



HOW DO I HAVE CONVERSATIONS ABOUT SUPPORT AND CARE WITH MY AGEING PARENTS?

As aged care workers, we are quite often asked how to broach a conversation with parents about getting some extra care and support. *Usually this comes from worried children and comes from a place of love.*

Approach the topic gently. Recognise that discussing the need for additional care is a sensitive matter, and listening to your parents' input is crucial. Acknowledge the challenge of reversing roles, where the child becomes the caregiver. Assure your parents that this journey is a shared one and emphasise your commitment to looking out for them, *just as they once did for you.*

Explain they may only need a little bit of help and it is not about losing control or independence. *It is more just about getting a bit of support and services to help live a comfortable life at home.* Highlight the fact that home and aged care services are designed to enhance independence, fostering a more enjoyable and fulfilling life. These services can open doors to social activities, expanding friendship circles and support networks. Research also indicates that increased home care services and social support can effectively delay the transition to residential aged care.

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