

How To Prepare For New Home Care Services

Life transitions can be emotional and exhausting. When you or a loved one has been relatively independent for most of their life, transitioning into in-home care can be a stressful process. That's why we wanted to give you helpful insights and tips to make the transition into in-home care as easy as possible.

Understand You or Your Loved One's Needs

Make a list of daily responsibilities that are challenging to you — for example, housework, making appointments, or even difficulties with personal care.

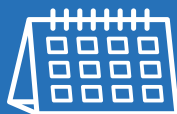
Distinguishing what you need for assistance can help you find the best option of service that fits you, and it can help the caregiver to meet your expectations better. If you're wondering where to start, here are a couple of ways to help you understand your needs:



Ask Questions

What are day-to-day struggles? What kind of help am I looking for?

Here are a couple of ways to help you understand your needs



Create a Schedule

Add your daily tasks, errands, appointments



Leverage Your Community

Reach out to friends or family who have in-home care so you can learn more about their experiences

Research Homecare Agencies

This is an activity that you and your loved one can do together. Researching different home care options can be a great way to feel more prepared. Usually, on their website, you will see a list of services that they offer. Depending on your needs, there can be a couple of different options that can best suit you — another opportunity is to look for free consultations at homecare agencies. During a free consultation, you are informed of the process and what it will personally look like for you. This gives you a chance to ask any questions or to talk about any concerns you might have. That's why many home care agencies have a free consultation so that you can begin your new home care services with confidence.



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Open and Honest Communication

Being honest about what you need, and how you can be best supported, can help with the new life transition. Reaching out to your family to express your concerns or questions can help put you at ease.

Once you are set up with a caregiver, it's essential to keep that line of communication open so your in-home care plan can be adapted to fit your exact needs. According to Caring Across Generations, one of the most common themes caregivers express is that it's incredibly beneficial when the caregiver and patient listen to each other wants and needs.

Conclusion

Being patient and a good listener can help with this new life transition. Never be afraid to ask questions or to be honest about the difficulties you are currently facing in your life.

If you or a loved one requires assistance, Bluebird Homecare provides the best quality in-home care for aging loved ones while keeping friends and families connected.



Helping Loved Ones Live in the Home

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