Our mission at Home Care Assistance is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in daily care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults.

- **Daily Care Experts.** We specialize in around the clock care to help seniors live well at home.
- **Available 24/7.** Care managers are on call for clients and their families, even during nights and weekends.
- **High Caliber Caregivers.** We hire only 1 in 25 applicants and provide ongoing training and supervision.
- **Balanced Care.** Our unique approach to care promotes healthy mind, body and spirit.
- **Cognitive Therapeutics.** Our proprietary cognitive stimulation program addresses cognitive decline, building on our expertise in brain health.
- **No Long Term Contracts.** Use our services only as long as you’re 100% satisfied.
- **A Trusted Partner.** We’re honored to be Preferred Providers for professionals in both the medical and senior communities.
- **Peace of Mind.** Independent industry surveys place our client satisfaction rate at 97%.

Talking to Your Parents About Home Care

Guidelines for facilitating in-home care for your aging parents

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Talking to Your Parents About Home Care

At Home Care Assistance, we have helped thousands of families navigate the difficult waters of aging. We create personalized care plans for seniors so they receive the lifestyle assistance, personal care and companionship that is suited to their needs while maintaining as much independence as possible.

Our framework for an open and honest discussion about home care can help you and your loved ones recognize the need for care and understand how it can positively impact your lives.

7 Ideas to Allow Your Parent to Accept Help

Your aging parent may resist or refuse help for valid reasons, such as habit, pride, privacy or cost. If you expect resistance, try these tips to shift the conversation from “giving help” to “accepting help.”

1. Let the person achieve something on their own. Even tying shoelaces can be tricky. Limited vision, reduced hand-eye coordination and stiff joints can make the routine difficult. If several attempts are unsuccessful, say something like, “I’ll get those laces tied for you”.

2. Reframe questions to statements. In the previous example, if you asked the question “Can I tie your shoelaces for you?” you may well hear “No.” Letting the person try, and then “pitching in” may be more productive.

3. Approach your parent with a united front. Approaching the situation with siblings or other family members may help. When multiple people are saying the same thing, your parents may be more willing to accept it.

4. Provide viable options when requesting anything. With driving, an alternative may be for a family member to drive them where they need to go. They could also use a seniors’ driving service, such as GoGoGrandparent, call a taxicab, or catch public transit.

5. Go slow and start early. Accept the fact that some changes may be a long time coming. Start with small offers of help and grow from there; chances are better that you will be successful. The earlier you begin these conversations, the better.

6. Take your time with anything new. Book a few days of home care first as an experiment. By offering less, it’s harder for someone to refuse. This can get your foot in the door and you can add more from there.

7. Involve a doctor. If the resistance remains too strong, call for backup. Your parents may be more open to a doctor’s recommendation. Let their doctor discuss those awkward topics, instead of you.

How Can Home Care Help You?

A caregiver can be a tremendous source of support for seniors as they age. Home Care Assistance caregivers can provide support for all activities of daily living, including bathing, grooming, dressing, ambulating, household tasks, meal preparation and transportation. They also provide companionship, encourage mental and physical stimulation and promote independence and overall wellness. Caregivers are available for a few hours every day or around-the-clock, depending on each client’s individual needs. Our care plans at Home Care Assistance are tailored specifically to the circumstance and we have trained caregivers for various situations including older adults who are transitioning from the hospital, recovering from a stroke or a major medical procedure, or managing chronic conditions such as Alzheimer’s, Parkinson’s or diabetes.

Arranging a Family Meeting to Discuss Aging

At Home Care Assistance, we recommend a family meeting with your loved ones to discuss your parents’ care needs. It is critical to set an agenda and address all the difficult questions associated with aging, but it is even more important to understand how every family member feels about the various care options.

• What are the signs of aging and what do they mean for your parent? Perhaps you notice that mom has trouble remembering recent events, or that dad’s meals are now limited to canned foods. It could be that one of them experienced a recent fall. Either way, it is important to be upfront and communicate your concerns; help your parents understand why you’re worried about them and give them an opportunity to share their own concerns with you.

• Do your parents prefer to age at home like 9 out of 10 seniors do? Home care provides a solution that serves as a comprehensive alternative to an assisted living facility or nursing home. Care plans are personalized so your parents can receive care for a few hours a day or around the clock, depending on their needs.

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Focus on the advantages: your parents can continue to age comfortably at home, they will receive personalized attention from the caregiver and the cost can be lower than facility care.

• What concerns has aging presented for each involved party? For your parents, it may be a fear of dependence or frailty or mortality. For you or your siblings, it may be feeling overwhelmed at the prospect of caregiving, or worried at the thought of your parents being alone in an emergency. It is important for everyone to communicate and address their concerns to prevent fear from overwhelming the conversation.

• What is most important to your parents? It could be safety, or independence, or cost. Many of our parents simply don’t want to become a burden to us as they age. Draft a list of tasks that you or your siblings would have to take on without additional support. Make sure you communicate clearly so as to arrive at an informed and collective family decision.

Most important, make sure that you listen carefully to what your parents share with you. Maybe you’re only able to introduce the possibility of home care and they need time to accept it, or maybe they recognize the need for home care right away. This is the most important decision of their lives and it is important to respect their choices.

Depending on your family situation, you might consider asking a Home Care Assistance care manager to facilitate your family meeting. We can help ensure that everyone effectively communicates their feelings about home care while addressing questions that arise. We’re happy to help in any way we can – without any obligation.