

What is Kristen's approach to care?

Limitless Living Solutions specializes in helping Kansas City seniors age safely at home with personalized home safety assessments, skill-building, and caregiver support. Kristen's goal is to connect with you and hear your goals. Her consultative approach has always been on education and strategies to make your life better, to allow you to independently carry out your daily life and your priorities. She uses a holistic approach to address your concerns, looking at the skills of the person, the safety of the environment and the components of the task, and applies the right tools and strategies to give you a client-driven plan that seeks to keep you thriving at home no matter what obstacles come your way.

Does my private health insurance cover sessions with Kristen?

Kristen Lienhop is a licensed Occupational Therapist who is a Medicare B provider and also offers self-pay options. However, please be aware that Kristen is not an in-network provider for all secondary insurance carriers that may cover the client 20% copayment responsibility. You will be provided with a superbill for services that can be submitted for reimbursement as an in-network or out-of-network Occupational therapy provider, whichever the case may be. Your percentage of reimbursement is dependent on your policy. Please check with your health insurance carrier to determine the details of your coverage before starting treatment.

Payment for self-pay, as well as, Medicare copayment fees are required at the time of service. Kristen will provide an invoice (superbill) at the end of each session that you can submit to your insurance or medical savings plan to seek out-of-network reimbursement. Some insurance carriers have a cap on how many dollars they will reimburse or sessions they will allow. You are responsible for understanding your coverage for out-of-network providers. Please discuss with Kristen if there are changes in your benefits status, or if you do not have a private benefit carrier.

Do I need a prescription?

That depends, the answer is YES if you choose to go through Medicare B and/or private insurance. Kristen requires these clients to have a prescription prior to the initial evaluation, and she is willing to contact your physician in order to get one if services are medically justified. Just a reminder, Kristen does not bill private insurance but you can submit the provided invoice (superbill) to your insurance for an in-network or out-of-network provider, whichever the case may be. ([Click here](#) to download a prescription to take with you to the doctor.

The answer is NO if you choose the self-pay option. Medicare only covers medically-necessary occupational therapy and home safety assessments.

Unfortunately, Medicare will not cover services for prevention *even though preventative services are key to avoid injury and loss of function due to falls*. Kristen's goal is to stop accidents and injuries from ever happening in the first place. Despite potential out of pocket expense, the value of her holistic fall prevention is immeasurable.

What can I expect from my evaluation session?

This will be your opportunity to share your story and help fill in the rest of the picture painted by the information you provided pre-visit. Together, through collaborative conversation, we will connect the dots from your story, and the clues in your physical assessment with any issues you are experiencing. We will begin to build a plan that will include safety recommendations, targeted exercises, new ideas, and strategies you can implement immediately. We will assess you moving through your home environment. Plan on this and please wear comfortable, loose fitting clothing, and the footwear you wear around the house.

What can I expect from my follow-up sessions?

Follow-ups are scheduled weekly, bi-weekly or monthly depending on how well you are progressing through the program, how much practice you need, and how soon you are able to get recommended environmental changes made. Each session builds on the information and strategies learned at the previous session. We will monitor and modify the program as we integrate new strategies into meaningful function, movement, and activity. You will be given homework at each session for you to work on until your next session. Safety during self-care, independence and application of concepts into a regular, consistent part of your routine are the goals. Follow-up appointments last 1-hour, unless an extended session is pre-scheduled.

How long is each session?

Following Medicare B guidelines, medically necessary OT evaluation and follow-up sessions are scheduled for 60-75 min. If you opt for a comprehensive, preventative home safety assessment in which the entire home is assessed please plan on 120-150 minutes for the evaluation and 60-75 minutes for follow-up sessions. If there are significant physical issues and complications, extended sessions may also be recommended. Family members and caregivers are encouraged to attend if possible.

What are self-pay rates?

Kristen charges at a rate of \$150/hour for in-person assessment and follow-up sessions, billing in 15 minute increments. Mileage within a 30 mile radius is included, beyond that mileage is charged at a rate of \$0.67/mile.