

Define the Service: How do I know if I'm ready for in-home care?

If you're reading this document, chances are you'd benefit from arranging for services. Because many people experience aging as a slow process, the person or couple requiring care is likely not even aware of their frailty or possible risks.

Arranging for in-home care requires that you (or the older adults) are willing to accept or at least try to work with the caregiver. It is not uncommon for older adults to be unwelcoming or refuse to accept care. Fortunately, once a relationship exists with a caregiver, older adults tend to grow accustomed to and welcome the assistance.

If you find that you are lacking energy to complete tasks or if you feel unsafe doing certain things in the home, you may want to consider having a home-helper. Also, if you are lacking social interaction, a paid companion or caregiver may offer camaraderie and increase a person's quality of life.

If you are the spouse of someone needing care, chances are you are in need of support; even if it is only for a couple of days a week. Being responsible for another person causes stress and can even lead to illness or premature death of the caregiver.

If you are the adult child of a person or parents who needs help, you may be experiencing some fears or resentment toward an older adult. People tend to develop patterns of extending additional support over a period of time. The caregivers can soon find it difficult to maintain a healthy balance in his or her own personal life. The older adult may become accustomed to receiving help and either become more dependent as a result or become less appreciative of the help.

In-home care can be scheduled within a 24-hour period of time. Also, any amount of care can be arranged, from a short visit, to an overnight stay. One benefit of arranging for a small amount of support at first, is that the older adult tends to become more accepting of services over time. As time passes, they are familiar with having someone else in their home helping them.

Unique solution ID: #1008

Author: Tech Support

Last update: 2007-05-06 23:50