



## Talking With Your Parents About Home Care

(NAPSA)—A growing number of baby boomers are finding that as their parents grow older, they may require support and care—sometimes more than their adult children can provide on their own.

There is no set age or schedule for when these needs appear. In some, a physical decline can precede the mental. In others, the opposite is true.

### Warning Signs

A person's inability to care for him- or herself can grow gradually over time, making it difficult to spot.

Just as your parents' degree of independence can change over time, so can conditions in their immediate environment. Watch for changes in their physical condition as well as the upkeep of their home. If you live at a distance, try to identify a family member or close friend who can keep an eye on both.

According to the experts at Interim HealthCare, the following behaviors may serve as warning signs that something is not right and your parents may need help caring for themselves:

- Forgetfulness about basic household matters;
- A lack of attention to caring for themselves, including personal hygiene issues;
- Risky behavior when driving or walking outdoors;
- Not being able to manage personal affairs, such as finances.

### Bringing Up The Topic

While each case truly is unique, there are some general principles to consider when approaching the subject of home care with your parents.

Remember, most parents will value their independence, often to the point of avoiding the topic.



**Forgetfulness about basic household matters and lack of attention to personal care are two indicators that an aging parent may need some degree of home care.**

Broaching the topic can require a significant degree of compassion and patience on your part.

Don't be surprised if you find yourself having several conversations about the topic before there is agreement about what is to be done.

### A Range Of Options

Home care can involve a wide range of services, from informal assistance provided by a family member to assistance provided by a professional.

Medicare covers home health only under certain circumstances. A physician must order care, and the care must be for a medical need before Medicare will pay for it.

To get an accurate assessment of what kind of care is best for your parents, you may want to turn to a professional.

For instance, Interim HealthCare is a leading provider of home care, providing services to approximately 50,000 people nationwide. It has developed a self-assessment test to help families identify factors that may place someone at risk. To learn more, visit [www.independentlivingassessment.com](http://www.independentlivingassessment.com).