

The Home Care Puzzle: How Integrated Health Plans Fit Together



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Statistics consistently show that as we age, most of us want to stay in our homes and enjoy the routines and communities that help us thrive. But living safely at home isn't always as easy as it sounds—especially when help with daily tasks like bathing, cooking, or dressing is needed. Without the proper support, managing health care and the benefits that make it affordable can be overwhelming, sometimes forcing people to leave behind the homes they love and move into a nursing home.

That's where integrated health plans come into play. They're positive news for older adults in Western New York who qualify for [both Medicare and Medicaid](#) long-term care, and they help make coordinating health care easier. New York is a national leader in offering integrated plans like [Medicaid Advantage Plus \(MAP\)](#), which has been a priority for the NYS Department of Health (DOH) this year.

MAP plans combine Medicare and Medicaid long-term care into one easy-to-use plan, with one ID card and one care team to support members. Benefits include:

- Care coordinators assist with scheduling medical appointments, managing medications, and handling other healthcare tasks.
- Includes dental, vision, and hearing benefits.
- Allowances to assist with OTC items, groceries, utilities, and other household expenses.

For older adults requiring long-term care, integrated plans like MAP offer the necessary support—without stress, confusion, or a move to institutional care. If you're eligible for both Medicare and Medicaid and need help with daily activities, a MAP plan might be worth considering as a way to stay

safe, supported, and at home.

**Elderwood IPA manages care for many VNS Health Plan members in Western New York. For more information, visit www.vnshealthplans.org/total.*

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