

Discussing Homethrive with your loved one



As we age,

it can be difficult to admit we need more support at home to help maintain independence and dignity.

While you may recognize your loved one's need for help, it's normal for them to be resistant to change.

Here are some Homethrive suggestions to help you work through the resistance:

Ask open ended questions. Instead of asking questions that evoke a yes or no response, ask open ended questions to encourage meaningful conversations. This will elicit better insight to thoughts and promote acceptance of help.

Be curious. Come from a place of curiosity to better understand the potential motivation behind their resistance. Is it because they are concerned with the cost? Are they afraid of losing independence?

Keep your loved ones involved. Include your aging loved one in all decisions and let them take the lead in setting up a time for the Care Guide to do the assessment. Give them as much control as possible.

Be a good listener. Listen to your loved one's fears and reasons for not wanting a Care Guide to assess for potential needs. This will validate to your loved one that their concerns are heard.

Make it more appealing. Engage with your loved one by offering a solution with a purpose. For example: "you can still shop for your own groceries; you just need a ride to the grocery store, which the Care Guide can arrange." Or "can you do this for me? It would give me peace of mind." You can also suggest a trial run and have your loved one test the waters to experience the benefits of the Care Guide's assistance first-hand.

Be prepared to revisit. If it doesn't go well the 1st or 2nd time, be patient. It's not always an easy conversation to have. We want to solve the problem and move on but, commonly, these conversations need to be revisited multiple times and presented in creative ways. Our experienced Care Guides can work with you on a tailored approach to support you and your loved one.

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