

What is Home Care?

Home care is the professional support that allows a person to live safely in their home. In-home care services can help someone who needs assistance to live independently, is managing chronic health issues, is recovering from a medical setback or has special needs or a disability. Professional caregivers such as nurses, aides, and therapists provide short-term or long-term care in the home, depending on a person's needs.

HOME CARE SERVICES INCLUDE:

- Assisting with personal hygiene and care as well as dressing and undressing
- Help with mobility and transportation
- Therapy and rehabilitation regimes
- Assistance with safely managing tasks around the house such as cooking and cleaning
- Companionship
- Short- or long-term care for an illness, disease, or disability including tube feeding

BENEFITS OF HOME CARE

- **Greater Independence.** Older adults may not admit they're struggling because they don't want to lose their independence.
- **Safety, Comfort and Convenience.** Most people recover faster, with fewer complications, at home than in a hospital.
- **Relief for Family Caregivers.** Caregivers can help with bathing, dressing and other daily tasks. This relieves some of the burden on family caregivers. The home care team can also educate family members about how to provide follow-up care and connect them with helpful resources.
- **Saves Money.**
- **High Quality.** An important benefit of home care is that it is grounded in evidence-based practices and standards of care to make sure patients receive the right care at the right time in their home
- **Personalized Care.** Clients receive one-on-one attention and a care plan that is tailored to their specific needs done by a Team of Professionals.
- **Companionship.** It's easier for friends and relatives to visit an elderly loved one in their home than in the hospital or at a facility. With no time restrictions, clients get more social interaction reducing loneliness and brings families together.