

4 types of home care services

Home care services are designed to scale and connect to an individual's needs, such as improving activities of daily living or addressing social determinants of health. They also support healthcare modalities offered by primary care providers, specialists and clinics.

Below are four types of supportive care offerings that can make a significant difference in the lives of individuals:



Remote patient monitoring

Detecting falls, checking vitals and managing medication are ways individuals can stay in their homes and be closely cared for through technology. Catching early warning signs to help providers deliver better care and outcomes also meets CMS' requirements for value-based programs.¹



Personal care services

Personal care services prevent costly hospitalizations related to bed sores, falls, medication non-adherence and other serious medical complications. It also addresses social isolation through consistent care and companionship. Personal care offers safety, security and preventive health measures.



Companionship

Companionship helps alleviate loneliness and a variety of physical and mental conditions among older adults. Nurse aides, CNAs and other in-home healthcare professionals can make meaningful connections with the individuals they care for, engaging in conversations and building friendships.²



Meal delivery

Eating fresh, healthy food is important for older adults but sometimes lack of transportation to the grocery store or inadequate funds don't allow for this. Meal delivery services combat both restrictions and give older adults the healthy food they deserve.

Sources:

¹ <https://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/Value-Based-Programs/Value-Based-Programs>

² <https://www.nia.nih.gov/news/social-isolation-loneliness-older-people-pose-health-risks>

How home care supports an individual's health, outcomes



58%

In a study of more than 100,000 seniors who received in-home healthcare, 58% of them saw improvement in completing activities of daily living (ADL).¹

When individuals receive in-home care, more of this happens.



Sources:

¹ <https://pubmed.ncbi.nlm.nih.gov/31058736/>