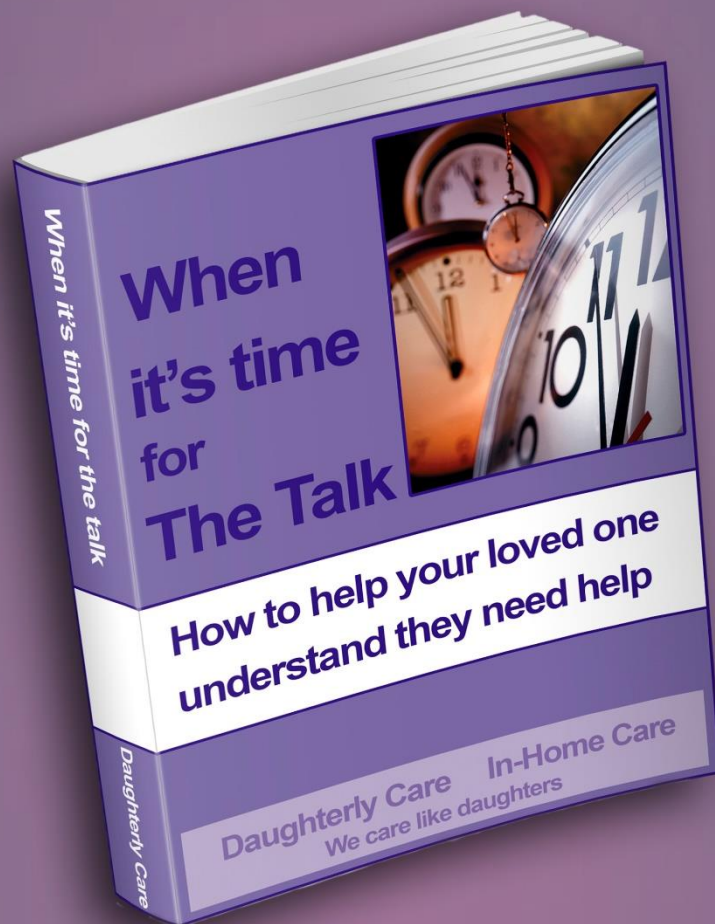


**It can be hard to bring up the subject  
of outside care.**



**With over 17 years experience  
here's what we have found are  
some useful tips.**

# How to explain to your parent(s) they need help



Approaching your loved one and explaining the time has come for them to receive some help caring for themselves can be very challenging.

This is a time when your roles are changing. It is no longer your parent who is making the decisions it needs to be *you*.

This change in family dynamics is not only difficult for the one who needs help but also for the adult child.

Your parent may have been strong, in control and capable all these years, but this is no longer the case. This can be very difficult to come to terms with, sadden you and even leave you feeling somewhat lost.

If your parent also has Dementia the problems are enhanced. Memory loss, delusions, frailty all compound to increase the unsafe feeling that your parent would be feeling.

In over 17 years of assisting the Elders of our community (and their families) come to terms with their changing care needs, we have seen so many different scenarios. We're happy to share some of the suggestions we have found helpful.

So many questions and fears arise for both the adult and the adult child. Very often your parent believes they don't need help so the adult child is left wondering how to approach the fact that things need to change.

Some of the common fears parents have when the topic of outside help is brought up include:

- Fear they are losing their independence
- Fear of growing older and the new challenges that come with ageing
- They may still view you as a child, not as a caregiver, and because of the parent/child relationship, they do not see you as the one to tell them what to do
- They fear they will become a burden or they may want to protect you from worry and an unpleasant situation
- They may think assistance will cost too much, thus impacting how much they can leave for their family in their will
- They may view this as a loss of control

Even though these fears may not be necessary, they may be very real and worrying for your loved one. A lot of compassion, patience and time is required to help your loved one manage these fears. Fear can be overwhelming and impinges on good decision making skills. It makes a person feel very vulnerable and no one enjoys that feeling.

Large doses of re-assurance may be constantly called for until your loved one experiences that the changes are really very positive and enjoyable.

Families who contact us wanting assistance are often in a crisis mode... making major life changing decisions under extreme pressure.

For example, **one very common situation is when their parent has been hospitalized due to an illness or injury and a doctor has told them they need to arrange a place in a Nursing Home for their loved one immediately.**

The adult child can feel overwhelmed, confused and guilty because they are unable to provide the care their parent needs at that time and they don't know where to turn or what to do.

In this case **it's good to know that a Nursing Home is *not* the only option.** All the care that can be given in a Nursing Home can be provided by *Daughterly Care*. In fact we are able to offer much better care as our care workers provide one-on-one personalised care in the familiar surroundings of the person's own home.

Dehydration, malnutrition and poor personal hygiene is common in so many facilities. High resident to carer ratios are prevalent in Nursing Homes so it is not uncommon for residents to miss out on the personal care they enjoy and need.

The fear of having to leave their own home, their safe haven, can cause enormous stress for anyone but particularly the elderly and especially those living with Dementia. *Daughterly Care* helps people stay at home their entire life, safely and joyfully. Familiar surrounds, smells, routine and nutritious food all combine to relax an individual and reduce healing time from injury.

Another common occurrence is when adult children visit their parents at home only to find that their loved one is not coping as well as they said they were. They find that food supplies are not adequate and/or out of date. A house that was normally very clean and tidy may not have been cleaned for ages. Or their loved one may not have been changing their clothes often enough to maintain personal hygiene. There are many signs you can miss when Mum or Dad says "Oh yes I'm fine" on the phone.

This is where our Hourly Care or Live In Care services are ideal solutions. We can be there for your parent(s) providing a wide range of support. Our highly experienced staff work with you and the doctor if necessary, to design and provide the individualised care your loved one needs.

At some point however, you will probably need to step in to help them make the hard decisions in order to keep them safe.

Here are a few tips to assist you.

1. **Give yourself permission to take the lead.**

Just as your loved one may view you as the child and not the caregiver, you may be looking to your parent for guidance on what to do next. Recognise that this direction is probably not going to happen.

**You need to realise that by taking the lead in providing the necessary care for your parent you are not ridiculing or thinking less of them, in fact, you are showing great love, compassion and support.**

Parents are all too often the last to recognise they need help. To them it can mean the 'beginning of the end' and if they deny they need help they will be putting off 'ageing'.

You need to be compassionate and understand *why* they are 'resisting care' and help them understand that they will have more choices by organising In Home care.

Whether you need [In Home care by the hour](#) or help around the clock with our [Live In care](#) or [24 Hour care](#) in home care services.

2. **If you are in crisis mode**, gather your siblings and tackle the present issue and then lay out a plan for future care. Our '[Bring me home from hospital](#)' service is a perfect solution to solve an immediate problem.

Alternatively, if you have an immediate issue you can also arrange for us to come and help for just a couple of hours a day until the crisis is over. That will provide you the time to assess your long term needs.

Life is too short for regrets, make sure you have all the information, look at all your options *before* you make a long term commitment.

3. **Sit down and talk with your parent(s)** preferably *before* a crisis happens.

The most challenging time to make hard decisions is when you're under pressure. It's far better to have a chat such as ... 'If' one day you should need help, what would you prefer?

Do your research and know what the options are. [Understand the difference between 24 Hour care and Live-In care](#) so you can comfortably explain it to your parents. In our opinion there is not one size that fits all. We look at each client's care needs and interests and make suggestions to fit their specific needs.

Reassure your parent that care can be created around *them*, their preferences and their personalities rather than them having to change to accommodate a Nursing Home schedule that doesn't suit them.

4. **Find out if they have any fears or concerns** with their present situation, with ageing and their care. Regular ongoing discussions can help them feel comfortable about opening up.

Everyone feels vulnerable to discuss their fears and concerns and sometimes even more so with family. Remember your parent(s) have been used to being the strong one offering the advice. It is a big change to accept that life has changed.

5. **Understand that your parent(s) may be refusing care for deeper reasons than just being stubborn.** Talking about their feelings may help both of you to understand the concerns each other has at a deeper level.
6. **If there are several children involved, have a family meeting with your siblings** about all of your concerns and solutions to the issues. Make sure you discuss how to share the 'care load'. Siblings who don't have time to spare can often contribute by buying their share of the care from a care provider such as Daughterly Care.

This can be a particularly tricky situation. You don't want your parent(s) to feel you are plotting behind their back and likewise involving them with the entire family may make them feel they have lost control and your respect. Tread carefully.

The ideal scenario is to have your siblings in agreement as to what care needs to be arranged. Differences in opinions, budgets and family commitments can sometimes make this challenging. It *is* worth the effort though as it saves so much heartache down the track.

7. **Tell your parent(s) your concerns.** Often when they realise that you are not just pushing them aside but are genuinely concerned for their wellbeing, they are more open to listening to care options.
8. **Don't attack your parent(s)** with sayings like "you can't do this anymore", "you are getting too old" and "you don't know what you are doing".

Use opening statements like "We are concerned that you may need some additional help and as you have helped us all your life we want to help you..." or "because we live far away, we would like to help you by providing... this would make us feel better knowing that someone was close by if you needed some assistance".

9. **If your parent's concern is about being a burden,** explain that you are trying to co-ordinate care so you will know they are safe and this is less of a burden than the alternative.



10. **If your parent(s) is still resisting assistance**, reassure them that the changes need only be on a trial basis and no long term commitment is needed. On so many occasions our clients move from resisting support to really looking forward to seeing their carers. Just take a look at all the wonderful [feedback written by our clients](#).

*Daughterly Care* doesn't require any contracts and services are available from 2 hours – 24 hours.

11. **Reassure your parent(s) that you will find the type of care and carer that suits them.** *Daughterly Care* takes a great deal of trouble matching the right carer to the needs and personality of the client. [We guarantee our services](#).



### **We'd love to visit**

If you'd like some extra support, we're happy to come out and meet with you and your parents. This is a great way of introducing your parent(s) to the idea of outside care. They can meet us in an environment that is comfortable for them and with the comfort of you at hand.

We can also assess the environment for you and advise if modifications or special equipment can make your parent(s) life easier and more enjoyable.

**Finding the right solution is just a phone call away. (02) 9970 7333**

We have been helping the Elders in our community live safely and more joyfully in their own homes for over 17 years. Over 5,300 families have trusted us to provide an array of In Home care services and we'd love to help you.

You are not alone in this stressful time, we're here to help. Contact us today for a FREE confidential chat and let us create the solution that suits the needs of your loved one and your family.



Dementia & Elder Care  
Our Specialty

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