

Chapter 7

Old and New Concepts in Home Healthcare

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ABSTRACT

In the light of the data obtained from global health authorities and service providers, it can be said that Home Health Care has become a growing sector. In the 19th century, home visits initiated by religious charitable organisations gradually transformed into health services with the visits of public health nurses. In the mid-20th century, Home Health Services, which became state-sponsored programmes and professional services due to the important role of reducing hospital costs and the increasing care needs of the aging population, took its current form with the effect of phenomena such as global pandemics, increasing population and developing technology. Within the scope of this chapter, it is aimed to evaluate an important sector such as home health services with old and new approaches and to provide the reader with predictions about the future. It is predicted that home health care, which is rapidly evolving in the age of artificial intelligence, will change its shell in the future with dizzying scientific and technical progress.

1. INTRODUCTION

In addition to providing non-medical support to individuals in their daily living activities, home health services also include professional health services such as nursing, psychiatry and physical therapy (Byles et al., 2002; Pombo-Lopes et al., 2025). In addition, home health services can also provide family members with the opportunity to rest in a way to alleviate the burden of care by providing information

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support during the care process (Li et al., 2025). The capacity of these services has increased significantly, especially thanks to developments in telehealth applications and remote monitoring technologies. These technologies enable healthcare professionals to remotely monitor and interact with patients' conditions.

Home healthcare services are becoming more and more specialised and critical in the field of healthcare service delivery. In the United States, the home healthcare sector is expected to grow at a compound annual growth rate of 6.89% between 2023 and 2032 and reach a market size of approximately \$300 billion by 2028 (Grand View Research, 2022; Dhiman & Chavali, 2024). Among the main reasons for this growth:

- Ageing population
- Increasing prevalence of chronic diseases
- The widespread need for post-hospital care
- Patients' preference for home care services

In general, home health services respond to the desire of individuals to be treated in their own living spaces, offering a more cost-effective and personalised alternative to traditional hospital settings; in this respect, it has become one of the main dynamics of transformation in the health system (Dhiman & Chavali, 2024). In addition, not only the state but also private organisations have started to provide Home Health Care Services at the point of service delivery, thus increasing both the quality and scope of the service. In a study by Rahman et al (2025), using Centers for Medicare & Medicaid Services (CMS) Home Health Compare data covering the years 2017-2023, private home health service organisations and the service provided by the state were compared according to fourteen quality and outcome measures. Private home health agencies generally outperformed public home health agencies on measures such as timely initiation of patient care and improvement in patient mobility and self-care. However, they underperformed in areas related to long-term outcomes, such as timely physician-recommended medication, avoidable readmission rates and discharge to the community.

The fact that the baby boomer generation of approximately 80 million people is about to enter the age period with the highest incidence of chronic diseases stands out as one of the main dynamics that will increase healthcare costs in an unprecedented way. However, developing technologies have the potential to enable a radical transformation in the delivery of healthcare services. This transformation positions patients not only as service recipients but also as subjects who actively participate in their own care processes and decision-making mechanisms, paving the way for systems that directly connect individuals with healthcare professionals and personalise care processes according to patients' unique needs, preferences and values. Such patient-centred technological systems also carry the promise of

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