

## **Stubborn, Reluctant, in Denial? Does This Describe Your Aging Parent When it Comes to Accepting Care Assistance?**

(Lakes Region, September 2010) – It is common for those needing assistance with care to feel uncomfortable or even reject the idea of accepting the help of an in-home caregiver.

The presence of an outsider may seem to suggest that family can't (or doesn't want to) take care of a parent's needs. It can also make a senior feel vulnerable and afraid of losing independence.

As professional caregivers, LIVE FREE HOME HEALTH CARE frequently hears the words "stubborn, reluctant, in denial" when the idea of having help in the home is raised with a senior. However, as a concerned family member, you know the best decision is to obtain some help to enhance your parent's safety and welfare.

While it can be uncomfortable to discuss, and your parent might be at a stage in life where the conversation can be difficult, the following tips should help ease the tension and give you a working guide to follow.

1. Introduce the caregiver to the senior before care begins, so the caregiver is not a stranger.
2. If it comes down to a real fear of strangers in the home, consider having the caregiver come the first few times while a family member (or someone the senior trusts) will be at home. Leave for a short time and return. The next time, leave for a bit longer. Repeat this until the senior begins to feel comfortable alone with the caregiver.
3. Find a caregiver who shares some common interests with the senior, whether that is a social connection such as they both belong to the same church or share a common hobby or interest.
4. Find a caregiver with a personality and temperament that complements the senior's personality.
5. Lay out the alternatives (such as a move away from home), which can make the home caregiver situation seem much more attractive.
6. Frame the situation so it's about you rather than the senior. An example would be saying, "I know you are very independent and don't feel you need extra care at home, but I worry a lot about you and this would help me not to worry so much when I'm not able to be here."
7. Start small, and ask the senior to "give it a try." Present the idea as a trial. Have someone come in for one day a week for a few hours, just to vacuum, take out the trash or wash clothes, and then build up to more care if needed.
8. Constant reassurance is necessary. Understanding the senior's fear and vulnerability is necessary in order to cope with the issue. Have serious talks with him or her, and realize the first time may not work. It could take a few months before the senior feels more comfortable with the situation.

Working with an elder care or geriatric care management firm in your area will bring in a neutral third party who can use years of experience to help find the best care solutions for your family and further protect the relationship you have with your aging parent.

For more caregiving tips or information, please contact LIVE FREE HOME HEALTH CARE at 603-217-0149 or visit our website at [www.livefreehomehealthcare.com](http://www.livefreehomehealthcare.com).

Serving the Lakes Region and Central New Hampshire, Live Free Home Health Care, LLC is dedicated to providing top quality care in the comfort of home, wherever home may be. Family owned and operated, Live Free Home Health Care offers a wide range of services, from companion care and assistance with activities of daily living to skilled nursing. All care is supervised and updated by a registered nurse, who is specially trained to watch for new or changing health issues. Whether the need is for short or long term care, Live Free Home Health Care works with each client's physician to provide a continuum of care unparalleled with other agencies, and the compassionate staff promises to treat each client respectfully and like a cherished family member. Live Free Home Health Care also offers medical alert systems to provide extra peace of mind should an emergency care need arise.

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