

Talking To Your Loved One

Discussing Home Care
With Your Loved One





Putting Together A Plan

Some suggested methods to deal with resistance are:

- If your loved one's health and/or safety are at issue, say so, and push the discussion forward.
- Involve others, such as clergy, physicians or a geriatric care manager.
- Use community resources, like Meals on Wheels or free consultations with a home care agency, to help everyone ease into the "care at home" process.
- Focus on your loved one's issues, not just the concerns of others. They will be much more accepting if you both share similar wishes and concerns.



Communication is KEY

It's wise to have the family discuss care prior to having the loved one attend a family meeting on the subject. This gives the family an opportunity to get on the same page, which will help to show your loved one that all of you are concerned about similar issues.

Persuading Your Elder Parent(s) to Choose Home Care

How do you help your elderly loved one get past their family customs and cultural beliefs to accept assistance in her home?

How do you tell your loved one that you and your siblings are concerned about them living alone at home? How do you help them keep their independence without interfering in their life or making decisions for them?

These are issues that will not go away with time. To the contrary, it will behoove everyone involved to be proactive about such difficult topics. With advance planning and straight-forward discussions, the problemsolving process actually can work well, but it will take some concentrated effort by you, your siblings, and your loved one.





Approaching The Difficult Subject That Your Loved One May Need Home Care.

Many of the conversations you will have with your loved one's behalf may be emotionally laden, and must be handled thoughtfully.

Here are some things to remember :

- Your loved one must be the focus of all discussions and be totally involved (assuming their mental capabilities are up to the task).
- Voice your opinions using "I" statements.
- Have a clear topic for every discussion.
- Be assertive about your thoughts.
- Be respectful of your loved one's opinions.
- Realize it may take some time and several conversations to come to a consensus.
- Avoid blaming others or using "You" statements.
- Don't try to accomplish too much in one conversation.
- Anticipate the difficulty in persuading your loved one and reassure them of the freedoms home care will provide them.
- Discuss the option of a free, non-committal, in-home consultation with a Gifted Hands caregiver to aid in the decision making process.

Make Life Easier

Serving the Coastal Bend Community

- Bathing Assistance
- Dressing Assistance
- Assistance with Walking
- Medication Reminders
- Perform Errands and Shopping
- Light Housekeeping
- Meal Preparation
- Friendly Companionship
- Flexible Hourly Care
- Respite Care for Families
- 24-Hour Care Available



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