

Exploring Help at Home

Free printable educational worksheet — updated October 2026

- Describe the tasks for which help is needed: bathing, dressing, meals, mobility, or medications.
- Ask about Medicaid home- and community-based services and assessment requirements.
- For eligible adults age 55+, check whether PACE serves the ZIP code and whether nursing-home level of care is required.
- Ask about caregiver supports, meal programs, transportation, and independent living services.
- Confirm program rules and availability directly with the administering organization.

For official eligibility rules and applications, consult [Medicare.gov](https://www.medicare.gov) and your state agency. This guide is informational, not legal, medical, or benefits eligibility advice.