

Home Health Care Explained

Understanding Skilled Medical Care in the Comfort of Your Home



**Scan the QR code to learn
more or contact our team.**

www.thewholeperson.org

Healing Doesn't Always Happen in a Hospital.

For many people, recovery begins after they return home.

Whether you're recovering from surgery, an illness, or an injury, your doctor may recommend **Home Health Care** as part of your recovery plan.

Hearing those words can raise a lot of questions.

- Will someone come to my home?
- Who provides the care?
- How long will I receive services?
- What kinds of care are included?

This guide will help you understand what Home Health Care is, what services it provides, and how it supports recovery while allowing many people to remain safely at home.



Home Health Care Is Different Than Home Care

Although the names sound similar, Home Health Care and Personal Care Assistance serve different purposes.

Home Health Care focuses on **skilled medical services** ordered by a healthcare provider.

Personal Care Assistance focuses on helping with everyday activities.

Understanding the difference can help you choose the support that's right for your needs.



What Is Home Health Care?

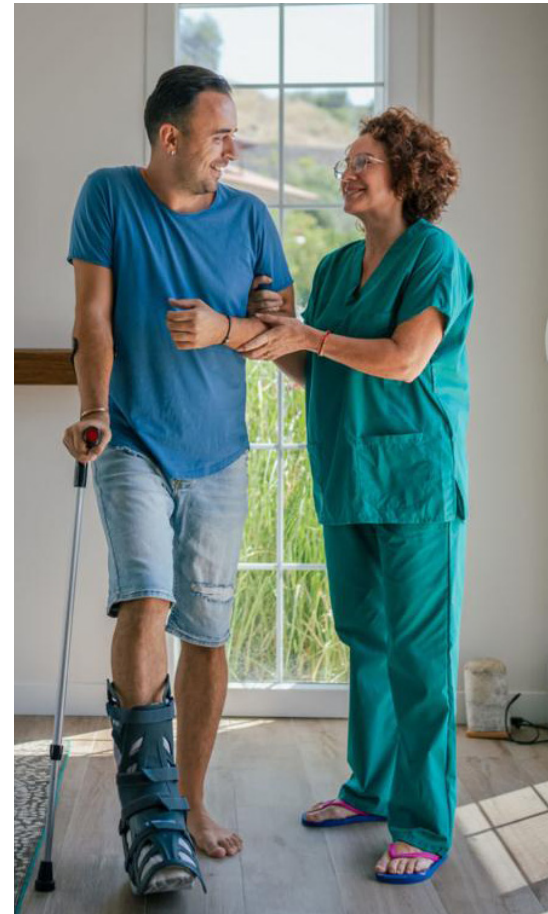
Home Health Care provides skilled medical services in your home under the direction of a physician or other authorized healthcare provider.

Rather than staying in a hospital or rehabilitation facility longer than necessary, many people can continue recovering at home while receiving professional medical care.

Depending on your needs, Home Health Care may include:

- ✓ **Skilled nursing**
- ✓ **Physical therapy**
- ✓ **Occupational therapy**
- ✓ **Speech therapy**
- ✓ **Wound care**
- ✓ **Medication education**
- ✓ **Health monitoring**

A professional assessment is completed to determine eligibility and the services that may be available.



Who May Benefit from Home Health Care?

Home Health Care may be appropriate for people who are:

- Recovering from surgery.
- Healing after an illness or hospitalization.
- Managing certain chronic medical conditions.
- Recovering from an injury.
- Working to regain strength, balance, or mobility.
- Receiving therapy after a stroke or other medical event.
- Every situation is different.

Your healthcare provider can help determine whether Home Health Care is appropriate for your needs.



Home Health Care Supports Recovery

For many individuals, receiving skilled care at home offers important benefits.



It allows people to recover in familiar surroundings, reduces unnecessary travel to appointments, helps identify potential safety concerns within the home, and supports communication between healthcare providers, caregivers, and family members.



Learn more on our website:
www.thewholeperson.org

At a Glance

Traditional Home Care vs. Consumer Directed Services

Home Health Care vs. Personal Care Assistance

	Traditional Home Care	Personal Care Assistance
Primary Purpose	Skilled medical care	Help with daily living
Ordered by a Healthcare Provider	✓ Yes	✗ No
Skilled Nursing	✓ Yes	✗ No
Therapy Services	✓ Yes	✗ No
Help with Bathing & Dressing	Limited	✓ Yes
Medication Education	✓ Yes	✗ No
Goal	Recovery and medical support	Independence in everyday life

Remember

Some individuals benefit from **both** Home Health Care and Personal Care Assistance.

These services often work together to support recovery, independence, and long-term well-being.



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Common Questions

“Does Home Health Care mean I’m homebound forever?”

No.

Home Health Care is often temporary and designed to support recovery or help manage a medical condition.

Many people receive services for a limited period while working toward greater independence.

“Will someone come to my home?”

Yes.

Depending on your plan of care, nurses or therapists may visit your home to provide skilled medical services.

The number of visits depends on your individual needs and healthcare provider’s recommendations.

“Is Home Health Care the same as having a caregiver?”

No.

Home Health Care focuses on skilled medical services.

If you need assistance with everyday activities such as bathing, dressing, or meal preparation, you may also benefit from Personal Care Assistance or Consumer Directed Services.

How The Whole Person Can Help

Navigating home health care can feel overwhelming, especially when you're recovering from an illness, preparing to leave the hospital, or helping someone you love.

You don't have to figure it out on your own.

The Whole Person helps individuals and families understand the different types of home-based services, answer questions about available options, and connect with programs and community resources that best fit their needs and goals.

If Home Health Care is appropriate for your situation, we'll help you understand what it is, how it works, and what other services may support your recovery and independence. If another organization or healthcare provider is the right fit, we'll help point you in the right direction.

Our goal is simple:

To help you make informed decisions with confidence.



Learn more on our website:
www.thewholeperson.org

Recovery Looks Different for Everyone

Some people need Home Health Care for only a few weeks after surgery. Others may receive skilled nursing or therapy while recovering from an illness or managing a long-term medical condition.

Whatever your situation, recovery isn't simply about healing. It's about rebuilding confidence, maintaining your independence, and returning to the activities that matter most to you.

The right support, at the right time, can help make that journey a little easier.





You Don't Have to Recover Alone.

Whether you're preparing to leave the hospital, helping a family member recover at home, or simply exploring your options, understanding Home Health Care is the first step toward making informed decisions.

The Whole Person is here to answer your questions, help you understand your options, and connect you with services and resources that support your recovery and long-term independence.

You don't have to know exactly what you need before you reach out.

We'll help you figure it out—together.



Learn more on our website:
www.thewholeperson.org

Continue Your Journey

Related Resource Guides

Understanding Your Home Care Options

A Simple Guide to Choosing the Right
Support at Home

Consumer Directed Services (CDS) Explained

A Simple Guide to Understanding How
CDS Gives You More Choice and Control

Personal Care Assistance Explained

Understanding Everyday Support That
Helps You Live More Independently



Continue Your Journey
Visit us at [www.thewholeperson.org/
about-us/resources](http://www.thewholeperson.org/about-us/resources) for more!



Learn more on our website:
www.thewholeperson.org

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