

Home Sweet Healthcare: Why the Best Care Setting Is Outside the Clinic

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For decades, healthcare centered on physical locations – clinics, hospitals, examination rooms, and the like.

If you needed treatment, you went to the care. Patients endured long waiting lines, lingered in lobbies, and hoped their providers could address their issues within the allotted time of an in-office visit.

Today, however, healthcare's focal point is shifting. For the modern patient, the most meaningful venue for healthcare isn't the hospital; it's the home.

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Delivering care at home isn't a lesser option; it's a forward-thinking redesign. This approach is more humane, individualized, and aligned with people's real lives.

It recognizes that health doesn't start when patients walk into a facility. It begins the moment they wake up, eat, exercise, or connect with someone. Increasingly, health-support systems are extending into those everyday moments in patients' homes, lives, and routines.

We know that older Americans prefer to age in place in their homes because they have repeatedly told us so in surveys. For example, a recent AARP survey found that 75% of adults 50 and older wish to remain in their homes as they age. Similarly, a 2024 survey from RedFin found that 78% of older American homeowners plan to stay in their current homes as they age.

For the vast majority of Americans, receiving care in their own homes strongly aligns with their personal preferences.

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A technology-driven transition

Recent advances in technology have made the shift toward home care more feasible. With just a connected device and reliable internet, or even simply a smartphone, patients can now receive primary care, manage chronic illnesses, access mental health support, and consult with specialists without stepping outside their homes.

However, home care goes beyond substituting office visits with video chats. It represents a reimaging of care delivery, centering it around the person to make it more seamless, accessible, and integrated.

For example, remote patient monitoring (RPM) has progressed to the point where numerous chronic conditions can be effectively managed from home. For instance, someone living with heart failure can weigh themselves each morning using a smart scale. Their readings are instantly sent to a system that identifies patterns and notifies healthcare providers if attention is required. No need for phone calls, scheduling, or waiting. Just prompt, relevant responses that feel supportive rather than intrusive.

At the same time, wearables, motion detectors, voice-activated assistants, and smart home systems allow caregivers to monitor aging parents or at-risk family members without compromising their independence.

These technologies enable capabilities once limited to care facilities, such as fall alerts, reminders to take medications, monitoring of daily habits, and detecting emotional shifts. When care adapts to an individual's everyday life, it becomes something that fosters confidence instead of fear.

Significantly, providing care beyond the traditional clinic setting helps eliminate many longstanding systemic obstacles. Challenges such as transportation difficulties, limited mobility, lack of paid leave, and childcare responsibilities may lead individuals to skip appointments. By bringing care directly to them, adherence increases, disparities lessen, and health outcomes improve.

An emphasis on privacy and a change in perception

Protecting privacy and ensuring informed consent are essential to the success of home care. As more data is generated from in-home systems, it becomes increasingly important for individuals to understand how their information is being collected, used, and safeguarded. Clear communication and openness strengthen trust, and in virtual care, trust is everything

Equally important is shifting perceptions around clinic-free care. Virtual services have often been viewed as short-term fixes or fallback options when in-person visits aren't possible. That mindset needs to evolve.

When implemented thoughtfully, virtual first care can provide comparable or even superior outcomes, greater accessibility, and deeper patient-provider connections. The objective isn't to replace physical clinics, but to use them purposefully and build smart alternatives for when they aren't required.

The outcome is a more flexible healthcare infrastructure, which can adapt to shifting demographics, financial challenges, and public health demands. It's a system that holds steady in the face of a pandemic, extending care to those often overlooked, easing the burden on those under strain, and embedding resilience into everyday routines.

Conclusion

The transition from clinic-based care to home-centered models represents a pivotal evolution in healthcare. No longer confined to physical buildings, care can now meet people where they are – in their own homes and on their own terms. Empowered by technology, patients can access a wide range of services, from primary care to specialist consultations, while maintaining autonomy and comfort.

Tools like remote monitoring and smart home integrations have not only increased convenience but also reduced the barriers that often prevent people from seeking or sticking with care, especially among older adults who overwhelmingly prefer to age in place. When thoughtfully executed, virtual-first care can lead to better outcomes, stronger relationships, and a system more adaptable to demographic shifts, economic pressures, and public health emergencies.

Photo: laflor, Getty Images



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Kent Dicks is a leading innovator in digital health and CEO of Life365, a virtual-first care company revolutionizing care delivery and access with its scalable remote patient monitoring (RPM) and intelligent digital therapeutics platform. This post appears through the **MedCity Influencers** program. Anyone can publish their perspective on business and innovation in healthcare on MedCity News through MedCity Influencers. [Click here to find out how.](#)