



Helping your loved one with the transition to home healthcare

Choosing the right home health aide for your loved one can allow them to remain safely in their own home for as long as possible. That said, bringing in a caregiver often involves an adjustment period.

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It's important to remember that your loved one has lived independently until now and having a home health aide may feel like they are giving up some control. It is important to have patience during this transition and not to get frustrated if they do not immediately embrace the idea of a caregiver. Let them know that you understand and that you want them to be as independent as possible while also being safe and comfortable.

By following the steps outlined below, the process will be easier for everyone involved.

Schedule an introduction meeting

Allow your loved one to spend some time with the caregiver while you are there so they can get acquainted and comfortable. This meeting should help alleviate the stress or anxiety associated with having a new person in their home.

Encourage them to talk openly

Building trust is the key to having your family member feel comfortable with their new caregiver. Allow them to get to know each other a little bit by giving them time to speak alone. Encourage your loved one to ask the caregiver any questions they might have and to be open about how they are feeling..

Be clear on instructions and expectations

The home health aide is a highly trained individual who has likely had a lot of experience caring for the elderly. But even with extensive experience, each person is unique and your loved one has their own specific needs, feelings and preferences. In order to help them adjust, make sure to provide complete and clear instructions to the new caregiver. Include any and all relevant information about your loved one such as their favorite TV shows, foods they like to eat, mealtime preferences, activities they enjoy (or don't), conversation topics, etc.



The accessibility and affordability of home care options enables many seniors to live comfortably and safely in their own homes while retaining as much of their independence as possible. That said, the process can be overwhelming which is why FirstLantic is here as a resource to answer questions or address any concerns.