

# The Key Differences: Assisted Living Vs. In-Home Care

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Make the choice that's right for you. Many people assume assisted living and in-home care are interchangeable solutions for similar needs. While an aging loved one may benefit from either, the differences between the two are important to consider.

## What is In-Home Care?

In-home care is when a caregiver is hired to come directly to your or a loved one's home to help with daily activities and routines. This option is for someone who would like to remain in the comfort of their home while receiving the help and services they need. It is important to take a look at the individual's safety at home, their financials, and their current dependence on family caregivers when considering in-home care.



## What is Assisted Living?

Assisted Living offers seniors the support they need in a community filled with engaging resources and active lifestyle opportunities. Along with assistance with daily tasks like dressing, medication management, home upkeep and meal preparation, an assisted living community usually offers additional services like 24/7 emergency response, transportation and community activities.

## Cost

The cost of care can be daunting to consider, but you shouldn't allow financial concerns undue influence in important care decisions for your loved ones. How much you pay often depends on where you live and what level of care is needed. Data from Genworth's Cost of Care Survey shows that, on average, full-time assisted living care is the cheapest, while the cost of in-home care can grow over time and end up costing more than assisted living.

## Social Activities

As we age, it's important to socialize with others. Whether it's with family, friends or caregivers, socialization is proven to benefit your physical and mental health. While in-home care can lead to friendships with caregivers, assisted living provides a range of activities and group outings that will allow you to form many new friendships.

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## Safety & Security

Safety is important no matter where you live. Most assisted living communities provide security and 24-hour personal care services. In-home care can be safe as well but may require more effort, especially with multiple modifications to the home. Whether it's putting in stair lifts or installing a medical alert system, these safety features can be crucial to a senior's safety.

## Level of Care

In-home care can give you a personalized, more intimate approach to care, but it is also important to know whether the caregiver has the experience and adaptability required to identify changing needs and adjust to address them. Assisted living can provide seniors with an increase or decrease in care as needed, which prevents family members from worrying if or when changes in care are needed.

If you are interested in learning more about assisted living at Covenant Living, visit our website at [CovLiving.org](https://www.covliving.org) to schedule a virtual tour and see how much our residents enjoy the assisted living lifestyle!