

Introduction to Home Based Care Support

Introduction to Home-Based Care Support

(A concise guide for health-care students, community workers, and family caregivers)

1. What Is Home-Based Care (HBC)?

Aspect	Description
Definition	Delivery of health, social, and emotional services to individuals in their own homes, allowing them to remain in a familiar environment.
Goal	Promote independence, improve quality of life, and reduce unnecessary hospital/long-term-care admissions.
Target Populations	• Older adults with chronic conditions • People with disabilities or mobility limitations • Post-operative or post-acute patients • Terminally ill patients receiving palliative care
Core Principles	• Person-centered care • Respect for dignity and autonomy • Continuity & coordination of services • Community involvement

2. Key Components of Home-Based Care

1. Clinical Services

- Medication management & reconciliation
- Wound care, catheter care, and other procedural tasks
- Monitoring vital signs and chronic disease parameters (e.g., blood glucose, blood pressure)

2. Rehabilitative Services

- Physical therapy (strength, balance, mobility)
- Occupational therapy (ADL training, adaptive equipment)
- Speech-language therapy when needed

Introduction to Home Based Care Support

3. Nursing & Personal Care

- Assistance with bathing, dressing, toileting, and feeding
- Education on self-care techniques for patients and family members

4. Palliative & End-of-Life Care

- Pain and symptom control
- Advance care planning discussions
- Emotional and spiritual support

5. Social & Psychological Support

- Counseling, mental health screening, and referrals
- Connection to community resources (meal programs, transportation, support groups)

6. Care Coordination

- Communication among physicians, specialists, pharmacists, and home-care teams
- Use of electronic health records (EHR) or shared care plans

3. The Home-Based Care Team

Role	Primary Responsibilities
Primary Care Provider (PCP)	Overall medical oversight, prescribing, and follow-up
Home Health Nurse	Clinical assessments, medication administration, patient education
Therapists (PT/OT/SLT)	Functional assessments, therapy plans, equipment recommendations
Social Worker	Psychosocial assessment, resource linkage, caregiver support
Pharmacist	Medication review, dosing adjustments, education on side effects
Family/Caregiver	Daily assistance, monitoring, reporting changes to the team

Introduction to Home Based Care Support

Role

Primary Responsibilities

Volunteer/Community Health Worker

Non-clinical support, companionship, health promotion activities

4. Steps to Initiate Home-Based Care

1. Eligibility Screening

- Assess medical need, functional status, home safety, and caregiver capacity.

2. Comprehensive Assessment

- Use standardized tools (e.g., OASIS, INTERMED, or ADL/IADL scales).

3. Develop a Personalized Care Plan

- Set measurable goals (e.g., “Reduce fall risk by 30% in 3 months”).
- Define interventions, frequency of visits, and responsible team members.

4. Implement Services

- Schedule visits, arrange equipment delivery, and provide caregiver training.

5. Ongoing Monitoring & Evaluation