



A person living with dementia may need help with daily activities. As the disease progresses, you might decide to enlist support to help meet the person's needs. This might include support through home care agencies. It is common for people to find the idea of home care unsettling. You may be wondering:

How should I introduce the idea of home care?

- Talk about it with the person when they are calm or in a positive mood.
- Avoid prolonged anticipation or anxiety by introducing the topic close to the first scheduled visit.

What do I do if the person is resistant?

Sometimes, people feel vulnerable, anxious, or embarrassed at the suggestion of home care. With dementia, they could also be unaware of their challenges or symptoms.

What to avoid:

- Reminding the person that they have dementia
- Testing them to prove what they can or cannot do

What to do:

- Provide reassurance and use "I" statements:
 - Try saying, "I know you are capable. I just worry a lot."
- Focus on the emotion: For example, "I am sorry if I upset you."
 - Watch this video to learn more: <https://www.youtube.com/watch?v=vasnp81x63E>

What are common strategies to help with resistance?

It is okay to create scenarios or stories that help protect the person's dignity. You can try:

- Introducing the care provider as a house-keeper or friendly visitor.
 - At first, the person may not provide personal support, but instead just visit. Care can be implemented over time as trust is built between them.
- Making the situation about you, rather than the person with dementia.
 - If you live together, you might tell them that home care is for both of you.
 - If you don't live together, emphasize how it will make you feel better if someone checks-in.
- Creating a believable situation:
 - Maybe you want to help out a "friend" who is looking for work. It does not matter if the person is actually your friend.
 - Maybe the doctor prescribed in-home help, and you are simply following their instruction. It does not matter if this is true.
- Consistency is key: Everyone should provide the same story.

How can I help the person feel more comfortable?

- Start gradually:
 - Begin with a short introduction between the person and the care provider.
 - Have a trusted family member or friend stay during the first few home visits.
 - As the person becomes comfortable with the care provider, the trusted person can try leaving for short periods.
 - As comfort levels increase, the trusted person can leave for longer periods.
- Communicate openly with the care provider so that they are aware of the plan and the boundaries.
 - Tips for working successfully with home care services: <https://www.caregiver.org/working-successfully-home-care-services>
- Keep trying! Sometimes with dementia, what may not work one day may work the next.

How do I find home care in Ottawa?

- Contact the Champlain LHIN to discuss home care services: <http://www.champlainlhin.on.ca/ContactUs.aspx>
- Find local supports: <https://www.caredove.com/champlaincss>

How do I make the most out of home visits?

If you are caring for someone with dementia, in-home help can give you a valuable break.

See Care for the Caregiver fact sheet for tools and resources to take care of you: <https://dementiahelp.ca/understanding-dementia/resources-factsheets/>

To seek guidance for your unique caregiving situation, contact your Dementia Care Coach.

If you don't have a Dementia care Coach, call us at:

Ottawa: 613-523-4004 **Renfrew-County:** 1-888-411-2067 | info@dsorc.org | DementiaHelp.ca

Charitable Registration 11878 5013 RR0001