



# How to Talk to a *Loved One* about Care at Home

*Considering care and support for a loved one and wondering how to approach the subject with them?*

You're not alone. It's often close family and friends who recognise the need for support before the person receiving it does. Talking about care can be challenging, but this guide offers helpful tips for starting the conversation and demonstrate the positive benefits of care. We hope you find it useful.





## Listen to them

It's important to ensure your loved one feels included and not pressured into accepting care. Their perspective may differ from yours, and they might initially resist the idea due to fears of losing independence. This reaction is natural. Be patient, understanding, and empathetic. Discuss their concerns openly, as **family support is crucial in helping them make a comfortable decision.**



## Take it one step at a time

Introduce the subject of care gradually, giving your loved one time to adjust and ask questions. This avoids overwhelming them with big, serious conversations and helps them **focus on the benefits of care** rather than their fears.



## Offer reassurance

Change can be unsettling, and your loved one may fear losing independence. Reassure them **they will remain in control and that a good care provider respects their wishes.** We're always happy to meet potential clients for a friendly, no-obligation chat to discuss how our care service works and address any concerns.



## Take generational differences into account

Elderly relatives often, understandably, value independence and may hide problems to avoid being a burden. **Focus on what they can do with the right care**, not what they can't. Hearing positive experiences from peers using care services can also help them form a more favourable opinion of accepting some support.



## Start small

Home care can be **completely flexible**, providing as much or as little support as needed, and can complement care from family and friends. Suggest starting with visits once or twice a week so your loved one can see the benefits. **The goal is to help them stay in their home and retain independence.** Introduce care gradually, making it easier to add support if needed in the future.



## Consider a set or trial period

Clients often need temporary support, such as after an operation or a fall. Emphasise that care isn't necessarily indefinite, which can make it easier to accept. Suggest a specific period, like a few weeks, to focus on recovery. For potential long-term needs, propose a 2-3 month trial, reassuring them they can reassess with first-hand experience. **We don't tie them in to any long-term contract** so they're free to change their mind at any point.



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