual or in-person follow-up to review the care needs discussed today.