



B Cared For

Maintain Your Independence

A GUIDE TO STARTING A CONVERSTATION

Chances are you reading this article because you're concerned about your mom or dad's well being. When you bring up the fact you're concerned about your parent's well being with your parent, you probably get a 'I'm fine, don't worry' answer.

A response like this is understandable. Admitting you need help when you have been independent all your life can be a tough pill to swallow. Accepting help is not easy for anyone. However denying the need for help will not make the need for help go away. Often the children are the ones to recognize the need for help for their parents.

Recognize some of the warning signs when your mom or dad may need a little help.

- Difficulty with balance / mobility
- Forgetfulness
- Declining personal care
- Loss of interest
- Yard is not kept up
- Changes in mood
- Weight loss
- House tasks are postponed or ignored
- Dirty Kitchen & Washrooms
- Laundry is not kept up
- Mail/Bills/Statements are piling up

What to do when you recognize the need for help?

Home Support is usually the first step to consider for your parents to maintain their independence with just a little bit of help in and around the home. Home Support is usually non-medical help and tailored to provide help with the day to day tasks. Home Support is intended to allow seniors to live longer in the place they love most, Home.

B Cared For offer the means for your aging parents to enjoy the comfort of living in their home while still maintaining their independence.





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When you recognize the need, the most important thing is to not ignore the signs and hope the problem will go away. When it comes to starting a conversations like this *remember* this...

- **Focus on the other person** - Think in terms of what would my mom or dad think about what I'm about to say? How would I feel about this subject when I was in their position.
- **Focus on love and respect** - This is an adult conversation, try to remain objective and emotionally neutral, while remembering the care your parents showed to you when you were young.

Now its time *discuss*.

- *Discuss your observation* - Start the conversation by talking about your observations, about your parent(s) having more difficulties to complete some of the day-to-day tasks around the house, and how you have noticed it is affecting their health or well being. Follow up by asking your mom or dad if they recognize the signs and ask what they think a good solution would be.
- *Discuss your feelings* - Another approach could be based on your feelings. E.g. you 'feel that it is hard to see your parents struggle' to complete some of these every day tasks. Depending on your relationship with your parents this approach may draw you into an emotional conversation where in the end both you and your parents feel bad or guilty about the situation. When you approach this subject on the emotional side it is important you both remain calm.
- *Discuss your limitations* - Lastly there you may approach the need for outside help, based on other facts like your obligations to your own family don't leave enough time to properly look after your parent(s). As long as these are true statements and spoken with genuine intent, you're setting a perfect stage for bringing up the notion of getting a company involved to help out from time to time.

Want to know more?

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