

**“With age comes wisdom,  
but sometimes age comes alone.”**

*Oscar Wilde*



As a normal part of the aging process, our bodily functions slows down and consequently things that used to be straightforward becomes harder by the day. Driving, shopping, fixing meals, getting out of bed and even buttoning a blouse or a shirt virtually becomes a painful challenge.

However, if you are either facing such a test or have someone you care about going through it, you need not to worry. The inevitable physical and mental changes can alter your lifestyle but it won't necessarily rob you of your independent living.

A study done in 2010 showed that a mere 3.1 percent of senior citizens in the U.S. resided in residential nursing homes making in-home care support a favourable choice for seniors. However, with different senior services available in Illinois, it is best to understand each of them and how applicable they may be to you or your loved ones.

## **Home Care vs Home Health Care**

When searching for in-home services, you might come across Home care and Home health care which may sound similar but in real sense are very different.

### **Home care**

Home care is a non-medical service that focuses on helping seniors with activities of daily living (ADLs) ensuring that they remain healthy, safe and jovial in life. Non-medical paraprofessionals like certified nurse assistant (CNA) and even family members may assist with this.

In Illinois, Home care agencies are usually licenced and regulated by the Illinois Department of Public Health (IDPH) to maintain a certain standard of operation.

Other than providing companionship, Home care aides can assist with the following services to seniors –which are limited to non-medical scenarios:

- ▶ Personal care
- ▶ Skin care
- ▶ Ambulation
- ▶ Bathing

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- ▶ Exercise
  - ▶ Dressing
  - ▶ Feeding
  - ▶ Hair care
  - ▶ Mouth care
  - ▶ Nail care
  - ▶ Shaving
  - ▶ oiling
  - ▶ Positioning
  - ▶ Transfers (Limited)
  - ▶ Medical reminding (Limited)
  - ▶ Respiratory care (Limited)

Seniors should turn to home care when the following vital factors become impactful in their daily lives:

**Cognitive:** Dementia, Alzheimer’s, Confusion, Emotional stress

**Social:** Lack of family/community support, Isolation, Depression

**Functional:** Sensory limitation, Pain, Physical, Personal care

**Wellness:** Nutrition, Medication management, Safe environment

## Home health care

Home health care is a skilled-based care carried out by a licenced medical specialist like an occupational, speech-language and physical therapist or a registered nurse and is provided under a doctor’s guidance and one’s clinical needs.

Care is provided at the senior’s home at agreed duration each day depending on the cover. Following the direction of a physician, home health aides provide services such as:

- ▶ Skilled Assessments
- ▶ Mobility Training
- ▶ Post-op Rehab
- ▶ Pain Management
- ▶ Wound Care
- ▶ IV Therapy/Injections
- ▶ Occupational, Physical or Speech Therapy

Both Home care and Home health care ultimately aim at making seniors’ lives happier, safe and healthy whilst maintaining their independence at their own beloved homes.

This information was provided by **Picket Fence Home Care - Chicago.**

For more information, contact them here: [www.picketfencehomecare.com/contact-us](http://www.picketfencehomecare.com/contact-us)