

# The Differences Between Home Health and Home Care

For many people, Home Health and Home Care may seem synonymous until they take a close look at the services provided. Home Health and Home Care are both types of care that are provided in a home setting however, they do have differences.

## What is Home Health?

Home Health refers to clinical medical care provided in-home by a registered nurse, occupational therapist, physical therapist or other skilled medical professionals. Home Health services include therapy and skilled nursing services, administration of medications, medical tests, monitoring of health status and wound care.



Some situations where home health may be prescribed include monitoring side effects after a medication change, post inpatient hospitalization, rehabilitation, or when seniors experience an overall decline in functioning to help them regain independence.

## What is Home Care?

Home Care is provided by caregivers or home care aides who are trained to understand the nuances of senior care. Home care aides can help seniors with daily living activities, such as cleaning, grocery shopping, and preparing meals. They also provide some friendly companionship. Home Care is classified as personal care and is considered non-clinical.

Home Care might be considered when a senior needs assistance with activities such as grooming, meal preparation, driving and transportation assistance, helping with bill paying, and taking medication. They can also be helpful for seniors at risk of social isolation and needing companionship.