



Your Care

Thoughtful care, from our family to yours.

5 steps to getting parents to accept home help

Can't Get Mum to Accept Help at Home?

Here are the 5 simple steps families use to help their parents accept home help - without the arguments.

1

Change the language

Don't say:

"We need to get you a carer."

Say:

"What about a home help?"



Why it works:

The word carer lands heavy. It feels like an admission - like saying, "You can't manage anymore."

But home help is different. It's just... help. Around the home. With the things that are getting a bit trickier - the shopping, the cleaning, maybe preparing a bit of lunch.

It's not about them. It's about the home. And that changes everything.

What to say:

"Mum, the shopping's getting a bit much, isn't it? What if we got someone in - just a home help - to give you a hand with that sort of thing? Once a week. Someone friendly. Nothing heavy. Just practical help so you're not worn out."

Why this works:

You're not asking her to accept that she needs care. You're suggesting a bit of help with the tiring jobs - and that's the difference between a conversation that goes nowhere and one where she actually listens.

2

Make it About You

Don't say:

"You need help."

Say:

"It would really help me to know someone's checking in on you."

Why it works:

Your parent doesn't want to feel like a burden, but they do want to make things easier for you. When you frame it as something that helps you worry less, it shifts the dynamic. They're not accepting help - they're helping you.

What to say:

"Mum, I know you're managing, but I worry. It would really help me to know someone's popping in once a week - just to give you a hand with the shopping and the house. Would you do that for me?"

Why this works:

Now it's not about her struggling. It's about you needing peace of mind. And that's something she can do for you.

3

Start small

Don't say:

"We need to set up regular care."

Say:

"Let's just try one visit - no commitment."

Why it works:

Big commitments feel overwhelming. But a small trial feels manageable. Once they meet the person and see how friendly and helpful they are, they often want to keep going.

What to say:

"How about we try just one visit? Two hours, once a week. If you don't like it, no problem - we'll stop. Let's just see how it goes."

Why this works:

There's no pressure. No big decision. Just a trial. And that makes all the difference.

4

Keep It Familiar

Don't say:

"Someone will come when they're available."

Say:

"It'll be the same person, same time every week."

Why it works:

Routine builds trust. Knowing it's the same friendly face at the same time each week makes it feel safe and predictable - not intrusive. It stops being "a carer coming round" and starts being "my friend who pops in on Thursdays."

What to say:

"It'll be the same lady every week, same day, same time. You'll get to know her. She'll know exactly how you like things. It'll feel like a friend popping round."

Why this works:

Familiarity builds trust - and trust is everything.

5

Reinforce Independence

Don't say:

"You can't manage on your own anymore."

Say:

"This helps you keep doing what you love, safely and at home."

Why it works:

Independence isn't doing everything alone. It's having the support you need to stay in control of your life. When you frame home help as something that protects independence, not threatens it, it changes everything.

What to say:

"Mum, this isn't about taking over. It's about making sure you can keep living the way you want - safely, at home, doing the things you love. A little home help now means you stay independent for longer."

Why this works:

She gets to keep being herself - she's just got a bit of backup.

Real Story: The Power of Starting Small

We worked with a gentleman called Terry who was in his 90s, caring for his wife Janet who's now very frail.

He was doing everything - the cooking, the cleaning, all the domestic tasks. His family lived too far away to help much, so it was all on him. He was fiercely independent. Refused all help. When he had his first fall, they gave him a wheeled walker. He wouldn't use it.

Then he had another fall. His family finally convinced him to try just one 2-hour visit a week - for help around the home, that's all.

But something changed. The home help gently encouraged him to use his walker. Not pushy. Just supportive. Just there. And slowly, he started letting them help with the housework and cooking so he could actually sit down and spend time with Janet. Now? He's using his walker every day. He's letting the home help in regularly. And he's got his life back - time with his wife instead of being exhausted all the time.

He wouldn't listen to his family. But he listened to her.

That's the power of starting small. And the power of the right person, at the right time.



What Happens Next: How Your Care Makes It Easy

We know taking this step can feel like a big deal - for both you and your parent. That's why we make it as gentle and reassuring as possible.

Here's how it works:

- **We match you with the right person.**

We take time to understand your parent's needs, personality, and what matters to them. Then match them with a home help who's the perfect fit.

- **Same person, same time, every week.**

Routine builds trust. Your parent will get to know their home help, and it'll start to feel like a friend popping round.

- **A 3-month settling-in period.**

We know trust takes time. We'll support you through those first months to make sure everything's running smoothly.

- **No long-term contract.**

After the settling-in period, you're free to adjust or cancel anytime. No pressure. No strings.

- **Start with just 2 hours a week.**

That's all it takes. A little help. A lot of difference.

The Cost of Waiting

Here's the hard truth:

Waiting until there's a crisis costs more - emotionally, physically, and financially. One fall. One infection. One accident that could have been prevented. Suddenly, it's hospital visits, emergency care, and ten times the cost.

A small weekly visit can:

- Spot when something's not quite right
- Catch the early signs
- Prevent falls and accidents
- Give you peace of mind
- Keep your parent at home, doing the things they love

Starting small isn't just smart - it's the kindest thing you can do.

Ready to Start Small?

If you're in the Bristol, South Glos or BANES area and ready to have the conversation - or your parent has just said yes - we're here to help.

Book a free, no-obligation chat with our team. We'll talk through your situation, answer your questions, and help you take the first gentle step.

Start Small. Stay Independent.

Book Your Free Chat by clicking the link below or give us a call on - 01179477422.
<https://www.your-careuk.co.uk/contact-us>

A little help now keeps independence longer.

About Your Care

Your Care is a family-run home help introduction service based in Bristol.

Since 2014, we've been supporting families to help older people stay safe, happy, and independent at home.

We specialise in dementia support, and all our home helps are experienced, compassionate, and carefully matched.

We're not a big agency - we're a small, caring team who genuinely love what we do. And we're here to help.