

Caring for an Individual at Home

Updated 2/5/2025

What kind of help are you seeking? Here are some definitions:

Activities of Daily Living (ADLs)– Eating, bathing, dressing, bathing, toileting, continence and mobility. Determine whether the individual is able to do each of these activities independently, or does the individual need assistance?

Home Health Aides (HHA) – are nursing assistants certified only to work in the home and are qualified to help with activities of daily living (ADLs) – bathing etc.

Certified Nursing Assistants (CNAs) – are nursing assistants certified to work in a nursing home or hospital setting and are also qualified to help with ADLs etc.

Companions – provide non-medical care, that is, does not help with ADLs.

Companionship – walks, games, hobbies, gardening, pet care, etc.

Daily needs – errands, hygiene, diet and nutrition, light exercise, supervision etc.

Household duties – light housekeeping, meal preparation, groceries & shopping, laundry and linens, cooking etc.

General activities – transportation, medication reminders, appointment scheduling, conversations with client and family.

Healthcare Agencies

Below are the names of several local home healthcare agencies. These agencies pay the Social Security taxes for their employees. Explore their websites to learn what services they can provide. Some of their website also provide helpful information.

These licensed agencies are listed alphabetically.

A&T Healthcare

339 N. Main Street, New City, NY 10956

Website: <https://at-healthcare.com/>

Phone: 845-638-4342

Email: ATHealth@aol.com

This is the largest home healthcare agency in our area. They train their aides, and they are used by the Department of Aging, United Hospice, and the Veteran's Administration.

Hourly rates change depending on the time of day. They require two weeks' advance payment if you need someone to live-in. Hiring them to 24/7 care is very, very costly.

Mary Borkovitz and Jan Cohen have both used their services.

Fox Rehabilitation Services for In-Home Care

Serving Rockland and Orangetown, there are over 110 locations in 27 states. This is a Geriatric Program.

Website: <https://foxrehab.org>

Phone: 877-407-3426

Contact person: Regina Gousias Hours: 8 am to 4:30pm M-F

Services include: Physical Therapy, Occupational Therapy and Speech Therapy. Need an MD order. Regina can help you get the order, if necessary.

Takes most insurances or private pay. Note, with Medicare Part B and AARP covers 100%.

Recommended by Win and Betty Perry.

Garden State Home Care Services

560 Sylvan Ave., suite 2030, Englewood Cliffs, NJ 07632

Website: <https://gardenstatehomecareservices.com>

Phone: 201-937-5427

Director of Services is Elena Feygin

This agency is licensed in NY and NJ. They provide hourly & live-in Certified Home Health Aides. For long-term care, they also provide Registered Nurses (RN) and Licensed Practitioner Nurses (LPN).

Jan Cohen went to CA for a week and used them to provide aides to care for Jimmie. Originally this agency was recommended to her by the Jewish Home in Rockleigh. Jan liked working with them very much. The aide was from Ghana and was excellent.

GlobalCare Services

155 S. Route 303, Congers, NY 10920

Website: <https://www.globalcarecs.com/companion-care>

Phone: 845-268-2395

Email: clients@globalcarecs.com

This agency recruits nurses and healthcare professionals from the Philippines and help them find positions in hospitals and other healthcare settings.

They also offer in-home companions who are able to help with light housekeeping and laundry, meal preparation, errands, etc. See the website link for more information.

Good Samaritan Home Care Agency

One Crosfield Park – Second floor, West Nyack, NY 10994

Website: www.nyconnects.ny.gov/providers/good-samaritan-home-care-agency-sofa-ag-378791

Phone: 845 368-8263

Provides physical, occupational, speech and language therapies to patients of all ages. See their website for more information. Note: Good Samaritan Home Care Agency moved from Suffern, NY many years ago.

Home Instead

250 West Nyack Rd – Suite 220, West Nyack, NY

Website: <https://www.homeinstead.com/location/424>

Phone: 845-210-5710

This is the local franchise of Home Instead. Their goal is to provide the services needed to allow people to remain in their own homes. They provide home health care and support services, respite services, and a range of services such as light housekeeping, meal planning, grocery shopping, transportation, and companionship. See their website for the full range of services.

Lean On We – This is NOT a licensed, regulated agency. It is included here because some people have had positive experiences with the home health aides, companions, and certified nursing assistants.

Website: <https://leanonwe.com>

Phone: 844-334-9312

Denise Kuhbier, MS, RN, LNHA, CCM

Senior Vice President of Care for **Lean On We**

844-532-6669, Ext. 706

New inquiries Ext. 1, Emergencies Ext. 6

They can provide back-up and replacement aides and companions. Denise Hogan she reported that the aides receive more monies per hour and the client pays less per hour – between \$20 and \$25 per hour versus \$27 and up that is charged by other agencies. The patient's family is the employer and pays taxes and Social Security, etc. They have a payroll pool they can refer you too.

Montefiore/Nyack Hospital Home Care

Website: <https://www.montefiorenyack.org/home-care-services>

Phone: 845 638-8700

Montefiore/ Nyack Hospital Home Care is a NYS Medicare Certified Home Health Agency & is accredited by the Joint Commission on Accreditation for Healthcare Services. It has a 5 star rating. It is reimbursed by Medicare, Medicaid and most insurances. To access these services, your physician must be in touch with the Montefiore team, but does not need to be affiliated with Nyack hospital. See the website link for services. The patient must be home bound except for MD visits, hair care and to attend Church. Home health aide services are limited to 2 to 3 times a week at 2 hour intervals and then decreased as the client improves over a 60 day period. Can be recertified for another 60 days if necessary.

Stern Rehabilitation

Has many locations but mainly on the east coast.

Website: <https://www.sternathometherapy.com/>

Phone: 845 625-2810 (see next page)

Contact person: Dominique Turzilli Hours: 9 to 5 M-F Email: dturzilli@sternathometherapy.com
Address: 4 Medical Park Drive, Suite B Pomona, NY 10970.

Services include Physical Therapy, Occupational Therapy and Speech Therapy. Need an MD order. Note that Speech Therapy is via Telehealth.
Takes most insurances including Medicare and Medicaid.
Recommended by Win and Betty Perry.

Additional Resources for Finding Care

Aging Care

Aging Care is a **care locator service**. Although their offices are in Congers NY, this is not a local agency. Their website does provide links to many articles about aging, information for care-givers, and resources about many diseases, conditions, and supports for an aging population.

Website: <https://www.agingcare.com>

Echo National Jewish Institute for Health

295 West Route 59, Spring Valley New York 10977

Website: <https://www.rayze.it/echo/>

Phone: 845 425-9750

This is a medical referral and guidance service for Rockland County. If you call Rabbi Weitz and explain the medical condition, he will give you the doctors in the tri-state area. There is no charge for his service, however, the web site accepts donations.

Home Care Association of America

Website: <http://www.hcaoa.org>

This is the trade association of the home care industry. It does not list local Home Healthcare Agencies. However, it does have a helpful report about how people like CAN members would like to be able to remain in their homes for as long as possible, and can do so if they can find good care at home at reasonable costs:

https://www.hcaoa.org/uploads/1/3/3/0/133041104/value_of_home_care_secured.pdf

Medical Insurance Advocate

For all those who suffer from improper or over-billing by hospitals and MD's, or who have been improperly denied reimbursement for legitimate claims, a Medical Insurance Advocate can be very helpful.

Adria Goldman Gross, CEO and founder of MedWise Insurance Advocacy and MedWise Billing.

Website: <https://adriagross.com/testimonials>

Phone: 845 238-2532.

Mimi Hoffman has recommended Adria Goldman Gross Adria charges either on an hourly (\$225) or percentage basis. She and Douglas Winslow Cooper wrote a book about medical insurance: *Solved! Curing your Medical Insurance Problems*.

The information in this document is based on research
by Mary Loughran and was edited by Ann Morgan 7-9-22.
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