



Your Care

Thoughtful care, from our family to yours.

**When It's Time: Helping Your Loved One Accept
Support at Home**

When It's Time



If you're reading this, you may be facing one of the quietest and hardest moments in family care.

Maybe you've noticed the house isn't being kept up the way it used to be.

Maybe your mum seems exhausted but won't admit it.

Maybe your dad has had a fall, or is struggling with meals, but insists he's fine.

You're not overreacting.

And you're not alone.

For many older people, accepting help at home can feel like giving something up. Independence, pride, control, parts of who they've always been.

At Your Care, we see this every day. Families doing their best to support someone they love, without taking away their dignity.

That's why we've written this guide, to help you approach this moment with calm, care, and understanding, and to share the approaches that have truly worked for families like yours.



Why It Matters



Often, people need support long before they're ready to say so.

It rarely begins with one big moment. More often, it shows up quietly.

Exhaustion that does not lift.

A sense of loneliness or low mood.

Small changes linked to dementia that are easy to explain away at first.

Daily tasks can become tiring.

Keeping on top of the house takes more effort.

Meals feel harder to manage.

And the emotional work of "coping" can quietly drain energy from the things that once brought comfort or joy.

For families, this can be difficult to see clearly. From the outside, your loved one may still seem to be managing. From the inside, they may be working very hard to keep things as they are.

This is not about weakness.

It is about recognising when life could be a little easier and safer with the right support in place.

Many families tell us they reach out because they want reassurance. Reassurance that someone is checking in. That their loved one is not on their own. That if something changes, they will know about it.

When support is put in place early, it often prevents families from reaching crisis point. Without that support, decisions can end up being made quickly and under pressure. Families are suddenly trying to arrange help with no experience of the system, unsure what to ask for or what kind of support is best.

At that stage, guilt often plays a part. So does fear. And many families feel pushed towards bigger decisions, such as residential care, before they have had the chance to explore other options.

Starting support earlier can change that.

It allows routines to settle.

It helps reduce the risk of falls.

It offers companionship and reassurance.

And it gives families time to think clearly, without panic or pressure.

Most importantly, it helps families feel more confident, knowing they have taken a thoughtful step to support someone they love.

Let's Talk About Terry and Janet



Terry was in his nineties, caring full-time for his wife Janet, who had become very frail.

He did everything himself. Cooking, cleaning, running the home, even though it was becoming harder. His family lived too far away to help regularly.

Terry was fiercely independent. He refused all support.

After his first fall, he was given a walking frame. He wouldn't use it. Then he fell again.

Eventually, his family suggested trying just one short visit a week, simply for help around the house.

Nothing more.

The support worker didn't rush him or push him. She helped with the housework, encouraged him gently, and gave him space to rest.

Over time, Terry began using his walking frame. He had more energy. And instead of being exhausted, he could sit and spend proper time with Janet again.

What started as a small step changed everything.

That's the kind of approach this guide is about. One that supports safety without taking away control.

Starting the Conversation



When it's time to talk, timing and tone matter most.

Choose your moment

Pick a calm, quiet time, not after a disagreement or when they're tired.

Lead with love:

"Mum, I'm worried about you. I love you, and I want things to feel easier for you."

Share how you feel:

"It's hard for me seeing you do everything on your own."

Keep it about support, not failure.

This isn't about what they can't do. It's about making life more comfortable.

Acknowledge the feelings underneath:

"I know this might feel like losing independence. That's not what this is about. We just want to help you stay in control."

You're not taking something away.

You're offering support to protect what matters.

Gentle Approaches That Work



Over the years, we've seen certain approaches make all the difference.

Start Small

Suggest just:

- One visit a week
- For a couple of hours
- With one clear purpose

Small steps feel safer.

Use Everyday Language

Many people respond better to:

- "A bit of help around the house"
- "Someone popping in"
- "Extra support"

Rather than formal terms like "care".

Keep Things Familiar

Support feels easier when it's:

- The same person
- The same day
- The same routine

Familiarity builds trust.

Reinforce Independence

Remind them this support is about:

- Staying at home
- Having more energy
- Choosing how help fits into their life

Independence doesn't mean doing everything alone.

Creating New Rhythms

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Think about what feels hardest right now.

Is it managing the housework?

Preparing meals?

Feelings of loneliness or ongoing fatigue?

Support at home can help rebuild balance in a gradual, manageable way. Regular routines often create reassurance - whether that's a weekly visit, help with meals, or simply freeing up time to rest and enjoy life.

And if trying to do it all yourself feels overwhelming, that's completely understandable.

That's where support can help.



Final Thoughts



This can be one of the most delicate transitions a family faces. There's no perfect way to do it, only ways to make it easier. You're not taking away their independence; you're helping to protect it.

Sometimes the kindest choice isn't pushing for honesty, but offering reassurance instead. Choosing calm over conflict. Dignity over distress. Whatever approach you take, move slowly, stay consistent, and be kind - to them, and to yourself.

If you're in the Bristol/South Glos or BANES area and would like to talk about what might work for your family, we're always here to listen.

