

Family Members (Spouse, child, brother, sister, uncle, aunt, cousin)

Potential Objections

- Ignoring – not answering attempts to contact
- Shutting down – ‘I’m too busy’, ‘I live too far away’
- Deflection – ‘You’re much better at this sort of thing than me’
- Denial of responsibility – ‘it’s not my problem’
- Minimising ability to help – ‘I’m no good at this sort of thing’
- Minimising/denying problem – ‘they’ll be back on their feet in no time’

Asks	Intended Outcome	Points to consider
I really need your help to spread the load	Agreement to support and help spread the care load	<ul style="list-style-type: none"> • Think through and work out what aspects of care need to be considered and could be shared • Identify which family members/friends might be able to support those aspects and how • Ask to meet with identified family member, preferably face to face • Explain the nature of the help you need and why – practical, emotional, financial, offset (eg can you look after my kids/dog) • Explain what aspects of their care you need help with • Ask them if there is anything they would like to do • Explain what would make most difference to your elderly relative and to you • Be specific about what you want them to help with • Stay calm and reassure if there are objections • Agree and write down what has been said • Check if there are any concerns or worries
I need you to agree to this rota	Agree to specific requirements or areas of responsibility over time	<ul style="list-style-type: none"> • Think through and work out what aspects of care need to be considered and could be shared • Identify which family members/friends might be able to support those aspects and how • Ask to meet with identified family member, preferably face to face • Explain the nature of the need and how you see it working. Be careful not to look like you are imposing, or to be seen to be “unfair” in the distribution of effort • Explain what aspects of their care you need help with. Be specific and explain why it makes a difference • Give and take. They may be willing or able to do something different from what you originally thought. Be prepared to compromise • Stay calm and reassure if there are objections • Agree and write down what has been said <p>Check if there are any concerns or worries</p>

<p>I need you to help me plan for the long term</p>	<p>Agree to be part of the long term care plan</p>	<ul style="list-style-type: none"> • Gather the facts • Identify which family members/friends need to be involved and why • Ask to meet with identified family member(s), preferably face to face • Summarise the situation and why decisions need to be made now. • Explain what aspects of their care you need help with. Be specific and explain why it makes a difference • Give and take. They may be willing or able to do something different from what you originally thought. Be prepared to compromise • Stay calm and reassure if there are objections • Agree and write down what has been said • Check if there are any concerns or worries
<p>I need you to help me with their living arrangements (move in with me or you)</p>	<p>Agree for the relative to move in with them or support them moving in with you</p>	<ul style="list-style-type: none"> • Gather the facts and consider all the options and potential objections • Identify which family members/friends need to be involved and why • Ask to meet with identified family member(s), preferably face to face • Explain why something needs to happen • Give and take. They may be willing or able to do something different from what you originally thought. Be prepared to compromise • Stay calm. These are very big decisions and may have to be discussed with others before anything can be finalised • Agree and write down what has been said • Check if there are any concerns or worries
<p>I need you to help organise aspects of their living (e.g. care of the dog)</p>	<p>Agree for them to take on a specific role</p>	<ul style="list-style-type: none"> • Gather the facts • Identify which family members/friends need to be involved and why • Ask to meet with identified family member(s), preferably face to face • Explain what you need them to take on and why. • Try if possible to play to their strengths; someone who already has a dog is more likely to take on another, for example. • Give and take. They may be willing or able to do something different from what you originally thought. Be prepared to compromise • Stay calm and reassure if they have objections • If they react negatively, ask what they suggest • Agree and write down what has been said • Check if there are any concerns or worries