

5 Ways to Introduce In-Home Care For Seniors

For the past months, you have noticed an elderly family member slipping, but to avoid friction, you've tried to postpone the inevitable. Your older adult needs help.

The house that used to be tidy is a chaotic mess. Her hygiene isn't what it used to be. She hasn't prepared a meal in days, and she appears to be losing weight.

You lovingly suggest that it may be time to think about in-home care options and are met with resistance. The answer is "NO!"

5 Ways to Guide Seniors Toward In-Home Care

1. Point Out That It is Temporary

In-home care may be more acceptable to seniors as a temporary measure. You can explain to your older adult that you need a break. Respite or temporary care allows family members to take a break from caring for a senior. Once in-home care becomes part of their routine, and they become familiar with the caregiver, it will be easier to continue with the service.

2. Start Slowly

For many seniors, the transition from total independence to in-home care can be a challenging life event. You can reduce the stress during this transitional time by easing into in-home care. At first, you might have someone in the house for a couple of hours. The caregiver could focus on less personal tasks such as light cleaning and meal preparation. Then, gradually, add hours and additional tasks as the older adult becomes more comfortable with the idea of in-home care.

3. Work Through Objections

Instead of dismissing objections immediately, listen. Seniors have legitimate questions and feelings about in-home care. If you hear them out, they are more likely to cooperate. Listening to their concerns enables you to acknowledge their fears. A great way to get buy-in is to involve seniors in the hiring process. If they are part of the hiring process, they are more likely to welcome help.

4. Ask for Outside Support

If your older adult initially refuses to listen to recommendations of hiring an in-home caregiver, then it may help to hear it from a physician. Seniors may be more accepting of in-home care if the suggestion is from a person outside of the family. Hearing it from a doctor, religious leader or a close friend as opposed to a family member can help.

5. Focus on the Increase in Independence

Explain to your elderly parent or family member that in-home care is the road to independence. It allows seniors to continue to live in their homes. In-home care enables them to do the activities they could no longer do without help such as preparing meals, going to the store or taking walks outside. Explain to your older adult that in-home care could positively change their lifestyle because it will allow them to get more done. Living alone is not only possible but more comfortable with in-home care. Explain the ways life will be improved with in-home care.

There are many benefits of in-home care. Persuading seniors that in-home care is the best option for them can be difficult. You can carefully guide older adults toward in-home care by listening to their concerns and focusing on the benefits.