

What is the Difference Between Home Health and in-home care?

Seniors, people with disabilities or those who have had surgery are often able to receive medical services at home to aid in their recovery. While the terms “home health” and “in-home care” are often used interchangeably, there is a *distinct* and dramatic difference between them.

Home Health Care:

- Provides professional (“skilled”) medical services in your home. If you were able to get out of the house on your own and drive, you might see your doctor for medication management, or go to physical therapy appointments. With home health, professionals come to you.
- Home Health care has nurses, mental health nurses, physical therapists, occupational therapists, speech therapists, social workers and bath aides available to help you improve your physical status and increase your endurance so that you can remain safe and independent in your own home. They also help to educate you so that you are well-versed in your disease or injury and in how to manage it.

Home health care is most often paid for out of a personal health care policy or through Medicare.

In-Home Care

- In-home care provides non-medical personnel to help the individual with his daily life activities. These activities may include:
 - Meal preparation
 - Medication reminders
 - Companionship
 - Light housekeeping, laundry, errands, shopping,
 - Transportation to doctor's appointments

In-home care is paid for out-of-pocket, or “private pay.”

You can locate in-home care agencies on-line or in the Yellow Pages. You may also want to ask friends, other family members or your doctor for names of companies they know of.

Each in-home care agency is unique. It pays to do your research before hiring one. Ask for references, rates and request an informational visit.