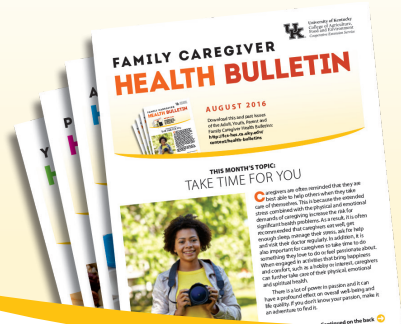


FAMILY CAREGIVER HEALTH BULLETIN



MARCH 2018

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THIS MONTH'S TOPIC: HELPING LOVED ONES WHO REFUSE OUTSIDE HELP



Does your loved one resent outside care? Carol Bursack, author of *Minding Our Elders: Caregivers Share Their Personal Stories*, blogged about a neighbor who refused the care hired to help him. He locked doors and treated outside help poorly. The quality of care was not the issue — it was that he only trusted Carol. Seniors refusing to cooperate with their caregiving plan is not uncommon, but it can provide additional strain to families who may be counting on that care.

According to Carol Bursack, families need to get to the bottom of the anger and resentment and find ways to work through the situation. Such reluctance and disrespect is often due to fear. Seniors may fear or sense that the presence of outside help means that families do not care or cannot take care of care needs and/

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Enforce trust by involving your loved one in the caregiving plan to hire outside help.



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or it may exaggerate one's sense of dependence and vulnerability. As a result, seniors act out while families and caregivers become targets.

To help seniors of sound mind, you can:

- Enforce trust by involving your loved one in the caregiving plan to hire outside help
- Encourage your loved one's active participation in the development of a caregiving contract
- Reinforce that outside help will support your loved one's autonomy by enhancing safety and independence at home
- Assure loved ones that professional caregivers will provide assistance in ways that will promote as much independence and control as possible

Dementia can complicate the transition and acceptance to outside help. If memory loss is present, your loved one may not be capable of fully participating in the process to hire help and make a care plan. In such cases, it is important for families

to introduce seniors to the outside care providers and monitor how they get along and know that each day may be different and that it may take additional time for the senior to feel comfortable.

Bursack reinforces that the transition to in-home care is most successful when families do their research and have confidence in the team they hire. Therefore, it is important for families to hire licensed home health providers, make time to interview and get to know each worker in an attempt to find a good match and to be observant of anything that seems "off" or potentially problematic so that issues can be addressed up front.

REFERENCE:

Bursack, C. B. (2017). Coping with elders who won't accept in-home caregivers. Retrieved January 15, 2017 from <https://www.agingcare.com/articles/when-elders-don-t-accept-outside-caregivers-in-the-home-135237.htm>

**FAMILY CAREGIVER
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