



When Mom Is Resistant, Listen Up!



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SYNERGY® HOME CARE

Believe it or not, individuals who resist care and assistance are trying to communicate to you!

If dementia, stroke, vision loss, hearing loss or other illness limits one's ability to speak and convey information effectively, body language and physical actions take on a greater role in communication. Refusal to accept care, physical contact or participate in once pleasurable activities

is the individual's way of telling you something and a sign that something is amiss.

When your loved one resists care, step back calmly and consider the following:

Are there any environmental factors such as lighting, shadows, noise, commotion or other external influences that are causing the problem now?

Before you say something, think about what you are going to say. Check your emotions and frustration before you speak. Your increased frustration can contribute to your loved one's agitation. Put yourself in her shoes. Use your knowledge of her personal background to pinpoint patterns and reasons for her reaction. When issues arise, assess the situation for specific complicating factor and make the necessary adjustments.

When it comes to personal

care, you may want to limit the presence of other people-- even their voices. Approach in a non-threatening way, undress/bathe one area at a time and keep the rest covered, speak calmly and tell your loved one what you are doing in each step of the process. Talk about pleasant memories and stories as you are bathing/dressing.

Don't let oral health get to a point where it is a problem. The sense of taste declines with age, so make efforts to improve the flavor of food, make it appear appetizing, and ensure that portions are of the right size and consistency. One caregiver's mother often refused to settle down for dinner. So the caregiver helped her mother get dressed up a bit with a nice sweater, a brooch and her purse. The two dined out on the patio without incident.

Even when things go well, caregiving for a loved one is stressful. For your own health, every family caregiver needs a regularly sched-

uled break. If no other friend or family member is able (or willing) to step into your shoes, a non-medical agency like Synergy HomeCare stands ready to help in your time of need. Together

we can work to keep your loved one healthy, happy and at home-- where they want to be.

Source; <http://www.seniorsos.com>



Synergy HomeCare's CareTEAM provides no-cost, no-obligation, in-home assessments to determine the best level of care for individuals. The in-home assessment is designed as an opportunity for prospective customers to openly ask about Synergy HomeCare services and costs.

Stay Independent In Your Own Home

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- Light Housekeeping
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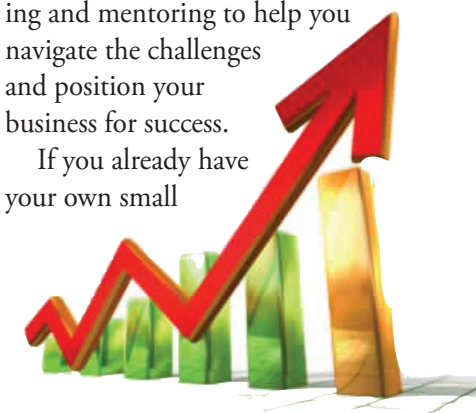
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