

# When Seniors Say 'No' Guide

What causes resistance to care?

- *Mental loss*
- *Physical loss*
- *Loss of a spouse*
- *Loss of Independence*

What's the best way to approach a loved one about the need for additional care?

- *Determine what help is needed*
- *Ask about your loved one's preferences, feelings and concerns*
- *Choose a time when you and your loved one are relaxed*

Recognising the right time to transition into an aged care home

## MEMORY LOSS AND FORGETFULNESS

If your loved one's forgetfulness or memory loss means that they are not taking their medication correctly, forget to eat or any other behaviour which may put them at risk, then this is a prime indicator that aged care would be beneficial.

## CHRONIC DISEASE MANAGEMENT

An indicator that it could be time to consider aged care would be that the daily requirements for adequately managing chronic disease are becoming more and more difficult.

## FATIGUE

If your loved one is struggling with day to day activities, such as cooking, cleaning, shopping, paying bills, personal hygiene and personal health care then it may be time to start looking into home care or aged care which would provide them the assistance they need.

## ISOLATION AND LONELINESS

If your loved one used to have an active social life but now doesn't leave the house except for medical appointments and essentials, then it could be time to discuss getting help around the home or the move to residential aged care.

## HOME CARE IS NO LONGER ENOUGH CARE

If further home care support cannot be arranged, then the move to residential aged care is a reasonable next step to ensure the safety and care of your loved one.

What are the most effective strategies for managing resistance to care?

- 1 Suggest a trial run.** Try and avoid asking your loved one to make a final decision about the kind of care he or she receives right away. A trial run will give a hesitant loved one a chance to test the waters and experience the benefits of assistance. Respite can be a good option to "try before you buy" - which is a great opportunity for your loved one to experience an aged care facility.
- 2 Describe care in a positive way.** Many seniors perceive aged care as a negative and scary change in their life. When discussing aged care options with your loved one, try to focus on all the positives, including a sense of community an aged care home may give them. Highlight that they will have access to professional and personalised care and get help with day-to-day tasks. Living in a residential aged care can improve their social life and get access to a variety of activities and classes tailored for their age group.
- 3 Discuss cost.** Your loved one might resist considering moving into aged care out of concern about the cost. Educate them about costs for aged care. Aged Care Decisions specialist can help you understand the cost associated with aged care. An elderly person can access up to 63 days of subsidised respite in an aged care facility per financial year.
- 4 Explain your needs.** Consider asking your loved one to accept care to make your life a little easier. Remind your loved one that sometimes you'll both need to compromise on certain issues.

**Aged Care Decisions** is a 100% free of charge service that takes the stress out of aged care for families. We can help you navigate your aged care or home care journey. Our easy 3 step process is very simple:

- Tell us your preferences
- Receive a customised aged care options report
- Let us help with tours, fees & applications