

## Home Health Care VS Home Care

The terms “home care” and “home health” sound similar, but they provide distinctly different services. Home care offers non-clinical help, such as meal prep and companionship, while home health provides professional medical assistance. Another difference is that home health is generally covered by Medicare or private insurance while home care is not. Both types of care, however, are available to your loved one in the comfort of their home and can be tailored to fit their needs.

### Home health care

Home health care is clinical, medical supervision provided by a licensed professional. Registered and licensed practical nurses, occupational therapists, and physical therapists can all provide home health care, often through home health agencies, or in some cases, hospice agencies. This type of care is usually prescribed by a doctor as part of a senior health care regimen following hospitalization or injury. It can include:

- Physical and occupational therapy
- Administration of prescription medications or shots
- Medical tests
- Monitoring of health status
- Wound care

### Who can benefit from home health?

Seniors recently discharged from rehabilitation, a hospital stay, or a skilled nursing facility

Elderly people who need monitoring after a recent medication change

Loved ones whose fragile health prevents them from safely traveling to and from doctors’ offices

Seniors experiencing an overall decline in function who could benefit from occupational or physical therapy to regain independence

### Home care

Home care provides compassion and help for seniors who need assistance with daily activities. Levels of care vary by need and can span from weekly meal prep to incontinence help. Home care aides are trained to understand the nuances of senior care but are generally not licensed to provide medical services. Senior home care services include:

- Companionship — reading aloud, chatting, and in-home activities
- Transportation to appointments
- Assistance with activities of daily living (ADLs) like dressing, bathing, and grooming
- Meal preparation or delivery
- Cleaning and organizing
- Help with bills or financial management

### Who can benefit from home care?

Seniors who need help with activities of daily living (ADLs), from bathing to using the restroom

Elderly people who are still active but require transportation to and from activities and medical appointments

Loved ones who would like help with cooking, cleaning, and other household responsibilities

Seniors who need companionship or feel isolated at home

### Combining in-home care services

Often, families find that a combination of home health and home care is beneficial for their loved one. Health professionals are able to provide medical services, while care aids assist with everyday activities. This holistic approach ensures that seniors’ emotional and medical needs are both met.