

How to Start the Conversation...

This can be an emotional conversation, as change is difficult for everyone. However, waiting too long for support can have negative consequences on both the caregiver and loved one. Below are suggestions on how you can ease into a conversation with your loved one about seeking more support from a home health care provider.



1. Timing is everything. Make sure that you choose a time and place to have a private, focused conversation without additional stressors around.
2. Illustrate how their life can be easier, how they can save their energy for the things they enjoy doing—attending church services, playing cards with friends, etc.
3. Discuss how home health or personal care can provide comfort and companionship for your loved one, while removing additional stressors in the form of everyday tasks that may have become burdensome or time-consuming.
4. If you are not in the immediate area of your loved one, having a qualified caregiver available to them in times of medical emergencies or care concerns is important.
5. Ask if any of their friends have begun using a home health or home care service. How are they doing?
6. Talk about expenses—do they have any savings, long-term care insurance plans etc., that you should know about so you can help them plan when looking for home care and health services?
7. Ask if they have any preferences as to the scope or provider of home health or home care services. What is important to your loved one when starting services in their home?