



Speaking to Your Loved One about Living Assistance

You have noticed that Mom's refrigerator is full of old food, or that Dad is skipping showers because it is too hard for him to get in and out. You already stop by a few times per week to check in, but you know that your help isn't cutting it anymore. You know it, and your siblings know it – your parents need some additional help from an outside caregiver. Now you just have to get your parents on board. It is never an easy conversation to have, but how can you start a conversation about getting Mom or Dad some extra help around the house? While every situation is based on the individual, here are a few tips that we have seen be successful.



Include, not exclude

No one wants to have their loved ones making decisions without their input. This also goes for Mom and Dad. While it is okay to discuss the changes you are noticing with trusted family members, it isn't okay to not include your parents in the decision to seek living assistance.

Instead, have a kind and gentle conversation that points out the challenges you have noticed. Remind

them that you care for them and worry about them. Then, ask them what they think about possible solutions, including living assistance.

Don't give up

Your first conversation may not be met with eager ears. Know when to back off and approach the topic again at another time. If you feel that you are still getting nowhere, consider having another person take a crack at it. Hearing a similar concern from another trusted family member or friend might be just the thing to get the ball rolling.

Consult the professionals

Let your parents know that you would like to bring up your concerns at their next doctor appointment or physical therapy session. This way, your parents won't feel blindsided when you mention it, and sometimes news can be perceived more positively from a professional. Ask their physician about the benefits of living assistance, as they would directly apply to your parents.

Start small

Finally, start living assistance services small. Here at [Visiting Angels Wayzata](#), not only do we want you and your parents to interview our Angels, we also want to connect your family with services that will start our relationship. Tell us your concerns, and we will be more than happy to start out with just a few hours per week. Let your parents get to know us and see the benefits of our services. Then, when they are ready to increase the hours, or if a crisis event happens, we are already a regular part of your family's life and can increase our help accordingly.

Telling your parents that you think they need extra help is never easy, but we are here to support your whole family through the process. Then we can do what we do best, care for your loved one.

Visiting Angels of Wayzata, MN

952-935-0789

angels@angelsmn.com

www.visitingangels.com/Wayzata

www.facebook.com/visitingangels.wayzata