



MAKING MORE POSSIBLE
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DISCUSSING HOMECARE: GUIDELINES

TALKING POINTS FOR DISCUSSING HOMECARE WITH A LOVED ONE

When your loved one needs some assistance, whether it's with everyday activities or highly skilled medical care, it can be devastating. If it's difficult for you to accept the fact that your aging loved one may need support in their home, you can imagine that it won't always be easy for them either. If he/she absolutely needs additional support, addressing the issue of getting help for them is unavoidable, but a positive outcome is not. Approaching a discussion about such a delicate issue with sensitivity and compassion is a necessity, so we've come up with a few talking points to guide you during this time.

- ★ Consider your role. Identify what you are capable of. It's good to have a clear vision going in so you can be prepared.
- ★ If you have the option, in an effort to make this process easier, begin communicating about the future with your loved ones regardless of their age. By opening the lines of communication early on, words like "homecare" or "home healthcare" begin to lose their sting in future conversations. And you may have a better insight into what they want and/or expect.
- ★ And, to that point, ask your loved one what they want and what they need. At what point would they acknowledge that they need help (if at all)?
- ★ Speak hypothetically – if a caregiver were to help him/her, what would they want help with? What are they adamant about refusing help with? This will help your loved one to feel like he/she is in the driver's seat.
- ★ Experts agree that 9 out of 10 parents do not want to burden their children. Let your loved one know that you are their advocate and showing your genuine concern may make these hard decisions easier to make.
- ★ Identify specific examples from your loved one's daily life that are currently challenging and describe how these challenges would be alleviated or removed by bringing in homecare support.
- ★ Let him/her know that your first priority is their health, safety and happiness. Be sure to let them know that it would give you greater peace of mind to know they are being taken care of when you can't be there.

- ★ Emphasize that bringing in a caregiver will not replace visits with family, friends and loved ones. Be sure to reassure him/her that a caregiver can help with the things that loved ones shouldn't need to and can give you more quality time together.
- ★ Introduce your loved one to a representative, if not a caregiver, from your preferred homecare agency so they can get a sense for what type of person may assist them. Ask questions about the type of assistance they should expect to receive.
- ★ And don't just talk to your loved ones. If you have siblings, cousins and other relatives who may have a vested interest in participating, begin talking to them about their capabilities and expectations.

