

How Telehealth Has Transformed Senior Care

Access to quality health care for seniors is imperative to their quality of life.

Since the start of the COVID-19 epidemic, telehealthcare has proved effective in [resolving 84.0%–86.7% of visits](#) in the elderly population.

It has transformed senior care by providing seniors with the ability to stay in their homes. They can also receive care from anywhere.

This has helped improve health outcomes, reduce caregiver burden, and reduce the cost of healthcare for seniors.

Do you struggle with limited mobility? Do you find it difficult to attend regular doctor visits? Are you sick and don't think you could make it in to see a doctor?

Keep reading to learn more about how telehealth is changing senior care.

What Is Telehealth?

Telehealth is using technology to provide healthcare services. It happens at a distance. This can include using videoconferencing, the internet, and phone calls to provide care.

Telehealth provides services to patients in their homes or in long-term care facilities. It can also provide services to patients who are unable to travel or who live in rural areas.

Telehealth is usually provided by healthcare professionals, such as doctors and nurses. Physicians can use telehealth via videoconferencing to speak with patients.

They also have the ability to examine them through special technologies. These include virtual exams, remote assessments of injuries or illnesses, and follow-ups.

Senior Care Benefits of Telehealth

Telehealth can help the elderly get the treatment they need without having to travel. This can help them avoid lengthy and inconvenient trips.

Telehealth can improve health outcomes. It also gives them a greater sense of independence.

Many elderly care facilities and private homes have begun integrating telehealth.

This has led to the creation of senior living centers, called wellness centers. They offer senior-specific healthcare services. Including telehealth care for physical therapy, geriatric mental health treatment, and routine checkups.

Senior care telehealth providers offer a combination of telehealth and senior healthcare services.

Reduces Caregiver Burden

The use of telehealth technologies can help reduce the burden on caregivers.

This is because it allows caregivers to more easily connect with healthcare professionals. It also provides a way for seniors to get the care they need without having to leave their homes.

Caregivers can also use telehealth to track the health of their elderly loved ones and provide them with support and reassurance.

Reduces Healthcare Costs

Telehealth costs less than going to the doctor in person. It also makes it easier for seniors to get healthcare.

Caregivers can communicate with providers remotely avoiding unnecessary and costly doctor appointments.

A study done by The American Journal of Emergency Medicine shows a [net cost savings of \\$19-\\$121](#) per emergency telemedicine visit.

There is a possibility this number could continue to increase as more people begin to use it.

How to Get Started With Telehealth

If you have a senior loved one that is struggling with mobility or needs care, telehealth could help.

Contact us for more information on how to get started with telehealth and learn about the various ways it can help your senior family member maintain their independence as they age.