



## Long-term Care and Support Services

Long-term support services can be classified into five categories:

1. **Institutional residences** that offer accommodation and a comprehensive package of support services to perform basic and instrumental activities of daily life. They usually include nursing and more complex health services, which is why they are oriented towards people with a high degree of dependency.
2. **Home services** that are designed so that the dependent person remains in his or her community and does not have to move to a residence. They usually focus on people with a medium or low level of dependency, and are generally delivered by way of a personal assistant, although other aspects of support for chores and food delivery can also be included.
3. **Day centers** that provide a comprehensive package of services during certain hours of the day without including accommodation, so that they complement home care. Generally, the centers focus on preventive and recreational activities and not on providing support for activities of daily living. For this reason, the target population is independent or with low dependency.
4. **Tele-assistance**, which consists of the application of information technologies to constantly monitor
5. **Finally, there are services to support family members** who help persons in a status of dependency carry out activities of daily living. This category includes training services and respite services focused on ways to temporarily relieve the caregiver.



The “Un Granito de Arena” institutional residence in Mexico City

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Most countries with long-term support systems include a combination of these services. There is a generalized tendency to decrease the use of services in institutions in favor of home care, supported by the lower cost of the latter and the preference of people to stay in their homes. However, institutional services play an important role in a comprehensive system and may be the most appropriate for some people with severe dependence, even reaching economies of scale that are not achieved with services in the home.



The “Fundación Héctor Velez y de la Rosa” day center in Mexico City

The profile of the current degree of dependence of the population and projections for the future are essential to define the optimal combination of a system’s support services.

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