

Is it Time for the Talk?

Most seniors want to live as independently as possible and may have difficulty admitting they need help. While the decision might be clear to you, they may need some time to acknowledge the benefits from home care services.

Talking to a Senior About Accepting Help!

Talking to a loved one about the possibility of needing help with activities of daily living, such as bathing, cooking, shopping, or cleaning, is never easy. Be compassionate and empathetic, and follow the tips below…

Be Direct	Try to avoid beating around the bush but speak with a respectful tone. You may know what's best, but they may not be ready to admit they need help. Don't take it personally. • Take a list of your concerns and review them. • Share your feelings about how safety concerns are affecting you.
Use Appropriate Assertiveness	The topics you discuss are likely going to be emotional. To help avoid defensiveness, use "I" statements to voice your concerns. For example, instead of saying, "You smell really bad," say, "I'm concerned you are having difficulty getting in and out of the bath-tub safely." Focus on your feelings and specific concerns rather than their deficiencies.
Listen to Their Concerns	Everyone wants to be heard and feel like their feelings are valid. Allow the person to respond to your worries and concerns without being judgmental or blaming. Acknowledge that you hear and appreciate their feelings. Say things like, "I know you're angry with me right now, but I feel confident we can work through this together."
Provide Concrete Options	Provide options for resolving your concerns. Paint the picture of what help looks like and how it will benefit them. Be sure they know that they will be involved in the process. Remind them that you are a team with the same goal – their health and safety.

Our care manager helps guide you as you support your loved one's desire to age in place. We coordinate with you to assist your senior…

- ✔ Personal care: Bathing, Dressing, Toileting
- ✔ Medication Reminders
- ✔ Meal Planning & Preparation
- ✔ Light Housekeeping
- ✔ Laundry & Changing Linens
- ✔ Companionship

Call today to learn more about how we can help you walk the talk!

Caring for you

Spring County

1-202-555-0128