

What are the benefits of home care?

1. **Home care offers cost savings.** Many times, an aging loved one is placed in a long-term care facility when they're no longer able to manage one aspect of their care at home, such as meal preparation or bathing, simply due to lack of options.

By providing only the services people need at home, home care can significantly reduce the cost of care and the burden for patients and taxpayers.

2. **Home care maintains dignity.** While long-term care facilities aim to provide the best experience possible, many aspects of care in those facilities are undesired, like sharing personal spaces (bedroom, bathroom) and having many different caregivers assist with toileting and bathing.

Patients who receive home care have the privilege of establishing trusting relationships with consistent caregivers and are able to receive care in the privacy of their home.

3. **Home care soothes the soul.** Aging can come with a variety of challenges and obstacles, including losing loved ones as they age and pass away, losing the privilege to drive, and losing independence.

Home care allows people to hang on to the things that mean the most to them while still getting the assistance and care they need – the familiarity of home, the comfort of their own bed, and all of those memories left at the kitchen table throughout the years.

4. **Home care provides safety benefits.** Our aging population is at higher risk of falls due to reductions in vision, hearing, balance, and mobility. Unfamiliar surroundings can increase this risk; things like rugs or a small steps may not be anticipated in advance.

By providing the assistance they need in an environment they know well, we can reduce the risk of surprises, falls, and debilitating and painful injuries.

5. **Home care promotes nurturing relationships.** Sadly, many elderly people find that their relationships with loved ones change when they move out of their home.

But patients who are able to receive care in their own home can welcome guests, invite family overnight, and have private conversations without interruption. They can receive phone calls and house calls whenever they choose with no limit on visiting hours.

6. **Home care allows loved ones a choice.** Home care serves a critical role in the healthcare system by allowing patients more opportunity to make decisions about their care. It's very difficult, in most cases, to move out of a facility once a person has moved in. So, choosing home care while it's a viable options is a way to keep options open as long as possible.

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