Research

Primer on Long Term Care

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Long-term care (LTC) is the assistance given to patients who are chronically disabled or functionally impaired. LTC is distinguished from post-acute care, in that it is not skilled nursing or rehabilitative care. LTC provides the assistance with tasks the care-recipient cannot perform independently, or in the case of mental impairment, provides supervision to ensure safety. LTC providers help the care-recipient with Activities of Daily Living (ADLs), which are necessary activities like dressing, eating, using the bathroom, and bathing. These providers may also assist with Instrumental Activities of Daily Living (IADLs) such as grocery shopping, meal preparation, house cleaning, and financial management.