

## *How To Talk With A Loved One About Home Care*

In-home care starts with a conversation. But it isn't always easy. Here are five principles to keep in mind as you approach this delicate subject.

### » **KNOW THE OPTIONS**

Do you know the difference between homemaker/companion services and personal care? Do you understand the difference between 24/7 care and live-in care? Have you investigated which services are available in your area? Do your research. You don't have to spill everything you know during the conversation with your loved one, but at least you'll have the knowledge you need to take the next steps afterwards.

### » **PROBLEMS CAN BE A PROBLEM**

You know there are safety issues. You know there are risks. But the more you bring them up, the more your loved one is likely to become defensive or shut down. Instead of focusing on the problems you see, share with your loved one how things are affecting you. Like worry or loss of sleep or guilt.

### » **TELL A STORY**

As human beings, we're hardwired to connect to stories. We identify with characters in stories. We empathize. And we're more receptive when we can connect emotionally. So do your homework so you understand what's at stake, but share stories instead of statistics. Maybe a the mom of a church acquaintance had a fall. Or perhaps someone you both know has had a home health aide for many months and loves it. Remember, facts build walls. Stories build trust.

### » **TUNE IN TO WII-FM**

Everyone's favorite radio station is WII-FM: What's In It For Me? When talking with your loved one, focus on what's important to them. For most aging seniors, independence is a given. But what else might be a priority? Home care can help in all sorts of ways, like getting dad to the diner to join his friends for an occasional "chat and chew." Or it can make sure grandma doesn't miss her weekly trip to the beauty shop.

### » **DON'T WAIT**

The best time to talk with an aging loved one about needing help in the home was several years ago. The second best time is right now. Even if you're sure that your loved one needs some degree of in-home care, it may take several conversations until your loved one comes around to the idea.

We hope this serves as a great starting point for the conversations you have ahead of you. If you need further assistance or you just want to know what your options are, call one of our care advisors at **352.441.9441**.