

Understanding Your Home Care Options

A Simple Guide to Choosing the Right Support at Home



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

www.thewholeperson.org



Home Isn't Just Where You Live.

It's where you feel comfortable.

It's where your routines are familiar.

It's where your memories are made.

And for most people, it's where they want to remain for as long as possible.

Whether you're recovering from an illness, adjusting to a disability, helping a loved one, or simply finding that everyday tasks have become more difficult, knowing where to turn isn't always easy.



Many people assume there is only one type of help available. In reality, there are several different types of home care, each designed to meet different needs.

You don't need to know all the answers before taking the next step.

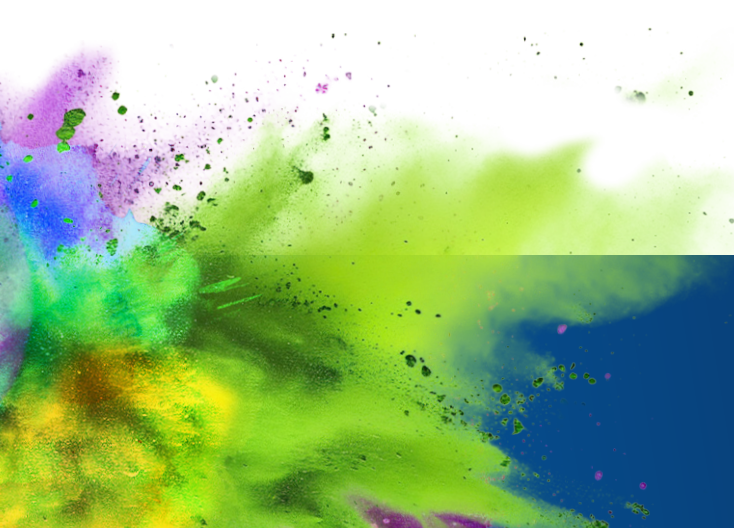
This guide will help you understand the most common home care options so you can begin exploring what may be the best fit for your situation.



Start With One Simple Question

What Kind of Help Do You Need?

- Some people need skilled medical care.
- Others need help with everyday activities.
- Some want greater control over who provides their care.
- Others simply need help understanding where to begin.
- Knowing the difference is the first step toward finding the support that's right for you.



Learn more on our website:
www.thewholeperson.org

Understanding Two Common Types of Home Care

Home Health Care

Best for people who need skilled medical care at home.

Home Health Care is designed for individuals recovering from an illness, injury, surgery, or managing certain medical conditions.

Services may include:

- ✓ Skilled nursing
- ✓ Physical therapy
- ✓ Occupational therapy
- ✓ Speech therapy
- ✓ Medical monitoring

Home Health Care focuses on medical needs and is typically ordered by a healthcare provider.

Personal Care Assistance

Best for people who need help with everyday living.

Personal Care Assistance helps individuals remain safely and comfortably in their own homes by providing support with daily activities.

Services may include:

- ✓ Bathing
- ✓ Dressing
- ✓ Grooming
- ✓ Meal preparation
- ✓ Mobility assistance
- ✓ Light housekeeping

Rather than providing medical treatment, these services help people maintain their independence and daily routines.

Two More Ways to Receive Support at Home

Missouri Residents: Consumer Directed Services (CDS)

Best for people who want greater choice and control.

Consumer Directed Services allows eligible individuals to direct their own care.

Instead of having a caregiver assigned, participants have the opportunity to choose and supervise their own caregiver according to program guidelines.

Many people value the flexibility, familiarity, and independence this option provide

Kansas Residents: Home and Community Based Services (HCBS)

Best for individuals who qualify for long-term community support.

HCBS programs help eligible individuals receive services in their homes and communities rather than in institutional settings.

The goal is simple:

To provide the support people need while helping them remain as independent as possible in the place they call home.

Many people receive a combination of these services over time as their needs change. Understanding how they work together can help you make informed decisions about your care.

At a Glance

Which Home Care Option Fits Your Needs?

	Home Health Care	Personal Care Assistance	Consumer Directed Services (CDS)	HCBS
Primary Purpose	Skilled medical care	Help with daily living	Consumer-directed personal care	Long-term community support
Medical Services	✓ Yes	✗ No	✗ No	Varies
Help with Daily Activities	Limited	✓ Yes	✓ Yes	✓ Yes
Choose Your Caregivers	✗ No	Agency assigned	✓ Yes	Depends on program
Ordered by a Healthcare Provider	Typically	✗ No	✗ No	Depends on eligibility
Supports Independent Living	✓ Yes	✓ Yes	✓ Yes	✓ Yes
Best For	Recovery after illness, injury, or surgery	Daily assistance at home	Individuals who want to direct their own care	Individuals needing ongoing community-base support

At a Glance

Which Home Care Option Fits Your Needs?

The Right Care Is the Care That Fits Your Life.

There isn't one "best" type of home care.

The right choice depends on your goals, your health, and the kind of support that helps you remain as independent as possible.

Many people receive more than one type of service over time as their needs change.

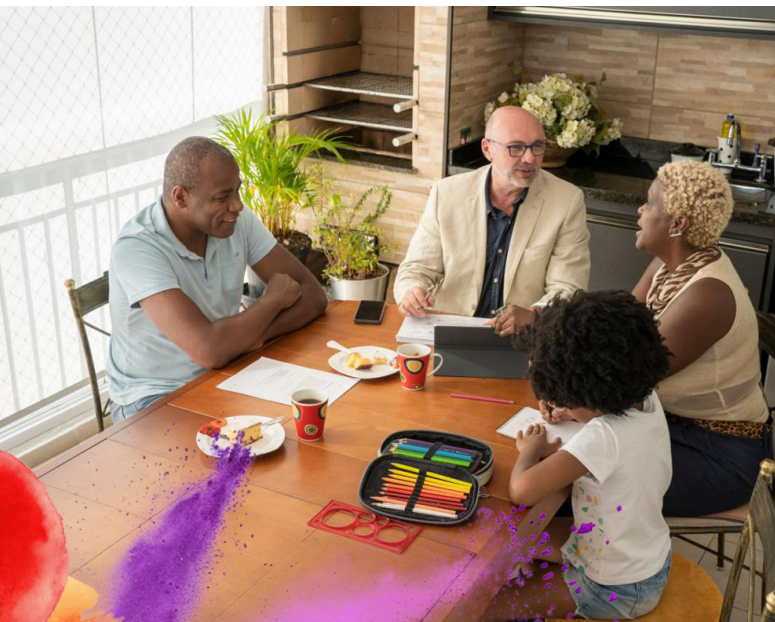


Questions to Help You Get Started

- Do I need skilled medical care?
- Do I need help with everyday activities?
- Would I like to choose who provides my care?
- Am I looking for short-term recovery or long-term support?
- What type of assistance will help me remain independent?

If you're unsure, that's okay.

These questions simply help start the conversation.



Common Questions

“Do I need medical care?”

If your primary need is skilled nursing or therapy, Home Health Care may be appropriate.

If your primary need is help with everyday activities, another type of home care may better meet your needs.

“Can I stay in my own home?”

In many cases, yes.

The right combination of services and support helps many people continue living safely, comfortably, and independently at home.

“What if I don’t know which service I need?”

That’s perfectly okay.

Many people contact The Whole Person before they know which services or programs may be available to them.

Helping people understand their options is one of the most important things we do.



How The Whole Person Can Help

Choosing home care isn't about finding the "best" program. It's about finding the services that fit your life.

The best decisions are made when you understand your options and choose the support that fits your goals, your preferences, and your daily life.

Every conversation begins with listening.



We'll take time to understand your situation, answer your questions, and help you explore the services and resources that may fit your goals.

If another organization or provider is a better fit, we'll help connect you with the right resources.

Our goal is simple:

To help you make informed decisions with confidence.



Home Care Should Fit Your Life — Not the Other Way Around

Every person's journey is different. For one person, home care may mean recovering safely after surgery.

For another, it may mean receiving help with daily activities while continuing to live at home.

Someone else may benefit from choosing their own caregiver through Consumer Directed Services.

Others may need long-term community supports that allow them to remain where they feel most comfortable.

There isn't one path that's right for everyone.

The goal isn't simply to receive services.

The goal is to receive the right services, at the right time, so you can continue living the life that's important to you.





You Don't Have to Figure It Out Alone.

Finding the right home care doesn't begin with paperwork.

It begins with a conversation.

Whether you're planning ahead, helping a family member, or facing an unexpected change, The Whole Person is here to answer questions, explain your options, and help you take the next step.

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

Want to Learn More?

If you'd like to explore this topic in greater detail, we recommend reading:

How to Choose the Right Type of Care at Home

This companion article explains home care options in more detail, offers practical guidance for choosing the right type of support, and answers additional questions you may have as you explore your options.



Scan the QR code or visit our website to read the article.



Learn more on our website:
www.thewholeperson.org

Continue Your Journey

Related Resource Guides

Where Do I Start?

A Simple Guide for Individuals and Families Looking for Answers

Understanding Independent Living

Independence Is About Choice, Control, and Living Life on Your Terms

Consumer Directed Services (CDS) Explained

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



Continue Your Journey
Visit us at www.thewholeperson.org/about-us/resources for more!



Learn more on our website:
www.thewholeperson.org

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