



Starting the Home Care Conversation: A Guide for Families

Having the “home care conversation with aging parents” doesn’t have to be overwhelming. With empathy, patience, and the right questions, you can open the door to meaningful dialogue that supports independence, safety, and peace of mind.

Conversation Starters

Use these gentle questions to guide the discussion:

- What parts of living at home feel more difficult these days?
- Would you enjoy having help with meals, errands, or housekeeping?
- What worries you most about living alone?
- What would make daily life easier or more enjoyable?
- How do you picture your ideal day at home?

Tips for a Successful Talk

- **Start Early:** Don’t wait until there’s a crisis—begin while your parent is still independent.
- **Lead With Empathy:** Listen first; focus on their feelings, not just the facts.
- **Collaborate, Don’t Convince:** Explore options together as a team.
- **Honor Their Priorities:** Faith, friendships, hobbies, and independence all matter.
- **Keep It Positive:** Frame home care as support, not loss of control.

Notes & Priorities

Next Steps

Family Resource Home Care has 40+ locations across Washington, Oregon, Idaho, and Colorado. We are the resource for home care near you—ready to guide your family through every step of the conversation and create a personalized plan that fits your parent’s needs.

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