

Home-Based Care Improves Mental Health and Well-Being in Older Adults

A [new study](#) published in *Health Economics* shows that for older adults with functional limitations, home remains the best place to receive care. Publicly funded home-based care significantly improves their mental health and overall well-being.

As the number of older people needing help with daily activities is rising, ensuring access to affordable, high-quality home-based care is key to maintaining quality of life.

A new study Dr. Ludovico Carrino (Triste University), Dr. Erica Reinhard (King's College London), and Professor Mauricio Avendano (Unisanté, LCHE, University of Lausanne) examined the impact of publicly funded home care on the mental health and well-being of older adults. Using data from the Survey of Health, Ageing and Retirement in Europe (SHARE) from 2004 to 2017, the study exploits variations in eligibility rules and policies for home-based care across Belgium, France, Germany, and Spain.

Key Findings

Reduced depressive symptoms

Older adults receiving home-based care report significantly fewer depressive symptoms and are less likely to experience clinically significant depression risk.

Greater independence and control

Access to home-based care improves quality of life by increasing autonomy.

Lower risk of loneliness

Receiving care at home reduces social isolation and feelings of loneliness.

Conclusion

The study findings suggest that expanding public investment and broadening eligibility for home-based care can significantly improve the well-being of older persons with limitations.

Reference

Carrino, L., Reinhard, E. and Avendano, M. (2025). *There Is No Place Like Home: The Impact of Public Home-Based Care on the Mental Health and Well-Being of Older People*. Health Economics.

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