

Long-Term Care Models in Geriatric Nursing: A Comparative Analysis and Recommendations for Optimal Care

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Abstract

This review examines long-term care models in geriatric nursing and their implications for the aging population. Three primary models — home care, nursing home care, and community care — are compared and evaluated. The importance of a person-centered approach, care coordination, technology integration, and supporting family caregivers is emphasized. The review highlights the significance of geriatric nursing in providing effective and compassionate long-term care for the elderly.

Keywords: geriatric nursing, long-term care models, home care, nursing home care, community care, family caregivers

1. Introduction

1.1 Aging Population and the Growing Need for Long-Term Care

The 21st century has seen a significant increase in global life expectancy due to advances in medical care and improved living conditions. However, this demographic shift has brought new challenges, particularly in geriatric care. As the global population ages, the demand for long-term care services for the elderly has surged. The World Health Organization (WHO) predicts that the number of people aged 60 years and older will double by 2050, with individuals aged 80 years or older expected to reach 426 million. (World Health Organization, 2022) This aging population necessitates effective and comprehensive long-term care models to address their unique needs and complexities.

Accompanying the aging population is an increase in chronic illnesses and age-related conditions. Conditions like Alzheimer's disease, cardiovascular diseases, and osteoarthritis are prevalent among the elderly, leading to a higher demand for ongoing medical attention and support with daily activities. (Jaul, E., & Barron, J, 2017) As a result, healthcare systems are developing innovative care models to meet the evolving needs of the elderly.

1.2 Significance of Long-Term Care Models in Geriatric Nursing

Long-term care models in geriatric nursing are vital for ensuring the health, safety, and quality of life of the elderly who require continuous care. These models offer a range of services, from daily living assistance to complex medical interventions, addressing the multifaceted needs of the elderly population. (National Institute on Aging, 2017)

One key strength of long-term care models is their flexibility in providing personalized care plans tailored to individual preferences. Home care, nursing home care, and community care are the primary models used to serve the elderly, each offering distinct features and benefits. Understanding the strengths and limitations of these models is critical for healthcare providers and policymakers to ensure appropriate care and support for the

elderly based on their unique needs and circumstances.

1.3 Aim and Objectives of the Review

The primary aim of this comprehensive review is to compare and evaluate the three primary long-term care models in geriatric nursing: home care, nursing home care, and community care. By conducting a comparative analysis, this review seeks to shed light on the distinctive features and effectiveness of each model in addressing the physical, emotional, and social needs of the elderly population.

The objectives of the review are as follows:

- ✧ To identify the key similarities and differences among home care, nursing home care, and community care in terms of service delivery, quality of care, and cost-effectiveness.
- ✧ To assess the effectiveness of each long-term care model in meeting the physical, emotional, and social needs of the elderly.
- ✧ To analyze the impact of each care model on both care recipients and their caregivers, including family members and healthcare professionals.
- ✧ To provide recommendations and best practices for optimizing long-term care provision for the elderly, taking into consideration the unique challenges and opportunities associated with each care model.

2. Overview of Long-Term Care Models

2.1 Home Care for the Elderly

Home care is a popular and widely utilized long-term care model that emphasizes providing personalized and comprehensive support to the elderly in the comfort of their own homes. This care model is particularly appealing to the elderly who wish to remain in familiar surroundings and maintain a sense of independence and autonomy as they age. Home care services are delivered by trained caregivers, including certified nursing assistants, home health aides, and skilled nurses, depending on the specific needs of the individual. (Kimberly B. McLain, Erin K. O'Hara-Leslie & Andrea C. Wade, n.d.)

Home care services encompass a broad range of assistance, including help with activities of daily living (ADLs) such as bathing, dressing, grooming, and eating. Caregivers also assist with medication management, ensuring that the elderly take their prescribed medications on time and in the correct dosages. (Committee on Family Caregiving for Older Adults; Board on Health Care Services; Health and Medicine Division; National Academies of Sciences, Engineering, and Medicine; Schulz R, Eden J. (Eds), 2016) Home care can involve light housekeeping tasks, grocery shopping, meal preparation, and transportation to medical appointments or social activities.

One of the primary benefits of home care is its ability to be customized to meet the unique needs and preferences of each individual. The personalized nature of home care allows the elderly to receive one-on-one attention and care tailored to their specific medical conditions and lifestyles. (Coulter, A., & Oldham, J., 2016) This personalized approach fosters a strong caregiver-patient relationship, promoting emotional well-being and trust between the elderly and their caregiver.

Home care also provides a sense of familiarity and comfort, which can have a positive impact on the overall well-being of the elderly. Being surrounded by familiar belongings and memories can reduce stress and anxiety, contributing to a more content and relaxed state of mind for the elderly. (From The Heart Home Care, 2023)

2.2 Nursing Home Care for the Elderly

Nursing home care, also known as skilled nursing facilities or residential care homes, is designed for the elderly who require round-the-clock medical care and supervision. This long-term care model is well-suited for the elderly with complex medical needs, cognitive impairments, or physical limitations that prevent them from living independently or safely at home. (Viktor Berg, 2023)

Nursing homes are staffed with skilled nurses, licensed practical nurses, and certified nursing assistants who provide a higher level of medical care and attention compared to home care services. (Institute of Medicine (US) Committee on the Adequacy of Nursing Staff in Hospitals and Nursing Homes; Wunderlich GS, Sloan F, Davis CK. (Eds), 1996) The comprehensive medical care offered in nursing homes includes medication management, wound care, physical therapy, occupational therapy, and specialized treatments for chronic conditions.

Medical care, nursing homes provide assistance with activities of daily living, such as dressing, grooming, and toileting, to ensure that residents' basic needs are met. Nursing homes often offer recreational and social activities to enhance residents' quality of life and provide opportunities for social engagement and interaction with peers.

Nursing home care can be particularly beneficial for the elderly with complex medical conditions that require

ongoing monitoring and management. The round-the-clock presence of medical staff ensures that the elderly receive immediate attention and care when needed. Nursing homes provide a safe and secure environment, reducing the risks of accidents and injuries that may occur in home settings.

The decision to move to a nursing home can be emotionally challenging for both the elderly and their family members. The elderly may experience feelings of loss and disorientation when transitioning from their homes to a new living environment. Therefore, it is crucial for caregivers and family members to communicate openly with the elderly and involve them in the decision-making process to address their concerns and preferences.

2.3 Community Care for the Elderly

Community-based long-term care services are designed to support the elderly living in the community and promote their independence and social engagement. These services are typically offered through community centers, senior centers, adult daycare programs, and other community-based organizations.

Community care programs aim to prevent social isolation and loneliness among the elderly by providing opportunities for social interaction and participation in recreational and educational activities. These programs also offer transportation services to help the elderly access medical appointments, grocery stores, and community events. (Siegler, E. L., Lama, S. D., Knight, M. G., Laureano, E., & Reid, M. C., 2015)

Community care services may include respite care, which provides temporary relief to family caregivers who need a break from their caregiving responsibilities. Respite care allows family caregivers to rest and recharge while ensuring that their loved ones receive the care and attention they need.

Community care plays a vital role in supporting the elderly who wish to remain living in their own homes while accessing essential services and resources within their local communities. These programs promote active aging and enhance the overall well-being and quality of life of the elderly.

3. Comparative Analysis of Long-Term Care Models

3.1 Key Similarities and Differences Among Home Care, Nursing Home Care, and Community Care

Each long-term care model offers distinct advantages and caters to the different needs of the elderly population. Understanding the key similarities and differences between these models is essential for making informed decisions about the most suitable care option for each individual.

3.1.1 Similarities Among Home Care, Nursing Home Care, and Community Care

Despite their unique characteristics, all long-term care models share some common objectives. These include providing assistance with activities of daily living, ensuring the safety and well-being of the elderly, promoting their social engagement, and addressing their healthcare needs. All three models strive to enhance the quality of life for the elderly and maintain their dignity and autonomy.

All long-term care models recognize the importance of person-centered care, where the individual's preferences, values, and needs are at the center of care planning and delivery. Whether in a home care setting, nursing home, or community program, the focus is on tailoring services to the unique circumstances and desires of the elderly.

3.1.2 Differences Among Home Care, Nursing Home Care, and Community Care

Home Care: As mentioned earlier, home care allows the elderly to receive personalized care and support in the familiar and comfortable environment of their own homes. Caregivers visit the elderly's residence on a scheduled basis to provide assistance with daily tasks and medical needs. This model is ideal for individuals who wish to age in place and maintain a sense of independence.

Nursing Home Care: Nursing homes are residential facilities that provide 24/7 medical care and supervision to the elderly with complex medical needs. These facilities are equipped with skilled nursing staff and healthcare professionals who can manage chronic conditions and provide intensive medical support. Nursing home care is suitable for the elderly who require constant medical attention and assistance with activities of daily living beyond what can be provided at home.

Community Care: Community-based long-term care programs are designed to support the elderly living in the community and prevent social isolation. These programs offer a range of social, recreational, and educational activities to promote social interaction and well-being. Community care may include adult daycare centers, senior centers, transportation services, and respite care options for family caregivers.

Cost is another significant difference among these models. Home care can be cost-effective compared to nursing home care, especially for the elderly who do not require round-the-clock medical supervision. Nursing home care tends to be the most expensive option due to the comprehensive medical services and staffing required.

3.2 Effectiveness in Addressing the Physical, Emotional, and Social Needs of the Elderly

Each long-term care model has unique strengths in addressing the specific needs of the elderly population:

Home Care: Home care has been associated with improved emotional well-being for the elderly. Being in a familiar environment surrounded by cherished possessions and memories can reduce feelings of anxiety and depression. Home care also allows the elderly to maintain their daily routines and engage in activities they enjoy, contributing to a greater sense of purpose and happiness. (Amedisys, n.d.)

Personalized attention from caregivers can create strong emotional bonds, leading to increased feelings of companionship and social connection. The one-on-one care provided in a home setting fosters a deeper level of trust and understanding between the caregiver and the elderly.

Home care may have limitations in addressing complex medical needs, as it often relies on scheduled visits from caregivers rather than continuous medical supervision.

Nursing Home Care: Nursing homes excel in providing comprehensive medical care and support for the elderly with complex health conditions. Skilled nursing staff, including registered nurses and licensed practical nurses, are available around the clock to monitor and manage chronic illnesses, administer medications, and respond to medical emergencies promptly.

Nursing home residents have access to a range of specialized services, such as physical therapy, occupational therapy, and wound care, all under one roof. This level of medical support can be vital for the elderly with multiple chronic conditions or those recovering from surgeries or hospital stays.

Nursing homes may be less effective in addressing emotional and social needs. Residents may experience feelings of loneliness or isolation due to the institutional setting and limited opportunities for social interaction. Maintaining connections with family and friends may require additional effort, and feelings of detachment from their former community can lead to emotional distress. (Naik MHSc, P., & Ueland PhD, V. I., 2020)

Community Care: Community-based long-term care programs play a significant role in promoting social interaction and reducing feelings of isolation among the elderly. Participating in group activities and social events at community centers or senior day care programs can enhance social engagement and provide a sense of belonging.

Community care programs also encourage the elderly to stay active and involved in their communities, which can contribute to better emotional well-being and a more positive outlook on life.

Community care may not provide the same level of medical support as home care or nursing homes. The elderly with complex medical needs may need to rely on additional home care services or family support to meet their healthcare requirements.

3.3 Assessing the Impact of Each Model on Care Recipients and Caregivers

The choice of a long-term care model can significantly impact both care recipients and their caregivers:

Home Care: Home care can provide family caregivers with much-needed relief from the physical and emotional burdens of constant caregiving. By entrusting the care of their loved ones to trained caregivers, family members can find time to rest, work, or engage in personal activities.

Home care allows family caregivers to remain involved in the care of their loved ones and play an active role in decision-making. This involvement can lead to a sense of fulfillment and satisfaction in providing support to their aging family members. (Mishra, N., Datti, R. S., Tewari, A., & Sirisety, M, 2023)

Depending on the level of care required, home care may require significant involvement from family members in coordinating services and ensuring the elderly's well-being. Family caregivers may need to manage schedules, arrange for additional medical support, and communicate with caregivers regularly.

Nursing Home Care: Nursing homes can offer family caregivers peace of mind, knowing that their loved ones receive constant medical supervision and professional care. Nursing homes can accommodate the elderly with complex medical needs or those requiring specialized attention that may be challenging to provide at home. (Debra Bakerjian, 2022)

Placing a loved one in a nursing home can lead to feelings of guilt or separation for family members. The decision to move a family member to a nursing home can be emotionally challenging and may prompt feelings of concern for their well-being. (Su-Hye Kwon MSN, Young-Sook Tae PhD, 2012)

Community Care: Community care programs, such as adult day care centers and senior centers, can provide family caregivers with respite care options. Participating in community-based programs allows the elderly to engage in social activities while their caregivers take a break from their caregiving responsibilities.

Community care may require family caregivers to coordinate transportation to and from the programs, as well as ensure the elderly's safety and well-being during their time away.

Each long-term care model offers unique benefits and challenges for both care recipients and caregivers. The

choice of a care model should be based on the individual's medical needs, personal preferences, and family support system. For some elderly, a combination of these models may lead to the best overall outcomes, combining the advantages of personalized attention, comprehensive medical care, and social engagement. As the elderly population continues to grow, it is essential to continually assess and improve long-term care models to meet the diverse needs of the elderly and support their well-being and quality of life.

4. Best Practices and Recommendations for Optimal Long-Term Care

4.1 Integrating a Person-Centered Approach in All Long-Term Care Models

A person-centered approach lies at the heart of delivering effective long-term care to the elderly. It emphasizes treating each individual with dignity, respect, and empathy while recognizing their unique needs, preferences, and goals. By placing the person at the center of the care process, long-term care providers can create a more meaningful and personalized experience for the elderly. (The Health Foundation, 2016)

To integrate a person-centered approach into all long-term care models, several strategies can be employed. Comprehensive assessments should be conducted to understand the specific needs and desires of the elderly. This involves engaging in open and honest conversations with the individual and their family members to gain insights into their medical conditions, social preferences, and lifestyle choices. Based on this information, care plans can be tailored to address their physical, emotional, and social well-being effectively. (Coulter, A., & Oldham, J, 2016)

Empowering the elderly to actively participate in decision-making regarding their care is crucial. This means involving them in the planning process, seeking their input on daily routines, and respecting their choices regarding their lifestyle and activities. By giving the elderly a sense of control and autonomy, they are more likely to feel satisfied and content with their care.

Fostering strong caregiver-patient relationships is fundamental to a person-centered approach. Caregivers should be encouraged to develop a deeper understanding of their patients, their life histories, and their preferences. This can be achieved through regular interactions and active listening, creating a bond based on trust and mutual respect. When caregivers truly know the individual, they are caring for, they can provide more meaningful and compassionate support.

4.2 Enhancing Care Coordination and Communication Among Healthcare Providers

Seamless coordination and communication among healthcare providers, family caregivers, and other stakeholders are vital components of optimal long-term care. As the elderly often receive care from multiple providers across different settings, effective communication is essential to ensure that everyone involved in the care process is informed and working together towards common goals.

One effective way to enhance care coordination is through the use of electronic health records (EHRs). EHR systems enable healthcare providers to access a patient's medical information, treatment plans, and test results, facilitating collaboration and preventing duplication of services. When all members of the care team have access to the same information, they can make more informed decisions and provide coordinated care. (Burton, L. C., Anderson, G. F., & Kues, I. W, 2004)

Regular care conferences can also be organized to bring together healthcare providers, family caregivers, and the elderly themselves. These conferences provide an opportunity to discuss the care plan, address any concerns or questions, and ensure that everyone is on the same page regarding the individual's care needs and goals.

Clear communication channels should be established to facilitate ongoing communication between all parties involved in the care of the elderly. This can be achieved through phone calls, email updates, or secure messaging platforms. Regular check-ins and updates can help identify any changes in the individual's condition and ensure that care plans are adjusted as needed.

4.3 Strengthening Family Support and Involvement in Long-Term Care

Family members play a crucial role in the long-term care journey of the elderly. They often serve as primary caregivers, providing emotional support and assisting with daily activities. Recognizing and supporting family caregivers is essential for ensuring the well-being of both the caregiver and the elderly. (Committee on Family Caregiving for Older Adults; Board on Health Care Services; Health and Medicine Division; National Academies of Sciences, Engineering, and Medicine; Schulz R, Eden J. (Eds), 2016)

One way to strengthen family support is by providing education and training for family caregivers. This can include workshops on topics such as medication management, fall prevention, and strategies for managing caregiver stress. By equipping family caregivers with the knowledge and skills they need, they can feel more confident and capable in their caregiving role. (McAtee, R. E., Spradley, L., Tobey, L., Thomasson, W., Azhar, G., & Mercado, C, 2021)

Respite care services can also be offered to family caregivers to give them a break from their caregiving responsibilities. Respite care provides temporary relief and support, allowing family caregivers to rest and recharge. This can help prevent caregiver burnout and ensure that they can continue to provide quality care to their loved ones. (HELPGUIDE.ORG, 2023)

Involving family members in care planning and decision-making is essential for fostering a collaborative care environment. (Coulter, A., Entwistle, V. A., Eccles, A., Ryan, S., Shepperd, S., & Perera, R, 2015) Family caregivers often have valuable insights into the elderly's preferences, habits, and medical history, which can inform the development of more personalized care plans.

By acknowledging and valuing the contributions of family caregivers, long-term care providers can build strong partnerships with families, leading to more effective and compassionate care for the elderly.

5. Implications for Geriatric Nursing and Future Developments

5.1 Challenges and Opportunities in Long-Term Care Provision

Geriatric nursing plays a critical role in providing long-term care to the elderly, but it also faces several challenges that impact the quality and accessibility of care. One significant challenge is the shortage of geriatric nursing professionals. (Terry Fulmer PhD, RN, FAAN, 2020) As the elderly population continues to grow, there is an increasing demand for skilled geriatric nurses, but the workforce is struggling to keep up with this demand. Addressing this shortage requires efforts to attract more nurses to specialize in geriatric care through incentives, scholarships, and educational programs focused on geriatric nursing.

Funding limitations also pose a challenge to long-term care provision. Adequate resources are necessary to provide high-quality care, support innovative programs, and invest in technology. Advocating for increased funding for long-term care services can help ensure that the elderly receive the support and resources they need to age with dignity and independence.

The increasing complexity of care needs among the elderly presents a challenge for geriatric nursing. (Demiris, G., Hodgson, N. A., Sefcik, J. S., Travers, J. L., McPhillips, M. V., & Naylor, M. D, 2020) Many elderly have multiple chronic conditions and complex medical needs, requiring specialized care and coordination among healthcare providers. Interdisciplinary collaboration and care coordination is crucial in addressing these complex needs, and geriatric nurses can play a central role in coordinating care across different settings and healthcare providers.

Despite these challenges, there are also opportunities for improvement and innovation in long-term care provision. One opportunity lies in expanding home care services and implementing technology-based solutions to support aging in place. By enhancing home care options and integrating telemedicine and remote monitoring technologies, the elderly can receive more personalized and accessible care in the comfort of their own homes. This approach can lead to improved health outcomes, reduced healthcare costs, and increased patient satisfaction.

There is an opportunity to focus on preventive care and wellness promotion in geriatric nursing. Proactive measures, such as regular health screenings, fall prevention programs, and nutrition counseling, can help the elderly maintain their health and independence for longer periods.

5.2 The Role of Technology in Advancing Long-Term Care

Advancements in technology have the potential to revolutionize long-term care for the elderly. Telemedicine, for example, enables healthcare providers to conduct virtual consultations and monitor patients remotely. This technology can be particularly beneficial for the elderly who may have difficulty traveling to medical appointments or live in rural areas with limited access to healthcare facilities. By leveraging telemedicine, geriatric nurses can provide timely and convenient care to their patients, improving access to healthcare services. (Haleem, A., Javaid, M., Singh, R. P., & Suman, R, 2021)

Remote monitoring devices, such as wearable health trackers and smart home technologies, also play a significant role in long-term care. (Moore, K., O'Shea, E., Kenny, L., Barton, J., Tedesco, S., Sica, M., Crowe, C., Alamäki, A., Condell, J., Nordström, A., & Timmons, S, 2021) These devices can collect vital health data and track changes in the elderly's health status, allowing healthcare providers to detect potential issues early and intervene promptly. Geriatric nurses can use this data to monitor their patients' health and well-being, providing proactive care and reducing the risk of hospitalizations.

Assistive devices and technologies can also enhance the safety and independence of the elderly. Devices like mobility aids, medication reminders, and fall detection systems can help the elderly maintain their autonomy and reduce the risk of accidents or injuries. (Vince Baiera, 2022)

It is essential to address potential barriers to technology adoption among the elderly, such as digital literacy, cost,

and accessibility. Geriatric nurses can play a crucial role in educating the elderly about the benefits of technology and providing support in using these devices effectively.

5.3 Innovations in Geriatric Nursing Education and Training

As the field of geriatric nursing continues to evolve, education and training programs must adapt to meet the changing needs of the aging population. Geriatric nursing education should focus on preparing nurses to provide person-centered care that considers the individual's unique needs, preferences, and goals. Understanding the aging process, geriatric syndromes, and age-related changes in physiology are essential for delivering effective care to the elderly.

Interdisciplinary collaboration is another critical aspect of geriatric nursing education. Geriatric nurses often work alongside other healthcare professionals, including physicians, social workers, physical therapists, and occupational therapists, to deliver comprehensive care to the elderly. Teaching students the value of interdisciplinary teamwork and providing opportunities for interprofessional learning can enhance the quality and coordination of care provided to the elderly.

Integrating technology education into geriatric nursing programs is essential. Future geriatric nurses should be proficient in using telemedicine, electronic health records, remote monitoring devices, and other assistive technologies to provide high-quality care.

Continuing education and professional development opportunities are also crucial for geriatric nurses to stay updated on the latest best practices and evidence-based approaches in long-term care. Offering workshops, seminars, and online courses can help geriatric nurses enhance their knowledge and skills and keep pace with advancements in the field.

5.4 Future Directions and Research Opportunities

Future research in geriatric nursing should focus on evaluating the effectiveness of different long-term care models in improving health outcomes, enhancing quality of life, and promoting aging in place. Comparative studies that assess the impact of home care, nursing home care, and community care on the elderly's physical, emotional, and social well-being can provide valuable insights for optimizing long-term care provision.

The impact of person-centered care on care outcomes should also be a focus of future research. Studies that examine the association between person-centered care and patient satisfaction, adherence to treatment plans, and healthcare utilization can provide evidence for the benefits of adopting this approach in geriatric nursing.

Research on the role of technology in supporting the elderly's independence and well-being is essential. Studies that explore the effectiveness of telemedicine, remote monitoring devices, and assistive technologies in managing chronic conditions, preventing hospitalizations, and reducing healthcare costs can inform the integration of technology into long-term care models.

Supporting family caregivers is another area that warrants further research. Investigating interventions and support programs for family caregivers can help improve their well-being and resilience, ensuring that they can continue to provide quality care to their loved ones.

Geriatric nursing faces challenges and opportunities in providing optimal long-term care for the elderly. By integrating a person-centered approach, leveraging technology, investing in geriatric nursing education, and conducting research to inform evidence-based practice, geriatric nurses can contribute to enhancing the quality of care provided to the aging population. As the field of geriatric nursing continues to evolve, ongoing efforts to improve long-term care models and support family caregivers are essential to meet the diverse needs of the elderly and enhance their overall well-being and quality of life.

6. Conclusion

6.1 Summary of the Main Points Discussed

In this review, we delved into the significance of long-term care models in geriatric nursing, focusing on home care, nursing home care, and community care. Each of these models caters to the unique needs and preferences of the elderly, offering various levels of care and services to support their health and well-being.

Home care emerged as a popular choice for the elderly who wish to age in place and receive personalized attention in the comfort of their homes. The provision of assistance with daily activities, medication management, and emotional support fosters a strong caregiver-patient relationship, promoting better health outcomes and improved quality of life.

Nursing home care, provides round-the-clock medical attention and supervision for elderly with complex medical needs or cognitive impairments. While nursing homes offer comprehensive medical care and support, the transition to such facilities may present challenges for both the elderly and their families, necessitating careful consideration and communication.

Community care programs play a vital role in preventing social isolation and loneliness among the elderly. By providing opportunities for social interaction, recreational activities, and transportation assistance, community care enhances the overall well-being and quality of life of the elderly living in the community.

6.2 The Significance of Long-Term Care Models in Geriatric Nursing

Long-term care models are of paramount importance in geriatric nursing due to the aging global population and the increasing need for specialized care. The elderly population is diverse in terms of health conditions, functional abilities, and social support, making it imperative to offer a range of long-term care options. By providing tailored care and services, geriatric nurses can address the unique needs and preferences of each individual, promoting positive health outcomes and overall well-being.

Long-term care models contribute to empowering the elderly to maintain their independence and dignity. By offering support and assistance in daily living activities, medical management, and social engagement, these care models foster a sense of autonomy and control over one's life, which is vital for promoting mental and emotional well-being in the elderly.

6.3 Recommendations for Improving Long-Term Care Provision for the Elderly

To enhance long-term care provision for the elderly, several key recommendations should be considered. Adopting a person-centered approach across all long-term care models is crucial. By recognizing the individuality of each senior and involving them in care planning and decision-making, geriatric nurses can provide care that aligns with the person's preferences and goals.

Promoting effective care coordination and communication among healthcare providers, family caregivers, and community organizations is essential. Seamless collaboration ensures that the elderly receive comprehensive and continuous care, minimizing medical errors and optimizing health outcomes.

Supporting family caregivers is equally important, as they play a central role in the long-term care journey of the elderly. Providing education, respite services, and emotional support to family caregivers can help alleviate the challenges and burdens associated with caregiving, enabling them to provide better care to their loved ones.

Leveraging technology and integrating it into long-term care models can lead to significant improvements in care delivery. Telemedicine, remote monitoring devices, and assistive technologies can enhance access to care, facilitate communication, and empower the elderly to manage their health effectively.

This review contributes to the understanding of long-term care models in geriatric nursing and provides valuable insights for healthcare providers, policymakers, and researchers. By emphasizing person-centered care, promoting interdisciplinary collaboration, and supporting family caregivers, we can optimize long-term care provision for the elderly, ensuring they receive the comprehensive and compassionate care they deserve. As the aging population continues to grow, ongoing efforts to improve long-term care models and implement innovative solutions are essential to meet the evolving needs of the elderly and enhance their overall well-being and quality of life.

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