

# Home Care vs. Home Health

Understanding the Difference So Families Can Choose  
Confidently

Elevé Home Care

Elegant • Compassionate • Clinically Informed

Serving Columbus and surrounding communities

Trust  
Compassion



# INTRODUCTION

## A Common Point of Confusion

Families often hear the terms home care and home health used interchangeably by hospitals, providers, friends, and even online searches.

While both services support people at home, they are very different in purpose, structure, and scope.

This guide was created to help families clearly understand:

- What each service provides
- When one may be more appropriate than the other
- How they can work together
- What questions to ask when deciding

Clarity leads to confidence and confidence leads to better care decisions.

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## WHAT IS HOME HEALTH?

### Skilled Medical Care at Home

Home health care provides medical services prescribed by a physician.

It typically includes:

- Skilled nursing visits
- Physical, occupational, or speech therapy
- Wound care
- Medication management (clinical oversight)
- Short-term, goal-driven care

Home health is often:

- Covered by Medicare or insurance
- Provided for a limited period of time
- Focused on specific medical goals

Visits are usually brief and scheduled intermittently not continuous.

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## WHAT IS HOME CARE?

### Non-Medical Support for Daily Living

Home care, like Elevé provides, focuses on daily support, safety, and quality of life.

It typically includes:

- Assistance with bathing, dressing, grooming
- Mobility support and fall prevention
- Medication reminders (non-clinical)
- Meal preparation and hydration reminders
- Light housekeeping and laundry
- Transportation and errands
- Companionship and emotional support

Home care is:

- Flexible and customizable
- Often ongoing or transitional
- Designed to fit into daily life
- Private-pay

Home care supports how life is lived, not just medical treatment.

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SIDE-BY-SIDE  
COMPARISON

Home Health  
Medical services  
Physician-ordered  
Short-term  
Intermittent visits  
Insurance-based  
Clinical focus

Home Care  
Non-medical daily support  
Family or self-initiated  
Short- or long-term  
Flexible scheduling  
Private-pay  
Functional & emotional focus

Both services are valuable they simply serve different roles.

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## SUPPORTING DAILY FUNCTION AT HOME

### How Non-Medical Support Helps

During neurological recovery, individuals may benefit from assistance with:

- Safe mobility and transfers
- Personal care routines
- Meal preparation and hydration
- Medication reminders
- Home organization and safety
- Transportation to therapy or appointments

Consistent, respectful support allows individuals to focus energy on healing.

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WHEN HOME HEALTH IS  
MOST HELPFUL

Home health may be appropriate when:

- A physician has ordered skilled services
- Medical monitoring is required
- Therapy services are prescribed
- Recovery goals are clearly defined
- Insurance coverage is available

Home health is excellent for:

- Clinical treatment
  - Rehabilitation services
  - Medical stabilization
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WHEN HOME CARE IS  
MOST HELPFUL

Home care may be appropriate when:

- Daily tasks are becoming difficult
- Safety at home is a concern
- A loved one should not be left alone
- Recovery requires consistent support
- Family caregivers need relief
- Emotional reassurance is important

Home care is especially valuable during:

- Transitions home from hospital or rehab
  - Gradual functional decline
  - Long-term aging at home
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## Complementary, Not Competing Services

Many families benefit from both services at the same time.

For example:

- Home health provides skilled nursing or therapy visits
- Home care provides daily support between those visits

Home care helps ensure:

- Safety between clinical visits
- Adherence to routines
- Observation for changes
- Emotional support and consistency

Together, they create a more complete support system.

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HOW HOME CARE AND  
HOME HEALTH WORK  
TOGETHER

A PHYSICIAN-LED  
PERSPECTIVE

At Elevé Home Care, our physician-led foundation allows us to understand:

- The goals of medical care
- The realities of daily life at home
- The importance of continuity between visits

While we do not provide medical services, our approach is informed by:

- Functional recovery principles
- Safety awareness
- Observation and communication
- Respect for medical care plans

Families deserve care that feels coordinated, thoughtful, and informed.

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QUESTIONS TO ASK WHEN  
CHOOSING SUPPORT

When exploring options, consider asking:

- What services are actually included?
- How often will visits occur?
- Who communicates changes or concerns?
- How is safety addressed at home?
- How are families kept informed?
- Is care flexible as needs change?

Transparency is a sign of quality.

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COMMON  
MISCONCEPTIONS

“Home health will cover everything.”

“Home health visits are limited and focused on medical goals.

“Home care replaces medical care.”

“Home care supports daily life it does not replace clinical treatment.”

“We have to choose one or the other.”

Truth: Many families benefit from both.

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MAKING THE RIGHT  
CHOICE FOR YOUR  
FAMILY

There is no single “right” option only what fits your situation, values, and needs.

If you’re unsure which type of support is appropriate, a thoughtful conversation can help clarify next steps.

Elevé Home Care is always happy to:

- Answer questions
- Explain options
- Offer guidance without pressure

Call: (614) 785-6401

Text: (614) 401-6046

Email: [wecare@elevehomecare.com](mailto:wecare@elevehomecare.com)

Website: [www.elevehomecare.com](http://www.elevehomecare.com)

Helping families make informed decisions with clarity and care.

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