

## Understanding Home Care Services: Home Health vs Home Care

Home care and home health are distinct types of care which are both provided in a home setting, but most people aren't aware of the differences and use these terms interchangeably. The key difference is that **"home care"** is *non-clinical care* and **"home health"** is *clinical care*.

### HOME HEALTH

Home health care is clinical medical care provided by an registered nurse, occupational therapist, physical therapist, speech therapist or other skilled medical professionals. Services are often prescribed as part of a care plan following a hospitalization, illness, or injury.

Home health care services include:

- Therapy and skilled nursing services
- Administration of medications, including injections
- Medical tests and assessments
- Monitoring of health status
- Wound care
- Limited assistance with ADLs

### HOME CARE

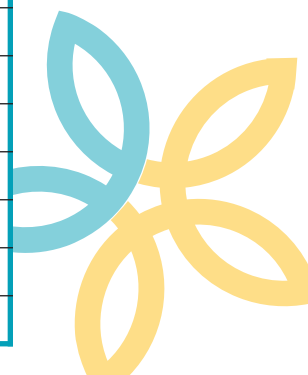
Home care is provided by caregivers, usually called home care aides. Aides can help older adults with activities of daily living, or just offer some friendly companionship. Unlike home health, home care is classified as personal care or companion care and is considered "unskilled" or "non-clinical."

Home care aide services may include:

- Helping dressing, bathing and grooming
- Companionship and social interaction
- Meal preparation
- Light housekeeping
- Transportation services
- Reminders to take medicine
- Shopping and errands



Home Health	Service Comparison	Home Care
Yes	Therapy towards rehabilitation	No
Yes	Administers medications	No
Yes	Performs medical tests	No
No	Meal preparation or delivery	Yes
No	Light housekeeping	Yes
No	Help with bathing, dress, and grooming	Yes
No	Transportation services	Yes
Yes	Reminders to take medication	Yes
Yes	Skilled nursing	No
Yes	Pain management	No
Yes	Wound care	No
Yes	Prescription medication management	No
Yes	IV Therapy/Injections	No
No	Incontinence Care	Yes
No	Toileting assistance	Yes
No	Companionship	Yes



# WHEN TO USE HOME HEALTH & HOME CARE SERVICES

Home health and home care are not mutually exclusive services. Many families find that utilizing these services in tandem best help a senior who, for example, is recovery after a hospitalization. The home health staff address clinical and rehabilitative needs during the transition home, while a home care aide can help with personal caregiving and household chores that the senior requires assistance with during his or her recovery. The chart below describes how both home health care and home care can compliment each other.

## HOME HEALTH

If patient is homebound and requires another skill, Home Health may provide limited aide visits. Occupational therapy can also support.

Nursing assessment will be done to identify which services could benefit a successful home rehabilitation including: PT, OT, RN, MSW, Speech Therapy

Skilled nursing assessment and ongoing nursing visits to monitor how medications are being managed, how they react to one another, and ensure proper dosages are being dispensed.

Nursing evaluation will be completed along with education on nutrition. Social worker resource may be provided.

Nursing and physical therapy evaluation will be completed to put a care plan in place to increase mobility and strength to help regain independence.

Skilled nursing, physical therapy, occupational therapy, in some cases speech therapy and medical social worker for supportive resources

Nursing assessment to determine psychiatric nursing care. May also provide a medical social worker to provide social services.

## When you or a loved one:

needs assistance with personal care or recently has seen a noticeable decline in personal hygiene

was recently discharged from an inpatient hospitalization, rehabilitation, or a stay at a skilled nursing facility

has had a recent medication change, forgetting to take medications, or has too many medications to manage

is refusing to eat, has a poor diet, staying hydrated, and is at risk of malnutrition

has a decline in functioning, gait disturbances or unsteady balance

has acute and chronic conditions, requires chemotherapy, dialysis, or infusion treatments

has signs of depression, confusion, or irritability when completing tasks. Loss of a loved one or potential isolation.

## HOME CARE

Can provide support with scheduled visits to help with bathing, grooming, personal hygiene assistance, and oral care in addition to assistance with ADLs.

Assist with transitional care home including transportation, grocery shopping, medication pick-up. Ensure a safe environment. Support ADLs and reinforce home health treatment goals to help the senior transition back to independence.

Aide can support by medication reminders and assistance with self-administration of medication. Can read labels and directions to ensure individual is appropriately medicating.

Support with grocery shopping, cooking, and meal preparation based on nutritional requirements and personal preference. Encourage and remind individual to eat and drink to stay hydrated

Ambulation support, walking with individual, transferring from chair, and assistance with exercise regimen to support home health goals.

Will provide transportation to follow up appointments and treatments, nutritional support, and ensure medications are being taken.

Can support with interactive companionship to enhance quality of life. Provide nutrition support and ensure medications are being taken. Engage individuals with social activities.

Since it is considered medical care, home health is covered by medical insurance, including Medicare and Medicaid.

Home care services are considered non-medical care so they are either privately paid or reimbursed through a long term care insurance policy.

## HOME CARE CHECKLIST

- |  |   |
|--|---|
| <input type="checkbox"/> Personal Care           | <input type="checkbox"/> Grocery Shopping & Errands           |
| <input type="checkbox"/> Companionship           | <input type="checkbox"/> Light Housekeeping and Laundry       |
| <input type="checkbox"/> Meal Preparation        | <input type="checkbox"/> Assist with Exercise Regimens        |
| <input type="checkbox"/> Medication Reminders    | <input type="checkbox"/> Safe transfers and injury prevention |
| <input type="checkbox"/> Transportation Services | <input type="checkbox"/> Respite Care                         |
| <input type="checkbox"/> Ambulation Support      | <input type="checkbox"/> 24/7 Care                            |

If you or a loved one can benefit from any of the home care services listed on the checklist feel free to schedule your **FREE**, no pressure, in-home consultation.

**Schedule your visit today!**  
**(239) 440-2900**