

FAQ.

How do I get my elderly parent to accept help at home?

Start by understanding their concerns — most resistance comes from fear of losing independence or privacy, not stubbornness. Approach the conversation with curiosity rather than urgency. Ask what would make them feel most comfortable, involve them in decisions, and consider starting with small, low-stakes help. Avoid framing it as something they need and instead focus on what would give you both peace of mind.

What do you say to an aging parent who refuses help?

Try language that centers your feelings rather than their limitations. For example: "I'd feel so much better knowing someone was with you sometimes" opens a very different conversation than "You need help." Ask questions like "What parts of things feel hardest right now?" to invite honesty without pressure. Avoid ultimatums, which tend to increase resistance.

When should I start talking to my parent about in-home care?

The best time is before a crisis — not after a fall, hospitalization, or major health event. Early conversations, even brief and low-stakes ones, help normalize the topic and make it easier to revisit. If you're already thinking about it, it's not too early to bring it up.

Why do seniors refuse in-home care?

Seniors often refuse in-home care because accepting help can feel like a loss of independence, identity, or privacy. Many fear that needing help means things are getting worse, or that it's a step toward moving out of their home. These concerns are deeply valid and should be acknowledged rather than dismissed in any care conversation.

How can I help a parent who lives alone and won't accept help?

Start with smaller, less threatening forms of support — a meal delivery service, a check-in call, help with grocery shopping. Introduce the idea of companionship before formal care. Consider enlisting trusted allies like their physician or a close friend. And if safety is a genuine concern, consult with a Senior Helpers team near you for personalized guidance.

Senior Helpers provides professional in-home care services across the United States and Canada. Our caregivers are trained to support seniors with daily activities, companionship, personal care, and more — all in the comfort of home. Visit [SeniorHelpers.com](https://www.seniorhelpers.com) to find the location near you!