



HOUSING & COMMUNITY SERVICES DEPARTMENT OFFICE ON AGING

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WHEN YOUR LOVED ONE IS RESISTANT TO IN-HOME

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CARE

Older adults were reared to be self-sufficient and very proud. However, as they age and need additional help in their home with such things as cooking, shopping, bathing, cleaning, etc., many people are hesitant to allow strangers into their home. They may perceive this as an invasion of privacy or a loss of independence. Additionally, family members or friends who may be the primary caregiver are often very stressed and overwhelmed and could use a temporary respite from their caregiving responsibilities.

There are some techniques to make this transition easier and make your loved one feel more comfortable with in-home help.

1. Introduce the concept of in-home support when you first see the need.

Many times we wait to talk about the benefits of in-home care until the care recipient is in dire need and then it can feel like the service is being thrust upon them. By broaching the subject early, the person can have time to adjust to this new idea.

2. Listen to your loved one's objections and fears. Let the person express themselves and support your understanding of their feelings. Reassure them that they can be involved in choosing the assistant as this will give them a greater feeling of control over the situation.

3. "This would help give me a chance to rest and relax, too". If you are a caregiver, explain to them that the need is for you, too. For some people this helps them maintain a sense of dignity and independence. Reassure them that the assistant is not replacing you but helping you.

4. "The doctor recommended this". Older adults come from a generation where the physician was seen as an authority figure and always knew the right thing to do. With some people, it may be necessary to discuss this with the physician in advance and take your loved one in to hear it "directly" from him or her.

5. "Let's just try this temporarily". Though most people will eventually require ongoing care, if you start off with the idea as being temporary, they may be more willing to accept the help. Once the assistance has started,

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realize the benefits to themselves and their families and start to appreciate the help.

In-home help can range for free for very low-income people or between **\$10.00 to \$20.00** per hour when employing assistants through registries and in-home care companies. The Information and Assistance Department of the Office on Aging can help you find the right in-home care service for you. Just call **(800) 510-2020 or (714) 567-7500**. They can also send you written information about companies in Orange County which contains important information you should know.

You can also receive information on caregiving, transportation, meals, legal services, health insurance, prescription drug programs, case management, social activities, exercise, adult day health care, housing and much more!

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