



Eldercare Planning: Your Parents & Home Healthcare

Many adult children start to worry about their aging parents. They see them struggling as they get on in years and believe they would be better off with help. Eldercare planning is a difficult subject to broach (especially with seniors who are resistant to such discussions see our post on the subject), but it's also a necessary conversation for seniors who are experiencing a decline in health or finding it hard to care for themselves.

Approaching Eldercare Planning with Your Parents

Conversations about diminished capacity can be very difficult to have with your parents. They may get offended that you are worried about them and they may have no interest in hearing your viewpoint. It can be frustrating for you to make your concerns clear. However, it doesn't have to be that way!

Here are some tips to help you through this discussion.

- **Choose the right time.** Don't think that you are going to talk to your parents when you both have five minutes. This conversation cannot be rushed. Instead, find some time that you are all free to sit down and talk.
- **If possible, include all of the children.** It can be helpful if all of the children are on the same page. Otherwise, it might look like you are ganging up on your parents.
- **Be prepared with the options.** It is important that you are ready to have the talk. Write down the different options that are available to your parents. Prepare a list of pros and cons, as well as the costs associated with each of them.
- **If it gets heated, take a break.** The conversation may get heated, and it may be better to take a break before things get said that can't be taken back. Leave the list of options, pros, and cons, and plan on coming back in a day or two (after your parents have had time to think).





Difficult Now, Helpful When Necessary

Talking to your aging parents about getting help can be quite difficult. However, if you find the right time and come prepared, it is more likely to go well. If not, take a break and revisit the issue once everyone has settled down. David York Agency has a [Checklist](#) and [Workbook](#) to help guide you through the discussion. Please check them out on our [website](#).

Remember, though this discussion is difficult now, it could lead to a better future for your parents. Decide on small changes that can be implemented now and others that will be helpful down the road.

If eldercare planning is a concern for you and your loved ones, please consider the [David York Agency](#). Our qualified, [compassionate caregivers](#) are ready to help. Contact us [online](#) or by phone at 718.376.7755. A free phone consultation can help you decide how to provide your loved ones with the assistance they need.



If you'd like to hear more from us, please like us on [Facebook](#) or follow us on [Twitter](#), [Google+](#), or [LinkedIn](#).

Anita Kamiel, RN, MPS, is the founder and owner of David York Home Healthcare Agency, licensed by the State of New York. She holds a master's degree in gerontological administration and is fully acquainted with all factors related to eldercare services and the latest guidelines for seniors. Thirty years ago, she realized there was a need for affordable, quality home health aide services provided and supervised by caring individuals. You can contact her at 718-376-7755 or at www.davidyorkagency.com. David York Agency is also on Facebook, Twitter, Google+, and LinkedIn.