

There are various levels of home care:

Companions are paid to help and sometimes live in your home. They can provide meal preparation, housekeeping, shopping, transportation, and laundry. They do no hands-on care and are not regulated. Companions can be found through home care agencies or privately.

Home health aides are trained, certified and work under the supervision of a registered nurse. They help with personal care, including dressing, personal hygiene, and ambulation. Aides can be found primarily through home care agencies.

Visiting Nurses are licensed nurses (RN or LPN) who can dispense medication and do follow-up medical care such as wound dressing and removal of stitches. Other skilled providers who may visit at home are *physical therapists, occupational therapists, and speech therapists*. This skilled care often follows hospital or rehabilitation center discharge and is provided over a limited period of time with intermittent visits. Sometimes a nurse is needed on a long-term basis for medical care. This care is often arranged by the discharge planner or doctor.