

# Home Care – More than ADL & IADL's

Home Care is a range of supportive services provided in the comfort of one's own home, focusing on assistance with daily living activities and companionship, rather than medical care.

[apexcare.com](http://apexcare.com)

Home Care services are provided by caregivers who may be family, friends, or professional caregivers that work for Home Care Organizations such as ApexCare. Caregiving services are often grouped into two (2) types of activities:

1. Activities of Daily Living (ADLs)

and

2. Instrumental Activities of Daily Living (IADLs).

ADLs are basic self-care tasks that are essential to survival. IADLs are more complex tasks that require planning and organization. They are not essential for survival, but they are necessary for living independently in the community.

Feature	ADLs	IADLs
Definition	Basic self-care tasks	More complex tasks that require planning and organization
Examples	Bathing, dressing, eating, toileting, transferring, continence	Preparing meals, managing transportation, shopping, managing finances, taking medications, housekeeping, using the phone
Importance	Essential for survival	Important for living independently in the community

Home Care goes beyond mere assistance with ADL and IADL tasks. It's a holistic approach to maintaining independence and well-being within the familiar walls of home. Home Care can enrich lives and empower individuals to live life on their own terms:



#### Increased Independence and Control:

Remaining in familiar surroundings and maintaining daily routines fosters a sense of control and autonomy.



#### Improved Physical and Mental Health:

Regular assistance with ADLs can lead to better physical health and reduced stress, contributing to overall well-being.



#### Enhanced Quality of Life:

Social interaction, mental stimulation, and continued engagement lead to a richer and more fulfilling experience.



#### Reduced Stress on Family Caregivers:

Knowing their loved ones are receiving quality care and companionship provides peace of mind to family members.



#### Delay or Prevent Institutionalization:

Home care can help individuals avoid or postpone the need for assisted living facilities, promoting independence.



Home Care is an investment in well-being and independence. It's about aging with dignity, surrounded by support and care, in the comfort of the place called home.



Contact Us! (877) 707-9111  
[info@apexcare.com](mailto:info@apexcare.com)  
[www.apexcare.com](http://www.apexcare.com)