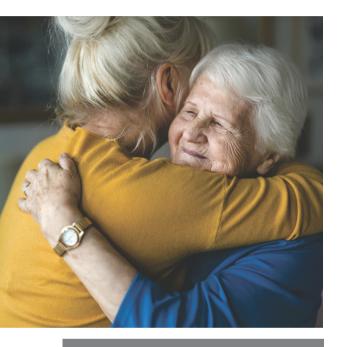# 7 TIPS FOR PRODUCTIVE CARE CONVERSATIONS

Your aging loved ones have spent years enjoying an independent lifestyle - working, raising families, traveling and making decisions for themselves. Understandably, they don't want to lose that independence, so convincing them to accept help can be very challenging. ♥

Once your loved one agrees to accept help, our experienced care team will work closely with you to develop personalized care plans to meet your loved one's unique needs. From light housekeeping and meal preparation to personal and dementia care, we are committed to helping seniors live safely in their homes for as long as possible.

1 Respect their opinion.
Don't dictate a plan to your loved ones. Instead, start two-way discussion about the future, and include them in all aspects of the process.

2 Clearly voice your concerns.
Instead of dropping hints, have a direct conversation with older family members. Choose a quiet, non-threatening setting to respectfully share your concerns and discuss their needs and care options.

3 If possible, don't go it alone.
There is strength in numbers - especially when it comes to having "the talk" with your aging loved ones. Enlist the help of other family members and maintain a unified front while expressing your concerns. Hearing the same message from multiple people may tip the scales in your favor.

4 Assure them that they are not alone.
Share examples of older friends or family members who are thriving with the help of an in-home caregiver.

5 Point out the benefits.
Explain all of the ways a professional caregiver can enrich your loved ones' lives - companionship, meal preparation, light housekeeping, transportation to and from appointments and so much more.

6 Enlist professional help.
Ask trusted outsiders like a family friend, doctor, attorney or church leader to help convince them to accept the help they need.

7 Be patient.
It's probably going to take more than one conversation, so don't give up and try not to show frustration.

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