



## **The Benefits of Professional In-Home Care Providers Over Family Members**

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When it comes to caring for loved ones who are elderly, disabled, or have chronic illnesses, it is a difficult decision to make. Many families face the decision of whether to hire a professional home care provider or to care for their loved ones themselves. While family caregivers can provide care with love and devotion, there are times when it may be necessary to bring in professional home care providers to ensure the safety, well-being, and overall quality of life of the individual receiving care.

In this article, we will discuss the benefits of professional in-home care providers over family members, with sources cited to support our claims.

### **1. Training and Expertise**

One of the biggest advantages of hiring a professional home care provider is their training and expertise. Professional care providers have received specialized training in caring for individuals with various health conditions, including Alzheimer's disease, Parkinson's disease, stroke, and many others. They have the knowledge and experience to manage complex medical conditions and can quickly identify potential health risks.

According to a study published in the Journal of the American Medical Directors Association, "Professional care providers were more likely than family caregivers to recognize problems and to take appropriate actions when they arose."<sup>(1)</sup>

Additionally, professional home care providers receive ongoing training to stay up-to-date with the latest advancements in caregiving. This allows them to provide the highest level of care possible to their clients.

### **2. Consistency of Care**

Another advantage of hiring a professional home care provider is the consistency of care they provide. Family members who provide care may have other responsibilities, such as work, school, or raising children, that can make it difficult to provide consistent care. This inconsistency can lead to gaps in care that may put the individual receiving care at risk.

Professional home care providers, on the other hand, can provide consistent care on a regular schedule. This ensures that the individual receiving care has access to the care they need when they need it. Additionally, professional care providers can work with the individual and their family to develop a care plan that meets their specific needs.

### **3. Reduced Family Caregiver Stress**

Caring for a loved one can be stressful, and the responsibilities of caregiving can be overwhelming. Family caregivers often experience high levels of stress, which can lead to burnout and other health problems.

According to a study published in the Journal of Applied Gerontology, "Family caregivers experience higher levels of stress, depression, and anxiety than non-caregivers."<sup>(2)</sup> This stress can have a negative impact on their physical and mental health.

By hiring a professional home care provider, family caregivers can reduce their stress levels and improve their overall well-being. Professional care providers can take on many of the caregiving responsibilities, allowing family caregivers to focus on their own needs and take a break from caregiving when necessary.

#### **4. Improved Quality of Life for the Individual Receiving Care**

Professional home care providers can improve the quality of life for the individual receiving care. They can provide assistance with activities of daily living, such as bathing, dressing, and grooming, that may be difficult for family caregivers to manage on their own. Additionally, professional care providers can offer companionship and social interaction, which can reduce feelings of loneliness and isolation.

According to a study published in the Journal of Gerontological Social Work, "Social support has been linked to better physical and mental health outcomes, including improved quality of life."<sup>(3)</sup>

Professional care providers can also help individuals with chronic health conditions manage their symptoms and avoid complications. This can lead to a higher quality of life and improved overall health outcomes.

#### **5. Reduced Healthcare Costs**

Professional home care providers can also help reduce healthcare costs. By providing care in the home, they can help prevent hospital readmissions and other complications that can result in high healthcare costs.

According to a study published in the Journal of the American Medical Association, "Home health care has been shown to reduce hospitalizations and rehospitalizations, thereby lowering costs for patients and payers."<sup>(4)</sup>

Additionally, professional home care providers can help individuals manage their medications, which can prevent medication errors and reduce the need for costly hospitalizations.

#### **6. Access to Additional Resources**

Professional home care providers can provide access to additional resources that may not be available to family caregivers. For example, they may be able to connect individuals with

community resources, such as transportation services, meal delivery programs, and support groups.

Additionally, professional care providers can provide support for family caregivers, such as counseling and education on caregiving techniques. This can help family caregivers feel more confident in their ability to provide care and reduce their stress levels.

## **7. Peace of Mind for Family Members**

Finally, hiring a professional home care provider can provide peace of mind for family members. Family members can rest assured that their loved ones are receiving high-quality care from trained professionals. This can reduce the stress and anxiety that often comes with caring for a loved one.

According to a study published in the Journal of Applied Gerontology, "Family members who utilized formal home care services reported higher levels of peace of mind and a greater sense of control over their caregiving responsibilities."(5)

## **Conclusion**

While family caregivers *can* provide care with love and devotion, there are times when it may be necessary to bring in professional home care providers to ensure the safety, well-being, and overall quality of life of the individual receiving care. Professional home care providers offer many advantages over family members, including their training and expertise, consistency of care, reduced caregiver stress, improved quality of life for the individual receiving care, reduced healthcare costs, access to additional resources, and peace of mind for family members.

Sources:

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