

Home Care Discussion Quick Reference Guide

Before the Conversation:

- Choose a calm, private setting
- Pick a time when your loved one is feeling well
- Prepare specific, non-judgmental observations
- Research local home care options and costs
- Consider involving other family members
- Plan to listen more than you speak

During the Conversation:

- Start with their goals and values
- Use "we" language instead of "you" language
- Focus on maintaining independence
- Listen to and validate their concerns
- Share specific observations without judgment
- Suggest starting with minimal assistance
- Discuss various funding options
- Emphasize their choice and control in the process

Addressing Common Concerns:

- Independence fears: Frame care as supporting independence
- Financial worries: Discuss insurance, benefits, and cost comparisons
- Stranger anxiety: Explain matching process and trial periods
- Pride issues: Normalize receiving help and professional services
- Safety concerns: Focus on remaining in their own home safely

After the Conversation:

- Give them time to process the information
- Follow up with additional resources or information
- Schedule consultations with care agencies if they're open
- Include them in all decision-making processes
- Start with minimal services and gradually increase if needed
- Regularly check in about their satisfaction with care

Questions to Ask Your Loved One:

- What's most important to you about staying in your home?
- What activities do you want to continue doing?
- What tasks have become more challenging lately?
- What are your biggest concerns about getting help?
- What would make you feel most comfortable with a caregiver?
- How can we involve you in choosing and managing your care?

Red Flags That Indicate Immediate Need:

- Frequent falls or near-misses
- Medication errors or missed doses
- Unpaid bills or financial confusion
- Poor hygiene or home maintenance
- Social isolation or depression
- Difficulty with cooking or nutrition
- Memory issues affecting safety
- Wandering or getting lost