



EMPLOYEE ASSISTANCE
PROGRAM

Resistant to Care

December 2019

Senior Management Services

As independent, autonomous adults, it may be difficult for your loved one to begin to accept your assistance in a caregiving role. Their lives have been spent mostly independent (except for those few years in childhood), and now they may be realizing their need for help, but you may be met with resistance when you offer to support them.

If your loved one's mental status is not compromised, remember that they are the decision-maker and are in control of the decisions regarding their care. Offering support may look a lot like creating a casserole. Pieces need to be added a step at a time. You may start by offering a ride to an appointment, or a meal provided once or twice a week, and then build up to supporting them in larger ways. Remember that they feel as though when they are accepting care, they are accepting that they can no longer manage on their own.

Tips for coping with a loved one's resistance:

- Remind them that any assistance can start as a trial run. Nothing needs to be decided permanently.
- Explain your needs to them and discuss that you may need to compromise at times.
- Explain that receiving additional care and support may prolong their independence in their own home.
- Enlist the help of family and friends to discuss and persuade them.

If your parent is experiencing signs of confusion and/or memory loss, however, they may not have the capacity to make responsible decisions. A primary care doctor or neurologist can help you determine whether your parent's decision-making ability is impaired.

Sometimes it is easier for someone outside the family, such as a physician, social worker, close friend or religious leader to broach these issues. If you need ideas or suggestions regarding dealing with a resistant older relative call **Senior Management Services, at 800-253-9236** and tell them you are a member of Quest EAP.

For additional information about Eldercare, please contact Quest at 1-800-364-6352