

July 2017



Special Dates in July:

- July 1st~ Creative Ice Cream Flavors Day
- July 4th ~ Independence Day
- July 7th ~ Chocolate Day
- July 11th ~ Cheer Up the Lonely Day
- July 16th~ National Ice Cream Day
- July 24th~ Cousins Day
- July 31st ~ Mutt's Day



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AllHealth Home Care

Coping with Elders Who Won't Accept In-Home Caregivers

Hiring in-home care can be quite an ordeal. Families hire home care to provide respite and quality care for seniors, but what is a caregiver to do when their loved one refuses to cooperate with this new addition to their care plan?

Fear of Outside Caregivers

Many times in-home caregivers' best efforts are met with anger or even abuse dished out by the elder they are intended to care for. It is crucial for the family and hired caregiver(s) to determine the underlying reason for a senior's lack of cooperation and find ways to remedy the situation.

Fear is the foundation of much of a senior's reluctance and even disrespect for non-family caregivers. The presence of an outsider may suggest to them that their family can't (or doesn't want to) take care of their needs. It also magnifies the extent of the elder's care needs, making them feel especially vulnerable. This combination of concerns can create the perfect storm, especially if they are prone to lashing out when angry. Of course, the family members who arrange these services get an earful, but the professional caregiver becomes the primary target for sending the message that outside help is neither wanted nor needed.

Fearing a Loss of Independence

People of all ages dread the idea of losing their independence, but many seniors are living this reality and trying to come to terms with it. Aging is hardly a graceful process, so who can blame our elders for digging their heels in?

If a senior is still of sound mind, emphasize that home care enables them to continue living safely in their own home. This in itself is an overarching symbol of independence. The right caregiver will pick up on this strong desire to be self-sufficient and provide assistance in ways that allow the senior to retain as much control as possible.

Fear of Strangers

Trust issues can also trigger anxiety in some seniors and their family members. Inviting a professional caregiver into the home to care for someone you love is a very personal decision. The best way to alleviate worries about a new caregiver's or home health company's character and trustworthiness is for the family to take an active role in the hiring process. If the senior is capable, they should participate as well. Again, a sense of involvement and the ability to have a say in these decisions can reduce apprehension.

Adapting to home health care is much smoother when the family is confident in the hire. Know what to look for in a provider and meet caregivers before services begin to determine a good match. With this approach, if something seems off, you have the opportunity to correct your decision before it actually becomes a problem.



Dementia Contributes to Fear

It can be challenging to encourage a mentally healthy senior to accept outside help, but Alzheimer's disease and other forms of dementia can make this process even more complex.

Depending on the progression of the condition, a senior may not be able to fully participate in the hiring process. Nonetheless, introducing potential caregivers beforehand to see how both parties get along is still a valuable step. Dementia patients' moods and capabilities fluctuate from day to day, though, so keep this in mind when trying to help a loved one to warm up to someone new.

Paranoia, hallucinations and delusions are common symptoms that a dementia caregiver should know how to handle. Look for someone who is trained in this kind of care and knows how to communicate with and calm their clients. Having a family member present during the first few shifts while everyone gets to know each other can reassure a senior that they are safe and in good company.

Some dementia drugs and psychiatric medications currently in a senior's regimen could contribute to outbursts and negative reactions. If your loved one is unusually agitated and fearful, talk to their doctor about adjusting medications. While drugs should not be a go-to solution, behavioral symptoms may be managed through a combination of modifying prescriptions and altering the caregiving environment.



Overcoming Resistance

You know your loved one best, so do whatever you can to help make them more comfortable with this new arrangement. Assure them that you are still their primary caregiver, but explain that you need help. Emphasize that the professional caregiver is there to assist both of you and that you are closely monitoring the process and their wellbeing.

Communicate openly with the caregiver and the home care company about any challenges you experience. Understanding the source of the senior's resistance will help you cope with this problem, and a care team meeting may be instrumental in brainstorming solutions together.



Remember

The dementia patient is not *giving* you a hard time.

The dementia patient is *having* a hard time.



Summer Bucket List for Kids!

(No Electronics Involved!)



Stargaze

Outdoor Family Game Night



Have a Water Fight



Make Paper Airplanes



Make homemade Ice Cream

Run Through Sprinklers



Have Fun!



Nurturing Body, Mind and Spirit



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AllHealth Home Care
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Find A Foot Care Clinic Near You!

- ⇒ **First Lutheran Church, Fargo** - 1st Tuesday of each month. Call Katie at 701-235-7389 ext. 143 for an appointment.
- ⇒ **Olivet Lutheran Church, Fargo** - 2nd & 4th Monday and 3rd Wednesday of each month. Call Brenda at 701-235-6603 for an appointment.
- ⇒ **Hjemkomst Center, Moorhead** - 2nd Tuesday of each month. Call Julie at 218-299-5515 for an appointment.
- ⇒ **Casselwood Retirement Living, Casselton** - 4th Wednesday of each month. Call Jackie at 701-347-5631 for an appointment.
- ⇒ **Pioneer House Assisted Living for Seniors, Fargo** - 1st week of each month. Call Missy at 701-271-1801 for an appointment.

Foot Care also available by appointment.

If you are interested in hosting a Foot Care Clinic in your community,
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to provide professional, quality care to the clients we serve.*