

What is long-term care?

What is long-term care? The first thing that goes through most of our minds when we think of long-term care is confinement in a nursing home. It is true that nursing homes are a part of long-term care services. However, long-term care is defined as "a wide range of support and health services for persons who have lost the capacity for self-care due to illness or frailty." Your long-term care may well begin in your own home or in an [Adult Day Care](#) facility, then progress to an [Assisted Living Facility](#) before finally needing care in a [Skilled Nursing Facility](#).

When will I need long-term care? When you continuously need [substantial assistance](#) to perform 2 of the 6 [Activities of Daily Living](#). Or, when you require [substantial supervision](#) to protect yourself from threats to health and safety due to the presence of a [Cognitive Impairment](#).

How long must I need care to be considered long-term? When a [Chronic illness](#) has left you needing care for more than 90 days. [Acute Care](#) is the opposite of chronic care in the fact that it is for short-term medical treatment.

What are the levels of long-term care? There are three levels of care that can be provided in an array of long-term care settings. These levels help categorize the types of services provided: [Custodial Care](#), [Intermediate Care](#) and [Skilled Care](#).

Where are these services provided? One would want to receive these services at home, a community based care environment or in a facility. The level of care will determine the feasibility of where you will be able to receive that care. The type of services will be in a [Plan of Care](#) provided by your doctor and a [Care Advisory](#) professional.

Can I receive these services in my home? Yes, if you have an able spouse, supportive siblings, children or friends living near enough, or paid professionals to assist you, you will be able to receive long-term care services known as [Home Health Care](#) and remain in your own home.

What other services are provided during a long-term illness? When a person is receiving care, the main caregiver may need time off from their duties. [Respite care](#) allows the caregiver be away for several days or just hours to run errands. If you have an terminal illness and have less than 6 months to live, you may need [Hospice Care](#).

What are the chances that I may need long-term care? Reliable statistics tell us that 48.6% of people age 65 and older may spend some time in a nursing home and that 71.8% of people over age 65 and older may use some form of home health care...[learn more](#)