

Helping Seniors Accept Change

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It can be incredibly difficult for seniors to realize that they are no longer able to care for their basic needs. For decades they have been strong, self-sufficient individuals who have managed careers and raised families. Accepting the physical changes or other circumstances that may limit their independence can be a real challenge. As family members or caregivers, what can you do to help them accept these changes? And how can a home care system or home care software like ClearCare Online make things even easier? Let's discuss a few key ways.

Planning Ahead

Aging is inevitable. The time will come in every adult's life when they are no longer able to do everything they could when they were young. Recognizing that this eventuality will someday become a reality should prompt each of us to make necessary plans and preparations ahead of time. Experts recommend families have a meeting to discuss needs, solutions and strategies. Seniors should be encouraged to express their feelings openly. While it's important for adult children to be realistic, it's also vital that they do whatever is possible to make their parents feel comfortable.

Making decisions in advance is wise because it gives seniors a chance to come to terms with future arrangements. All too often families do not make plans and then are forced to make difficult decisions in a rush when a crisis occurs. This can make accepting changes that much more challenging. Long-term planning makes future adjustments less traumatic for the elderly and less stressful for their families. When using a home care system or home care software like ClearCare Online, specific daily tasks can be set for all activities of daily living. When seniors know exactly what will be taking place and have a set routine, this can eliminate a lot of fear and anxiety.

Coping with Changing Circumstances

Many elderly persons are able to cook, clean, and manage their medications without a problem for many years. As time passes, however, these activities may become more difficult. Loss of hearing, sight, or mobility are just a few reasons seniors are unable to care for themselves as effectively as they could in the past. When this happens, children may need to take the initiative and suggest changes. The smaller the changes, the easier the adjustment will be. A major change – such as moving the senior into a full-time care facility – would likely create more problems than it would solve. Bringing a caregiver into the home for part-time aid would be a much easier change to accept. With a home care system or home care software such as ClearCare Online, family members can view real-time updates on their loved one's daily care even from far away. This reassurance can bring peace of mind to every member of the family – seniors included.

Discussing elder care plans with your parents may be a touchy subject, but it should not be postponed. Decisions must be made on the appropriate care setting, which home care agency offers the right home care system and home care software to suit your family's needs, and who will be in charge of financial matters. Families who try and have these conversations on the sly will no doubt come to regret it when their parents balk at the decisions that have been made for them.

ClearCare Online's home care system and home care software have been designed to help keep seniors safe and healthy in their homes. With a little advanced planning and the right attitude, the changes associated with aging can be much easier to accept.

