


Chapter 8

Transforming Home Healthcare

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ABSTRACT

Home healthcare is undergoing a transformation process with technological advances, changing demographics and patient expectations. This transformation requires both reconsidering health systems and paving the way for patient treatment in a home environment outside of the hospital, and transforming and addressing many issues including social, technological infrastructure, legal regulations and financial protection and development. The way home healthcare is delivered is changing radically with the emergence of telehealth applications, wearable healthcare devices, robotic assistants, and AI-powered healthcare systems. The increase in the elderly population, the increase in life expectancy, the prevalence of chronic diseases and the increase in health costs will further increase the importance of home health care. As a result, home health services are undergoing a significant transformation in line with the principles of technology, patient-centeredness and integration.

1. INTRODUCTION: DEFINITION AND SCOPE OF HOME HEALTHCARE SERVICES

Home healthcare services include a variety of medical and non-medical services provided to individuals in their own living environments. According to this model of care; It aims to support patients after illness, injury or surgery, as well as patients and their families who have chronic diseases, disabilities or age-related limitations (Kristinsdottir et al., 2021). The main goals of the service are to help the individual

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maintain independence, maintain or improve the quality of life, and reduce unnecessary hospital bed occupation or prevent long-term institutional care.

Home health services are provided to patients in their own living spaces with the necessary equipment to improve their current health levels and bring them to optimal levels. Home health services are a type of service that tries to keep the patient in the social life they live in, and where services deemed appropriate by experts in different branches (psychiatrist-psychologist, general surgeon, wound care specialist, dentist, physical therapist, neurologist, nurse, health officer, etc.) are provided to the patient and their family through an interdisciplinary teamwork (Kurt, M. E. et al., 2019).

1.1. Definition

Home healthcare can be defined as the provision of healthcare services to patients in their living environment by trained professionals (physicians, nurses, etc.). It offers a personalized approach to care that is tailored to the individual's living environment and specific needs and preferences (National Association for Home Care & Hospice (a), 2025). Healthcare professionals can provide a wide range of support, from intermittent trained nursing services to activities of daily living.

1.2. Scope of Services

The range of services provided within home health care is both broad and can be adjusted to the patient's individual needs. The service categories provided within the scope of the service are as follows:

- 1.2.1. **Skilled Nursing Care:** This includes medically necessary services provided by professional nurses for home health services. Examples include; wound care, medication administration (including injections or intravenous treatments), vital sign monitoring, disease management education, and postoperative care (MedlinePlus, 2025).
- 1.2.2. **Therapeutic Services:** Provided by professional therapists to help patients regain or improve their physical, occupational, and communication skills in order to return to social life. This includes physical therapy for physical mobility and pain control, occupational therapy for daily activities, and speech and language therapy for communication and swallowing disorders (Mayo Clinic (a), 2025).
- 1.2.3. **Home Health Aide Services:** Provides individual care assistance with activities such as bathing, dressing, personal care, toileting-hygiene, and simple housework, thanks to professional nursing assistants. They also provide

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