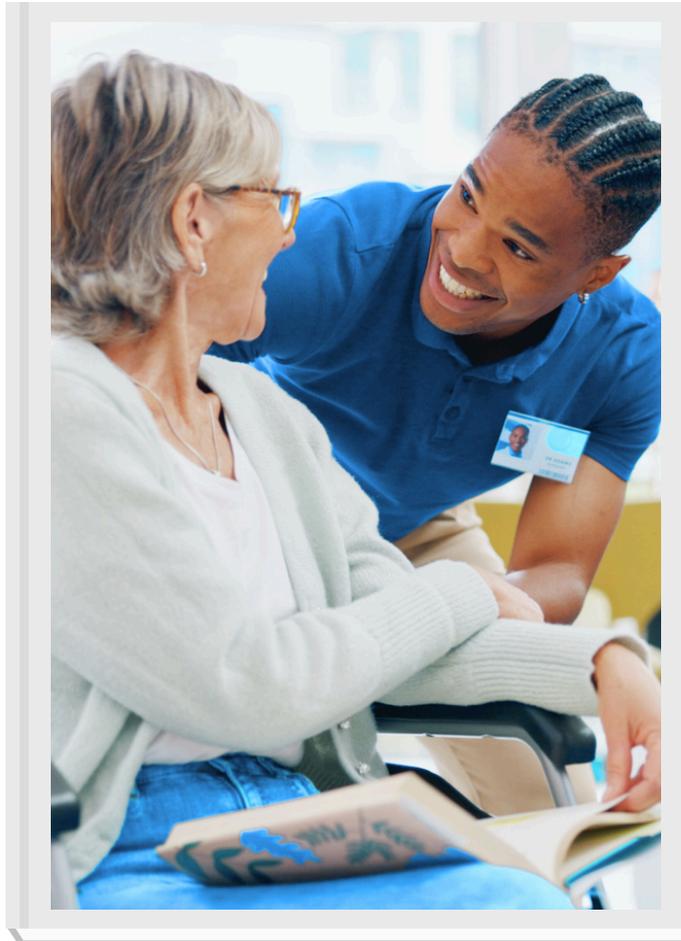




How to Talk with Your Aging Loved One About Home Care

A Conversation Guide by Caresify Home Care

Starting the Conversation Matters



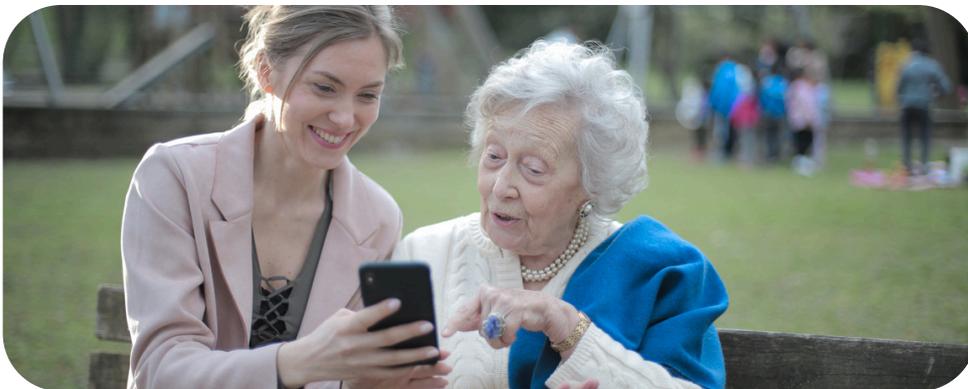
Bringing up home care with your aging loved one can be difficult—especially when emotions run high and the need for help is growing. You may worry about saying the wrong thing or being misunderstood.

At Caresify, we've helped countless families begin this conversation with empathy, understanding, and the right timing.

Understanding Your Loved One's Perspective

Change is hard, and discussing home care can feel like a loss of independence to many seniors. Their reactions may reflect grief over that change.

Recognizing this emotional response can help you meet them with compassion and patience.



Here are the five stages of grief and how they might appear:

Denial: "I don't need home care. I'm doing just fine."

Anger: "You just want to control my life."

Bargaining: "What if I just stop using the stairs?"

Depression: "I feel like a burden."

Acceptance: "If this means I can stay in my home, I'm willing to try."

Preparing for a Productive Dialogue

Before approaching the conversation, take time to understand how home care works. At Caresify, our **Circle of Care™** includes support like **CAP** – our 30-day recovery bundle, **CDSP™** for dementia support, and **Caresify360™** to keep families connected through technology.



Here's how to prepare:

- Connect the benefits of care to their current challenges (e.g., fall risks, missed medications).
- Highlight how home care helps maintain independence, not take it away.
- Reassure them that trusted caregivers—like those at Caresify—build real relationships over time.
- Invite another family member or friend they trust to join the conversation if needed.



Helpful Tips for the Conversation



- Keep it a conversation, not a lecture. Ask open-ended questions.
- Accentuate the positive—mention companionship, safer home life, and peace of mind.
- Emphasize personalized care through programs like **CARE Activ™** and Post-Diagnosis Care.
- Listen actively—ask what they fear, value, or hope to maintain.
- Set a relaxed time and space for the conversation without pressure.
- Let them know care is a tool for staying in their home, not a sign of failure.



Following Up After the Conversation



Not every conversation leads to a decision right away. Follow up gently and offer to learn more together. You can explore our website, request a consultation, or even meet a Care Coordinator to ease the transition.

- Research care options together—empower them to be involved.
- Offer a follow-up time to revisit the topic and answer questions.
- Share examples of others who benefited from **Caresify Home Care**.
- Invite a Caresify team member to explain care options in a casual, no-pressure visit.



Understanding the Different Types of Home Care. A Trusted Partner in Every Step of the Journey

Your Next Step with Caresify

Every family is different. That's why Caresify offers customized care plans built around your loved one's values, routines, and medical needs. We help you navigate the journey from conversation to care —compassionately and professionally.



Request a free consultation today to explore what **Caresify** can do for your family.

(888) 799-5007



www.caresify.com



Book your consultation—Caresify is here to support you.