

# How do I talk to my parents or loved ones about aged care at home?



Need help?  
**1300 866 228**

Are you spending more time assisting your parents or loved ones when you visit, rather than being a friend, daughter or son? Knowing how and when to start a conversation about aged care services can be difficult. However, introducing these discussions gradually and suggesting options earlier can help reassure your loved ones they can continue to live independently, safely and happily at home.

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**1. Introduce the discussion gradually.**  
Talk to your parent or loved one about receiving in-home care in advance, before a medical issue arises. You may have to wait for up to 12+ months for a package to become available.
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**2. Talk about possible options that may be of interest.**  
Try not to overwhelm your parent or loved one with too much information. Start with small and straightforward suggestions to build awareness about home care options.
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**3. Understand what services and resources are available.**  
Explore suitable care options and resources on the Care Connect website. Proactively discuss their lifestyle and routine with Care Connect, so you have an understanding of how aged care services can help.
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**4. Refer to parts of their day that may not be as easy as they used to be.**  
Introduce your aged care at home ideas gradually and try to refer back to any challenges your loved ones have flagged in earlier discussions.
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**5. Care is available for day-to-day activities and tasks which become increasingly challenging, supporting them to continue what they enjoy.**  
The experienced and friendly staff at Care Connect can help guide you through this process without obligation or cost.