



### 3. 结果

### 3.1 居家康养的主要应用场景与服务模式

居家康养服务涵盖智能紧急救助、智能餐饮、智能医疗、智能清洁、智能娱乐等五大核心场景，其中紧急救助、餐饮和医疗服务权重最高 2

20 。社区居家康养服务对慢病管理、康复护理、心理慰藉、社会参与等非严肃医疗场景有显著促进作用。

### 3.2 技术短板与「下脖子」问题

主要技术瓶颈包括：设备互联互通性差、数据安全与隐私保护不足、老人不易用性差、服务标准化与质量评价体系不完善、专业人才短缺等 2 3 5

9 10 24 41。智能穿戴、远程监测、AI辅助决策等技术虽有应用，但在大规模推广和用户接受度上仍面临障碍 1 4 7 17 27。

### 3.3 创新空白与未满足需求

创新空白主要体现在：精神慰藉、社会参与、康复训练、家庭互助、跨代技术支持、数字健康素养提升等领域 5  9 13 16 18  20

30. 如社区互助养老平台、基于AI的健康管理、数字化康复训练、心理健康与陪伴服务等尚处于探索阶段，缺乏成熟落地模式 16 18  20

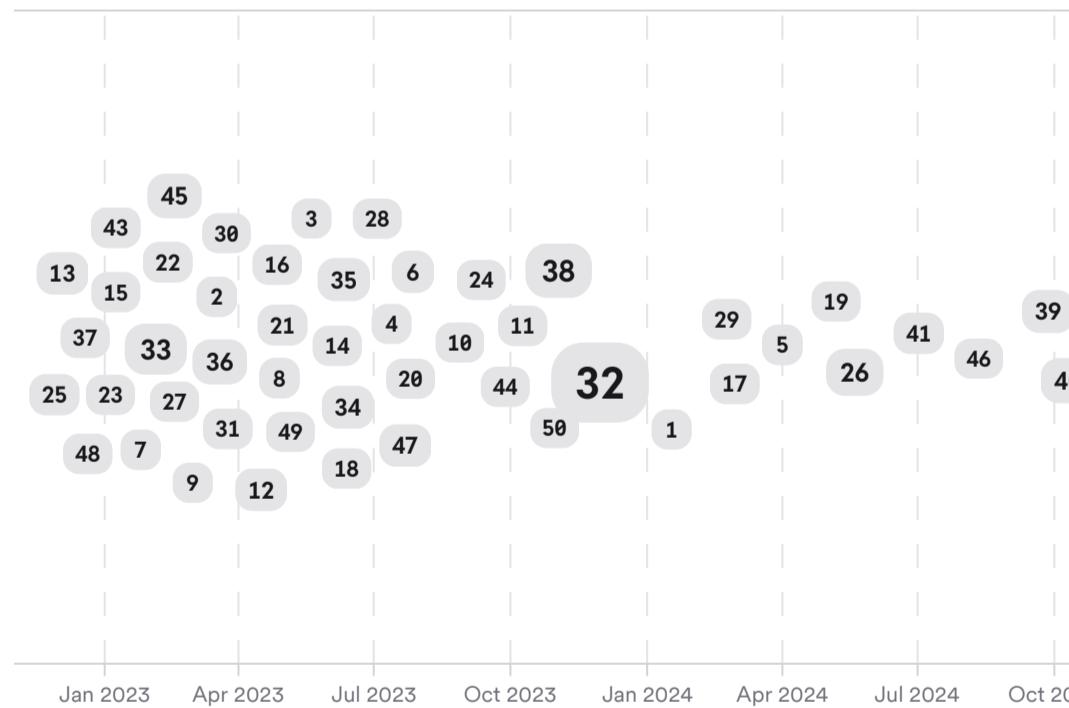
30 °

### 3.4 非严肃医疗可落地场景

慢病管理（如高血压、糖尿病）、康复护理、健康促进、心理慰藉、社会参与、远程健康咨询、家庭护理培训、跌倒预警与防护、居家环境改造等均为非严肃医疗的典型落地场景 1 8  11 14 16 18  20 23

+2 MORE。数字健康干预、可穿戴设备、虚拟医院、社区互助平台等新兴模式为这些场景提供了技术和服务支撑。

## 结果时间线



**FIGURE 2** 居家康养领域关键技术与创新场景研究的时间分布。较大标记表示被引用次数较多。

### 主要贡献者

Type	Name	Papers
 Authors	Zhenyu Wang	<span>20</span> 1 paper
	Chengmin Zhou	<span>5</span> 1 paper
	He Jiang	<span>8</span> 1 paper

FIGURE 3 居家康养领域高频作者与期刊分布。

#### 4. 讨论

当前居家康养领域在智能化、数字化转型中取得积极进展，但“卡脖子”技术瓶颈依然突出，主要体现在设备互联互通、数据安全、老年人友好性、服务标准化等方面 2 3 5 9 10 24

41。创新空白领域如精神慰藉、社会参与、数字健康素养提升等尚未形成成熟的服务模式和技术解决方案

5 9 13 16 18 20

30。非严肃医疗场景（如慢病管理、康复护理、心理慰藉等）在居家康养中的落地潜力巨大，但需加强多学科协作、政策支持和用户参与

8 11 14 16 18 20 23 27

+1 MORE。未来应重点突破智能设备易用性、数据互通、服务标准化、人才培养等关键环节，推动创新服务模式和技术在实际场景中的落地应用。

#### 主要观点与证据表

Claim	Evidence Strength	Reasoning
智能紧急救助、餐饮、医疗是居家康养核心场景	 Strong	多项实证与专家共识 究权重分配明确
设备互联互通、数据安全、易用性是主要技术短板	 Strong	多文献定性与定量分 反复提及
精神慰藉、社会参与等创新空白领域亟需突破	 Moderate	用户需求调研与政策 析均有反映
非严肃医疗场景（慢病管理、康复护理等）落地潜力大	 Moderate	实证研究与政策导向 致
智能穿戴、虚拟医院等新兴模式应用有限	 Moderate	现有应用案例少，用 接受度有待提升
居家康养服务标准化、人才短缺问题突出	 Moderate	政策与行业报告多次 及

FIGURE 4 居家康养领域主要观点与证据支持表

#### 5. 结论

居家康养领域在智能化、数字化转型中取得积极进展，但仍面临技术短板、创新空白和服务落地等多重挑战。未来需聚焦设备互联互通、数据安全、老年人友好性、精神慰藉与社会参与等创新领域，推动非严肃医疗场景的广泛落地，提升老年人健康与生活质量。

##### 5.1 研究空白

主题/场景	技术标准化	智能穿戴
智能紧急救助	5	2

FIGURE 5 居家康养领域研究主题与技术/服务属性的空白分布矩阵

## 5.2 开放性研究问题

未来研究应聚焦智能设备易用性、精神慰藉与社会参与创新、服务标准化等方向，推动多学科协作和用户参与。

问题	Why
如何提升智能设备在老年人群体中的易用性和接受度？	设备易用性直接影响老年人实际使用率，是智能康养服务落地的关键瓶颈。
如何构建面向精神慰藉和社会参与的创新服务模式？	精神慰藉和社会参与是老年人健康的重要维度，当前服务模式和技术支持不足。
如何实现居家康养服务的标准话与多元主体协作？	标准化和协作有助于提升服务质量、降低成本、促进创新模式规模化推广。

FIGURE 6 居家康养领域未来研究开放性问题表

综上，居家康养领域需突破技术短板、填补创新空白，推动非严肃医疗场景的广泛落地，实现老年人健康与幸福生活的目标。

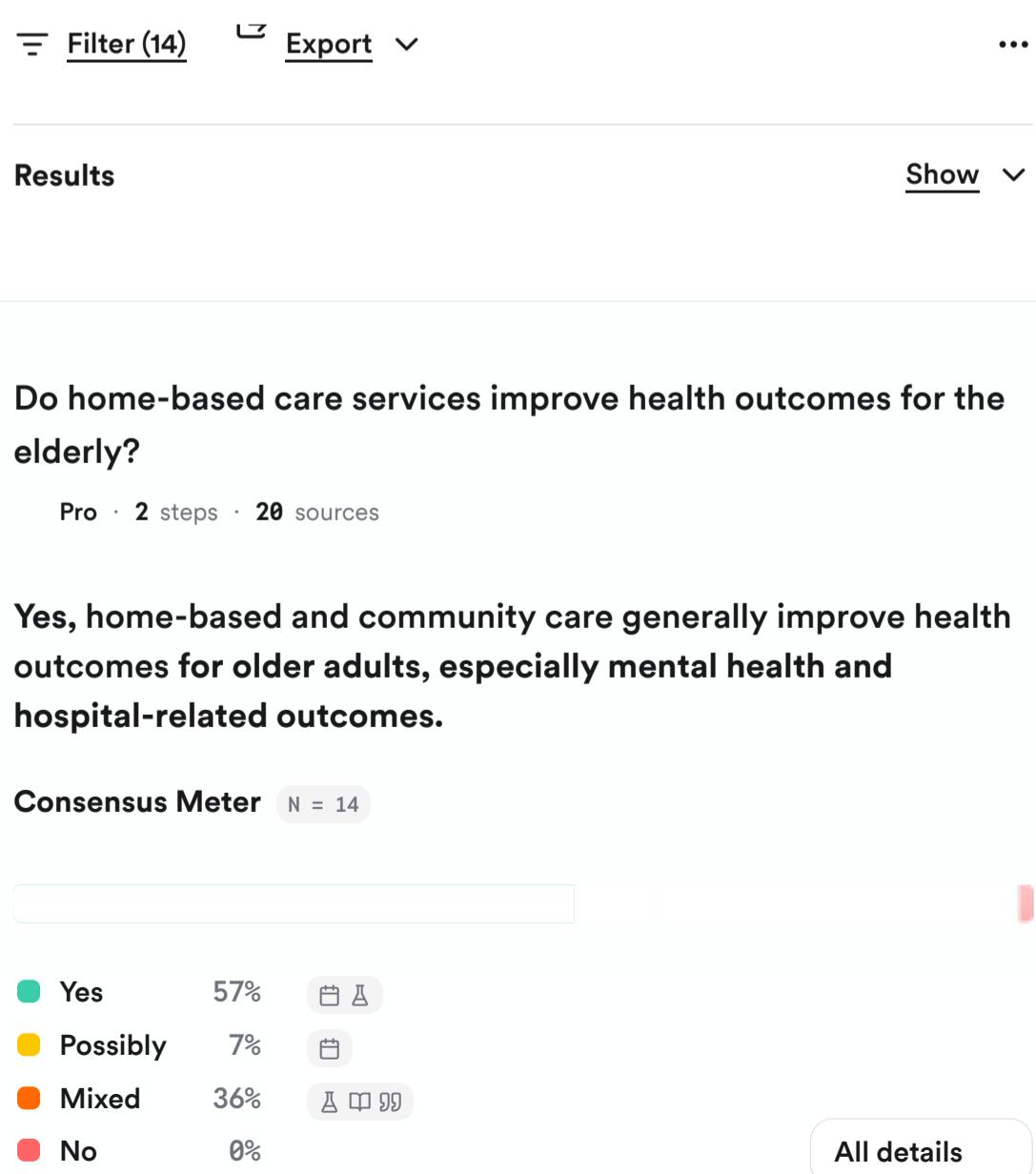


FIGURE 1 Overall research consensus on benefits of home care

## Overall effects

- A 2024 meta-analysis of home- and community-based services (HCBS) found a **strong positive effect on mental health** ( $r \approx 0.53$ ) and a small, non-significant effect on physical health ( $r \approx 0.08$ ) in older adults [1](#).
- A 2024 scoping review concluded HCBS are **consistently associated with better health outcomes**, including improved physical and mental health and **fewer hospitalizations** [15](#).
- An umbrella review of home healthcare interventions (20 reviews, >3.1M participants) reported gains in **functional ability, reduced readmissions, and higher satisfaction**, though effects vary by program type and population [10](#).

## Mental health, cognition, and well-being

- Public home-based care **reduces depressive symptoms and loneliness and improves quality of life** in European older adults, using quasi-causal methods [2](#).
- In China, home and community care lowered depression scores, improved **cognitive function**, life satisfaction, and social participation [3](#) [4](#) [14](#).
- Mixed formal + family care leads to **better self-rated health, mobility, and lower depression** than family care alone [5](#) [20](#).

## Physical health and healthcare use

- Home and community care modestly **improves or maintains physical health** (+2.9% probability) and is particularly beneficial for those aged 60–79 and with low socioeconomic status [3](#).
- Interdisciplinary home care for older adults with chronic disease **reduces hospital admissions** in the first 6 months ( $RR \approx 0.73$ ) [8](#).
- HCBS use among disabled elders **reduces hospitalization risk, length of stay, and inpatient costs**, likely via better physical and psychological health [18](#).
- Integrated home-based primary care in Taiwan reduced ED visits, hospitalizations, and inpatient days over 12 months [11](#).

## What's still mixed or context-dependent?

- Effects on **long-term physical function, mortality, and institutionalization** are smaller or inconsistent across reviews [1](#) [6](#) [8](#).
- Benefits depend strongly on **service quality, intensity, and access**; low-quality or poorly controlled home care can worsen outcomes such as depression [6](#) [7](#) [14](#).

## Conclusion

Across multiple countries and study designs, home-based and community care are linked to better mental health, some improvements in physical and functional outcomes, and reduced hospital use for older adults, especially when services are well-coordinated, interdisciplinary, and combined with family support.

[Filter](#) [Export](#) [...](#)

[GET A LIT REVIEW](#) · Do home-based care services improve health... [↑](#)

[CONSENSUS METER](#) · Do interdisciplinary home care teams enhanc... [↑](#)

Home-based elderly care benefits [↑](#)

## ↓ Results

## Results

## 1 The Impact of Home- and Community-Based Services on the Health of Older Adults: A Meta-Analysis

\* MIXED

KEY TAKEAWAY · Home- and Community-Based Services positively impact the mental health of older adults, reducing depression and improving overall well-being, but do not prevent physical function decline as people age.

## META-ANALYSIS

 2024 · 3 citations · Xuanru Lyu et al.

## 2 There Is No Place Like Home: The Impact of Public Home-Based Care on the Mental Health and Well-Being...

✓ YES

KEY TAKEAWAY · Public home-based care significantly reduces depressive symptoms and loneliness risk in older adults, improving their quality of life and promoting better mental health outcomes.

## OBSERVATIONAL STUDY

 2025 · 2 citations · Ludovico Carrino et al.

## 3 Effect of the Use of Home and Community Care Services on the Multidimensional Health of Older Adults

✓ YES

KEY TAKEAWAY · Using home and community care services significantly improves physical health, reduces depression, and enhances cognitive function and life satisfaction in older adults.

## RIGOROUS JOURNAL

 2022 · 15 citations · Qun Wang et al.

## 4 The impact of using community home-based elderly care services on older adults' self-reported health: fresh...

✓ YES

KEY TAKEAWAY · Using community home-based elderly care services significantly improves older adults' self-reported health, with the "social network effect" and "family care effect" being key influence channels.

## OBSERVATIONAL STUDY

 2023 · 27 citations · Yang He et al.

## 5 HOME-BASED CARE AND PATIENT OUTCOMES: DOES THE DELIVERY TEAM MATTER?

\* MIXED

KEY TAKEAWAY · Having both formal and informal care leads to higher self-reported health outcomes, while only formal care worsens mental health outcomes compared to informal care alone.

## SYSTEMATIC REVIEW

 2023 · 0 citations · J. Bowblis et al.

## 6 Impact of home care versus alternative locations of care on elder health outcomes: an overview of...

-- UNKNOWN

KEY TAKEAWAY · Home support interventions for community dwelling elders show positive health impacts compared to independent living at home, but the impact of alternative care locations on elder health remains insufficiently studied.

2017 · 87 citations · L. Boland et al.

7 **Home Care for the Elderly: An Integrated Approach to Perception, Quality of Life, and Cognition** — POSSIBLY

KEY TAKEAWAY · Home care for the elderly can provide a comprehensive approach and continuous assistance, emphasizing personalized care based on perceived and clinical differences.

OBSERVATIONAL STUDY

 2024 · 10 citations · Luís Eduardo Genaro et al.

8 **Effectiveness of an interdisciplinary home care approach for older adults with chronic conditions: A...** \* MIXED

KEY TAKEAWAY · Interdisciplinary home care reduces hospital admissions in older adults with chronic conditions, but has limited effects on quality of life and mortality.

META-ANALYSIS

 2024 · 5 citations · Tomoko Kamei et al.

9 **The Impact of Intelligent Medical Systems Combined with Interdisciplinary Care Teams on Home-Based...** ✓ YES

KEY TAKEAWAY · The intelligent medical-elderly care integration model significantly improves quality of life and reduces care dependency for homebound elderly, offering valuable insights for elderly care service optimization.

RCT

 2025 · 0 citations · Chong Song et al.

10 **Home Healthcare Services and Interventions for Older Adults: An Umbrella Review of Systematic Reviews and...** ✓ YES

KEY TAKEAWAY · Home healthcare interventions for older adults can improve health outcomes and reduce hospital readmissions, but effectiveness varies based on intervention type, delivery model, and population.

SYSTEMATIC REVIEW

 2025 · 2 citations · Areej Al-Hamad et al.

11 **The Impact of Integrated Home-Based Primary Care on Continuity and Outcomes of Care Among the...** ✓ YES

KEY TAKEAWAY · The integrated home-based primary care (iHBPC) program in Taiwan improved continuity and outcomes of care for homebound older adults by enhancing accessibility, comprehensiveness, and coordination of healthcare.

 2025 · 0 citations · Meng-Tse Li et al.

12 **Digital home care interventions and quality of primary care for older adults: a scoping review** -- UNKNOWN

KEY TAKEAWAY · Digital health interventions can improve home-based primary care for older adults, but require digital literacy, technological infrastructure, and caregiver involvement for equitable implementation.

SYSTEMATIC REVIEW

 2024 · 16 citations · Ísis de Siqueira Silva et al.

13 **Impact of Home Care Services on Patient and Economic Outcomes: A Targeted Review**

-- UNKNOWN

KEY TAKEAWAY · Home-based services and Patient Support Programs positively impact patient adherence, satisfaction, and quality of life, while also leading to substantial cost savings.

LITERATURE REVIEW

2021 · 27 citations · I. Lizano-Díez et al.

14 **Community home elderly care services, multidimensional health and social participation of...**

-- UNKNOWN

KEY TAKEAWAY · Community home elderly care services promote social participation among chronically ill elderly, with a tendency to reduce economic participation and increase voluntary and political participation.

OBSERVATIONAL STUDY

2023 · 32 citations · He Jiang et al.

15 **A SCOPING REVIEW OF HOME AND COMMUNITY-BASED SERVICES AND OLDER ADULTS' HEALTH...**

✓ YES

KEY TAKEAWAY · Home and community-based services improve physical and mental health in older adults, but access is lower for Black and Asian individuals and their health outcomes are worse due to neighborhood factors.

SYSTEMATIC REVIEW

2024 · 2 citations · Seon Kim

16 **Effects of home-based long-term care services on caregiver health according to age**

\* MIXED

KEY TAKEAWAY · Home-based long-term care services improve the health of elderly caregivers, but may negatively impact the health of caregivers aged less than 65 years.

OBSERVATIONAL STUDY

2017 · 38 citations · Ming-Chun Chen et al.

17 **Monitoring utilisation patterns of home- and community-based services for healthy ageing: a...**

-- UNKNOWN

KEY TAKEAWAY · Home- and community-based services for healthy aging are not fully utilized, with factors like age, family support, economic status, and community type influencing their use.

OBSERVATIONAL STUDY

2025 · 2 citations · Wusi Zhou et al.

18 **Does home and community-based services use reduce hospital utilization and hospital expenditure among...**

✓ YES

KEY TAKEAWAY · Home and community-based services significantly reduce hospital utilization and expenditure among disabled elders, improving their physical and psychological health.

OBSERVATIONAL STUDY

2023 · 5 citations · Yanling Yi et al.

19 **Service evaluation comparing Acute Care at Home for older people service and conventional service within...**

\* MIXED

KEY TAKEAWAY · Acute Care at Home services are safe and cost-effective alternatives to traditional hospital services for older adults, reducing length of stay and costs while preventing functional decline.

OBSERVATIONAL STUDY

2021 · 12 citations · Barry Tierney et al.

20 Home-Based Care Outcomes: Does the Care Provider Matter?

-- UNKNOWN

KEY TAKEAWAY · Having both formal and family care leads to better self-rated health, mobility, and lower depression compared to receiving family care only.

OBSERVATIONAL STUDY

2025 · 2 citations · Norma B. Coe et al.

[Load more results ▾](#)

Ask a follow up...

Pro

Sources

Filter

