



MORE CARE.

More peace of mind.



9 Strategies to Help a Parent Who Refuses Care

We came across this great article on [Care.com](#) about nine strategies to encourage your loved one to get extra assistance in the home if they are resistant to the idea.

Start Early - Ideally, families have relaxed conversations about caregiving long before a health crisis.

Be Patient - Ask open-ended questions and give your loved one time to answer.

Probe Deeply - Ask questions to determine why an elder refuses help -- listen with empathy and validate rather than deny your loved one's feelings.

Offer Options - If possible, include your parent in interviews or in setting schedules for a in-home caregiver.

Recruit Outsiders Early - Have a trusted social worker, a doctor or nurse, a priest or minister or friend to suggest your parent needs help.

Prioritize Problems - Make two lists, says Cohen, one for your loved one's problems and another for the steps you've already taken -- and where to get more help.

Use Indirect Approaches - You don't need to explain every possible duty of the in-home caregiver before the relationship has been formed. Start with the services your parents would most appreciate.

Take it Slow - Start the care gradually. Be there with them for the first couple visits or appointments.

Accept Your Limits - You can't be at your parent's side all the time. Accept limits on what you can accomplish.

[Read the full article from Care.com.](#)



Ask the Expert

Q: I am planning to go on vacation. I check on my mother daily and am available to help her in emergencies. I need peace of mind, knowing someone is there for her while I am gone. Do you have any suggestions?

[Find out what advice Sharon has for this family caregiver.](#)



Home Care - Planning ahead for peace of mind

Submitted by Christine Neuber | Freedom Home Care, Owner/Community Outreach

I recently read an article about how to help an elderly loved one who is resistant to accepting help. The author, a caregiver, shares her own experiences and offers practical advice. She emphasizes the importance of starting early, being patient, and using indirect approaches to help a loved one accept the need for care. She also mentions the value of involving trusted outsiders like doctors or social workers to provide a second opinion. The article is a helpful resource for anyone facing this challenge.

Meet Dawn Madson, RN

Dawn knew from an early age that she wanted to be a nurse after caring for her grandparents. She took this passion and became a registered nurse. For more than 30 years, Dawn has had a career at Mayo Clinic Health System in Mankato. The past 19 years she has had the role of administrative supervisor. We're excited to have Dawn on our team at FHC!



[Find out more about Dawn.](#)

FHC in the news

Check out our article in the February 2018 edition of the [Mankato Magazine](#) & the [news story](#) from [KEYC-TV](#) on February 13, 2018.

[Find out more about Freedom Home Care.](#)

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