



Talking With Family and Others About a Loved One's Needs

The time has come to talk to family members and any others close to the family about a loved one's need for home care. The first step is to decide who needs to be present during the discussion. Then you'll need to contact everyone to find out their schedules. Try to arrange a meeting on a day and time that will work for all involved. Be sure everyone who will be a part of the meeting can be there in person, or if some live too far away and can't get there, make sure they can at least participate via video chat or a phone conference.

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Things to Discuss During the meeting

On the day of the meeting, begin by addressing your concerns about the loved one. Let everyone know about the changes you've noticed in your loved one's health and your concerns regarding their safety. This is also the time to suggest getting help for your loved one through in-home care services.

If everyone is in agreement to home care, the following decisions need to be discussed:

- What home care services are needed (e.g. home health care, non-medical care, and/or companionship)
- The approximate cost of those services
- How often your loved one will need home care services (e.g. daily, weekly, monthly, etc.)
- What financial resources are available to help cover the costs

Our information on in-home care costs can help during the conversation on what the home care services will cost. When that's out of the way and it's time to talk about financial resources that can help cover the cost of home care, our guide on financial assistance can be a great resource for everyone.

After the Meeting

Now that you've spoken with family and others, you should be better prepared to sit down and talk with your loved one about home care and the services they will need to continue living safely in their home where they will be happy.

Talking With Your Loved One About In-Home Care

Talking with your loved one about in-home care may not be easy. They may be resistant to the idea for a number of reasons. They could feel as if they would be a burden, they don't like the thought of strangers in their home, they may have a fear of losing their independence, or they just may be stubborn. Whatever their reasons, this list of do's and don'ts will make the conversation easier and be a big help in convincing them to get the help they need.

DO	DON'T
Start the conversation early.	Don't delay. Waiting too long could result in an emergency or their health worsening to the point that they can no longer remain in their home.
Choose the right time. Pick a time of day when you know your loved one is most alert, well rested, and isn't normally distracted by something such as a favorite show on TV they usually watch.	Don't pick a day when you'll be short on time. Also, make sure it's a day when your loved one is in a good mood.
Have a face to face conversation.	Don't use the phone, texting, email, or video chat to talk about this topic. Home care is something that should be discussed in person.
Eliminate all distractions.	Don't be talking on your phone or texting. Turn off your phone as well as the TV. You want your loved one to know they have your full attention.
Explain that an in-home caregiver will help them live independently at their home for as long as possible.	Don't make promises you can't be certain of, such as telling them home care means they'll never have to leave their home.
Eliminate all distractions.	Don't be talking on your phone or texting. Turn off your phone as well as the TV. You want your loved one to know they have your full attention.
Listen to what your loved one wants. Be respectful and let them voice their ideas. This way they feel in control and may not be as resistant.	Don't tell them what to do. If you don't agree, offer options, suggestions, and express your concerns rather than telling them how it's going to be.
Eliminate all distractions.	Don't be talking on your phone or texting. Turn off your phone as well as the TV. You want your loved one to know they have your full attention.
Bring in a trusted professional.	Don't be afraid to reach out for help. Sometimes a family doctor, pastor, good friend, or someone else that your loved one knows and trusts could be just the help you need.