



FEATURE ARTICLE FROM Always Best Care

Now What? When Seniors are Resistant to Accepting Help

As a family member, it can be easy to see that your aging parent or loved one could benefit from some extra help. They may not need to go into [assisted living](#) or a nursing home yet, but having some assistance around their home could make it safer and easier for them to continue aging in place. However, your loved one may not necessarily see why they could benefit from an in-home caregiver.

In their eyes and mind, there may not be anything wrong with how they are living now. They may not recognize areas where they are struggling. Plus, having an in-home caregiver may make them feel as though they are losing their independence or control over their own life, even though that is not the intention. It is important to stay calm and try to see things from their perspective as well.

Talk through the situation. It's possible that they're resistant because you're not seeing eye-to-eye, or they don't understand the flexibility that can come with in-home care – that it is not the same as assisted living. Discuss their reasons for *not* wanting help, along with your reasons for recommending it. Share some of your concerns and the changes that you have seen in their well-being, hygiene, or housekeeping.

Explain how an in-home caregiver can be beneficial. There is a lot of flexibility that comes with caregiving. The person can be there a few hours a day, or a few hours a week. They can help with everything from [planning and preparing meals](#) or scheduling appointments to providing companionship on outings or helping to straighten up around the home. Your loved one can continue to do everything they can independently while receiving the appropriate level of support with tasks they may be struggling with. Talk about how having extra help can allow them to live more safely and comfortably while doing the things they enjoy.

Start slowly. Try in-home care on a trial basis. Start with just a few hours a week to allow them to adjust to the idea of having someone helping out. Take time to let them get to know the person and feel more comfortable with them. Building a trusting relationship is important. Let

your loved one guide the progress and level of support they need. Once they realize how it positively impacts their life, they may be more open to accepting additional help.

Realize that it is their choice. You don't want to force in-home care on them if they truly don't want it. This can put a lot of strain on relationships. But continue to promote the idea and its benefits. As you help them around the house or with organizing, mention how they could have that type of support on a regular basis with an in-home caregiver.

[Always Best Care](#) provides seniors with the appropriate level of care for their needs and desires. In-home caregivers can help with a wide range of non-medical tasks and allow your loved one to age in place more confidently and safely because they have the support they need when they need it. Call (855) 470-2273 to schedule a free consultation and learn more about available senior services.