



Short Term Care

Short-term care can be thought of as “recovery care” because the end goal of it is to fully recover from illness/injury and return home after.

Though short-term care is often given in a nursing home when it is “short-term care,” it’s referred to as a “skilled nursing facility” - this can be because skilled nursing is often in a wing of a nursing home, but the patients are not residents of the home.

Short-term care will revolve around *temporary* services like physical therapy, wound care, occupational therapy, etc., in order to provide a quick and effective recovery.

Home healthcare plans and other short-term care plans can help relieve some of the costs associated with this sort of care, whether the individual decides to recover at home or in a facility.

Long Term Care

Long-term care is designed to help those needing care beyond a short recovery period. The services will focus more on quality of life for a longer period rather than recovery from an illness or injury.

Long-term care will help with daily activities of living, as well as medical assistance, and can be received at home or in a facility like nursing homes or assisted living facilities. Regardless of where the care is received, it often includes help with cooking and meal preparation, medical care maintenance, bathing, getting dressed, using the bathroom, etc.

Long-term care plans can help cover the costs that are associated with these services so the focus can remain on the health of the individual rather than the cost of care.