GRACE HOME SUPPORT SERVICES

GUIDE THREE

How to talk about home care with a parent who says I'm fine

six conversations that work better than one big one.

A free guide from Grace Home Support Services

Grace Home Support Services

PHONE
587-710-0799

WEBSITE
gracehomesupportservices.com

OFFICE
10055 106 St, 10th Floor, Edmonton, AB T5J 2Y2
Office visits by appointment only

This guide is general information, not legal, financial or medical advice.

This guide is not research. It is what tends to work, drawn from experience, in the homes we visit. Some of it will fit your parent. Some of it will not. Take what fits and leave the rest.

And one thing before you start: if you have already had this conversation and it went badly, that is not a verdict. Most of them go badly the first time. It is not a single conversation anyway. It is a series of small ones.

1 Why “do you need help?” fails

It asks two things at once. It asks someone to admit decline, and to hand over control, in the same sentence.

Most people say no. Not because they do not need help, but because the question costs too much to answer honestly. A no protects their independence and your feelings at the same time.

So do not ask the big question. Ask a smaller one, about a task rather than a person.

2 Lead with a specific task, not a general concern

“Can I arrange someone to come on Thursdays so the groceries and the bathroom get done” lands differently from “I’m worried about you”.

One is a plan. The other is a judgement about how they are living. A specific task is easier to say yes to, because nothing about the person has to be discussed.

3 Let it be about you

“I can’t keep doing the Tuesday drive and my job.” That is honest, and it does not ask them to be a problem. It asks them to help you.

Many parents will accept help for their daughter that they would never accept for themselves. That is not manipulation. It is just the truth about how families work.

4 Bring in a third party

A family doctor, a home care assessment, or a friend who already has help can say things a daughter cannot.

It is not a rejection of you. The same words simply land differently from someone with a white coat, or from someone who is in the same position they are. Use it.

5 Accept a partial yes

Two hours a week to start is a real yes. Take it. Do not push for the full plan on the same afternoon, because a yes that gets expanded too fast turns back into a no.

The first caregiver is a test of trust, for both of you. So the goal of the first month is not the complete solution. It is one good visit, and then another.

6 Keep the word “care” out of it where you can

“A hand on Tuesdays.” “Someone to help with the heavy cleaning.” “A driver.” These are easier to accept than care, and they mean the same thing in practice.

Use the words your parent would use. If they would say “a girl to help with the ironing”, use that.

7 What to do when the answer is still no

- **Write things down.** A short note of what you noticed, and when. Memory is unreliable in a hard conversation, and notes keep you calm the next time.
- **Keep the relationship intact.** You will need it next month. Winning the argument and losing the relationship is a bad trade.
- **Ask again in a different season.** A hospital stay, a long winter, a birthday, a change in the family can all change what feels possible.
- **Know the difference between a preference you must respect and a safety issue you cannot ignore.** The first is theirs to decide. The second is not.

If safety is at risk, say plainly that this is where the family needs help, and that you will not leave it alone. Say it once, calmly, and mean it. Then follow through.

If someone is in immediate danger, call 911. For health advice at any hour, call 811.

8 What to actually say: three openers

> OPENING ONE
>
> *“Mum, I’m juggling more than I can hold at the moment. Could we get someone in on Thursdays to take the cleaning and the shopping off my list?”*

> OPENING TWO
>
> *“I’d like to book a home care assessment. It’s an assessment of what’s available, and nothing has to come of it.”*

> OPENING THREE
>
> *“I’ve been reading about the funding Alberta has for this. Could we sit down for twenty minutes and I’ll explain what I found?”*

> IF IT GOES BADLY
>
> “I’m not trying to take anything away from you. I’m trying to make sure I can keep being here. Let’s leave it for now and come back to it.” Then leave it, and come back to it.

This guide is general information, not legal, financial or medical advice. For health concerns, follow your healthcare team’s instructions.

A COMPLIMENTARY FAMILY CARE CONSULTATION

If you’d like to talk it through

You do not have to work all of this out alone, and you do not have to arrive with the right questions.

We offer a complimentary family care consultation. It is a conversation, not a sales call. We will listen to what is happening at home, explain the options in plain language, and tell you honestly what we can and cannot help with.

If now is not the right time, keep this guide. It will still be here when it is.

PHONE

587-710-0799

WEBSITE

gracehomesupportservices.com

OFFICE

10055 106 St, 10th Floor, Edmonton, AB T5J 2Y2
Office visits by appointment only

Grace Home Support Services

EDMONTON AND SURROUNDING ALBERTA COMMUNITIES